

The ISIS School of Holistic Health Newsletter

Issue 14: August 2017



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



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

I would like to invite everyone to have a spiritual practice. Unless you immerse yourself into the high vibrational energies and light, you will continue to be submerged in the sea of emotional strife that exists in your world.

Calmness, peace and inner happiness can exist within you when you raise yourself up from the conditioned world, into a higher state of being. In order to do this, you need to adopt a daily practice that leads to transformation from within.

This is difficult to achieve in your world, when your attention is focussed outside of yourself, or in a past or future time. In your practice, bring your attention back into yourself, into your very bones.

The human journey to awakening is like that of a treasure hunter who tries to find a mythical golden city that very few have seen. Despite her best efforts there is yet another obstacle, a different route, another clue that may lead nowhere. Until she discovers that the treasure is within. The gold she sought is in her heart. Alas, she has to dig deep to discover it through the layers of dirt that she has piled upon it over the years and lifetimes.

A spiritual practice is like the river that washes away the silt and grime, revealing the golden light within.

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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Astrological Alignments



The ancient civilisations were in tune with the movement of celestial bodies and aware of their influence on the Earth and human lives. Our bodies are not separate from the Universe, but attuned to the physical world, earth and sky. The ancients, knowing this, harnessed the energies of the stars and celestial phenomena, such as eclipses, phases of the moon, star conjunctions. They celebrated them through festivals and ceremonies. During these rites, everyone would be bathed in the high vibrational energies initiated by the star movements and their influence on the earth.

The Helical Rising of Sirius

One of the most important celestial events, marking the ancient Egyptian New Year and the time of the annual Nile inundation, was the heliacal rising of Sirius, also known as Sothis.

When Sothis appeared in the sky again, after an absence of 70 days, the general belief was this was a sign of the benevolence of the gods, that all was well and that ISIS, whose star is Sirius (Sothis), was looking after all life on Earth. However, for those versed in the spiritual arts, the heliacal rising of Sirius was a sign of cosmic order, of gentle regeneration, of light flowing to the Earth to support all life.

The ceremonies performed at this time, spoke about the process of Creation, how everything that exists is part of the One Being, symbolised by the Golden Light of RA. The Initiates in the temples endeavoured to consciously become like RA, shining their golden light, becoming nurturers of all life, even though they recognised that all that existed is universal energy, RA, the golden light.



Sirius star

As we become more aware of ourselves as spiritual beings, we can assist our evolutionary process by connecting to cosmic events. The heliacal rising of Sirius takes place in the UK on August 26th.

Meditation for connecting to Sirius-Sothis

You may wish to do this meditation in a sacred space, such as your healing room, meditation space or outdoors in a sacred site. If you wish to do it at home, The School recommends creating a peaceful atmosphere by switching off your television, computer and phone, lighting some incense and using sound such as a singing bowl, gong, tingsha bells, chanting, drumming or rattling to clear the space from any heavy energies that may be there. You may also wish to light a candle to signify the Light of the World.

The meditation

- 1) Connect with ISET (the ancient Egyptian name of ISIS) who is going to be your guide for this journey. Ask the Lady of 10,000 names to come to you and surround you with her wings. She is supporting you in this practice.
- 2) In your heart imagine a golden Gate. Inside the Gate lies an amazingly complex geometrical mandala, the sacred geometry of your Being. Some may be able to visualise this clearly, but for others it could be hazy. For those who are not visual, ask to feel or sense this mandala, in some way. The most important thing is to have the intention to connect with the sacred geometry of your Being, even if you do not perceive it.
- 3) Inside the mandala lies the golden light of your heart. Now, chant the vowels AAA, III, three times (pronounced ah eee). Imagine that on the first chant your light flows into yourself and your aura, on the second chant it radiates out into the Cosmos and on the third chant it flows into the Sirius Star.
- 4) As you have now acknowledged yourself as light, the Light of Sirius flows down to you and into your heart. Stay in the space receiving this light for a while. You may wish to play some relaxing music to help you stay connected.
- 5) At the end chant the vowels AAA, III, again three times. On the first chant intend to draw your light back from Sirius. On the second chant bring your light back from the Cosmos, and on the third chant bring your light back from your aura into your heart.
- 6) Give thanks to ISET for this practice and to yourself for doing it. Say that you have now finished and you are closing your space and yourself.



