

The ISIS School of Holistic Health Newsletter



Issue 87: December 2023

ISIS (ISET) Divine Mother of All offers words of wisdom to support our soul's evolution



This is ISET (ISIS) the Divine Mother speaking (*channelled by Fotoula Adrimi*)

The times you are travelling through are crucial for your soul's development. There is so much you can do, so much potential for expansion and growth. Paradoxically, it is so easy to lose yourself in the conditioning of the world.

Together with the widening and opening of your spiritual path, the conditioning becomes more demanding and extreme. It tries to pull you back and trap you in the mindsets of fear, lack, disappointment, and resentment. The conditioning belittles your spiritual work to stop you from reclaiming your Divine nature and power. It says, "If your spiritual work was effective, your life would not have any challenges." Or, "How can there be so much light coming to the Earth, when you consider the state of the world - all the wars, poverty, inequality, climate change etc - the list is endless."

Becoming a Pillar of Light

These times of transition offer you a unique opportunity to see yourself as a Pillar of Light, a Pillar that holds together the Temple of the New Earth. During these times you can bring, through your spiritual work, incredible energies to the Earth, and enable the awakening process in yourself and in the collective consciousness.



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Please do not teach this material as your own, as this is unethical.

To contact [The ISIS School](https://www.isis-school.com) please email: info@isis-school.com

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When you enter a state of higher consciousness
the conditioned emotions disappear and you are
bathed in grace and unconditional love

The ISIS School of Holistic Health

Image: Gerd Altmann

When human beings first appeared on Earth they lived in a harmonious, awakened state, described as the First Time, the First Era, Satya. In these times there were few opportunities for soul growth as the beings were already what you now aspire to become. The beings at that time did not experience the gift of duality - the movement out of their centre and the return to it more fully and strongly than before. These times offer your soul this chance.

So how can you be a Pillar of Light for yourself and the world community?

First, it is good to know that you are not alone. In past centuries, the Temple of Light was supported by a single individual who held the space for everyone else. Consequently, the Temple was small and only a few people could benefit from being inside its walls. Now, the Temple of Light is growing to cover the whole of the Earth, therefore it needs many Pillars.

There are many who walk the path towards the embodiment of the Divine Self, many who are growing into the awakened state of the sacred heart, transforming the ego mind, and healing the shadow. This is a gift of these times. At the same time, this gift can be easily lost. The conditioned reality can take many guises and faces, and even appear spiritual when it only takes you deeper into the ego.

Second, this is the time to experience the awakened state through spiritual practice, through opening into the immensity of your heart centre. This will bring you awareness and peace. You will grow into a being that is detached from the everyday dramas of the world, a being who is joyous and, at the same time, more focussed and grounded.

Third, know that the Earth supports you. The natural world is also changing, expanding, and transforming through the Light energies. This is the time to commune with the Earth and go out into the beauty of nature. This is the time to remember that you too are nature and open yourself to the energies of the Web of Light.

A Practice to be a Pillar of Light for yourself and the world community

Every single being is connected through invisible threads of Light to all other beings and to the Earth. The Earth is connected to you and all other cosmic bodies through an invisible network of Light that holds the whole of the cosmos together, affecting and supporting all life, including you. The energy flowing through this Web comes to you and All. All beings are plugged into this network. Your human bodies are conduits through which the energy of this network runs. This is the same for every living organism.

You can be a Pillar of Light by purposefully connecting with this network, and contributing to the energy that flows through it. See this network as a circuit. What you offer to it, comes back to you.

- 1) Open sacred space by welcoming the helping spirits you work with, such as Angels of the Light, Masters of the Light, power animals, ancestors of the Light, and all who support you for your highest good. If you do not know who they are, you can say, "I welcome all my enlightened guides who work for the highest good." You can also invite ISET, in her emanation as the Divine Mother, to support you. Ask these beings to create a safe and protected space for you to work in.
- 2) Welcome into your practice the awakened Spirit of the Earth, the Spirit that exists beyond time and space.
- 3) Welcome your higher Self, the infinite spirit that you are, that also exists beyond time and space.
- 4) Intend to connect to the highest expressions of the Web of Light, the Light of Creation, that flows through All. Intend to receive this Light in your body.
- 5) See yourself as a conduit, a Pillar of Light, an important part of the circuit, and that Light flows through your body into the Earth and into all living beings. And, at the same time, the Light flows back to you. Stay in this space for a little while.
- 6) Then, intend to become the whole of the cosmos. You are all realities and dimensions. See yourself as the All. In this space, the network of Light flows through the whole of you.
- 7) State the intention, "May I raise my vibration to that of Divine Consciousness that I now choose to embody."

