

The ISIS School of Holistic Health Newsletter

Issue 49: July 2020



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



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

The world is coming out of the abyss of the conditioned thinking that is based on fear, lack of clarity and individualisation. Paradoxically, as you are shifting into a higher vibration, these aspects of the conditioning may become more pronounced and grasp your attention.

These aspects can only be fed by you. They can only be your reality if you allow them to persist. This is where spiritual practice has its place in transforming the lower vibrations.

These lower vibrations are anchored in your cells. For many years and many generations, they have been a cell memory. These times of transition offer you the opportunity to co-create new cell memories that can support and teach you a different way of being.

Spiritual practice aims to create shifts:

- * *Shifts in consciousness*, where your understanding expands and you move your perspective away from the conditioned ingrained responses;
- * *Shifts in your body*, which releases stagnant energy and creates a natural response towards health; and,
- * *Shifts in your way of living*, which is informed by your spirituality.

These shifts are already taking place in many of you. The shifts are not instant, they take time to materialise and integrate. Your world is so fast, and inner growth may appear slow in comparison. Time has its own rhythm. It is not measured by your clocks. Time is only an aspect of the physical world.

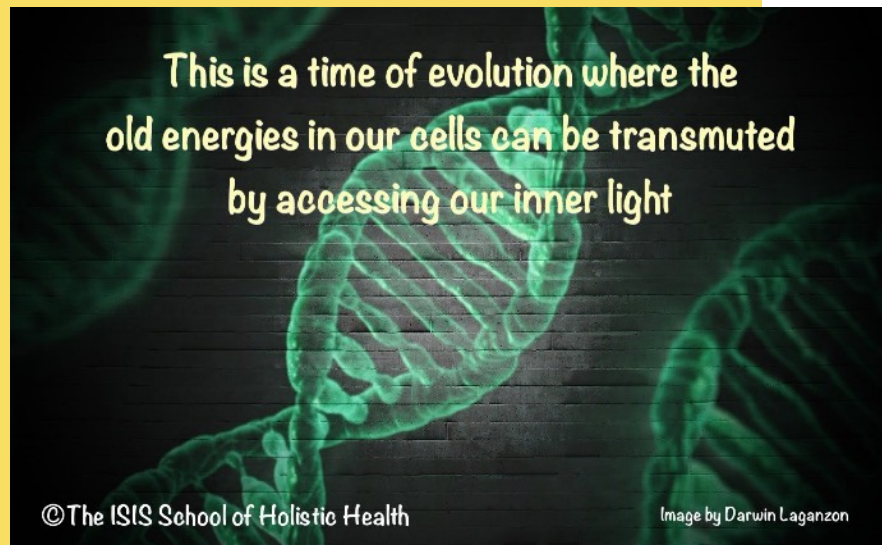


To contact The ISIS School or join the mailing list and receive the monthly newsletter, please email: info@isis-school.com

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As you are awakening from the conditioning you realise that time is fluid and flexible. This is why the process you go through cannot be hurried. Everything happens in Divine timing.

There is no point in considering how long awakening takes, or how much progress can be made in so many months. Choose to stay awake in the moment. Find some time during your day when you break off from what you are thinking and doing, and focus on the breath. Say to yourself, "I am awake." As you do this, intend to bring all of you, all your attention, into the present moment.



When you do this, it may feel as if you are slightly outside of yourself, or that you are a little bigger. If you have this experience, know that you are now accessing not only your physical body, but also inhabiting and incorporating your first subtle or etheric body. In this way, you empower your awakening process.

I suggest you continue with this affirmation daily, for a few months. It will help you grow further into the expansiveness of your spirit.

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, and deepen your connection to your Divine Self and to the mystery that unites us all.

The next course - 10.00-17.00, 2nd-4th October

Cost: £285. Dep 50%. **Venue:** Glasgow

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



A Message from ISIS - ISIS Energy Transmission 24/06

As the ISIS Energy Transmission began on Wednesday 24th June, ISIS came through Fotoula and gave these words of guidance. We share them with you with love and gratitude to the Divine Mother of All Beings.

This is ISIS speaking - We, the Enlightened Ones, have been listening to the calling of your soul from a long time ago. Your soul spoke about a time of Grace that has been lost on the Earth. People say that they feel the calling from spirit. But it is spirit that comes to them to answer the calling of their soul. It is you who called me. It is you who called the Enlightened Ones. And when you call we come.

Sometimes you call consciously, but in the beginning the calling, the voice from the depths of your heart, is unconscious. You have not heard it - but we have. We support all the spiritual practitioners who work for the Light and the highest good.

Sometimes you find your life troublesome and difficult. And you call the Enlightened Ones, asking us to take away whatever challenge you are facing. Know we are not here to sort your everyday life, for this is your own work. We tell you that your life always reflects the wishes of your soul. And as you clear your karma and you advance spiritually, you are able to transform your life. But this happens too at an unconscious level.

