

# The ISIS School of Holistic Health Newsletter

Issue 52: October 2020



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



**These are the words of ISIS** (*channelled by Fotoula Adrimi*)

**T**he questions that you need to ask yourselves at this time of transition are; "How can I serve the whole? How can I serve the world? How can I serve myself?"

When you serve the whole and all life, you serve yourself. And when you truly serve yourself, you serve the whole.

This is a paradox for your mind. In the thinking of the third dimensional reality serving the whole meant self-sacrifice, and serving yourself meant being selfish. This is because, when these questions are answered through the third dimensional thinking and the logic of the conditioned mind, the answers take you further into separation. Thus, in past centuries, serving the whole meant rejecting the self. And serving the self, meant not caring about the whole.

During these times of awakening, you are asked to connect to a deeper well of wisdom - the infinite spiritual knowledge that lies within - and answer these questions from that perspective, which is beyond the conditioned mind. When you do, you come to realise that the mind has a distorted view of reality, painted by previous experiences and patterns of behaviour that have developed over time.

The mind will keep trying to answer these questions, or stop you from entering into this dialogue with your spirit. It will try and thwart you becoming aware of a bigger perspective beyond your existing belief system.

This is why you practice meditation and connection with the higher reality of your being.

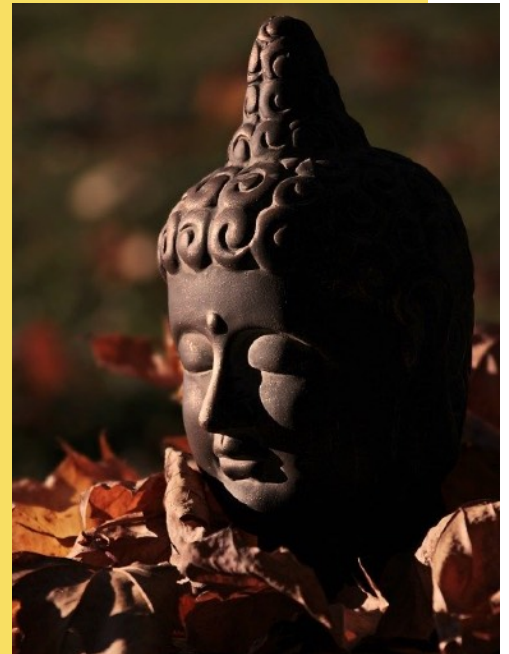


To contact [The ISIS School](http://The ISIS School) or join the mailing list and receive the monthly newsletter, please email: [info@isis-school.com](mailto:info@isis-school.com)

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## Practice: Connecting with your Infinite Spirit and Sacred Geometry

- 1) Open your sacred space in your usual way. You may smudge, chant, or use a singing bowl to clear the energy. Invite in your helping spirits that work fully for the light to assist you in this practice.
- 2) Intend to connect with your seventh chakra, the crown chakra, at the top of your head. Imagine that the chakra is in the shape of a cone or a mountain, in a similar way to a Buddha statue (see picture).
- 3) On top of the mountain is an incredible star formation. From it, light, colour, and sacred sound emanate.
- 4) As you connect to the chakra, the sacred sound, light and colour flows down into your body and aura.
- 5) Now sing, in your own way, the sound of the vowel 'a' three times (as in apple). As a result of your singing the seed/origin of the sound that lies within the star formation on top of the crown chakra is activated, and energy flows into your body.
- 6) Sing the rest of the vowel sounds once to activate their seeds. Sing 'e' - as in echo; 'i' - as in e-book; 'o' - as in orange; 'u' - as in oodles. As you sing, their sounds and respective colour vibration surround the star formation.
- 7) Within the star formation, a pyramidal structure is formed. Inside the structure is the essence of your higher Self. In your sacred space intend to connect with the infinite spirit that you are. As a result of your intention, the energy from your higher Self flows into your body and aura.
- 8) Now pose the questions below and ask that an energetic transmission of this knowledge is downloaded into your body and reveals itself in some way at the right time for you, ie becoming conscious wisdom.
- 9) Ask, "How can I serve the whole?" - A beam of light flows from your higher Self into your physical body. Wait quietly for a little while as the download completes.
- 10) Ask, "How can I serve myself?" - A beam of light flows from your higher Self into your body. Wait quietly for a little while as the download completes. Then, continue to sit in the silence as a third download of energy flows to you from your higher Self.



