

# The ISIS School of Holistic Health Newsletter



Issue 73: July 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*)

**I**n the ancient Egyptian texts, some transcended spirits, including myself, have been portrayed as human beings with wings. There are also references to the Wings of the Great Mother ISET in the Pyramid Texts and in many sacred papyri.

The wings relate to an ancient race of human-like people, who were able to traverse different dimensional realities as well as the Earth reality. These beings were not bound by the limitations of the physical world and could move freely in all three dimensions – below the oceans, on the Earth plane, and above the Earth. They had an awareness of light energies, and in some cultures were known as the 'Bird People.'

Although I, like all the enlightened spirits known in ancient Egypt, have never incarnated and have not been a bird person, the wings that you see in the pictures on the walls of the temples, nevertheless refer to this ability to have full awareness of space and time, and exist in the different planes simultaneously. You also have this ability. It is part of your make-up and human heritage. However, knowledge of this gift is hidden from you by the veil of the conditioning. You cannot see your wings of light. Your physical eyes restrict your awareness to the physical reality.

And yet, it is not your eyes that limit you but the deep-seated attachment to the conditioning – it is your mind that limits you. To perceive the higher dimensional reality, access the gifts of awareness that are within you. And to feel your wings of light, you can raise your vibration through your spiritual light work with the



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energies of the Living Light, which carry a high frequency.

To do this merge with the enlightened transcended self that I embody. In the teachings of the Living Light / the Path of ISIS (ISET) I share with you the initiation process and the sacred Opening of the Wings chant. These teachings are precious for they lift you into a higher state of being where the mind can be silenced.

There is a misconception in the modern world that people need only receive the initiation and then they will have access to the higher vibrations permanently. Some may even believe that they do not need to practice, despite the obvious examples of the ancient initiates of the Living Light who spent their lifetime in ceremony.

The initiation is only a gate that you walk through. It is not the end of your journey, it is the beginning. And yes, you have permanent access to this energy *as long as you engage with it.*

### **Initiation into the Living Light**

After the initiation into the Living Light it is as if you have an electrical current flowing into your home, your body. In order to access the light, you need to press the switch. The switch is your spiritual practice which illuminates the space around you, helps you see clearly, and increases your awareness. If you do not press the switch, you will remain in the dark.

It is very comforting for your mind to stay in the dark. When your awareness grows you begin to change. For most people this change is gradual and takes place in a way that is supportive. This change is part of your soul's evolution. Instead of resisting it, surrender to what it shows and asks of you. The flow of your life will then re-adjust to your new frequency, and give you the opportunity to grow further into your spiritual self.

### **Your Soul's Evolution**

There is nothing more important than your own enlightenment. The old mystics, hermits, and teachers knew this, and they sometimes left the world in search of the Divine Self. These times that you are living through give you access to the light in a way that has not been available for hundreds of years, many lifetimes. This is why so many of you seek spiritual expansion.

The path towards awakening is open for you and invites you to walk it. The spiritual teachings and practices that I offer you, light the way. The Wings of ISET, the wings of Light, surround you. Gradually you become aware of HEKA—the invisible Living Light energy that creates, sustains, and transforms the manifested reality, and the physical and spiritual worlds. When you meet this Light and open your heart centre, you have the opportunity to experience a home coming of such beauty and profound grace that you may never be the same.



## Spiritual Practice: Overcoming the Conditioned Reality



- Create sacred space by welcoming ISET, the Divine Mother that opens the Path of Awareness through the Living Light. If you work with other enlightened beings and spirit teachers of the Light, welcome them into your space as well.
- Set your intention: 'May I overcome the conditioned reality in a way that serves my highest good.'
- Imagine that you are standing in front of the doorway of a Temple of Light. As you step through the doorway imagine wings unfolding behind your back. (If you are already an initiate of the Living Light, Open your Wings through the practice. To avoid confusion this statement refers to initiates of the Living Light who have completed the 3-day Course: Spiritual Path of ISET, Part 1.)
- You may feel these wings opening behind your back and down your arms. Whether you feel them or not, it does not matter, just intend to open them.
- As you step through the gateway you meet ISET, the Great Mother. ISET surrounds you with her wings and Light flows all around you. In this space stay in the silence receiving the Light. As you meditate, you may feel sleepy or tired. This is normal as your physical body may not be used to the high energies. Surrender, and allow the Light to work through you.

