

The ISIS School of Holistic Health Newsletter

Issue 8: February 2017



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



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

"There is upheaval in your world, as the pendulum keeps swinging from one direction to another. The situation on the Earth right now, reflects the collective consciousness, yet you are all part of the collective. You can affect the world positively by controlling your own pendulum. Do not give into the states of fear and what-ifs that dominate the dream reality you experience as physical life. Instead, we invite you to transform the reality of your own personal life by bringing the higher vibrational energies of love, compassion and forgiveness into your consciousness.

Everyday is a new opportunity for you to dive inside your own Divinity, your own light and Stardom. When you are drawn into the world's dramas, you lose your ability to stay in the moment and see the world through the eyes of your own Awareness. When you connect to your Divine Self, the Universal Love that you are, the world becomes a different place. Staying in the moment of Now, you access the infinite pool of eternity that lives within you. "

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The Kaveirian Mysteries of Hieros Gamos



"Because of those sacred and faithful promises given in the mysteries...we hold it firmly for an undoubted truth that our soul is incorruptible and immortal. Let us behave ourselves accordingly." (Plutarch)

Frieze of the choral dancers from the Great Gods' sanctuary in Samothraki. Photograph taken by Marsyas 16:49, 9 Apr 2005 (UTC).

The purpose of the ancient Greek mysteries was to enable people, through initiations and attunements, called harmonisations, to realise who they were, immortal beings seeking understanding through earthly life.

The ancient Greeks sought spiritual knowledge by merging with the Great Mother, in her different aspects and manifestations. It was through the union with the different forms of the Divine Feminine that the mystics sought transformation from the base, common man, to the god-like state, the all-knowing state of inner wisdom. This was an alchemical process of retrieving the "philosopher's stone, which would transform the base matter into gold; the conditioned mind into the wise primordial mind of awareness.

People in ancient times, travelled to the island of Samothraki (Samothrace in English), to attend the mysteries. This is an island at the edge of the Aegean sea, in the north-east part of Greece. The island does not have much to recommend it at first glance; the beaches are mostly coarse rubble stone, the weather is not as good as the southern Aegean, the villages not as picturesque as Mykonos. Yet, in the interior of the island, lies the energy portal, the treasure, that made it one of the most sacred sites in the ancient Greek world.

It was here that people gathered to experience the union with the sacred feminine, the Wise Mother Kaviro "Καβειρώ", and so the mysteries were called the Kabeirian mysteries. The Great Mother was a personification of Harmony. This state, when reached, offered Initiates both wisdom and esoteric knowledge. The Initiate, harmonising with his higher self, became "Kadmos", the wise man, similar to Hermes Trismegistus, who amongst other achievements, invented the alphabet.

In order to reach the Kadmos state, one had to strive to catch and retain the Goddess, in her manifestation of harmony in all things. This was a fleeting state of being, that required great effort to attain and could easily be lost. The Goddess would enter into a sacred union with the Initiate, a sacred harmonisation at soul level.

Meditation - Visualisation: Merging with the Goddess Harmony

Imagine walking on a path that takes you over the sacred hills of the island of Samothraki. You are dressed in a white tunic, ready to be initiated into the ancient mysteries. You are seeking complete harmony within yourself and in your life, and wish to leave behind the fears and suffering of the conditioned world, to develop a state of inner connection. You walk inside a circled area, and you are joined there by other people, in the same quest for inner knowledge.

Around the circle, are the epoptai, those already initiated, walking their own alchemical path of transformation into the golden state of wisdom. They chant and play beautiful music using harps, drums and flutes. They sing sacred songs, in an ancient tongue, about the primordial Goddess of Wisdom, the Great Mother Kaviro, in her manifestation as absolute harmony.

The epoptai see you as a daughter or son of the Great Mystery. They see you in your Divine State of harmony; no longer separate but one with All. They regard you as the daughter or son of Light. They invite you to be in your body as Harmony incarnated.

The music changes, becoming peaceful and joyful. You are asked to move, to dance in your own way, inside the circle. Your body finds a rhythm of its own through the beat of the drum. Your steps lead you. Your voice sings you into ecstasy. The drum guides you to turn anti-clockwise, to spiral inside yourself, until you find your own point of stillness.

