

The ISIS School of Holistic Health Newsletter

Issue 4: October 2016



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



In September, the School hosted the ISIS Retreat in Iona. Throughout the Retreat, the programme had to be re-worked due to the ever-changing weather conditions. On the days we were supposed to be outdoors, there were storms. Whereas in the previous retreats everything had gone according to plan, this time, we were continually being asked to surrender to the flow that life was creating.

These are the words of ISET, as channelled by Fotoula Adrimi.

"Many times in life people can be inspired towards a goal, aiming for a particular outcome. When a goal is set due to fear by the ego mind, it does not serve you. Sometimes people will fight relentlessly to reach where they think they should be, even at the cost of their own happiness, ignoring their inner voice, their body and the signs life brings them. This can lead to injury and disability. It is a heavy price to pay. This is one of the reasons that your world is currently in an unbalanced state.

Going with the flow, does not mean giving up goals but surrendering to what life is offering you in each moment. If there is a storm, maybe you can decide to venture out the next day. There is always another way. When you go with the flow and you detach from your ideas of how things should be, life becomes an adventure, and an easier journey to walk. Maybe life is taking you the scenic route, where you find gems worth collecting."

As we surrendered our ideas and re-worked the programme according to what life brought us, the retreat transformed into an amazing journey. The gems were indeed worth collecting: a reaffirming of trusting life and the Divine hand that guides it.

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

Copyright © All Rights Reserved

Meditation: The Story of Death and Life



In Iona, one meets the forces of Death. Going on a pilgrimage to the island, opens the doors for inner change. It is hard to go through the Gates of the Heart, be touched by the Divine Light on Iona, and remain the same.

Death walks on the island, whispering of a distant past when people came together, seeking to touch the Divine. The ruined nunnery hosts the old tombstones, now barely legible; an ancient cemetery, holding the bones of those who wished to be buried in hallow ground.

Death reminds us that life is finite. Yet people chose to dedicate their years in the search of the Infinite. Walking on the Road of the Dead, outside the Abbey, one has a sense of treading in the footsteps of those who came here hundreds of years ago, united in our purpose of seeking the Divine.

If Death is apparent on the island, so is Life. Whilst the leaves of the trees wither and fall to the ground, the fuchsia hedges are in full bloom. Healing songs are chanted in the restored ruins, rebuilt to house new communities. Life reclaims what once was, for the same cause.

In this meditation, given to Fotoula Adrimi by ISIS, following the third annual retreat of the ISIS School of Holistic Health in Iona, Scotland, the forces of Death and Life are invoked and impersonated by Celtic Spirits. Cailleach Beara represents the spirit of Death, whilst Bridget, in her role as the midwife, is the Spirit of Life.

The Crone, Cailleach Beara, is an ancient spirit of Death found throughout Europe, under various names. Sometimes referred to as the dark Goddess, she has both a sombre and a light-hearted, joyful demeanour. She appears at different times of our lives to awaken us from the sleep of the conditioning; sometimes gently, sometimes by shaking us to our very core.

Bridget is keen to deliver us from the womb of the underworld; she is a midwife after all. She asks us to live fully by being true to ourselves. She invokes in us a different type of power, one that propels us towards our life purpose. Bridget is linked to the element of Fire, which unapologetically can burn, as well as nurture.

In the following visualisation, we work with both powers of Death and Life.

Meditation

Imagine walking on the island of Iona, you are on a beautiful beach, filled with colourful pebbles; green serpentine stones, white marble, black basalt, quartz, red agate. Walking on the beach, find a stone that speaks to you. Imagine holding this stone in your hand, noticing its texture, colours, and its temperature. At the same time become aware of the sound of the waves and the smell of the sea air.

Holding the stone, call the power of Death into your life. An old, wrinkle-faced woman appears on the surface of the stone. She makes a pact with you, to take out all that is dead within you. She looks into your eyes and sees what you no longer need. Her eyes are filled with compassion and purpose. Now give the Crone everything you no longer need or wish to carry. If you forget something, do not worry. The old grandmother truly knows what is best and will take everything away.

Feel the energy of the Crone enveloping you. Death is reclaiming its own.

Then slowly the image of the old woman fades from the stone.

Now call Bridget; Life. She appears on top of the stone in the form of a beautiful young maiden. Her eyes are filled with fire; passion for life. This fire spreads into your body, surrounding you, burning inside and out, clearing and energising you. Bridget is opening you to life. She plants seeds in your heart, inviting you to nurture yourself and embrace life. Wait for a little while, feeling the energy of Bridget working within you.