- 8) See yourself as the Divine Consciousness and meditate in this space, holding this higher intention, for a few minutes or as long as you are able. If your mind drifts away into thoughts, do not worry, just return to the intention.
- 9) After a while, see the whole of the cosmos becoming smaller, melting into a ball of Light, and entering your heart centre. Through this Light your heart centre is further activated and your body's vibration changes. Stay in this space for a few minutes.
- 10) Finally, come back from this practice and offer gratitude to the Earth, the enlightened beings, all life, to yourself, and to the people who contribute positively to the network of Light. Close your sacred space by asking the helping spirits to completely seal and protect you and the space and building you are in before they go.

Thank you for being a Pillar of Light during these times by embodying the radiance of your infinite spirit.



Egyptian Mystery School Teachings – The Path of ISIS

The **Spiritual Path of ISET, Part 1** is the introductory 3-day course for the Path of the Living Light teachings. The Teachings of the Living Light are a path to Awakening and Ascension. These Teachings aim to open us to the Light of the World, so that we can become that Light.

The Course will be taught In-Person in Glasgow, Scotland – Dates & Times:

10.00-17.00, Friday 22nd - Sunday 24th March 2024

Investment for 3-day Course: £325.00; **Deposit:** £165.00 (paid through bank transfer)

For more information about the the Teachings of the Living Light, see the [website](#)
For bookings and bank details email the School - info@isis-school.com



ISET Initiates Community Page

(The information on this page is for ISET Initiates who have taken initiation into the Path of ISIS / Path of the Living Light through attending the Spiritual Path of ISET, Part 1: 3-day Course)

Online ISET Initiates Circles - Next Circle: Friday 22nd December

The Circles are a beautiful way for our growing community of ISET Initiates to come together and share teachings and practices. Each session is guided by ISET through Fotoula.

Theme for 22nd December Circle

Winter Solstice Ceremony - during the Ceremony we will receive and activation and empowerment

Circle Date: 19.00-20.30 (uk time) Friday 22nd December

Investment: £15.00



The Path of ISIS / Path of the Living Light Courses 2024

We now have all the dates for the Path of ISIS Courses for 2024
See [ISET Initiates Community Page](#) on website for all the details

Gate 1 Courses - 2024

Gate 1: Spiritual Path of ISET, Part 1 - 3 days, 10.00-17.00, 22-24 March 2024
(this is the introductory course for the Path of ISIS teachings)

Gate 1: Spiritual Path of ISET, Part 2 - 3 days, 10.00-17.00, 30 Aug-1st Sept 2024
(this is the next Course after Spiritual Path of ISET, Part 1)

Gate 1: Healing Path of ISET, Part 1 - 3 days, 10.00-17.00, 8-10 November 2024
(the next course after Spiritual Path of ISET, Part 2)

Gate 1: Healing Path of ISET, Part 2 - 3 days, 10.00-17.00, 13-15 December 2024
(the next course after Healing Path of ISET, Part 1)

