

The ISIS School of Holistic Health Newsletter

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



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

"As you walk a spiritual path, you come across people, kindred spirits, you recognise from previous incarnations. These people and you have a common purpose; to advance spiritually and in doing so, help the Earth and all beings. When you meet a kindred spirit, you realise both of you have spent a part of your life in similar circumstances, dealing with challenging patterns that have led you to your spiritual path.

Meeting these people in your life, is a rendezvous that you agreed before you were born. Many souls are coming together at this time in the Earth's history and this encounter was scheduled long ago. Each soul brings to her group her own gifts, that are compatible with, and support the evolution of the whole of the group as well as herself. Souls within each group can also incarnate as animals or be spirit helpers for the team.

Sometimes souls are unable to find their soul group. Some may find it hard to keep the appointment, becoming immersed in the physical reality they forget this important arrangement, made beyond time and space. At other times when people meet with members of their soul group, the ego-mind may find it hard to accept what the heart is whispering: that somehow you know this person, even if you have never met them before in this life.

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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Connecting with your Soul Group

To call your soul group, in a meditative state of contemplation, intend to open yourself to the aspect of you that is unconditional love. Imagine that as you breathe in, you inhale the love of the cosmos, the love that created you. As you breathe out, you exhale unconditional love to all beings, seeing yourself not as separate, but One with All. With each breath, see yourself as a being of love and light. Stay in this state of conscious breathing for a few minutes.

In this space of contemplation, state your intention to connect to your original soul group in all realities and dimensions, for the highest good of the Earth and all beings, including yourself. As you meditate you may feel an energy around you, see a colour, hear words in your mind, or be in a more relaxed state. As this connection takes place, ask for a sound to come from inside of you, a tone, and then sing this tone out into the cosmos. This is a calling towards your soul brothers and sisters affirming your intention, saying "I am Here". Then meditate for a few more minutes in the energy, connecting to your soul group.

When you finish, let go of all intentions and surrender to life. You have sent out a call and life will respond in its own way, in Divine Order and Divine Timing. When you come across a soul brother or sister, you may know them instantly, or take some time to realise you are connected to them."

"Having done your work, surrender to what life is offering you and trust the process."



An ancient Greek ceremony for the full moon



In the old days, the coming of Spring was a celebration of Light. The darkness of the winter was lifting, fading away, as the night began to surrender to the day. To mark this time fire ceremonies took place which lasted from sunrise to sunset; the fire on the Earth greeting the fire in the sky, the sun, whose strength and heat gradually increased during the spring time.

In the northern hemisphere a very important ceremony took place in ancient Greece, on the **full moon after the March equinox**. The Ceremony was a celebration of the new season which was bringing new opportunities. People prepared to greet spring by cleaning their homes, as well as their bodies

The ceremony was followed by celebrations where people feasted together. The feast was an affirmation of the abundance that the coming of Spring heralded: people ate food to affirm that food would always be on their table, they broke plates, to signify that they would have abundance in their lives, they danced in joy to manifest happiness. Friends and families came together to share all the gifts the season of growth had to offer them.

In ancient Greece, the ceremony and feasting were intermingled. At the start of the day the ancient gods were invoked to bless the land and its people. The gift of the land, symbolised by a young lamb, was cooked on a spit, both as an offering to the unseen world, as well as nourishment for the people who came to the feast. The lamb, the present of the Earth Mother, was blessed, and therefore the people who ate the offering were also blessed. This is not a sacrifice. All food was eaten not just by the people, but also shared with the dogs and cats of the family!

These celebrations still persist in the land of the Sun, even though they have been adjusted to modern times. They are now held on Easter Sunday and the lamb, still cooked on a spit, symbolises Jesus who sacrificed himself to save humanity. The Divine personages have changed but the ceremony is still there.

