

The ISIS School of Holistic Health Newsletter



Issue 64: October 2021

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*)

The Light of ISET, the Light radiating from the heart of creation, flows to you in increasing frequencies. The Earth and the natural world have already responded to these higher vibrational energies and have entered a new dimensional reality. Consequently, this reality is now more accessible to you. For thousands of years humanity has waited for this high vibrational shift - and now it is here.

There are many ways to access this Light through your spiritual practice. One way is to commune with nature. The Earth is radiating this Light. It flows through the soil, plants, trees, rivers, oceans, rocks, mountains, birds, and animals. Taking the time to step out of your home and step into the natural world, even if this is your garden, back court, or a nearby park, has never been more essential. Go into nature with the intention of engaging with her. When you meet the Earth, you receive the energy. To do this, quieten your mind, which is easier to do in the natural world. Let go of preconceptions or expectations. Find a place that feels comfortable and peaceful, and open your heart to Mother Earth. Give thanks for your physical body and life. If you wish you can make an offering of a medicinal plant to the spirit of the land. For example, tobacco, juniper, cedar, or mugwort. You can also offer some water, especially if this is from your altar. Ask the Earth to heal your body and spirit. It is as simple as that. The high vibrational energies will flow through the Earth to you.



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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Earth - Your Ally

You are part of the Earth, yet your mindset can make you believe you are separate from her, that you are apart from nature, rather than a part of nature. This thinking creates a block that stops the flow of high energy. Hence, while the Earth's vibration has been increasing, most of humanity has remained at a lower frequency.

This block is not new. It was created a long time ago when you were told that you were the masters of the Earth, that the Earth belonged to you. You cannot possess the Earth. Even your body does not belong to you. It is a gift from the Earth that you give back when you die. Since that time you have exploited the Earth and her resources to satisfy the desires of the conditioned

mind. In turn, the human race has become more and more unhappy, plagued by illness, injustice, and disharmony. The separation from the Earth created a deeper rift within you from your Divine Self.

It is now time to find your way back to yourself. The Earth is holding space for you, encouraging you to evolve into the spiritual being that you are. For this to happen, a deep purification and healing needs to take place so that you can gradually emerge out of the conditioning of fear, judgement, lack, and control, and into the state of inner knowing, flow, joy, and contentment.

No matter your life circumstances, we invite you to step into your centredness. This is a big learning for the soul, a test ground for the spiritual community. While the storm is raging in the collective consciousness, hold yourself in a place of calmness. Plug into the network of Light that is flowing into and through the Earth. Develop deep roots to hold and steady yourself when the winds of separation blow. Become the pillar of Light that sustains the higher energy reality for the new Earth.

You are the foundation stone over which the Temple of Gaia will be built by your descendants. This is why many of you have incarnated at such a crucial time on the planet.

These times of transition from one dimensional reality to the next, offer you the gift of transition. It is an opportunity for a leap of consciousness that takes place through the transformation of the conditioned thinking and egoic mind into the awakened Self that is connected to all life - the Earth and the Cosmos.



Channelling through the Heart - ISET continues

Many of you have been born with inherent spiritual gifts and knowledge from past lives where you served the highest good. Many of you have the capacity to serve humanity right now. In order to do so, we invite you to engage in inner work, transform the egoic mind, and serve through the sacred heart, a place of compassion and love.

There are many practitioners who start well but fall prey to the ego. We ask you to be vigilant and work from the heart. At the same time use your discernment, as many teachers claim to channel high vibrational energies but few are genuine.

Any authentic channel needs to be as pure as possible. As a metaphor, imagine that the high vibrational energy is crystal clear spring water, and the channel is the glass from which you drink the water. If the glass is dirty or contaminated in some way, you may become ill after you drink the water. It is not that the energy was impure, it is the vessel that was not clean.

The Light of ISET flows to all. It is a Light of awareness, enlightenment, and ascension, which can bring you into higher states of consciousness where deeper understandings can be unveiled from within. This Light opens a path for you. At the same time, this Light invites

you to continue working to overcome the egoic mind. It is no coincidence that the ancient Egyptian initiates of the Living Light said, "Open for me a path, for I am just and true. I have not said lies wittingly, nor have I done anything with deceit"

The Light opens for you a path of knowledge towards the embodiment of the Divine Self. All the path asks of you is to walk with the integrity of your sacred heart.

The Path of the Living Light - Introductory Course - Spiritual Path of ISET, Part 1 - 15-17 Oct 2021

The Spiritual Path of ISET, Part 1 is the introductory 3-day course for the Path of the Living Light teachings. Through eons of time, these teachings have been a spiritual path to Awakening and Ascension. The course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development. For more information about the course and the Teachings of the Living Light, see the [website](#) or email the School - info@isis-school.com

ISET Practitioners' Community

(The information on this page is for ISET (ISIS) Practitioners - anyone who has taken part in a Path of ISIS/The Teachings of the Living Light Course)

Online ISET Practitioners Circle: Tuesday 5th October

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices. Each Session is guided by ISET through her channel Fotoula.

