

The ISIS School of Holistic Health Newsletter

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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)

We, the Enlightened Beings, come to you to talk about ascension. Ascension is possible and it is the key for exiting the conditioned existence, the physical reality. Ascension is not rejecting the physical, it transcends the physical.

The physical reality is a dream reality. Nothing you see around you is real. Only your eternal spirit, which is part of the One, is real. Everything else, even although it appears solid to you, is an illusion.

When you understand this, you will perceive your eternal nature and you will realise:

- you are in a dream;
- you are not matter, that all matter is part of the dream and that you can manifest matter;
- you occupy neither space nor time and you can manifest yourself in any space and at any time; and
- you are aware.

In this state the soul sees itself as a Being with its eyes fully open. It observes the other souls continuing to dream-walk in paths prescribed by their karma. The awake soul no longer dream-walks but observes.

What is the point of ascension?

When the soul awakens out of the dream and realises its essential nature of Light, it transcends the physical reality. Gradually the physical laws stop applying to such a Being. Even the body starts to transform into Light.



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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During earlier times on Earth, at what you now call, 'The Golden Times', souls came to the planet with full awareness of ascension. The bridge to ascension, that has its base on the crown chakra, was visible in the aura. Souls did not need to die to return to the spirit realms. Indeed, in these earlier times, there was no death. Souls ascended from the dream world through the bridge, which in some sacred texts is referred to as the rainbow bridge.

Nowadays this ascension point, the rainbow bridge, is closed completely in the majority of human beings. As a result the process of death was introduced so that souls could find a way back to the spirit realms.

Even though this point is closed, it can be re-opened through spiritual practices that invoke high vibrational energies. The Path of the Living Light that I teach is a path to open this point. Ascension is achievable when you work with the higher consciousness of the Living Light. During times of transition such teachings are re-introduced so that souls can rise above the conditioning and find themselves once more in the place of the observer, coming out of the dream world and transcending their reality into that of the One Eternal Spirit.

I teach these ways, as I always have, through my channel Fotoula. During many lifetimes Fotoula has seeded these Teachings of Light in this world.

The Path of the Living Light - Teachings of Light Spiritual Path of ISET, Parts 1 & 2

The **Spiritual Path of ISET, Part 1** is the introductory course for the Path of the Living Light teachings. In this first course participants are guided on a journey to integrate the sun and moon energies and merge with their Divine Self.



The next Course: 6-8 December 2019, 10:00-17:00; **Cost:** £285, repeaters £140. Dep 50%. **Venue:** Glasgow

The **Spiritual Path of ISET, Part 2** is the second course for the Living Light Teachings for initiates who have already completed Spiritual Path 1. In this course participants receive teachings on karma and will deepen their connection to their inner divinity.

The next Course: 27-28 July 2019, 10:00-17:00; **Cost:** £190, repeaters £95. Dep 50%. **Venue:** Glasgow

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



The Star Beings speak - Channelling from the Light Activations Solstice Retreat 2019

During the process of spiritual awakening your body becomes a Temple of Light. We ask you to take care of your body, your form, this Temple. In order to be a clear channel in the world it is important to keep the Temple clean. Imagine you have a Temple in the material plane and every day you go to the Temple to clean it and remove any vermin from it. It is the same with your body. There are different types of vermin in the material world and they come in various forms. One of the vermin is thought forms.

The thought forms that are around the Earth have an energy of their own and are fuelled by human emotions. There is so much fear, anger and separation in your world and if you fuel these energies they are also in your body. Consequently, your Temple is polluted by thought forms and what you can do, until you awaken, is to continue clearing the thought forms.

We ask you to be aware and notice when you feel the conditioning is pulling you away from your centre and out in a particular direction. See this as perhaps an addiction of the mind that arises from the disharmony and separation that exists around you. Understand also that this energy is not yours. You were not born with this disharmony. You acquired it from the Earth plane. The Earth plane is so dense that it creates and governs these thought forms.

