

# The ISIS School of Holistic Health Newsletter



**Issue 90: March 2024**

**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*)

**We give thanks for all you do.** We give thanks to the human beings who are stepping away from the conditioned ways and following a sacred path of knowledge, and a sacred path of awakening. These two things, knowledge and awakening, are not always the same. Yet, when sacred knowledge and sacred awakening come together, true transformation can take place.

Transformation does not mean that you suddenly develop more skills and abilities, this is only a by-product of the process. Transformation in spiritual terms, means that you gradually become the infinite Self, the Light being that you are, the spiritual being who is always present whether in spirit or body.

## **An Expansion in Perspective**

When you leave this life, when your soul moves out of the body and the world of matter, a natural transformation can take place - the soul free from the body remembers and re-experiences its luminosity, radiance, and profound spiritual knowledge. A change in perspective takes place. The person is no longer a player in the theatre of life, they are the observer who, having watched the play of their life, draws conclusions and reflects on all that has



The channellings, practices and ceremonies contained herein are for your personal use.

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

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

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The time we are living in is a time  
of transition between eras

Image: GLady

happened. The observer sees how everything that occurred during their lifetime, had its place, and a cause and effect. Consequently, a new awareness emerges that could not have been present when the person was alive, due to the egoic mind that kept them so busy. Even if someone tries to find the deeper meanings to life events, these may allude them, as it is difficult to gain objectivity in the human world.

The only way to reveal these deeper meanings is to shed Light on them – the spiritual Light that comes through the high vibrational energies that are flowing into your world. This Light, coupled with a clear commitment to follow a path of truth, can help a person become aware whilst living.

The path of truth is one where the person works to heal the shadow and overcome the trauma and patterns that have limited their ability to be objective. This is not easy because the human world is founded on separation, which creates a culture of blame, guilt, and projections of inner trauma onto others. The mind does not wish to face the truth and can blame others for life's predicaments. This limits potential progress on the spiritual path, as true awareness can no longer emerge.

Unconditional love and compassion does not blame others or the self. These two qualities when harnessed, become the pillars for the Temple of Awareness to emerge out of the ground, and out of the unconscious self. They create the conditions for wisdom to arise from within. Yet, it is difficult to cultivate these qualities without access to the high vibrational Light, and without healing the conditioned or shadow self.

A path of light, truth, and transformation is not a single initiation that you can walk through. It is a path that spans many lifetimes. Each life may hold a pearl of wisdom which you will have the opportunity to discover after you pass, although the same opportunity can appear when you are alive.

In the theatre of life you may have been used to playing a particular role, being an actor delivering scripts written and re-written by your conditioning. Through your personal and spiritual work you have the ability to step off the stage, become the observer who watches the play, and then writes a new script for yourself, a script written by the awakened being who is emerging from within.

The time you are living in is a time of transition between eras, a time of duality between light and dark, and a time of revelation. The veils drop and you have the opportunity to see yourself and the world anew, and rise out of the third

dimensional reality of separation. In this perilous and challenging journey that has little or no sign posts, your guide is your wise inner voice that reveals the path step by step.

We, the helping spirits and Beings of Light, give thanks to all of you who enter the spheres of higher awareness and walk a path of Light in the physical world.



## 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](mailto: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 8th March

### The Theme - Healing

In this circle, we will work with two healing principles: the first is the Healing of the Light of Sirius, healing through the energy and working with the Healing Mantra that invokes ISET.

The second healing is through the destructive power of Sekhmet. We will invoke Sekhmet, the destroyer of illusion and chaos. Dis-ease of whatever kind was seen as chaos in the body, mind, and life in general.



**Circle Date:** 19.00-20.30 (uk time) Friday 8th March

**Investment:** £15.00

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## 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) **Course full**

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



# HEALING PRACTITIONERS IN THE WORLD

WELCOME

[WEBSITE LINK](#)

We have a website for the community of healing practitioners who have graduated from our teaching programmes. The website was created and is run by **Amanda Gilliland**, ISET Initiate, ISIS Energy Healer, Shamanic Practitioner, and Priestess of the Moon Celebrant.

Anyone who is looking for a healing practitioner, can access the website and find the right person for them. As well as all who are looking for circles, ceremonies and workshops. You can also subscribe to the newsletter, which includes wonderful ideas from the various practitioners (click button below).