After being a shamanic teacher for a few years, Fotoula Adrimi was instructed by her family elders in the ancient teachings of this ceremony. The teachings have been passed down orally through her paternal line, from father to the first born son or grandson. Although their origin is lost through the veil of time it is believed that it is the same ceremony that took place in ancient Greece as no-one is allowed to change or add anything. Due to lack of male children in her family, and after a lot of persuasion, Fotoula was given the knowledge of how this ceremony is performed.

This is primarily a fire ceremony which also utilises the other three elements. At dawn, a sacred fire is lit by the shaman, using four aromatic woods found in mainland Greece. Traditionally the shaman would be the head of the family. An offering is then made to the fire of a particular part of a lamb's body, specifically chosen by the Shaman through various signs. As the meat burns and the smoke rises up, the Shaman offers prayers for the fertility of the land, the wellbeing of the family, symbolised by the solidity of the house, and the wellbeing of everyone who will take part in the feast. As he prays, he also observes the direction of the smoke, which reveals whether the prayers are heard or whether there are obstacles in the way.

The ceremony is carried out by the shaman alone, before the family and friends arrive. It is a pact between the ancient Gods, the ancestral spirits and the shaman. When people arrive, the lamb is already cooking on the spit. A table is set outside with foods of the season. Women who wish to protect their skin from the sun's rays, attach a ribbon of red and white thread, worn on their wrist since the beginning of March, to the leg of the lamb. (This part of the ceremony is not readily observed today as a darker complexion is more desirable.)

When the lamb is cooked the feasting begins. People dance, drink and eat the lamb. The shaman then adopts the role of the seer. He sits at the edge of the throng, without taking part in the general hilarity, and eats and drinks sparingly. Then the time comes to read the 'will of the Gods' as written on the bones of the animal. The shaman is served the two shoulder blade bones. The way the bones are constructed and the different markings on them, all have meaning for the shaman. However, he does not solely depend on the markings. The force of the lineage takes him and the bones in his eyes become a piece of paper from which he can clearly read the main events for all the participants for the next 12 months. He talks about marriages to come, whether these will be happy or not, deaths and births of female or male children. New opportunities and challenges, friends and foes, misfortunes and lucky breaks are all written on the bones. If the fates are unfavourable, other ceremonies need to take place to placate them. However, this may not always be possible.

Fotoula describes the ceremony above in general terms, without revealing the specifics, as this is not permitted under the terms of her lineage. However, she is offering a ceremony below, which is easier to conduct, to reconnect with the ancient heritage of Spring's first full moon.

Ceremony

What you need: A candle, pen and notebook. *Optional:* Drum or rattle.

Cast a sacred circle for your ceremony by walking clockwise in a circle three times. If you have a rattle or drum you can use them now. At the same time call your helping spirits, guardian Angels, the Divine presence and the Sun Being in either his ancient Greek name of Apollon, Helios or any other names you wish to call him. Then come into the middle of the circle and light the candle. Invite the power of the Sun to burn from your candle. Now, imagine you are standing in front of the sun in the sky. The rays of the sun touch the centre of power inside your body, your inner sun. Then, assume the role of the sun, be the sun, the Divine being, who manifests life:



Say words to the effect: "I am the Sun, Helios, the Fire in the sky. May my wisdom voice carry through the cosmos. This is what I speak, this is what I call, this is what I invoke".

Speak from your heart and not your mind what you wish to invoke for the wellbeing and highest good of: first, the land; second, your home and yourself; and then your family

At the end, use all your senses to imagine this new reality that you invoked. Stay in this space for a while meditating. If any images or information comes to you, write it down.

From the sun inside you, imagine a flame of light going to the candle in front of you, then imagine the flame of the candle flowing into the sun in the sky. The sun accepts your fire and radiates the light of your ceremony, out into the cosmos.

At the end, give thanks to the sun, the Divine Light incarnated as the fire in the sky. Breathe in the power of the fire from the candle, taking it into your body and put the candle out. Release all spirits helpers and ask them to close and seal your space and yourself, as you walk back into everyday life. Walk three times anticlockwise to erase the sacred circle.

