

# The ISIS School of Holistic Health Newsletter

Issue 50: August 2020



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



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

We, the Enlightened Ones, open the wings of Light to surround you. We protect you, even from your own self.

So many times you may think that you are alone. This is not true. The Enlightened Ones intervene in the life of light workers with permission from the light workers' higher Self. We lessen the effects of some actions you take, and sometimes remove the consequences completely. At other times we steer you in the right direction.

There are also times we cannot intervene. Your soul has chosen to live through certain experiences, and the mind rather than the spirit guides you in this process. Then, the outcomes become teachings for the soul. Through self-reflection and meditation you can unravel what has taken place and observe the universal law of cause and effect in your life.

Grace too can intervene and lift you out of difficult situations. This is the gift of Grace. Yet, Grace can only intervene when there is a realisation at soul level and a willingness to take another path that guides you back to awareness and your soul's purpose.

Right now, collectively and individually, there is a need for reflection and connection. Know that what serves you individually, also serves the collective. By choosing the path of service and the path of Light, others may judge you as irresponsible and selfish. But this is not so. It is through connecting with the higher consciousness of light and unconditional love that you can change your vibration and increase your awareness, enabling the transformation of your life and life around you.



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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we can transform  
the reality of our  
personal life  
by bringing the  
higher vibrational  
energies of love,  
compassion and  
forgiveness into  
our consciousness

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For many centuries you have tried to change the world through doing - fighting, protesting, taking action. In the spheres of higher consciousness there is another way of transformation that is based on energy. Everything you do, speak and think is energy. Most of the time you are immersed in the third dimensional sphere that reacts to life,

especially through emotions. Become aware of what you react to, and how you react. See the energy behind the reactions. Then choose a different way. Transform the energy through the expanded states of love, gratitude and grace that are inherent in you.

A path can open for you where you work with the Light and a higher understanding. This will affect your reality and the reality of those around you. Gradually the energy will flow into your world and change will take place from within.

## Practice: The Path of Transformation through Light

*This is a meditation that helps you access the power of transformation.*

### The Practice

Create your sacred space by inviting the Divine consciousness, in any way you understand this, to be with you and support you in this practice.

Bring yourself into a quiet space. Focus on your breath. Imagine that you are breathing directly into your heart centre, opening your heart centre, the seat of the Divine within you. As you breathe in, your heart opens. As you breathe out, the Divine Light from your heart is shared with all.

each time we radiate the Light of our heart  
we contribute to the Light of the world

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Now, think of an issue in your life that you find difficult. This could be a personal problem or a world issue. Imagine this issue as a sphere of energy that comes and settles in your heart centre. Look into the sphere and the energy of it. What does it have to teach you?

Imagine surrounding the sphere with the Light of your heart. With each breath the light of your heart encircles the sphere. As you do this, the structure of the sphere starts to change, and energy may be released from it. Continue the process until all the heavy energy leaves, and all that remains is a little sphere of Light.

In its core everything we encounter, positive and negative, easy and difficult, is an aspect of Divine love, and generated out of love.

Now that all the heavier energies have been released and only a sphere of Light remains, connect with the energy of this sphere at your heart level and allow it to expand. Merge with this sphere by imagining that the Light of the sphere and the Light of your heart come together and become one.

As a result, a brilliant, beautiful, and strong Light is now present. A new sphere of Light is now born and its Light flows out of you and into the world. Let this sphere flow out from you with no expectations, and no conditions, then it can do its work through the power of unconditional love.

At the end close the sacred space by thanking the Divine Consciousness you invoked and asking that your space and yourself is protected and sealed.

Sometimes the practice can result in a gradual or sudden change in the issue you worked with. Perhaps the change may be a transformation in your perception where you realise that the issue you had difficulty with, was as it should be, and is in Divine Order.

## **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, and deepen your connection to your Divine Self and to the mystery that unites us all.