- 11) When it finishes, this completes the download that is part of the Awakening Teachings on Oneness. The pyramidal structure and surrounding star formation then transform into light, and form a ball of light. The ball radiates a subtle energy all around you and your aura.
- 12) When you are ready, gently bring yourself back from the practice, by slowly becoming aware of the room around you and your physical body. Give thanks to your higher Self, your infinite spirit, the Divine within you and the All That Is, which is one and the same. Thank your spirit helpers and release them, asking that before they go they completely seal and protect yourself and your room.

After the meditation the knowledge that has been downloaded may emerge in little moments of awareness through life experiences, dreams, a book that falls into your lap, the words of a song that evoke a deep point of connection. Notice these moments that become chapters in your book of knowledge.

## **The Path of the Living Light - The Path of ISIS Introductory Course - Spiritual Path of ISET, Part 1**

The **Spiritual Path of ISET, Part 1** is the introductory course for the Path of the Living Light teachings. Through eons of time, these teachings have been a spiritual path to Awakening and Ascension. This course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development.

For more information email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## **Online ISET Practitioners Circle: 11th October**

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices.

**Date:** 11.00-12.30, Sunday 11th October

**Cost:** £10.00 per person (UK), £11.50 (overseas) Pay via bank transfer, or through PayPal using - [info@isis-school.com](mailto:info@isis-school.com)



## **Join us in Meditation - Let us connect to the Light of our spirit**

**Every Wednesday morning from 7.30am-9am Fotoula and Fi invite you to meditate with them from your own home and create a global network of Light.** You can do whatever meditation practice you choose and you may meditate for half an hour, an hour or 1.5 hours. If this time is not convenient for you for whatever reason, you can meditate at another time and intend to connect with us - our practice is beyond space and time.

# Advanced Shamanic Practice: Journeying to the Space of Creation



*This symbol is from an ancient Temple near Kathmandu, Nepal.*

**I**n ancient traditions, as well as in current shamanic cultures, there is deep knowledge of the interconnection between the spiritual and physical worlds that is expressed through sacred geometry. One of the most fundamental symbols is - 'as above so below' - which contains the meeting of the sacred masculine and feminine, the sky and earth, and the space of creation. This profound symbol is found in many traditions (see picture above).

In the symbol, the two triangles signifying, Above-Sky-Masculine; Below-Earth-Feminine, are equal. No triangle is more significant or higher than the other. Both meet and are contained within the other. They are held within a circle, a geometrical symbol that has no beginning and no end, symbolising eternity.

## Higher Knowledge

In practising shamanism we may be inspired to follow the steps of our ancestors and seek a higher understanding of our existence and the world reality. Working with symbols, such as the one above, that hold both energy and knowledge is one way to develop a deeper connection to our essential nature.

In the beginning we may practice shamanism to bring healing and divination, to clear physical and emotional issues and reunite parts that have fragmented, through soul retrieval. However, there is also a second level, a more advanced knowledge of shamanism that addresses



understanding of cosmology, the multi-dimensional universe and the soul evolutionary process.

In these journeys we engage with a higher reality that is revealed to us in stages. This reality is known at soul level and it is accessible through spiritual practice and heart connection.

## **Shamanic Journey - As above, so Below - Experiencing the Space of Creation**

First, call in your guides and teachers of the Light and create a sacred space in your own way.

Drum, rattle or sing, to come into a place of deeper connection within and with your spirit guides. Or use a drumming track.

Ask if it is now time for you to connect with the sacred symbol (pictured). If you get permission, set your intention to do this practice for the highest good.

