

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)

Spiritual evolution is governed by the higher spirit of each soul. This is the part of you that has not incarnated, your expansive spiritual being, the awakened consciousness. This being has set the path for your incarnated soul to walk and then become enlightened through this experience. As the incarnated soul carries the higher spirit essence, the soul can recognise and follow the predestined spiritual path. The soul may experience a longing, a heart opening, a deep desire for 'coming home' to its original state of being that is buried deep within, under the layers of the egoic self.

The ego mind, the conditioned, patterned part of the personality, that has been shaped by the Earth reality, is sick. The sickness of the conditioning is widespread throughout the planet. Consequently, the whole planet is sick. This sickness is fundamental and creates the states of chaos in your life and worldwide that you have been living through for thousands of years. From a spiritual perspective, physical, emotional and mental illness all derive from the conditioned egoic mind.

Healing the sickness of the conditioning means healing the separation from your higher spirit and the Divine consciousness that you are. One way of healing this separation, and therefore the conditioned sickness, is through the Path of the Living Light that I am now bringing into the world through my channel, Fotoula Adrimi. The last time this Path was practised was during the golden times of ancient Egypt. The Path is being re-introduced to help incarnated souls at this important time of transition. The Path invites people to walk with an open heart where life itself becomes the



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pilgrim road towards spiritual enlightenment and ascension.

Three stages of spiritual evolution

The stages of spiritual evolution are interlinked. They are not consecutive or linear. One stage may proceed another, but the order can differ from person to person, and people may experience them at different times in their life.

Purification: You have carried many different states of being, some of which are unhelpful to you. Maybe you have carried energetic imprints, karma, trauma and physical conditions from this and other lives, and from your ancestors. During spiritual engagement with the high vibrational energies of the Living Light, a purification will take place. This purification may have a physical effect: feeling nauseous, ill, uncomfortable, fevered, tired – when these heavy energies are removed from the body; an emotional effect: feeling tearful, crying without knowing why, laughing for a long time; and, a mental effect: remembering and letting go of past situations you had forgotten about when you were hurt or your power was taken away.

Purification can also take place in your life. Many changes may happen to bring you back onto your soul path; the way of life you chose for yourself before you incarnated. You may change jobs, move to different places and end or engage in new relationships.

Initiation: This is an etheric energy process created at the right time, Divine timing, through the intervention of the Living Light by its channel. The initiation allows initiates to enter higher states of consciousness by invoking the Living Light etheric frequency. The spiritual beings that govern the Living Light codes may appear directly to initiates, or they may work with initiates through dreams, intuition, synchronicities or the development of inner knowing.

Fotoula was born an open channel of the Living Light even though in her younger life she was not aware of this gift. Then, ISIS and other Beings of Light embedded these teachings in her physical body in 2006.

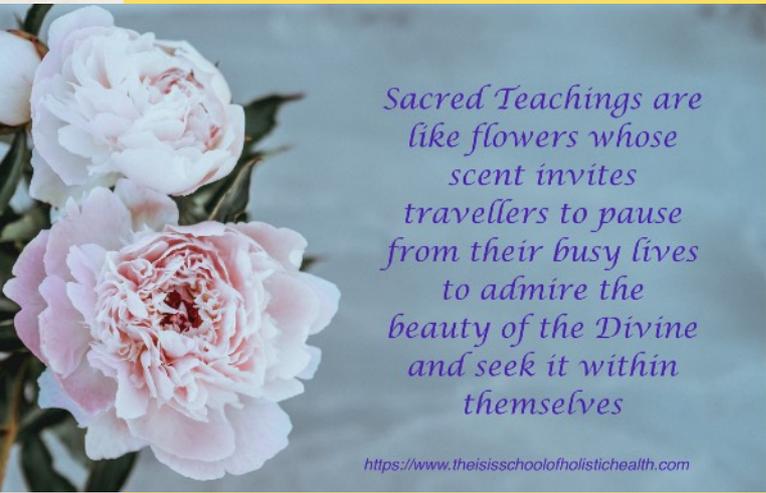
Divine Union. Through the Path, initiates may experience expanded states of bliss and grace where they are touched by the Divine. Each of these states can happen spontaneously or during spiritual practice. When a certain vibration is reached higher awareness is the result. The person then becomes aware of deeper spiritual

*A spiritual calling comes
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truths, even though she may not be sure of how she knows them. At other times an incredible feeling of grace, love and happiness is experienced. Once experienced these moment flee, but each of these experiences can return, and each can be more profound and stronger than its predecessor, especially if the initiate continues to practice the spiritual teachings and live a spiritual life.



