

# The ISIS School of Holistic Health Newsletter



**Issue 67: January 2022**

**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*)

**T**he way in which you know your world is coming to an end. Your world is changing so rapidly and yet, you are not aware of how fast things are moving. You hope to find a way back to the balance that you once knew, but this balance was not built on a good foundation.

There are forces that are trying to erase all the goodness that humanity has achieved. These forces use language that is borrowed from alternative spirituality. They speak about the new age, the new era, sharing, and giving up attachments to material goods. These forces do not work for the highest good.

They operate using manipulation which is all the conditioned mind and the egoic self knows - the carrot and stick rule. If you are with us, we reward you. If you are against us, we punish you. Any aspect of that kind of mentality does not have an ethical basis and, in time, will always collapse. History teaches you that mighty empires come and go. The theatre of life demonstrates that the higher one climbs on a rickety ladder, the harder the fall will be.

During these times, you will see many scenarios being proposed for the future of human life. And many of these paint a bleak picture. All these scenarios are possible, no matter which side proposes them. Even those who fight against them, believe them to be possible and consequently start to expect them



To contact [The ISIS School](http://The ISIS School) or join the mailing list and receive the monthly newsletter,  
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## You are the creator of your inner and outer reality

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Image by Mylene2401

and therefore accept them. If they manifest they would say, 'we knew this would happen.'

Be aware when you are giving energy to these realities. The way of the spiritual practitioner is not to get angry and speak about all the perceived wrongs that are happening, as this energises these unhealthy perspectives of reality. The way of the spiritual warrior is to dream into being a higher vibrational Earth, like the one in the Golden Times.

You have such incredible power, such incredible light. So many of you are gifted healers, teachers, meditators, and shamanic practitioners. You have chosen to be born on this Earth at this time. Do not fall prey to the conditioning that says, 'what can I do, I am only one person.' There are so many of you that wish to live in a more inclusive, respectful, and peaceful reality. And we ask you to do your work and be the conscious dreamer, the conscious manifestor, and dream the higher vibrational Earth into being.

Dismiss the limitations of the conditioned mind that says, 'this could never happen, I am not enough, how can this happen given the chaos and corruption in the world?' The how is up to life. Life listens to you right now. Life always listens.

So, give life something beautiful to listen to. Speak to life and share your intention for the Earth and yourself without limitations and without fear. All the chaos you see around you has manifested because, for many generations, the collective has been speaking to life from a fear perspective.

A higher dimensional Earth, built on the basis of sisterhood and brotherhood, of mutual respect for one another, the Earth, all life-forms, and yourself, is possible. But you need to say this to life. When enough of you consciously dream of the higher vibrational Earth this is what will manifest in your personal life and in the collective.

# Spiritual Practice: Dreaming the Higher Dimensional Earth into being

ISET (ISIS) gave part of this spiritual practice to Fotoula when she wrote her book, *The Golden Book of Wisdom*. In the book it appears under the heading, 'Earth Retrieval.' For the times we now find ourselves in, ISET offers us the practice with another step.



- 1) Create sacred space by welcoming the Divine essence of all life, in any form or way you connect with it. Welcome also any helping spirits you may work with; ISET (ISIS) in her manifestations as the Mother of unconditional love; the spirit of the Earth; and, the helping spirits of the land, the ancestors, and descendants who work wholly for the light.
- 2) Take three deep breaths in and out and intend to centre yourself in your body. Then with each in-breath breathe in the Divine Light of Creation deep into your body, activating the Divine Light of Creation within you. With each out-breath, breathe the Divine Light of Creation out to the world. Breathe in the Divine Light of Creation. Breathe out the Divine Light of Creation.
- 3) From your creative force, connected to your inner pool of wisdom, visualise the higher dimensional Earth into being. See yourself and everyone, including all life-forms, also radiating the same creative force. See the new Earth materialising. Visualise what life is like in this wondrous world.
- 4) Imagine that you are holding the seed of this new dimensional Earth. Wait until the energy builds in your hands and you can truly feel, hear, see, smell and imagine this new high dimensional world. See yourself planting this seed / energy in the Earth.
- 5) The seed of manifestation is now in life's care. As life nurtures the seed, see strong shoots and stems growing out of the ground. The seed grows into the tree of life, blossoming and bearing fruit. Visualise yourself picking one of the fruits and tasting it. In this way the power of your practice is returned to you.
- 6) Then, give thanks for this practice to ISET, your helping spirits, the Earth, the spirits of the land, the ancestors and descendants, and the Divine light of creation. Say that your spiritual practice is now complete and ask that you, your room, and home are completely sealed and protected

Each time you come across a situation that triggers fear or anxiety about your life or the world, choose to disengage from the feelings and situation. Observe what's happening and let them go. Do not give them any power. Instead imagine flooding yourself and the world with peace and love. Stay with the higher vibrations you wish to see in the world. Be the higher vibration you wish to manifest for all life.