**The next course** - 10.00-17.00, 2nd-4th October

**Cost:** £285. Dep 50%. **Venue:** Glasgow

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



# The Primordial Waters of the Earth

Earth has always been known as the Blue Planet due to the abundance of water. Many indigenous traditions say that before the arrival of human beings on Earth, beings lived in the waters of Mother Earth in various forms. They called these waters the Great Ocean. These were the primordial waters that hold the first memories of life on Earth.

Water is a sacred element, vital for life.

As a human being we began our physical existence surrounded by the amniotic fluid, the liquid of the amniotic sac. This fluid protected our growing body and also

facilitated the exchange of nutrients, water, and other products between our mother and ourselves. These waters held and safeguarded us until we were ready to be born.

In shamanic practice water can be a gateway for journeying to other realities or a door through which other realities come to us. Also, as a way of opening their psychic awareness, shamanic practitioners may gaze at water for a while. Traditionally they would gaze into a black bowl filled with water. In time they may see images, or even the face of their helping spirit.



## Journeying to the Waters of the Primordial Time

The water of the Earth is a memory bank. These waters have been circling the planet for billions and billions of years, changing form, yet always present. Water may appear as rain, snow, clouds, rivers, oceans, and ice. Within the human body, water is found in every cell and in the blood that runs through our arteries and veins.

We can set the intention to journey to the primordial waters of the Earth to meet the sacred element of water and listen to the knowledge held within it. We experience the energy and vibration of this time, and perhaps we will develop a different awareness about creation and its goodness and wisdom.

## The Journey

- a) Create sacred space by inviting your helping spirits who work fully and wholly for the Light to assist you.
- b) If you wish you can build a shamanic altar with the four elements, or use the altar and sacred objects you work with. (Fotoula's book, *The Golden Book of Wisdom*, chapter 9, for instructions on how to build an altar). On the altar place a bowl of water. If possible the bowl should be black or dark in colour.
- c) Drum / rattle for a while to raise the energy, and then use a shamanic drumming track to connect with spirit. If you have a sacred power song you can sing it as well.
- d) Look into the bowl of water with your eyes half closed. Say your intention to access the primordial memory that the water holds; the memory of when life was first created in water.

- e) As you connect with this time, allow yourself to perceive what is happening with all your senses - what do you feel, hear, see, taste and touch? Allow the journey to unfold.
- f) After the journey retrace your steps. Disengage from the water, and bring yourself back. Take time to come fully back into your body and become aware of the room around you.
- g) Give thanks to your helping spirits and the sacred element of water. Close your sacred space by saying to the spirits that you release them and ask them to close and seal your space, and yourself before they go.
- h) Afterwards, offer the water from your ceremony to Mother Earth. It is preferable to offer the water to another body of water - river, sea, stream or loch/lake near where you live. The water will carry the Light from your journey around the Earth. If this is not possible offer the water to the earth.

## Cross-cultural Festival ÚNA - Online TraDigital Festival featuring Latin American and Scottish Creatives - [www.unafest.com](http://www.unafest.com)



In July 2020 one of Scotland's primary non-for-profit organisations, which aims to foster cross-cultural exchanges between Latin America and Scotland, held an online TraDigital Festival. Featuring a number of filmmakers, artists and musicians from Latin American and Scottish backgrounds, the central theme of the festival was "myth" and storytelling, with a particular focus on water and environmental awareness.

Some of the protagonists of the 2020 edition festival included Scottish folk singers Karine Polwart and Chloe Steele; Colombian visual artist Venuz White; Scottish video artist Amanda Thompson; Argentinian music producer Nación Ekeko; a collaboration between artists Gianine Tabja and Flora deBechi, from Peru and Scotland respectively; Brazilian Foli Grio Orquestra, and drummer Gregorio Carnevale.

