

The ISIS School of Holistic Health Newsletter

Issue 53: November 2020



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



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

The chaos that you see out in the world, reflects the chaos that is within you. Chaos is part of the state of duality and the experience of human life.

Life is asking you to become aware of the states of chaos that you experience. Notice how these states can take you out of your centredness. As you attach to them, they pull you away from yourself.

The forces of chaos in the world of duality work through the conditioning of the mind - the programming that has been around the Earth for thousands of years. This programming keeps re-creating itself and embedding into the body and mind. If you could energetically view your being, you would see the energy codes of the programming. These codes work through your emotions.

When something happens and attracts your attention, the programming tells your mind what to think, your body how to feel and, in many cases, how you should act. For most people this is an unconscious process, as few question their mind or the code.

To change the codes of the programming you need to work energetically as well as mindfully, and connect with expansive states of consciousness that give you access to the higher vibrational energies of light, and the wisdom of your spirit.

In the meditation practice in last month's Newsletter, I shared with you a way of getting in touch with your higher Self, in order to ask your eternal spirit two important questions. These questions were:

- How do I serve the whole?
- How do I serve myself?



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The same process can be repeated. You can ask your higher Self, or eternal spirit, to dissolve the codes of the programming that no longer serve you. This is a very individual process, as people will have different patterns that predominate. Everyone shares the same collective consciousness, but each of you chooses to experience key karmic teachings in your life.

Practice 2: Connecting with your Infinite Spirit and Sacred Geometry

- 1) Open your sacred space in your usual way. You may smudge, chant, or use a singing bowl to clear the energy. Invite in your helping spirits that work fully for the light to assist you in this practice.
- 2) Intend to connect with your seventh chakra, the crown chakra, at the top of your head. Imagine that the chakra is in the shape of a cone or a mountain, in a similar way to a Buddha statue (see picture).
- 3) On top of the mountain is an incredible star formation. From it, light, colour, and sacred sound emanate.
- 4) As you connect to the chakra, the sacred sound, light and colour flows down into your body and aura.
- 5) Now sing, in your own way, the sound of the vowel 'a' three times (as in apple). As a result of your singing the seed/origin of the sound that lies within the star formation on top of the crown chakra is activated, and energy flows into your body.
- 6) Sing the rest of the vowel sounds once to activate their seeds. Sing 'e' - as in echo; 'i' - as in e-book; 'o' - as in orange; 'u' - as in oodles. As you sing, the sounds and respective colour vibrations surround the star formation.
- 7) Within the star formation, a pyramidal structure is formed. Inside the structure is the essence of your higher Self. In your sacred space intend to connect with the infinite spirit that you are. As a result of your intention, the energy from your higher Self flows into your body and aura.
- 8) Now ask your higher Self - show me the codes of the programming that create disharmony in my life and how it operates. Receive a download from your higher Self in the form of etheric energy and knowledge.
- 9) As you begin the process of understanding the workings of this code, say to your higher Self, "I thank you for making me conscious of what this code has created in my life. I now ask this code to be replaced by the seed of the enlightened wisdom mind. May I be aware. May I be awake. May I receive the activation of the inner knowledge that exists within me."



- 10) Your higher Self now sends a download of energy into your body to open you up to your inner wisdom. As you receive this energy, it starts to spread like a fire of light that uproots, burns away and clears the old codes. At the end of the process the seed of wisdom emerges inside your heart centre. Stay in this state for 15 minutes.
- 11) The pyramidal structure and surrounding star formation then transform into light, and form a ball of light. The ball radiates a subtle energy all around you and your aura.
- 12) When you are ready, gently bring yourself back from the practice, by slowly becoming aware of the room around you and your physical body. Give thanks to your higher Self, your infinite spirit. Thank your spirit helpers and release them, asking that before they go they completely seal and protect yourself and your room.

You can repeat this practice as often as you feel you need to.

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. Through eons of time, these teachings have been a spiritual path to Awakening and Ascension. This course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development. **Next course: 9-11th April 2021.**

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

Online ISET Practitioners Circle: 15th November

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices.

Date: 11.00-12.30, Sunday 15th November

Cost: £10.00 per person (UK), £11.50 (overseas) Pay via bank transfer, or through PayPal using - info@isis-school.com



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.

Spirit Shamans - The Shamanic Ancestors

When we open up to the shamanic ways, it is typical to encounter spirit beings who belong to different shamanic traditions. In Fotoula's first shamanic journey she met a Native American shaman who was sitting outside a teepee. The shaman took Fotoula for a walk along a desert plateau and spoke to her about her life and the choices she had made that led her to this moment. He explained about 'the spirit medicine path' (his words).

Many of the spirit shamans who come forward to help shamanic practitioners have lived a human life. Rather than move on in the spirit realms, part of them has chosen to stay behind and continue their work in the alternative reality, teaching anyone who wishes to learn these ways. This is not the same as soul loss, as this part that remains is fully conscious of their choice.

