

The ISIS School of Holistic Health Newsletter

Issue 57: March 2021



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



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

During the Golden Times, the era of higher consciousness, human beings were connected to the cosmic energy field known as the web of light, also referred to as the web of life. Both these descriptions are accurate as this energy field is created in the etheric realm in a multi-layered way, and different frequencies of life force etheric light flow through it.

This light is all aware and emanates from the core of creation, the Divine consciousness. Everyone is tapping into this light unconsciously through their own energy field, and communicating with it in many different ways.

During the Golden Times, human beings were of higher consciousness. They had an awareness of this web of light and interacted with it consciously. They retrieved knowledge, understanding and all the information they needed from this web of cosmic light. They healed and sustained their physical body with the limitless energy running through the field. And they used this energy to create electricity, to make items, and to construct monuments in the physical world.

Human beings accessed this energy through awareness of the Divine Self, which is unconditional love. This energy is conscious and can only be accessed through a pure intention for the highest good, anything less blocks higher access to the web of light.

In the Golden Times people had access to scientific marvels and ways of being that would seem like a dream or a fairy tale to you. In those times, science was not just concerned with knowledge of the physical world. Scientists harnessed sacred knowledge by connecting through their



To contact The ISIS School or join the mailing list and receive the monthly newsletter, please email: info@isis-school.com

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sacred heart centre to the web of light in order to co-create, through its Divine sequence, harmony and beauty.

Sacred Sound

A key aspect of accessing the web of light was vibration. And vibration is also sound. What you regard as light language was sacred sound, that when chanted gave access to the web. Some of the ancient mantras you still have, are remnants of this light language. However, to access these etheric energies you first need to raise your vibration and heart connection to the resonance of the web. This is what gives you access to the higher dimensions.

Therefore, before you can work with the web and use its energy in the physical world, you need to awaken into your Divine essence. The light language that you still have, the mantras and sacred sounds, are enabling exactly this - the evolution of your consciousness.

The light language mantras are sound and etheric energy vibrations; sacred sound. It is important to sing them in sacred space with the intention of serving the highest good in some way. Many people still think - 'may I do my spiritual practice so that I can accrue personal benefit, such as awakening in order to access the cosmic multi-dimensional world.' Despite being centred on awakening, this intention comes from the egoic mind.

I invite you to adopt a simple intention during your spiritual practice which says, 'may my practice be dedicated to the highest good,' even if your mind does not know what that may be. Awakening is the process of surrendering the defined egoic-self to the limitless expansiveness of the Divine Self.



Online ISET Practitioners Circle: 21st March

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 21st March

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



The Golden Book of Wisdom

The Online Webinar Course continues with Part 3

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

Part 3: From the Spirit to the Body - The Ouroboros

Fotoula continues to share the spiritual teachings and practices of her best selling book, *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times*. Each of the six modules in Part 3 is a live, interactive webinar through zoom. There are no prerequisites to join this course - you do not need to have attended Part 1 or Part 2.

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

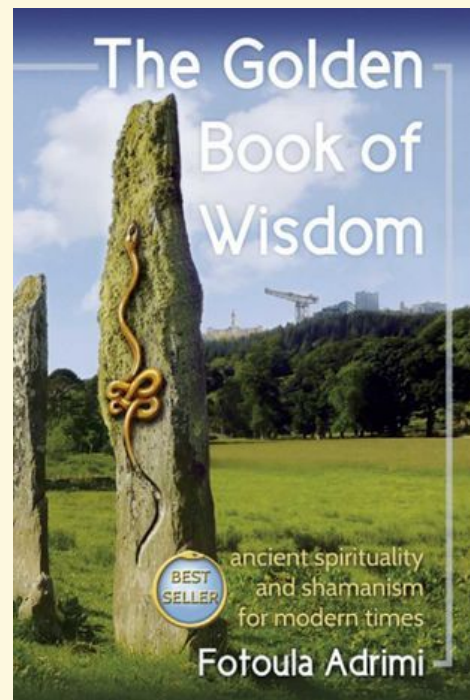
Bookings: Each Module costs £20 and can be purchased separately or paid together (£120.00). Payment can be made through PayPal using the address - info@isis-school.com. Or, by Bank Transfer. Please email us on info@isis-school.com for our bank details. See the [website](#) for more information.

