

The ISIS School of Holistic Health Newsletter

Issue 31: January 2019



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



This is ISIS speaking as the Mother of Unconditional Love
(channelled by Fotoula Adrimi)

I have come to talk to you about the sacred that lives within you. The sacred is not in a far away place, tucked away beyond your reach. The sacred is inside you. It is the union between your Divine essence and the creative force of the cosmos that brings sacredness into your life. The creative force of the cosmos is the active power of unconditional love.

When you are touched by the sacred, you are touched so deeply that you may be overwhelmed by the power of love. This Divine touch expands your sacred heart centre. It cannot be denied or imagined. It leaves you in no doubt of its presence.

The union with the Divine power of unconditional love can transform you, and has transformed many. A person may feel so much love and shed many tears of grace. It can arrive at any time, as pre-preordained by your soul prior to incarnation. It happens for everyone at the right time.

As soon as this union takes place, it ends. This is because the conditioned mind steps in. Thoughts come and take you out of the space of 'no-thinking' that you found yourself in. These thoughts may judge what happened and dismiss the tears as childish, or you may acknowledge you had a spiritual awakening. There are many possibilities for what the mind may do.



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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When openings like this happen in your life, try to accept them with gratitude. Give thanks to yourself and the Divine essence for the sacred moments you experience. Then continue to live your life.

These events transform you from within. They do not belong to any dogma or religion. Everyone may experience them. However, your conditioning will dictate what you do with them.

For example, can you accept them and allow them to integrate within your psyche?

Or, will you indulge the mind that wishes to analyse, understand and label? There are no words or explanations that can describe these moments, for they are a state of being beyond human understanding. And for everyone, it is an individual experience.

In these times of global shifts in consciousness, as the Light flows, in answer to your soul's call for awakening, such moments of Divine union may become more common. Meditating,

undertaking heartfelt spiritual practices, communing with nature and unconditional acts of kindness, are ways in which you can prepare yourselves for the occurrence of such events, as well as their integration afterwards.

When Divine grace touches your heart, there is an outpouring of love from the core of your being. As you accept yourself in this state, such occurrences will become more frequent. You will find yourself being the open heart that clears the path towards enlightenment, and removes the limitations of the mind.

These moments of grace present you with choices. Do you treasure the new awakening and surrender to love? Do you continue to adopt the safety net of the old paradigm, born out of thousands of years of conditioned existence? It is your individual answer to these choices that can create a global shift in the collective consciousness.

Regardless of what you choose, grace will always flow towards you, looking for an opening to enter your Divine heart. Grace will seek you, no matter what you do, for inside your heart you are a being of Divine grace. Now, or in other times, lives, or forms of existence, you will be reunited with your essence.



*May the rising sun
within us warm the
world and All life*

*May we be the
One Sacred Heart
that lives in All*

The ISIS School of Holistic Health©

The Priesthood of the Light

ISIS continues

In ancient times, the Priesthood of the Light created a school to help people who wished to awaken. During those times, people looked for ways to expand into their essential Light, beyond any conditioning; to find themselves and come home to their authentic Self. Their path towards grace was supported by the community. The collective looked after the individual seeker, knowing that the seekers would, in their way, support the community. In time the seekers became wise teachers and mentors for their community. They were the ones who showed the way, based on their experience. But they only showed the way, it was accepted that everyone had freedom to walk their own path.



At some point the ego conditioning set in. The path became a dogma, and the spiritual practices of the Light were downgraded or hidden, to keep those seeking the truth in ignorance. Power was taken from the individual. The ruling class supported the established dogma so that they could control the populace. Spirituality became less about grace and individual awakening and more about obedience and guilt.

People, too frightened to divert from the established dogma, now feared God. Those that sought an alternative spiritual path were castigated for doing something wrong and betraying their community. This was the way of the darkness. And this heavy veil of ignorance created a deep separation in people from their Divine essence within.

Now, these ways are changing. People are finding their own path of direct revelation once more. The old regimes cannot sustain themselves as the Light is increasing and the darkness is revealed in the world. Dogma gives way to a true and authentic expression of spirituality; the spirituality of inner knowing.

A spiritual calling comes from the heart that wishes to find its way home, into the grace of unconditional love

The ISIS School of Holistic Health



Temple of Gaia

The Teachings of the Living Light

Fotoula channels a system of spiritual awakening based on the ways of the Divine Light, guided by ISIS, in her form as the Divine Mother. This system is based on spiritual practice and is experiential. The aim is for seekers to connect with the Light of the World so that they embody their inner Divinity and become consciously what they already are, the Living Light of All.