Sometimes you may experience emotions that have been suppressed in your body, other times you may feel pain as the stuck energy of trauma shifts and releases. Information may come to you about past events, issues, or blocks. If it does, intend

to offer it as a sacred offering to the Great Mother. Do not follow the old stories. Try not to analyse what is happening. Focus on letting go.

Stay in this high vibrational energy for a minimum of 21 minutes.

- After the meditation, ask the Great Mother for her blessing of unconditional love. Stay quiet as you receive it. The blessing may differ each time you do this practice. The blessing may come in many forms, such as light, advice, or sacred practices that you can do.
- At the end ISET offers you the Ankh – eternal life, and places protection all around you.
- It is now time to leave the Temple of Light and bring the gifts of this practice to your everyday life. Give thanks to ISET. Then, turn around and go back through the gateway. The gate closes behind you.
- Once again thank ISET and any other enlightened beings you invoked at the beginning of the practice. Then say that you are releasing them, and ask that before they go, they completely seal and protect you, the room, and the building you are in.

**Note:** you may feel tired after this practice as you release the old energies from your body and receive this deep activation through the Living Light. Drink plenty of water and give yourself the gift of time to relax and slowly integrate the energies.

## Path of ISIS Introductory Course - Spiritual Path of ISET, Part 1: In Person

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, also known as The Path of ISIS, aim to open us to the Light of the World, so that we can become that Light – the Light of our Divine Self.

This 3-day course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development, and soul evolution.

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

**10.00-17.00, Friday 18th - Sunday 20th November**

**Cost for 3-day Course:** £285.00; dep: £140.00 (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 Practitioners' Community

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

## **Online ISET Practitioners Circle - Tuesday 26th July**

A beautiful way for our growing 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:** 19.00-20.30, Tuesday 26th July

**Cost:** £10.00 (*practitioners who are unable to attend the online Circle can also pay for and receive an audio recording of the session*)



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

Course dates for all the Path of ISIS Courses for 2022 are on our [website](#).

**Path of ISIS, Gate 2** - 3 days, 10.00-17.00, 29-31 July 2022

This is the next course for Initiates who have attended the Healing Path of ISET, Part 2  
**(Please note:** *Initiations for Gate 2 will take place on Thurs 28th July*)

**Gate 1: Spiritual Path of ISET, Part 2** - 2 days, 10.00-17.00, 06-07 Aug (in person)

For practitioners who have attended Spiritual Path of ISET, Part 1

**(Please note:** *This course will be taught in the Library of the Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow, G4 9BL*)

**Gate 1: Healing Path of ISET, Part 1** - 2 days, 12-13 Nov (in person, Glasgow)

For practitioners who have attended Spiritual Path of ISET, Part 2

**Gate 1: Healing Path of ISET, Part 2** - 3 days, 09-11 Dec

For practitioners who have attended Healing Path of ISET, Part 1



# **New Videos on Spiritual Awakening and Shamanism**

## **Fotoula channels guidance from the Enlightened Spirits**

*Fotoula was recently invited by the Enlightened teachers and spirit guides to record two videos: one with insights on walking a spiritual path, awakening and enlightenment; the other about what it takes to become a shamanic practitioner and work with people in shamanic ceremony and healing.*

### **Walking a Spiritual Path**

<https://www.youtube.com/watch?v=Xqwx2VoZly4&t=10s> (click this link or the photo)

Fotoula, spiritual and shamanic teacher, offers valuable insights, explanations and words channelled from her Enlightened spirit helpers, on the spiritual path and the awakening process. Fotoula and her guides have a unique way of describing some of the landmarks of the awakening journey, including how to overcome pitfalls and stay in the flow in the river of life.



For more information on Fotoula's work and The ISIS school of Holistic Health: <https://www.theisisschoolofholistichealth.com/>

### **What it takes to Walk the Shamanic Path and be a Shamanic Practitioner**

<https://www.youtube.com/watch?v=Vbq-Ow79TEo> (click this link or the photo)

In this video Fotoula answers questions that many people interested in shamanism, have asked her:

- what do people need to learn the shamanic ways?
- how can they become a shamanic practitioner?
- how can they work shamanically with others?

She shares her own extensive experience as a student and as a teacher and the two key fundamental principles that people need, in her view, to walk this path so that their work can be effective.



