

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)

Many light workers despair about the state of the world. It is easy to be caught in the collective energy of pain, hate, anger or sadness. These are all aspects of the conditioning that lie inside you. If you are fuelling the collective consciousness with anger because of the state of the world, you are fuelling the conditioning and the status quo.

For example, if you are angry about the environmental pollution, you will emit this anger into the collective psychic energy. Even when you go to certain places to clear the rubbish, if you are immersed in anger about what is happening worldwide, then this anger stays in the environment.

We, the enlightened ones say to you it is wise to elevate your consciousness into love, service and acceptance. When you enter a state of higher consciousness, the conditioned emotions disappear. Instead, you are bathed in grace and unconditional love. This is the state of the enlightened spirits. If we were in despair, we would not be able to help in your soul development and assist the Earth's evolution.

It is like going to a physician with an ailment. The physician should meet you with compassion and care. She should not take on or develop the same ailment. If the physician is sick, she cannot help anyone, not even herself.



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This is why self-development and self-healing work is so important, so you do not take on the sickness of your world.

As you transform yourself and become more detached from the collective psychic emotional soup that covers your world like an impenetrable veil, you find your own centredness. In this centredness lies the power within, which is aligned with the Divine consciousness of your spirit. I have offered an explanation and a way to develop this type of emotional and energetic centredness in Fotoula's book, *The Golden Book of Wisdom*, chapter 24.

How can you access higher consciousness? Spiritual teachings of high etheric energy will enable you to gain a broader perspective about life and, at the same time, further your soul development and higher understanding. This is why I offer the Path of the Living Light, a vast body of spiritual teachings that my channel, Fotoula Adrimi, is making available through The ISIS School of Holistic Health.

Aligning with Higher Consciousness

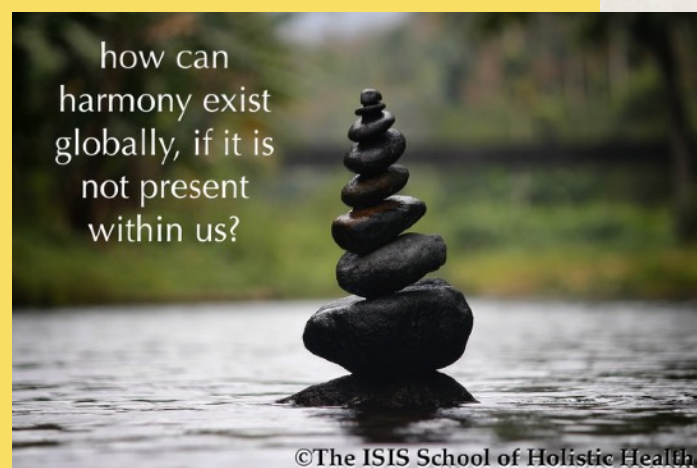
One way to access a higher spiritual state and start to overcome the collective conditioning is to merge spiritually with Beings of Light which hold this vibration. These Beings are not affected by the Earth's etheric energy. As you merge with them in meditation, you have the opportunity to raise your own vibration.

You will find that when you come out of the meditation, the world will start to affect you. Regular practice starts to shift the energy of the conditioning from your body. Little by little, you may notice that events that triggered you do not touch you any more, or not to the same degree.

The Practice

Find a place that is comfortable for you to meditate in. If you are out in nature take a moment to feel the energy of the place. If it is welcoming, then you could meditate there. If you are doing this practice in your home, you may wish to cleanse the room with incense with the intention of clearing any heavy energy that is there.

Quieten your mind by noticing the breath as it comes into your body and as it leaves your body. You may wish to imagine that you are breathing in the love of the Divine directly into your heart, and that you are breathing out the love of the



Divine that you are. Stay in this space, breathing in love and breathing out love for a few minutes.

Ask to be transported etherically into a Temple of Light, and feel or visualise yourself there. Then invite a Being of the highest and purest Light to come to you. You may already have such a teacher. For instance, some of you work with the Angels of the Light, Christ Consciousness, Buddha, power animals or deities. Others may decide to wait and see which Being of Light appears. These Beings of Light are all part of the same Divine consciousness but offer different experiences and gifts that help your own vibration.

Ask the Being to come close to you, and step fully into your aura. Feel their energy surrounding you and flowing through you. Enjoy this energetic exchange for a while.

In this space let all thoughts go, do not follow them. If you find yourself distracted, go back to your breath. When you feel the meditation is complete, bring yourself back by becoming aware of your body and the room or natural world around you. Thank the Being of Light for their gift and thank yourself for taking this time to receive it. Ask the Being to protect and seal you and your place before they leave.

The Path of the Lightworker

The combination of the high vibrational etheric Light and the meditation opens the path to awakening. As you bring Divine consciousness to yourself, you bathe the world with this Light. This is because you are not separate from the world. You are connected to all life.

As in the earlier example that left anger in the environment, this time you can leave beauty and grace. This is the path of the lightworker.

The Path of the Living Light - 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 that Fotoula is bringing to the world. 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: **Dates:** 14-16 February 2020, 10:00-17:00

Cost: £285, repeaters £140. Dep 50%.

Venue: Glasgow

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



Healing Waters



In the Celtic land there are many sacred wells attributed to different saints. Some of these wells are known as healing wells, where people bathed to restore their physical health. These healing pools have survived to this day. When Fotoula and Fi travelled to Wales, they first bathed in the freezing waters of St Winefride's Well in Holywell, Flintshire. Later, whilst visiting a church in the Holy Island of Anglesey, the local minister invited them to a community ceremony that was taking place around St Gwenfaen's Well, the following day.