Sacred Teachings are like flowers whose scent invites travellers to pause from their busy lives to admire the beauty of the Divine and seek it within themselves

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At some point, when a particular frequency is reached and anchored in the body, the initiate awakens into their higher spirit. The state of separation can fall away as if it was never there. Until then, the initiate may continue to have glimpses of the awakened state. She may feel it in different intensities, but not live it. It is not permanent, until it is. These glimpses, or fleeting experiences, pave the way towards full awakening into the embodiment of the Divine Self.

These three stages create the Path. They are experienced and re-experienced. It is important to trust them and not run away. If a purification happens do not stop practising because the conditioning is frightened or expects the Divine Union state instantly. Each stage paves the way towards a deeper understanding.

I offer the Teachings of the Living Light as a way of soul evolution. It is a gift that opens a door for the soul to re-create its harmonious state of being and heal the sickness of separation that has created disharmony and chaos individually and collectively.

The Path of the Living Light - Spiritual Path of ISET, Parts 1 & 2

The **Spiritual Path of ISET, Part 1** is the introductory course for the Path of the Living Light teachings. 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: 14-16 February 2020, 10:00-17:00; **Cost:** £285, repeaters £140. Dep 50%. **Venue:** Glasgow

The **Spiritual Path of ISET, Part 2** is the second course for the Living Light Teachings for initiates who have completed Spiritual Path 1. In this course participants receive teachings on karma and will deepen their connection to their inner divinity.

The next Course: 27-28 July 2019, 10:00-17:00; **Cost:** £190, repeaters £95. Dep 50%. **Venue:** Glasgow

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



Awakened Dying

In 2012 The ISIS School of Holistic Health ran two retreats entitled, 'The Way of the Ancient One's'. For seven days participants meditated, climbed sacred hills, performed ceremonies in standing stone circles, at cup and ring marked sites and ancient cairns and walked on fire, all under the eye of grandfather eagle. During the week there was also a day of silence, as well as days of heartfelt laughter and joy.

In the course of the second retreat Fotoula's dear friend, Jo, passed away. Fotoula was aware of Jo's passing without being told. On the final day of the retreat Jo's spirit appeared to Fotoula and they said their goodbyes. Surprising, Fotoula was not sad at Jo's passing, despite their close friendship. In a state of high awareness through facilitating the retreat, she understood in her heart that her friend was simply continuing her journey in another reality. She felt no grief for her loss.

A week later Fotoula attended Jo's funeral. Jo was a young woman who was dearly missed by many friends. A wave of grief overcame Fotoula and she wept for her friend. In the weeks that followed Fotoula continued to be upset with Jo's passing.

Two months later she attended the Shamanic Teacher Training. In the training another friend, who carries the lineage of Mongolian shamanism, extracted an energy from Fotoula's body. This was the energy of the collective grief that was around Jo's funeral. It had been absorbed into Fotoula's body unconsciously and kept reappearing afterwards. After the extraction all sense of grief completely disappeared from Fotoula

and she immediately reverted to the previous state of understanding about her friend's passing; knowing her friend was journeying on the next stage of her multi-dimensional existence.

An important teaching

Why was the collective grief energy absorbed by Fotoula's body? The answer is that we are conditioned to feel sad at funerals. For thousands of years funerals have been associated with unhappiness. Our unconscious remembers the sadness of other times when loved ones were lost. Even if we know there is no reason to be sad, as in Fotoula's case, something in us taps into the collective mentality that has agreed that funerals are a time of sorrow.

Since then Fotoula has attended funerals with different eyes, even those of loved ones. When her great aunt died in Greece, Fotoula was there with her. This was her favourite aunt with whom she had spent every summer from the age of 5 to 12 years old. Yet, at the funeral, Fotoula made the decision that if she was to feel any grief it would be her own grief and not that of the collective. At the funeral Fotoula felt no grief.

Prior to the funeral her great aunt had communicated with her and forbade Fotoula from psychopomping her (helping her pass to the spirit realm). "Wait and see what happens at the funeral," she told Fotoula. (Fotoula's great aunt, Paraskevoula, had been versed in some



aspects of the folklore healing arts, which were passed to her in the traditional way, on the deathbed of a woman who possessed and practiced the arts during her life.)

In the middle of the funeral service Fotoula observed four angelic beings around her

aunt's coffin. Her aunt was still in her body, even though she was dead. Fotoula saw the angels gently lifting her aunt's whole etheric body out of the coffin. (Paraskevoula's etheric body was an exact copy of her physical body, except purple in colour.) After the angels lifted her etheric body up, Paraskevoula was gone. There was no sign of her in her body or around the coffin.