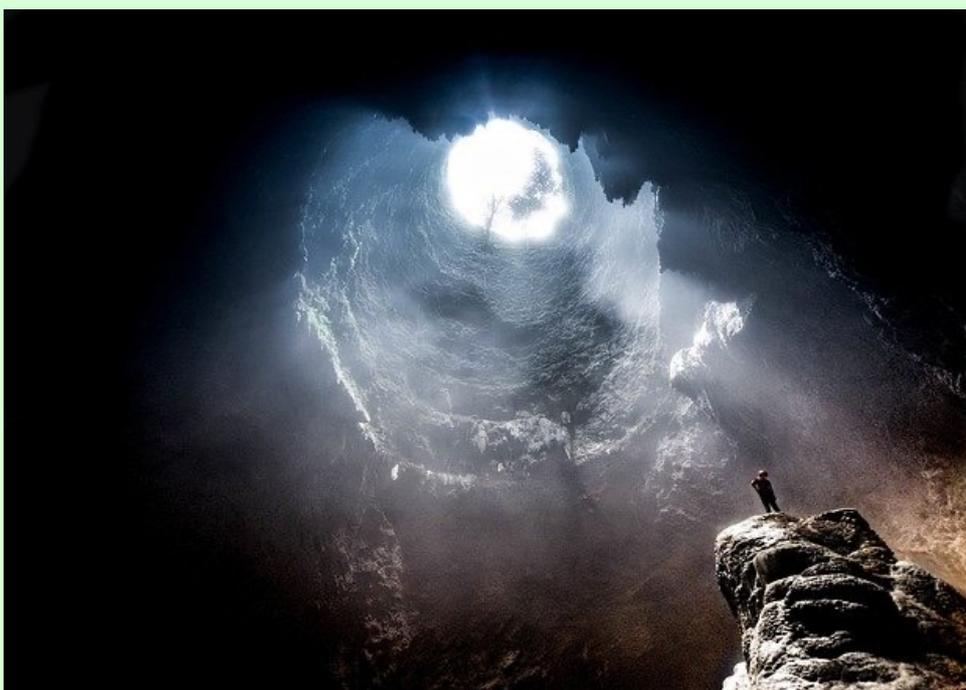
The spirit shamans are not interested in which culture we are from, our background or our knowledge. Our vibration and level of consciousness attracts the right teacher to us for a period of time. As we evolve spiritually, our spirit teacher may change. We have graduated from one class and another teacher comes to work with us in the next stage of our learning. When this happens it is important to thank the spirit helper who is leaving and not be attached to them. We let them go with gratitude and continue on our path.

One way to meet the spirit teachers is to journey to the cave of the ancestors. This is a place where we can go and re-affirm our wish to work with them. The ancestors work through unconditional love. They are full of compassion and understand the complexities and challenges of human life. They wish to help us develop a deep connection with ourselves, the Earth and the All That Is. They say that when we do this, we will discover our inner beauty and the beauty and joy of life.

Journeying to the Cave of the Shamanic Ancestors

Smudge yourself and your room with sage or incense and create your sacred space. If you wish you can create a small altar. On the altar have a representation of the four elements (wind/air - incense, water, fire - candle, earth - stones or crystals). *(For more information on how to create a shamanic altar see Fotoula's book, The Golden Book of Wisdom, chapter 9: The Spirit World: Lifting the Veil).*

Call in the Divine, in whatever way you understand this, and ask the Divine to support you



in your journey. State your intention to journey for the highest good to the cave of the shamanic ancestors to seek help and guidance to walk your shamanic path.

You can sing a song, rattle or drum or simply whistle. Your voice and the drumming and rattling create sound waves that increase the vibration of the energy around you, and open your energy field to the shamanic energies. After a while you can play a shamanic drumming track as you sit or lie down and journey to the cave of the ancestors. (Alternatively you can journey in silence).

In the journey you will find yourself in one of the direction poles of the Earth where this place exists. In this place you will be greeted by one of the guardians. When you meet them, re-affirm your intention to learn the shamanic ways from the ancestors. The guardian will cleanse your aura and take you inside the cave by a fire where the ancestors wait for you.

Stay with the ancestors as they come to speak to you. One of them may be your main shamanic spirit teacher. You may feel your body expanding as your vibration changes. A resonance is built between you and the helping spirit so that you can work together easily. Sometimes, you may experience a merging with your spirit helper that takes place in your physical body. If this happens, relax in the process. The spirit helper is connecting to you at a deeper level through the merging. As the journey continues you may see, hear or know that information is being imparted to you.