Online Platform - Zoom

Fotoula will teach the course through zoom. All sessions will be recorded. The 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 and remain the intellectual property of The ISIS School of Holistic Health and cannot be shared with others.

The Golden Book of Wisdom Part 4 - The Rainbow Spirit

The Golden Book Online Course continues with Part 4 starting 7.00pm, Tuesday 18th May. Part 4, consists of six modules, and will cover the final chapters of Fotoula's book - Chapter 20-24, and the Afterword. For more details about Part 4, see our [website](#).



Shamanic Practice - Working with the Stone People

The old myths talk about the grandfathers and grandmothers who have been on the Earth well before human beings existed. Some of them may be as old as the earth herself. These ancient beings are the stone people, which also includes crystals and minerals.

Stones have consciousness and their own unique experience of life. They have been on Earth for so long and have witnessed many changes. The stone kingdom is deeply connected to the consciousness of Mother Earth. Even though a stone may have been part of something bigger, for instance a large boulder that broke into smaller stones, or a crystal that was cut out from a mountain, the stone people do not lose their awareness of the whole. No matter how many parts they are broken into, they retain the qualities of their original state.

The reason for this retention of awareness is that, in the etheric plane, the crystal or stone is not broken. In the spiritual plane the crystal is still whole. Most of us are not aware of this, but the same thing happens to us. Even if part of our body is removed, due to an operation, in the etheric plane our body remains whole. This is why some people who have had a limb amputated can still feel that the limb is there.

Because of this awareness and longevity the stone people can speak to us about time, perspective, and also wholeness. And through them we can also expand our own awareness and perspectives.

Journey to the Stone People

This journey was inspired by the Golden Book of Wisdom online circle, in which participants shared their experiences of connecting with crystals.

The intention of the journey is to connect with the stone people, the ancient grandfathers and grandmothers, to learn about wholeness. You may choose to work with a stone or crystal you already have. If so, ask the stone/crystal being if they would like to assist you in this practice. Alternatively, you can find one in your journey.

- 1) Create sacred space by inviting your helping spirits to assist you.
- 2) Drum, rattle, chant, or listen to a drumming track to quieten your mind and raise your vibration.
- 3) Begin your journey by imagining yourself in a quiet place somewhere in nature. As you walk in nature you find a stone or crystal that wishes to work with you. (This may also be the stone / crystal you already have).





4) Welcome this being and thank them for coming to work with you. Ask for their help to learn about wholeness. Now you may experience different things happening in your journey. The intention is that you receive an energy exchange from the stone people in some way. When this part of the journey is complete, thank the stone you worked with.

5) As humans we experience the state of separation from our Divine self. Yet, part of us yearns for the state of wholeness that is

inherent within us. We now ask that this state is reactivated. And we ask, "How can I embody this state in my life?" Then, as you receive the activation, listen to what the stone beings say.

- 6) At the end of the journey, thank the stone being and then slowly bring your awareness back into your room. Connect with the Earth and your body to bring yourself fully back from the alternative reality.
- 7) If you wish, you can sing or play a song in gratitude for your journey and all you received.
- 8) Thank all your helping spirits, the stone people, and Mother Earth. Release your guides and ask them to ensure that you, your room and home are completely protected and sealed before they leave as you have finished your spiritual work.

After a journey it is good to drink some water. If you have an altar you can place a glass of water on it before the journey. The water will be charged by the spirit beings during your practice and you can drink some of this water, and then put some around your home for protection, and then offer the rest either to your houseplants or the Earth.

If you feel light headed or nauseous after the journey, it is helpful to ground by imaging you have etheric roots coming out from your feet that connect you to Mother Earth. You can also eat some food.

Working with the spirits of the stone people helps us connect to a very ancient, primordial part of ourselves that was born out of the cosmic fire of creation, and that has never forgotten that it is the fire.

Fotoula shares

This practice reminds me of a Greek myth that talks about the Man and Woman who remained alone on the Earth after the great flood that destroyed the world. The Man and Woman tossed stones behind them, and the stones manifested as human beings.

When we see the myth through the lens of re-incarnation, it is perfectly reasonable to see how a spirit from a stone in one life could incarnate in another life as a human.