If you think your life does not serve you, and your aim is for change, yet the wish for change comes from a desperate need of the mind and not from a higher place, then this is not a pure intention. When you find, accumulate, and assimilate the gifts of the current situation you are living, transformation can take place in accordance with the highest good, through the Divine union with your spirit that lies within you.

Otherwise you continue jumping from one situation to another and the higher purpose eludes you. You find that you cannot be satisfied no matter what you have.

We ask you to stay in the moment and sort your life and your thinking. That is the challenge and, at the same time, the gift.

We give thanks to you for walking the path of higher awareness and Divine order. Know that nothing can change if your vibration does not change. By resonating with a higher reality you create a different future. It may not be the future your mind wants, but it will be the future your sacred heart desires.



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.

Channelling Spirit

Channelling is a process by which we communicate the words and energy of another spiritual being.

Fotoula writes

I have been a channel of ISIS for many years. When I channel the Great Mother, ISIS merges with me and speaks to the group. I have no idea what she will say beforehand. As well as her words, ISIS brings a very high vibration into the sacred space. Sometimes she will direct this energy towards a participant. When she leaves my body, I feel euphoric and peaceful.

We can also channel our power animals and shamanic healing guides. During a shamanic healing, the guides can come through the healer and start chanting in their own language. They can produce different sound tones to channel energy towards the client for healing, or to dissolve an energy block in the client's body. Sometimes a power animal will come through me and growl at a spiritual intrusion in a person's body which they then remove.

When we walk the path of the spiritual healer or shamanic practitioner we use spiritual energy to fuel our work. This energy can also be the light of our own higher Self. This light is strong and limitless and very beautiful. The more we use this energy for the highest good, the more it grows, and the stronger it becomes.



The Music of Spirit

The spirit helpers come to support our growth. They also ask us to take responsibility for our spiritual path. We do our spiritual practice to become as pure a channel as we can be. We work to address, heal, integrate and transform our shadow. As we walk our path we may be asked to give up unhelpful habits, addictions and negative thinking, so that the light of spirit flows freely through us. The Native Americans call this process, 'hollowing the bone'. As the bone (channel) becomes clearer, spirit can flow through and create beautiful music. It is as if the bone becomes a flute.

When a person steps onto the spiritual path and works with etheric energies, their thoughts, words and actions can become more powerful and manifest quicker. In line with the universal law of karma, all we think, say and do is energy that comes back to us. As we become a purer channel we transform our way of thinking, speaking and acting towards ourselves and others. To help this process you may wish to say, "May my thoughts, words and actions contribute in some way, to the happiness of all beings, including myself."

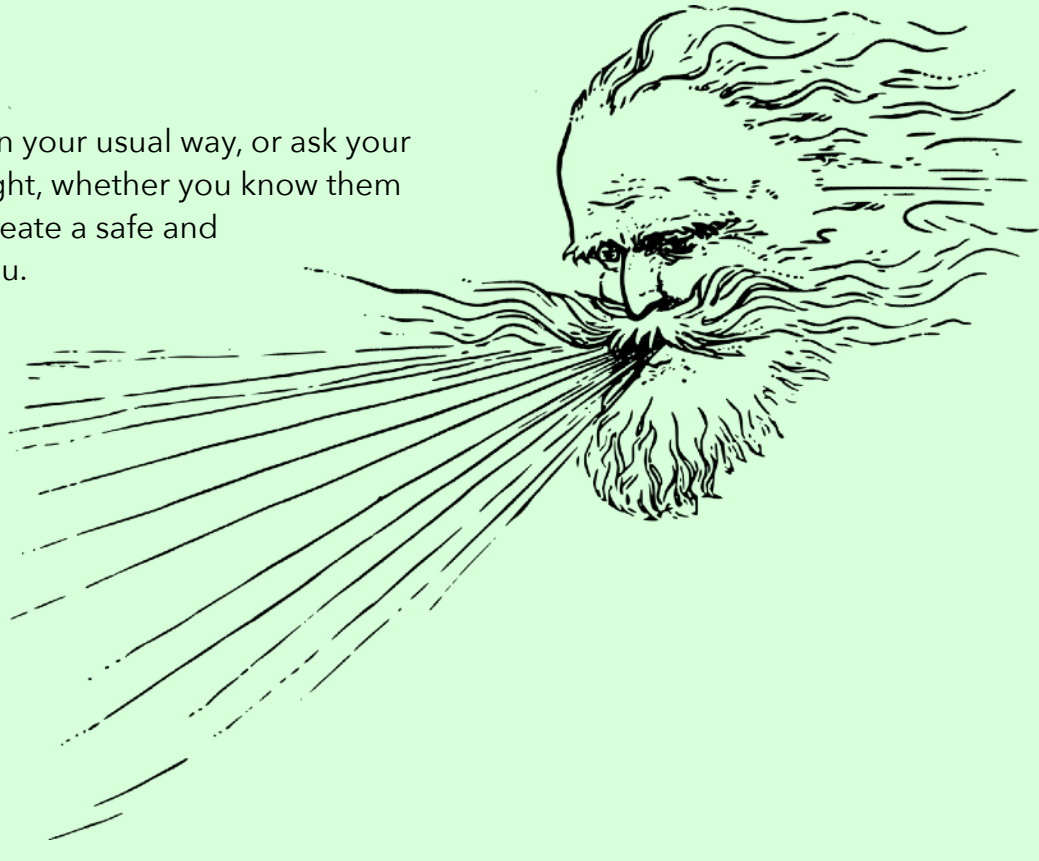
Practice: Shamanic Purification with the Wind Element

