Ancient Wisdom We Lost and the Part of You It Can Awaken With Fotoula Adrimi Transcript

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Introduction and Guest Welcome

Hey friends, I'm your host Dr. Elizabeth Samiana, the intuitive psychiatrist, and you're listening to Stepping Into Soul Power. Friends, friends. So we're going to tap into something that is so incredibly important.

A lot of times we were always looking for guidance, for assistance. And we forget that there are some things in our history, in out past that are just priceless.

There's so much memory that we have forgotten in humanity that is asking to be unearthed. And there're people who are helping use that wisdom for uplifting humanity and really connecting with the soul and the heart.

And that is our next guest. She is a spiritual teacher, a healer, an author. I told her before we started that there is radiance. that she emanates and she's a guiding presence and is involved in the ISIS School of Holistic Healing.

She really helps people reconnect with themselves and remember the light within. Fatiola Adrimi, welcome to the show. Thank you very much, Dr. Elizabeth, and thank you to all the listeners.

I'm so honored to be here. We're honored to have you. Your story feels like it's a bit of a bridge between the ancient and this modern time. And I wonder if you could tell us, what led you down this path to spiritual teacher, healer, author, guide?

So it was a very deep calling. Since I was child, I felt this calling to the ancient civilizations, to ancient Egypt, ancient Greeks. Of course I am Greek.

I, was born there, but now I live on Celtic land. And I lived in Scotland and the same old stones, the stone circles and ancient sites have called me there too.

Ancient Memory and Spiritual Calling

because I have been born with this calling that says there is something so much more than what we see with our eyes, and there's something much ancient in what think we are, we're not just this body, but we have lived before.

And I had memories of lifetimes in ancient Egypt that showed me that we as a human race, had everything, were so connected with the earth. We had this amazing technology that constructed the pyramids and all these marvels in the world.

And we also had so much compassion and so many incredible connections with our soul. So I remember this as a feeling that is saying, this is your spiritual home.

This is home for you. And my wish is that as we remember this ancient home, we remembered who we are within us and we bring this in our everyday life, in out modern life too.

And to do that we have to overcome. the egoic and conditioned mind and what, you know, the world has told us who we are. Instead of looking outside of us for who are, for identification, even approval, we look inside of to the treasure that we carry.

And this is my work very much. It's really Two-sided, one is going through the spiritual path and the other side is meeting the ego and healing the egoself with so much compassion.

And then finding that we are all one, this oneness. that we talk about, that the spiritual teachers talk, about is real. And when we understand that, we're saying why we live in a world where we kill each other, judge each, other we hate each.

We have judgments about each because really all we have is self-hate. It's always a self-judgment. And as we hear that, we then can forgive and see the world with different eyes and the beauty that exists in everybody's soul.

Oh, wow. There's so much good that you said there and something that said about remembering this ancient home, bringing it into our everyday life. If you could speak to what are the like practical specific steps that people can use to, and you had mentioned like overcome the ego or that part of us that can kind of get us into some trouble.

Yes. So for me, the road is twofold. One, that work started with me because I needed healing as everybody else. I was born in a conditioned culture. And I too have been the wounded healer.

For me the way that my life taught me about bringing myself home was one was the spiritual way. Practicing meditation with very high vibrational energies.

which is the ancient Egyptian heritage, these portals of light that come to us from the cosmos, that comes to from us the stars. And these beings of light, which, you know, we can connect, whether we call them spirit guides or Samanic helping spirits, whatever name we have for them, they are teachers that are saying, look, You are this too.

You're a spirit too, and it's important to dive into that pool of Light. again and again because the world is taking us out of that. So this is the spiritual way, the high vibrational energy way.

The samanic journey, they walk into the alternative realities. the connection with spirit beings. So that is one way. The second one is as important, and that this is the personal development work.

That is Dr. Elizabeth, the psychotherapy that you talk about that it's so important to really be able to see, what am I doing? Because these energies bring it all up.

You know, all the guns that are in there comes up, But if we don't have the tools to embrace it and to say, okay, I'm seeing it now, and instead of running away from it, am actually going to work on this and realize what am I doing and what serves me and doesn't.

Meditation, Therapy, and Body Memory

and instead of projecting is taking ownership of my actions and words and thoughts, then this personal development work can really help us. So it's both the spiritual and the mental state that have to come together.

And of course, the body is very important for me too, because the Body knows everything about us, I believe that our body remembers things that we have forgotten.

remembers even in this lifetime, let alone past lives and other existences. But in his lifetime there is this soul memory. So sometimes the body becomes a gateway that says to us, okay, you know, why I feel all these feelings?

