

# The ISIS School of Holistic Health Newsletter

Issue 39: September 2019



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



## **This is ISIS speaking on Unhealthy Attachments**

*(channelled by Fotoula Adrimi)*

You have come to Earth to experience these times that you live in. They have much to teach you. Your soul has incarnated to live through this pre-destined adventure. The question for your soul is how do you respond to what is happening around you at a world level and within you, at the personal level.

Both these levels are interlinked. The forces of chaos create a chaotic reality. At personal level these forces may bring a variety of feelings such as dissatisfaction, anger and resentment. The forces aim to unsettle the individual as well as the collective. Your response to them is the training ground for your soul.



Observe what is happening around you. The hooks that the conditioned mind attaches to take you away from your centre and inner connection. When you are connected to the centre of your being nothing can attach to you, nothing can affect you. When you act from this place, you act in accordance with the highest good.

However, the world reality and events in your life seek to draw you out from this inner connection. These unhealthy attachments can create much anguish. When you act from this space, you act in compliance with your conditioning. As a result, you may feed, inadvertently, the forces of chaos.

There is a wise saying, *'there are some things in life you cannot change.'* You may not be able to affect the world reality directly, but you can always change yourself.

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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## Practice for removing the hooks that bind you to the forces of chaos

In contemplation, ask to see the hooks that exist between you and the world. Take your attention to your navel. With your hands feel the area around your navel and connect to any energetic hooks that may be there. Sometimes it can be useful to ask, 'What is this hook about? Do I wish to remove it?'

Many people wish to keep the hooks even if they are draining them of their life-force energy. Finding oneself free of these energetic attachments can be unsettling. It is not a place the mind likes to experience. This is why awareness is important, as the mind will continue to lure you, to hook you back into its conditioned perspectives. Freedom is not easy for the conditioning which is addicted to the hooks of your world. Yet freedom is your birthright. *The biggest freedom is liberty from the limitations of the conditioned mind.*

When you discover these hooks, I invite you to call your higher Self and ask to merge with the wise part of you. Say to yourself, 'May I be one with the Light of the world that I am. May I manifest my eternal nature of Divinity.'

As you merge with your higher Self allow your mind to quieten. Breathe into your navel, and with each out breath visualise the hooks being removed, cut or dissolved. At the end of the practice, imagine yourself free of the conditioned hooks.

There is one connection that is inherent in you, which reveals itself when all the hooks are gone. Now visualise that from your navel there is an umbilical cord to the Divine Mother, Source, or the Womb of Creation. Allow the unconditional love and light of the Divine to flow to you and nurture your body and soul. Stay in this space, receiving this energy, for a few minutes or as long as you wish.

Then come back. Give thanks to the Divine and to your higher Self and eternal spirit. Ask that you are completely protected and sealed energetically.

**Note:** *ISIS recommends doing this practice regularly. We live in a conditioned world and our mind will always try to hook us into its ways of thinking and acting. Through spiritual work we become aware of the traps of the conditioning and we find the way back to the eternal, radiant Self.*



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we can transform  
the reality of our  
personal life  
by bringing the  
higher vibrational  
energies of love,  
compassion and  
forgiveness into  
our consciousness

# Shamanic Ceremony: Lessons from the Moondance Ceremony August 2019



## Fotoula writes:

When the Great Spirit wishes to manifest a new world, the seed of this reality is planted in the hearts of women and men who have the same strong intention. This seed creates shifts in our lives so we become aligned with the reality of a new golden age. It may feel as if we have no option but to answer a call that is dear to our hearts, a call that our soul accepted even before we incarnated.

The seed of the Moondance is growing like a radiant light over the Earth calling people who wish to create harmony and balance between the two poles of masculine and feminine within them and out in the world. Such is the force of this ceremony that during the dance these poles become complementary, no longer separate but one. The primordial energy of the Earth, the great serpent, awakens through the dancing of the women and the drumming of the men.

Before the 2019 ceremony a thunderstorm lightens the sky; the ancient Gods arrive and cleanse the Earth. During the dance the sky comes down to the Earth, and we dance under a meteorite shower, that elicits awe in the participants. One star in particular falls and burns like a comet; a momentary fire in the sky that glows and then disappears. The magic of the ancient ceremony re-awakens the power that is dormant within us. We are called to shed old skin.

The ceremony takes place over four nights, but it lasts a whole year, perhaps even longer, a whole lifetime. For some of us the ceremony began months before we met. In the Moondance this year I danced the healing circle as this was my seventh Moondance. Contemplating the months prior, I consider what took place in my life and see that so much physical healing had already taken place: the healing of various illnesses in my body and the effortless shedding of 20Kgs of weight. The pendulum swings to a different place and finds a new way of homeostasis.

Each year we dance a different circle: from arrival we step into the flow, then into healing and finally through the door of transformation. As the dance itself is a circle, the last year can also be the start of a new four-year cycle.

