

# The ISIS School of Holistic Health Newsletter

Issue 13: July 2017



ISIS, the Mother of All Beings, offers these words of wisdom



## These are the words of ISIS, as channelled by Fotoula Adrimi

This month ISIS gives an insight into the Initiations of the Living Light that take place in the [Gates of Awareness courses](#):

"The Initiation is a raising of your vibration, that fosters your Divine connection and nourishes the Divinity you are within.

Merging with the incredible light of this lineage, described as the 'Living Light' in ancient texts, places you on a path towards awareness and ascension. This path leads to a revealing of yourself as the Living Light. Each time you practice the teachings, you merge with the Light of the World, until you become that Light.

The Initiations and teachings are a way towards enlightenment that spans lifetimes and levels of existence. They are being re-introduced at this time, in a manner that supports your evolutionary growth both at the personal and collective level.

The Initiations themselves open the Gates of Awareness within you. However, it is up to each practitioner to step through the Gate and walk the path. The teachings, practices and lessons from life, support this process.

A road cannot be travelled without taking a step forward. I invite you to walk the path of awareness of the Divine Self, the path of the Living Light; the Path of ISIS".

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

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## The evolving nature of shamanism

Imagine a little village on a holy mountain. Stone houses have been built into the hillside, orientated towards the south, towards the sea. In a paved courtyard stands a donkey, laden with baskets of herbs, cuttings and flowers. An old man has gathered these plants to make traditional medicines for his community. He will make remedies for people to drink in the winter to cure their colds and flus. He has plants that can help swollen joints and heal cuts, and others that address more serious illnesses.



Some plants will be dried, mixed together and made into oils and salves. Others have magical qualities and will be burned for the old gods. In this village there are no medical doctors, only a few healers that have carried the knowledge of the folklore medicine through their family line from ancient times. They heal with herbs, prayers and magic (shamanism). They invoke the old gods, the christian saints, the fairy realm or a mixture of all of these, whatever helps the patient. They break curses, unleash the blessed April rains and read weather patterns in the night sky.

This is how Fotoula's great-grandfather would have practiced local shamanic lore. Each village in the mountain of Pelion would have had their own practitioners of folklore medicine. Doctors were mostly found in cities and there were few of them. Up until the 1950s and early 60s, most village people could not travel to doctors and medical fees were beyond their means, so they relied on the local healers.

Then the age of reason arrived in Greece. The shamanic practices were seen as primitive, the practices of the uneducated and illiterate peasants. Science and western medicine became a panacea, the answer to all ailments. Folklore medicine was branded the peasant's foolery.

Within the space of two generations, the wisdom of the old times largely disappeared. Nowadays it is rare to find a practitioner, a "yerondas", an old man, or a "yiayia", a grandmother, who lives in the mountains and knows about the herbs and the old ways.

With a revival of shamanism in the west, Fotoula has looked into the healing lineage of her family. So much has already been lost, especially the herbal medicine knowledge. Even though family members can recall some of the herbs that were used, no-one knows the dosages or how to prepare the remedies.

However, some of the magical shamanic practices are still remembered. Determined not to let this ancient spiritual medicine perish, Fotoula has researched these practices to gather the knowledge that remains within her family so that she can apply it in her work as a shamanic practitioner.

## The Rainbow Tribe

In discovering the ancient Greek traditions, Fotoula could see the similarities with western, Himalayan, Celtic and Native American shamanism. For instance, like Greek shamans, the native Canadian shamans read the future on the shoulder blade of an animal. The cauldron that features in the Celtic lore, is prominent in the ancient Greek tradition. These and many other similarities may point to a common heritage, to one ancient tradition that belonged to the entire human race.

Fotoula's guidance was that at some point in the distant past, shamanism was practiced around the globe in similar ways. Over time many parts of the world lost this ancient knowledge. However, in some cultures it has been consciously preserved through stories, ceremonies, and healing methods, until we all come together again as the one tribe, the rainbow tribe.

The time of the rainbow tribe may be approaching, at least where shamanism is concerned. In many shamanic workshops and classes people from all over the world come together to open their heart and immerse themselves in the shamanic ways, answering an ancient calling. All we need to do is to be open. Sometimes for seasoned practitioners this can be a challenge.

The helping shamanic spirits see us as beings of light. In our essence we are beyond the identity and culture we are born into. We are much more than our reflection in the mirror. Our heart, the seat of the Divine on Earth, is beyond race, ethnicity and gender. However, our pride can stop us from working with other traditions and opening our hearts to the collective global circle of light workers. The beauty of western shamanism is that it enables a cross-cultural experience.