# ISET Practitioners' Community

*(The information on this page is for ISET Practitioners who have taken initiation in a Path of ISIS / Teachings of the Living Light Course)*

## **Online ISET Practitioners Circle - Sunday 27th February 2022**

There is no ISET Practitioners Circle in January. In February we return to the monthly meetings of the Circle.

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices. Each session is guided by ISET through her channel Fotoula.

The Circle usually includes a meditation, journey, visualisation, chanting or ceremony, as well as some guidance from ISET.

**Date:** 11.00-12.30, Sunday 27th February

**Cost:** £10.00 (*practitioners who are unable to attend the Circle on zoom can also pay for and receive the recording from the Circle*)



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## **The Path of ISIS / Path of the Living Light Course Dates 2022**

The Course dates for the Path of ISIS teachings for 2022 are now on our [website](#).

**We have dates for the four Gate 1 courses:**

**Spiritual Path of ISET, Part 1** - 18-20 Mar

**Spiritual Path of ISET, Part 2** - 06-07 Aug

**Healing Path of ISET, Part 1** - 12-13 Feb & 12-13 Nov

**Healing Path of ISET, Part 2** - 01-03 Apr & 09-11 Dec

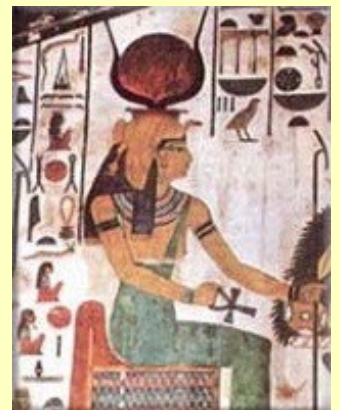
**And dates for the other Gates:-**

**Gate 2** - 29-31 July 2022 (course after Healing Path of ISET, Part 2)

**Gate 3** - 25-27 March 2022 (course after AUSIR 1)

**AUSIR 3** - 13-15 May 2022 (course after Gate 4)

**AUSIR 4** - 18-20 Nov 2022 (course after Gate 5)





# NEW Living Light 2 - Seven Module Live Online Course

## Ancient Egyptian Spirituality - Resurrection and Rebirth, starts 21st Jan

**I**n this new Seven Module Live Online Course Fotoula has been guided to share more of the key aspects of the ancient Egyptian pathway of spiritual development and soul evolution. As with the earlier course (Living Light 1: Multi-dimensional Self Activation) Fotoula will be guided by her main spirit guide, ISIS (ISET in ancient Egypt), as well as other enlightened teachers from the NETERU (cosmic Beings of Light).

The course is open to beginners in spiritual work as well as experienced practitioners.

Anyone who is interested in ancient Egyptian spirituality or the teachings of the Path of the Living Light, whether you have just stepped onto the pathway or have been walking it for many years, is invited to attend. And there are no prerequisites. This is a stand-alone course. There is no need to have attended the first Living Light 1 Course to take part in this new course. The only recommendation is the Introduction to Ancient Egyptian Spirituality Webinar (*This is optional and not a prerequisite*).



### Online via Zoom in 7 Modules, from 19.00-20.30 (UK)

**Module 1: Friday, 21st January** - The Living Temple of ISET

**Module 2: 4th February** - As above, so below. As below, so above. Astral connection and sacred geometry. IM-HOT-TEP - He who comes in peace

**Module 3: Friday, 11th February** - The Law of Divine Order

**Module 4: Friday, 18th February** - In the halls of MA'AT. The weighing of the Heart Ceremony

**Module 5: Friday, 25th February** - Death, resurrection, and reincarnation

**Module 6: Friday, 4th March** - Releasing the dead and healing the living

**Module 7: Friday, 11th March** - Rebirth and Initiation

Participants will be sent a recording of the Module after each Live Zoom session. Please note: the Course and the Recording are for personal use only. It is to inform your practice and spiritual work.

### Booking the Course

**Cost:** £195.00 (£95.00 deposit to secure your place).

**To Book:** email The ISIS School on [info@isis-school.com](mailto:info@isis-school.com) Payments can be made through bank transfer (email [info@isis-school.com](mailto:info@isis-school.com) for bank details) or through PayPal. The cost if paying with PayPal is £205.00, deposit £100. (Use [info@isis-school.com](mailto:info@isis-school.com) for PayPal)

There is a discount in the Course cost for any Initiate of the Living Light who has completed the Spiritual Path of ISET, Part 1 with The ISIS School of Holistic Health, and who wishes to participate. Course cost for Initiates - £77.00 (deposit £30.00).

