

The ISIS School of Holistic Health Newsletter

Issue 48: June 2020



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

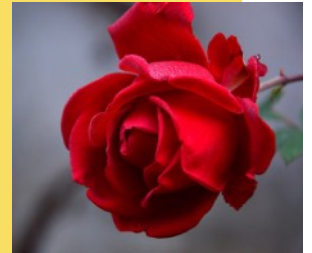


The Lineage of the Living Light - from Ancient Egypt to Ancient Greece

The rose that never withers

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

I call you to my Temple beyond space and time
To return to the place of infinite awareness
Where the Self and the cosmos are no longer separate
Where there is no separation between you and the Divine heart
Where I merge with you
For you are, 'the rose that never withers.'



In the early morning of 27th May, Fotoula had a dream. In the dream she saw herself in a small cave in the Greek mountains. This cave was a sanctuary to Mother Mary. At the back of the cave was a stone altar on which was an icon of the Mother holding the child. Fotoula woke up with the words of an ancient Greek mantra, which translated means: 'The rose that never withers.'

Later that day, during an ISIS Online Circle, Fotoula facilitated a visualisation for the Initiates of the Living Light, to connect with the sacred rose within and outside of them, through the light of the Great Mother.

The rose represents celestial beauty, infinity, and the Divine heart that holds, nourishes, and sustains all life, physical and spiritual. This power of the sacred rose is offered freely to those who seek it.

The Lineage of the Lotus/Rose - Atlantis, Egypt, and Greece

Through her journey with the Path of the Living Light, Fotoula has had key past life recollections. One of these related to the fall of Atlantis. Fotoula saw herself



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travelling in a boat along the river Nile and arriving at the Giza Plateau, where the three pyramids glistened under the sun. After Atlantis, Egypt became the next land where the teachings that form the Path of the Living Light, were taught and practiced.

In the 332 BC, Alexander the Great conquered Egypt. Instead of imposing his own culture on the Egyptians, he embraced the ancient Egyptian culture and spirituality. Alexander received the initiation of the 'Son of Amun' and became the first Greek Pharaoh. Following Alexander's death, his Greek successors, the Ptolemaic Dynasty, continued to honour the Egyptian culture, and a merging of the Egyptian and Greek culture took place. This gave birth to the Mystery School of Alexandria, the famous Library containing esoteric teachings, and the expansion of philosophy and spirituality throughout what later became the Roman Empire.



The Sister and Brotherhood of the Rose

In the sacred sites in Greece, Temples to ISIS, were built. In this way the lineage of the Great Mother continued. In Greece the Mother's symbol, the lotus, became the rose, and a Sister and Brotherhood of the Rose was established.

In the late 4th Century AD the mystery schools and temples were closed. The Sister and Brotherhood of the Rose went underground. They continued to follow the Path of the Living Light, carrying as its emblem the Mother holding the child, symbolising the unconditional love that sustains all creation. Mother

Mary and Mary Magdalene are now identified as the key figures of the Rose, holding this important part of the chain in the lineage of the Living Light.

The Sister and Brotherhood of the Rose anchored the energy of the Living Light in remote places and mountain sanctuaries. People can find these places and access the energy that is still there, when it is the right time for them.

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. 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 - 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



Shamanic Journey - The Path of Transformation

Fotoula writes

As a shamanic practitioner and teacher I work with my spirit helpers to bring healing to my clients and groups. One of the core healing methods is extraction of dis-ease that appears as external energy that invades a person.

A shaman can look at someone and see pockets of foreign energy that have attached to a person due to an imbalance within. The Shaman may be able to gradually remove (extract) these unhealthy energies and help the person heal themselves by claiming their own power and light.



This notion of removing, or extracting, energy that does not belong to a person, or place, may not always be effective. One of the reasons is that there are karmic forces generated by aspects such as patterns of behaviour, belief systems, accidents, family karma, that keep creating the circumstances that cause unhappiness, strife and dis-ease.

