

The ISIS School of Holistic Health Newsletter

Issue 56: February 2021



ISIS, the Mother of All Beings, offers these words of wisdom



This is ISET (ISIS) speaking (*channelled by Fotoula Adrimi*)

Your world is preoccupied with the future, about what will, or may happen. Human beings look to the future to find comfort. Then, at some point in their life, they turn a switch and look at the past - what happened or what could have happened if things were different. This is only part of the human state.

Nature is very different. All other beings, whether from the plant, animal or mineral kingdom, live in the present. They access their inherent knowledge to respond to whatever life brings them. How do the trees know when to shed their leaves or blossom? This knowledge is within their DNA and they retrieve it automatically at the right time.

You may think that instinct, and the type of knowledge nature possesses, is lesser than the human mind's ability to think. However, the human mind, with its tendency to look to the future or the past, misses the deeper well of wisdom that lies within the DNA.

Silent Knowledge

Ancient civilisations understood this type of knowledge and described it as 'silent knowledge.' It is knowledge that arises from within the body when the person is present. Most people do not live in their body. They live in their mind. When the body responds to life, sometimes by developing difficult conditions, people blame life for what has happened to them.

Silent knowledge is energy, like the 'winds of life.' It is an energy current that flows around the cosmos and through every living being. When there is limited flow of this wind/energy within the human body, stagnation



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occurs. And an accumulation of energy that does not move creates dis-ease in all aspects of the human experience - spiritual, mental, emotional, and finally, physical.

To allow the flow of universal, intelligent energy within the body, it is important to bring yourself into increasing awareness of the present moment. Awareness of the present moment comes through the physical senses. Practice becoming present throughout the day by noticing:

- the textures you touch
- the perfumes you smell
- the taste in your mouth
- the sounds you hear
- the colours you see

Nature as a Teacher

Practice this type of present moment awareness as you sit quietly in your home, or when you are out in nature. (Practice in nature may bring you a higher level of wellbeing. As you interact with the natural world which is alive and present, you may feel a heart opening as you become more alive and present.)

In a distant past, humans both appreciated and felt part of nature. As a result, the silent knowledge emerged within them. What you call 'moments of awareness' - aha moments or even *deja vu* - were a common, everyday occurrence. For example, people knew instinctively where to find food or a particular herb. They would find themselves walking in a specific direction intuitively, and did not question their inner guidance or come up with reasons to go somewhere else. During this time people moved, lived and thrived by being part of the universal energy network. They flowed with the winds of life.

Currently, the spiritual community is benefitting from the increased flow of cosmic energies of light that are coming to the body and the Earth. The energies of light create shifts within you that take you into expansive states of consciousness. The next part of the journey is to continue to shift your awareness into the physical world, anchoring these energies in the body, and therefore in the collective consciousness.

Nature can be your teacher in showing you how to achieve this, how to inhabit your body and access the silent knowledge through your DNA.



Photograph by Gill Hastie of the universal energy coming from the sun, following a meditation in nature. (Photo used with permission)

Message from ISET - during the ISIS Energy Transmission of the Living Light, 20 Jan 2021

One of the key spiritual lessons of this time is – surrender, accept and let go

Manifesting the Enlightened Purpose

I wish to speak to you about the enlightened purpose.

The enlightened purpose is an etheric seed of light that you carry within. This is a seed of Light that exists in everyone. All have the capacity to manifest this seed. Every being is on their own path of coming into awareness of this seed and working with it.

Many find that working with the seed leads them to a path of service. Yet, the path is convoluted. It is not straightforward. Each person gradually manifests the seed into their awareness and into their life.

Ascension and Desire

Many people are looking for ways to manifest the path of ascension in their lives and share it with others. And many go into a state of wanting and desire. Trying to manifest the ascension path through the mind is not the way. Manifesting through desire is not the way. Desire creates karma, and then people are caught in the karma due to ignorance. However, even if you lose yourself in desire, in the bigger picture you are not lost, it is just another step in the journey. And through a process of realisation you will find your spiritual calling.

When the spiritual calling is tainted by desire for material things, such as one's position in the spiritual community, the person finds themselves caught in the heavy energy of the material world. In order to be free from this it is important to follow and surrender to the Light, and listen to the spirituality of the Light rather than the mind.

