

# Newsletter – the ISIS School of Holistic Health Ltd



Issue 95: October 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*)

**Humanity existed in harmony with the Earth** in previous eras. Harmonious living is possible for you even at this time. Harmony is a state of being that can be cultivated from within and radiate to your life, and to all life.

**Living in harmony** does not mean spiritual bypassing, numbing yourself, or living in a dream, ungrounded and wandering the spirit realms. Living in harmony means understanding the flows and ebbs of life - the cycles of death and rebirth that the Earth teaches you with each season, and tracing and accepting this constant movement within yourself. Living in harmony is deep work where you overcome the buttons that the conditioning uses to manipulate you. This means you do not react from past hurts, and instead act from your wisdom self.

*Living in harmony is a choice.*

You have to change your reality, and this is something that happens from within, and not outside of you.


People seek spirituality for many reasons. One of the motivations that is prevalent in your world is the use of spirituality to change



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The only way to grow into your Divine Power  
is to become it

Image : vined mind

The ISIS School of Holistic Health

life circumstances. This is only possible when you understand that Divine Power is unleashed when you become it.

You are a being of Divine Power, but your power is limited by the chains of the conditioning. When you try to work with your power through the conditioned mind, to change your world, this power is ineffective. Any results you attain are temporary. The only way to grow into your Divine Power is to become it.

The **first step** in your quest is to acknowledge that you are a being of Power and Light. In any situation you feel helpless, surrender to the Divine Power that exists within your sacred heart centre, allowing it to open and direct you. From your heart, access the infinite Light that you are and allow this vibration to flow from you into your body and into your life. Continue this process until you come back to a state of peace. Listen to the voice of peace and follow it.

The **second aspect** of this work is to remind yourself daily that you are a being of Power and Love, beloved of the Universe and the Divine Source. Come into a space of deep connection through your spiritual practice with high vibrational energy. This work is constant, as the conditioning exists within every cell of your body.

**Thirdly**, awakening into your Power happens gradually as you embody the Divine Self. This means that spirituality ceases to be a part-time occupation and becomes your reality. It is how you live your life.

Many people think of spirituality when they meditate or are in ceremony. In this third stage you lead a spiritual life, no matter what your work is and what you do in your everyday life. You slowly transform yourself into the Divine Being that you are



within. This means that you are able to remove those aspects of your life that are not compatible with the inner essence.

The journey takes you step by step into a space where you are able to change your ways. For example, give up addictions or toxic relationships that feed the ego, rather than the heart.

These three stages of acknowledgment and acceptance, connection, and embodiment, are key milestones in your journey of awakening and inner transformation.

For those spiritual seekers of the Light, the way to change the world is to change, themselves. They change the role they play in the Theatre of Life and write a new script.

## **The Spiritual School of Ancient Egypt** *the ancient Egyptian Mystery School opens its door to you*

**Hidden behind the veil of time,** the enlightened teachings of the path of awakening and ascension of ancient Egypt, show us how to transcend our reality and embody our Light. The Mystery School, that calls us back through the ancient ruins, speaks of an old wisdom that can open the doors of our heart. These teachings are being remembered and point to a path where we discover our Divine Self.

The ancient mystics have not left. They wait in spirit to speak to the spiritual seeker of truth. This is a path where you may experience





so much love that your heart may burst open and your eyes may be filled with tears of grace. This is a path that invites you to return to the love that created you. The energy work and practices of this path are of such high vibration that they can bring you into a point of stillness, the zero point of the void - the place of both emptiness, and of infinite possibility.