We say to you that you are strong. You have no idea of your power and it is now time for you to exercise your Divine power and take back control from these thought forms; to clear yourself, your home and this planet of these discordant energies, for they are not part of you. They only exist in the Earth plane.

Activation and Clearing Practice

(Open sacred space by inviting the Star Beings of the Light and any other spirit teachers and helpers of the Light you work with. Or, you may have your own way of creating sacred space).

In this sacred space we, the Star Beings of the Light, invite you to welcome your eternal spirit that is free from these thought forms.

Imagine your eternal spirit is above your crown, radiating an immense Light - this is the Light of the One Divine Essence. This Light is centred above your crown chakra and it flows down into your crown, opening and clearing your crown chakra - flows into your 3rd eye, opening and clearing your 3rd eye chakra, flows down into your throat, opening and clearing your throat chakra, and then it flows into your heart, opening and clearing your heart centre from any discordant energies that exist there.

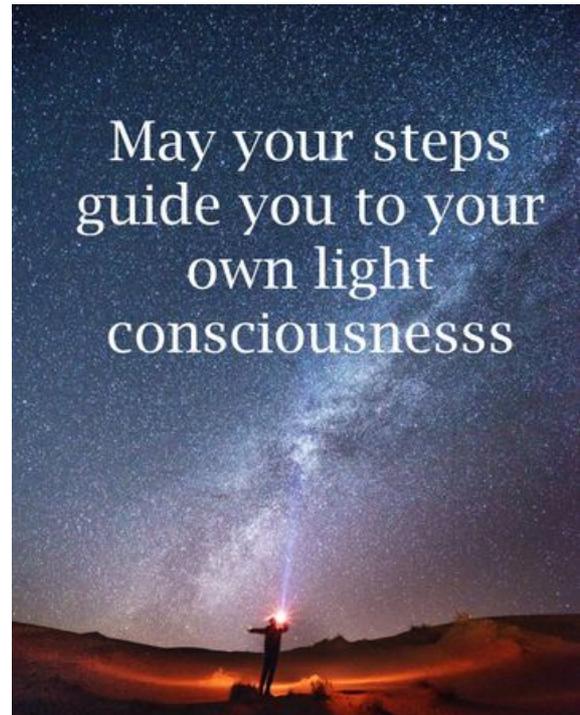
From your heart the light flows into your meridian channels and out into every aspect of your body, every cell of your body is bathed with the Light of the One Divine Essence.

Stay in this space bathed in Light for 15mins

Then, slowly bring yourself back by becoming aware of your body and your surroundings. Thank the Star Beings and spirit helpers asking that your space is closed and sealed and so are you.

We invite you to do this meditation for yourselves any time. It will help you keep your Temple clean and become more aligned with your spirit and your life purpose.

Your life purpose in this and other existences is awakening from the conditioning - finding your way back home into your One Divine Essence.



Working with Power Points in Nature

Fotoula says:

As a shamanic teacher and practitioner, I love to visit sacred sites and listen to the voice of the 'outside'. When I go to a sacred place, I go with my team of spirit helpers, the Enlightened Beings who work with me for the highest good. Some of these Beings are described as gods and goddesses in different traditions, such as ISIS and Shiva, whilst others are spirit shamans, who teach me about the ancient ways.



When I am out in nature I always honour the spirits of the land, as essentially I am coming into their domain. I make an offering of a medicine plant, such as juniper, and I ask for the place to guide me. Where do I go? Somehow, my feet find the way.

In June I accompanied some German friends to a rural site in Scotland. We walked on a path alongside a river, towards a waterfall. Then something made me stop. The spirits pointed to a small secluded beach on the opposite bank of the river and asked me to go there. We crossed a bridge and with my friends' help I scrambled along the riverbank to the beach. From this side the waterfall looked completely different.

The rock, over which the water flowed, was shaped like a dragon. One part of the rock was like the head of the dragon and we could even see an eye, while the folds of stone on the other part of the rock resembled dragon scales. From this angle we could see two waterfalls coming down over the rocks from different directions and meeting in the middle before falling together into a pool of water.