Try to remove yourself from the pain that the mind carries and pulls you into. Many generations before you have succumbed to the pain, and you too may have been caught in it to some degree. Pull yourself out of this pain and find the Light.

It is good for people to realise why spirituality may not be working for them. In many circumstances it is not working because people are attached to what their mind desires. And, when what they desire does not happen, people can blame themselves, life, their spirituality, or their helping spirits, and this takes them deeper into the karma.

One of the key spiritual lessons is surrender, accept and let go.

Thank you.

Online ISET Practitioners Circle: 28th February

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices. Each Circle is led by ISET and channelled by Fotoula.

Date: 11.00-12.30, Sunday 28th February 2021

Cost: £10.00 per person (UK), £11.00 (overseas) Pay via bank transfer, or through PayPal using – info@isis-school.com



The Path of the Living Light from the Golden Times of Ancient Egypt

A Seven Module Online Course in Spiritual Development and Soul Evolution

Starting 19:00-20:30 (UK time), Friday 19 Feb 2021

After teaching and practising the **Path of the Living Light** since 2007, Fotoula, has been guided to share online, for the first time, key aspects of this ancient Egyptian pathway of spiritual development and soul evolution. Throughout the course Fotoula will be guided by her main spirit guide, ISIS, 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 drawn to the teachings of the Path of the Living Light and ancient Egyptian spirituality, whether they have just stepped onto the pathway or have been walking it for many years, is invited to participate.



The Course will be taught Online via Zoom in 7 Modules, from 19.00-20.30 (UK)

Module 1: 19 February - Incarnation through the KA, from the etherial to the physical world. Understanding of the KA body and working with the double.

Module 2: 26 February - The Infinite Spirit, the BA, The Monad, soul groups and soul family. Connecting with different aspects of existence.

Module 3: 05 March - Into the Pyramids: Connection to the astral bodies through the different chambers. The Sirius portal.

Module 4: 12 March - The Band of Peace, the Nile Temples and the energies and principles they connect to, the NETERU (enlightened cosmic energies and principles manifesting as consciousness).

Module 5: 19 March - RA-HARAKTI: The teaching about the journey of the night of the soul which completes through the ascension of the spirit as the Rising Sun, also called, The HORUS of the East.

Module 6: 26 March - Working with the portals and dimensions through their guardians. The etheric keys that are still found in the ancient temples.

Module 7: 02 April - The Divine Mother speaks. Channellings from ISIS and HAT-HOR: The Mother who feeds all beings with her essence of unconditional love, portrayed as the milk from her breast. Questions and Answers. Final attunement.

The Cost of the Course

£160.00 (£50.00 deposit to secure your place, £50.00 paid by the 19th February, and £60.00 paid by the 12th of March). The cost is reduced to £140.00 if paid in full by the 1st February 2021.

Payment can be made either through Bank Transfer (email The School, info@isis-school.com, for the bank details) or through PayPal using the address - info@isis-school.com (Please note for overseas participants paying with PayPal the cost for the course is £165.00, deposit £55.00. This is reduced to £145.00 if paid in full before the course starts). All fees paid are non transferrable and non refundable.

There is a 50% 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 - £80.00.

Eagle Medicine - The Way of the Eagle



Fotoula speaks

There is a Greek folk song about the eagle that calls the eagle to us. As people sing the song they also dance. They are invoking the spirit of the eagle. The eagle song was one of my paternal grandfather's favourites.

My grandfather grew up in the mountain of Parnassos, in a little village north of Delphi. The mountain is high enough that it is often covered in snow in winter and, even today, there is a strong eagle presence there. The local people used to call themselves, 'the kings of the mountains.' Like the

eagle, they lived in high altitudes and survived on the food they found on the mountain's forests and the few vegetables that would grow in the climate, as well as goats.

The eagle first came to me during a sacred ceremony. My intention for the ceremony was to seek help from my ancestors to reconcile a difficult family situation. As my ancestors gathered around me, I spontaneously started singing the eagle song, and I could feel their whole-hearted support. After the ceremony the situation was resolved. I felt that the eagle medicine that runs through the lineage was able to create an important shift in the family dynamics.