Then draw the symbol in front of you. Draw the circle anticlockwise. Draw the upper triangle. Draw the lower triangle. Connect to your heart centre and exhale your sacred breath towards the symbol. Ask that the symbol is activated.

Journey with your helping spirits into the middle of the symbol, the space of creation. Ask to experience the gifts of this space as it opens to you.

When your journey is complete, come back, thank you spirit helpers and guides and the guardians of this sacred symbol. Offer the symbol up to the sky.

Close your sacred space in your normal way or see instructions in the practice above.



Take some time after the practice to integrate. For instance you can go out into nature, sleep, or sit quietly by yourself. Drink plenty of water, and write down your experiences in your journal.

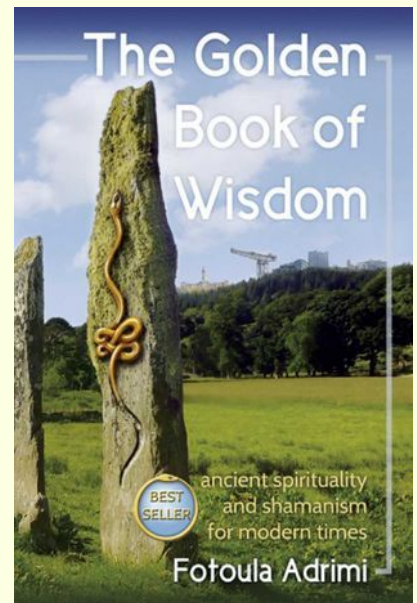
# The Golden Book of Wisdom: Online Webinar Course

Weekly Online Seminars - Tuesdays, 19.00-21.00 (UK time) from 27 Oct - 22 Dec

In this new Online Course, Fotoula will share, for the first time, the spiritual teachings of each chapter of her best selling book, *Golden Book of Wisdom: ancient spirituality and shamanism for modern times*. She will also guide people through the key ceremonies and exercises within the chapters.

Each module will be a live, interactive webinar through zoom.

The First Part of the book, Shedding Skin, will be taught in 2020 and subsequent Parts in 2021.



## First Part: Shedding Skin

Starts 19.00-21.00 (UK time) Tuesday, 27th October 2020

All Modules are on Tuesdays from 19.00-21.00 (UK time)

### Module 1: 27 October - Reclaiming Personal Power

*Relinquishing the chains of fear, I step into my power*

### Module 2: 03 November - From the Ego Shadow to Unconditional Forgiveness

*I accept myself, I embrace my vulnerability and find the road to freedom through forgiveness*

### Module 3: 10 November - The Spiritual Nature of Illness

*Illness as a teacher, my body reflects my soul's plan for self growth*

### Module 4: 17 November - Surrendering to Death: Before, During and Forever After

*Surrendering to death, I make peace with life*

### Module 5: 24 November - Soul Retrieval and Soul Reclamation

*Reuniting with my soul, I become whole*

### Module 6: 01 December - Karma: What we Manifest in the World

*Everything I do, think and speak, I become. In the game of life, I play out my karma.*

### Module 7: 08 December - Discovering our Life Purpose

*The more I travel in the footsteps of my soul, the more I experience the eternal sunshine of who I am*