Let me go into my body and find the answer. And that is very important for me too. Everything holistically comes together. I don't know if I've answered your question.

The practical steps, I guess I'll summarize. So you talked about, it sounds like a three-prong approach, right? So, you discussed just the importance of meditation and you were very specific.

You were like meditation with high vibrational energies and that's really important and then doing personal development and you know that that can look like psychotherapy but but it is incredibly important because it's just like you said that we come in and we're hit with all there's a lot of stuff we are hit we've got to take responsibility

and and work through it if we going to move forward spiritually and then you also mentioned I guess the third thing was just the body and just that how it houses, remembers things that we have forgotten.

And you brought up a term that I actually wanted to go to. You said, soul memory. Tell me about, like, what's your definition of that? What is a soul-memory?

So actually, I think it's my Greek accent. I mean, to say cell memory, so the cells… Oh, okay. So remember, so what I meant was that our body actually remembers and thinks that we have forgotten.

So we may have lived through difficult situations or even happy situations and we might have forgot these difficult situation but there is the body reaction.

They are like energy, it becomes an energy. Our body also is energy it's a physical, dense energy but it is an And the energy of the trauma is within these cells.

So we may have even forgotten what we went through in some way, we can't remember all the details, but the body remembers these details. We developed these protective mechanisms, as you know, Dr.

Elizabeth, this is more your subject, of course. I feel that when we go into the body, we can discover all sorts of things that may not even make sense.

So I'll give you an example for, you know, for instance. So a few months ago, I had this difficult astrological time. I'm not very good enough with astrology, but people said to me, it's a textbook case.

And I fell and I broke my arm. during that time. And then I went through a healing process to heal the bone and everything. When I started working with my physiotherapist to bring the movement back, I worked with somebody who was very intuitive, and I'm intuitive as well.

So my body takes me, starts to move, my arm starts move as if I am a little ballerina. I see myself as this little child with blonde hair, just making all these movements, and my arms move so freely.

And the next thing, I'm just tearful. I am just crying out. but it was such a release and after that they are moved so much more freely. So in this process we say, okay, what did my body knew?

I can't remember this little child. I remember as a child that I had a love for ballet, I really loved to have been a ballerina, but I didn't happen in his life.

But I, can say where it came from. In my work, sometimes when they go into the body, They live situations they can't remember. Even from this lifetime, the trauma can be so deep.

But sometimes it's like situations, they don't make sense, but the release is there. And somehow the body heals itself. bit by bit after that release.

So it's so interesting. And the energy is the key, the high vibrational energy for me is key that starts to unlock the body so the can speak to us. Oh, that's so beautiful.

I will vouch for that. Like, as a psychiatrist, there's a type of therapy called somatic therapy or sometic work that we do where we're really getting connected with the body.

Shamanism, Ancestors, and Lineage

And even there is a great book called The Body Keeps Score, just how that trauma can, like you were saying, really, you know, it's implanted in the to do the work and figure out how to heal.

I wonder, you also mentioned a couple different things and there is the word shamanism and people hear different

thing or think of different when that comes to mind.

And I wanted to ask you specifically what it means to you and what does it add to our modern understanding of healing? So, for me, shamanism… is the oldest, I think, spirituality of the earth, because it's a spirituality, of deep listening.

So this is where, it is called the path of direct revelation. And instead of listening to our conditioning, what our mind is saying, and what the world is telling, we are listening, to the inner spirit and to spirits of light, who work with us.

They say, look at this universe, its multidimensional. It's not just one reality, this one the reality that you see, but this reality is connected with all sorts of other worlds that are there to connect with so you can bring healing to yourself and your community.

So for me Samanism is a path of healing, healing of the land, of people, and of all beings. But also I practice Shamanism from different traditions, so one of my teachers is a Himalayan shaman, and in their tradition, shmanism is also a spiritual path.

These helping spirits are deities of light that guide the shamen not just to do healing, but to evolve spiritually, to awaken. become the Shining Spirit again.

And that is the way I also understand shamanism. In my family, we have a lineage, so I come from a Greek family whose remnants of shmanism remained, where I managed to get whatever little things that were still there, and in our lineage shomanism was practiced very much for agriculture, to know when it's going to be rain, know the weather for the next 12 months, what the earth was saying, work with nature's spirits, bring the children, be born in families where we didn't have children.

to create harmony when there was disharmony to take away curses and the evil eyes as they say. So it was very practical and to heal the body, to hear the mind and also in times of war there were a little bit to make sure that we are protected from whatever is happening and consult the spirits in all our everyday situations that need guidance.