The spirits pointed to the pool at the bottom of the waterfall and said that, many centuries ago people would come to the pool seeking healing. As I connected with the water I could feel the feminine energy of the Great Mother emanating from the pool, as well as a child-like joy coming out from this beautiful place.

I took my shoes off to walk in the water, expecting the water to be freezing cold. Yet, when I reached the pool, the water felt warm. 'How is this possible?' I asked the spirits. 'The pool is welcoming you', they said. 'The warmth that you feel is the healing energy.' I could have stayed in the water forever as the moment was so beautiful and had a purity that one does not normally find easily in the conditioned world.



Meeting the sacred

In sacred sites like this, the sacred meets us. In this place I received a wonderful healing from Mother Earth, both from the healing waters coming out of the dragon-shaped stone as well as the joyful breath of the land that is so alive and spirited. Such places not only invite us to meet ourselves at a spiritual level, they also help us expand our consciousness. These sacred power points can be both a healer and teacher for us.

Reflecting on my many years of shamanic and spiritual practice I see how my soul yearns to spend time in these natural power points and sacred sites. For many years I have been holding retreats in Kilmartin Glen, a place filled with standing stones and stone circles. I have taken groups on pilgrimage to Iona, Orkney, Lewis and Egypt and now I am looking forward to facilitating a spiritual trip to Nepal

and Tibet in 2020 with the indigenous Himalayan Shaman, Bhola Bastola.

Walking in nature on sacred land, finding the power points that are formed naturally, can open our meridian channels and align our consciousness in the central channel. Most people's consciousness is off-centre due to our everyday life and busy mind. When our consciousness is out of the central channel, we are not connected to our inner voice, our intuition, and its guidance.

By stepping into the wild in ceremony we can cross into another world that is both physical and spiritual. This world opens its arms and holds space for us so that we can heal.

The ISIS School of Holistic Health - Pilgrimages

Fotoula Adrimi and Fi Sutherland work in ceremony in sacred sites in the UK and abroad. In September 2019 they will facilitate a spiritual journey to Egypt for ISIS practitioners. The ISIS School of Holistic Health is also organising a pilgrimage to Nepal and Tibet in 2020 and will visit Lhasa and Mount Kailash with the intention of spiritual rebirth.

Shamanic Practitioner Training - Oct 2020

The ISIS School, through Fotoula, offers a **Shamanic Practitioner Course** that enables personal expansion and the ability to work with clients. The course is based on the Circle of the Year and a Day, with 12 powerful weekends that cover all aspects of shamanic practice, and a graduation day that closes the Circle. The Circle begins on 10-11th October 2020.

The course is designed to take participants through the initiations of the shamanic path and teach the healing and spiritual work of a shamanic practitioner. Participants will work with spirit guides and teachers of the Light, to become the bridge between the worlds and bring the spiritual light into the physical reality.

The course will cover: cord cutting and dismemberment, ceremony, power retrieval, soul retrieval, shamanic journeying and divination, shamanic healing, shamanic transfiguration and medicine for the Earth, ancestral healing, death and dying, de-possession, extraction, moon and sun rites and shamanic re-birthing.

For more information or to book a place email Fotoula - fotoula@isis-school.com



The ISIS School - News

The Rays of Divine Consciousness Retreat 13th - 18th March 2020



After a gap of two years The School will once again facilitate **The Rays of Divine Consciousness Retreat** in the ancient land of Kilmartin Glen, Scotland.

The Retreat can be an important stepping stone towards spiritual awakening: it introduces a meditation practice that supports the transformation of the spiritual 12-stranded DNA; it includes initiations in sacred prehistoric sites; enlightened teachings; and, karma purification ceremonies.

The Retreat comprises five days from Friday evening to Wednesday lunchtime. As the maximum number of participants is 8, advance booking is advised.

