

Newsletter – the ISIS School of Holistic Health Ltd



Issue 94: September 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*)

What a wondrous time this is to live on Earth. What a time of awakening. So many souls that lived in the chaotic states of the conditioning, blindly following the programme of previous generations, have opened their eyes and become aware of their spirit. That which was hidden, behind the veils of the egoic mind, is now being revealed.

It is through the awakening process that you realise that life is calling you to live consciously. Then you notice that most people live unconsciously, and that the cultural and social structures promote and regurgitate an unconscious way of living. When you reach this state of awareness, you wish to change your life.

This change is activated by your soul which has come to Earth to live consciously.

However, even if you reject the conditioned way of life, there are many patterns and issues that can still cloud a clear vision of reality. When people reject the ways of the world through anger, judgement, and escapism - this adds to the chaos in the world and in their life. A clear vision that is born from the wisdom heart is filled with compassion. Anything else is a reaction.



The channellings, practices and ceremonies contained herein are for your personal use.
Please do not teach this material as your own, as this is unethical.

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Living Awake

In order to change your life to one of awakened living, you start with deep inner work, transforming the ego, pride, and attachment, into beauty, humbleness, generosity, and the joy of being in the present moment. You can work to see clearly the situations in your life that cause you pain and feel the energy attachments that keep you stuck. As you begin to unravel these attachments and heal the past, you regain a sense of freedom that has nothing to do with your external circumstances. This is about the inner power that is being awakened within you.

The deeper you dive into the seemingly bottomless well of the inner self, the more you may be able to observe subtle changes in your personality. Your personality is shaped by this earthly realm. At death, when you become spirit and transition into the light, the earthly personality will gradually dissolve, for it is only part of the Earth reality. When you move to spirit, the human self becomes once more the spiritual higher self.

Those of you who choose to lift the veils of the conditioning have the opportunity to embody the higher spiritual self whilst living. You do not need to wait for the time of death to become spirit. You have the incredible chance to transform your earthly personality in this lifetime. Delve deep into the self and bring the light into all the dark corners. Embrace every part of you that is unloved, and clear the ancient cobwebs.

This is a lifetime of transformation

Commit to Staying Aware

The world is a mirror of the collective consciousness that continues to live out the inter-generational traumas and repeat the ancestral karma. A light-bringer is one who breaks the patterns and chooses a different way that opens to a new possibility for living on Earth. This is a person who transforms from within, so that





life can transform on the outside. No matter what happens, there is a commitment to stay aware, live from the heart, and be the presence of the Divine spirit.

The Enlightened Ones hold space for you during these times of transition, knowing that these rich times offer incredible opportunities for many souls to choose a different way, and awaken from the sleep of the conditioning. At the same time, we ask you also to hold space. See the world in Divine light and embrace the world reality with compassion and kindness.

As you become the beating heart of the cosmos, know that you share energies of light that touch many others. And, as you step into your own light more and more, you discover the truth of who you are.

Under the veils of the conditioning you have no idea who you are and what you are capable of. This is what the Earth school is teaching you at this time, more than ever before. As you embody your spirit and awaken into your true nature of light, the transformation that is taking place within you alters the course of your life, all life on Earth, and the whole Universe. When you see yourself as the cosmic child, awakened beyond the earthly reality, the transformation that takes place globally is immense.

We are delighted to see so many of you on this road to freedom from the trauma and suffering of the past.

*May the way open for you
to continue walking the path of your Divine Self*

Egyptian Mystery School Teachings - The Path of ISIS - The Path of the Living Light

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



ISET Initiates Community

(The information in this section 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: Sunday 8th September

Theme of the Circle - We will share a healing ritual with sacred water, seeking healing for our body and mind.

Circle Date:

15.00-16.30 (uk) Sunday 8th September

Investment:

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



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

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

Travelling the Wheel of Life

by Fotoula Adrimi

I have written many times in the Newsletter about the importance of the Medicine Wheel and its teachings. The Medicine Wheel shows us how we can work with: the seasons; the ages of our life - the newborn / baby, teenager, adult, and elder; the elements; and, the four kingdoms. The Wheel also incorporates the cosmos. When the Earthly aspect of the Wheel is understood and mastered, the shamanic seeker can open up to its cosmic dimension.