So Samanism was very practical in my tradition and I practice that too. But it links us also with the ancestors and we see that we are here as in this family that were born with, but we have inherited the karma, if you like, of the Ancestors who are with us to help us resolve what they couldn't resolve so that can access the gifts.

of our family linears and bring harmony not just to ourselves, but to all those who have been before us, for those will come after us. So we are like one beat in these linearts that has people before and after and we're in the middle, we in here and now and have the option to do the work now.

Wow. So profound, so profound. And you talked about ancient Greek, you had mentioned Egyptian before, and now you're closer to this Celtic traditions.

I wonder if you could speak to how you integrate all of those things, like help us understand. How do you know what to use and when to How does that work?

So basically, one enriches the other. And what happened to me was that my tradition in Greece is very secret. It's only within the family, and it's not allowed to be spoken out.

When I was growing up, I could see that tradition. I can see members of my family doing the rituals. But you were not allow to go anywhere near. You were only told the result.

that this is what the spirits say, this what's going to happen, and this the result. And also, as a woman at the time, I was not allowed to practice this because it was a patriarchal lineage.

And that was in Greece, unfortunately. That was what the great grandfather had said, that it was unlucky for women to practice magic. We call it magic because we don't have, Samanism is not a Greek word, so we didn't use

that before.

So what happened to me was, When I came to Scotland and I was a town planner, I practiced town planning and was academic, somehow Samoanism found me through Sandra Ingerman and her path which came from Michael Harner.

and here work with core Samanism and classic Samanaism. And I trained in that tradition and I thought, goodness, that's what we do, but with different name.

Integrating Greek, Egyptian, and Celtic Traditions

Of course, the work that Sandra Ingerman does has been simplified. So it's very accessible to the Western mind, while the traditional Samanasm has cultural background.

If you are not of that culture, it is difficult to access it. More difficult, you can do, but it's more difficult. And then I went to America and did work there.

I was trained in the vision quest, in sweat loads, and the medicine wheel. A real thirst to do this work, I just wanted it so much. And then through a vision quest in America, I had done three vision quests myself, and I heard that I needed to find this Himalayan shaman called Bola Bansdola.

And the spirits told me where to look for him, because at the time he didn't have a website, he did not advertise. But I somehow was directed exactly where I could find his email address.

Then I went to Tibet, to Nepal. I now organized his teachings in Scotland. And of course, during that time, I was remembering through direct revelation the teachings of Egypt that I brought forward from a past life in what is called Zeptepe, which means the first time the golden times of ancient Egypt.

And that came to me in 2006 and is still coming through. There are still folders and folders of this healing system that's not just a healing systems, it's about awakening.

It's really about the awakening into the Shining Spirit that we are. Ancient Egyptian mysteries at the time. So I'm doing all that, and after a while, it's about 2013, I go back to my family and I say, please, uh, love this work so much.

It is so in my heart. I am doing the Himalayan shamanism. The Siberian shamans have told me, Please do this. You are one of the people that we need to do.

This work without, saying this without ego is their words. And I'm going to my family and I said, please give me my lineage knowledge, the knowledge of the great-grandfather, you know, my father, etc.

And they say to me, we can't because you are a woman. I spent two years praying to the ancestral spirits and the deities that we have who are overseeing the Samani work in our lineage.

They told me don't worry, will fix it for you. And even relatives like my mother, who doesn't really want to know anything about this kind of thing, she was saying to the elders, She's doing it anyway, just give it to her.

But after two years, there were so many signs. So eventually they said, okay, we will teach you. So then everything came together. And I never thought I would share anything from the Greek tradition because it's passed just one person at the time and it is very secret.

But about two years ago, the spirits of that tradition came and said we have a need for you to share now, because all these traditions are apart from the one.

And they all enrich each other. Nobody has the whole puzzle. Everybody has just a part of the puzzle, and when

you put things together, you will have a much richer experience.

All these conditions have place. It's not one is better than the other, it's just what resonates with us. So in my tradition, we have a huge teaching for the ancestors, and I teach that teaching, for people to do the work with their ancestors.

And it's very powerful and very profound, but this is coming from my traditions. And in other ways, in the other parts, the helping spirits who come, maybe from another, from the Himalayan tradition, because that's what that person needs at the time.

