

The ISIS School of Holistic Health Newsletter



Issue 62: August 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*)

Your world is changing, like a snake shedding its skin. The old skin clings stubbornly to the snake's body, and the snake has to slither over pebbles and rough ground to release it. This is all part of the evolutionary process.

During this time of transition, you may find old feelings of fear, separation, anger, and hate trying to invade your heart space and your reality. These energies are the old skin of humanity. This is how humanity has lived for thousands of years. The conditioning of the mind perpetuates these feelings and ways of living, preventing a deeper spiritual awakening.

Each time you experience these states of fear, separation, anger, and hate, you emit negative energy to others and into the world. This keeps the conditioning in place. And this negative energy will return to you in some way.

The spiritual medicine is acceptance and love. When you accept that you do not know the full picture, you stay open to a deeper discovery. When you connect to love, judgement and separation are removed, and this transforms the duality.

These times are giving you a great opportunity to train yourself to overcome division, especially the division that exists within you. They offer you the chance of deeper self-knowing and self-realisation.

In this quest to find yourself, look at what grabs your attention and takes you away from your centredness.



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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Exercise: to bring you into your body and increase your awareness

In a quiet, meditative state, ask to feel your consciousness inside your body. Imagine that your consciousness is a ball of light, somewhere in your body. No matter where you locate this energy, this ball of light, consciously intend that it comes into your central channel in the middle of your spine. It may help if you place your hands over your heart centre.

Even if the ball of light wants to jump to another part of your body, keep bringing it back into the central channel. (This is similar to the meditation process – the mind jumps about thinking different thoughts and you keep bringing your focus back to the quiet space.)

Try to keep the ball of light, your consciousness, inside your central channel for a few seconds. This is your point of centredness.

Now do an experiment. From this place of inner centredness, recall a situation that grabs your attention and generates a negative emotional response in you. When you do this, what happens to the ball of light?

Does it jump to another part of your body? If so, which part? Different chakras may light up, or various parts of your body may become active.

Focus on the place in your body that your consciousness went to first. This place/ part of your body is where the energy of the situation that grabbed your attention is stored. Everything is energy, including fear, anger, and hate. It is stored in different energy centres within you. You can choose to hold onto these energies or release them.

Your consciousness has immense power. Now, visualise or feel, this ball of light expanding inside this part of your body. You may begin to yawn, burp, cough, feel slightly nauseous, or experience sudden heat. All these physical reactions to the energy work are perfectly normal. This is how your body is choosing to release the energy.

Once your body releases the stuck energy, connect to the ball of light, your consciousness. Allow this ball to expand into the whole of your body and aura.





As you stay in this expansive state, surrounded by the ball of light, you may experience a further release.

In this state of light, ask to see, visualise or become aware of, in some way, the heavy energy that is outside your body, that grasps your attention. You may see it as a blob of energy that is dull in colour. This energy has

linked to you. Now become aware of the energy link between you and it.

Imagine holding a knife or sword made of light, and cut this energy link. Watch what happens to the energy source outside your body.

Finally, bring yourself back to the peaceful state where you are surrounded by the ball of light.

It is recommended to repeat this whole process 2-3 times, and then rest of a while. Energy work should not be hurried. Resting afterwards allows the body to integrate and adjust to the energy release.

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.

This 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

Online ISET Practitioners Circle: Tuesday 3rd August

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices.

Date: 19.00-20.30, Tuesday 3rd August

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



ISET Community - Upcoming Events & Courses

Karma Purification Ceremony - Sun 15th August, 11am-12.30pm

On Sunday 15th August ISET, through her channel Fotoula, will lead us in a Karma Purification Ceremony. The Ceremony is online and is open to all ISET Practitioners. If you would like to take part email Fi at info@isis-school.com and she will send you the zoom link for the Ceremony.

Date: 11.00-12.30 (UK time), Sunday 15th August

Venue: Online through zoom **Cost:** no cost



The Spiritual Path of ISET: Part 2 - 02-03 Oct, 10am-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 Iunu 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 Payments can be made through bank transfer (please email 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.

This is a unique opportunity to practice together as a Community for 21 days, and to experience the benefits of a regular practice.

Date: 19.00-20.30 (uk time), 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).



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 19th Oct - Sun 24th Oct **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.

Esoteric Shamanism - Igniting the Sacred Flame

Fotoula speaks

Sometimes in the West we can adopt a narrow definition of what shamanism is to the point that the term is used solely to describe certain healing techniques and methods that are performed through connection with spirit helpers.

These methods and techniques are only part of what shamans do, and only part of shamanism. Shamanism is more than a method of healing, it is a way of life. Embodying our own spirit we walk the Earth honouring the Great Spirit in everything. By walking this shamanic path authentically we find ourselves increasingly in our own power and light, and less attached to the dramas of the world. At the same time our awareness and understanding grows. In order to develop this state of mind, we become our inner fire, the sacred flame.