The Temple of Gaia: The Path of the Living Light / The Path of ISIS

The Teachings of the Living Light are a Path to Awakening and Ascension that can span lifetimes. These Teachings, also known as The Path of ISIS, aim to open us to the *Light of the World, so that we can become the Light*. The Teachings include:

- **Awakening:** Whilst on Earth our perspective is limited by the conditioned mind. The Path teaches the way of the heart, the connection to the Divine essence within.
- **Self-realisation:** When we connect with the Living Light, we understand deeper truths, including the essence of our own nature. As we practice these teachings we are guided towards self-realisation.
- **Embodied spirituality:** These Teachings take us, not only into higher spiritual energies and multi dimensional planes, they also bring everything back into the body.

Gate 1 - Four Foundation Courses:

The introductory course: Spiritual Path 1, is open to everyone

Spiritual Path 1: 01-03 Feb, Cost: £285, Dep: £140.

Spiritual Path 2: 27-28 July, Cost: £190, Dep: £95.

Healing Path 1: 12-13 Oct, Cost: £190, Dep: £95.

Healing Path 2: 15-17 Nov, Cost: £285. Dep: £140.

Gate 1 Courses can be booked individually or all four courses together for a reduced cost of: £850. Dep: £350.

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



Fotoula Speaks About Shamanism

Shamanism - The Way of the Drum

Almost ten years ago, in 2009, I facilitated my first shamanic group. In the group I used a picture of cave drawings. I understood that this Earth-

based spirituality was the way of the ancient ancestors, the first people of the planet, who still remembered their connection with spirit.



A Personal Reflection

I practise shamanism because I love this work. Nothing can prepare me for the unique experience of a shamanic journey and the ecstatic feeling that follows. Instinctively, I knew to keep my practice clean, free of any hallucinogenic substances, allowing the connection with spirit to come through the drum beat, my heart song and prayer. I surrender my body and mind to the enlightened beings that merge with me and guide the journey. I open the sacred place inside my heart, so that everything that happens is without judgement or preconceived ideas. I am in the flow. The power is strong, as it aims to heal, guide and bring me into a space of inner balance, spiritually and physically. This is a path of joy, love and sacred connection. The ego and conditioned mind have no place in this practice.



I seek to find the understanding that arises from within in a space where everything is possible when Divinely ordained. Realisation is born within me rather than learned from books or other people. A Divine hand makes its presence known. The opening of the heart is the way.

On pilgrimages I travel to places of power around the Earth, to stone circles, ancient temples, sacred hills and mountains, where the veil between the spiritual and physical realms is thin and the Light palpable. In my home I build my own sanctuary, my sacred space. I keep my



body clean. Years ago I gave up alcohol and instantly I found that my energy shifted to a higher vibration. Soon afterwards the TV exited the house. Toxic relationships also ended. In fact, anything that was limiting my spiritual process was gradually stripped away from me, even my town planning career.

Shamanism was never just another spiritual practice. It has become my life, who I am. It makes my heart sing and helps me make sense of the world. When I work, the energy is tangible. I could not envisage my life without it.

Shamanism - A Human Legacy

Some time ago I realised that shamanism is part of our human heritage. It does not belong to one tribe or nation, but to the whole of humanity. It was the spirituality of the cave dwellers, the people who lived in tree houses and lake houses that were built on stilts and the hunter gatherers who came to Earth to learn about physical life. In my ancestral lineage, the ancient medicine was practised by my great grandfather who lived on the Pelion Mountain, Greece. It was almost lost, but now it is re-emerging within me.

I share these ways through workshops, circles and a soul-expansive practitioner training course, guiding people to find their own way through the drum, the ancestral lineage and spiritual connection to the Earth and sky. I teach in ceremony, bridging the old traditions with spirit guidance for our modern times.

The ISIS School - News

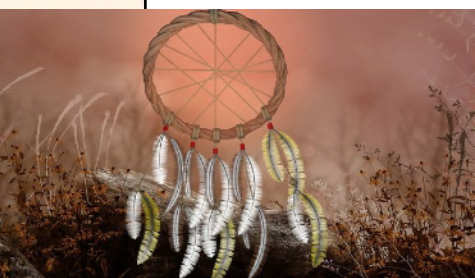


Shamanic Practitioner Training 2019

We have a few places remaining on our in-depth, spirit-guided and soul-expansive shamanic practitioner course consisting of a circle of 12 modules over 12 months and

one day (one weekend a month throughout 2019, starting 19-20th Jan finishing with a graduation ceremony Jan 2020).

