

# The ISIS School of Holistic Health Newsletter



**Issue 63: September 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*)

**Y**our World is changing and, at the same time, change is always happening. What you are currently experiencing is not a new phenomenon. If you look at human life over the last century you will see that tremendous changes have taken place. And, alongside these changes, are leaps of consciousness.

You may think that the evolution of human consciousness is not fast enough. This is not so. The rate of evolution takes place in a way that is sustainable and grounded in Divine timing. For example, if you compare the level of human consciousness now with that of the 1900s, you will see many changes. Behaviours that were socially acceptable then, such as child labour in factories, are no longer seen as appropriate by many people.

It does not mean that the problem is eradicated, it is still there in certain pockets of the planet. And those who find it unacceptable are taking steps against the practice by supporting certain charities, promoting access to education for children in poorer countries, and ensuring the items they purchase are not produced through child labour.

Notice the changes that are happening, and do not despair. Stay in your authentic power and light. No matter what is going on around you, keep the vision of the New Earth, of human sisterhood and brotherhood, alive within you.



To contact [The ISIS School](http://The ISIS School) or join the mailing list and receive the monthly newsletter,  
please email: [info@isis-school.com](mailto:info@isis-school.com)

Copyright: The ISIS School of Holistic Health © All Rights Reserved. Original artwork: ©Gill Hastie

## The Human Predicament

In a similar way, when you try to change something in your personal life, for instance what you eat, your job, or a longterm relationship, a part of you resists the change, even although what you want to do will benefit you. The resistance sometimes takes

you backwards rather than forwards. For example, you try and introduce a new exercise regime and sign up for a gym membership, and then become more of a couch potato than you were before.



In these situations it is good to acknowledge what you are doing and make peace with yourself. Then, dig deep and connect with the inner power that you may not realise you have. When you do, life will support you by bringing the resources you need in terms of people, information, and encouragement, and help you overcome the conditioning. Each time you prevail over the conditioning a deep change can take place within.

At the same time, the conditioning is like the body of a snake that has many loops. During your life you travel from the tail of the snake to the head. But the journey is not straightforward. You may find yourself going backwards and travelling in circles many times. When you reach the head of the snake you receive the medicine, the understanding.

## The Collective Predicament

The same is true for the collective. The old patterns of fear of survival and separation have been tearing your World apart for thousands of years. The dark times emerge repeatedly. At the same time, light flows ever more strongly around the Earth. It is there to support you to become a pillar of light and love despite the chaos that surrounds you. You are travelling collectively within the body of the 'rainbow serpent' of creation, which takes you through many twists and turns. Each of these loops represents a time of darkness through which the World can become aware, find the light, and transform to another level of consciousness.

These times are part of the Earth school. You have a choice to grow through the challenges collectively and personally. Staying present and adopting the place of



This is a time of evolution where the  
old energies in our cells can be transmuted  
by accessing our inner light

©The ISIS School of Holistic Health

Image by Darwin Laganzon

the observer enables you to follow the path of your soul towards the embodiment of your higher Self in the material plane. The integration of your spiritual light into every part of your human life is the key towards enlightenment and ascension.

## **An Exercise to help you Integrate your Spiritual Light into your Life**

You can start this process of integration by becoming aware of the situations in your life you feed energetically. Make a list of all the things you strengthen with positive energy, and all the situations you reinforce with negative energy.

Positive energy is gratitude, kindness, generosity, acceptance, compassion, love, forgiveness, goodness. Negative energy is fear, judgement, unhealthy pride, desire, anger, hate, righteousness, unworthiness, jealousy.

As you make your list go through each aspect of your life – yourself, your body, your relationships with loved ones, your relationship with the World, what you read and watch, the food you consume, nature, the sacred, other cultures etc. The list is endless and personal to you. What is your list showing you?

During the day become aware of what energies you are feeding. Are they positive or negative? What are the consequences?

### **ISSET Continues**

Healthy transformation can only take place through the power of positive energy. When transformation is achieved through negative emotions, such as anger, some part of that emotion remains with you. Your inner work is not finished. For example, you may be angry with the way you are treated at work. After a great deal of effort you change your job. But the anger is still there. In your new job, even though things are better, you may find yourself becoming angry again at various people and situations. You feel stuck, caught in a loop that is taking you backwards.

