

The ISIS School of Holistic Health Newsletter

Issue 28: October 2018



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 your ideas, beliefs and truths are being questioned and re-evaluated. This is a process that invites you to seek answers through your own connection rather than following the conditioned world view.

In this process you are invited to stay open. Whilst some in the spiritual community vociferously reject the established dogma, they adopt and defend an alternative view as if it is the only way. This is not the path of the seeker.

Spiritual seekers look to see what resonates with the pool of wisdom within. Raising their vibration, the connection with the inner Divinity becomes deeper and clearer. They walk an experiential path that continues to feed the inner flame until the fire consumes their body and the enlightened state is revealed from within. This process is one where progress is determined by the heart and not the mind. It is also an individual process where each person walks at their own pace.

The reason I have re-introduced the Teachings of the Living Light through The ISIS Path, is to enable you to become aware.



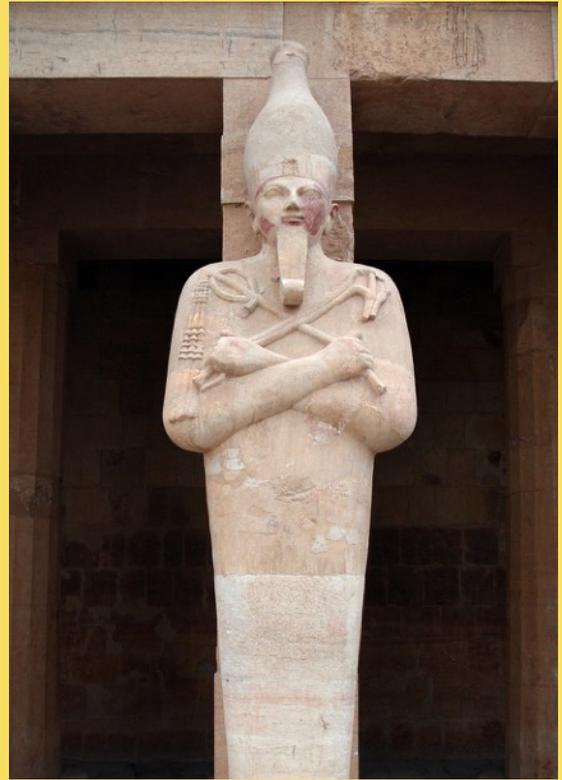
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please email: info@isis-school.com

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Connecting with the Living Light and its universal power is one of the most important ways you can access inner wisdom. The Living Light has been around the Earth for eons of time. It is the Light that has been in Lemuria, Atlantis and in the golden times of ancient Egypt. It is the Light that the alchemist seeks in order to transform the conditioned mind into the golden state of Ascension. It is the Light Eternal.

You can enter into the frequencies of this Light and bring it into your life and spiritual practice by engaging with the Teachings in a wholesome and focussed way. When you do so, the doors of the mind gradually start to open to reveal the beauty of the inner spirit.

The Path of ISIS is the ancient Mystery School of Ascension, the School that takes you through a process of transformation and spiritual expansion; the ticket home out of the basic state of materialism into the return to Grace.



The ISIS Path, the ancient Mystery School of Ascension

The ISIS Path is introduced through the Seven Gates of Awareness and the OSIRIS Ascension Teachings. The next introductory course, the **Spiritual Path of ISET, Part 1** will be taught in February 2019 in Glasgow, Scotland.

In this first course participants are guided on a journey to integrate the sun and moon energies and merge with their Divine Self.

Spiritual Path, Part 1: **Dates:** 01-03 February 2019, 10:00-17:00
Cost: £285, repeaters £140. Dep £140 / £70.
Venue: Glasgow, Scotland

For more information and to book, email: fotoula@isis-school.com



The Mala, prayer beads - a teaching

The mala, prayer beads, form a circle of 108 beads. They are used in meditation practices when chanting mantras (power chants).



With each recitation of the mantra I count one bead. The mantra flows from my mouth. My voice invokes its power and sends it out into the universal heart of wisdom, the space of Creation. My ring finger (heart finger) takes the power and anchors it into the mala, the power flows into each bead from my heart of wisdom, the enlightened mind inside my heart chakra.

Each bead brings me into the moment of now, the only moment. Yet, I have lived through many moments and touched countless beads, and I will live through and touch other moments and other beads in the future. Each bead a moment in time, and each bead connected to all other beads, as are all the moments. Past, present and future come together in my mala and the whole necklace holds the whole of my life; each bead a moment in my life.

