

# The ISIS School of Holistic Health Newsletter

Issue 44: February 2020



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



## **This is ISIS speaking, the Mother of Unconditional Love**

*(channelled by Fotoula Adrimi)*

To succeed in your spiritual work it is helpful to walk a path of integrity. This is not always easy, as there are many ties to the world - needs and desires - that form cords to your solar plexus. These cords pull you away from the centre of your being and take you off your path.

Walking a spiritual path and leading a spiritual life is like walking on a knife's edge. The further you are on the path, the narrower the edge becomes, and the more the mind tries to pull you away from your core.

Remember that inside you lies a silent observer who has no judgement of you.

Everything you do and experience is neither good or bad, it is what you chose in the moment. Life is always adjusting and re-adjusting itself based on your thoughts, emotions and actions. You are the creator of your inner and outer reality.



### **Creating Karmic Seeds**

The cords that pull you out of your centre, the programming of the planet, are karmic seeds; experiences you have generated for your own soul evolution.

Imagine that you decide to do something because it may offer you a short-term gain, even though you know it is not for your highest good. The ego mind justifies the action as necessary. Deep down you know it may not be quite right, but you listen to the ego. The ego pulls the cords and you ignore your inner voice that expresses doubt. You have now moved away from your core. The ego mind

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has your attention, and the inner voice becomes quieter. Even if everything goes wrong the ego will defend your actions. The ego mind rules you.

This is the situation with many people on Earth. Their mind says, "Do the wrong thing because it's not really wrong, it's a way to survive." As a result, their life may cease to flow. The world reflects the inner disconnection and imbalance, that derives from acting from the conditioning.

There comes a time in everyone's experience when there is so little awareness, that the ego mind completely rules the individual. A person may have no idea that they have walked away from their centre and that they are hurting themselves continuously by the generation of karma. Then the person may blame others or life for their misfortunes.

### **Connecting with Your Inner Voice and Centre**

We, the enlightened ones, advise you to keep finding your centre, no matter how many times you move away from it. Release all judgements from the past, as life has no judgement of you. Instead, make a commitment to live life from the centre of your being and walk your soul path guided by the awareness of the inner voice.

Paradoxically, walking away from your centre is also part of your path. How would you know what you are capable of if you are always centred? This is what you are here to find out. In a roundabout way you find the path back to yourself, after having experienced its loss through the programming of the planet. The way back is through the path of spirit.

The Earth reality is currently experiencing a shift in consciousness. High vibrational energies are flowing to you to help you increase your awareness and question the reality that has been created through the ego mind, individually and collectively. This shift may bring you different choices that call for different responses rather than your habituated actions. You are in a space of transition from the ego back to the heart. In this time, start to connect once more with your inner voice and let it guide your actions, thoughts and words.

The path of ascension  
into the radiance of your spirit  
is your birthright



# A Shamanic Ceremony for the Manifestation of a Romantic Relationship

There are many reasons why people seek a shamanic practitioner, from dealing with grief, depression, mental and physical illness to soul loss, seeking advice from spirit and gaining awareness of their spiritual path. Sometimes a person may contact a practitioner looking for help to find a romantic relationship.

Fotoula has worked with many people who wanted a relationship. Usually the people have a list of the qualities they are looking for in the other. Essentially what people wish for is to be loved and accepted, and to find someone who will share their life and bring joy and happiness. Accordingly, Fotoula would do a shamanic ceremony to ask the spirits to clear the way for the person to experience a relationship, if this is meant to be for their highest good.

## Relationships for Our Soul Evolution

Problems can arise when spirit listens to our prayers from the perspective of what serves the highest good of our soul. In this case spirit may say, "I see what you want but inside you is a pattern of thinking that attracts the 'wrong' people. Of course, the people are not really 'wrong', they are teachers that, sometimes in a difficult way, will show you what happens when you lose yourself in unhealthy thinking and act out of those patterns. Before you can manifest the ideal relationship, I will take you through a series of 'teachers' who will help you become aware of how this pattern does not serve you. Then, you can change your thinking and behaviour and the relationship you seek may come to you."

These unhealthy patterns we carry can be based on our personal life experiences or on beliefs/energies adopted from our ancestors. These patterns and beliefs can be identified through a shamanic journey.

## Staying Single

Alternatively, spirit may advise us to remain single for a few years as we are not in a position to create a good relationship. Even if we were to meet the person of our dreams, our issues would cloud our judgement and actions and we will create unhappiness for ourselves and the other person.