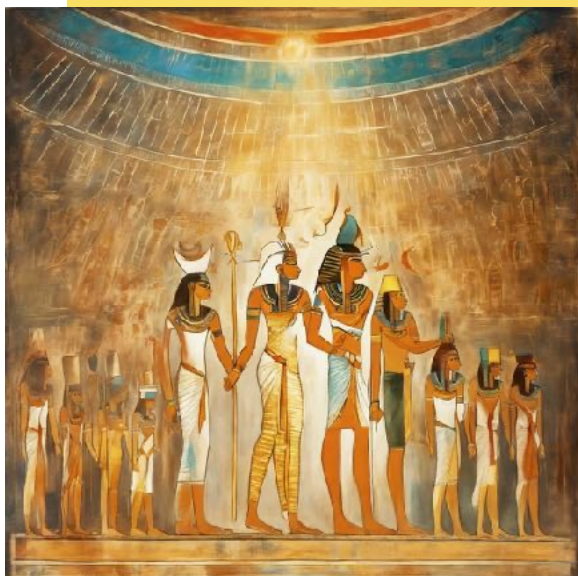
This is not just a healing course but a vast spiritual teaching that you can incorporate into your life. Deep within you, a part of you may already know this path that is otherwise hidden to your conscious mind - until it is rediscovered.

### **AMUN-RA - the hidden one, the shining one**

One way to describe the Mystery School is through the name of AMUN-RA, the creative force of the Universe, and the spiritually awakened being. AMUN means the hidden one. It is unseen, unknown, and even if it is glimpsed from time to time, it looks uninteresting. Most people bypass it without realising what it is.

RA means the shining one. Once it is seen, the awakening being shines like the sun, its spiritual power is the life-force giving energy that creates and sustains all life. Like the sun its light is immense.

The ancient Initiates of the Mystery School are waiting for the continuation of the lineage, so that they can come to teach us. They send out an invitation, but we can only answer this invitation through our hearts. This is not something we can



feed our ego with, or something that we answer because we want another initiation, or are looking for a title and confirmation from others. This is something that we enter through a gateway which asks us to leave our ego at the threshold. The way of the heart is to stay humble, but not small. Like AMUN-RA, the Initiates in ancient times were truly humble, and yet their spiritual Light shone ever so brightly.

*This is a path of Light and heart opening for anyone who wishes to welcome themselves home.*



## **Egyptian Mystery School Teachings The Path of ISIS Introductory Course - *The Spiritual Path of ISET, Part 1 - 11th-13th October***

The **Spiritual Path of ISET, Part 1** is the introductory 3-day course for the Path of ISIS teachings. These teachings are a path to Awakening and Ascension that support us to embody our Divine self. Their aim is to open us to the Light of the World, so that we can become that Light, the Living Light, the Light of our essential nature. The course involves an Initiation process that opens the way for participants to channel the high energy vibrations of the Living Light.

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

**10.00-17.00, Friday 11th - Sunday 13th October 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 Circle - Next Circle: Tuesday 1st October

In the first part of the Circle, ISET will explain why sacred space is so important when we do spiritual work either for ourselves or when we work with clients. Fotoula will channel ISET's words.

In the second part we will connect with the Dashur pyramid and the three chambers, all of which have different energy fields. The last chamber has the function of a spiritual antenna, where everything we chant is transmitted etherically, everywhere on the planet. At the same time, this etheric antenna, receives the energy waves from the Sirius Star, so we will all be bathed in this vibration.

**Circle Date:** 19.00-20.30 (uk) Tuesday 1st October

**Investment:** £15.00 (or join the monthly plan - see [website](#))



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## Upcoming Path of ISIS Courses

The dates for all Path of ISIS Courses in 2024 are on the website in the [ISET Initiates Community Page](#)

**Gate 3 Course** - 3 days, 10.00-17.00, 4-6 October

The next Course after AUSIR 1 (*Initiation - Thurs 3rd Oct*)

**Spiritual Path of ISET, Part 1 Course** - 3 days, 10.00-17.00, 11-13 Oct

The introductory course for the Path of ISIS Teachings

**Healing Path of ISET, Part 1 Course** - 3 days, 10.00-17.00, 8-10 Nov

The third course for Gate 1 of the Path of ISIS Teachings

**Gate 4 Course** - 3 days, 10.00-17.00, 15-17 Nov

The next Course after AUSIR 2 (*Initiation - Thurs 14th Nov*)

**Healing Path of ISET, Part 2 Course** - 3 days, 10.00-17.00, 13-15 Dec 2024

The fourth course for Gate 1 of the Path of ISIS Teachings

# Priestess of the Moon Training

*A new Circle will open in February 2025*



**This two-year Training supports women to embody their sacred power.** Since 2012 many sisters have stepped onto this path, answered their soul's calling, changed their life, and are bringing their soul gifts to the world.