Courses for other Gates - April to June 2024

AUSIR 1 - 3 days, 12-14 April *(Next Course after Gate 2)*

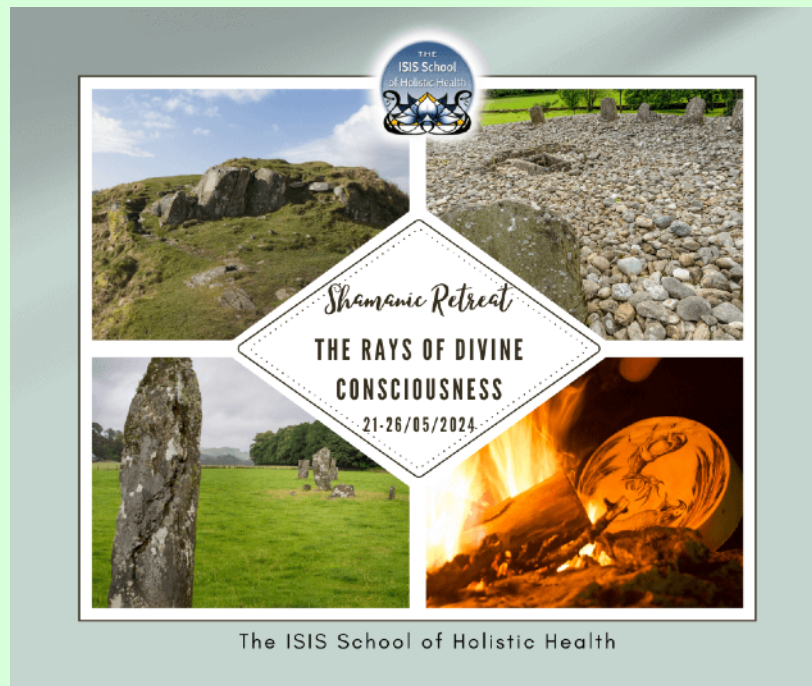
Gate 2 Course - 3 days, 7-9 June *(Next Course after Healing Path 2)*



Shamanic Retreat - 21-26 May 2024

The Rays of Divine Consciousness

Retreat Full you can join the waiting list



We are delighted to let you know that we will be holding a Shamanic Residential Retreat near Kilmartin Glen, Scotland from Tuesday 21st - Sunday 26th May 2024.

In the Retreat we will share teachings on Classic shamanism, as well as the teachings and spiritual practices for the Rays of Divine Consciousness. Fotoula received the Rays teachings through direct revelation on top of Dunadd Hill, Kilmartin Glen, Scotland, in 2012.

The Celtic land of Kilmartin Glen has been described as the Valley of the Kings. It is reputed that the Scottish Kings were crowned on the hill of Dunadd where an ancient footprint embedded in a rock can still be seen today. The footprint marks a powerpoint where etheric energies merge. It is on this hill that we will connect with the Ancient Ones, the wise ancestors, and the spirit of the land that calls us back to the Glen for sacred work.

In the Retreat we will:

- ◆ Facilitate ceremony in the ancient hill of Dunadd,
- ◆ Perform the Opening of the Crown Initiation to receive the Rays of Divine Consciousness,
- ◆ Participate in Shamanic Ceremony in the Standing Stones of the Circle of the Sun and Moon at Temple Wood,

More details on the [website](#)

Introduction to Shamanism & Shamanic Journeying

with Fotoula Adrimi
24-25 February 2024



*For more details –
check [website](#)*

Our Earth Our Home
The ISIS School of Holistic Health



Introduction to Shamanism - Overview

This is a unique workshop and teaching to help you access your inner mystic, visionary and oracle and discover the non-ordinary reality. You will have the opportunity to connect with your power animals and spirit guides. Through the ancient art of shamanic journey we grow our power and access our essence of love. We meet our spirit teachers and receive valuable insights on issues we may face and evaluate our personal life. We realise that we are not alone but part of a multi-dimensional universe that supports our growth. In our experience of over 17 years, shamanism has helped many overcome fear, sadness and gain confidence. People who attend this two-day Introduction to Shamanism course may feel that they are finally coming home.

The Course Covers

- foundation teachings on how to journey shamanically and access the different etheric planes in the lower, middle and upper worlds; how to open sacred space and work safely with your spirit guides and power animals;
- how to build a shamanic altar;
- what is classic shamanism and shamanic healing
- how to retrieve your inner power and carry out power retrieval for others.
- power songs and healing chants, working with the drum/rattle.
- how to work with the Medicine Wheel for deep alignment and direction.