Cost: £1,950.00 Deposit: £500.00. For more information email Fotoula: fotoula@isis-school.com or visit the website - <https://www.theisisschoolofholistichealth.com/shamanic-practitioner-course>



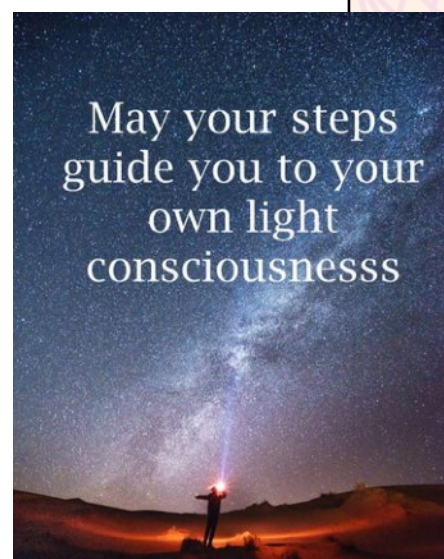
Shamanic Workshop: Medicine for the Earth, 23-24 Feb

A shamanic workshop working with the elements, space clearing, healing of ourselves and the planet. Cost: 185.00. Deposit: £90.00. For more info see - <https://www.theisisschoolofholistichealth.com/medicine-for-the-earth>

Light Activation Retreat - Summer Solstice, 21-23 June

Following guidance from Star Beings of the Light we are facilitating a **Summer Solstice Retreat of Light Activations**. The Star Beings asked us to book this date to coincide with the high vibrational cosmic energy that will flow to the planet during the solstice. Places are limited and confirmed by a £50.00 (if paid before 31st Jan guarantees you the early bird rate of £260.00). Otherwise the cost for the retreat is £290.00. (Cost covers all teachings, shared accommodation and all meals)

For more information, or to book, please email: fotoula@isis-school.com



Public Event - Book Signing Opportunity - 3rd March

Holistic Fayre by Source Events: AlonA Hotel, Strathclyde Country Park, ML1 3RT, Motherwell, North Lanarkshire

In March 2019 we will have a stall at the Source Events Holistic Fayre in Motherwell. Fotoula will be signing copies of her book - *The Golden Book of Wisdom: Ancient spirituality and shamanism for modern times* - and we will have information on our future courses and workshops. If you are free, we would love to meet you, Fotoula and Fi.



Courses, Circles, Retreats and Transmissions

ISIS Courses - February-March 2019

- 01-03 Feb** **Gate 1, Foundation Teaching, Spiritual Path 1** - Introductory course, for anyone wishing to begin their journey with the Teachings of the Living Light / the Path of ISIS
- 16-17 Mar** **OSIRIS Ascension Teachings, the First Circle** - for people who have opened Gate 2
- For more information or to book for any of the courses email Fotoula: info@isis-school.com

Glasgow Shamanic Circle - January 2019

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in **January - 14th, 21st and 28th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

Shamanic Practitioner Training - 19-20 Jan 2019 until Jan 2020

This is an in-depth **Shamanic Practitioner Training** that takes place one weekend a month throughout 2019 starting 19-20 Jan 2019 and finishing with a graduation ceremony in Jan 2020. To book for the Shamanic Circle or Practitioner Training email Fotoula: fotoula@isis-school.com

Shamanic Workshop - Medicine for the Earth - 23-24 Feb 2019

A shamanic workshop working with the elements, space clearing, healing of ourselves and the planet. For more info see the website - <https://www.theisschoolofholistichealth.com/medicine-for-the-earth>
Cost: 185.00. Deposit: £90.00. Email Fotoula to book a place: fotoula@isis-school.com

Monthly and Weekly Meditation Groups - January 2019

- 12 Jan** **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 meets three times in **January - 17th, 24th and 31st**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

Shamanic Residential Retreat - The Four Shields - March Equinox 2019

- 22-24 Mar 2019** **The Four Shields - Walking the Medicine Wheel** - Kilmartin Glen. We gather to step over the threshold and invoke the rite of the Medicine Wheel, through the Four Shields. Each shield has something to teach us, lessons about ourselves, lessons about life.

Advance booking is advised as spaces are limited, email Fotoula: fotoula@isis-school.com

Light Activations - Summer Solstice Retreat - 21-23rd June 2019

- 21-23 Jun** **Light Activations Retreat** - The Star Beings of the Light invite us to raise our vibration through chants, activations and a sacred illumination process to help us recall the gifts we bring to the planet. Cost £295, incl accom, food and teachings. £260 early bird rate.

Advance booking is advised, email Fotoula: fotoula@isis-school.com

Energy Transmissions (open to everyone, world-wide) - January 2019

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). In January Transmissions take place on the **16th, 23rd and 30th Jan**. Please email info@isis-school.com if you wish to connect with any or all of these Transmissions.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on **Sunday, 13th January from 16:00-17:00 (UK time)**. Please note there is no need to let us know if you are connecting with the Rays Transmission.