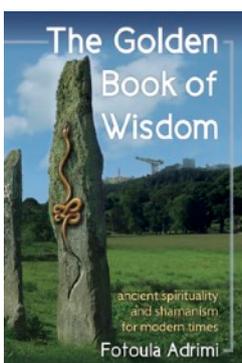
At the end the spirit teachers step away. When they do thank them for all their help and their invaluable contribution to you and the people on Earth who wish to walk a spiritual path.

Then retrace your steps. See yourself leaving the cave of the ancestors and coming back to your own reality, gently and slowly. Drink some of the water from the altar and also offer what remains to the Earth, either out in nature or to your house plants.

Once more thank all your helping spirits and release them. Ask that before they go they completely protect and seal you, your sacred space and home.

After the journey make a note of all that happened - how you felt, what information you were given. And re-affirm your commitment to work with the ancestors. In the days following the journey look for signs from spirit in nature, dreams and in your everyday life that your helpers are around you, walking with you. And note them in your journal.

For similar journeys of merging with your spirit helpers see Fotoula's YouTube video - https://www.youtube.com/watch?v=ZyB3REH_B3g



Fotoula's Book - The Golden Book of Wisdom ***ancient spirituality and shamanism for modern times***

Fotoula's book is a roadmap to spiritual awakening, accessible to all. *The Golden Book of Wisdom* reaches into the depths of your soul to help you retrieve the diamond within. In the book, Fotoula combines her extensive therapeutic experience and the latest theories of modern psychotherapy with ancient esoteric knowledge.

Fi's Book Launch: 10.00-11.00, Saturday 31st Oct (UK time)

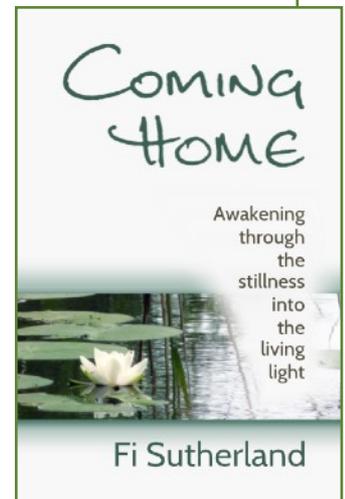
Coming Home - awakening through the stillness into the living light

Fi speaks about her book in this video
- <https://www.youtube.com/watch?v=w7bfohHUXKw>

We are delighted to announce that Fi's book, which is both a guide and memoir to the awakening process, has now been published. The book will be launched in an online event organised by Kim McLeod from IndieAuthors World who will interview Fi about her book.

The launch - 10.00-11.00am Saturday, 31st Oct is open to everyone. If you wish to attend the link below will let you register for the event, and then you will receive the necessary details about how to join the zoom room via email from Event Brite. Tickets are free and issued on a first come, first serve basis.

<https://www.eventbrite.co.uk/e/fi-sutherlands-book-launch-celebration-tickets-121388774091>



Courses, Trainings and Pilgrimage

Temple of Gaia - Teachings of the Living Light/Path of ISIS

15 Nov **11.00-12.30 (UK time) ISET Practitioner Circle**, open to all ISET Initiates

28-29 Nov **The Healing Path of ISIS, Part 1** - for practitioners who have completed Spiritual Path 2

Shamanic Practitioners Training - A Circle of 12 modules over 12 months and one day - starts 23-24 January 2021 - finishes 23 January 2022

Join a powerful and in-depth shamanic practitioner training to learn and practice these ancient ways. The course is designed to take participants through the initiations of the shamanic path and teach the healing 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. It is a comprehensive course offering a strong foundation for shamanic practice.

For more information see the [website](#). For bookings email Fotoula - info@isis-school.com

Spiritual Pilgrimage - Nepal and Tibet - 10 Aug-02 Sept 2021

Pilgrimage of Spiritual Rebirth - In 2021 Himalayan Shaman, Bhol Nath Banstola, 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

November dates for Circles and Energy Transmissions

Online Shamanic Circle - Monday Evenings: 19.00-20.30 (UK time)



Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets four times in November: **2nd, 9th, 23rd and 30th**. 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 Chanting and Meditation Circle - Thursdays 18.50-20.30

Fi's meditation circle is open to beginners as well as experienced practitioners. In sacred space we bring together the wisdom from different spiritual traditions and weave it in a way that supports us at this time.

November dates: 5th, 12th and 26th

The cost of the circle is £5.00 / £5.50 overseas - payment is by bank transfer or via PayPal using the email address - info@isis-school.com. For programme details [click here](#)



ISIS Energy Transmissions of the Living Light - November 2020

The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the healing qualities of the Living Light.

In November there are four ISIS Energy Transmissions - **4th, 11th, 18th and 25th**.

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](#)

Rays of Divine Consciousness Transmission - 15th November

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness. Everyone can experience and receive the Rays, through this distant transmission.



The next Rays Transmission is on **Sunday, 15th November from 16:00-17:00** (UK time). Please check your time zone when 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)