Date: 19.00-20.30, Tuesday 5th October

Cost: £10.00 per person, £11.00 (overseas if paying with PayPal using - info@isis-school.com)



ISET Practitioners - 21-day Online ISET Practitioner's Circle

For the first time ISET has asked us to hold a 21-day Online ISET Practitioner's Circle. The Circle is open to all ISET Initiates. For 21-days ISET, through Fotoula, will guide us in practices to strengthen our connection with the Living Light, the Light that we are. Each Circle will be recorded and even if you cannot attend every session we will forward the recording to you so that you can receive the teachings and Light.

This is a unique opportunity to practice together as a Community for 21 days, and to experience the benefits of a regular practice. It is a gift that ISET is offering her practitioners.

Time: 19.00-20.30 (uk) each evening, Wed 1st Dec - Tues, 21st December

Venue: Online **Cost:** £210.00. Deposit: £105.00

To book your place email The School: info@isis-school.com Payments can be made through bank transfer (please email info@isis-school.com for bank details).

The Path of ISIS / Path of the Living Light Courses

Over the next two weeks ISET will be giving us course dates for 2022. Once we know the details we will update the website.

All the Path of ISIS Courses and ISET Practitioner Circle information can be found via the website page - [Courses Circles Trainings Transmissions](#) - or directly through this link [Path of ISIS Courses](#)



Light Activations – An Invitation from the Star Beings

A series of three Online Light Activations:
Tues 16 Nov, Tues 28 Dec, Tues 11 Jan 2022
– each activation building on the previous one

An Invitation

In this time of deep transformation, the Star Beings of the Light wish to empower us to walk the path of the spiritual warrior, and overcome the chaos of the conditioning, and the states of fear and separation that exist in the human community. We are strengthened to become pillars of light for the New Earth that is built through the connection with our limitless wisdom and sacred heart.

A long time ago we answered a call to come to the Earth reality and the Earth School of the soul. For thousands of years we lived in peace and harmony with each other and with the natural world. Since then the heavy karma of separation and the inner and outer division has been repeating itself and affecting the way we live and act.

Our spiritual awakening out of these cycles of turmoil, has the capacity to lift us into higher states of consciousness where we can manifest our essential nature of Light.

The Star Beings of the Light invite us to work with them in a series of three Light Activations – each activation will build on the one before. These Activations will be delivered online via Zoom in three separate sessions. If you miss a session you can access it via the recording, however the Star Beings recommend that you are present for each activation.

Date: 19.00-20.30 (UK time), Tues 16 Nov, Tues 28 Dec, Tues 11 Jan 2022

Venue: Online through zoom

Cost: £60.00 for series of three webinars paid at time of booking

You can book your place for the three Light Activation Webinars by emailing The School on info@isis-school.com. Payments can be made through bank transfer (email info@isis-school.com for bank details), or PayPal using the same email address. For more information on the Light Activations see our [website](#)

Donation Fund - free and half-price places

If you would like to take part in this series of three Light Activation Webinars and you are struggling financially, we have some free and half-price places to offer. Please email us - info@isis-school.com - if you wish to request one of these places. Thank you.



Past Life Regression Therapy Course

Tues 9th - Sun 14th Nov

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 9th - Sun 14th Nov **Venue:** Glasgow

Cost: £695.00. Deposit: £295.00, to book your place



Master Practitioner, Past Life Regression Therapy

Course 2022, dates TBC

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.

More details will follow.

Becoming a Spiritual Caretaker of the Earth

Humankind has been polluting the environment for many years, and this contamination has affected all life. Apart from the physical toxins that we dump on the Earth - plastic, oil and its waste products, and pesticides, another type of pollution is as important. This is the unhealthy emotional, psychic and spiritual energy we generate and project into the collective consciousness.



As spiritual practitioners we are called upon to become aware and take responsibility for the effects of human activity on the planet.

The spirits of the land remind us that we too are caretakers of the Earth. They ask us to work on two levels, physical and spiritual, for the wellbeing of the planet. Sometimes, when we go into nature to do a ceremony they say to us, "could you please pick up the litter." Other times they invite us to access our spiritual light to send healing to the land. For instance, they might tell us, "This land is holding sadness, anger and heavy energy. Something happened here. Even after many years, the heavy energy of the traumatic event, lingers. There are unhealthy spirits, people who have died in agony, and lost souls, roaming the land. Could you please clear the psychic energy and raise the vibration."

When we do ceremony in a place, including our home, we bring the light in. As more of us access our spiritual gifts and work in harmony with the Earth and nature spirits, our planet will become a sanctuary, a temple of light, a place of wonder that nurtures our body and soul, and future generations.

Earth Shamanic Apprentice Course - A Six Month Programme of Shamanic Teachings

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

Join us for a beautiful six month programme of rich shamanic work and teachings. We will come together in circle and see ourselves once more as the caretakers of the Earth. We will learn how to work shamanically and in partnership with nature, for the wellbeing of the planet. 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. For more details see our [website](#)

Becoming the Spiritual Caretaker of your Home

When you work spiritually in your home, you raise the vibration of the building and the land you live on. Over time, your home can become a sanctuary, a temple of light, that supports and sustains you physically and spiritually.

