

The ISIS School of Holistic Health Newsletter

Issue 26: August 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 a place where the physical and the spiritual meet. In the physical, you develop a personality, formed in response to outside events. The personality is a result of the law of cause and effect, the law of karma, that governs the Earth school. At the same time, the spiritual part of you is there too. The spiritual side holds a bigger understanding about life. In most people this side is unconscious, unless you take steps to reveal it to yourself.

The spirit reveals itself in the silence, away from the outside world, the world of the personality. It opens up in meditation, or spontaneously through moments of sudden understanding. It speaks to you in dreams and through your intuition. The inner voice can be silenced by the personality.

See the spirit as the wise teacher and the personality as a young warrior. The inner teacher is not hurried, speaks slowly and only when asked, and for the most part, it is withdrawn. The young warrior cannot abide delay; wants to go out and act, learn about life, do what she thinks she must. She is rash and ready to take out her sword and do battle. The personality/warrior engages with life, whilst the spirit/teacher is the observer.



To contact The ISIS School or join the mailing list and receive the monthly newsletter, please email: info@isis-school.com

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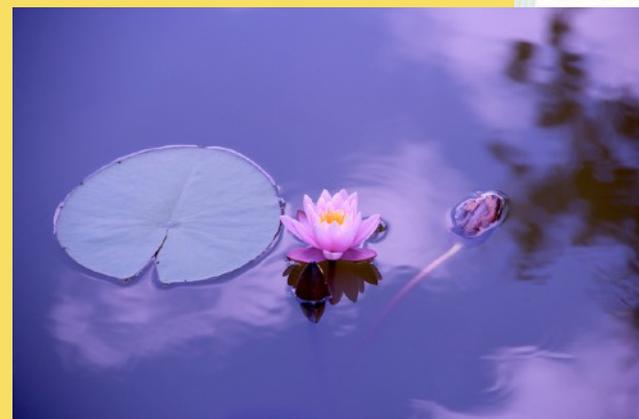
The spiritual seeker takes steps to embody the wise teacher within and understand the personality/warrior. Rather than react with hasty actions, emotions and thoughts, the teacher contemplates, accepts and responds if necessary.

The more you delve into your spirited side, the less attached you become to the personality. This enables the latter to transform from the inside. Through spiritual practice the personality changes; rather than being formed by the outside, it becomes the reflection of the inside. The warrior matures into the teacher. The battlefield of life is slowly replaced by the peace of the temple, and striving gives way to acceptance and understanding.

The spiritual path leads the seeker back to the beginning, where the personality and spirit are one and the same. Then gradually the outer reflects the inner; the Earth reality becomes the sky. Nirvana is a way of life.

On this road to wholeness, there are some helpful precepts that may enable you to navigate towards the embodiment of your spirit:

- The personality is not an enemy. It is a creation of your intention.
- The personality carries the effects of all you have experienced. Some events have affected you positively and some negatively. The latter ones have left an imprint on your soul which you can heal through love and understanding.
- The wise teacher exists within you. In order to find this teacher you need to look inside.
- Spiritual practice opens the doors of your heart where your inner wisdom resides.
- A spiritual path is a journey and not an instant fix. Your personality will try to stop you from walking this inner path, because it is linked to the outside world.
- You are in charge of your personality, you just don't know it. You can tell it what you wish to do.
- When the inner and outer become one, life transforms. You are all on the road to transformation.



The Spiritual Path of ISET, Part 1

Fotoula Adrimi has been working for many years, and many lifetimes, with enlightened beings, including the ancient Egyptian Mother Goddess, ISIS (ISET in ancient Egyptian) to reintroduce the teachings of spiritual awakening and ascension into the western world. Working with practices that channel high vibrational energies and light language, she guides participants on a path towards wholeness.

The **Spiritual Path of ISET, Part 1** is the introductory course of these enlightened teachings that Fotoula is bringing to the world. In this first course participants are guided on a journey to integrate the sun and moon energies and merge with their Divine Self.

The next Course: **Dates:** 01-03 February 2019, 10:00-17:00

Cost: £285, repeaters £140. Dep 50%.

Venue: Glasgow

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



The Light of Forgiveness, Creation and Destruction

On the night prior to the ISIS Refresher Day, Fotoula had a dream in which ISIS showed her a meditation practice with the Light of forgiveness, creation and destruction. This practice is also very effective when done in person or remotely, in an ancient place of power that is linked to the ley lines, such as a stone circle. Through the ley lines, the Light of forgiveness, creation and

destruction amplifies within us and flows to all beings around the Earth. The practice then becomes an act of service to the world community.

