

The ISIS School of Holistic Health Newsletter

Issue 2: August 2016



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



" This is a message of Divine Love.

The world is changing. Light is flowing into all aspects of life. This time constitutes a great opportunity for people to become aware of their conditioning. Many souls have chosen to live on the planet at this time, when high vibrational light enables them to lift the veil of the individual and collective conditioning.

It is a time of change, and every time change happens, the mind feels insecure. You may feel changes happening within you, physically and spiritually.

The main aim is to embrace a new way of thinking that is expansive and whole, rather than the current one, which is based on ego and the myth of separation. In the bigger picture, we are One Massive Being of Light, that contains all the stars and planets and the smallest blade of grass.

In taking care and thinking about the All, we take care of ourselves. In loving ourselves, we look after the Collective."

These are the words of ISIS, the Divine Mother of All Beings, as channelled by Fotoula Adrimi.

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

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Meditation: The Cave of Knowledge



Fingal's Cave (ISIS Retreat - Iona, Scotland 2014)

Fotoula Adrimi was given this meditation by ISIS. In the visualisation, you are invited into the Cave of Knowledge, where you learn about yourself and your life.

Imagine yourself standing in the Centre, the Centre of all directions, all the worlds and universes. In this space, call ISIS, the Divine Mother, to take you into the Cave of Knowledge.

ISIS flies towards you in the form of a bird of prey, a kite. Now imagine climbing onto the back of this bird. In your mind's eye visualise yourself feeling the plumage of the kite, looking into the eyes of the bird, hearing the sound of its wings and smelling the perfume of the air. Engage all your senses in this work.

The kite takes flight. Feel the wind rushing through you and around you. The kite rises up into the sky, flying into higher planes of existence.

At some point, as you fly past the clouds, stars and planets, you arrive at an otherworldly place that is bathed in white light. Climb down from the kite, which turns into a Being of Light. You are now standing in front of ISET (ancient Egyptian name of ISIS). ISET is radiating an amazingly beautiful light energy towards you. Receive this energy in your body for a while.

In this space of Light, ISET invites you to drop all your burdens from this and other lives. Take nothing heavy with you when you go inside the Cave of Knowledge. These burdens, if you wish to keep them, will wait for you when you return from the cave. Or, you can leave them here permanently.

ISET takes your hand and leads you into the Cave of Knowledge, which is filled with shimmering white light. Inside the cave, you have the opportunity to learn about yourself and your life. As you enter the cave, you become your light form, the form of a radiant being.

Inside the cave, you have your own experience. What happens here, is between you and ISET.

Once you finish your work in the cave, ISET takes you back out of the cave into the daylight. You can come back to this place, anytime you wish, but for now, it is time to fly back into the everyday world. ISET once again takes the form of a kite and invites you to fly with her. Climb onto the bird, and fly back into the world.

You have experienced an aspect of the Light of ISET. When you come back, thank yourself and ISET. Also ensure you drink plenty of water and have some rest, to integrate this work.



Ancient Egyptian papyrus of an Initiate, embodying ISIS.

Courses, circles, retreats & transmissions

ISIS Trainings for August, September, October and November 2016

6-7th Aug **The Spiritual Path of ISET - Part 2**, for Initiates who have completed Part 1 and are practicing the teachings.

27th Aug **ISIS Refresher's day**

17-23 Sept The **ISIS Retreat**, taking place in Iona, is currently full. If you wish to be added to the waiting list please email Fotoula.

30 Oct **ISIS Ceremony** - Samhain Ritual: The Mysteries of OSIRIS

4-6 Nov **The Spiritual Path of ISET - Part I**, for beginners who wish to walk The Path of ISIS

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

Shamanic Circle

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet on the 1st, 8th, 22nd and 29th of August, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL

The next shamanic beginners course: **The Journey of the Shaman and Retrieval of Personal Power** will take place 4-5 March 2017, and bookings can be made now.

To book email Fotoula: fotoula@isis-school.com

Meditation

20th 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. The circle starts back on the 18th of August with the Full Moon Ceremony.

For more information and the dates of the group email Fi: fi@isis-school.com

Residential Retreats

30-2nd Oct After a year break, we are going back to Southern Germany for a three-day residential retreat: "**From the Dark Moon, we are birthed into Light**". The retreat is organised by Claudia Wolff in the picturesque village of Marhördt.

15-21 Oct The week-long **Rays of Divine Consciousness Retreat** takes place annually in Kilmartin, Scotland. This year's retreat begins on 15 October. The Rays Retreat is a great opportunity to work on our karma and life path, and rebalance the DNA.

Transmissions

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmission are open to all. The August dates for the Transmissions - 3, 10, 17, 24, 31.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is 2.00-3.00pm (UK time) Sunday 21 of August.

News of The ISIS School

University of Wisconsin visit - follow up

Fotoula and Fi were interviewed on their work by a group of postgraduate counselling students, in June, organised by the University of Wisconsin, USA. We received the following feedback from Holly, one of the students:

"Thank you so much for taking the time to speak to us about your work. Before our trip to Glasgow, I had limited knowledge about shamanism, spiritualism, and holistic healing. My awareness, knowledge, and acceptance of these various types of therapies greatly expanded following our time together. Thank you for opening my eyes to holistic healing and for sharing your work with us. I truly appreciate it. Best wishes as you continue to teach others about your work and help those around you."

Conference of Celebration of Life and Love

This conference, organised for the first time in Scotland, takes place on the 11th of September in Perth. Fotoula Adrimi will speak at the conference, on the topic of Shamanism and draw lessons from indigenous traditions on how to live life skilfully. Fotoula explains her talk:

"The gift of the Eagle is a shamanic teaching about Life. How high can we fly when we let go of what keeps us stuck? How effortlessly can we soar when we allow ourselves to surrender to the winds of life? And how focused can we become, when like the Eagle, we dive to catch the gifts life offers us?" For more information on the conference, follow the link: <http://channellinglove.com/celebration-of-life-and-love/>

The Logo of The ISIS School of Holistic Health

The School's logo came to Fi Sutherland in a vision. She saw a clear picture of the words sitting above an open lotus flower. In the subsequent design, by Eryn Strachan, the logo embodies a number of elements affiliated with the School. This is a power Symbol signifying the eternal journey of the soul: the soul arrives at a specific point in the centre of its being, and through the state of unconditional Love, ascends through the Pyramid of Power into the Divine Self.