Fotoula was invited by one of the festival organisers, Isabella Noero, to collaborate with the visual artist Venuz White. After a conversation with Venuz, Fotoula travelled to a sacred stream near Kilbarchan, Scotland, that is related to Brigit. The site is also next to an ancient druid stone. There, she and her friend, Liz McMahon,

invoked the power of the water through song and ceremony. A recording of the singing was sent to Venuz who then created a sacred artwork that was exhibited during the festival.



*Venuz White, Columbian visual artist (courtesy of the artist and ÚNA)*



*Fotoula Adrimi invoking the power of the water during the water ceremony.*

# Women's Rites Course - **The Magic of the Sacred Blood**

**Four Online Modules - 19.00-21.00 (UK time) 22nd Sept, 1st, 9th & 16th Oct**

In this online course we come together as a community of women to harness our Divine feminine energy and rebirth our sacred self. We join in circle as maidens, mothers and elders to share ceremonies, wisdom teachings, and the gifts of our soul.

The course, facilitated by Fotoula, consists of four modules and begins on 22nd September, the Autumn Equinox. The other three modules - 1st, 9th and 16th Oct - take participants on a journey through different phases of the moon.



## **Workshop Content - Four Modules**

**Module 1 - 19.00-21.00, Tues 22nd Sept - The Path of the Maiden: Welcoming Ourselves into Womanhood.** We honour our body and the Divine feminine energy that flows into our sacred womb. We honour the first time we bled and acknowledge the holy flow that makes life possible. We open ourselves as the Creative Being who nurtures and births all life.

**Module 2 - 19.00-21.00, Thursday 1st October - Full Moon - The Path of the Mother: Birthing New Life.** Our womb work becomes Temple work. The womb is the Temple of the Great Mother who is seen as the Creative Force of the Universe. When the Temple is blocked it can be difficult for us to be in flow with life, find or activate our soul's purpose, and bring the gifts our soul carries into the world.

**Module 3 - 19.00-21.00, Friday 9th October - Waning Moon - The Path of the Elder: Guiding the Tribe.** To embody elder hood is to embody the wise woman, the one who teaches, guides, holds space and supports. The womb space grows to include the whole tribe. Our family becomes the world community where all beings are viewed as sisters and brothers. The elder is embodied through the guidance of spirit.

**Module 4 - 19.00-21.00, Friday 16th October - New Moon - Into the Mystery.** The spiral energy of the cosmos takes us into our core, our centre. In this place we we connect with the void, the emptiness, that is also the place of all possibilities. We dive deep inside to work with our vibration, sound and energy. We step into the universal flow of the inner being.

*(Please note the workshop is for personal use only. The workshop content cannot be shared with others. It is to inform your practice and spiritual work.)*

**Online Zoom Platform** - All sessions will be recorded and participants will receive a copy of the recording. These recordings are for personal use only.

**Courses Costs** - please check our website - <https://www.theisisschoolofholistichealth.com/online-womb-rites-course> (Anyone currently on the Priestess of the Moon Training with The ISIS School can participate in this course for £50.00 if paid by 1st Sept.)

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

# August dates for Online Meditation Circle, and Weekly and Monthly Energy Transmissions

## Online Meditation and Chanting Circle



The weekly meditation circle is open to beginners as well as experienced practitioners. Each Thursday we come together and co-create a sacred space for Divine connection.

**August dates: 6th, 13th, 20th.**

The fee for each circle is £5.00 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 £5.50 for overseas participants. For more information and to see the programme [click here](#)

## ISIS Energy Transmissions of the Living Light - 5th, 12th & 19th Aug

The ISIS School offers everyone world wide the opportunity to connect distantly with the ISIS Energy Transmissions and experience the beautiful vibration of the Living Light. There is no requirement for you to believe in ISIS or in the Divine, to receive the energy and participate in the Transmissions.

In August there are three ISIS Energy Transmissions - **5th, 12th and 19th**. 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](#)



## Transmission of the Rays of Divine Consciousness - Sunday 9th August, worldwide

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



The next Rays Transmission is on **Sunday, 9th August from 16:00-17:00** (UK time). Please check your timezone 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))*