The Earth Sits in the East

Life on Earth is considered a fairly new phenomenon and humankind an even more recent event. In the cosmic scale, we are relatively young and still trying to find our feet on the Earth. We are still working out how to live here. We have not yet matured. We are in the beginning of a process of understanding what we are meant to do and how to live in harmony on Earth. The teaching of Earth in the wheel, is to welcome each new soul and provide a new way of existence. For each soul born here, there is a new beginning, a new threshold to cross. The Earth invites us to fully arrive into our human life. She invites us to see the planet through the eyes of wonder and celebrate the miracle of life we are experiencing. Earth teaches us to appreciate the gift of life and find the treasure in each moment. We are here to experience physical life and grow spiritually. Earth is a place of growth. She says to us: 'grow into yourself and be alive in your life. If you stagnate, you die inside.'



The Sun Sits in the South

The Sun is full of fire, light, and energy. The Sun is seen as slightly older than the Earth but not significantly. The energy of the Sun alternates: it can warm and nurture us or it can burn and even kill us. If it is too hot, we may not be able to survive. This is a fiery, volatile energy that invites us to consider carefully our next step. Decisions have consequences - too much fire can destroy and not enough leaves us cold and shivering. The teaching of the Sun is to take care of our fire. May it burn evenly and beautifully, illuminating the night and bringing warmth and comfort to ourselves and our community. May we be a good fire keeper.

The Moon is in the West

The Moon is seen as much older than the Earth and the Sun. If the Earth is the mother and the Sun the father, the Moon is the grandmother. The Moon talks about the continuous flow of change, and the ebbs and flows of the tides. She speaks about cycles, changes, and many lifetimes all lived in the one life. The Moon invites us to observe the subtle energies of life, the

invisible realms, and to listen to the voices of the unseen. The Moon is only revealed at night, in the silence, when all routine tasks of the day are complete. When the Moon comes out, her subtle light speaks directly to our soul about the Great Mystery. She activates our intuition and opens us up to new possibilities. The place of the Moon in the medicine wheel teaches us to listen to the wise inner voice and to take action on how to walk our life's path in a good way.

Grandfather Sky and the Star Nations touch the Earth in the North

The Sky and the star beings are a source of wisdom. They observe the Earth with eyes of love and compassion and learn about human life through watching our experience. They notice all the cycles of evolution the Earth and humankind have gone through and how sometimes these cycles become vicious circles we find hard to escape from. This is when the Sky people return to Earth and communicate with us, in order to remind us of our star origin. These beings are distant ancestors who have never forgotten us. They talk to us about our eternal journey through many existences and lifetimes and offer us a bigger picture that sets us free.

Each place in the cosmic wheel has deep meaning and a flow of energy of its own. The wheel empowers and activates us through specific rituals, songs, and movements. A deep alchemical process can take place that begins with the Earth and then takes us through the cosmos to return us to where we belong. The wheel is a teaching and a living ritual, a vehicle for deep awakening and transformation.



Fotoula shares shamanic wisdom in the Shamanic Circles, either in person in Glasgow or online, and in her shamanic trainings and workshops. The next shamanic workshop is The introduction to Shamanism and Shamanic Journeying, which is available both as a live, online, course in November 2024 and an in-person shamanic workshop in Glasgow in March 2025. This course is a pre-requisite for any advanced shamanic training, including shamanic practitioner training.

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](#)

Shamanism - Public Lecture and Mini Workshop in Dundee - Friday 6th Sept

Fotoula has been invited once again by the Dundee Theosophical Society to facilitate a talk on shamanism and shamanic journeying - Friday 6th September from 7.00-9.00pm. Venue: the Heartfulness Centre

The theme of the journey: Walking the Shamanic Path - The Path of Direct Revelation

The Shamanic Path is so old, some say as old as humanity. Whilst the word shaman derives from Siberian roots and invokes images of the Mongolian steppes, the beliefs, cosmology and magical practices of shamanism are found throughout the globe.

In recent years, the shamanic path has experienced a huge resurgence in the western world, as people look for meaning, roots, and a reconnection with the Earth and themselves. Conversely, many indigenous people, infected by the bug of western civilisation, are walking away from their shamanic heritages.

How can we walk the path of shamanism in the modern world, whilst staying true to its principles, so that we can experience its magic?

During this talk, **Fotoula Adrimi**, shamanic teacher, will introduce us to the cosmology of shamanism and show us how we can approach the path of direct revelation. She will guide us, through the drum, in a journey to retrieve our power and life-force.

