

# The ISIS School of Holistic Health Newsletter

Issue 34: April 2019



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



### **This is ISIS speaking as the Mother of Unconditional Love**

*(channelled by Fotoula Adrimi)*

Your world is in a state of transition, where dark and light become more apparent and polarised. In your daily life you may become exposed to and aware of the interplay of these aspects of duality. What you thought was light, you find is corrupted by the dark. And what you learned from others was dark, crazy or evil, you discover to be light.

The same process of awareness may take place within you. Aspects of you that you had condemned, rejected and separated from, will resurface during this period. Instead of branding these parts bad or weak, it is time to embrace them and help them heal through love. This is the only way: transformation and integration. Continuing to reject the parts you do not like deprives you of your inner resources and can cause further fragmentation.

### **The Mirror of Truth Practice: Personal Healing**

A simple way to heal the fragmented self is through the 'Mirror of Truth' meditation that I teach.

Imagine yourself entering a sacred space. A guardian spirit welcomes you and takes you in front of the mirror of truth. As you look at the mirror you see your own image. Then, ask the mirror to show you a part of you that you have rejected. The image in the mirror may change to reflect this part, or you



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may have an inner knowing of what this part is. You may find yourself resisting this part. This is understandable, since it was rejected at some point in your life.

I invite you to move out of the resistance into the role of the healer. A healer offers the experience of light without judgement and with unconditional love. Look at the mirror of truth again. Let all judgements you have for this part of you, fall away. Ask that only the truth of what this part is, is revealed in the mirror. All projections, judgements and opinions dissolve, as the true nature, the primordial nature of this part, is revealed to you.

When this happens, invite the part to come inside your heart where it belongs. Give thanks to it for coming back and let its energy flow inside your heart and into every cell of your body, coming home.

This is a powerful practice that I invite you to engage with regularly to heal the fragmentation within you at a personal level.

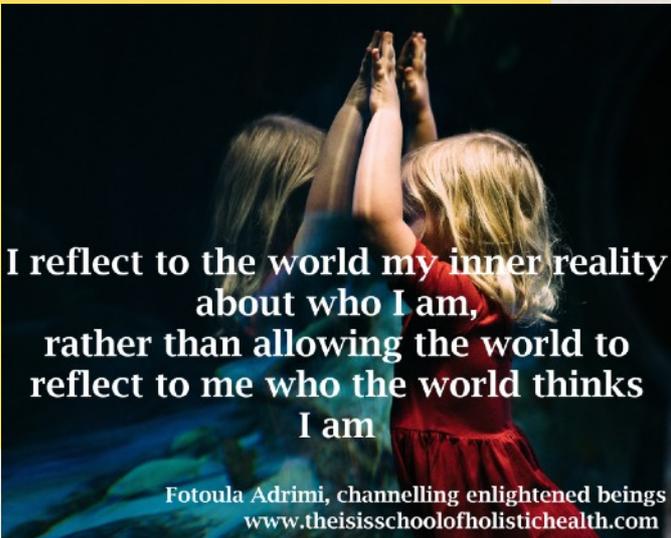
### **The Mirror of Truth Practice: Healing the Collective Consciousness**

You can also do this practice for the collective, for you are part of the collective consciousness. Remember that no matter how much the enlightened beings help the Earth's evolution, change has to ultimately come from human beings and all beings on Earth. If we interfered we would contravene your free will.

This time stand in front of the mirror of truth as the collective consciousness, Mother Earth and all beings, and invite aspects of the collective you have rejected; perhaps the pollution of the waters, the politics, the poverty mentality, illness, fear, big pharma, anything that you have judgement about. Work with each aspect individually. As they transform into their primordial nature, integrate them into the collective heart, the Source of all life.

Remember that healing comes through acceptance, transformation and integration, rather than separation, blame and rejection. Your tools and gifts are unconditional love and light. In order to assist the planet's evolutionary shift into the state of Oneness, we invite you to become whole within and bring wholeness out into the world, by embodying the light worker that is part of your human heritage.

Thank you.



**I reflect to the world my inner reality  
about who I am,  
rather than allowing the world to  
reflect to me who the world thinks  
I am**

Fotoula Adrimi, channelling enlightened beings  
[www.theissschoolofholistichealth.com](http://www.theissschoolofholistichealth.com)

# The Unseen Realities - The Shamanic Worlds

In the November [Newsletter 2018](#) we share ancient teachings on what is referred to as the shamanic worlds. Fotoula shares a practice in accessing these worlds through the tree of life in Chapter 9 of her book - *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times*.