For Fotoula's experience, qualifications and work: <https://www.theisisschoolofholistichealth.com/fotoula-adrimi>

# Spiritual Empowerment Circle - 12th July

This is an Online Circle that is open to all spiritual seekers. 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

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

**Date:** 19.00-21.00 (uk), Tuesday 12th July

**Theme:** Creation and Surrender

**Cost:** £25.00 - 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)

Next Empowerment Circle:  
Tuesday 23 August –  
Theme: Emotional Mental  
& Spiritual Manifestation

# Priestess of the Moon Circle – 17th July

This is a Circle for the Priestesses of the Moon who graduated from The ISIS School of Holistic Health's two-year Priestess of the Moon Training in Oct 2021. The Circle is a way for our amazing Priestess community to meet and continue our work together.

In the Circle in July, Fotoula will facilitate firstly a **Funeral Practice** to say goodbye to the old ways of this world. And then she will guide us through a **Resurrection Practice** for the New Earth. This is an **Empowerment Practice** for this time of new beginnings.

**Date:** 10.00-17.00, **Sunday 17th July**

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

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

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



# The Shamanic Ways of the Earth

**M**any people see themselves as separate from nature. Nature is somewhere we go on the weekend or on holiday, to climb a mountain, walk around a forest, and visit the wild. It is as if, inside of us there is an invisible barrier that has been created in our psyche over thousands of years that keeps us away from the Earth, and the other beings that inhabit the planet.

When we walk the Shamanic Path, we gradually find our way back to the Earth. The indigenous people still remember that we too are earth, we too are nature. It is an illusion that keeps us separate from nature, a deep-seated fear that is inherent in our western conditioning.

## **Fotoula Speaks**

When I was a child in school, we were shown pictures of prehistoric people. We were told that the men and women, who were dressed in skins, were shivering around a fire inside a cave, hiding from the wild beasts that roamed the land.

A different interpretation of our prehistory was shown to me in a shamanic journey. I saw that the prehistoric people were not afraid of the wild. They communicated and interacted with all life. They understood the cycles of the seasons and attuned themselves to the pulse of the Earth. They celebrated life and honoured the Earth, and all beings. Nature was not an alien place, it was a treasured home.

Nature has so much to teach us if we listen. In 2013 I was in the Inyo Mountains, California, training to facilitate visions quests and medicine walks. We lived in the mountains for a month. While there I experienced plants, rocks, and animals speaking to me and offering messages. One of the plants, a small green bush that was growing abundantly in the area, asked me to take cuttings from it and make a tea. One of the helpers for our group was a botanist and she told me this was a medicinal plant that helped people's body adjust to the high altitude and regulate kidney and urinary function (which can be affected by altitude). I went back to the plant, offered it a song in gratitude for its gift, and took cuttings and made the tea. I drank this tea every two days as the plant advised, and I never experienced any altitude problems.

## **Earth as a Healer**

In the Inyo Mountains I realised that the Earth is always trying to get our attention and speak to us. When we sit on the Earth, the stones, plants, animals 'see us.' They see our energy field and the light we emanate, and can interpret who we are from this. In being able to read our energy field they may even know us better than we know ourselves.

The stones under our feet that we pay scant attention to, are invoked as grandmothers and grandfathers. They have been on this Earth for hundreds / thousands of years, and have seen and know so much. This is why in many traditions, stones are the shaman's ally.

For a long time, through the discipline of psychology, we have analysed our earthly experience. We have learnt much through this process. Yet, there is a deeper, more direct way to gain understanding. The path of knowledge and transformation goes through the Earth - and ultimately our physical body is Earth and it is the Earth that is calling us home. Are we listening?



# Earth Shamanic Apprentice Course

## A Seven Month Programme of Shamanic Teachings

New starting date –  
Saturday 16th July

Prerequisite: Experience  
in shamanic journeying

In this six-day course over  
seven months, Fotoula Adrimi  
will guide us to step into our  
birthright as shamanic  
caretakers of Mother Earth

Join us for a beautiful six module programme of rich shamanic work and teachings. We will come together in circle and see ourselves as the caretakers of the Earth. We will learn how to work shamanically and in partnership with nature, for the wellbeing of the planet.

After the Course participants can use the techniques and teachings individually, as well as in community. These ancient wisdom teachings will be shared through experiential work, ceremony, drumming, and rattling.