Solar eclipse

You can do this practise any time and especially during the influence of the heliacal rising of Sirius.

Please note this is a high energy practice. If you feel light-headed at any time, stop the practice and sit on the floor and place your hands on the floor, palms down to ground. Later you can have some water and eat a snack.

The ISIS School of Holistic Health facilitates ceremonies of connection with the cosmic phenomena based on the Pyramid Texts. The Heliacal Rising of Sirius Ceremony is open to everyone who has completed the Spiritual Path of ISET, Part 1. It takes place at 3.00pm, on the 30th July in Glasgow. Please email Fotoula (fotoula@isis-school.com) if you wish to attend.

News of The ISIS School

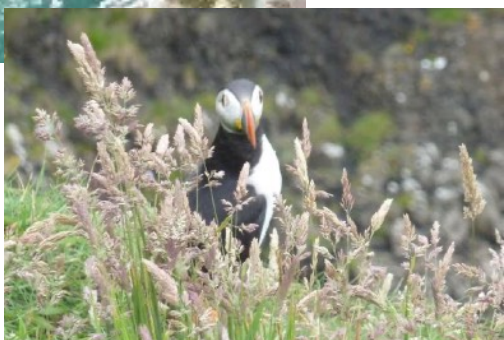
The fourth ISIS Retreat - marrying our own spirit



Fotoula says, "We had the most amazing time in Iona this year for the fourth ISIS Retreat. It was a time of celebration where everything seemed to fall into place. The weather was in our favour, enabling us to spend a lot of the time outdoors working with three of the high energy Portals on the island and enjoying the amazing peace and beauty of the place.

There are many special moments that will stay with us from this pilgrimage, and our immersion in ceremony was one of them. We were offered the time and space to do our ceremonial work in many sacred sites, from the cave in Staffa (pictured), to the old nunnery, ancient chapels, beaches of serpentine crystal and white sands, and the windswept hill of Dun-I.

All the outdoor ceremonies were preparation for the ancient rite of inner marriage: the union of ourselves with our own spirit, our wise self, that we committed to embody."



Online Shamanic Course: The Journey of Initiation

This course is a journey over seven months, a journey of self-realisation, empowerment and initiation.

The course is unique. It is specifically about developing our incredible human potential and activating the next stage of the earth's evolution. We will come together as a tribe, no matter which part of the Earth we inhabit or which spiritual tradition we follow, if any. We are all made of fire, water, earth and air, as well as the Divine Spirit.

Although the course is shamanic, and experience in shamanic journeying is useful, it is not essential. The course is open to all spiritual practitioners. All you need is an open heart and mind, and be able to follow guided visualisations.



Seven modules over seven months

The course consists of seven modules. Each module is a step in the journey, building our connection with our limitless self, and the high vibrational energies of the cosmos, which are our birthright. We will walk the path together, supporting each other, living and breathing our spiritual calling for a different state of being and a high vibrational earth.

As this course is a journey, participants need to intend to take part in all seven modules. Each module, one per month, will be delivered through an online webinar. There will be a dedicated closed Facebook page for our group, to share experiences, ask questions, and discuss each topic. Although the webinar is monthly, participants are expected to work with the teachings throughout the month, and I will suggest practices for those who wish to go deeper into the work.

The course takes place on Tuesday evenings (UK time) in the middle of each month, starting 19 September 2017. However, we work beyond space and time. So, people can access the webinar through the link any time, and work with the practices, the helping spirits and the energy of the group.