Only when you become aware of and resolve the deeper issue, the anger inside you, rather than its mirror in the external environment, will you create a lasting transformation. Otherwise you will continue to meet similar situations and fall back into familiar loops. This is the gift and the challenge of human life.

In the same way, change can take place in the collective either peacefully or violently. The many revolutions, wars and incidents of environmental destruction



feed a violent trait, with huge losses of life on all sides. This is why your World continues to face the same issues. The way of the peaceful warrior is open to you, and examples of non-violent change exist. The peaceful warrior works with light and holds everyone and everything in a place of love, even those who cause harm. In the bigger picture everyone is a part of you. When you see the collective as an integral part of you, you can send love to this part.

## **Transforming the Collective through the Medicine of Oneness**

Visualise yourself as the One Being, the All That Is. You can imagine that your body is the body of the whole of creation. Inside this body are many cells. Each cell is a separate cosmos. Within each cell are planets and stars.

Now focus on planet Earth, inside a cell in your body. On this planet there are many physical and spiritual beings, yet they are all within your body, within this cosmic cell. All these beings are an integral part of you. They do not exist outside of you. They are you, even although you may not agree with what some of them are doing. In different circumstances and in different lives, you may have acted in the same way as those you judge now.

At the same time, there are spiritually-evolved beings on the Earth who bring incredible light to the planet. They are also an integral part of you. In different circumstances and in different lives, you may have acted in the same way as they do now.

Become aware that the one powerful gift that you have within, is unconditional love for yourself. As everything that exists is part of you, intend that the power of Divine love flows from your heart to every part of your body, including the cosmic cell that contains the Earth. In this place of love, say to all beings, "I love you." And connected with this world say, "I love myself." As you say this to yourself, you say it to your World.

Stay in this connected space for as long as you wish, and allow the power of love to transform the cells of your body.

Then, come back from the meditation and give thanks to the Divine Self that you are. Thank Mother Earth and all beings who share this experience of earthly life with you.



# ISET Practitioners' Community

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

## Online ISET Practitioners Circle: Friday 3rd September

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, Friday 3rd September

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



## The Spiritual Path of ISET: Part 2 - 02-03 Oct, 10.00-17.00 daily

This is the next course for Practitioners who have attended The Spiritual Path of ISET, Part 1. In Part 2 participants will receive teachings about karma and its purification through energy work. We deepen our connection to our inner divinity with the Rising Sun and its teachings under the name of KEPHER-RA. We learn about the ancient school of lunu or Heliopolis, the stone of the phoenix, and the tree of life. The course is also open to Initiates who wish to repeat.

**Date:** 10.00-17.00, Sat 02-Sun 03 October

**Venue:** TBC **Cost:** £190.00. Deposit: £95.00. **Cost for repeating:** £95.00. Deposit: £45.00

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

## 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.

**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](mailto:info@isis-school.com) Payments can be made through bank transfer (please email [info@isis-school.com](mailto:info@isis-school.com) for bank details).

# 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.

# ISSET Speaks about Shamanism in Ancient Egypt

**I**n ancient Egypt shamanism was practised by invoking helping spirits and merging with them. An initiate of the Living Light discovered the qualities, energy and gifts of their helping spirit by merging with their energy and becoming them. The helping spirits were called the Neteru, which has been incorrectly translated as gods. A more accurate translation is Divine Principles, although this too does not fully communicate what the Neteru are.



## The Sacred Neteru

The Neteru, are more than Divine principles, they are Beings of Light who express themselves through different spirit animals, spirit plants, minerals, crystals and stones. For example, the Divine principle of the Great Mother, known as Hat-Hor, the nurturer of all life through unconditional love, is expressed by the spirit animal of the white cow, the spirit of the white lotus plant, and the blue turquoise crystal. Sometimes it was also represented as a woman whose breasts emitted the key of life as milk. The Divine principle, as a Being of Light, could appear to people in all these various forms.

Each time the initiate merged with a Neteru in sacred space, an activation took place, and even when the initiate came back from their spiritual practice, some of the light of the Neteru remained within them. Over time, as the initiate continued to merge with the helping spirit and access higher states of consciousness, they gradually embodied the qualities of the Neteru, for these Divine qualities are part of the Divine Self we all are. This practice also supported each initiate to unveil and embody their own gifts.

## Preparation for Merging

Merging with the Neteru in ancient Egypt was an important practice. Before engaging with the Neteru, the initiate would take part in a water purification ceremony. (Many Egyptian temple complexes had a sacred lake where the waters of Mother and Father Nile gathered). These waters were symbolic of the primordial waters out of which all life was born.