I have lived through many lives, countless lives. Lives in the past and future that come together in my mala. Each bead one life, and all beads, all lives, connected in the mala. As I chant the mantra I touch each life I have lived and each life I will ever live, as well as my current life. All lives become one in my mala practice and they are all touched by the mantra in the eternal moment of now.

There is a larger bead, the guru bead, in the mala that marks the beginning, that marks the end, the last life that opens the gate into the enlightened state of spirit. This is the bead of awareness that is so sacred that it is not even touched. There is no need to anchor the mantra in this bead, for the power of the mantra is already in it, in the same way that part of me always exists in the enlightened state. Each bead brings me closer to my essence.

This is a teaching on the mala practice that was channelled by Fotoula Adrimi from an enlightened spirit teacher, known as 'The Lotus Born Wise Teacher'.

Monthly Meditation Group - next meeting Saturday 20th October

Fotoula Adrimi and Fi Sutherland facilitate a monthly meditation group sharing meditation practices, mantra chanting and enlightened teachings from different spiritual traditions. The next group is on Saturday 20th Oct, 10.00am-1.00pm, in the Library of the Glasgow Theosophical Society.

For more information or to book a place email Fi at fi@isis-school.com

Mala Practice - Fotoula Adrimi

I was introduced to the mala practice through Tibetan Buddhism in 2007. By then I already had two crystal malas given to me by people who knew I was interested in spirituality. As I had no understanding of their sacredness, the malas had little meaning for me other than wearing them for their crystal properties.

In 2007 I was given a mala which was empowered by a Tibetan lama's mala. During the empowerment, the rinpoche shared all the power of his mala, all the prayers and spiritual practices, with my mala to support me on my spiritual path and in my practice. It was a very touching experience that I have since had the opportunity to share with others, as I, too, was taught a beautiful mala empowerment ceremony.

In 2008 I travelled to Nepal and visited ancient caves and shrines where enlightened masters, such as Guru Rinpoche, had lived. I received more transmissions and empowerments by Tibetan teachers in the material plane as well as spirit helpers. I was also given malas by some of these teachers.

A precious gift

As people continued to gift me malas by 2010 I had so many of them I had them arranged on my altar, each mala holding different energies. That same year my

sister went to Tibet. While there she visited many temples and monasteries but only one resonated with her. It was a small nunnery tucked away in the Himalayan mountains. After the visit, my sister asked if there was anything she could buy from the place. A nun said they made malas which people could purchase, so my sister bought a mala from the nunnery for me.

Since then this has been the mala I have used. It is a simple mala, with small dark wooden beads. There is nothing striking about it apart from its amazing etheric energy. It was the most precious gift.

When times are difficult I go back to my mala. I can feel the intention of the nuns making prayer beads so that people can practice sacred mantras that have been practiced on the planet for thousands of years. When I pray with the mala I feel like one bead of the whole, joined with all the people before me who have chanted the same words, and all those who will come after me who will say the same prayer. I feel like one drop of water in the ocean of eternity.





Fotoula shares how she practices with the mala

At the beginning of the practice I focus on my breathing to quieten the mind. Then I invite the enlightened beings to be with me, asking them to create a sacred space around me for my practice. (Some people call this the Universal Enlightened Mind). I state the intention of the practice, which for me is to awaken into the enlightened state that is inherent within me.

I rest the mala on the ring finger of my right hand, as this finger is connected to the heart meridian. Each time I chant the mantra, I bring one bead towards me using my thumb, the digit of Divine heart connection. At the end I sit in silence for a while, meditating, absorbing the power of the mantra that I invoked.

At the end of my practice I connect to all beings of past, present and future. In this space of Oneness I realise that I am part of the whole and we are all the One Being.

Therefore, I dedicate my practice to the highest good of

All, as my intention of awakening becomes universal intention. I give thanks to the enlightened beings who supported me in the practice and I ask them to protect and seal me and my space before they leave.