I was reminded in a vision of a different path towards healing - the path of transformation. For this path I was taken to the sacred land of Tibet. In the vision I saw myself with a group of people. We had gathered around a fire. We offered juniper branches to the fire, and as the smoke encircled our bodies and auras and then lifted into the sky, we knew our healing prayers were heard.

Through the ritual, the karmic forces that were creating the imbalances in us, were transformed as we accessed our Divine essence, our inner light. With the transformation of the karma, the foreign energies that were attached to the karma, also left. This transformation can be a way of re-establishing inner harmony.

This ritual cannot be shared. However, I have included a practice where you can work with the power of transformation to bring inner healing.

Practice: Accessing your Power for Transformation

Choose an issue that you are having difficulty with. (It is best to start with something small).

Rather than avoiding the issue, choose to focus on it and bring it close to you. Engage all your senses, including your imagination, and connect with the issue. If you could give the issue form, how would it look, smell, sound, feel and even taste?

Observe the issue with the curiosity of a scientist who is studying some phenomena, without getting attached to its story or emotions.

Imagine holding the issue in your hands and fully accepting it. Ask, "Why are you in my life? What are you teaching me? What is your purpose?"

Reflect. Have you encountered this issue before, perhaps in slightly different circumstances. Is this an issue that runs in the family?

The issue may or may not 'speak' to you. There is something you can give it. Your limitless, inexhaustible light.

Intend to access the power of your heart, the power of unconditional love. Offer the issue the food of light and love from your sacred heart. Imagine a fire of transformation that radiates out from your heart, and spreads golden light in all directions. Extend this light to the issue you are dealing with, unconditionally, with no attachment to any outcome.

The more light the issue consumes the more light your heart generates. Keep offering light to the issue until you experience a transformation in the issue.

Depending on the issue you are dealing with, your focus, and your experience with energy work, it may require one or more sessions to clear the pattern. The more you practice with this method, the more you access your power of transformation, and the more efficient the practice becomes.

At the same time as you are transforming your karma through the power of your heart, you are also transforming yourself. Regularly accessing your centre of unconditional love can create a genuine shift in your understanding and perspective of the world and your life. You have the opportunity to evolve and change from within.

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



Due to the virus lockdown we rescheduled our May and June programme and have been offering Circles and teachings online. As a result we would like to express our gratitude to the wonderful community of practitioners who have come together to share in our work.

Despite the limitations created by distancing and computer technology, the light and energy in the ceremonies and circles has been phenomenal.

We also appreciate that some of you from outside Glasgow and the UK, would not have been able to attend these circles if we were still meeting in person. Therefore, without the virus, the online way of connecting may not have happened. Perhaps this is the silver lining in what has been a surreal time for many of us.

We will continue our three online circles in June for the ISET practitioners of the Living Light (ISET Online Circle), the meditation and chanting circle and the shamanic online circle. On the next page we have provided the dates for these circles.

Our **Pilgrimage to Tibet and Nepal** will now take place from 10th Aug-2nd Sept 2021. We currently have four places available if you feel drawn to these sacred lands. The pilgrimage will be guided by The ISIS School's spiritual teacher, Fotoula Adrimi, and Himalayan Shaman Bhola Nath Banstola.



Join us in Meditation - Let us connect to the Light of our spirit

Every Wednesday morning from 7.30am-9am Fotoula and Fi invite you to meditate with them from your own home and create a global network of Light. You can do whatever meditation practice you choose and you may meditate for half an hour, an hour or 1.5 hours. If this time is not convenient for you for whatever reason, you can meditate at another time and intend to connect with us - our practice is beyond space and time.

The ISIS School - Online Classes

The ISIS School is currently offering several online Circles, as well as our regular Energy Transmissions. This is an opportunity for us to connect distantly and share practices that can help us better navigate this challenging time of transition.