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

Path of the Eagle 2 is a stand-alone course. Participants do not need to have done Path of the Eagle 1 Online Course in order to do Path of the Eagle 2. 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. The early bird fee of £150.00 is extended to 10th March. Any participant who has completed the shamanic practitioner training course with The ISIS School of Holistic Health is eligible 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



Thank You to Our Growing Community

We would like to thank our growing community. We thank all who join our Online Shamanic and Meditation Circles, and we thank the ISET initiates of the Living Light who come together once a month to practice the teachings. We are very grateful to everyone who takes part in our distant weekly ISIS Energy Transmissions and our monthly Rays Transmission, our new Online Webinars which have been running since summer 2020, as well as other training courses, where we practice ancient ways of connection.

While so many of our usual physical and social activities have been taken away, many of us have used the time to come together spiritually. For some the continuous lockdown has been a challenging and difficult time; our world has been made much smaller. During these times we may have turned to spirituality and inner work to support ourselves and others, as we navigate these unknown waters.

May we remind ourselves that spiritual awakening is a path of service. Every time we do a healing, go on a shamanic journey, open in ceremony, meditate, chant or simply sit in silence while bathing in the high vibrational energies that are coming to the planet at this time, we are not alone. We are supported by enlightened transcended spirits who are helping us towards our own transcended state. This is the state where individuality and oneness meet, and what we bring to ourselves, we bring to the whole. As we practice, either by ourselves or together, we are also supported by and, at the same time, we support the web of light around the planet, that is building through our collective work. As the Mayan people say - 'O Mateo: we are All One.' May this web of light continue to grow and support the highest good of all beings.

We give thanks to everyone for the deep work you are doing, and for incarnating during these times of Transition into the Awakened Self.



Fotoula Adrimi and Fi Sutherland - The ISIS School of Holistic Health teachers

New Online Shamanic Practitioner Course

**A two-year programme starting Nov 2021
taught by Shamanic Teacher, Fotoula Adrimi**

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.

This is a powerful and in-depth shamanic practitioner training that involves learning and practicing ancient ways. The course is 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.

The course will be taught online. To ensure that people are present and attentive in the sessions, we ask that people keep their videos on during all the teachings. We have limited participation to a maximum of 6 people and our intention is to create a cohesive and supportive circle that will come together as one tribe and one heart.

The course will cover: 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.

About the Training

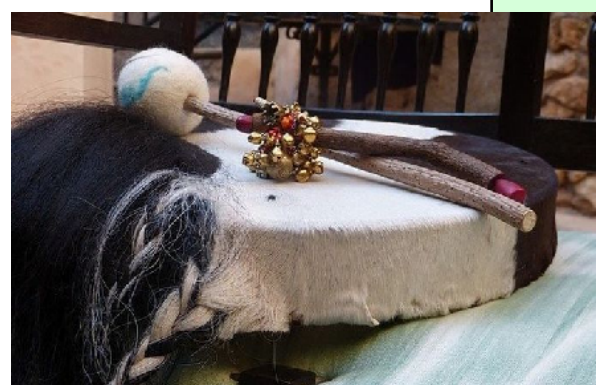
This is a journey of two years. To graduate as a shamanic practitioner participants need to complete all modules and casework, and attend the graduation ceremony. This is a commitment each participant makes with the wise spirits/guardians of these ancient teachings. The course teaches the methods but it is up to participants and their wise spirit teachers to develop the art.

Before subscribing to the course, it is recommended that participants have experience of shamanism and journeying. It is best if people know this path is for them before they take the initiation. Once you sign up, changes may take place to align you with your path and soul's calling.

Places on the course are limited to six participants. If you are interested in the Practitioner's course email Fotoula as soon as possible: fotoula@isis-school.com

There are also two spaces available for anyone who has already completed the Shamanic Practitioner Course with The ISIS School of Holistic Health, and wishes to repeat the course.

For more information, see our website - <https://www.theisschoolofholistichealth.com/online-shamanic-practitioner>



March 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 five times in **March: 1st, 8th, 15th, 22nd & 29th.**

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.

March 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 - March

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 March dates for the ISIS Energy Transmissions are - **3rd, 10th, 17th, 24th and 31st.**

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 - 21st March

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, 21st March 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)