

The ISIS School of Holistic Health Newsletter



Issue 66: December 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*)

I have come to invite you to return to the sacred. The human conditioning has distorted your connection to Source, and to all that you are. Spirituality is a way for you to once again become the Divine on Earth.

However, even when someone opens to the spirituality of the heart, they can be influenced by the egoic mind. Any attachments you place on your spiritual calling, other than unconditional love, will take you away from meaningful spiritual work. I advise you not to taint your spiritual calling with material needs of third dimensional thinking. For example, release your expectations about what the Enlightened Beings should do, as a condition for you to walk your path.

Expectations will block your spiritual progress and soul evolution. Until you overcome them, through your spiritual practice, you may feel stuck. The block is created through the expectations the mind places on what the outcome of spiritual work should be.

Spiritual practitioners are now called to overcome the programming of the planet, including their own expectations, desires, and attachments to a specific result that spirituality 'should' deliver. This is the time to let go of thoughts and feelings around fear and lack, and stay in your centre. In spiritual terms the more you desire something out of need, the more you push it away, even if that need is unconscious.



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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a spiritual calling comes from the heart
that wishes to find its way home
into the grace of unconditional love



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To illustrate, we ask you to relinquish the need for the Enlightened Ones to:-

- a) sort out your life;
- b) work with you in a specific way; and,
- c) provide for you in exchange for your spiritual work.

We work with you unconditionally. Any spirit who makes promises to you, in order to work with you, is either a spirit that has an agenda, or worse; an imposter or a being who pretends to be enlightened. We always offer you our help whilst respecting your free will, your soul path, and without wanting or needing anything from you. Our work with you is pure and based on the principle of Divine Love.

As you work with us, you will feel Divine Love, more and more. And this gift of Divine Love will help you overcome the limitations of the conditioned mind. It will also allow you to see with more clarity the bigger picture of your enlightened Self, as this Self will gradually unfold before you. This is the ultimate gift of spiritual work: the awakening of your own inner essence which is the radiant spirit of unconditional love.

The third dimensional reality deprives you of the ability to access your inner nature. As you limit your spiritual path with expectations, your everyday life may become limited too. To overcome this, adopt a pure intention centred on awakening into your inner essence.

Everything you are looking for lies inside you. Your quest for expansion and happiness can be centred within. When you evolve spiritually, you find that all that you sought in the world to make you happy and safe, you can have by letting go of expectations, and trusting in your essence instead of your ego mind. The more you surrender to your spirit, the more your life will work.

Intention versus Need

Intention is an act of power. It can become a powerful arrow that flies into the heart of creation and opens doors in your life that you could not have imagined. But intentions are only like this if they come from your wisdom heart, and not the needs and desires of the third dimensional reality.

Intentions may take time to manifest and they work in mysterious ways. They may initiate a rich and challenging time of growth with many tests. For you to truly embody and sustain your intention you need to grow to the vibration of your intention. For instance, you may have the intention, 'May I be the catalyst for other people to transform and awaken.' Life hears you. Life appreciates your wish. And life offers you the opportunity to grow into this person who can truly be the catalyst for others' awakening.

You may think that you already are that person, and have ideas in your mind about how you can do this. But your soul and life is offering a different, more authentic way, an apprenticeship to really grow into your calling. To help others transform, you are guided to transform yourself. To break the cocoon and become the butterfly you need to push through the safety of the restrictive conditioned thinking. This is the gift of spirituality.



Join us in Meditation - Let us connect to the Light of our spirit

Every Wednesday morning from 7.30am-9am Fotoula and Fi invite you to meditate with them from your own home and create a global network of Light. You can do whatever meditation practice you choose and you may meditate for half an hour, an hour or 1.5 hours. If this time is not convenient for you for whatever reason, you can meditate at another time and intend to connect with us - our practice is beyond space and time. For more information see our [webpage](#)

Together we bring in the Light to support the highest good of All Beings

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)

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

We have a donation fund and can offer some half-price places to anyone who may be struggling financially and wishes to take part. *(Donations given on a first come basis).* To let us know if you wish to receive a donation or 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 Course Dates 2022

The Course dates for the Path of ISIS teachings for 2022 are now on our [website](#).

