

# The ISIS School of Holistic Health Newsletter



Issue 86: November 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*)

**Your world is changing rapidly.** There is so much destruction. There is also so much awakening. What you see as destruction from natural and human causes is the changing tides which reflect the aspects of global consciousness that focus on separation. Time has quickened and the wheels of karma turn fast. As a result, everything manifests faster.

Humanity is divided. There is still much of humanity who see themselves as an individual, and they differentiate between themselves and others - me and you. They do not realise that you are all One, the One Being.

### **Humanity's Shadow**

There are aspects of you, of what you call the shadow, which you may not like, that you may wish to forget about, or hide away. When you see these aspects manifesting in the behaviour of others, you condemn these people, judging them, and viewing them as bad. These people are not separate from you. They manifest in the physical earthly life, that which exists currently in the shadow of human nature.



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](https://www.isis-school.com) please email: [info@isis-school.com](mailto:info@isis-school.com)

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As you may know from your personal development and spiritual work, there is no point hiding what exists in the shadow. The only way to move forward is to acknowledge, accept, heal, and integrate the shadow. Otherwise you will continue to act it out in some way.

### **Divine Love - your Greatest Power**

The greatest power you have available to you is Divine Love. In the same way that the Enlightened Ones surround the Earth and all beings with this amazing energy, offer Divine Love unconditionally, without trying to control the outcome. People sometimes say, "I can offer love to the animals but not to humans. They do not deserve it." This is a judgement towards yourself. Are you not a human being?

All beings, including all humans, have the potential to become beacons of Divine Love. Some people have never been able to experience this. They do not know how. And yet, under all the layers of fear, control, separation, and egoic thinking, this incredible potential for Divine Love still exists in everyone.

In the times you call Satya, or the Golden Era of the First Time, people lived harmoniously with themselves, each other, and nature. When they observed someone acting unskillfully, they did not judge. They came together to help, pray, and surround the person with love. They realised that the ego mind was an illness that could affect people, and manifested out of the collective consciousness. They understood that the unskillful person was expressing the shadow of the collective.

### **Spiritual Awakening and the Sacred Heart**

The medicine of these times you are living in is spiritual awakening. This medicine brings healing to the collective. As each person immerses in the light and detaches from the patterns of the conditioning, a ripple effect takes place in the whole human tribe, as well as all life on Earth.

The vibration of the Earth has increased, despite all the destruction, wars, and environmental catastrophes that are taking place. Earth is moving forward towards the awakened state of the new Satya era.


Many souls feel this change and are looking for meaning, letting go of the old ways of being, and discovering new ways of thinking and acting. They experience spiritual expansion through the opening of the heart, and this becomes more of a priority in their life. Wheres before they may have been stuck in habitual patterns of behaviour that were based exclusively on material, third-dimensional thinking.

This awakening process is being self-generated and fuelled by those of you who are engaging in light work. By changing yourself, you truly change the world reality. Each time you engage in spiritual practices that work for the highest good and the light, you are in Service. This is one of the highest states you can be in.

During the Golden Times people worked with universal energy through attaining a higher understanding based on Divine Love. It was the Sacred Heart that spoke, rather than the monkey mind. Their spiritual intelligence and Divine connection enabled them to create harmonious living - the outside reality reflected their inner state.

This way of living is possible for you. It is based on developing a higher consciousness. In the Golden Times people were able to raise their vibration through deep spiritual work that included meditation, ceremonies and rituals, and connecting with the natural world.

The legacy of the ancients lives within you. This is the time to remember the power and Divine origin of your spirit. As you do, your spiritual gifts will activate within you and guide you towards the path of the Sacred Heart.



The legacy of the ancients lives within us. It is time to remember the power and Divine origin of our spirit.

Image : Kohji Asakawa

## Egyptian Mystery School - 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 - Tuesday 7th November**

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 7th November Circle**

In the previous Circle we met the spirit of the blue lotus, NEFER-TEM. In this Circle NEFER-TEM guides us to the White Lotus, the flower essence of the Goddess HAT-HOR, the primordial Mother. HAT-HOR is here to bring us back into our power and light and help us realign with our soul's journey.

**Circle Date:** 19.00-20.30 (uk time) Tuesday 7th November

**Investment:** £15.00

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## **The Path of ISIS / Path of the Living Light Courses**

Most of the 2024 dates for the Path of ISIS Courses from Gate 2 onwards are still to be confirmed we will let you know when we have these dates

**Gate 1: Healing Path of ISET, Part 2** - 3 days, 10.00-17.00, 24-26 Nov - COURSE FULL  
*(this is the next course for Initiates after Healing Path of ISET, Part 1)*

### **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)*



# Fotoula's Second Book - an Announcement

*Fotoula's second book on the Ancient Egyptian Mystery School has been awarded a publishing contract through O-Books. Fotoula and Fi will now be embarking on a huge journey to edit, consolidate, re-edit, and bring the manuscript to the publication stage.*



As many of you know, Fotoula has been working with Goddess ISIS or ISET (as she was known in ancient Egypt) since 2006. During this time Fotoula has channelled an immense body of enlightened teachings, called the **Seven Gates of Awareness**, which the ISIS School offers through a comprehensive system of courses. The teachings form the Path of the Living Light that guides participants towards ascension into the Shining Spirit that we are. And ISET has offered these teachings to Fotoula in a way that can be practiced in our modern times.