The Course weaves around the Wheel of the Year through the Circle of the Sun Festivals and the deeper Circle of the Celtic Fire Festivals. It is based on the Goddess wisdom of the Celtic lands that flows through the seasons with the Birth of Light (Bridget), and the descent into the darkness (Cailleach Bheur).

We also align with the Moon energies as the Moon births, grows, comes into fullness and then wanes and dies, to be reborn once again. Like the Moon we experience these changes in our body and blood, and in our Womb Temple of Creative Power.

The Priestess Training begins with an Initiation in a Stone Circle of the Sun and Moon, an ancestral place of power, where we make the commitment to walk the Path of the Priestess and support each other as women co-creating a Circle of Sisterhood. We bring our gifts into the world and share them with All.

The Course will teach you how to hold Ceremony for yourself, the circles of people who will come to you, and the people who wish to go through Rites of Passage. During the two years we share the Priestess of the Moon Ceremonies:

- the Sun Festivals - the equinoxes and solstices, and the Fire Festivals - Imbolc, Beltana, Lammas, Samhain;
- the different phases of the Moon - the dark moon, new moon, waxing moon, full moon, waning moon;
- Ancestral healing ceremonies;
- Womb Rites - womb healing and activation;
- Naming ceremony - for babies and adults;
- Funeral service;
- Sacred Marriage to the higher self;
- Hand Fasting Ritual;
- Working with the Fae and spirits of the land;
- And many other ceremonies and teachings.

This is a practitioner course that the ISIS School of Holistic Health has been teaching since 2012. The 'Priestess of the Moon' Training is trademarked in the UK as part of the ISIS School of Holistic Health. It cannot be taught by others at the moment as we have not taught a teacher training programme.

This Training gives you the opportunity to share the Ceremonial work as a practicing Priestess and hold the Ceremonies for others and for your community.

As part of the Training you receive a manual with all the Ceremonies.





## How to Join the Priestess Training

This will be a Circle of women who are committed to working together for two years. This is a huge commitment. It means that you have to attend the two residential retreats and the seven weekend trainings which are all in-person. In exceptional circumstances you may be able to join the training online. If you miss one weekend, you need to arrange a day with Fotoula, to go over the teachings. You are only allowed to miss one weekend during the two-year Training.

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 held in the Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow, G4 9BL, Scotland, UK.

**Registration for this course is now open.** Please email us for the Registration forms: [info@isis-school.com](mailto:info@isis-school.com)

For people who have not worked with us before, when we receive your Registration Forms we will arrange a zoom chat so that we can meet each other, speak more about the Training, and answer any questions you may have.

[Read More about this powerful Training](#)

*When I have been stuck, cocooned in this life, it was women who came to free me. Women who reminded me what I am made of and what I am becoming. Women, who broke my shell, reached for my hands and pulled me out. Not just to fly again, but to fly higher than ever before.*

*There is much beauty, much ancient history, in that intuitive network of strength, support and silent sisterhood. Treasure it, as you would a very special gift, because that's what it is, my sisters, that is what it is.*

*Donna Ashworth*

# Shamanic Dance of the Sacred Spirits

*In Person, Glasgow - 18.00-21.00, Mon 23rd Dec*

*We meet just after the Winter Solstice, after the light is reborn, to dance a sacred dance*



**The Ceremony is a healing dance** for the Earth, everyone taking part, and all beings. It is a dance to bring change to our world and increase the vibration of the Earth, healing disharmony and suffering. This is a circle of service, for those who have a pure intention to work for the highest good.