Dates: 18:00 Friday, 13th March - 12.30 Wednesday, 18th March 2020

Cost per person: £600 twin room sharing, £625 small single bedroom, £660 large double bedroom (single occupancy), includes course fees and accommodation.
Deposit per person: £300/£315/£330

Book: To book or discuss the retreat, please email - fotoula@isis-school.com

Food: Participants provide their own breakfasts and lunches, and each person takes it in turn to cook a vegetarian meal for dinner for the group (*help will be provided with this if needed*)

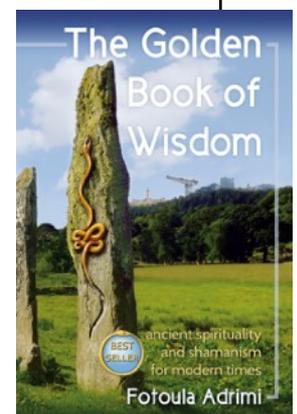
Venue: Ford, Kilmartin Glen, Scotland

The Golden Book of Wisdom - ancient spirituality and shamanism for modern times

*"Fotoula's book is written for us, the spiritual seekers. How can we heal?
How can we fly up to the sky? How can we return to Earth and keep the
lightness of spirit? How can we find our inner radiance?"*
(Sandra Ingerman, Shamanic Teacher)

Fotoula's book - **The Golden Book of Wisdom** - continues to be available both in paperback and kindle and in June it became an Amazon best seller for the second time. The book is a collection of 24 spiritual teachings from 'Reclaiming personal power' through to 'Awakening, Enlightenment, and Ascension', with practical applications.

The book continues to find its way into many people's lives and is currently being translated into Greek.



Courses, Circles, Retreats and Transmissions

Temple of Gaia - ISIS Courses - July, August, September & October

27-28 July **The Spiritual Path of ISIS, Part 2** - for practitioners who have completed Spiritual Path 1

31 Aug-01 Sept - **Spiritual Path of ISIS, Gate 3** - for practitioners who have completed both Gate 2 courses Teachings of the Living Light / the Path of ISIS

12-13 Oct **The Healing Path of ISIS, Part 1** - for practitioners who have completed Spiritual Path 2

ISSET Practitioners are also welcome to repeat any of the above courses (reduced cost). For more information or to book for any of the courses email Fotoula: info@isis-school.com

Glasgow Shamanic Circle - July

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet five times in **July - 1st, 8th, 15th, 22nd and 29th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

Saturday Morning Meditation Group and Weekly Meditation Circle

24 Aug **Saturday Morning 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 four times in **July - 4th, 11th, 18th and 25th**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

Shamanic Workshop - The Journey of the Shaman - 13-14th July

13-14 July **The Journey of the Shaman** - In this workshop you will learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination. **Cost:** £185. For more info - email Fotoula: fotoula@isis-school.com

Shamanic Workshops - Death and Dying Part 1 and Part 2

20-21 July **Death & Dying, Part 1** - *open to everyone*. We share shamanic teachings that help people die well and pass through the death portal to be reborn in the spiritual realms. We learn how to die skilfully and help others face the inevitable end of life and die well.

30 Nov- 01 Dec **Death & Dying, Part 2** - *for experienced shamanic practitioners*. In the second part of the workshop we focus on psychopomping, and learn how to safely help stranded souls who have not made it through the veil and who continue to haunt places on Earth.

Cost for each workshop: £185.00. **Deposit:** £100.00. **Bookings:** Fotoula: fotoula@isis-school.com

Spiritual Pilgrimage - Nepal and Tibet - 19th Aug-8th Sept 2020

Pilgrimage of Spiritual Rebirth - In 2020 Shaman Bhola Nath Bastola, 27th generation Himalayan Shaman, and Fotoula Adrimi join together to co-create a pilgrimage to Nepal and Tibet based on spiritual practice and shamanic ceremony, following in the steps of enlightened masters of those lands. For more info or to book your place - email Fotoula: fotoula@isis-school.com

Energy Transmissions (*open to everyone, world-wide*) - July and August 2019

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). Transmissions take place on the **3rd, 10th, 17th, 24th and 31st July**.

Please email info@isis-school.com if you wish to connect with any of the ISIS Energy Transmissions.

The **Rays of Divine Consciousness Transmissions** - The next Rays Transmission is on **Sunday, 25th August 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.