## The Shamanic Worlds

We are often asked if the parallel universes that we experience in shamanic journeys are real. Do they really exist, or are they figments of our imagination? Are they a way for our mind, intuition and wise self to speak to us? Are they part of our unconscious or superconscious as defined in Jungian philosophy?

The indigenous people we meet have no doubt that these worlds are as real as our own. Some have had experiences from an early age where spirits manifest and guide them in the shamanic path, the ancient spirituality of the Earth. These experiences are accepted, acknowledged and encouraged by their family and community.

In the west our rational mind questions our sanity when we engage in spiritual work. Even when we have a deep spiritual experience we try to analyse and explain it afterwards. We may be in tears when touched by an experience of the Divine and in the next hour, day or week we convince ourselves we made it up. Our western mind can also downgrade and pollute a spiritual experience with expectations. 'If you are real,' we say to spirit, 'fix my life the way I want it. Otherwise I am going back to my old ways.'

## Acceptance and Surrender

Any spiritual path of inner transformation requires trust, acceptance and surrender. This has always been the way. In the early Christian tradition, in the quest for the Holy Spirit, Fotoula was shown how the ascetic sat in his small hermitage praying and waiting. The more he wanted and expected the Holy Spirit to come, the further away he pushed the experience.



Likewise, shamanic journeying becomes an act of surrender. These worlds are as real as our own.

We experience the Earth reality because we are part of it. Our body is made of the four elements. As the Australian aborigines say, we are standing Earth. Yet, we are also spirit and therefore we can access the spiritual realities.

Most of the time in western life we are not in touch with our spirit. We may meditate or practice once a day, week or month.

The rest of the time we spend in our mind. It is common for the conditioned mind to reject spirit and the alternative worlds. How can we prove to our mind that these worlds exist?

The only answer in shamanism is through direct experience. We keep journeying, calling spirit to us and connecting with our spirit, no matter what the mind says. We look for spirit in nature, in life's synchronicities, in the little miracles that happen around us. We give up our expectations about what our spiritual experience should look like and what it should give us, as they are usually based on others' accounts. We surrender and let our heart speak. This is a journey of discovery where we find our own answers.

## **Shamanic Practitioner Training 10-11 Oct 2020 - 10 Oct 2021**



### **Powerful, In-depth Training**

Join a powerful and in-depth shamanic practitioner training – a circle of 12 modules over 12 months and one day – to learn and practice these ancient ways. The training is 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.