I was so impressed with everyone's commitment to the ceremony. I admired my friend's resolve; Claudia Wolff, the medicine woman who leads the ceremony, overcame personal and physical challenges to facilitate her second Moondance and 11th dance. My colleague, Fi Sutherland, who danced as the heart of the snake for the third time, has so much trust in spirit and the inner guidance she receives through her felt sense and inner knowing, that she too prevailed over a major life challenge to be there. Other people spoke of the breaking of unhealthy patterns and relationships even before they arrived. The spirit of grandmother Moon creates a wave that washes us clean and continues to ask us to be true to ourselves.



## **The Moondance Ceremony**

### **29th July-4th August 2020 in Southern Germany**

In the Moondance the women dance within a circle - the yin circle, and are carried by the heartbeat of the grandmother drum, which is played by the men who gather outside in the yang circle. During the four nights of ceremony everyone sings the old sacred songs. The voices and dancing of the women, and the singing and drumming of the men flow and weave into each other, creating a beautiful, strong web. Being together in this way heals the relationship between the feminine and masculine, the female and the male.



The dance is facilitated by Claudia Wolff who has danced the Moondance 11 times. In 2018 she birthed her own Moondance Circle and 2020 will be the third year of this circle. Although the ceremony takes place in Southern Germany, there will be some english translation, as the dance attracts people from all countries.

For more information on the ceremony, please contact The ISIS School: [info@isis-school.com](mailto:info@isis-school.com) Fotoula Adrimi and Fi Sutherland will be supporting the ceremony.

To book a place and pay the deposit: email Claudia Wolff at LebensHeilPraxis, Claudia - [cwu@gmx.de](mailto:cwu@gmx.de)

# Shamanic Equinox Ritual - 23rd Sept: The Light of the Sun and the Dark of the Moon

There are certain times in the year when the etheric energies that flow to the Earth are heightened. The ancient people knew how to connect and harvest these high vibrational energies through ceremony for their own benefit and the welfare of their community. In this Newsletter we are sharing with you a ritual for the Autumn Equinox that you can facilitate to support your Divine connection and inner healing.

## Creating Sacred Space

Before you begin any ceremonial or spiritual work, we recommend that you create an etheric container, a circle of protection, a sacred space, with the help of your spirit guides of the Light. We also recommend that you build an altar that will gather these high vibrational cosmic energies, making your space the centre of the Universe.

### For an Equinox Altar you need: *(see picture)*

- A black candle, symbolising darkness, the light of the moon, as we move to the dark time of the year (place at the top centre of the altar);
- A white candle, symbolising the fire of the sun (place at the bottom centre of the altar);
- Any items such as power objects and crystals you wish to energise in the ceremony (place these along the centre of the altar);
- Seeds, corn, wheatgrass or pulses (uncooked) - symbolising abundance (place these at the bottom right of the altar);
- Food, such as fruits or some cooked vegetarian food to offer to all life and your ancestors (place at the bottom left);
- A glass containing a drink to offer to the ancestors eg tea or milk (place beside the food for the ancestors);
- Feathers that you have found in nature (you may use a picture or drawing of a feather if you do not have any). Please do not buy feathers from the internet especially if you do not know the source as the bird may have been killed for its feathers. The feathers symbolise the sky and wind element.) (place at the top left);
- A bowl of water, if possible rain water, if not water from the tap is OK as all waters are connected (place at the top right);
- A few coins, symbolising prosperity (place these between the ancestor's food and white candle); and
- Flowers, symbolising the beauty of the Earth (place between the black candle and the bowl of water).



## The Ceremony

First, rattle or drum and sing to call in your helping spirits of the light. Then welcome every item on the altar: welcome the flowers for the beauty of the Earth, welcome the seeds for the harvest and nourishment from the Earth, welcome the energy of money and welcome prosperity. Then welcome the sky and those who dwell in spirit, your ancestors and those who are yet to be born.

Welcome the waters that flow from the sky to the Earth and nurture the soil, so that everything on Earth can prosper and grow. Welcome the bird people who fly in the sky and teach us how to soar and glide with the wind.

Welcome the sun and the light that is lessening as we move into autumn and winter and light the white candle. Take some time to give thanks for everything that has been given to you during the lighter times of spring and summer. Then, imagine absorbing the light of the sun into your body. Let the light come in and nurture you and fill every part of you. When you are filled with the energy of the sun, intend to ignite your inner fire - become the Living sun and radiate this light out to the Universe. Stay in this state for a little while.

Now, welcome the energy of the moon, the dark times, the time of the night. Light the black candle. Imagine that the energy of the candle and the moon are flowing to you. Surrender to this energy, let it envelop you and flow through you. Let the energy of the moon open you and ground you into the Earth. The moon brings the gifts of the sky, the gifts of spirit to you, so you can embody them and walk with strength on the Earth. Stay in this space for a while receiving the blessing of the moon and spirit in your body.