So whoever is my client, that spirit team that I have, they don't say, oh, you know, I am from Tibet, or I'm from Nepal, and I come from Egypt. I came from this.

They all work together. And it's the same thing that we need to do. We need work together instead of saying, I do it just this way and that's best way, and your way is not as good.

Because that is no true. Wow, it is so profound. So bringing together different traditions for healing. I want to kind of go back a little bit. You had mentioned ancient Egypt and you were just getting all these downloads, all this information about not just a healing system, but about an awakening or awakening process.

I wonder if you could speak to that. Yes, so what happened to me was that as a child I was very connected to Egypt, but then when I became a teenager I somehow kind of lost that connection.

Then in 2006 I had been awakening into all the spirituality, all of the things that I knew somehow to be true were coming back to all these experiences that I had as a child.

And then I have the meditation with Codicites, she came, I wasn't doing a specific meditation, with her. She just came to me and said, would you be my teacher?

And I said yes. And then she said, okay, take your notebook and start writing down. And I started channeling the symbols. Then I went to Knossos in Greece, which is a huge site, ancient site in Crete.

Egyptian Awakening and the Isis Teachings

Very, very powerful place. The next thing she comes and she gives me again the basis of this system that she calls the seven gates of awareness. Then she takes me to Egypt.

There were so many synchronicities. I mean, I couldn't afford to go to the Egypt, but the money came, everything came. Go to egypt. Always I'm upgraded.

Like I can tell you, it was just I was paying £30 for a room in the Mina house and they upgraded me with its private garden. huge sweep. I was just so afraid they were going to find out I only was paying for 30 pounds and you have to pay another 200 pounds.

And it was incredible. Everything was so incredible and I eventually went to the Great Pyramid. The things happened there and other sites. And then I came back and Isis said, right, I have given you the initiation process.

I've given the basis of the system. Go and teach it now. And I was very afraid to do that. Who do you think I am? I'm just me. She said no, you have everything.

Going teach and I wouldn't do. So she went to people, Ises went people. They had dreams about me and her and people found me And told me, they dreamed about ISIS, and they dreamt about me.

And they said, we know you have this. I was saying, no, I have nothing. No, it was just your dream. They said no. We know this! And it happened three times.

I said, yes, I will. And then I started teaching the work. So since 2006, there's been a huge growth, personal growth for me to hold all this system, all these work and also sharing it as best as I can.

from my heart. And for the people who practice, because I have to practice. Everybody has to practise. We have keep diving into the light, otherwise the world consumes us.

Initiation is just the beginning, the threshold, passing through the threshhold. The journey starts afterwards. So the ppl who practise, I've seen their radiance and it fills my hearts with so much joy.

And to see people doing the healing work, bringing that energy and that wisdom to themselves and others is wonderful. But for me, the Healing Path of the system, I was actually asking ISIS, why do we need the Healing Path?

There are so many healing systems in the world right now. And my focus was always the awakening with her. It felt very profound. I was just finding myself in these places where my heart was opening and feeling so much grace and also so many connections.

feeling that whatever difficulties I had were insignificant sometimes, and then I would go out of the meditation room, my meditation, room and things would sort themselves out or I will know this is the action I need to take.

And it's been incredible. Then what I found was that what she said was the healing system of this energy, of these work, is a gift to the world and I should teach that too, and not just focus on awakening.

So I've included that. It is part of the system. Oh, I love it. I I know that you have been You've been doing it in different ways, not just teaching, writing, and you have a book.

If you could speak to the book and then also one message that you want to make sure that people take from the books, what would it be? You know, what I love about our times in comparison with the past.

So, in the book I talk about how we were so connected in The Golden Times, and then we had this destruction, the Great Flood, our world ended. And now we are in a place where there is so much destruction again, so many arrogance in human race, etc.

And sometimes people ask me, where are we going? We are self-destructing again. But what happened in the past was according to the ancient Egyptians, the Sekhmet, that destroyer came and cleared everything.

So we had to start again, but in our time Sekhmet is transforming herself into the healer. And what I would like to say is that in these times now, which is so beautiful, it's not about self-destruction, but it is about Self-healing.

It's about healing ourselves. And us taking back our connection, our power from the conditioning and really healing ourselves to create a beautiful reality again.

Not clearing the slate so we can start again, but healing what has been and awakening into our spirit. Oh, so beautiful, a beautiful vision for what's possible for humanity.

I am hopeful that that future is realized. I wanted to touch on another part. You mentioned that this profound connection you have with the goddess Isis, and what came to mind when I think about her is the divine feminine.