Spirit may say, "Take the time to discover yourself and heal any unhealthy issues and thinking. I will keep everyone away from you until you are ready. Then your manifestation ceremony can be fulfilled."

## The Power of Shamanic Ceremonies

Shamanic Ceremonies are very powerful intentions. Therefore, it is advisable to work with enlightened spirit teachers who only work for our highest good. In Fotoula's first shamanic training the teacher shared a classic shamanic story.

A woman was in a relationship and she asked her spirit guides if they could manifest a marriage proposal. The spirit guides agreed since this would be a good relationship for her. The woman married the person. The marriage turned out to be a very difficult experience for her and she divorced her partner.

After the relationship ended the woman asked her spirit guides why they had given her the wrong advice. She felt she should never have married the person. The guides said she wanted to marry the person and from her souls' perspective it was a good experience for her, as her awareness grew so much.

### **Manifesting a Healthy Relationship**

Spirits have shown Fotoula how people can end up in difficult relationships. Unconsciously, people can look for the other person to fulfil an inner need. For example, if we feel lonely we may look for someone to take care of us; or, if we like attention, we may seek someone who idolises us. This inner neediness creates a vibration in us that attracts the opposite. It will manifest a co-dependent relationship that rarely leads to happiness. In effect, it attracts 'the teacher' who can help us identify what it is we lack. Through self-love and awareness we can heal the hurt part of us and move into a healthier relationship.

To manifest a healthy relationship we work on ourselves to recover our personal power, heal the inner hurts and cut the cords with previous partners.

In 2019 Fotoula attended a fire ceremony facilitated by an indigenous shaman from Mexico. Before the main part of the ceremony began, the shaman invited participants to ask the fire, the great transmuter, to remove the energy cords they still carried from all of their past relationships. Only then would people be free to manifest their future in a good way.

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### **Fire Ceremony**

*Either make a small fire outside or light a charcoal in a burner. Use herbs such as cedar, cypress tree cuttings (or rice grains if outside).*

Once the fire is lit, call in the power and love of the universe to assist you. Intend that the ceremony works for your highest good and in a gentle way.

Welcome your ancestors and spirit guides of the light.

#### **Stage One - Releasing**

Say that you wish to offer to the fire all the unhealthy attachments that you carry from past relationships. Speak the name of each person you release, while adding some herbs to the fire/charcoal.

When you finish ask the fire to bless you and feel or imagine the power of the fire flowing into you and releasing you from the past.

Then, intend to let go of all the limiting patterns that you carry that prevent you from experiencing an equal and loving relationship. Name all the patterns you are aware of, and again add herbs to the fire for each issue. (For example, fear of loneliness, jealousy, fear of abandonment, unworthiness, insecurity).

At the end ask the fire to bless you and feel or imagine the power of the fire flowing into you and releasing you from the old patterns.

## Stage Two - Manifestation

Now, ask that the fire becomes the fire of manifestation, the fire of creation, that is an intelligent conscious force that creates everything in Divine order.

Place some herbs on the fire asking for a loving relationship for your highest good. (You may wish to add the qualities you seek in the other person. If so, name the qualities and add some herbs to the fire for each quality.)

At the end ask the fire to once again bless you and invite in the most beautiful possibility of a relationship.

Feel or imagine the fire flowing into your body, aligning you with this relationship.

## Stage Three - Ending

When you feel the ceremony is complete, give thanks to the power and love of the universe, your ancestors and spirit helpers of the light. Ask that they protect and seal you, your space and your ceremony before they go.

Once the fire or charcoal has burned down place some of the ashes from the sacred fire by a tree in nature.

When your intention (relationship) manifests, take an apple or another fruit and place by a tree as an offering. Give thanks to your ancestors, your spirit guides and to Mother Earth for the relationship.

## The ISIS School's Shamanic Workshop, Retreat, Weekly Circle and Year-long Shamanic Practitioner Course

In 2020, **Fotoula Adrimi**, The ISIS School's experienced shamanic teacher and practitioner, will facilitate a workshop, retreat, weekly circle and a practitioner training course for those who wish to walk the shamanic path. Fotoula's passion is shamanism and she lives and practices this path in her personal and professional life. She has helped many people find their own calling within shamanism.