The course is facilitated by Fotoula Adrimi and a team of highly-evolved helping spirits that work for the highest good of humanity and the earth. Fotoula has been teaching shamanism, including classic shamanism, since 2009. However, this course is not the classic shamanic journeying of power animals/upper and lower worlds/soul retrieval.

If you are interested in classic shamanism, Fotoula teaches the Journey of the Shaman and a shamanic practitioner's course.

Webinar dates: 19 Sept, 17 Oct, 14 Nov, 12 Dec, 16 Jan, 13 Feb, 20 March

Time: 7pm-8pm or any other time at your convenience

Cost: £225 per person, payable before the start of the course.

Place: wherever you are in the world

To book: email fotoula@isis-school.com to book your place, make a payment (non refundable and non transferable), and receive detailed list of how to prepare and what you need for the course. This course is a journey over seven months, a journey of self-realisation, empowerment and initiation.

Modules and content

Module 1: 19 September 2017: Building the foundation for the journey

Meeting the entities of light, our guides for the group, in the transcended realities;

Creating an altar for our tribe, that will support us in our journey;

Creating a safe container for our work; Journeying through the Tree of Life;

Module 2: 17 October 2017: Activation of the blueprint: our ultimate potential

Building the connection between our chakras and activating them;

Activation journey of our blueprint and inner abilities; Connecting to our place of power

Module 3: 14 November 2017: Stepping into the Grid of Power

Healing through intention; Working with the double pyramid;

Uncoiling the serpent: connecting with past lives.

Module 4: 12 December 2017: Initiation

Stripping the layers that hide our essence; Resurrection of the authentic Self;

Receiving our personal symbol; Activating the codes of power.

Module 5: 16 January 2018: Embodying the spiritual calling

Merging with spiritual entities of light; Transfiguration;

The mirror of Truth; Dissolving into the void.

Module 6: 13 February 2018: Changing skin - Reclaiming the Earth

Activating high vibrational energy fields;

- Extinguishing unskillful energy patterns that linger in our world and hold back our evolutionary process;

Birthing the wise child.

Module 7: 20 March 2018: Stepping into the flow

The hall of the Seven Gates; The path of self-realisation;

Surrendering to the unknown; Gathering our support network and graduation ceremony.



Courses, circles, retreats & transmissions

ISIS Training, ISIS Retreat and ISIS Ceremony - August-September 2017

- 30 July, 3pm** **Ceremony:** The Heliacal Rising of Sirius - The Birth of the Gods. For Initiates.
- 19-20 Aug** **The Spiritual Path of ISET - Part 2, (Full)** for those who have completed Part 1.
- 27 August** **Healing Exchange**, 9.30-13.00, for those who has completed the Healing Path this is an opportunity to come together to give and receive ISIS healings.
- 22-24 Sept** **The Spiritual Path of ISET - Part 1** for people who wish to walk the Path of ISET
- 30 Sep-1 Oct** **The Healing Path of ISET - Part 1**, for those who have completed Spiritual Path 2

To book for any of these events email Fotoula: fotoula@isis-school.com

Glasgow Shamanic Circle

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in August - 14th, 21st and 28th at the Glasgow Theosophical Society, 17 Queens Crescent.

The new and unique **Online Shamanic Course: A Journey of Initiation**, starts on 19th September. The course consists of seven modules over seven months. Each module is a step in the journey, building our connection with our limitless self and the high vibrational energies of the cosmos.

The next beginners shamanic course: **The Path of the Eagle - The Journey of the Shaman and retrieval of personal power** is on 25-26 November.

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

Meditation Groups - August

26th August 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. **Aug dates** - 3rd, 24th, 31st. For more info, and to book, email Fi: fi@isis-school.com

Residential Retreats - 2017

- 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) - August dates

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In August transmissions take place on the 2nd, 16th, 23rd and 30th. 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, 27th of August from 14:00-15:00 (UK time). There is no need to let us know if you are connecting with the Rays Transmission.