Since then the eagle has been coming regularly to my shamanic healings and teaching to support the work. During an extraction healing, one of my clients who is clairvoyant, saw the eagle fly into her body and pick at her throat, removing balls of dark wool, representing the heavy energy she was carrying.

When I went through sweat lodge training, I learned that in the Bear Tribe tradition, eagle is the guardian of the east and, amongst other things, heralds new beginnings. As every shamanic healing has the potential to be a place of rebirth, when I see eagle working on my clients, I know that this powerful spirit is inviting the person to step into the power of the rising sun, and to come out of the healing with renewed energy that can initiate a new beginning for their life.

Working with Eagle

Over the years eagle has become one of my spirit teachers. Many of my workshops are now entitled, 'The Way, or The Path, of the Eagle,' and bring the medicine of this powerful spirit. For example, during lockdown eagle asked me to combine more of its ancient, shamanic medicine ways with the ancestral wisdom of my Greek lineage. And together we created, 'The Path of the Eagle,' a four module webinar.

The Path of the Eagle focusses on building our shamanic 'muscle' - strengthening our physical body and energy/dream body, to enhance our capacity to engage with the alternative worlds and travel between realities.

Recently, in a dream, eagle came to me again and asked me to teach another workshop which would focus on purification. Eagle said that this was such an important aspect of healing, especially in our current times. And so *The Path of the Eagle 2 - Shamanic Purification* will be born. (See next page for details)

New Online Shamanic Course: The Path of the Eagle 2

Shamanic Purification

7.00-8.30pm (UK time) 6th Apr, 16th Apr, 23rd Apr, 27th April & 11th May

In this **five module online workshop** Fotoula will share practices, teachings and ceremonies that will help participants to step on a healing journey of purification. As we go through these planetary etheric energy shifts, we will support our physical and etheric body to cleanse the old heavy energies from this and other lives and from our ancestors.

Workshop Content

*Five Modules, each from:
7.00pm-8.30pm (UK time)*

Module 1 - Tuesday, 6th April

Into the Cauldron of Rebirth - Invoking the Power of Mother Earth

Module 2 - Friday, 16th April

The Green Earth - Purification in the Middle World

Module 3 - Friday, 23rd April

Back to the Underworld - The Pathway of the Dead

Module 4 - Tuesday, 27th April

The Star Connection - The Temple of Light

Module 5 - Tuesday, 11th May

The Cave of the Ancient Teacher - Chiron's Gift of the Animal/Human State

Who Can Take Part

This course is open to anyone who is drawn to the shamanic way, whether they have just stepped onto the path or have been walking it for many years. The only prerequisite is experience of shamanic journeying.

Online Platform

Fotoula will teach the course through zoom. All sessions will be recorded (no participants will be seen and no recordings will take place during question and sharing time. Only Fotoula will appear in the recordings). The audio recordings will be sent to you so that you can revisit the sessions as often as you wish. These recordings are for personal use only.

Cost

The total cost for the course is £175.00, reduced to £150.00 if paid by 1st March.

Any participant who has completed the shamanic practitioner course with The ISIS School of Holistic Health is illegible for a 50% discount - £87.50.

For bookings email info@isis-school.com, for methods of payment click [here](#)

For more information email - info@isis-school.com



The ISIS School News



The Winter Solstice Ceremony Donations

On the night of the Winter Solstice, 21st Dec 2020, Fotoula facilitated a beautiful Online Solstice Ceremony. Participants donated to a fund that pays for orphan children and those unable to afford the fees, to attend school. *(In Nepal schooling is not free.)*

The Theosophical Society, Glasgow Lodge, has been supporting this initiative since 2015, following the earthquake in Nepal.

All donations are transferred directly to the Shree Saraswotih.S. School in Nepal. There are no intermediary organisations, and all the money is spent on the children.



We are incredibly grateful for everyone's kindness, love, and generosity. The total amount received was £1,580.00 which is wonderful. The School, the children, and Fotoula and Fi consider this to be a miracle.

Thank you to everyone for your support. With gratitude and love, Fotoula and Fi



The Golden Book of Wisdom

The Online Webinar Course continues with Parts 2 and 3

Online Seminars - Tuesdays, 19.00-21.00 (UK time)

Part 2: Into the Spirit - The Flying Serpent and Part 3: From the Spirit to the Body - The Ouroboros

Fotoula continues to share the spiritual teachings and practices of her best selling book, *Golden Book of Wisdom: ancient spirituality and shamanism for modern times*. Each module is a live, interactive webinar through zoom.