Online ISET Practitioners Circle: 6th, 13th, 17th and 27th June

In the online circles for ISET Practitioners we share practices and teachings from the Path of ISET as well as visualisations led by ISET, and channelled by Fotoula, specific to each Circle. This is a beautiful way for the community of ISET practitioners to come together.

Dates: 11.00-12.30, Sat 6th, Sat 13th, Wed 17th, Sat 27th June

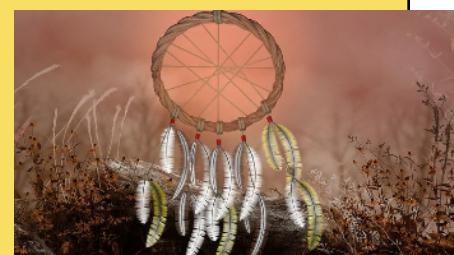
Cost: £10.00 per person (UK) each circle, £11.50 (overseas)
Pay via Bank Transfer (email info@isis-school.com of our bank details)
Or through PayPal using the email - info@isis-school.com

Online: Via Zoom

Online Shamanic Circle: Mondays 19:00-20:30

Fotoula has been facilitating a weekly shamanic circle since 2009. The circle is currently being held online, through Zoom. Dates for June: 1st, 8th, 15th and 29th.

The fee for each circle is £10.00 and you can pay either by Bank Transfer or via PayPal using the email address - info@isis-school.com. (Email info@isis-school.com for our bank details). The PayPal fee is £11.50 for overseas participants. For more information and to see the programme [click here](#)

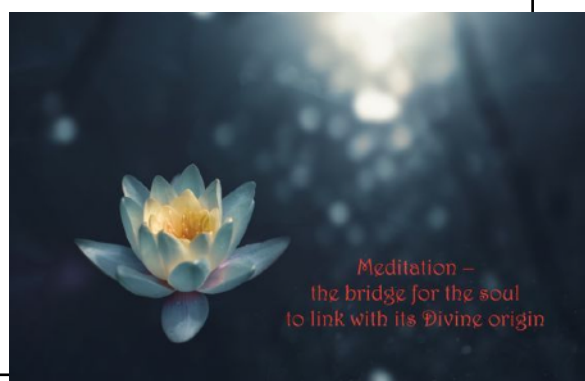


Online Meditation and Chanting Circle: Thursdays 18:50-20:20

Fi has been facilitating a weekly Meditation and Chanting circle since 2011. The circle is open to beginners as well as experienced practitioners.

Circle dates for June: 4th, 11th, 18th and 25th.

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. (Email info@isis-school.com for our bank details). The PayPal fee is £6.00 for overseas participants. For more information and to see the programme [click here](#)



The ISIS School - Weekly Energy Transmissions of the Living Light - open to all, worldwide

Four ISIS Transmissions in June - 3rd, 10th, 17th, and 24th

The energy of the Living Light, as channelled by the teachers of The School, Fotoula and Fi, as well as other practitioners, is a Golden Ray of unconditional love. This is one of the highest vibrational energies available to our planet. The energy works through our heart centre aiming to align us with our soul's purpose and our blueprint. The energy also has healing benefits.

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



In June there are four ISIS Energy Transmissions - **3rd, 10th, 17th and 24th**. Please email The School: 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](#)

The ISIS School - Transmission of the Rays of Divine Consciousness - 7th June

The Rays of Divine Consciousness are one of the remedies out of the state of separation into the state of wholeness. Practising the Rays can heal the separation that exists in our spiritual DNA and strengthen the wholeness part of the genetic code. They create powerful energy fields within us, fields of joy, grace, compassion, love and forgiveness, and take us on a profound inner journey of rediscovering our true nature. At the same time, the Rays can show us where we hold negative karma and separation patterns, which can manifest as blocked energy in the body.



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, 7th June from 16:00-17:00** (UK time). Please check your timezone if 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)