In the Greek tradition, after the ceremony the shaman enjoys a meal, the fruits of the Earth, that he prayed for. You may also wish to celebrate the end of your ceremony with some food.

Courses, circles, retreats & transmissions

ISIS Retreat Day, Ceremony and Trainings for April and May 2017

- 14 April** **ISIS Silent Retreat Day**, open to all Initiates.
- 01 May** **Ceremony**: The Sacred Marriage of HATHOR and HORUS. Open to all Initiates.
- 19-21 May** **The Spiritual Path of ISET - Part 1**, for beginners who wish to walk The Path of ISIS.
- 27-28 May** **Gate 2 - The Path of ISIS**, for those who have completed Gate 1.

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

Glasgow Shamanic Circle

The **Glasgow Shamanic Circle** – the **Way of the Drum** will meet three times in April, on the 3rd, 10th and 24th, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL

The next shamanic course: **The Path of the Bear - Shamanic Extraction**, for those who have completed Soul Retrieval, will take place 01-02 April 2017, and bookings can still be made.

For those interested in progressing their shamanic path, **Medicine for the Earth** and **Shamanic Healing with Spiritual Light** are taught as two separate workshops: 22-23 Apr and 29 Apr-01 May. **The soul retrieval practitioner's course** is on 17-21 June.

For more information email Fotoula: fotoula@isis-school.com

Meditation Groups

- 08 April** The **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00.
- 06 May** **Meditation Day Workshop**: In this workshop we will be working with the Parvati aspect of the Divine Feminine. This is a whole day of meditation, mantra practice, story telling and teachings of Light.

Fi continues to facilitate a heart-full meditation and chanting **circle** on Thursday evenings from 7.00-8.30pm. April dates – 6th, 20th and 27th. For more info email Fi: fi@isis-school.com

Residential Retreats - 2017

- 15-21 Jul** **The ISIS Spiritual Retreat** – Iona. Working inside the special energy field of Iona, immersed in the Light of ISIS, this retreat calls us back to our inner home.
- 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)

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmission are open to all. In April transmissions take place on the 5th, 12th, 19th and 26th. 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, 9th of April from 14:00-15:00 (UK time). There is no need to let us know if you are connecting with the Rays Transmission.

News of The ISIS School

The Silent Retreat Day of the ISIS Path

I will find you in the silence, in the space between breaths



These are the words that the Creator spoke to Fotoula Adrimi in 2007. Fotoula had no idea then of the role that silence would play in her own personal and spiritual development.

The ISIS Silent Retreat Days are designed to take us deeper into our spiritual practice in the ISIS Path. By minimising distractions, we focus on our process. By switching off the voice of the mind, we can become aware of the voice of spirit.

The next ISIS Silent Retreat Day is on Friday 14th of April, 10.00-16.30. It is open to all ISIS practitioners who have completed the Spiritual Path of ISIS – Part 1. Fotoula and Fi will lead four practices designed to increase our own understanding of ourselves as an eternal being. For more information and how to book, please follow the link:

<http://www.theisisschoolofholistichealth.com/isis-silent-retreat-days>

The equinox shamanic ceremony - Celebration of Light & Balance



On 20th March at the Glasgow Shamanic Circle - The Way of the Drum, Fotoula facilitated an Equinox ceremony based on ancient Celtic Myths celebrating the balance between the Divine Feminine and Divine Masculine. Shamanic practitioner and storyteller, Claudia Wolff, who was visiting from Germany, shared her druidic medicine with the group. Claudia also sang a Celtic song about breaking the chains that imprison us and jumping out of the circle of fire.

In the ceremony, we worked as one tribe with the power of intention and the energy generated by our voices, rattles and drums to break through the obstacles that hold us back from being the light we are.

The energy in the circle was truly exceptional, as everyone worked together to support each other. It was an amazing night and in a dream that followed information came that one of the barriers we broke was the barrier to accept love.