

# The ISIS School of Holistic Health Newsletter

Issue 16: October 2017



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



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

This is a time of healing the wounded self. All the pain that is inside the vessel, the body, is coming up to be acknowledged and healed. The body and mind are always interlinked and both are the expression of the authentic Self within, that exists in perfection beyond the pain.

All that has obscured the authentic Self now rises up like pus in a wound. It is your job to see it, acknowledge it, clean it and take care of the wound.

The high vibrational energies flowing to the Earth at this time help you become aware of the unfolding process towards the awakening of the inner Divinity. During these times, as I have said before, it is helpful to keep asking the question - Who am I? Meditate on this question. You may not always receive an answer. Or, you may receive an answer that is different each time you ask. Slowly and gradually you lift the veil that hides your authentic Self.

In this unveiling process, the wounds and inner pain that you become aware of are roadmaps towards the Light that you embody. With a sense of detachment, immerse yourselves in the high vibrational energies to heal. For some people it may feel as if they are experiencing the same lesson repeatedly. Do not worry about how many times the same pattern appears. As you continue to work with it, you are regaining the power, the life-force that you invested in creating and sustaining the pain.

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)

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## **Entering an ancient Nemeton - *the place where the Earth breathes***

In the Druidic lore, a Nemeton is the place where the veils between our world and the world of spirit are so thin, that the Light from the higher realms flows into the Earth. Nemetas are also called the places where the Earth breathes.

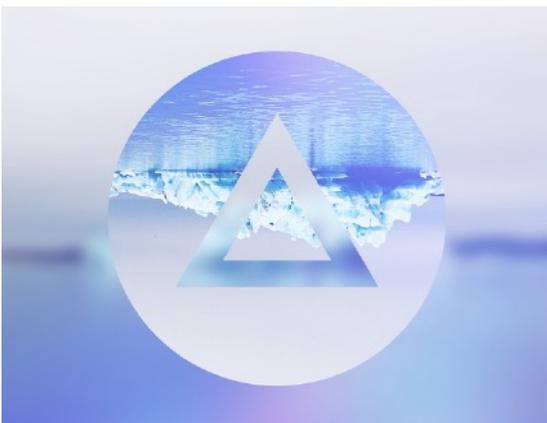
Claudia Wolff, a medicine woman from Germany, has been working for over 25 years in sacred sites. On our visit to Germany in September for the Spiritual Path of ISIS course, Claudia took us to three sacred Nemetas.



These sites, created by the topography of the land, were recognised by the ancestors as places of power. Each Nemeton we visited was situated on top of a hill. In two of the hills sacred sites had been built. One had a cathedral with a statue of Archangel Michael at its entrance. The other held the ruin of what was once a Cathedral of Priestesses. The third hill, completing the sacred geometry of the triangle, was in nature, accessible through a wooded area. On this hill three trees re-affirmed the sacred geometry.

### **The sacred geometry of the triangle**

Each hill, each point of the triangle, had different gifts to offer us. Archangel Michael's point brought the strong energy of initiation and empowerment.



The second hill, the ruin, is the place of the Unicorns, the place where these Beings of Light gather to bring us the pure energy of unconditional love. The third point in the triangle, is an ancient site that is so powerful it aligns us with our divine purpose. Yet, this third site, which is unmarked, is not easy to find. It finds you at the right time in your life.

The sacred geometry of the triangle that exists on this land was utilised by the ancient ones. Although this particular triangle is pure and incredibly transformative, other sacred sites have been misused.

### **Healing sacred sites**

One such site is an old Celtic Temple near the city of Heidelberg. The Celtic Temple of the Sun and the later monastic ruins at the top of the hill hold magnificent energy vibrations for all who visit. However, below these sites is a Roman amphitheatre that was used for military parades. The energy in the amphitheatre had been misused and the spirits of the land asked us several times to do healings to remove the discordant energies and help stranded souls pass to the Light. Many souls had been trapped in the etheric realms above the site from different times in history.

The spirits of the land were unhappy that some people had misused this site. However, they welcomed us as we could help them continue to clear the land. The spirits showed Claudia how many light workers had visited the site and performed healings for the highest good. We felt humbled to be part of a wider circle of light workers who are helping the land.

ISIS has said that as we heal these sacred sites we raise the vibration of the Earth. As we remove the discordant energies and bring harmony back to the land, the Light flows from the sacred geometric power points to the wider area and, through the network of ley lines, to all the sacred sites over the planet.

## **Meditation with the Unicorns**

The Unicorns are ascended Beings of Light that live in a parallel reality to our own; a higher dimensional Earth. Their gift is unconditional love. The Unicorns help us remember that beneath all the strife of our everyday life, we too are beings of unconditional love.



Fotoula has facilitated channellings from the Unicorns in the sacred Nemeton as part of four separate ceremonies. Each time the Unicorns come, the participants are bathed in the energy of unconditional love, that creates a shift within each

person. And, even though the mind can take us out of this beautiful space in the days following a ceremony, some of the energy always remains inside us. We just need to keep diving into the light again and again until our life becomes the ceremony. In order to achieve this, the ancient people practiced metamorphosis; transforming into the enlightened beings who carried the energy they were seeking. The following practice reflects the ancient principles of working with metamorphosis.