As our community of practitioners of ISIS Energy Healing, Shamanism, Spiritual Celebrants, and Past Life Regression Therapists has been growing, we have been given the most beautiful vision from our Teaching Spirits to create this digital home for those called to practice professionally and share their healing and light gifts to help others. The vision is for a community in which we all expand and thrive - a community where we rise above the competition and lack-based mindsets of our western world and create instead a circle of heartfelt practitioners who come together and hold an intention that the Earth can fully support all of us, and we can all expand and share our wisdom and healing gifts. Practitioners who have graduated from our programmes and wish to share their work, books, ideas, and workshops can email Amanda and join.

**Healingpractitionersintheworld.com** was born in 2022 on the Lion's Gate, 8th of the 8th month at 8.08pm. Eight represents eternity, continuous flow and the number of the Goddess Isis, who oversees the work and teachings we have been sharing in the ISIS School. This day is also related to the Sirius Portal of Light which has been sending high vibrational energy to our Earth realm to encourage us to lift the veils of the conditioning and awaken.



**Amanda Gilliland**

*ISET Initiate, ISIS Energy Healer, Shamanic Practitioner, and Priestess of the Moon Celebrant*

Subscribe to the Healing Practitioners  
Newsletter

[SUBSCRIBE](#)



# Shamanism and Helping Spirits

## - by Fotoula Adrimi

**Shamanic work cannot be done without the support of helping spirits.** Unless we work, and sometimes merge with the transcended spirits of light, we leave ourselves open to a world we have little understanding of. As in the human realm, the spirit world is not just a place of enlightened, benevolent beings. The spirit realm houses everything and everyone, from lost spirits, trouble makers who prey on humans, ghosts, hungry souls, and beings who only offer their services if they are placated, to beings of light who wish nothing from us.

The wise person uses discernment when working with helping spirits, and chooses to work with beings who are compassionate, aware, and have transcended the physical world. I have witnessed incredible indigenous shamans and western shamanic practitioners who work with transcended beings with amazing results. Some have offered me teachings on how to work with the spirits of their lineage who have then joined my spirit team. Indigenous shamans have worked with the beings of light and transcendent gods and goddesses for many generations.

There are also people who are looking for power and spirits who are looking for a human practitioner they can control. In my opinion, those who seek power are trapping themselves in an unhealthy relationship with spirit beings. The latter have, in general, no respect for humans and require practitioners to make promises to them, and if the promises are not honoured then the practitioner or their family can suffer.

This can be a tough path to walk, especially for young people, if the spirit guide has been inherited and expects the next generation to continue working with them.

### Working with Spirit Helpers in a Good Way

Some people in the west do not understand how to work safely with spirit beings. They do not realise that the spirits come to the person rather than the person trying to acquire a specific spirit. As a result, they may try to find a spirit of a specific lineage, who may not wish to work with them. I have seen people who have gone into nature or to sacred prehistoric sites to do ceremonies to bring in spirit guides with no idea of the doors they were opening. Some have even been attacked physically by unhealthy spirits who have left marks on the person's body. Until a person understands that they have acted unskillfully and seeks help the attacks may continue.



Working shamanically should not involve the egoic mind or come from a desire to be a shaman. The spirits see our heart and know who we are. They find us when we are ready. If they come to us, we need to be able to establish a mutually respectful relationship and, as with people in everyday life, to be discerning about which spirits we work with.

This is why I love the work of Core / Classic Shamanism. This way teaches people to start engaging with spirits by creating a Sacred Space, and building their foundation and energy, before doing any advanced shamanic healing work. I also love the teachings of Himalayan Shamanism that is based on spiritual practices with mantras and ceremonies. This again helps the practitioner to grow, stay grounded, and work responsibly with integrity.

## Being a Hollow Bone

A wonderful teaching and starting point in working with spirits is the intention to become a hollow bone: to work on yourself, and gradually heal the patterns and conditioning that you are carrying so that your ego is not present, and you become a clearer channel for spirit to work through you. You can state your intention to be a hollow bone each time you call in the spirits, play the drum, and do any shamanic work so that none of your projections and issues are present during the work. In this way you are truly connected to the beings of light who offer you unconditional support for the highest good.



I also recommend that you work with these beings of light unconditionally. Sometimes people say, "If spirits want me to do this work, they should do such and such for me." This is not a respectful way to work. We cannot barter with the enlightened spirits.

In Core / Classic Shamanism the teachings begin through nature work and by building our power and life force energy through working with power animals that inhabit all three worlds – lower, middle, upper. There can be a misconception that we only look for power animals in the lower world. There is also a misconception that indigenous

shamans do not work with power animals. Many do. In shamanism it is important not to generalise as the aim is to remain open and continue learning from the spirit teachers. This means that even if we have worked in a certain way for many years, we approach each day with a beginner's mind, so that we can truly stay receptive and adaptive to what our spirit helpers are showing us. If we already think we are an expert there is no room for growth and new learning.