We have dates for the **four Gate 1** courses:

Spiritual Path of ISET, Part 1 – 18-20 Mar 2022

Spiritual Path of ISET, Part 2 – 06-07 Aug 2022

Healing Path of ISET, Part 1 – 12-13 Feb 2022 & 12-13 Nov 2022

Healing Path of ISET, Part 2 – 01-03 Apr 2022 & 09-11 Dec 2022

As well as:-

Gate 2 – 29-31 July 2022 (next course after Healing Path of ISET, 2)

Gate 3 – 25-27 March 2022 (next course after AUSIR 1);

AUSIR 3 – 13-15 May 2022 (next course after Gate 4); and

AUSIR 4 – 18-20 Nov 2022 (next course after Gate 5).



NEW Living Light 2 - Seven Module Live Online Course

Ancient Egyptian Spirituality - Resurrection and Rebirth

Starting 19:00-20:30 (UK time), Friday 21 Jan 2022

In this new 7 Module Live Online Course Fotoula has been guided to share more of the key aspects of the ancient Egyptian pathway of spiritual development and soul evolution. As with the earlier course (Living Light 1: Multi-dimensional Self Activation) Fotoula will be guided by her main spirit guide, ISIS (ISET in ancient Egypt), 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. And there are no prerequisites. This is a stand-alone course. There is no need to have attended the first Living Light 1 Online Course to take part in this new course. The only recommendation is the Introduction to Ancient Egyptian Spirituality Webinar (*This is optional and not a prerequisite*).

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

Module 1: Friday, 21st January 2022 - The Living Temple of ISET

Module 2: 4th February 2022 - As above, so below. As below, so above. Astral connection and sacred geometry. IM-HOT-TEP - He who comes in peace

Module 3: Friday, 11th February 2022 - The Law of Divine Order

Module 4: Friday, 18th February 2022 - In the halls of MA'AT. The weighing of the Heart Ceremony

Module 5: Friday, 25th February 2022 - Death, resurrection, and reincarnation

Module 6: Friday, 4th March 2022 - Releasing the dead and healing the living

Module 7: Friday, 11th March 2022 - Rebirth and Initiation

Participants will be sent a recording of the Module after each Live Zoom session. Please note: the Course and the Recording are for personal use only, and the content cannot be shared with others. It is to inform your practice and spiritual work.

The Cost of the Course

Cost: £195.00 (£95.00 deposit to secure your place).

To Book: email The ISIS School on info@isis-school.com Payments can be made through bank transfer (email info@isis-school.com for bank details) or through PayPal. The cost if paying with PayPal is £205.00, deposit £100. (Use info@isis-school.com for PayPal)

There is a 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 - £77.00 (deposit £30.00).

Shamanic Ceremony:

Setting an Intention for the Highest Good

In this shamanic journey set the intention to ask your helping spirits to help you release any blockages, attachments, and thought forms that limit your spiritual calling and soul evolution.

Open sacred space by building an altar (optional), and calling in your helping spirits and power animals.

State your intention. The spirits will take you to the upper world. You can go there via the Tree of Life, flying on a bird or other power animal, or climbing up a mountain that takes you beyond the stars and the universe.

Once there, you are taken into a place filled with light. Your helping spirits surround you, and show you the brilliant light of your essence in some way. Over this essence you may notice some external restrictions that can appear to you in a number of ways:

- panes of glass over the essence;
- different shapes and colours;
- cords or ties of some sort to certain things or people
- things that might represent addictions or addictive thinking



In whatever way these restrictions appear, even if you like them, they are hindering your access to your essence and blocking your intention. If you wish, you can ask your helping spirits to remove all these obstructions.