### **The visualisation**

Imagine walking up a hill. On either side of you is a forest, tall trees with leaves of many colours. As you walk up the hill, you may feel the excitement of connecting with the Unicorns who are waiting to receive you as part of their herd.



As you continue walking you notice that you are becoming lighter. The atmosphere is changing. It is as if the everyday world has less hold over you. You are entering another world, a sacred Nemeton, a place where the dimensions merge. The higher you walk up the hill, the lighter you feel.

Finally you arrive at the top. As you look around, you see a herd of Unicorns, male, female and some little ones.

You need to approach this place with an open heart. So, before you go to the Unicorns, you need to cleanse yourself. In front of you is a pool of water. Now ask the water element to take from you any thoughts, doubts, worries that you wish to leave behind. Maybe you wish to wash your face in this pool of crystal clear water, or take a drink, allowing the water to cleanse your whole body.

As you leave the pool, thank the sacred element of water.

Now an old man approaches you. He is the guardian spirit of this Nemeton. "Why are you here?" he asks. State your intention to connect with the Unicorns to bathe in the energy of unconditional love, and any other intention you may have.

The guardian considers your answer, and then, if he gives you permission, walk inside the Nemeton, the place where the earth breathes.

Find a place to sit. Then ask the Unicorns to come to you.

You are here to experience the gift of unconditional love that is sometimes missing from the world. In this sacred space allow yourself to be bathed in the energy of unconditional love. Receive the gifts of the Unicorns. They may offer you guidance about your life as they bathe you with their high vibrational light. Stay in this space for a few minutes receiving the light in your body.



The Unicorns remind you that you too are a being of unconditional love. Ask to be transformed into a Unicorn for a few minutes. Stay in this magical place for as long as you wish.

The Unicorns start to withdraw as their work is complete for now. They have given you the gift of light, the light that you are and always have been. As they go, you transform back into yourself.

The old guardian comes to guide you out of the Nemeton. Many seekers before you have entered this sacred place. You can visit the Unicorns again any time you wish. For now, say goodbye and thank the Unicorns and the guardian spirit. As you leave the guardian blesses you, sealing the energy in your body. Completely protected, you walk back into your everyday life.



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After this powerful practice you may wish to lie down for a little while to allow the energy to integrate within you. Also, it is good to drink some water and, if you wish, have a biscuit to ground yourself completely into your body.

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The Teachers of The ISIS School, Fotoula and Fi, will return to Germany in April 2018 to teach the **Spiritual Path of ISIS, Part 1**, the introductory Gate 1 course for the Gates of Awareness Teachings.

In August 2018 we will teach the **Spiritual Path of ISIS, Part 2**. And we will also visit the Ancient Nemeton to facilitate another ceremony with the Unicorns.

For further enquiries about these courses and the Unicorn ceremony please email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com) . For bookings email: **Claudia Wolff**, Marhördt 13, 74420 Oberrot, 0170 4668135 [www.Lebensheilpraxis.de](http://www.Lebensheilpraxis.de) email: [cwu@gmx.com](mailto:cwu@gmx.com)

# Courses, circles, retreats & transmissions

## ISIS Trainings, Ceremony and Refresher Day - October-November 2017

- 21 October**     **The ISIS Refresher Day** - open to all Initiates
- 3pm, 29 Oct**     **ISIS Ceremony** - The Mysteries of AUSIR (OSIRIS) - open to all Initiates
- 04-05 Nov**     **First Circle of Awakening** - OSIRIS Ascension Teachings (*for those who have opened Gate 2 and are working with the teachings*)
- 11-12 Nov**     **The Healing Path of ISET - Part 2**, for those who have completed Healing Path 1

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 October - 2nd, 16th, 23rd and 30th 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 those interested in working with the death realms, Fotoula will teach the **Death and Dying** workshop on 01-03 December.

For more information or to book a place on any of these shamanic circles and courses email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Meditation Groups - October and November 2017

- 28th Oct**     **Meditation Day Workshop**: In the workshop we will work with enlightened teachings and practices that allow us to experience our own light - the light of the Buddha within.
- 18th Nov**     The **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00.

Fi continues to facilitate a heart-full **meditation and chanting circle** on Thursday evenings from 7.00-8.30pm. The Circle meets three times in October - 5th (Full Moon Ceremony), 19th (Dark Moon Ceremony) and 26th. For more info and to book, email Fi: [fi@isis-school.com](mailto:fi@isis-school.com)

## Rays of Divine Consciousness Retreat - October 2017

- 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 purify our karma work on our life path, and rebalance our DNA.

For more information or to book for this retreat email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

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

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In October transmissions take place on the 4th, 18th and 25th. Please email [info@isis-school.com](mailto:info@isis-school.com) if you wish to connect with any of these Transmissions.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on Friday, 13th October from 11:00am-12:00noon (UK time). Please note for October the Rays of Divine Consciousness Transmission is on a different day and time from our usual time as it is part of the Rays Retreat. There is no need to let us know if you are connecting with the Rays Transmission.