A video guides you in this beautiful spiritual practice which you can access via [this link](#)



Channelling from ONPU - the Light Being known as Anubis in ancient Egypt



Every Wednesday, The ISIS School facilitates a healing transmission of the Living Light, as guided by ISIS, the ancient Egyptian Mother Goddess. On the 18th of July, the transmission was different. ISIS asked Fotoula and Fi to link with the Spirit Realms of the Light, a place where souls recuperate and heal when they die. The Light Being known as Anubis, or in ancient Egypt, ONPU, came through Fotoula and shared this channelling. (In ancient Egypt ONPU was the guardian of the hidden realms and was also known as the God of the Dead).

Channelling from ONPU

"This is ONPU, I have come to speak to you and offer you this message."

ONPU first invited the souls of the dead that had not moved on and were lingering around the Earth, to pass through the light into the spirit realms. He said:

"The Light that flows in this room is immense. It is a very high vibrational Light that has not been on the Earth for a long time. This is the Light of the spirit realms. Those who die in a harmonious state can automatically find their way to this Light. Sometimes souls who are not able to pass in a harmonious state, stay around the Earth, often for a long time. This Light, through this transmission, now flows around the Earth creating a visible pathway for those souls who are stuck and who now wish to travel to the spirit realms. We say to those who wish to pass that we are opening doors for you.

We, the enlightened spirits offer blessings to all the souls of the ancestors who have not passed. And maybe this is a time when they can move on to the other side. Some of the living, have been carrying these dead ancestors. Thank you for letting them go."

(Fotoula and Fi felt the movement of spirits in the room and they were aware of many souls passing into the Light.)

The Process of Death

According to ONPU there is only one death, the death of individuality. Physical death does not exist, as we continue to live in spirit form. ONPU shares:

*"We wish to speak about the process of death, for you know little about it. The ancient ones understood. **Death is a return to Source.** That is the only death. Physical death is*

not death. You cannot die. You change from one body to another, from one existence to another, from spirit beings to physical beings and vice versa, but you cannot die.

When you become aware and you have reached the state of enlightenment beyond the body, you join with Source, you become Source. Then you could say you die because there is no ego, no individual consciousness, no personality remaining, no individuality, no "you" any more.

What you do not realise is that the process of death, the death of the ego, happens continuously for you. In another lifetime, another experience, this type of death is taking place for you. You are in effect dying all the time into Source and you are being birthed from Source and living all lifetimes simultaneously. I am, as well. We all are. Until we reach the state of being Source, we are separate. We are separate from Source. And at the same time, we join again with Source.

Once we become an individual consciousness we experience separation from Source. In so doing, we experience life, in spirit and in form, as an individual consciousness. But, at the same time, we die back to Source, back to the All That is, back to eternity, where there is no "you" and no separation. This is the truth and this is happening for you right now."

The Pain of Separation, the Collective Pain and the Spiritual Cure

"As you try to remember that you are Source incarnated, you experience the hurt of the World. You experience the state of separation and you find separation within you. The only advice I can give you, the only cure for separation that works, is to connect with Light. To work to bring Light into your body. To work with teachings of Light. So that you not only experience the separation, you also experience Grace; the Grace of Oneness that you seek, even though you do not know that this is what you seek.

The experience of Grace is like a drop of water. When you have this experience, a drop of Light comes and then it dissipates, and you go back into your mind and forget about it. But the drop is not lost. The vessel inside you gathers all the drops, all the Light from all the experiences, and this vessel is inexhaustible. You gather all the drops of Oneness, until the vessel overflows: then the ego, the hurt and the mind subside, and you radiate the Light of Source almost continuously.

The vessel that gathers all the drops of Light exists in every cell of your body. But the cells



of your body are filled with drops of separation too, that is why Grace comes slowly and, drop by drop, washes away the separation. This is the only cure.

Undoubtedly, it is helpful to talk about the inner pain, to feel the pain, but the pain will always be there until you start bringing in the Light through spiritual practice, until you bring in the light of Grace to wash away the separation that has accumulated over the lifetimes you have lived through. Talking about the pain can bring understanding but you also need the Light to wash away the energy of separation from your cells.

Remember, even if you think it takes a long time, you are becoming Grace right now, you are never separate."