When you see your essence in its pure form without the blocks, bring your essence into your heart centre and into your body. Stay in this space for as long as you wish as the light integrates within you. Try not to think of what the blocks represented. Work energetically.

When you are ready, gently bring yourself back from the journey by retracing your steps.

Thank your spirit helpers. Close your sacred space by releasing your helpers. Ask that before they go they protect, close and seal you, your room, and home.

This is a purification ceremony that you can repeat regularly. It is difficult in our world to maintain a pure intention. Sometimes life keeps bringing us these blocks. Through our spiritual work we can become more aware of them and choose to act differently, rather than repeat an old pattern. As we overcome these issues energetically and in our everyday life, we may experience a stronger flow in our life and an expansiveness in our consciousness, that will continue to grow the more we do our spiritual practice.

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.



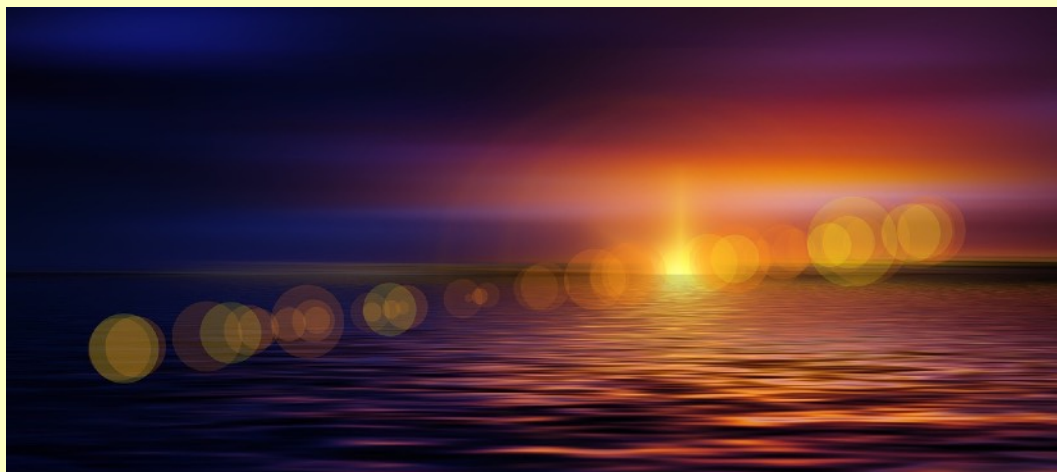
A Message from the Star Beings of the Light

(During the first webinar in a new series of three Light Activations, the Star Beings offered us these words and guidance)

On 16 November we facilitated another Light Activation webinar, which is part of a series of three activations. The Star Beings asked us to share their key message in the newsletter.

The Star Beings of the Light gave us a message of hope. They took us through two light activations that enable us to connect to our essence and raise our vibration. This process is unfolding in the coming months and especially if we start to practice energetically. Their message is an invitation to share the light of the gift we have come to bring to the Earth.

We have summarised their key message below.



The Star Beings explain

There is a diversity of worlds in the cosmos from where you have come from, and these worlds are different from your experience on Earth. When you left these worlds, these different places in the cosmos, to incarnate on Earth, you brought a part of that world with you. That part was energy, or light. It was a gift of light that supports transformation on the Earth. You can work with the light of this gift right now.

In your spiritual practice you are tapping into this energy without knowing it. It is something that is being unveiled within you. We wish you now to make this process more conscious, so that the gift that you bring to the Earth becomes more active, and you start to reveal it to yourself. This gift is a vibration. It is an energy. You can visualise it in your imagination as a pulsating ball of light. This is something for you to discover.

We cannot reveal this gift for you. You will have to discover it for yourself. But by working with its vibration and transmitting it in the World you are doing something very important for the Earth and All Beings. First of all, you will help other people to access their own gift. At some point you will all unite and bring all of these energies together, connecting with every part of the cosmos, bringing all these gifts from all the different places in the cosmos into the one place.

