

# The ISIS School of Holistic Health Newsletter

Issue 23: May 2018



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



## **These are the words of ISIS, as channelled by Fotoula Adrimi**

Spiritual Practice has been deepening. With so many people around the world connecting to high vibrational energies, a unified field of light has been created. This field of light is strengthened by all the people connecting through their heart, and it continues to grow and consolidate in intensity.

Every time you meditate, journey or facilitate a ceremony for yourself and/or your community, you contribute to this field of light. This field encircles the whole Earth as people connect from different parts of the world.

At the same time, the unified field, that is supported by all individual practitioners, supports your own soul's expansion. In the past people practiced for many years, and sometimes for their entire life, before they could connect to higher states of awareness. Now this can happen much quicker and at a more profound level. Even if your mind still wants things to happen instantly, in comparison to the past, spiritual experiences are more common.

As the field continues to expand and circle the globe, it send waves of light to all aspects of life. Consequently, you may become more aware of a need to surrender instead of pushing forward, and a need to act rather than being complacent.



To contact [The ISIS School](http://The ISIS School) or join the mailing list and receive the monthly newsletter, please email: [info@isis-school.com](mailto:info@isis-school.com)

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The field enables you to access the Divine wisdom within, but it is always your choice on how to act or be. Do you let the conditioned mind and past experiences of fear and lack formulate the way of your life? Do you give everything up because you are looking for an escape from life into a spiritual paradise? Both of these opposing avenues lead nowhere. The way of Divine connection is one of flow.

To access flow, see yourself as the flow of life, by connecting to your Divine wisdom. This is available to you right now, through spiritual practice. Connect with the unified field, enabling transformation, even if it is short-lived and needs to be sustained. Release your need to control and react. Instead embrace your ability to flow and act.

## Connecting with the Unified Field of Light

### A Meditation

Through the power of your breath, bring yourself into a place of stillness. Breathing in, breathe in the light of the cosmos. Breathing out, release the light of the cosmos into the world.

Imagine that you are breathing in and out of your heart, where the power, the light of the cosmos, resides. Breathe in and out in this way for a few minutes, centring yourself in your body.

In this space ask to connect with the unified field of light that exists all around the Earth. A ray of light flows to you as you link into this network. The light is pristine, pure and clear; the light of the human heart; the Divine essence. Receive this light in your body for a little while acknowledging the contribution of all spiritual practitioners, past, present and future, who have created and sustained the unified field of light through eons of time. Also, see yourself as one of these practitioners, as you receive the goodness and benefit from everyone's spiritual work.

From your reproductive organs, the root chakra, imagine an energy line extending into the Earth. Now let the high vibrations of the unified field of light flow from you into the Earth, bringing love, healing and transformation to the planet and to all beings who wish to receive this light for their highest good. As you receive this light, so does the Earth Mother and any of your sisters and brothers who wish to connect. Stay in this space for a few minutes.





As the energy intensifies the light from the field becomes like droplets of rain. It flows like rainwater from the sky, over the whole of the Earth. It brings healing to the four kingdoms: the stones and the soil, the plants, the animals and to human beings. It purifies and cleanses the atmosphere, the waters, the earth and enlivens the fires of change.

In this way you actively empower the field through your spiritual practice and share the merits with yourself, the Earth and all beings. Know that each time you radiate the light of your heart, no matter what your practice is, you contribute to the Light of the World.

This visualisation is available on youtube: <https://www.youtube.com/watch?v=V4yD88egWOw> and as an audio file to download from on our website. To access the audio file click [here](#)



## The Journey to Egypt - Land of the Light, Sept 2019



The first time Fotoula was invited to facilitate a trip to Egypt was through a dream. The ancient Egyptian Mother, ISIS, came to Fotoula and invited her to take a group of practitioners to Egypt on a spiritual pilgrimage. In the dream ISIS showed Fotoula the complete itinerary; the number of people attending, the most important sites to visit, and the dates of the trip which would culminate in an autumn equinox ceremony inside the King's Chamber of the Great Pyramid. This magical journey took place in 2010.

The second time Fotoula was invited by ISIS to go to Egypt was the March equinox 2011. Fotoula organised the trip but she was concerned as it was due to take place shortly after the revolution. However, all the participants were keen to travel and the guiding spirits had shown Fotoula that the timing was perfect: there were practically no other tourists and the group was able to perform many ceremonies in ancient sites completely undisturbed, and sometimes even assisted by local healers.





The third trip was in 2014, as part of the Priestess of the Moon programme. And then nothing. Even though people were enquiring about another pilgrimage, there was no word from ISIS.

Then, at the beginning of this year, the Egypt dream came once again. In the dream Fotoula was walking with ISIS in the Temple of Ramses III, in the West Bank of Luxor. From there, the group

visited Temples along the Nile down to Aswan and then over to Dendara and Abydos. The pilgrimage concluded in Cairo inside various pyramids, each offering a transformational opening and heightening of people's vibration.

In the dream, at the end of the pilgrimage, Fotoula saw an image of a constellation in the night sky made up of each participant's star light.