There has been a resurgence in the importance of that. I wonder, when you think of the Divine Feminine, what comes to your mind, then also what place does it have for women and also for men?

Sacred Mysticism, Divine Feminine, and Closing

For me, there are two pillars in this divine connection. Two pillars that hold the Temple of Light together. And these two pillar have to both be of the same size.

If we go to Egypt, we see the gods and the goddesses are of same sizes. They're not little ones, the godesses, and gods are big. Not the kings and queens, but the actual beings of light in Egypt.

You will see that in the walls they are portrayed of the same height and the temple of light that we are constructing back to the earth needs to have these two strong pillars and they have divine power, the action, light, Ra, what we call Ra the shining spirit and divine love, Ma, the Great Mother.

So for me, The Divine Feminine is this incredible pillar that supports this temple of light. Together with the masculine, we have to work together. We have really to see these two pillars in our body and in life.

And Isis, on her head, her hairdress, the hieroglyph that she has on top of her hair, is called the throne. And it's the Throne that exists on our crown chakra.

So what she says is that I am the connector, I'm the path opener. Osiris is the king, but she holds the throne. She is that connection with the infinite realms.

So when we think about ancient Egyptian spirituality, we see that there is a will of the year. And there is the masculine in Atum and Amunera. And Amuna says, I created all of the world, you know, through myself.

I spread myself into the cosmos. All the souls are my emanation. That's what he says. In another part of that pyramid text, the Divine Mother says I gave birth to all the All the world is my child out of my divine womb.

So there's not one or the other, but both of them together. And that is for me so important. My work is about working also with the women and men together, because the ancient Egyptian mysteries, even though it's goddess Isis who is the path opener, the bestower of magic, Pekka, She invites both men and women to walk the path, because we both need to heal the divine feminine within us and bring that into balance.

But for me, the Divine feminine is the way that the ancient Egyptians tried to define it, is that incredible love that The Divine has for us, and that incredibly love, that nurtures us.

And that, incredible, love because that is life and love need to go together, otherwise we are just destroying life as we do right now. So, another part of my work with women is the Priestess of the Moon work, which is a Celtic tradition, and that I was given through a vision in the Celtic land of Kilmartin.

KilMartin is a place that has one of the biggest concentrations of prehistoric sites in Europe, and it's just two hours from where I live. And I ended up going there to build a sweat lodge, because I was doing sweat lodging training.

I had the sweat lodes there for three years and I used to go to all the stone circles. On top of a hill, I have the vision of these old women coming. They said that they came from the time of the matriarchal time where the women listened to the voice of moon and listened the the voices of their blood and then gave their advice what to do with it, what the tribe should do.

And that was a very hard choice because sometimes the choice was not what a tribe want. And the importance of the sacred blood. So I created a course of two years for women and for the healing of divine feminine and the honoring of all our cycles.

Because women know about movement and change and at the same time we need a strong foundation. and the support of the men and protection to be here for us to thrive, all of us together.

history, knowledge base, and I know your new book, Sacred Mysticism of Egypt, will definitely be well received. There are a lot of great gold nuggets there.

I wonder if you could tell our audience, where can they find you? How can get in contact with you. So I love to hear from people. The best way is through the ISIS School of Holistic Health.

So you can subscribe to our newsletter or you an email me at info at ISIS-school.com. There's lots of videos and lots information there. We also do a free transmission of the high vibrational energy from ISIS, which is related to a portal in the Sirius star according to the ancient Egyptian tradition.

And that happens every Wednesday. So you can take part, anybody can part is free. And you can feel that energy and see if it resonates with you. We have wonderful programs there for people.

You can read the book. It's full of meditations, rituals, as well as teachings of this ancient time and the spiritual mysteries that were practiced in Egypt as I remember them.

And I would love to hear from you, so any questions, anything that arises, please feel free to write to me. Well, I am excited for what is to come for you.

You're really bridging together this divide that we have between this wonderful ancient wisdom and what it means to live today in modern times. Thank you, thank you so much for being on the show.

Thank you so much, Dr. Elizabeth, for inviting me. Just such a wonderful time. The light was flowing while we were talking and I felt everything was so guided.

So I thank you, so, much for this sacred space that you create. A space for healing and transformation for all of us. Thank You. If you haven't heard it yet today, I appreciate you.

The soul in me honors the soul and you." If you'd like to see more episodes like this, please subscribe or click here. And friends, if this spoke to you, leave a comment below.

We would love to hear from you!