You are part of this ongoing work. So we wish to help you access your gift – this vibration that you are carrying within. This gift has lain dormant within you for many lifetimes. We ask you – What is your gift to the Earth?

The Star Beings have given us a practice to share the Light of our Gift with the Earth

A Practice to Share the Light of your Gift

Stay quiet for a few moments connecting into your heart centre.

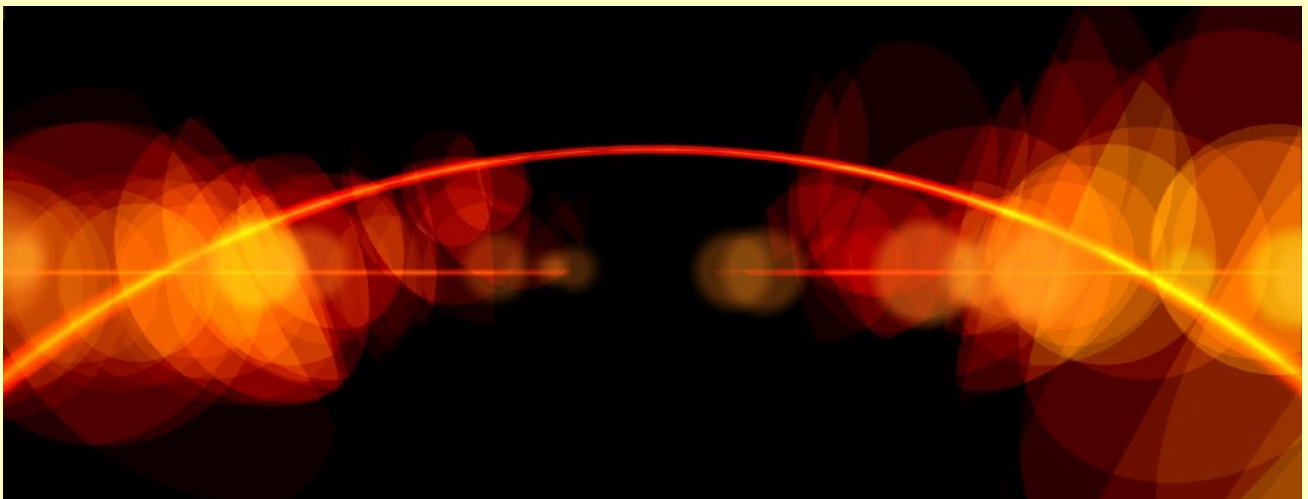
Then say the intention:

*May the Light that I carry, the gift that I bring to the Earth,
radiate out from my heart centre to all beings.*

Focussing on your heart centre allow the light energy of this gift to radiate to all directions for a little while.

If you practice this, you will realise at some point that your heart centre is opening. You will start to feel the vibration of the Light that you carry and you will recognise when this light flows from you into your everyday life.

First you have to do this practice with this intention. In time you will recognise when it activates all by itself. It is important to know your gift.



Series of Three Light Activation Webinars

If you are interested in this current series of three Light Activations you can still book your place for the second and third Webinars and receive a recording of the first Webinar by emailing The School on info@isis-school.com. You can work with the recording before the second webinar on 28 December because this energy work is beyond space and time.

Dates: 19.00-20.30 (UK), Tues 16 Nov (recording available), Tues 28 Dec, Tues 11 Jan 2022

Venue: Online through zoom

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

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 see our [website](#)

Online Circles & Energy Transmissions – December

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



Fotoula has been facilitating a weekly shamanic circle since 2009. There are no Shamanic Circles in December due to other commitments. The next Circle will be – **17th Jan 2022**.

The fee for each circle is £12.00. Payment can be made either by bank transfer or via PayPal using – info@isis-school.com. 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.

December: 23rd & 30th (the Circle on 30th is free)

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 - December

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 December dates for the ISIS Energy Transmissions are – **22nd and 29th Dec**

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 - Sun, 19th Dec

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, 19th Dec, 11:00am-12:00noon** (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)