Fotoula Adrimi



Fotoula is a highly experienced shamanic teacher and practitioner. She has been holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012. Fotoula teaches ancient methods of classic and cross cultural shamanism that have been practiced on the Earth for thousands of years.

The Course requires advance booking with deposit

Investment: £261.00

Deposit: £81.00, to secure your place (*non refundable and non transferable*)

(Please email - info@isis-school.com for our bank details)

Dates: 10.00-17.00, 24-25th Feb 2024

Venue: Lecture Room, first floor
Glasgow Theosophical Society, 17 Queen's Crescent,
Glasgow G4 9BL

To book or for more information contact Fotoula - info@isis-school.com

Past Life Regression Therapy Course

Tuesday 15th - Sunday 20th October 2024

We explore our incarnations beyond time, in what we call the past or the future, to bring closure to what hinders us, heal deeply, evolve, and transform.

In this six-day Past Life Regression Practitioner Course, Fotoula teaches the art of past life regression and how it can be used for therapy work. She will also teach participants how to bring back and integrate any essence and energy that is stuck in another life through past life soul retrieval.



What are the Key Themes for Past Life Regression?

- ★ Learn how to carry out **past life regression** to resolve what hinders your clients in the present moment.
- ★ Take part in **past life regression ceremonies** that strengthen your link with your soul's purpose as well your intention for incarnating in this life.
- ★ Work with your Higher Self and the Infinite Spirit that you are beyond life.
- ★ Activate the gifts of your soul and bring them back into this current life.
- ★ Meet with the Lords of Karma for deep release and healing.
- ★ Work to integrate the parts of you who are stuck in other lives and have not crossed over.
- ★ Access the space between lives and the space after death.
- ★ Access your body's wisdom and its inherent knowledge of your past life's traumas that need healing.
- ★ **Past Life Regression Healing work** for the collective, humanity and life on Earth.
- ★ **Past Life Regression soul retrieval therapy.**
- ★ Life after healing: how you can integrate the healing into your life

Learn about the Past Life Regression Practitioner Certification

This is a rich and deep Past Life Regression Course of six days and it is certified, following casework. The Past Life Regression course certification is experiential and interactive. You will practice and experience the teachings in a safe space with the other participants in the course, either 1-1 or through group work.

Prerequisites: Experience in meditation, spiritual work, and therapeutic work

The Course is certified. A certificate is issued following the successful submission of casework after the course.

Date: 10.00-17.00, Tues 15th - Sun 20th October 2024 **Venue:** Glasgow

Cost: £750.00 non-residential. **Deposit:** £250.00, to book your place

See the [website](#) for more information

Circles & Energy Transmissions - December

Fotoula's In Person Shamanic Circle - Mondays: 19.00-21.00

Fotoula has been facilitating the Shamanic Circle, the Way of the Drum, since 2009. The Circle will meet once in December, on the **4th December**

Fotoula offers the circles in-person in the library of the Glasgow Theosophical Society. The Investment for each Circle is £18 / £15 concession. Payment can be made either by bank transfer or PayPal using - info@isis-school.com.

For more information and to see the programme [click here](#)



Fi's Online Meditation and Chanting Circle - Thursdays 19.00-20.30

The Circle is open to beginners and experienced practitioners. We harness the power of mantra - sacred sound - to help us awaken the enlightened qualities within us and transform the conditioning that prevents us from experiencing our Divine Self.

Circle dates for December: 7th, 14th, 21st, & 28th - the Circle on the 28th is free as a gift from The ISIS School

The investment for the Circle is £10.00. Payment can be made either by bank transfer or via PayPal using - info@isis-school.com. For more information and programme details [click here](#))



ISIS Energy Transmissions of the Living Light - December

The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the high vibration and healing qualities of the Living Light.

Transmissions are from 19.00-20.00 (UK) and on: **6th, 13th & 20th December**

Please email the School: info@isis-school.com if you wish to connect with any or all of these Transmissions. For information on how to connect with the ISIS Energy Transmissions [click here](#)

Rays of Divine Consciousness Transmission - December

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The Rays Transmission is: **19:00-20:00 (UK) Tuesday 12th December**. Please check your time zone if connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