When the angels appeared an immense peace surrounded Fotoula. Experiencing this light there was no place for grief. Instead, Fotoula was in awe of the beauty she was witnessing. Although other family members had been upset and crying, somehow they stopped. Something greater was present and unconsciously people could feel it.

In subsequent funerals Fotoula has seen that sometimes people are trapped in their dead body, afraid to move on. In other situations the deceased stay around and do not move on because they are worried about their grieving relatives. Now, when Fotoula attends a funeral, she helps many souls pass. Sometimes it is the person who has just died or it is the souls of others who have been staying around the Earth plane, not knowing what to do.

The Shamanic Healing Arts - Death and Dying

Through training in the shamanic and healing arts with exceptional teachers, as well as her own helping spirits, who taught her through different experiences, Fotoula realised that in the west we do not do dying well. What could become the most amazing celebration of someone's life and a sharing of the precious time of transition is tainted by our western beliefs of unfairness, permanent loss, collective grief and centuries of viewing death as something to be feared. Fotoula's experiences taught her that at these times of transition from one state of existence to another, when the veils open between the worlds, there is a great opportunity for healing both for the deceased and the living, due to the light that flows to the world at this time.

There are of course times when we grieve deeply for the loss of loved ones. A shamanic healing can sometimes help to release some of the energy, especially when it is not always ours. After a shamanic healing Fotoula's client, Rachel, emailed Fotoula to say, "I had been unable to move on after my father's death. The last five years have been so difficult. After the soul retrieval and death release healing, I experienced peace. I still grieve but I am no longer incapacitated by my father's passing. I can see a bigger picture!"

Over the last eight years Fotoula has been teaching shamanic practitioners: 'Death and Dying: ways to help both the deceased and the living'. She feels this is something that is sorely needed in our times. Dying well and dying aware is an incredible gift for each of us.



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Death and Dying Shamanic Workshops - 1 & 2

Part 1: (*Experience in shamanic journeying required*) In this first workshop 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 when that time comes and how to help others face the inevitable end of life and die well. At the same time we also learn how to support the relatives and people who are grieving the loss of a loved one.

Death and Dying, Part 1: 20-21 July, 10:00-17:00. **Cost:** £185, Dep £100.

Part 2: (*Experience in soul retrieval required*) 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. Fotoula will also share shamanic teachings on de-possession.

Death and Dying, Part 2: 30 Nov-01 Dec, 10:00-17:00. **Cost:** £185, Dep £100.

Venue: The Theosophical Society Library, 17 Queen's Crescent, Glasgow, G4 9BL.

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

Pilgrimage to Nepal & Tibet - A Journey of Spiritual Rebirth, 19th Aug - 08 Sept 2020



In 2020 Shaman Bhola Nath Bastola, 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.

In 2014, after her first trip to Tibet, Fotoula had a vision to take a group there. This was to be a pilgrimage steeped in spiritual experience as a way of connection to the sacred sites. Last year Fotoula shared her vision with Bhola and he simply said, 'I will take you there'. As a result, and after many promptings by her enlightened guides, this pilgrimage is being birthed.

Each step of the pilgrimage is undertaken through consultation with helping spirits, who suggest the ceremonies and practices to be performed for the benefit of all the participants and all living beings. From Lhasa, the heart of Tibetan Buddhism, we travel overland visiting many sacred sites to Mount Kailash and the holy lake, Lake Manasarovar, to do a ceremony of spiritual rebirth under the auspices of Shiva and the full moon.

Places are limited and some have already been filled. If this pilgrimage resonates with you and you would like to attend please email Fotoula: fotoula@isis-school.com for details of how to book.

Courses, Circles, Retreats and Transmissions

ISIS Courses - June, July and August

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

27-28 July The Spiritual Path of ISIS, Part 2 - for practitioners who have completed Spiritual Path 1

31 Aug-01 Sept - Spiritual Path of ISIS, Gate 3 - for practitioners who have completed Gate 2 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 - June

The Glasgow Shamanic Circle - the **Way of the Drum** will meet four times in **June - 3rd, 10th, 17th and 24th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

Saturday Morning Meditation Group and Weekly Meditation Group

24 Aug 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 twice in **June - 6th and 20th**. 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. Please let us know as soon as possible if you wish to attend, 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 help others face the inevitable end of life and die well.

30 Nov- 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*) - June 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 **5th, 19th and 26th June**.

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, 2nd June 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.