ONPU offers a blessing for the living

"The souls of the dead have gone into the spirit realms of the Light and we now bless the living. May you take the opportunity presented to you in this life to learn about yourself, to learn spiritual ways so that your soul, when it passes, can be in a harmonious state and flow into the Light. We bless all with this awareness. For some of you life is long, for others it is short. No-one knows when their time will come to go to the other side.

This is why this is a precious life, because you have access to this Light. Know that you are Source incarnated. You have to discover this for yourself and we will help you, we have answered your call and have come to you. We hold you and support you, but you are responsible for your life and what you do with it."

ONPU walks over to the crystal grid that is used in all the transmissions, and the Light flows to the grid.

"We, the spiritual beings of Light, offer this blessing to you and to the crystal grid. We give thanks to you for taking part in this transmission."



Shamanism - drumming the heart beat back to Grace



Shamanism, the most ancient spiritual practice, is experiencing a revival in the West. Fotoula walked onto the shamanic path 'by accident', only to discover that it is her passion and makes her heart sing. She has trained in cross-cultural shamanism as a practitioner and a teacher, with many wise teachers including Sandra Ingerman and indigenous shamans. She continues to be a student of this art as one never ceases to learn.

Fotoula offers her students a way to attain wisdom and understanding of the shamanic ways, and learn a tried and tested methodology that they can develop into an art through their spiritual work.

Shamanic Practitioner Training Programme - beginning January 2019

The ISIS School, through Fotoula, offers a shamanic practitioner programme that enables personal expansion and the ability to work with clients. The programme is based on the Circle of the Year and a Day, with 12 powerful weekends that cover all aspects of shamanic practice, and a graduation day that closes the Circle. The Circle begins on 19th-20th January 2019.

The course is designed to take participants through the initiations of the shamanic path and teach the healing and spiritual 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.

For more information or to book a place email Fotoula - fotoula@isis-school.com

The ISIS School - News

Working with the Star Beings of Light



Following a shamanic session in which the spirits activated the light language that existed in her aura, Fotoula's work with the Star Beings of Light took another leap and is now shared through Light Activations and an Online Course both of which work with high vibrational cosmic energies.

The School also offers four short videos with channellings from the Star Beings, which invite us to connect with the high frequencies of Light that are being beamed to the Earth at this time. The videos can be accessed using this [link](#)

The energy work intensifies when we come together in circle and the next Light Activation of Power Codes will take place in Glasgow on 04 August, at the Theosophical Society.

If you are interested in attending this session please let us know as soon as possible by emailing - info@isis-school.com

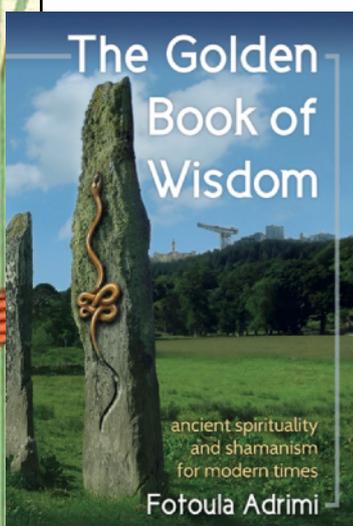


Fotoula's Book - The Golden Book of Wisdom

Fotoula's book - *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times* - is available worldwide through Amazon, Waterstones and other online retailers, as well as in the Opal Moon Shop in Glasgow, and the Martyr's Bay shop in Iona.

Based on the book, Fotoula's article: "*Equality vs Co-dependency in relationships*" will be published by the online magazine, 'Fearless Femme', in late August / early September.

The article looks at the dynamics that can occur in intimate relationships, from a spiritual perspective.



Courses, Circles, Retreats and Transmissions

ISIS Courses and Ceremony - August-September 2018

11-12 Aug **Gate 1: Spiritual Path 2** - for practitioners who have completed Spiritual Path 1

08-09 Sept **The ISET Path - Gate 2** - for practitioners who have completed Healing Path 2

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

Glasgow Shamanic Circle and Shamanic Workshop - Aug-Oct 2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet twice in **August - 6th and 13th** 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

Light Activation and Meditation Groups - August 2018

04 Aug **Monthly Meditation Group - Activation of Light Codes of Power**, an opportunity to receive transmissions of high vibrational energy from Star Beings from the Sirius Star who wish to help us. 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 twice in **August - 2nd and 9th**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

The ISIS Residential Retreat - 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) - August 2018

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). In August Transmissions take place on the 1st, 8th and 15th. 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, 5th August 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.