Choosing a Mantra

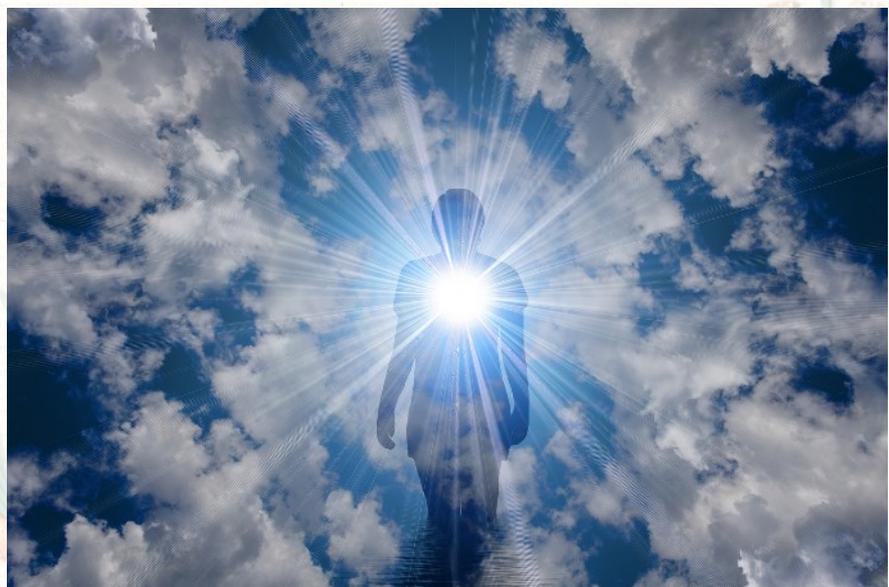
Mantras are power words that invoke Light energy. They have different vibrations and intentions. When chanted they activate different qualities of the enlightened state within us. The mantras in Buddhism and Hinduism are the most well known and some of these are said to be over 20,000 years old.

Some mantras are also in english. A mantra can be an affirmation that helps us access our spiritual power and light. People have healed themselves by chanting, 'I am the Divine light of love' over and over.

With mantra practice the key is repetition. Our conditioned mind is a strong force that resists change and talks to us continuously. Mantra practice can help take us out of the conditioned mind into the expansiveness of spirit. For some people this is immediate, for others it takes time. This is why we practice.

A Talk on Meditation

The enlightened guides of the Monthly Meditation Group give Fotoula and Fi the teachings for each group. Fi has recorded a video of some of the teachings on Meditation. You can watch it through this [link](#).



Shamanic Ceremony - The Moondance



This is a ceremony that, although physically and spiritually demanding, can lift people into a place of transformation and healing.

Each year the women gather to dance under the moon. They form a line, the great serpent. Their voices invoke the power of the sky, grandmother moon at sunset and father sun at sunrise. They enter the circle, made by thousands of prayer ties to the Great Spirit. Each prayer has come out of the female heart.

Each year the men gather. They form a circle around the grandmother drum. They raise their voices in sacred song towards heaven. Their energy surrounds and protects the female circle, and they in turn are blessed by the power of the yin circle. The energy of the dance is amplified through their drumming, it enters their body and goes into the Earth, nourishing all beings.

Grandmother moon has watched over the Moondance ceremony for thousands of years. In ancient times it was performed all over the Earth. But, as the old ways were lost, so too was the ceremony. Only in the Mexican hills was it nurtured, kept hidden by the women who chose to remember, who kindled the dance as a small fire, feeding it one piece of wood at a time. Until in the late 1980s, one of the female shamans had a vision to share the ceremony once more with the people of the Earth. The vision was confirmed by an archaeological discovery of an ancient plaque that represented the moondance. It was time once again for the ceremonial fire to be supported by many different types of wood, from many lands. The spirits spoke of how the ceremony needed to be danced in many places to support this time of transition on Earth.

The Moondance in Germany

The women listened. They came. They danced and the men joined them, creating the two circles of power, the yin and the yang, a vortex of power dedicated to the highest good of all. Out of the mayan circle, other circles have been born, as the moon dancers continue to come together sharing the songs, prayers and obsidian moon pipes.

Fotoula Adrimi and Fi Sutherland have danced six and five times respectively and currently support the Moondance Circle facilitated by grandmother Claudia Wolff in Germany. After the ceremony in August 2018, Fotoula felt as if the dance had been like a scalpel that had scraped off another layer of karma.

For details of the 2019 Moondance Ceremony in Germany click this [link](#).

The ISIS School - News

Shamanic Practitioner Training 2019

An in-depth shamanic practitioner course



The course starts on 19-20th January 2019, and involves one weekend training each month throughout 2019. The course finishes with a graduation ceremony in January 2020.