### Module 8: 15 December - Destruction and Transformation

*Emerging from the ashes of destruction, the phoenix is birthing my new reality*

### Ceremony: 22 December: Question session and empowerment ceremony

*(no fee, open to all participants)*

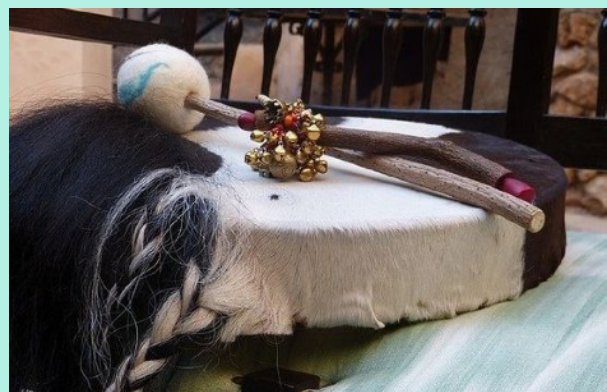
**Online Zoom Platform** - All zoom sessions will be recorded (no participants will be seen and no recordings will take place during question and sharing time). The recording will be sent to you so that you can revisit the sessions as often as you wish. *These recordings are for personal use only and remain the intellectual property of The ISIS School of Holistic Health and cannot be shared with others.*

**Registration and bookings:** You can register by emailing [info:isis-school.com](mailto:info:isis-school.com) for The Golden Book of Wisdom seminar series. Deposit is £20 which covers the first module.

**Fees:** £20 per module, paid individually (weekly) or £160 in total. Reduced to £140 when paid as one payment before the course starts on 27 October. All payments are non-refundable and non-transferrable. Should you miss a session, for whatever reason, including technical problems, you will be sent the recording but no refund will be made.

# Online Introductory Shamanic Course - The Shamanic Way - starting Fri 30th Oct, facilitated by Fotoula Adrimi

This course offers a concise introduction into the shamanic ways. We will explore foundation teachings on how to journey, access the different etheric planes (lower, middle and upper worlds), work with power animals and spirit guides, build an altar and create ceremony. For more information [click here](#)



## Workshop Content - through Zoom

**Seven Modules, each of 1.5 hours. (UK times are shown below - please check your own time zone).**

### **Module 1 - 19.00-20.30, Friday 30th October - Connecting with our Power Animal**

We have animal Guides. The spirit animals teach us through deep experiences and soul connection. They are also our protectors as we journey to the hidden realms.

### **Module 2 - 12.00-13.30, Saturday 31st October - Connecting with the River of Life**

Life-force energy and flow build and strengthen our etheric body and our capacity to work deeply with etheric energy. We learn to journey through the river of life and surrender to its flow.

### **Module 3 - 19.00-20.30, Friday 6th November - Shamanic Journey to the Lower World**

The pathway to the lower world(s) opens through purification with the water element and the energy of the caves of the Earth.

**Module 4 - 10.00-11.30, Saturday 7th November - Merging with the Eagle - The Way of the Rising Sun** The light of the east guides us into a journey of initiation and new beginnings. We seek to rebirth ourselves in the Medicine Wheel. The eagle and the east herald a new path of awareness.

### **Module 5 - 19.00-20.30, Friday 13th November - The Lesson from Fox / Coyote**

We continue our path on the Medicine Wheel. Through the fires of the south we access the lower world. The fox teaches us about energy loss, and how to gather our scattered energy.

### **Module 6 - 19.00-20.30, Friday 27th November - The Strength of the Bear**

In this module we focus on practical shamanism that supports us to live our soul's path, and take care of ourselves, family, tribe and Mother Earth. This is middle world work in the west.

### **Module 7 - 11.00-12.30, Saturday 5th December - Power Song - The Gift of the North**

We learn how to do ceremony and build our shamanic personal practice. We discover that the way to spirit goes through the Earth. We complete one round of the Medicine Wheel only to start again.

## **The Cost of the Course**

£225.00 pp (£75.00 deposit to book a place, £75.00 paid by 30 Oct, and £75.00 paid by 27 Nov. (Reduced to £200.00 if paid before course begins on 30 Oct. You can pay through Bank Transfer (email [info@isis-school.com](mailto:info@isis-school.com), for the bank details) or through PayPal - [info@isis-school.com](mailto:info@isis-school.com) Those who have completed the Shamanic Practitioner's course with Fotoula, can participate for the reduced fee of £70. (Please note for overseas participants paying with PayPal the cost for the course is £230.00, deposit £80.00. This is reduced to £205.00 if paid in full before 30th Oct.)