Then, take the feathers (or picture) and sweep them over your body three times - after each sweep pass your feathers over the bowl of water with the intention that the gifts of the sky come to you, so that, like water, your gifts will flow and manifest in your life. (At the end of the ceremony pour the water onto the Earth by a tree or on the ground, making a pledge to bring your soul's gifts to the Earth).

Give thanks for your earthly life and ask for what you need during the months of darkness - for example, prosperity, nourishment and beauty. Breathe in the light of the white candle and on the out breath put the candle out with your fingers or a candle snuffer.

Give thanks for your connection with spirit and ask for what you need from spirit during these darker months, for instance, connection, guidance, ancestral help. Breathe in the light of the black candle and on the out breath put the candle out with your fingers or a snuffer.

Sit for a few minutes in the silence allowing the energy of the ceremony to integrate.



## Closing

Give thanks to all the helping spirits; the Earth, including all the plants, animals, stones and human beings; the sky; birds; ancestors; rain water; and the sun and moon, the light and dark.

Say: "My ceremony is complete and I am full. I have drunk and I have eaten. I have prayed and I have been heard. I am complete. Spirits of the Light I now release you, and I ask that before you go to completely protect and seal me, this ceremony and this space. Thank you."

## After the Ceremony

Offer the food and drink to the ancestors - leave it outside by a tree and, if possible, close to where you live. The seeds and pulses cook if appropriate, and eat them yourself. Put the coins on your main altar if you have one, or in a sacred space such as a church or out in nature. Give the flowers to a friend to share the beauty and energy of the ceremony with them. Pour the rain water onto the Earth. Place the black and white candles on your altar or somewhere in your house. Relight them and let them burn out completely on the day of the equinox. Keep the feathers for other ceremonies.

## Thank you

Fi and I (Fotoula) offer a heartfelt thanks to everyone who works with this ceremony. This year we and other ISIS Practitioners will be in the Temple of ISIS in Philae, Egypt at the equinox. Consequently, we will not be able to join with you in this particular ceremony. A video of the ceremony is available on [youtube](#).

We would love to hear from you to let us know how you experienced the ceremony - [info@isis-school.com](mailto:info@isis-school.com)

## 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](mailto:fotoula@isis-school.com)



# The ISIS School - News

## Pilgrimage to Nepal and Tibet 18 Aug - 08 Sept 2020



Our journey to Nepal and Tibet in 2020 is taking shape. Guided by our Enlightened spirit helpers who are overseeing the pilgrimage, we have now included an option for trekking around Mount Kailash.

**At Mount Kailash - two options:** Most of the participants will visit the sacred lake, the mountain and the monastery in the area by eco-bus and devote a few days in ceremony and spiritual practice. There is an option for

those who are physically very fit to undertake a circumambulation of the holy mountain. They will be supported by the practices of the rest of the group in the monastery.

For more details about the Itinerary visit our [website](#)

To book please contact Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

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## ISIS Spreads her Wings

In September 2019 the ISIS teachers, Fotoula and Fi, will journey with an international group of practitioners of the Living Light / The Path of ISIS, to Egypt. We will celebrate the autumn equinox in the ISIS temple in Philae (pictured) and travel to many of the pyramids, temples and sacred sites of ancient Egypt.

Fotoula and Fi will continue to teach the Path of ISIS in Europe, specifically Scotland, Germany and Greece. These are the the teachings of the ancient [Path of Ascension](#) and the Living Light.

For more information please email The School: [info@isis-school.com](mailto:info@isis-school.com) or visit our [website](#)



# Courses, Circles, Retreats and Transmissions

## Temple of Gaia - Teachings of the Living Light/Path of ISIS - Oct and Nov

**12-13 Oct** **The Healing Path of ISET, Part 1** - for practitioners who have completed Spiritual Path 2  
**4.00pm, 27 Oct** - **ISIS Ceremony of the Living Light** - Day of the Dead, The Mysteries of AUSIR  
**02-03 Nov** **OSIRIS Ascension Teachings, First Circle** - for practitioners who have opened Gate 2  
**15-17 Nov** **The Healing Path of ISET, Part 2** - for practitioner who have completed Healing Path 1  
ISET Practitioners are also welcome to repeat any of the above courses (reduced cost). For more information or to book for any of the courses email Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

## Glasgow Shamanic Circle - September

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet once in **September - 2nd** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

## Saturday Morning Meditation Group and Weekly Meditation Circle

**5th Oct** **Saturday Morning 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 once in **September - 5th**. For more info and to book for any of the meditation groups, email Fi: [fi@isis-school.com](mailto:fi@isis-school.com)

## Shamanic Workshops - Death and Dying Part 2

**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 workshop:** £185.00. **Deposit:** £100.00. **Bookings:** 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)

## 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*)

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). In September there is one Transmission - **4th Sept**. Please email The School: [info@isis-school.com](mailto:info@isis-school.com) if you wish to connect with this ISIS Energy Transmission.

The **Rays of Divine Consciousness Transmissions** - The next Rays Transmission is on **Sunday, 6th October 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.