In this course we will step into our birthright as a shamanic caretaker of Mother Earth. We will ally with the flow of universal energy and work for the highest good of all life. We will access our inherent gifts of light, and our cosmic spiritual heritage, and bring them to the Earth. The Earth will be our teacher – the trees, animals, birds and stones are our spiritual allies.

### Earth Shamanic Apprentice (ESA) Programme - Six Days over Seven Months

#### **ESA 1: 10.30-17.30, Saturday 16th July 2022**

Healing the Earth through transmutation ceremonies

#### **ESA 2: 10.30-17.30, Saturday 27th August 2022**

Retrieval of essence. Nature as a healer

#### **ESA 3: 10.30-17.30, Saturday 15th October 2022**

Working with the little people and ancestral spirit deities

#### **ESA 4: 10.30-17.30, Saturday 5th November 2022**

Healing our vessel and accessing our inherent spiritual power

#### **ESA 5: 10.30-17.30, Saturday 26th November 2022**

Fire and Water ceremonies. Working with plants and the human tribe

#### **ESA 6: 10.30-17.30, Saturday 14th January 2023**

Wind and Earth ceremonies. Working with animal spirits and the stone people

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

**Cost:** £695.00, deposit £95 to secure your place. then £100 for each day, payable on the Monday before the course. To book email – [info@isis-school.com](mailto:info@isis-school.com)

**Book:** Email the School – [info@isis-school.com](mailto:info@isis-school.com) to book your place.



For more information  
see our [website](#)

# Path of the Eagle 3 – Shamanic Ancestral Work

Seven Module Live Online Course starting Tuesday 25th October

The Shamanic Ancestors have asked Fotoula to repeat this Live Online Course due to its importance in helping us heal and clear our ancestral line and develop a deep and supportive relationship with the ancestors

Fotoula and her helping spirits will again deliver this course to help us heal and clear our ancestral line, and open to the power and gifts of light of our lineage. This is a stand-alone course. It is not necessary to have completed any other Path of the Eagle Course to take part. The only prerequisite is experience in shamanic journeying.

**Seven Modules:** times shown are UK, please adjust for your timezone

**Module 1:** 19.00-20.30, Tuesday, 25th October  
Theme: Establishing a Link with the Shamanic Ancestors

**Module 2:** 19.00-20.30, Tuesday, 1st November  
Theme: Strengthening the Lineage

**Module 3:** 19.00-20.30, Tuesday, 8th November  
Theme: Shamanic Initiation

**Module 4:** 19.00-20.30, Tuesday, 15th November  
Theme: Learning from the Ancestors the Healing Ways of the Earth

**Module 5:** 19.00-20.30, Tuesday, 22nd November  
Theme: Ancestral Trauma Release

**Module 6:** 19.00-20.30, Tuesday, 29th November  
Theme: Ancestral Integration Methods

**Module 7:** 19.00-20.30, Tuesday, 6th December  
Theme: The Ancestors from the Stars and How to Connect with Them.

If you miss a module, you can catch up through the video recording

**Cost:** £210.00 for all 7 modules. Deposit £75.00 to reserve 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). The total cost if paying with PayPal is £220.00, deposit £80.00. (Use [info@isis-school.com](mailto:info@isis-school.com) for PayPal)

**For Shamanic Practitioners who have graduated or are training** with The ISIS School of Holistic Health, there is a 50% reduction in the cost. For any participant of the first live Path of the Eagle 3 Course (Apr-June 2022) who would like to repeat there is also a 50% reduction in the cost. **Total cost:** £105.00. **Deposit:** £35.00. (Payable through bank transfer)

All deposits are non refundable and non transferrable. Check the [website](#) for more information.





## The Priestess of the Moon Lineage

A New Circle Begins  
In February 2023 a new Priestess of the Moon  
2-year Training Course will begin

*For thousands of years ceremonies took place in sacred sites overseen by Priestesses of the Living Light. This lineage is being reintroduced through The ISIS School, to bring the ceremonies and teachings back to the world.*

Fotoula Adrimi remembers this lineage through her spiritual connection. Whilst connecting with the prehistoric sites and standing stones, she communicated with the ancient spirits who continue to call women to the path of the moon.

This is the path of the inner mystic, where the cauldron represents the womb. In its dark waters, we read the omens. Inside our bodies is the void out of which new life, new possibilities and new realities are born. The women weave the old and the new under the subtle and powerful energy of the moon.