Fotoula's experience and teaching method is also cross-cultural. She immersed herself in the shamanic ways as taught by Sandra Ingerman and received further teachings and initiations in the Toltec, Native American, Peruvian, Mayan and Himalayan tradition. She was gifted ceremonies and sacred songs both by living practitioners and helping spirits who are associated with different cultures.



Through this journey, Fotoula realised that what her Greek culture called magic, was in essence shamanism. She continues to ask her family elders to teach her the old "peasant" ways. The picture continues to unfold, as this path never ends.

The ISIS School of Holistic Health offers shamanic courses, workshops and a circle in Glasgow. Starting from September 2017 Fotoula will also be facilitating an online programme. Fotoula and her helping spirits create a unique tapestry of shamanic experience, which is informed by her teacher training with Sandra Ingerman, the ancient Greek tradition and the teachings she has been given by other practitioners and shamans from various parts of the world.

# Shamanic releasing ceremony through Hecate



Ekatie (Hecate in English), first came to Fotoula after a Reiki attunement, over 12 years ago. As Fotoula practiced her first self-healing, she heard herself say these words in ancient Greek:

“Ekatie, Goddess of the underworld”

She then saw herself sitting in nature. In front of her was a dark bowl filled with water.

At the time Fotoula was surprised by the vision and had no idea where the words came from, why she had spoken them or what the vision meant. These were the early days of her spiritual development, when things happened out of the blue with little or no explanation from the helping spirits.

Eight years later, Fotoula took part in a Celtic workshop where she worked with the Crone, the Cailleach Beara. That night, the Goddess came to her dreams as the Cailleach but said she was a universal being found in many traditions. In Greek lore she was known as Ekatie, Hecate. Ekatie offered Fotoula the following ceremony which can either be done in a journey/visualisation or as an actual ceremony either in your home or out in nature. If doing the ceremony in nature you may wish to choose a place close to an oak tree. The oak tree is associated with Ekatie and carries her medicine.

## Ceremony of releasing

*What you need:* An altar cloth, candle and a dark bowl filled with water

*Time:* In the twilight, after sunset

Place the bowl on the altar cloth and light the candle, so that the light of the candle flows over the bowl. Welcome your helping spirits. Take some time to feel your helping spirits around you. These could be your power animals, guardian Angels, or enlightened beings who work with you. If you work in nature, welcome the spirits of the land who work totally for the light and ask if you can do the ceremony in this place. If they say no, ask them if there is a place they prefer, emphasising that the ceremony is for the highest good.

Look into the water and invite Ekatie, the Goddess of the underworld to appear to you. You can use your own words, or say:

*"Ekatie, Goddess of the underworld, welcome into my sacred circle. I welcome your energy within me. As you flow into the waters of this bowl, flow into my waters, flow into my blood".*

If you have a drum or rattle you can use them at this point, or sing a song, or play some music. Wait a few minutes as you merge with the energy of Ekatie. Sometimes people can feel an energy around their body or have a vision of Ekatie, who usually appears as a woman dressed in black.

Once you feel the energy of Ekatie around you or within you, intend to release into the bowl anything that no longer serves your life and spiritual work. This is your offering to the underworld. You can release difficult thoughts, unhelpful patterns of behaviour, issues in your life, dis-eases, anything you have carried in your body and being that you wish to let go. Exhale into the water all that you are now ready to release for your highest good. (People who are clairvoyant, sometimes see the energies that are released into the bowl, assume a form. However, the water keeps them bound.)

Then invoke Ekatie, in her role as the Goddess of the underworld, by saying: "Ekatie, Goddess of the underworld, I call you in your element of Water, I call you in your name of Hiera, the widow, I call you in your colour, which is black. Take with you into the night all that I offer to you. Death takes what I give and life is restored to me. Death takes this offering away and I am alive. I release into death and I walk into life."

Ekatie then takes into her domain of the underworld, all you have released and transforms it into positive nurturing energy of the light. Now ask once again to merge with Ekatie, and to further clear, balance and heal your body and its waters. Stay in a quiet space for a while until you feel the work is complete.

Give thanks to Ekatie, and release your helping spirits confirming that your work is complete. Ask your helping spirits to seal and protect you and the ceremonial space before they leave. You can offer the waters in the bowl to nature or to any house plants you have.

After the ceremony, it is recommended that you eat something light and have some quiet time for yourself.