In the teachings of the inner fire, you see a fire within your body. This fire burns away any energies that do not belong to you. Issues that may have troubled you in the past, can more easily be set aside. Nothing can attach itself to a flame. The fire burns away everything that is part of this illusionary world and keeps glowing. This is a key secret of shamanic practice.

Can anyone control this sacred flame? No. The fire carries its own wisdom. It is self created and self generated. Our own ability to access the fire depends on our spiritual understanding and practice. Any spiritual awakening, heart opening, and spiritual practice is like dry wood that feeds the fire and keeps it burning. The fire appreciates our sincere intention to awaken from the egoic mindsets of the conditioning, and work for the highest good.

Conversely, egoic states, unskillful acts, manipulation of sacred knowledge for our own ends, and a lack of integrity, is like offering damp wood to the fire. When the damp wood burns, it creates smoke that brings tears to our eyes and hinders our vision.

To begin, we can journey to one of the wise keepers of this knowledge to ask for a spiritual activation that can help us connect with the inner fire and fuel our spiritual work. There are practices we can do to build our connection to the inner fire that we will share in subsequent Newsletters.



A Journey to activate the Sacred Fire within

In this journey Fotoula shares with you an ancient pathway for your own personal practice. This is a journey that takes place on a mountain in the middle world.

- 1) Create sacred space by building an altar (optional), and call your helping spirits and power animals.

- 2) Follow this journey: In the mountains, next to a path, you find a water spring. A stone structure has been erected on the face of a rock, with a hollowed basin, allowing the thirsty traveller to drink this water. Above the basin there is a carving on the rock. The carving is a depiction of the ancient spirit of the spring.



Approach the spring and make an offering to the water; this could be flowers, herbs, honey or medicinal plants. Now ask the spirit of the spring if it has accepted the offering. If the answer is positive, proceed with the steps below. If not, thank the spirit of the spring and ask your own helping spirits for some advice. Then leave the journey and come back another time.

If the offering is accepted, sprinkle some water from the basin on your body, as a cleansing ritual, and drink three sips of water from the basin.

Notice that next to the stone structure is a gateway. Go inside the gateway which takes you into the mountain. You are now inside the walls of the mountain. It feels damp and cold. Water is flowing down the stone walls and disappearing into the ground. As you stand in this place, call the ancient spirit of the spring to come to you, to help you connect with the inner fire. Sing a song or drum and rattle as you call the spirit.

- 3) A great snake appears. The spirit of the spring is a female snake. She is coiling and uncoiling. She has come in response to your calling.
- 4) This ancient spirit can talk to you about how you may access and work with your inner fire. She looks into your heart and offers you her medicine in her own primal way. No matter what she does, do not worry, she has her own way of transferring the medicine to your body.
- 5) The medicine of the sacred snake now runs into your blood. It is both cool and hot. It responds to you and your path of light. Your inner fire is further ignited. It will grow as your spiritual understanding and awareness increases.



6) The snake may also share some more information with you. Listen to what she says.

7) Offer the snake some food as an expression of gratitude. (In our reality, after the journey, put some vegetarian food and milk on your altar, sacred space, or table overnight. Next day take the food out in nature, preferably to a place where snakes dwell. If there is no such place nearby, you can leave the food under a tree.)

8) Thank the snake and then leave through

the same gateway you entered the space. Return to the water basin and cleanse yourself from the journey by sprinkling water over you and again drinking three sips of water.

9) The journey is now complete. Gently bring yourself back.

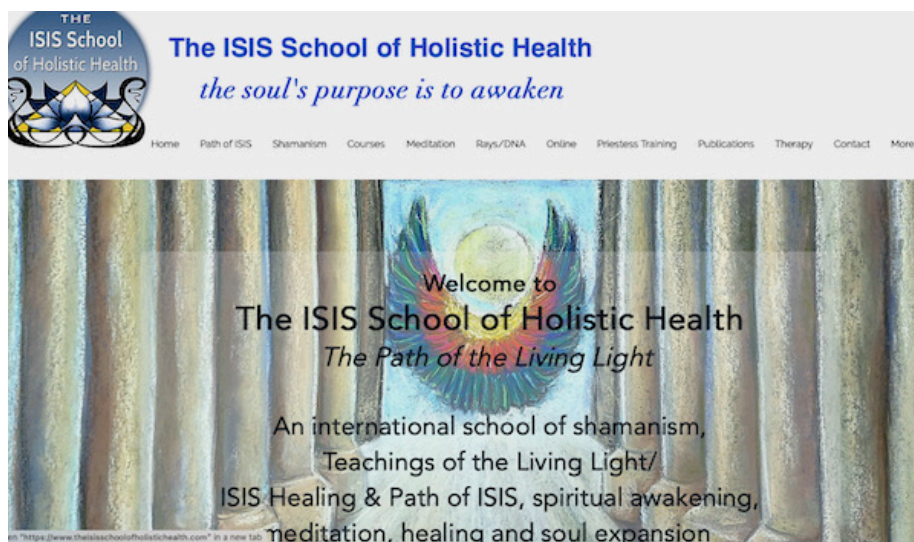
10) Close your sacred space by thanking your spirit guides and teachers of the light and releasing them. Ask that before they go they protect, close and seal you and your room and home.