The course leads to a Spiritual Celebrant qualification to conduct ceremonies, funerals, hand fasting, blessings and rites of passage, celebrating major life events.

### **The Priestess of the Moon Programme**

This is a two-year training programme, encompassing personal and spiritual development, as well as practices and ceremonies for working in the community.

Once participants complete the course, they may wish to create their own Temple of the Moon and hold ceremonies for the benefit of themselves and their community. However, as the Temple is always within us, this course can also be completed as part of your ongoing spiritual development.

This will be a Circle of women who are committed to working together for two years. Participants will need to complete the whole programme to graduate. Apart from the first and last weekends which take place in Kilmartin, Scotland, all training weekends will be in Glasgow, Scotland.

Registration for this course is open.

Please email us for the application forms: [info@isis-school.com](mailto:info@isis-school.com)

*For more details please see our [website](#)*

# Past Life Regression Therapy Course

**Tues 14th - Sun 19th Feb 2023**

Since graduating as a Clinical Hypnotherapist from the University of West London and the London College of Clinical Hypnosis, Fotoula has specialised in past life therapy work. Through her work she has found that people sometimes carry issues, patterns and spiritual blocks from other lives into their current life. Some even experience physical conditions, the root cause of which originated in another life.

In this six-day course Fotoula will teach 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. In such cases, knowing what happened, may not be enough for the person to heal - they also need a soul retrieval.

Fotoula was given this important piece of work, which she calls 'Past Life Soul Retrieval' by her shamanic helping spirits. For more information refer to Fotoula's book, *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times* - Chapter 15: Incarnation, and Chapter 16: Other Lives, Other Stories, One Light.

In the workshop participants will learn the relevant skills to work therapeutically with past life regression. The course can be taken by those interested in working as a Past Life Regression Therapist, as well as anyone who would like to delve deeper into understanding past life work.

**Prerequisites:** Experience in meditation 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 14th Feb - Sun 19th Feb 2023      **Venue:** Glasgow

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



## Master Practitioner, Past Life Regression Therapy Course

**Thursday 7th - Sunday 10th September 2023**

**Prerequisite: Practitioner of Past Life Regression Therapy**

In this course we track and collect our essence beyond time and space. We see ourselves as part of a multi-dimensional universe where we have lived lives in other forms and in parallel realities. We travel beyond the human form, to what we call the past and the future. We bring everything into the moment of now to gain understanding of our soul's journey.

As we collect knowledge and energy from previous existences and parallel worlds, we have the opportunity to appreciate further our infinite Self and our Divine essence. At the same time we learn how to support others through past life work.

**The Course is certified.** A certificate is issued following the course.

For more information on these courses please see our [website](#)

# Online Circles & Energy Transmissions – July

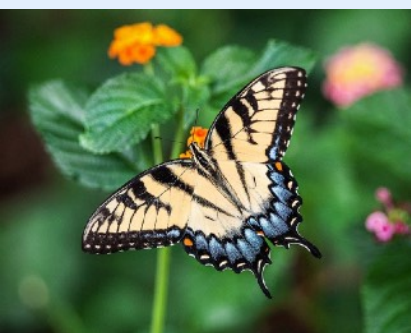
## Fotoula's Online Shamanic Circle - Mondays: 19.00-20.30 (uk)

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets three times in **July: 11th, 18th, 25th**

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.

**July Circles: 7th, 14th, 21st and 28th**

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. Programme details [click here](#))

## ISIS Energy Transmissions of the Living Light - July

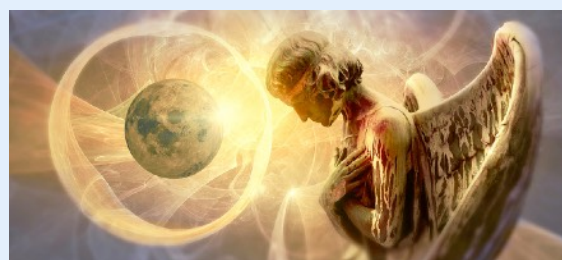
The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the high vibration and healing qualities of the Living Light.

The ISIS Energy Transmissions are from 19.00-20.00 (UK) - **6th, 13th, 20th and 27th July**

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 - 19th July

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, 19th July, 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))*