The course is facilitated by Fotoula Adrimi, an experienced shamanic teacher who has trained in classic and core shamanism with western and indigenous teachers, such as Sandra Ingerman and teachers of the Native American and Himalayan traditions, as well as her own family elders in Greece. She has taken part in many ceremonies including the Moondance, vision quests and medicine walks and carries the obsidian pipe of the Moondance.

The course covers: cord cutting and dismemberment, ceremony, power retrieval, soul retrieval, shamanic journeying and divination, shamanic healing, shamanic transfiguration and medicine for the Earth, ancestral healing, death and dying, de-possession, extraction, moon and sun rites and shamanic re-birthing.

The Course: **Start Date:** 19-20 January 2019
Cost: £1,950. Deposit: £500.
Venue: Glasgow

For more information or to book, email: fotoula@isis-school.com



Fearless Femme Article - Relationships: Equality vs Codependency by Fotoula Adrimi

The Edinburgh Women's Magazine, Fearless Femme, which specialises in issues around mental health, published an article by Fotoula in their September edition.

In the article entitled, *Relationships: Equality vs Codependency*, Fotoula discusses the traps that can lead some women to form unhealthy relationships with narcissistic partners and how shamanism and personal development work can help them break away from the old patterns of co-dependency.

You can read more about shamanism and relationships in Chapter 1: Reclaiming Personal Power, of Fotoula's book, *The Golden Book of Wisdom - ancient spirituality and shamanism for modern times*.



Photography by Jonathan Pendleton, via Unsplash

Courses, Circles, Retreats and Transmissions

ISIS Courses and Ceremony - October and November 2018

- 06-07 Oct** **The Path of ISIS - Healing Path 1** - open to anyone who has completed Spiritual Path 2
- 28 Oct** **ISIS Ceremony** - The Day of the Dead, The Mysteries of AUSIR - open to all practitioners
- 16-18 Nov** **The Path of ISIS - Healing Path 2** - open to anyone who has completed Healing Path 1
- To book for any of the courses email Fotoula: fotoula@isis-school.com

Glasgow Shamanic Circle and Shamanic Workshops - October 2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet four times in **October - 1st, 8th, 15th and 29th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

- 13-14 Oct** **Shaman's Journey and Retrieval of Personal Power**: Learn the art of shamanic journeying, how to retrieve your power and how to help others find their power.
- 27 Oct** **Shamanic Gathering**: A day of practising shamanism and shamanic healing

For more information or to book a place on any of the courses email Fotoula: fotoula@isis-school.com

Monthly and Weekly Meditation Groups - October 2018

20 Oct **Monthly Meditation Group**

Venue: 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 four times in **October - 4th, 11th, 18th and 25th**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

The ISIS Residential Retreat - November 2018 - (Open to all ISIS Practitioners)

- 02-04 Nov** **The ISIS Spiritual Retreat** - Kilmartin Glen. The Retreat is a beautiful way for ISIS Practitioners to immerse themselves in the wisdom teachings.

Advance booking is advised as spaces are limited, email Fotoula: fotoula@isis-school.com

Shamanic Residential Retreat - The Four Shields - March Equinox 2019

- 22-24 Mar 2019** **The Four Shields - Walking the Medicine Wheel** - Kilmartin Glen. We gather to step over the threshold and invoke the rite of the Medicine Wheel, through the Four Shields. Each shield has something to teach us, lessons about ourselves, lessons about life.

Advance booking is advised as spaces are limited, email Fotoula: fotoula@isis-school.com

Egypt Pilgrimage - September Equinox 2019

- 18 Sept- 01 Oct 2019** **Pilgrimage to Egypt** - As guided by ISIS, The ISIS School will lead a pilgrimage to Egypt from 18th Sept-01 Oct 2019. The initial itinerary includes: Luxor, Karnak, Aswan, Phillae, Dendara, Abydos, pyramids (*Prerequisite - Spiritual Path of ISIS, Part 1*)

Energy Transmissions (open to everyone, world-wide) - October 2018

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). In October Transmissions take place on the 3rd, 10th, 17th, 24th and 31st. Please email info@isis-school.com if you wish to connect with any or all of these Transmissions.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on Sunday, 21st October from 14:00-15:00 (UK time). Please note there is no need to let us know if you are connecting with the Rays Transmission.