### **The Pilgrimage**

It will be a small group so that we can immerse ourselves in the light of this work. Prerequisite for the pilgrimage is:

#### **The Spiritual Path of ISET, Part 1.**

Details of the trip are currently being formalised. At the moment the trip will include: The Temples in the West Bank of Luxor, the Temples of Karnak and Luxor, the Temple of ISIS in Phillae at Aswan, possibly the Temple of Horus in Edfu, the Temple of Hathor, the Divine Mother of unconditional love at Dendara, the Temples of Osiris and the mysteries of death and rebirth at Abydos, the Pyramids of Giza, Sakkhara, Dashaur and possibly Maidom.

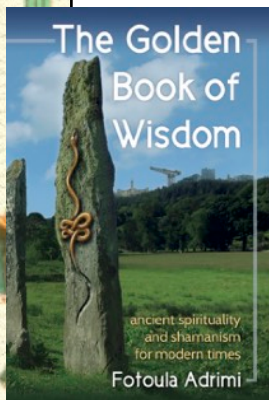
This is a general itinerary as we will also go with the flow and stay open to other sites and synchronicities along the way. For more information or to book email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)





# The ISIS School - News

## The Golden Book of Wisdom Launch



Fotoula and Fi would like to extend their heartfelt gratitude to everyone who came to the launch of Fotoula's book. We were so touched by people's support and interest in the book and it was lovely to connect with those of you we had not seen for a while.

We would also like to extend our gratitude to everyone who has purchased a copy of the book. We have already received wonderful feedback with two people describing the book as an 'inspirational labour of love'. We are delighted.

For those of you who are online we would be very grateful if you would consider leaving a review on Amazon - [amazon.com](https://www.amazon.com) preferably, but if not possible [amazon.co.uk](https://www.amazon.co.uk) is fine.

Many people have also commented on how incredible the cover is. This was another labour of love by Eryn Strachan, [www.moonwoodarts.co.uk](http://www.moonwoodarts.co.uk) We offer a big thank you to Eryn for her amazing dedication, inspiration and creativity.

We are also happy to announce that the book is now available for purchase in two independent shops: [Opal Moon](#), 136 Queen Margaret Drive, Glasgow and the [Martyrs Bay Shop](#), Iona.

### Facebook Group

The School has created a closed group, [The Golden Book of Wisdom](#), on Facebook for readers who wish to work with the teachings, share experiences or have questions about the material. If you are interested in joining the group you can ask to be invited on Facebook.



## Monthly Meditation and Personal Development Group

**10.00-13.00, 12 May, Glasgow Theosophical Society**

Each month Fotoula and Fi facilitate a Saturday morning of meditation and deep connection with the Infinite within us. The theme for each group is based on a spiritual teaching to aid soul evolution and detach from the patterns which limit us from connecting with our true essence. The aim of the practice is inner transformation; to bring ourselves into heightened states of awareness to access our Divine potential and lift the conditioned veil. If you are interested in coming along to the May group please email Fi, [fi@isis-school.com](mailto:fi@isis-school.com)

# Courses, Circles, Retreats and Transmissions

## ISIS Refresher Day and Courses - May-July 2018

**26-27 May** **The Path of ISIS, Gate 2** – for practitioners who have completed Healing Path 2 and are working with the Teachings

**21 July** **ISIS Refresher Day** – an opportunity for ISET practitioners to practice together

**27-29 July** **Spiritual Path 1** – for anyone who wishes to begin working with the ISIS teachings

To book for any of the courses and the Refresher Day email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Glasgow Shamanic Circle and Shamanic Workshops - May-June 2018

The **Glasgow Shamanic Circle** – the **Way of the Drum** will meet twice in **May - 14th and 21st** at the Glasgow Theosophical Society, 17 Queens Crescent.

**01-03 June** **Shamanic Healing with Spiritual Light** – learn the art of shamanic healing through healing rituals, transfiguration and work with the four elements

**15-19 June** **The Path of the Jaguar - Soul Retrieval Practitioner Training** – in-depth 5-day course which will give you the skills to bring back soul essence and life-force for your clients

**30 June- 01 July** **The Path of the Jackal: Death and Dying Workshop - Part 2:** (for experienced shamanic practitioners who have completed Shamanic Extraction training). In Part 2 the focus is on depossession, learning how to safely help stranded souls.

For more information or to book a place on any of the courses email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Meditation Groups - May 2018

**12 May** The **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 four times in **May - 3rd, 10th, 17th and 24th**. For more info and to book for any of the meditation groups, email Fi: [fi@isis-school.com](mailto:fi@isis-school.com)

## Residential Retreat - 2018

**02-04 Nov** **The ISIS Spiritual Retreat** – Kilmartin Glen. The Retreat is a beautiful way for ISIS Practitioners to immerse themselves in the Teachings of ISET. Open to everyone who has completed Spiritual Path 1.

Advance booking is advised as spaces are limited, email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Egypt Pilgrimage - September Equinox 2019

**September Equinox 2019** **Pilgrimage to Egypt** – As guided by ISIS, The ISIS School will lead a pilgrimage to Egypt around the September Equinox 2019. The initial itinerary includes: Luxor Karnak, Aswan, Phillae, Dendara, Abydos, Giza (*Prerequisite - Spiritual Path of ISIS, Part 1*)

## Energy Transmissions (open to everyone, world-wide) - May 2018

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In May Transmissions take place on the 2nd, 9th, 16th, 23rd and 30th. Please email [info@isis-school.com](mailto:info@isis-school.com) if you wish to connect with these Transmissions.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on Sunday, 13th May from 14:00-15:00 (UK time). Please note there is no need to let us know if you are connecting with the Rays Transmission.