**In the dance we will merge** with helping compassionate spirits to bring healing to ourselves and the world reality. We will journey to the spirits of the dance and then invite them to come through our body as we move to the sound of the drum, chanting, and tribal music. We will release heavy energy and bring in higher vibrational Light. At the end we will do a transfiguration practice to release the spirits. Fotoula has also found that just before the ritual ends, beings who have died but have not gone to the light can come to the altar for release. If this happens she will guide a psychopomping.

If you wish to come and cannot dance or dance for the whole time, do not worry. You can sit and participate with your intention, play your drum or rattle, and still be part of the ceremony. The dance part of the ceremony only lasts 30-45 minutes.

There will also be time for a sharing space where we can speak the wisdom that comes through our wise heart.

### Before the Dance Starts

Fotoula will speak about the history of the sacred dance, the inspiration behind it, and what it all means - how from ancient times shamans have merged with helping spirits to dance and bring through healing Light.



### After the Dance

At the end, we will offer everyone a cup of Greek Mountain Tea (herbal, caffeine-free). The tea comes from the herb known locally as Sideritis. The name, Sideritis, invokes a wish for people drinking it to have an iron constitution. It is a well-being herbal remedy with no known side-effects. In Greece people drink the tea for all ailments, especially for winter blues, colds, and snuffles. The herb grows abundantly throughout the Greek mountains, however the healing properties are only found in varieties that grow 1200 metres above sea level. This is why it is known as mountain tea that is picked by local village people. Traditionally the tea is served by itself, or you can add some honey and lemon. For those who prefer something else, we will have a selection of organic herbal teas.

As it is the festive season, we will also celebrate with some mince pies with a gluten free option, so that we are beautifully grounded after the ceremony.

If you have any questions, please contact Fotoula - [info@isis-school.com](mailto:info@isis-school.com)

### Details about the Ceremony: Shamanic Dance of the Sacred Spirits

- ★ **Time and Location:** 18:00-21:00 (*Please note we start at 18:00 not 19:00*)
- ★ **Venue:** Library, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow
- ★ **Investment:** £33/£28 concession (payment by bank transfer to The Isis School)
- ★ **Bookings essential to secure your place:** Email to book: [info@isis-school.com](mailto:info@isis-school.com)

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For more information on the **Shamanic Courses and Shamanic Circle** offered by Fotoula Adrimi, Shamanic Teacher, please visit the website.

And we also offer a comprehensive series of **Online Shamanic Courses** -

[Visit the ISIS School Website](#)

[View our Online Shamanic Courses](#)

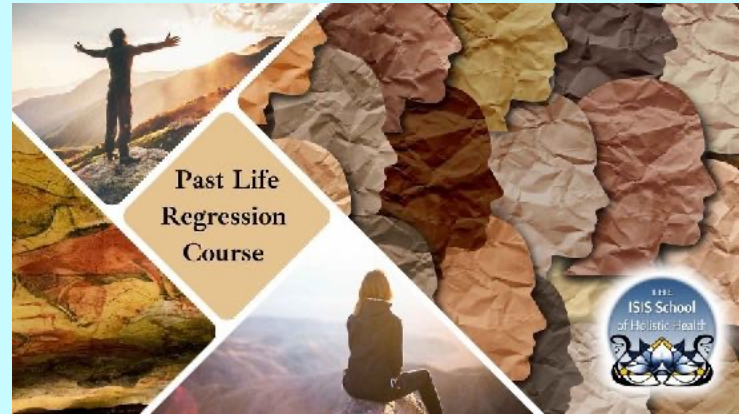
# Past Life Regression Therapy Course

Tuesday 15th - Sunday 20th October 2024

**one space remaining**

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.