The symbology was two fold:

- the waters symbolised the unmanifested state out of which the physical world emerges through an act of unconditional love.
- all life on Earth begins in water, and therefore water holds the primordial memory of physical genesis (we too are born out of the waters of the womb).

The ancient initiates of the Living Light would immerse themselves daily in the waters of the sacred lake. In this way they sought to realign with the time when physical life was a Divine intention, and to remember that the waters of the Earth hold the key to the primordial state of Oneness and enlightenment. For this reason, at the end of the purification ceremony, the initiates would intone that they are the infinite ocean.





## Invoking the Neteru

Following the ritual of purification, the initiates would invoke one of the Neteru, the Divine principles, and merge fully with them. For this part of the ceremony they would wear ceremonial clothes of white cotton, a headdress, and sometimes a mask, representing the spirit animal of the Neteru they would merge with. For instance, the initiate who merged with the Neteru Hat-Hor, represented by the cow, would wear a headdress of cow horns with the moon or the sun in between the horns. The Neteru of Universal Divine justice, known as MA-AT, was represented by a female initiate wearing

a white ostrich feather on her crown chakra, and with wings made of feathers attached to her arms.

*(In later periods, during the middle and new kingdoms, the headdresses and masks became highly hieratic and ornate, and contained precious metals and stones, yet they still held their original Neteru association.)*

## Channelling the Neteru

Following the invocation the initiate would channel the spiritual energy of the Neteru they were merged with. Anything the initiate said or did was considered the work of the Neteru, and was viewed as sacred. If the initiate was a healer, it was believed that it was not the initiate who healed the sick, but the Neteru that came through the initiate. Whether healing occurred or not, depended on the will of the Divine spirit that was incorporated by the initiate.

---

The shamanic tradition of ancient Egypt goes back thousands of years. However, the Neteru are not distant godforms. These Beings of Light have always supported people who wish to walk a spiritual path. They have never left us, for they are part of us and they play a crucial role in the evolutionary process of life on Earth. We all carry these divine principles within us. By working with the Neteru in sacred place, with integrity and an open heart, we can ally with them, receive their support, and remember and embody our Divine nature.

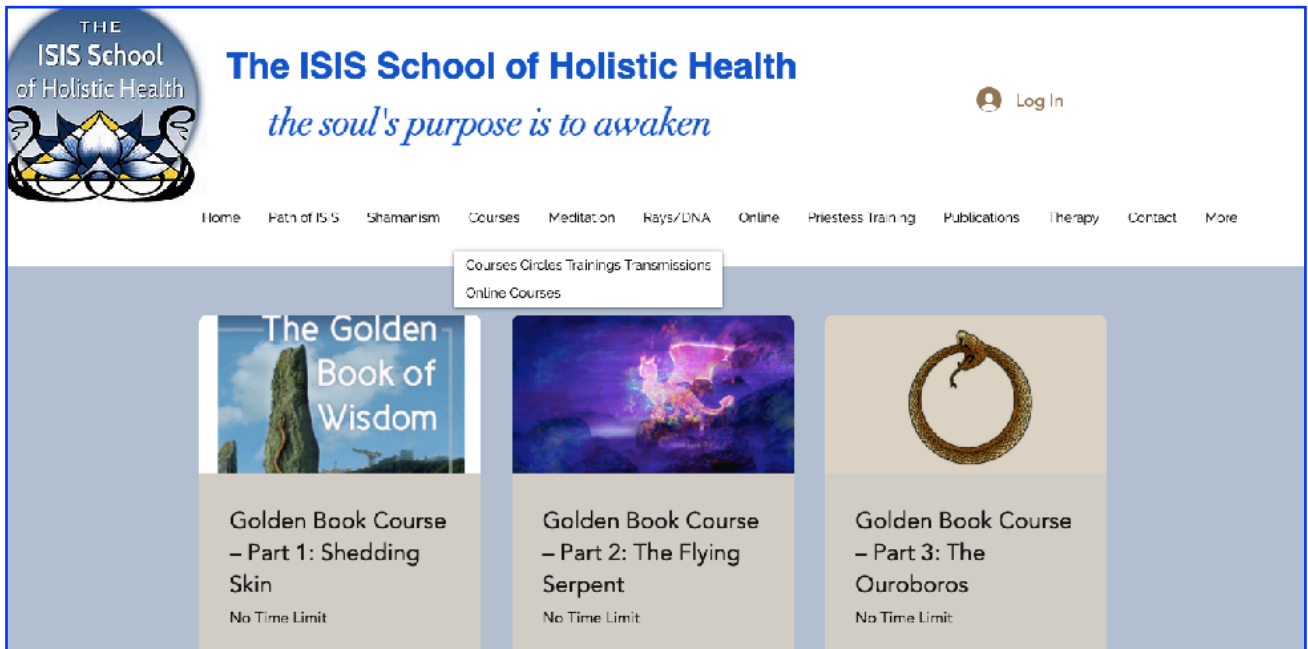
## The Path of the Living Light - Introductory Course - Spiritual Path of ISET, Part 1 - 15-17 Oct 2021