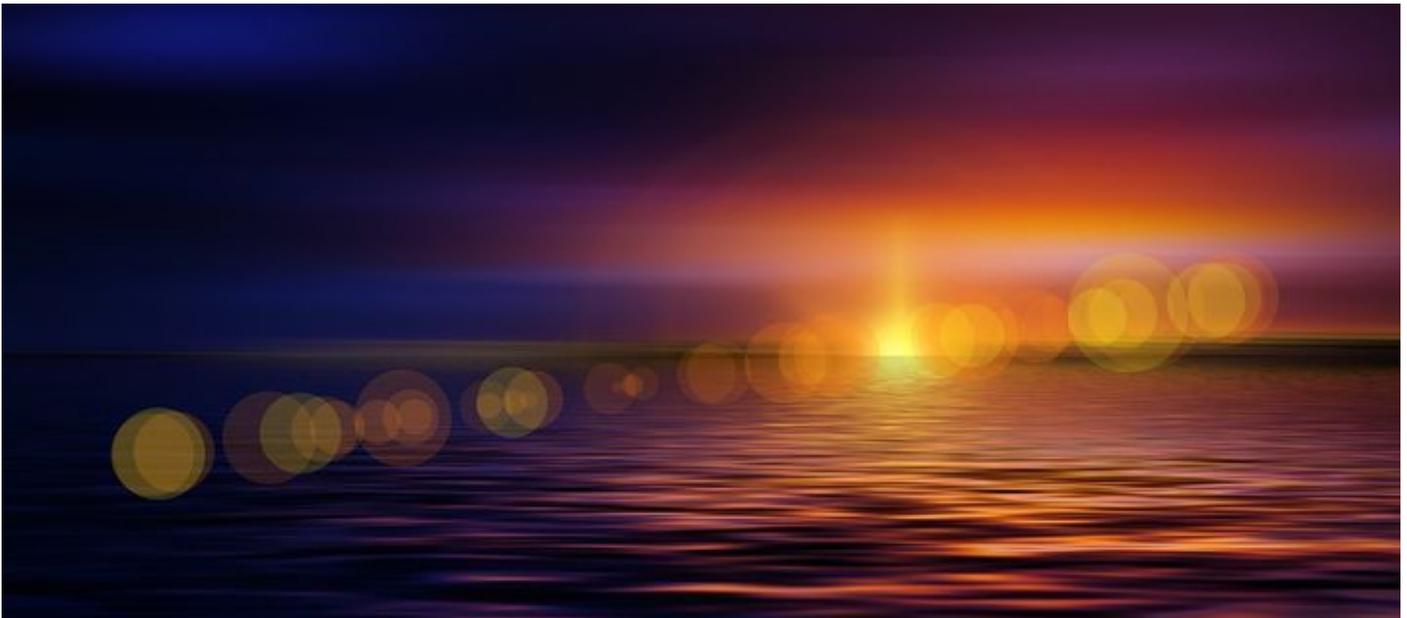
### **Pre-requisite**

Before subscribing to the course, it is recommended that participants have some experience of shamanism. It is best if people know this path is for them before they take the initiation. To experience an evening of shamanic journeying and ceremony with Fotoula, you can attend the two hour [Way of the Drum shamanic circle](#).

The Practitioner Training will be taught by Fotoula Adrimi, an experienced Shamanic teacher and part of the Global Shamanic Teachers network. For more information, please contact [fotoula@isis-school.com](mailto:fotoula@isis-school.com) or see the [website](#).

# A Message from Star Beings of the Light

*At the Monthly Meditation Group on Saturday 3rd March 2019, Star Beings of the Light offered participants another morning of Light Activations and attunements to higher vibrations of energy. During the morning Fotoula read a message from the Beings of Light. At the request of the Star Beings and some of the participants we have included the message in this Newsletter.*



## A message from the Star Beings about Light

The essence of Light is Divine Power. This Power that creates your world and All beings, is living, is aware. It is more aware than the conditioned mind. This Power should not be manipulated, but harnessed through spiritual practice.

We, the Star Beings, offer you this Power in many ways and in many vibrations. This Power is multi-dimensional and comes to Earth in different vibrational frequencies. The Light of Divine Power is like the different keys on a piano. Each key has a different sound, a different vibration. Some keys have a higher vibration, some a lower.

The different vibrations are something you learn to work with through spiritual practice. An attunement to high vibrational energy can take place at any time, when you have developed sufficient vibration. This takes a lot of spiritual work in this and other lives. It also takes the purity of the heart and the purity of the soul from karma.

At this time in the Earth experience we, the Enlightened Ones and Star Beings of Light, have made it easier for you to attune to these energies for the purpose of your soul's development, your own healing and the healing of the Earth and All Beings.

Many of you have either witnessed or experienced a great deal of suffering - you have seen how the conditioning around the Earth is very heavy. Lightworkers you all are and you have incarnated on Earth with many gifts. We see you as Beings of Light.

When you are caught in the Earth's vibration, many of your gifts stay dormant. Perhaps you find a spiritual path and for a few hours during the day you practice and the rest of the time you are engulfed in the Earth's vibration.

We wish to help All Beings on Earth and we have made it possible now for you to attune yourself to the high vibrational energies that are flowing to the Earth. These energies are like specific notes and they provide the missing link to give you access to new frequencies of Light that you did not have on Earth before this time.

These frequencies make it possible for you to experience awakening out of the conditioned self into a higher state of being. Working with these energies will offer you the way. You could say that five years ago, or even one year ago it was as if you were walking on Earth, and now you have the opportunity to step onto a jumbo jet.

We offer these frequencies as a gift of unconditional love and we ask you to receive this gift unconditionally, for these frequencies are so pure. But people, because of the conditioning, sometimes put conditions on the energies. For example, people may say, 'If I channel these energies will I achieve what I want in my earthly life?' We say to you, this is dangerous. Do not do that.