Fotoula knows that she has been walking and teaching this Path in previous incarnations.

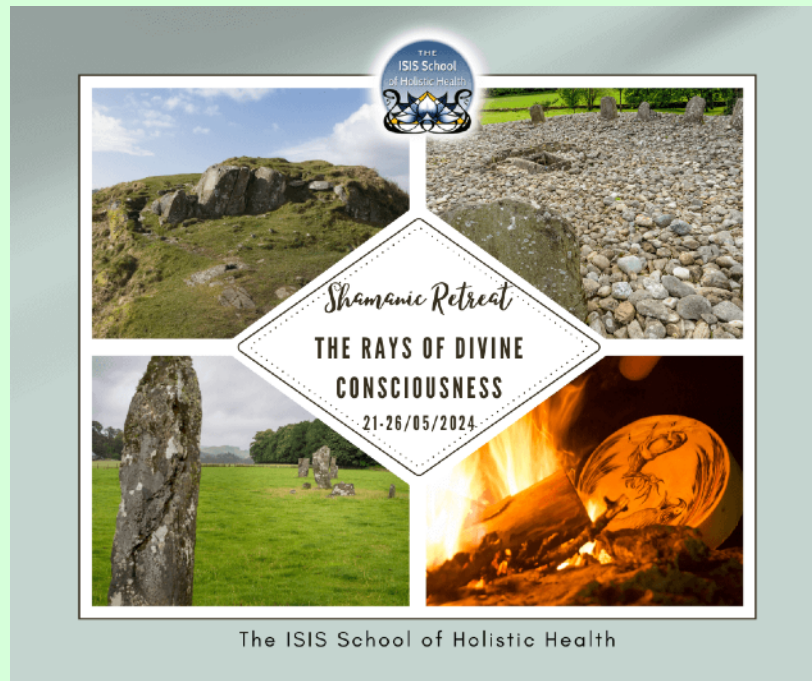
The book is full of insights, stories, history about the Mystery School, and journeys through sacred sites beyond time and space.

At the moment we do not have a final publication date. However, we will keep our Community updated. And we will continue to share the teachings in the Path of ISIS Courses both in person and online.

# Announcement

## Shamanic Retreat - 21-26 May 2024

### The Rays of Divine Consciousness



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,
- ◆ Take part in a Full Moon Fire Ceremony,

- ◆ Receive the teachings and practice the meditations of the Rays of Divine Consciousness that re-activate our spiritual DNA,
- ◆ Take part in Karma Purification Ceremonies, and
- ◆ Explore connections with the energies of the astral bodies through the ancient petroglyphs that have been left on the land by the ancient people.

In the Retreat we will be working in a small community to share these very important teachings. We come together in an ancient and sacred part of Scotland where the ancestors, from the prehistoric stone circle builders to the Knights Templar, have left their mark. We will be supported and guided as we walk the path of the ancient Initiate by Enlightened Guides and the Enlightened Guardian Spirits of the land and sacred sites.

After the Retreat, for retreat participants who wish to continue working with the Rays of Divine Consciousness, there will be an invite to the monthly Transmission of the Rays of Divine Consciousness that takes place via zoom. In these monthly meetings we share a spiritual practice of one of the twelve Rays. As we do this we become a channel for that Ray to be transmitted to the whole of the Earth.

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The dates for the Retreat are confirmed, but we still have many details to sort out. Once we know the investment and the other details we will email our mailing list. If you are interested in attending let us know ([info@isis-school.com](mailto:info@isis-school.com)) and we will be in touch directly when we have more information.

with love and gratitude, Fotoula and Fi



# 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.

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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](mailto: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](mailto:info@isis-school.com)



# Circles & Energy Transmissions - November

## 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 four times in November - **6th, 13th, 20th and 27th November**

Fotoula has been guided to offer 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](mailto: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 November: 2nd, 9th, 16th, 23rd and 30th**

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



## ISIS Energy Transmissions of the Living Light - November

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: **1st, 8th, 15th, 22nd & 29th November**

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 - November

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) Friday 17th November**. Please check your time zone if connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

*(If you find the energy transmissions beneficial and wish to make a donation. You can donate through PayPal using the email address [info@isis-school.com](mailto:info@isis-school.com))*