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](mailto:info@isis-school.com)



# Online Courses Page

our online courses are now available  
on our new Website



Alongside our in-person courses and workshops we have created a series of Online Programmes that can now be accessed from our website.

The Online Courses offer more than teachings on various spiritual topics, they also provide a transmission of high vibrational spiritual energy and knowledge. Although these courses are online and pre-recorded, this energy transmission takes place, for the Enlightened Spirit Beings who we align with, work outside time and space.

People who are clairvoyant or clairsentient can see or feel the light flowing to them. Whether you are psychic or not the energy transmission takes place for everyone at a very deep level.

To access these programmes go to the [Online Courses Page](#) on the Website, select the course you are interested in and press **join**. This takes you into another page which gives you information about the course as well as details about each module. If you wish to purchase the course you can select **join** on this page and follow the on-screen instructions. This will give you access to all the videos for each module which you can watch directly from the website.

## For People who have already Completed an Online Course(s)

If you have already purchased an online course and would like to view it again through the website this is possible.

All you have to do is register on the website using your email address, and then email us letting us know the course(s) you wish to be added to. We will add your name to the programme. An email will then be sent to you from the website that gives you free access to the programme.

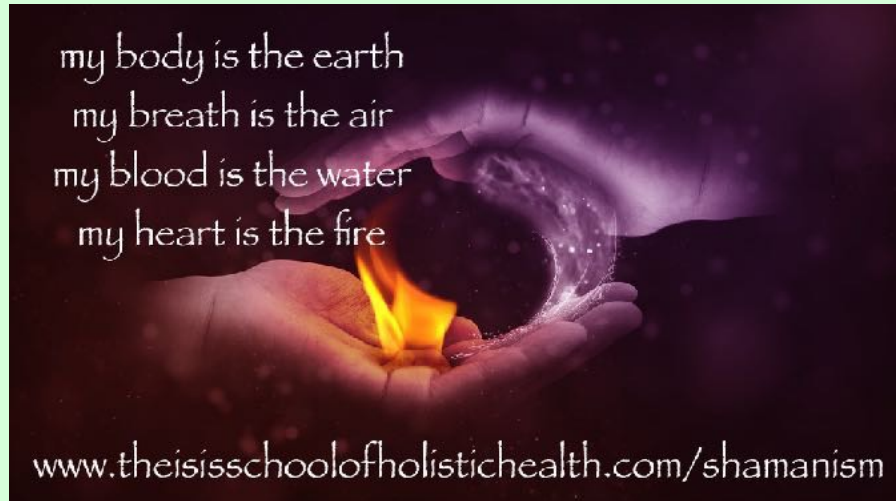
# 2 Year In Person Shamanic Practitioner Training

## *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](https://www.theisischoolofholistichealth.com/shamanism)

**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 – Sept

## 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 once in **Sept: 20th - Equinox Ceremony**

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](mailto:info@isis-school.com). (Email [info@isis-school.com](mailto: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.

**September dates: 2nd, 23rd & 30th**

The cost of the circle is £7.50, and you can pay by bank transfer, or PayPal using email address – [info@isis-school.com](mailto:info@isis-school.com). (PayPal fee is £8.00 for overseas participants. For programme details [click here](#))



Online Meditation & Chanting Circle  
Thursdays 19.00-20.30 (uk)

## 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 healing qualities of the Living Light.

The September dates for the ISIS Energy Transmissions are – **1st, 8th, 15th, 22nd and 29th**

Please email the School: [info@isis-school.com](mailto: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, 19th Sept

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 Sept, 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](mailto:info@isis-school.com))*