There are some key principles in looking after your home:

- Undertake regular physical and spiritual purification rituals. In the same way that you vacuum and dust, clear any heavy energies from your home and land. As with physical cleaning, this is not a one-off cleansing. Energy clearing needs to be done regularly, and especially after someone has stayed with you, or after an argument.
- Undertake blessing rituals. Bless your home and bring the light in through ceremony. Change the atmosphere, through working with high vibrational energies.
- Work in partnership with the spirits of the land who reside in your home and garden, to increase the etheric power of your place. As you work in harmony with the land, an etheric shield will be created around your home. Then it is more difficult for the external heavy energies of the collective to linger in your place.



Shamanic Ceremony to Enhance the Energy of your Home

Open sacred space by building an altar and/or calling your ancestral helping spirits, power animals and teachers of the light to help you.

Speak out your intention to clear out any energies from your home that do not work for the light and create a harmonious environment.

Smudge your home with natural incense - start from the ground floor (if you have more than one floor) and walk around each room in an anti-clockwise direction (releasing). As you smudge affirm that you are the caretaker of this home and land for as long as you live there. Ask that all heavy energies and beings who do not work fully and wholly for the light now leave. Walk around your whole house three times, or if the energy is very heavy, seven times, until you feel the cleansing is complete.

Create an etheric shield. For this you will need four tumble stones of the same crystal. Choose the type of crystal intuitively by asking which stones would best help you "earth" your home. You can also ask the crystals. In this way you will choose the crystals that are right for your place. Once you find the stones, smudge them and then place them on a windowsill to charge in the full moon (preferably) before you use them.

Once the four crystals are charged, place one in each of the four corners of your home, at the boundary walls. (You will create a boundary line, an etheric fence, around your home. The crystals are the etheric poles of this boundary.) Then go back to the first crystal you placed and use your rattle, drum, or radiate energy from your hands to this crystal. Then move clockwise to each crystal in turn and do the same, and then return to the first crystal. This will connect all the crystals and close the etheric fence. This clockwise direction brings the energy in. Repeat three times.

(You have now created an etheric shield around your home. The crystals also act as transmuters. They will draw in any heavy energy in your home and direct it into the Earth to be transformed.)



Now bring in the light. Ask your helping spirits to build a high vibrational field around your home. Hold space by drumming, singing or rattling - this will radiate your own spiritual light into the place. Beautiful etheric energy will now be flowing into your home.

You can finish the ceremony and close the sacred space or continue with the journey below.

Journey to the spirits of the house/land where you live and ask them for advice and easy steps to further enhance the energy. Do not make any promises to the fairy world as they will hold you to them. If what they ask you is too onerous, try to negotiate with them. For example, they may suggest you dig up your driveway and plant trees, but it may be more

practicable to have a few medicinal plants in pots.

Closing your sacred space: Thank your spirit guides and the spirits of the land for all their help and say that your ceremony is now complete and you wish to close the sacred space. Ask them to protect and seal you and your home before they go.

It is also good after the ceremony, to leave some offerings, such as local medicinal plants or water from your altar. Or, if you wish, you can sing a song to the land outside your home.

In your daily life, remember to greet and speak to the plants, trees, birds, animals, and insects that live on the land. You can view your house plants as your flatmates. The Earth and all living beings see you. They see your spirit, and invite you to be present and aware. The more you engage with the Earth the more you can transform your experience of life on Earth.

2 Year In Person Shamanic Practitioner Training

facilitated by Fotoula Adrimi, Shamanic Teacher

- starting Jan 2022 until Dec 2023

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.

The ISIS School offers a powerful and in-depth shamanic practitioner training course, 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.



About the Training

The training covers 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.

The course is taught as a two year ceremony. It is not just about sharing information and techniques, during the time together we will be riding a shamanic wave on a journey home to ourselves. It is our hope that the ceremony will carry everyone to a new depth of inner understanding, during and outside the times we meet.

Places on the course are limited. Please get in touch with us as soon as possible to book your place. For more details see below.

In-Person Shamanic Practitioner Training

The In-Person Shamanic Practitioner Training starts in Jan 2022 and completes in Dec 2023. More information, as well as all the course dates, can be found on the [website](#)

Fotoula Adrimi is a highly experienced shamanic teacher who radiates the light of compassion to her students. She has been holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012.



Online Circles and Energy Transmissions - October

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

Fotoula has been facilitating a weekly shamanic circle since 2009.

The Circle meets four times in **Oct: 4th, 11th, 18th & 25th**

The fee for each circle is £12.00. Payment can be made 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](#)



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.

October dates: 7th, 14th, 21st & 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. (PayPal fee is £8.00 for overseas participants. For programme details [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 healing qualities of the Living Light.

The October dates for the ISIS Energy Transmissions are - **6th, 13th, 20th & 27th**

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 - Sunday, 24th Oct

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, 24th Oct, 16:00-17:00** (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)