Slowly, the image of Bridget fades from the stone.

The stone then becomes cold again. It turns back into an ordinary pebble, one of many that can be found on this beach. Yet there are none exactly like it. Like you, it is unique in its own way. Thank the pebble and place it back on the beach.

Slowly bring yourself back from the meditation and give thanks to Cailleach and Bridget for the gifts of Death and Life.



Pebble beach on Iona. (This and the earlier picture of Iona are by Luisa Alison Carlow).

Courses, circles, retreats & transmissions

ISIS Trainings for September, October and November 2016

- 30 Oct** **ISIS Ceremony** - Day of the Dead 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
- 19-20 Nov** **The Healing Path of ISET - Part I** for those who completed the Spiritual Path I & 2
- 26 Nov** **ISIS Healing exchanges** for practitioners who completed the Healing Path 1 & 2

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 October, on the 10th, 24th and 31st, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL

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

Meditation

- 08th Oct** The **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00.
- 29th Oct** **Meditation Day - Celebrating the Light of Creation:** through spiritual practices we will experience ourselves as the Creative Power of the Universe and the Creation itself. The day is facilitated by Fi and Fotoula, in the Library of the Glasgow Theosophical Society, 10:00-16:30.

Fi continues to facilitate a heart-full meditation and chanting **circle** on Thursday evenings from 7.00-8.30pm. The circle meets on the 13th and 27th of October.

For more information email Fi: fi@isis-school.com

Residential Retreats

- 30-2nd Oct** After a year's 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.

Energy Transmissions (open to everyone)

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In October there is a transmission on the 12th and the 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 Friday morning, 21st of October at 11:00-12:00 UK time. There is no need to let us know if you are connecting with this Transmission.

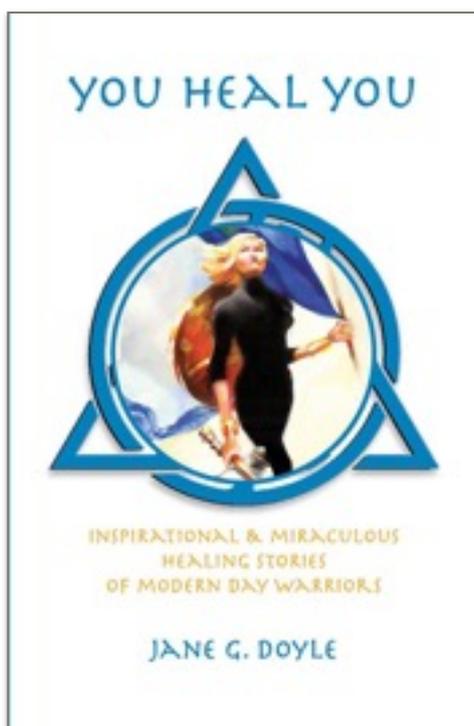
News of The ISIS School

Conference of Celebration of Life and Love

The Conference, organised for the first time in Scotland, took place on the 11th of September in the Salutation Hotel, Perth. Fotoula Adrimi was one of the guest speakers and her talk was about living life fully using the metaphor of the eagle. This was a day of transformation, where speakers, exhibitors and participants had the opportunity to touch their essence, the heart. The energy on the day was beautiful. It was humbling to see and experience what we can create when we come together and connect into the truth and beauty of who we are, beings of Love, embracing ourselves, each other and Life.



Left: Fi and Fotoula at The ISIS School of Holistic Health's table. **Above:** Fotoula, speaking at the Conference.



YOU HEAL YOU - A beautiful book of miraculous and inspirational true stories by Jane G. Doyle. Fotoula's story of reclaiming her spiritual life and purpose is featured in the book, chapter 22.

The book is available on Amazon UK, in paperback or kindle. <https://www.amazon.co.uk/dp/153527820X>

YOU HEAL YOU - Book Launch

Fotoula will launch the book at a talk in the Glasgow Theosophical Society, 17 Queen's Crescent, G4 9BL, on Thursday, 10 November at 7.30-9.00pm.

On the night there will be copies of the book for sale, for those who wish to purchase it.

Cost for the evening, is £3 for TS members, £5 for non members. All entry costs go to the TS, a non profit organisation.