The ceremony drew many people. People came with their families and pets to receive the healing from the sacred well. From the road everyone walked in silence to the well, where the minister stood and opened the ceremony with a prayer. She then shared the waters of the well in a similar way to a communion service. Some people went down to the well to put some water on their heads and body. One woman put some water around the infection in her dog's eyes, another filled her dog's bowl so he could drink the well waters.

Fotoula and Fi also went down to the well and after everyone had left, they remained for a little while in the energy of the site. There was a beautiful stillness around the well that permeated their body and mind. They felt as if they could stay there forever. In a vision Fotoula saw how many people, over thousands of years, had visited the well in search of spiritual healing.

In shamanism and the Celtic lore, wells and healing waters play an important role in clearing heavy energy and helping us raise our vibration. In a similar way to how water enables our body to function healthily and remove toxins, the element of water cleanses the planet and removes toxins from our environment. Water is also an etheric cleanser. It removes heavy energy such as fear, anger, sadness, despair etc that we project into the atmosphere.

Any system can, at some point, become unbalanced if it is overloaded. The imbalances that we are currently experiencing in the flow of water around the planet, droughts followed by floods, are indicative of such a predicament for the Earth.

The water element in shamanism is conscious. Dr Masaru Emoto's water experiments showed how water responded to people's words and thoughts. A study by Sandra Ingerman demonstrated how we can physically purify water through shamanic ceremony. The study also showed that participants also benefitted from the ceremony. Since our body is 50-65% water this is not surprising.



Ways to Purify the Water Element

We can also do simple ceremonies to help purify the waters of the planet as well as the waters in our body. These simple conscious acts from our heart can make a difference, especially as more of us engage in Earth healing. We can:

- sing to the waters. Our voice is a powerful centre that can radiate light. We can also sing to the water in a glass and imagine that we are singing to all the waters around the Earth, the oceans, rivers, streams, the clouds, the ice in the arctic circles. We can drink some of this water, offer it to our house plants or garden, or pour it into a body of water near where we live;
- bless the waters with the Light of our heart each time: we walk over a bridge under which is a stream or river, are at the sea, are out in the rain or even when we drink a glass of water;
- if we work with etheric energy we can take a moment during the day to offer healing to water; and
- in each spiritual practice, meditation, shamanic journey or ceremony we can place a glass of water on our altar or near us. At the end of our practice we can sprinkle some

water towards each of the four directions asking that the benefits of our practice go to all places and all beings around the Earth. Or we could take the water out to a place in nature or a sacred site and offer it to the land. We can also drink some of the water that has been energised by our spiritual work.



Fotoula Adrimi – Shamanic and Spiritual Teacher



Fotoula shares enlightened spiritual teachings and the ways of shamanism in her groups and courses. In February 2020 she opens a two-year training for women in ancient mysticism, called the **Priestess of the Moon**. During the training the participants will learn to work in ceremony for the highest good of the Earth, and perform ceremonies for their community as a spiritual celebrant.

The course is based on her long experience of working in sacred sites in Scotland and around the world with Enlightened Beings such as ISIS, Hekate, and the Cailleach Bheur.

Shamanic Practitioner Course

Fotoula also teaches an annual shamanic practitioner course, a ceremony of twelve modules over a year and a day. This is an opportunity for those who are called to work as shamanic practitioners to take part in a powerful and in-depth training. On the course people will learn ancient ways based on core, classic and cross-cultural shamanism, for the healing of themselves, each other and the planet.

Although the majority of people take this training to gain the skills and knowledge necessary to become a shamanic practitioner, it is also a pivotal course for personal and spiritual development and inner transformation.

For more information, please contact fotoula@isis-school.com or visit the [website](#).

The ISIS School - News



Radio Interview

Fotoula was interviewed recently by Alyson Dunlop who has her own radio station. Fotoula spoke about her work in shamanism, sacred site activation, the Rays of Divine Consciousness and the spiritual side of the human DNA. She also referred to the ancient prophecy about our world transitioning from the state of the conditioned mind into the state of the enlightened spirit.

In the interview Fotoula also discusses her own spiritual awakening, her work with ISIS, the ancient Egyptian Mother and other Beings of Light, and how we can elevate the collective consciousness by being in service as lightworkers. To listen to the talk click on this [link](#).

Public Talk - Dundee, Friday, 31st May

Fotoula will facilitate a mini workshop on shamanism, shamanic journeying and accessing parallel realities as a guest of the Dundee Theosophical Society. During the evening she will guide us through the drum into an experience of this ancient spiritual practice.

Courses, Circles, Retreats and Transmissions

ISIS Courses - May-June

18-19 May Spiritual Path of ISIS, Gate 4 - for practitioners who have completed Gate 3
Teachings of the Living Light / the Path of ISIS

14-16 June Spiritual Path of ISIS, Gate 2 - for practitioners who have completed Gate 1 courses
Teachings of the Living Light / the Path of ISIS

For more information or to book for any of the courses email Fotoula: info@isis-school.com

Glasgow Shamanic Circle - May

The Glasgow Shamanic Circle - the **Way of the Drum** will meet three times in **May - 6th, 13th and 20th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

Monthly and Weekly Meditation Groups - May

11 May 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 five times in **May - 2nd, 9th, 16th, 23rd and 30th**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

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

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. Advance booking is advised, email Fotoula: fotoula@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 how to help others face the inevitable end of life and die well.

30Nov-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

Energy Transmissions (open to everyone, world-wide) - May 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 **1st, 8th, 15th, 22nd and 29th May**. Please email info@isis-school.com 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 **Sunday, 12th May 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.