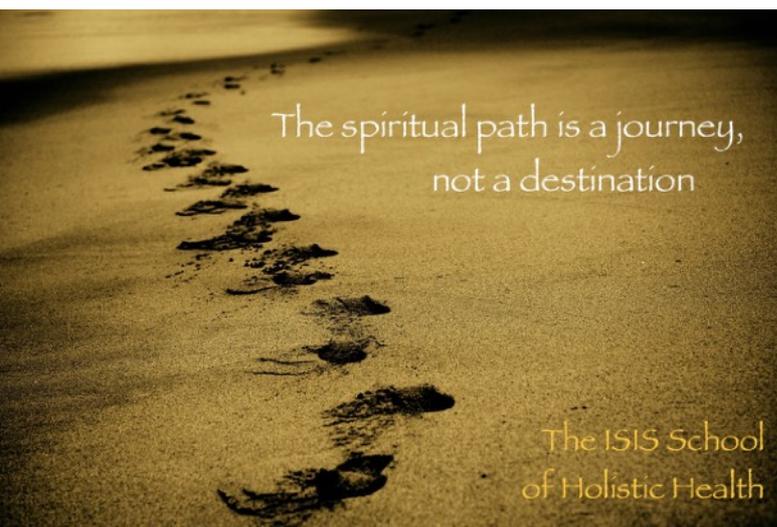
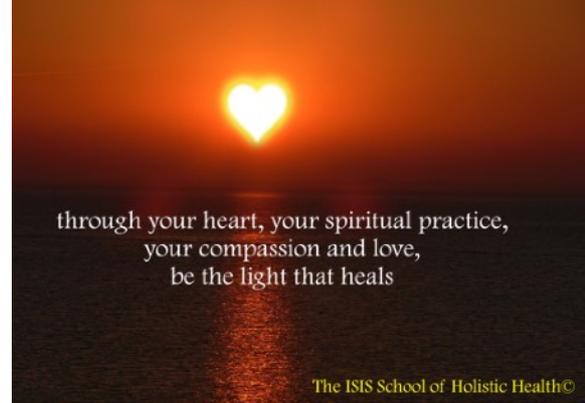
We offer no conditions with this gift. Receive the gift in the same way. When you put conditions on these high vibrational energies you diminish them, you make them smaller to fit your earthly experience. Release any expectations. See it as a blessing without asking what it will do for you.

Hold this blessing in your heart and let it work through you in its own time. This blessing works from the inside, bypassing the conditioned mind. It is the heart that opens and becomes aware. The conditioned mind wishes to rule but it is the heart that is wise.

When we talk about the heart we need to differentiate between the human emotional heart and the sacred, Divine heart within you. The Divine heart is aware, wise, knowledgeable. The human heart is, you could say, that heart that falls in love, that wants something badly. This heart is conditioned, for this is the heart that falls in love with someone and then makes up stories about how great it will be to be with this person and how your future could be - in this way the conditioning pollutes the expression of love.

Any time expectations arise, know they come from the conditioning and the conditioning takes away your opportunity to see clearly, and see beyond the emotions.

The sacred heart is bathed in love. It is an expression of love and inner knowing. It is unaffected by what is happening in the world because it knows that everything you experience is part of your own Divine plan for the evolution of your soul, even though your



soul is whole, complete and perfect.

In this experience of life what you are doing is educating your mind, your ego and your personality to see and trust the purity, expansiveness, wholeness and the Divine nature of your sacred heart. The conditioned

mind will never allow you to do this, the

conditioning will always try to stop you. You have to take charge of your mind and in a gentle way ask your mind to notice what is happening when you live your life in a way that's informed by the awareness that arises within your sacred heart. This is what we would like you to work on, because even if we channel high vibrational energies to the Earth, and bring these new keys to your piano, unless you sit down and play the music and savour the harmony and immerse yourself in the Light, nothing can be achieved.

We understand that this is a choice for you. We offer the gift but it is up to you, the human beings, to receive it. We will never interfere in your right of free will. This is your choice. At the same time we have immense gratitude and respect for you and souls like you who walk this human life. Some souls also do the work in the animal kingdom, some in the plant kingdom, some in the crystal and stone kingdoms and some in the spirit world.

We give thanks to all souls who walk this path of enlightenment in their own way. We offer this gift to you all.



## Light Activation Residential Retreat

**21-23 June 2019, Carronvale House, Larbert**

Over the summer solstice the Star Beings of the Light invite us to raise our vibration by stepping into the unique star frequency of our soul. Through chants, activations and the sacred illumination process they ask us to recall the gifts we bring to the planet and remember that we are the honoured guests of the Earth.

This will be a wonderful weekend of experiential light work. It is an invitation from the Star Beings to come together and hold sacred space during these times of transition, where our own process is mirrored by changes in the collective consciousness that affect the physical reality.