We have a new Website

We are so excited - in July we launched our new, interactive website, which will helpfully be a lot easier for everyone to navigate. As before the website contains all the information about the teachings we offer as well as information about forthcoming courses, workshops, circles, and transmissions. We would love you to take a look and let us know what you think.

We would like to express deep gratitude to our artist, Gill Hastie, who created the original artwork for the site, as well as the flower of life background image. Larisa Macareiu of Media Bloom was a great help in transferring our 70+ pages from our old website and designing a new format. And thanks also to Fi who added the wonderful pictures and animations to many of the pages.

Here is the [link](https://www.theisischoolofholistichealth.com) for a quick view and a screenshot of our new Home Page with the artwork of Gill.



In-depth Shamanic Practitioner Training Courses

Two Options – Online or In-Person

facilitated by Fotoula Adrimi, Shamanic Teacher

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 powerful and in-depth shamanic practitioner training courses, online and in-person, that are 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.

Both Trainings will cover: cord cutting and dismemberment, ceremony, power retrieval, soul retrieval, shamanic journeying and divination, shamanic healing, shamanic transfiguration and medicine for the Earth, ancestral healing, death and dying, de-possession, extraction, moon and sun rites and shamanic re-birthing. It is a comprehensive course offering a strong foundation for shamanic practice.

Each course is taught as a two year ceremony. This is about more than sharing information and techniques. We will be riding a shamanic wave on a journey home to ourselves. We hope that the ceremony will carry everyone to a new depth and inner understanding, within and outside the times we meet.

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

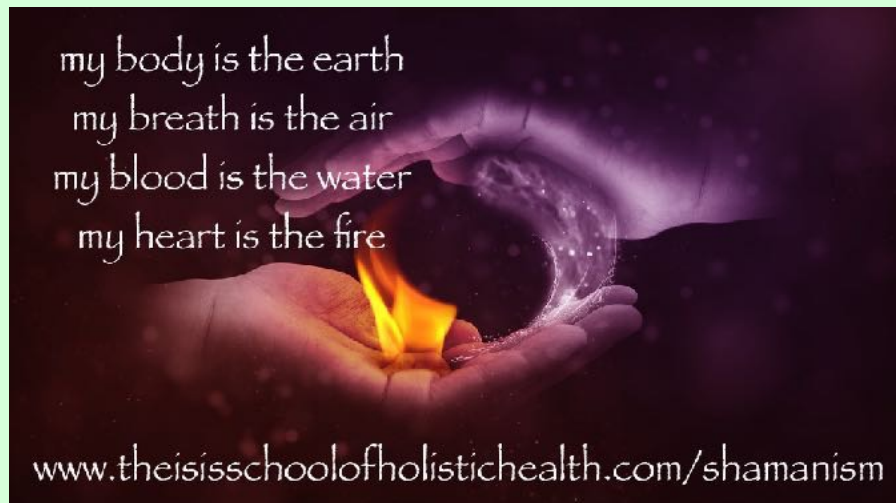
Online Shamanic Practitioner Training

We have one place remaining on the Online Shamanic Practitioner Training starting in Nov 2021 and completing in November 2023. For more information see the [website](https://www.theisischoolofholistichealth.com/shamanism)

In-Person Shamanic Practitioner Training

The In-Person Shamanic Practitioner Training starts in Jan 2022 and completes in Dec 2023. For more information see 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 – August

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 twice in **August: 9th and 30th**

The fee for each circle is £12.00 and you can pay either by bank transfer or via PayPal using the email address – info@isis-school.com. (Email info@isis-school.com for our bank details). The PayPal fee is £13.00 for overseas participants. For more information and to see the programme [click here](#)



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.

August dates: 5th & 12th

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 – August

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 August dates for the ISIS Energy Transmissions are – **4th and 11th**

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, 15th Aug

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, 15th Aug, 16:00-17:00** (UK time). Please check your time zone when connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

(If you find the energy transmissions beneficial and you wish to make a donation, this would be gratefully received. You can donate through PayPal using the email address info@isis-school.com)