Workshop Information

Date: Friday 6th September, 7pm for 7.15pm start, 9.00pm finish

Venue: The Heartfulness Centre, 51 Cowgate, Dundee, DD1 2JF

Theme: Walking the Shamanic Path - The Path of Direct revelation

Cost: £3.00 for TS members, £4.00 concession, £5.00 non-members

To reserve your place please contact Joyce Lowson, the Dundee Theosophical Society



[More Info](#)

[Contact Joyce](#)

Join us either Online
or In Person for
a comprehensive
two day
Introduction to
Shamanism Course
facilitated by
Shamanic Teacher
Fotoula Adrimi

Introduction to Shamanism & Shamanic Journeying
with Fotoula Adrimi

Online Course: 30 Nov–01 Dec
In Person: 15-16 Mar 2025

Our Earth Our Home
The ISIS School of Holistic Health

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.

More Info



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.

Both Courses require advance booking with deposit

Investment: £250.00 (for each 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

In Person Course Dates:

10.00-17.00 (both days), Saturday 15th
- Sunday 16th March 2025

Venue for In Person Course: Lecture Room, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow G4 9BL

To book contact Fotoula -
info@isis-school.com

Latest News

Lakota Sioux wisdom keeper Cheryl Angel shares her medicine

We offer much gratitude and thanks to the Lakota Sioux wisdom keeper **Cheryl Angel**, who came to Glasgow on 26th and 27th Aug and spoke to us about the wisdom of life.

On Monday 26th in the Shamanic Circle Fotoula opened sacred space, and then invited Cheryl to share her medicine. Cheryl spoke for 1.5 hours, and every word was a pearl of wisdom on how to live life in a conscious and aware way. This wisdom is not taught in schools, yet it is crucial for each of us if we wish to develop a healthy mind and body, and a more sustainable and respectful way of life. This is the wisdom the indigenous people remember and invite us to remember.

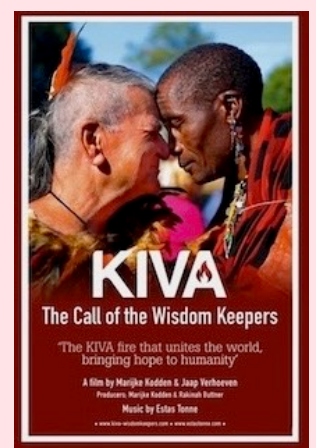
As Cheryl spoke there were many touching moments. And one aspect we would like to share was her invitation to each of us to connect with our ancestors, and feel the love they have for us, love beyond words. Many of us in the west are disconnected from our ancestors for various reasons, but when we reject our ancestors, we disconnect from a great source of power, that is waiting for us, and that can help us in our lives.



The KIVA Documentary

On Tuesday 27th August, the Glasgow Theosophical Society hosted a screening of the documentary on the KIVA ceremony. This is a ceremony which takes place in different parts of the world, in which over 25 indigenous Wisdom Keepers and Medicine people come together for four days and four nights to pray for Mother Earth, all beings, and the human race. The film maker Marijke Kodden from the Netherlands also came to Glasgow to speak about the process of making the film.

At the end Cheryl spoke again about her love for humans, seeing everyone in their divine heart and how we are all one family. And she gave another beautiful teaching about horses. Cheryl said that the structures of their society was mirrored on the way the native horses organised their herds. When the native people were placed in open air prisons, their horses were mostly killed, however a few survived. Cheryl rescues the descendants of these horses and returns them to their tribal families.



A big thank you also to Sharon Stephens and Michelle Sutherland who worked tirelessly to bring the KIVA work to Scotland.

Circles & Energy Transmissions – September

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).

02 Sept: In Person – Shamanic Healing evening

09 Sept: Online Circle – Shedding the old skin

30 Sept: In Person – Working with the spirit of the drum for breaking through old energy blocks

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.

September dates: 5th, 12th, 19th and 26th

Cost for the Circle – £10.00. Payment by bank transfer or via PayPal using – fi@isis-school.com. For more information and programme [click here](#)



ISIS Energy Transmissions of the Living Light – September

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 (19.00-20.00 uk): **4th, 11th, 18th and 25th September**

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 – September

Each month the ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The Rays Transmission is: **10:00-11:00 (uk) Sunday 8th September**. Please check your time zone if connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