### **Summer Solstice Light Activation Retreat, 21-23 June 2019**

**Venue:** Carronvale House, Larbert

**Cost:** **£295.00. Deposit: £100.00** (deposit is non-refundable and non transferable). *Cost includes all food and shared accommodation.*

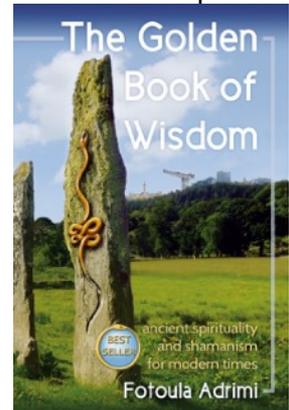
**Attendance only:** £245.00 **Deposit** £120.00. (non-residential, bring own lunch, Sat evening meal provided). **To book:** email: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

# The ISIS School - News

## The Golden Book of Wisdom - Best Seller



Fotoula had a wonderful day of book signings at the Holistic Fayre organised by Source Event on Sunday 3rd March. The book became a Best Seller at the end of December 2018. Fotoula and Fi give great thanks to everyone who has bought the book. We hope to find new ways of engaging with those of you who wish to work with the book in a deeper way. As of 28th March the book will also be available to buy in the Kilmartin Museum Shop, Kilmartin.



## Pilgrimage to Nepal & Tibet - A Journey of Spiritual Rebirth 19th Aug - 08 Sept 2020

The ISIS School is in the process of planning a mystical trip to Nepal and Tibet with the indigenous Himalayan Shaman Bhola Bastola and co-facilitated by Fotoula Adrimi and Fi Sutherland. The pilgrimage will be based on spiritual practice including: Buddhist philosophy, mantra and meditation practice, shamanic ritual and ceremony in sacred sites, empowerments, initiations and transmissions. The theme of the pilgrimage is 'Death and Spiritual Rebirth'.

To register your interest email Fotoula:  
[fotoula@isis-school.com](mailto:fotoula@isis-school.com)



## Article in Indie Shaman

Fotoula's article on the shamanic heritage of the Pelion Mountain, a lineage that runs through her family line all the way back to ancient Greece, will be published in the 40th edition of the Indie Shaman Magazine - due out at the end of April. The magazine is available in the UK.

A review of Fotoula's book will also be published in this magazine and this will be available online.

# Courses, Circles, Retreats and Transmissions

## ISIS Courses - May-June

**18-19 May Spiritual Path of ISIS, Gate 4** - for practitioners who have completed Gate 3  
Teachings of the Living Light / the Path of ISIS

**14-16 June Spiritual Path of ISIS, Gate 2** - for practitioners who have completed Gate 1 courses  
Teachings of the Living Light / the Path of ISIS

For more information or to book for any of the courses email Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

## Glasgow Shamanic Circle - April

The Glasgow Shamanic Circle - the **Way of the Drum** will meet twice in **April - 1st and 8th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

## Monthly and Weekly Meditation Groups - April / May

**11 May 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 **April - 4th, 11th and 25th**. For more info and to book for any of the meditation groups, email Fi: [fi@isis-school.com](mailto:fi@isis-school.com)

## Light Activations - Summer Solstice Retreat - 21-23rd June

**21-23 Jun Light Activations Retreat** - The Star Beings of the Light invite us to raise our vibration through chants, activations and a sacred illumination process to help us recall the gifts we bring to the planet. **Cost:** £295, incl accom, food and teachings. Advance booking is advised, email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Shamanic Workshop - The Journey of the Shaman - 13-14th July

**13-14 July The Journey of the Shaman** - In this workshop you will learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination. **Cost:** £185. For more info - email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Shamanic Workshops - Death and Dying Part 1 and Part 2

**20-21 July Death & Dying, Part 1** - *open to everyone*. We share shamanic teachings that help people die well and pass through the death portal to be reborn in the spiritual realms. We learn how to die skilfully and how to help others face the inevitable end of life and die well.

**30Nov-01 Dec Death & Dying, Part 2** - *for experienced shamanic practitioners*. In the second part of the workshop we focus on psychopomping, and learn how to safely help stranded souls who have not made it through the veil and who continue to haunt places on Earth.

**Cost** for each workshop: £185.00. **Deposit:** £100.00. **Bookings:** Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Energy Transmissions (open to everyone, world-wide) - April 2019

The ISIS Energy Transmissions of the Living Light continue on Wednesdays evenings from 19:00-20:00 (UK time). Transmissions take place on the **3rd, 10th and 24th April**.

Please email [info@isis-school.com](mailto:info@isis-school.com) 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, 21st April from 16:00-17:00 (UK time)**. Please note there is no need to let us know if you are connecting with the Rays Transmission.