## Beginners on the Shamanic Path

For those starting out on the shamanic path I would recommend finding a teacher who can hold a sacred space of love, integrity, and connection. This space will also be held by the teacher's helping spirits who will work with the teacher to help students connect with their spirit helpers.

The sacred space holds the spirit energy and the human teacher provides the frameworks that will help students find and walk their own shamanic path.

As you begin working with your power animals your spiritual energy will increase and support for your journey will be there.

## Making Offerings

This is a beautiful practice where you make an offering to your helping spirits in gratitude for all their help. Traditionally in Greece whenever we invite someone into our home, the guest brings a gift and we offer them food and drink. We can do the same thing for our spirit helpers. They bring us the gift of healing for ourselves or our clients and community, and we offer them some food and drink. Perhaps some fruits, seeds, and nuts and a cup of tea.

Each time I facilitate a shamanic ceremony or perform a healing, I make offerings to the helping spirits. Afterwards I take the offerings to a tree on the land where I live. In this way I share the energy of the ceremony or healing with the land, the plants, and the local nature spirits. We work in a cycle of reciprocity, of receiving and offering, not because the spirit beings demand this, but because it is an practice of showing gratitude for all that we have been given, both from the Earth and our spirit helpers.

Making an offering from our altar to the spirits of the land where we live, is a beautiful practice that helps us build our spiritual connection with the land and ourselves by opening our heart.

## Fotoula's Shamanic Circle & Online Course

If you wish to walk the Shamanic Path and are wondering where to start, Fotoula's In Person **Shamanic Circle, the Way of the Drum**, is on in Glasgow on Monday evenings. The next Circle is the Monday 4th March and this is fundraiser for Nepalese Schoolchildren - see the following page 9 for more details.

Fotoula also hosts the Shamanic Circle Online - the next **Online Shamanic Circle** will be Monday 1st April. The Theme is - Fire Ceremony

On our website you can also access the **Seven Module Online Shamanic Introductory Course - the Shamanic Way**. This Online Shamanic Course offers a concise introduction into the shamanic ways. The Course explores foundation teachings on how to journey, access the different etheric planes (lower, middle and upper worlds), work with power animals and spirit guides, build an altar, create ceremony, and learn how to work with the Medicine Wheel, the directions and their keepers.



Online Introduction to Shamanism Course

[Read More](#)



# Shamanic Fundraising Ceremony

**Monday 4th March, 19.00-21.00**

**T**his fundraising Ceremony is part of a long-standing support project organised by the Glasgow Lodge of the Theosophical Society. Since 2015, when an earthquake devastated many villages and cities in Nepal, the Lodge has provided funds which have supported the rebuilding of the Shree Saraswoti School in the Sudurpaschim Province and paid the school fees for orphaned and impoverished children.

The Ceremony will be facilitated by Fotoula as a gift from the ISIS School of Holistic Health. The Ceremony is open to all - bookings are essential. Entry is by donation and all proceeds go directly to the Society's Nepalese Children Support Project.

The **donations** are collected by the Glasgow Theosophical Society and sent to Nepal once a year. **To donate** via PayPal you can use this link - [https://www.paypal.com/donate/?hosted\\_button\\_id=XGWR2BPH344JC](https://www.paypal.com/donate/?hosted_button_id=XGWR2BPH344JC) or email us and we can send you the Society's bank account details.



The Art of Shamanic Ceremony  
with Fotoula Adrimi

Our strength grows  
when we all work together



**In Person Shamanic Ceremony -  
Monday, 4th March, 19.00-21.00**

**Theme - Working with the Descendants**

Venue: Library, Glasgow Theosophical Society,  
17 Queen's Crescent, Glasgow, G4 9BL

*(booking essential)*

Fotoula will guide us in a Healing Ceremony where we will work with the Descendants - the children of the future who are waiting to be born. The Enlightened Ones say that the children who are coming to the planet now are mostly old souls who wish to show us a better way to live and help heal humanity and the Earth.

We have had waves of old souls coming to the Earth in recent years, some are called the Indigo Children, or the Crystal Children. These new children are great teachers and they have much to tell us about the Earth. In the Circle we will journey to the descendants and connect with them in a healing ceremony for the Earth.

**To book your place** please email us on [info@isis-school.com](mailto:info@isis-school.com)

**Things to bring** (optional): Drum or rattle, your own water bottle, blankets (2) - one to lie on and one to cover yourself while journeying.

# Our New Facebook Group: Spiritual Awakening

**Our new group is a sacred space** for like-minded souls to explore their soul's journey and the spiritual arts, raise their vibration, and share the radiance of their Divine authentic self. This is a group for the world community to come together as one and share their experiences on the journey of awakening.