# Shamanic Practitioner Reunion Days

**O**ver the years the transcended spirits have guided Fotoula to teach the ancient shamanic path. In 2012 Fotoula started training shamanic practitioners and since then many people have studied with her. This has created a community of like-minded people who have claimed their spiritual heritage, deepened their inner connection, and stepped into their calling as the traveller between the worlds.

The Shamanic Practitioner Reunion Days are open to everyone who has graduated from the practitioner training course taught by shamanic teacher, Fotoula Adrimi, of the ISIS School of Holistic Health.

This is an opportunity for shamanic practitioners to come together in ceremony, open to the heartbeat of the drum and the song of our heart, and support ourselves and each other as we walk this path in our own way. It is also a chance for practitioners to deepen their connection to this work.

In 2022 there will be three Shamanic Practitioner Reunion Days where we meet to share experiences, do group healing work, and participate in shamanic ceremony. Each day will be facilitated by Fotoula and her helping spirits.

## The Reunion Days:

**Dates:** 10.00-17.00, Sunday 20th Feb, Sunday 26th June, Sunday 16th Oct

**Venue:** TS library, Glasgow

**Cost:** £85.00 per day; dep: £40.00



# **2 Year In Person Shamanic Practitioner Training**

***facilitated by Fotoula Adrimi, Shamanic Teacher***

***- starting Jan 2022 until Dec 2023***

A shamanic practitioner is a bridge between the world of spirit and the alternative realities, and our own physical world. The practitioner crosses the bridge entering parallel universes to bring healing, life-force, guidance and deep awareness to themselves, their clients and their community.

The ISIS School offers a powerful and in-depth shamanic practitioner training course, designed to take participants through the initiations of the shamanic path and teach the healing work of a shamanic practitioner. Participants will work with spirit guides and teachers of the light, to become the bridge between the worlds and bring the spiritual light into the physical reality.



## **About the Training**

The training covers cord cutting and dismemberment, ceremony, power retrieval, soul retrieval, shamanic journeying and divination, shamanic healing, shamanic transfiguration and medicine for the Earth, ancestral healing, death and dying, de-possession, extraction, moon and sun rites and shamanic re-birthing. It is a comprehensive course offering a strong foundation for shamanic practice.

The course is taught as a two year ceremony. It is not just about sharing information and techniques, during the time together we will be riding a shamanic wave on a journey home to ourselves. It is our hope that the ceremony will carry everyone to a new depth of inner understanding, during and outside the times we meet.

Places on the course are limited. Please get in touch with us as soon as possible to book your place. For more details see below.

## **In-Person Shamanic Practitioner Training**

The In-Person Shamanic Practitioner Training starts in Jan 2022 and completes in Dec 2023. More information, as well as all the course dates, can be found on the [website](#)

**Fotoula Adrimi** is a highly experienced shamanic teacher who radiates the light of compassion to her students. She has been holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012.





# Spiritual Empowerment Circle - starting 2022

This is an Online Circle that is open to all spiritual practitioners. It will be facilitated by Fotoula Adrimi to help us:

- make sense of life, the human predicament, and what it means to lead a spiritual life, and
- to empower ourselves and break through the patterns of many generations that limit us

This is a Circle where we can share and discuss in a safe space. A Circle where we help each other and co-create a new reality for ourselves. A Circle of love, compassion, and connection, where we go deep within to unveil the hidden treasure, polish the gems, and allow them to shine.

The Circle will meet online from 19.00-21.00 (uk time) every 6-8 weeks. *(There is no obligation to attend every Circle).*

**Tuesday 15th Feb** - Theme: New Beginnings

**Tuesday 5th April** - Theme: Calling the Dream into Reality

**Tuesday 17th May** - Theme: Support Networks

**Tuesday 12th July** - Theme: Creation and Surrender



Cost £25.00 / circle  
payable through bank  
transfer or PayPal  
using email –  
[info@isis-school.com](mailto:info@isis-school.com)

To book email  
The School –  
[info@isis-school.com](mailto:info@isis-school.com)

## Priestess of the Moon Circle – 2022

A Circle for the Priestesses who graduated from the ISIS School of Holistic Health's two-year Priestess of the Moon Training in Oct 2021. We have been given guidance about how to continue meeting and working together in our amazing Priestess of the Moon Community. The enlightened guides have asked Fotoula to facilitate three one day Priestess Circles in 2022. The Circles will be in person in Glasgow for those who can make it, and also online via zoom so that everyone can participate. We will let you know the theme for each of the Circles nearer the time.