*All fees paid are non refundable and non transferrable.*



# October dates for Circles and Energy Transmissions

## Online Shamanic Circle - Monday Evenings: 19.00-20.30 (UK time)



Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets four times in October: **5th, 12th, 19th and 26th**. The fee for each circle is £10.00 and you can pay either by Bank Transfer or via PayPal using the email address – [info@isis-school.com](mailto:info@isis-school.com). (Email [info@isis-school.com](mailto:info@isis-school.com) for our bank details). The PayPal fee is £11.50 for overseas participants. For more information and to see the programme [click here](#)

## Online Chanting and Meditation Circle - Thursdays 18.50-20.30

Fi's meditation circle is open to beginners as well as experienced practitioners. In sacred space we bring together the wisdom from different spiritual traditions and weave it in a way that supports us at this time.

**October dates: 8th, 15th, 22nd, and 29th**

The cost of the circle is £5.00 / £5.50 overseas – payment is by bank transfer or via PayPal using the email address – [info@isis-school.com](mailto:info@isis-school.com). For programme details [click here](#)



## ISIS Energy Transmissions of the Living Light - October 2020

The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the healing qualities of the Living Light.

In October there are four ISIS Energy Transmissions – **7th, 14th, 21st and 28th**.

Please email the School: [info@isis-school.com](mailto:info@isis-school.com) if you wish to connect with any or all of these Transmissions. For information on how to connect with the ISIS Energy Transmissions [click here](#)

## Rays of Divine Consciousness Transmission - 11th October

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness. Everyone can experience and receive the Rays, through this distant transmission.



The next Rays Transmission is on **Sunday, 11th October from 16:00-17:00** (UK time). Please check your time zone when connecting from overseas. There is no need to let us now you are connecting with the Rays Transmission.

*(If you find the energy transmissions beneficial and you wish to make a donation, this would be gratefully received. You can donate through PayPal using the email address [donations@isis-school.com](mailto:donations@isis-school.com))*



# Courses, Groups, Trainings and Pilgrimage

## Temple of Gaia - Teachings of the Living Light/Path of ISIS

- 02-04 Oct** **The Spiritual Path of ISIS, Part 1** - introductory course for the Path of ISIS teachings
- 11 Oct** **11.00-12.30 (UK time) ISET Practitioner Circle**, open to all ISET Initiates
- 17-18 Oct** **The Spiritual Path of ISIS, Part 2** - for practitioners who have completed Spiritual Path 1
- 24-25 Oct** **AUSIR 2 - The OSIRIS Ascension Teachings 2nd Circle** - for practitioners who have opened Gate 3

## Shamanic Practitioners Training - A Circle of 12 modules over 12 months and one day - starts 23-24 January 2021 - finishes 23 January 2022

Join a powerful and in-depth shamanic practitioner training to learn and practice these ancient ways. The course 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. The course will cover: 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. It is a comprehensive course offering a strong foundation for shamanic practice. For more information see the [website](#). For bookings email Fotoula - [info@isis-school.com](mailto:info@isis-school.com)

## Spiritual Pilgrimage - Nepal and Tibet - 10 Aug-02 Sept 2021

**Pilgrimage of Spiritual Rebirth** - In 2021 Himalayan Shaman, Bhola Nath Banstola, and Fotoula Adrimi join together to co-create a pilgrimage to Nepal and Tibet based on spiritual practice and shamanic ceremony, following in the steps of enlightened masters of those lands. For more info or to book your place - email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## The ISIS School - News - Fi's Book

*Coming Home* - awakening through the stillness into the living light

After many years of spiritual work, and following a coma / initiation experience in Peru, Fi woke up in the enlightened state - the meditator's dream of no thoughts and incredible joy and peace. Having experienced this state of awakening Fi knows that it is real and accessible.

In *Coming Home*, Fi shares her experiences, wisdom and practical methods for personal development, spiritual practice and transforming ourselves and our life. Her book is due for release towards the end of October, both in e-book and paperback format.

We will be in touch later with updates about Fi's book launch.