In the silence that follows, you see the face of the Great Mother. You merge with her, becoming one with her, no longer separate. In this merged state you raise yourself into the space of inner knowing, letting go of all your everyday thoughts. Through the quiet time, you access your own pool of wisdom.

Merged with Kaviro, meditate in this place for as long as you like, to anchor this state of being into your body.

At the end, come back from this journey and thank the land of Samothraki, the enlightened Ones, all who joined you in this place of Initiation and the Great Mother in her aspect of Harmony. You have gone through the essence of Hieros Gamos, uniting with your own Divine Spirit. It is advisable after the journey to take time to ground, drink plenty of water and record any insights you may have received.

Fotoula Adrimi will give a public talk on the ancient Kaveirian Mysteries on Thursday, 9 March 2017 in the Theosophical Society, Glasgow, from 20:00-21:00.

Courses, circles, retreats & transmissions

ISIS Trainings for February-March 2017

21-22 Feb **Gate 5 - The Path of ISIS**, for those who completed Gates 1-4

25-26 Feb **The Spiritual Path of ISET - Part 2**, for those who have completed Part 1

17-19 Mar **The Spiritual Path of ISET - Part 1**, for beginners who wish to walk The Path of ISIS

To book for any of the trainings email Fotoula: fotoula@isis-school.com

Glasgow Shamanic Circle

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in February, on the 13th, 20th and 27th, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL

The next shamanic beginners course: **The Journey of the Shaman and Retrieval of Personal Power** will take place 4-5 March 2017, and bookings can be made now.

For those interested in progressing their shamanic path, **Medicine for the Earth** and **Shamanic Healing with Spiritual Light** are taught as two separate workshops: 22-23 Apr and 29 Apr-01 May. **The soul retrieval practitioner's course** is on 17-21 June. For those who has completed soul retrieval, the next course is the **Shamanic Extraction** workshop on 1-2 April.

For more information email Fotoula: fotoula@isis-school.com

Meditation Groups

04 Feb **Meditation Day Workshop**: Working with Shiva energy for purification, transformation and empowerment. A whole day of meditation, mantra practice and teachings of Light, with an empowerment Ceremony to close.

18 Feb 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. February dates - 2nd, 9th, 16th and 23rd. For more info email Fi: 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

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)

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In February transmissions take place on the 1st, 8th, 15th, 22nd. 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, 19th of February 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

Public Talks: First Trimester 2017

In the first trimester of 2017, Fotoula Adrimi has been invited to give three public talks on different aspects of esoteric wisdom, by the Theosophical Society - the Glasgow Lodge and the Dundee Lodge. The talks are open to everyone. Fotoula will share her work with different aspects of the Goddess energy, the Divine Feminine, and the link with Shamanism. She will delve into her own tradition from ancient Greece.



Public Talks:

09 February 19:30-21:00 Glasgow

Seeking beauty within - the Ancient Cult of Aphrodity-Cithaira

17 February 19:30- 21:00 Dundee

Introduction to shamanic journeying: the path of direct revelation.

09 March 20:00-21:00 Glasgow

The ancient Greek Mystery school of Samothraki; the Kavireian mysteries of Hieros Gamos

New shamanic practitioners' Course 2017-2018



Shamanism is a key part of the ISIS School of Holistic Health. Fotoula has practiced shamanic journeying, ritual and ceremony for many years and worked with hundreds of people, both as clients and students. She allies with a host of enlightened spirits who are in charge of her teachings, which are truly, divinely inspired. The shamans of the Light expressed their wish to have a programme that enables people to walk the shamanic path and practice shamanism for themselves and others.

The ISIS School's Shamanic Practitioners Programme comprising five paths: eagle-power, earth-healing, jaguar-soul, bear-extraction and jackal-death, is a comprehensive guide in shamanic practice.

These paths can be taken as part of the practitioner training or independently. The first path is the Eagle Path, with power retrieval teaching on 4-5 March.

This course is both for beginners, as well as more experienced healers, energy workers and spiritual seekers.