## 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 Course of six days and it is certified, following casework. The course 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

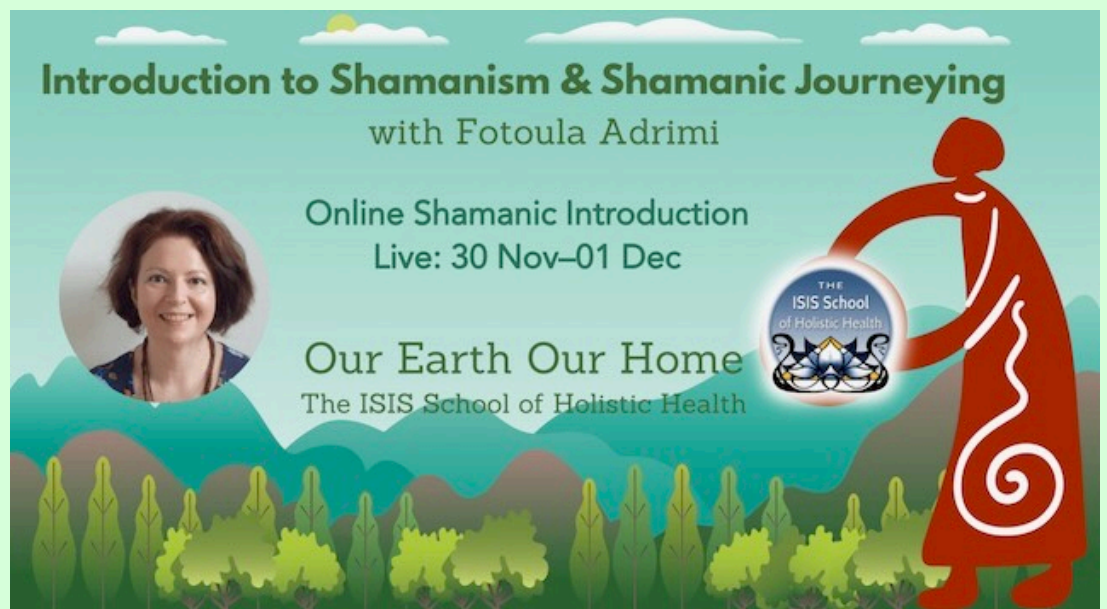
**The Course is certified.** A certificate is issued following the successful submission of casework

**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

Join us Online for  
a comprehensive  
two day  
Introduction to  
Shamanism Course  
facilitated by  
Shamanic Teacher  
Fotoula Adrimi  
30th Nov - 1st Dec



### Introduction to Shamanism - Course Overview

This is a unique workshop and teaching that will 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.

*Course requires advance booking with deposit to secure your place*

**Investment:** £250.00

*(half-price for anyone who wishes to repeat the course)*

**Deposit:** £125.00, to secure your place  
*(non refundable and non transferable)*

### **Online Course Dates:**

12.00-18.30 (uk) (both days), Saturday  
30th Nov - Sunday 1st Dec

To book contact Fotoula -  
**[info@isis-school.com](mailto:info@isis-school.com)**

**[Check website for more info](#)**

# Circles & Energy Transmissions - October

## Fotoula's In Person & Online Shamanic Circle - Monday 19.00-20.30(uk)

Fotoula has been facilitating the Shamanic Circle, the Way of the Drum, since 2009. Investment for each Circle is £18 (£15 conc).

**21 Oct: In Person** - Power Animal healing - venue: Library, Glasgow Theosophical Society, 17 Queens Cres, Glasgow

**28 Oct: Online** - Ceremony for Reclaiming our Path

For more information on the Shamanic Circle [click here](#)



## Fi's Online Meditation and Chanting Circle - Thursday 19.00-20.30 (uk)

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.

**October dates: 3rd, 10th, 24th and 31st**

Cost for the Circle - £10.00. Payment 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 - October

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.

Transmission dates for October (19.00-20.00 uk): **2nd, 9th, 23rd and 30th**

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 - October

Each 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 29th October**. Please check your time zone if connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