This group is dedicated to the work of the Isis School. There is no advertising permitted apart from the School's events.



Join us in Spiritual Awakening

[Facebook Group](#)

## Spiritual Insights on YouTube

We have been answering questions about spirituality and shamanism for many years and it is amazing how some fundamental questions keep coming back from different people. So we decided to make short videos and offer answers from our experience.

We currently have four videos on The ISIS School of Holistic Health YouTube channel.

Watch the videos on youtube and if you wish to stay in touch, press the button to subscribe.





## Shamanic Retreat in Scotland with Nepalese Shaman - UK Retreat

20th – 23rd June 2024, Larbert, Scotland, UK

*In the Retreat we will work with the ceremonies, rituals, mantras, and teachings of GARUDA – the Golden Healer, the Lord of Space. This is a rare opportunity to learn some of the most powerful healing practices used within Dhami-Jhankri Shamanism.*

During the retreat, we will unfold the myths, rituals, journeys, mantras, rhythms, sacred songs, healing rituals and more, that relate to the self, family lineages and ancestors. The Garuda practice helps us look deeply into ourselves, beyond our limits. We become the observer that allows us to gain understanding at a more profound level. As with the Vishahari and Suparna form, Garuda's powerful spirit helps heal the inner wounds and the unknown circumstances we may be holding inside. Garuda rituals are also performed for the healing of others, especially if the condition is unable to be healed through working with the Nagas.

This is a very rare opportunity to learn some of the most powerful healing practices used within Dhami-Jhankri Shamanism.

For more info visit our [website](#)

### Bhola Banstola, Nepalese Shaman

Bhola was born in the foothills of Mount Everest in the district of Bhojpur. At a young age, he was chosen by the ancestral spirits to carry their message and healing traditions. Bhola received his training from his grandfather who was a skilful and well-known local shaman. He has also studied shamanism with different teachers in Nepal, Northeast India, Bhutan and parts of Sikkim and Darjeeling.

Bhola was educated in Nepal and India and holds a Master's Degree in Cultural Anthropology from Delhi University. He has spent long periods with Shamans in India, Nepal, Bhutan, and Tibet. He has been working and teaching all over the world.



### Residential Retreat

The retreat is residential, with shared accommodation. Meals are vegetarian.

The cost of the retreat includes Bhola's teachings, accommodation, and food.

**Venue:** Carronvale House Conference & Rec Centre, Larbert, Scotland

**Date:** 18.00, Thurs 20th–13.00, Sun 23rd June

**Cost:** £535.00 / **Deposit:** £275.00 – deposit (non-refundable) secures your place

**To Book:** Or if you have questions, please contact Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

*Spaces are limited. Please let us know as soon as possible if you wish to attend*

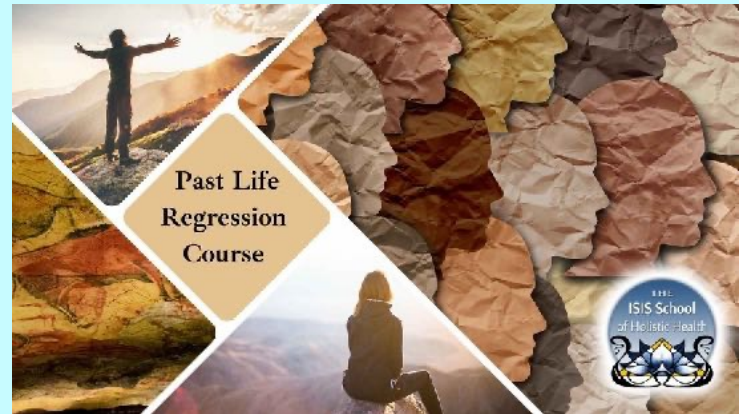


# Past Life Regression Therapy Course

***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 – March

## 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 March on **Monday 4th March** for the Fundraiser for Nepalese Schoolchildren – see more details on page 9 of this Newsletter. Entry is by donation paid directly to the Glasgow Theosophical Society.

The Circle will meet **Online on 1st April** - Fire Ceremony  
To see the programme for the Shamanic Circle [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 March: 7th, and 21st**

The investment for the Circle is £10.00. Payment can be made either by bank transfer or via PayPal using – [fi@isis-school.com](mailto:fi@isis-school.com).

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

## ISIS Energy Transmissions of the Living Light – March

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 and 20th March**

Please email the School: [info@isis-school.com](mailto: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 – March

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 19th March**. Please check your time zone if connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