All Modules are on Tuesdays from 19.00-21.00 (UK)

Module 11: 09 February

The Dream State: My dreams are a source of insight and direction. Observing the dream I reflect on the illusion of life. What is real and what is fake? Am I asleep, or am I awake?

Module 12: 16 February

Connecting to Mother Earth: I am a guest on Earth - I honour my host and all other life forms

Module 13: 23 February

Initiation: A Spiritual Life: Through initiation, I open the doorway to my authentic Self

Module 14: 02 March

Nature's Seasons and Karmic Winds: I flow with the seasons of my life - by meeting winter's stillness, I spring into activity

Module 15: 09 March

The Purpose of Incarnation: In spirit I understand my divine origin. In body I lose sight of my light. Playing the game of life I seek to find myself.

Module 16: 16 March

Other Lives, Other Stories, One Light: As I track past and future lives, I heal myself in the present

Module 17: 23 March

Earth: The Great Experiment: In the Earth School, I first lose and then find myself. Clearing the heaviness from my cells, I shine the Divine light within

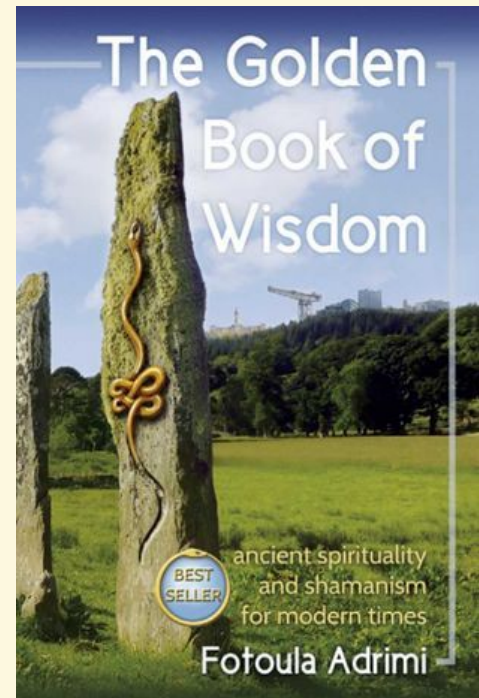
Module 18: 30 March

Lessons from the Fall of Atlantis for the Current World Situation: Humanity begins life in the garden of Oneness. Separation is the fall from Grace

Module 19: 13 April

The DNA Code and the Rays of Divine Consciousness: Through the Rays of Divine Consciousness, I discover my ultimate potential, expressed by the divine sequence of the twelve-strand DNA

Bookings: Each Module costs £20 and can be purchased separately or paid together. Payment can be made through PayPal using the address - info@isis-school.com. Or, by Bank Transfer. Please email us on info@isis-school.com for our bank details. See the [website](#) for more information.



February dates for our Regular Online Circles and Energy Transmissions

Online Shamanic Circle - Monday Evenings: 19.00-20.30 (UK time)

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets twice in **February: 8th and 15th.**

The fee for each circle is £12.00 and you can pay either by Bank Transfer or via PayPal using the email address - info@isis-school.com. (*Email info@isis-school.com for our bank details*). The PayPal fee is £13.00 for overseas participants. For more information and to see the programme [click here](#)



Online Chanting and Meditation Circle - Thursdays 18.50-20.30



Fi's Meditation Circle is open to beginners and experienced practitioners. We harness the power of mantra to help us awaken the enlightened qualities that lie within us, and overcome the obstacles that prevent us from experiencing our Divine Light.

February dates: 4th, 11th, 18th and 25th

The cost of the circle is £7.50 - payment is by bank transfer or via PayPal using the email address - info@isis-school.com. (The PayPal fee is £8.00 for overseas participants. For programme details [click here](#))

ISIS Energy Transmissions of the Living Light - February

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 February dates for the ISIS Energy Transmissions - **3rd, 10th, 17th and 24th.**

Please email the School: 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 - 28th February

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 **Sunday, 28th February from 16:00-17:00** (UK time). 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 donations@isis-school.com)