### The Circles:

**Dates:** 10.00-17.00, Saturday 26th Feb, Sunday 17th July, Sunday 27th Nov

**Venue:** TS library, Glasgow; or online via zoom

**Cost:** £60.00 per Circle; dep: £30.00





# Online Fundraising Ceremony Celebrating Imbolc & the New Moon

**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 online and open to all. 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 book your place** and make a donation please email us on [info@isis-school.com](mailto:info@isis-school.com) and we will send you the Society's bank account details, as well as the zoom link for the Ceremony.



## Online Fundraising Imbolc Ceremony - Tues, 1st Feb, 19.00-20.30

At Imbolc our ancestors lit fires on the hilltops to celebrate the coming of spring - the time of regeneration and the arrival of the life-giving energy of the sun.

As the daylight grows and the first green shoots appear out of the soil, we are filled by the hope of the spring, heralding the time of prosperity and abundance.

Spiritually this is the time when the Goddess leaves the Underworld and emerges on the Earth. The old woman, dressed in heavy woollen robes, transforms into the young maiden who walks the land bringing growth and light. Her radiance melts the snow and softens the hard ground.

In this Imbolc Ceremony, facilitated by Fotoula, we will work with the fire element to light our way out of the Underworld, honour the gifts of winter, and emerge into our 'spring' self - the one who walks towards the light. In doing so, we discover that we are the fire, the light, and the spring. And we will embrace this new beginning that the cycle of seasons and the river of life activates within us.

# Online Circles & Energy Transmissions – Jan 2022

## Fotoula's Online Shamanic Circle – Monday Evenings: 19.00-20.30 (UK time)



Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets three times in **January: 15th, 24th and 31st**. The fee for each circle is £12.00. Payment can be made either by bank transfer or via PayPal using – [info@isis-school.com](mailto:info@isis-school.com). The PayPal fee is £13.00 for overseas participants. For more information and to see the programme [click here](#)

## Fi's Online Chanting and Meditation 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 overcome the obstacles that prevent us from experiencing our Divine Self.

**January: 13th, 20th and 27th**

The cost of the circle is £7.50, and you can pay by bank transfer, or PayPal using email address – [info@isis-school.com](mailto:info@isis-school.com). (PayPal fee is £8.00 for overseas participants. For programme details [click here](#))



Online Meditation & Chanting Circle  
Thursdays 19.00-20.30 (uk)

## ISIS Energy Transmissions of the Living Light – January 2022

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

The January dates for the ISIS Energy Transmissions are – **12th, 19th, 26th**

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 – Tues, 18th Jan

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide.



The next Rays Transmission is on **Tuesday, 18th January, 19:00-20:00 (UK)**. Please check your time zone when 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 you wish to make a donation, this would be gratefully received. You can donate through PayPal using the email address [info@isis-school.com](mailto:info@isis-school.com))*



# Thank you!



We would like to thank our wonderful community of clients, students, meditators, shamanic practitioners, and priestesses, as well as all the readers of our Books and Newsletters for your support. It has been another year where we have had to let go and discover and adopt new ways of working, that have given us so much more than we could have ever imagined.

In January 2021 we began our in-person Shamanic Practitioners Course on zoom. And due to the ongoing restrictions, taught the next two meetings over zoom as well, until the rules were relaxed and we could finally meet up. Teaching the practitioner course over zoom was a revelation, and led to us starting a two-year Online Shamanic Practitioner Course in November which has drawn people from all over the world.

In December 2021 we facilitated, for the first time, a 21-day Zoom Evening Retreat for ISET Practitioners of the Living Light, that was incredibly profound. And during the year we continued to hold our regular Shamanic and Meditation Circles online.


Our response to the in-person restrictions not only widened our community, it also brought it closer and helped many of us go deeper into our spiritual practice.

In 2022 we are still walking between two fires. Nothing has settled. And in this space of uncertainty we are each being called to find our own centre where the chaotic energies of the collective cannot touch us. Our enlightened guides say this is a great spiritual experience for us. They ask us to become the observer of what is happening in the external world and not give our power to fear generated states. Instead, they invite us to remain in our centredness and develop the state of equanimity and embody the luminous being.

It may not be easy for us to accept that we have chosen to incarnate in these times and many people have chosen to move on to the spiritual realms. Humanity has lived through numerous chaotic eras. Many of our ancestors have suffered greatly during those times, and this primal fear can arise within us. Our ancestors did not know the incredible light of their spirit, the power of creation we all are in our essence.

In 2022 let us continue our spiritual work to overcome the conditioning and discover that our light is more powerful than the chaos. As the ancient Egyptians said thousands of years ago, let us rise out of the dark night of the soul and into the living Sun that we are.

With love and gratitude, Fotoula and Fi



*"I rise in the eastern side of the Sky,  
where the Enlightened Ones are born  
and I am born as HOR-AN  
(the enlightened spirit), as the endless Horizon.  
I am one with everything, Sirius is my Sister,  
the Morning Star my offspring."*