**Weekly Shamanic Circle** - The Way of the Drum - Monday Nights, Glasgow

**Introduction to Shamanism and Shamanic Journeying** - 7th March 2020, Glasgow

**Shamanic healing with Spiritual Light** - 23-25th May 2020, Glasgow

**Shamanic Retreat**: The Rite of the Medicine Walk - 29 May-1st June 2020, Kilmartin

**Shamanic Practitioner Training** - Starting 10 October 2020 (Course lasts 1 year and 1 day)

# The ISIS School - News

## Pilgrimage to Egypt



Following The School's pilgrimage to Egypt in September 2019, and particularly the ceremony inside the Great Pyramid, a higher vibration (HV) of the Living Light has been incorporated into our work through a planetary alignment.

This HV has been flowing to all ISIS Initiates as they connect with the Path of ISIS practices. The HV has also been evident in the weekly ISIS Energy Transmissions of the Living Light.

Fotoula and Fi offer deep gratitude for this gift of Light. May the Light continue to guide us in our life and in our healing work.



## 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.

### **The next Course:**

14-16 February 2020, 10:00-17:00; **Cost:** £285, repeaters £140. Dep 50%. **Venue:** Glasgow

For more information or to book, email Fotoula Adrimi: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Activation from the Star Beings of the Light

Our work with the Star Beings of the Light continues. We will be offering a Light Activation on Saturday 29th February in the Monthly Meditation Group. (**Time:** 10.00-13.00;

**Venue:** Library, Glasgow Theosophical Society, 17 Queens Crescent, Glasgow, G4 9BL).

For more information on the activations check our website

To book, email The School: [info@isis-school.com](mailto:info@isis-school.com)

## Mailing Lists

As well as our Newsletter mailing list The School has several mailing lists that people are welcome to join to receive information about our group, circles, and Transmissions of the Living Light.

If you would like to join any of these mailing lists below please email [info@isis-school.com](mailto:info@isis-school.com)

**Saturday Morning Meditation Group**, monthly

**Way of the Drum Shamanic Group**, Monday evenings

**ISIS Energy Transmissions of the Living Light**, Wednesday evenings

**Chanting and Meditation Circle**, Thursday evenings

# Courses, Circles, Retreats and Transmissions

## Temple of Gaia - Teachings of the Living Light/Path of ISIS - February 2020

**14-16 Feb** **The Spiritual Path of ISIS, Part 1** - for those who wish to take the first step on the Temple of Gaia Teachings of the Living Light

**22-23 Feb** **AUSIR 3** - open to Initiates who have opened Gate 4 and are working with the teachings ISET Practitioners are also welcome to repeat any of the Living Light courses (half price). For more information or to book for any of the ISET courses email Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

## Glasgow Shamanic Circle - February 2020

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet twice in **February - 3rd and 17th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm. To book email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Saturday Meditation Group and Weekly Meditation Circle - February 2020

**29th Feb** **Saturday Morning Meditation Group** facilitated by Fotoula Adrimi and Fi Sutherland, 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 three times in **February - 6th, 20th and 27th**. For more info and to book for any of the meditation groups, email Fi: [fi@isis-school.com](mailto:fi@isis-school.com)

## Introduction to Shamanism & Shamanic journeying - 7th March 2020

In this **workshop** you learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination. We will also explore how shamans around the globe view dis-ease and how they relate it to loss of soul essence and power. For more information or to book email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

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

The School will 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; and includes initiations in sacred prehistoric sites; enlightened teachings; and, karma purification ceremonies. Advance booking is advised. For more info - email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Shamanic Retreat: The Rite of the Medicine Walk - 29 May-1st June 2020

In the ancient land of Kilmartin Glen, Scotland, in the land of stone circles and ancient cairns, we gather to step over the threshold and invoke the rite of the **Medicine Walk** - to invite nature's answer to soul questions. Advance booking is advised. For more info - email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Spiritual Pilgrimage - Nepal and Tibet - 18th Aug-8th Sept 2020

**Pilgrimage of Spiritual Rebirth** - In 2020 Shaman Bhola Nath Banstola, 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](mailto:fotoula@isis-school.com)

## Energy Transmissions (open to everyone, world-wide) - February 2020

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). In February there are three Transmissions - **5th, 19th and 26th**. Please email The School: [info@isis-school.com](mailto:info@isis-school.com) if you wish to connect with any or all of these Transmissions.