# Courses, circles, retreats & transmissions

## ISIS Training, ISIS Retreat and ISIS Ceremony - July-August 2017

- 15-21 July**      **The ISIS Spiritual Retreat - Iona.** Open to all Initiates.
- 30 July, 3pm**    **Ceremony:** The Heliac Rising of Sirius - The Birth of the Gods. Open to all Initiates.
- 19-20 Aug**      **The Spiritual Path of ISET - Part 2, (Full)** for those who have completed Part 1.
- 27 August**      **Healing Exchange**, 9.30-13.00, for those who has completed the Healing Path this is an opportunity to come together to give and receive ISIS healings.
- 22-24 Sept**     **The Spiritual Path of ISET - Part 1** for people who wish to walk the Path of ISET

To book for any of these events email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Glasgow Shamanic Circle

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet four times in July - 3rd, 10th, 24th and 31st, at the Glasgow Theosophical Society, 17 Queens Crescent.

The next beginners shamanic course: **The Path of the Eagle - The Journey of the Shaman and retrieval of personal power** is on 25-26 November. For more information or to book a place email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Meditation Groups - July

- 08 July**        The **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00.
- 29 July**        **Meditation Day Workshop:** In this full day of practice and spiritual teachings we will immerse ourselves in the energy of Tara - the Divine Mother of unconditional love and compassion.

Fi continues to facilitate a heart-full meditation and chanting **circle** on Thursday evenings from 7.00-8.30pm. **July dates** - 6th and 27th. For more info, and to book, email Fi: [fi@isis-school.com](mailto:fi@isis-school.com)

## Residential Retreats - 2017

- 15-21 Jul**      **The ISIS Spiritual Retreat** - Iona. Working inside the special energy field of Iona, immersed in the Light of ISIS, this retreat calls us back to our inner home.
- 07-09 Sept**    The **Spiritual Path of ISIS** - Residential retreat in Southern Germany, and  
**10 Sept**        **Ceremony at the Hill of the Unicorns.** to book: email Claudia Wolff [cwu@gmx.de](mailto:cwu@gmx.de)
- 07-13 Oct**     The week-long **Rays of Divine Consciousness Retreat** takes place annually in Kilmartin, Scotland. The Rays Retreat is a great opportunity to work on our karma and life path, and rebalance the DNA.

## Energy Transmissions (open to everyone, world-wide) - July dates

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmission are open to all. In July transmissions take place on the 5th and 26th. Please email Fotoula or Fi if you wish to connect with any of the ISIS Energy Transmissions.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on Sunday, 9th of July from 14:00-15:00 (UK time). There is no need to let us know if you are connecting with the Rays Transmission.

# News of The ISIS School

## Solstice ceremony to fundraise for a Nepalese school programme

Fotoula Adrimi, the ISIS School of Holistic Health and the Theosophical Society Glasgow (TS) support a local initiative in Nepal that funds children's school placements.

Fotoula held a shamanic ceremony on the 22 June in the TS Glasgow Lodge, with all proceeds going to a Nepalese school programme. So far £805 has been raised. Every pound will finance a child's education, as the money will be taken to Nepal and handed directly to the local community.

This is the second year The ISIS School and the Glasgow TS have been involved in fundraising for the programme. After visiting Nepal in 2014, Fotoula saw first hand the poverty of some children. Due to the difficult economic climate and the 2015 earthquake, many children had to abandon their education to go to work. Some school buildings were also damaged by the earthquake and had to be rebuilt.

Fotoula understands the difficulties associated with a lack of literacy. In her family, her great aunt was only able to complete the first year of primary school. At the age of seven, she was taken to work in the tobacco factories. This was the story of many children before the second world war in Greece. However, eighty years later, in Nepal and other parts of the world, education is still not an automatic right, but a privilege.

*The Nepalese School programme is organised by the GargaShree Agricultural co-operative in Nepal. If you wish to donate, you can get in touch with Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)*



## New online 7-module shamanic course - September 2017

The ISIS School of Holistic Health has been running shamanic courses and groups in Glasgow for the last eight years. Although The School has also ran workshops in Germany and the Netherlands, people who wish to work with Fotoula have had to travel to Scotland.

Recently, Fotoula's helping spirits asked her to offer an online shamanic course consisting of 7 modules. The course will start in September, with one module delivered each month. To further support participants there will be an online closed group, to share experiences, ask questions and converse on the different aspects of shamanism. Registration and further details will be available at the end of July.