The Practice

Create a sacred space either in your usual way, or ask your guides and teachers of the Light, whether you know them or not, to surround you and create a safe and protected space all around you.

Welcome in the guardian of the wind element, Aiolos, to help you in this practice. State your intention for purification in alignment with your highest good.

In your sacred space imagine yourself sitting in a place in nature. Around you are all the heavier energies that you have been carrying. Some of these energies are in your aura, some are in your physical body, and inside your cells.



The North Wind, Borias

Drum, rattle or sing, and call in the North Wind, Borias, to come and cleanse you from any heavy energies around and in you. Borias comes from the North, the place of ice and snow, where human habitation is scarce or non-existent. It is a cold vibration that flows all around you and through you. The North Wind removes all the lingering, unhealthy energy. Continue to work with Borias until you feel the clearing is complete.

The Benevolent Wind, Zefyros

Now call in the auspicious wind. Being a maritime nation, the Ancient Greeks called this wind, Zefyros. Call Zefyros to come and gently take you to your destination, whatever and wherever that may be. Perhaps you have a specific intention that you wish to empower, that Zefyros can help you manifest.

Zefyros is a benevolent wind that works for the highest good. As you experience this gentle energy allow it to teach you about manifesting the higher reality for you at this moment.

At the end of the practice, give thanks to the wind element, to Borias and Zefyros, for their help. Then, release the winds. Offer thanks to the guardian of the wind element, Aiolos.

Close your sacred space. Give thanks to your helping spirits, and release them. Ask them to make sure you and your space are completely sealed and protected before they leave.

Online Shamanic Course: The Path of the Eagle - Walking the Shamanic Journey

7.00-9.00pm (UK time) 4th, 10th, 21st & 25th July

In this **four module online workshop** on classic shamanism, Fotoula will share practices, teachings and ceremonies that will help participants access a deeper calling as they walk their shamanic path. It will also strengthen people's journeying experience in the alternative realities. The course has been created through Fotoula's experience in teaching classic shamanism as well as direct revelation from her helping spirits.

Workshop Content

Four Modules, each two hours: 7.00pm-9.00pm (UK time)

1) 4th July: Mystical Possession - Working

with the Mirror of Truth The first module shares the way of accessing the spiritual worlds that Fotoula was shown as a child through her great aunt's stories. This is a very effective method that has been practiced for thousands of years and passed down through stories and myths.

2) 10th July: Spider Web of Light - Restoring Cosmic Alignments through Shamanic

Journeying We work on the principle of - as above so below - to find the cosmic balance within our body through releasing energy that does not belong to us.

3) 21st July: Your Consciousness and the Collective Consciousness - Planting Seeds of

Manifestation We bring the spiritual into the physical. Earth and Sky are seen as the same, the one reality. We work in alignment with the highest good through ceremony and a manifestation practice.

4) 25th July: Awakening the Ancestral Fire - Empowerment for Your Work We meet the ancestors of our lineage, no matter how distant, and receive an empowerment for our shamanic/spiritual work.

Who Can Take Part

This course is open to beginners in shamanism as well as experienced practitioners. Anyone who is drawn to the shamanic path, whether they have just stepped onto the road or have been walking it for many years, is invited to participate.

Online Platform

Fotoula will teach the course through zoom. All sessions will be recorded (no participants will be seen and no recordings will take place during question and sharing time. Only Fotoula will appear in the recordings). The recording will be sent to you so that you can revisit the sessions as often as you wish. These recordings are for personal use only.

For bookings and methods of payment click this [link](#)

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



The ISIS School - Online Classes



New Video with Fotoula

Fotoula was interviewed by Lisa Clifford for Lisa's 'Connecting with the Heart' YouTube video Series. In the interview Fotoula spoke about: working together in community during these times; her online shamanic circle; a four module shamanic course; a new online women's circle that she and her guides have created which focuses on purification and empowerment; and, her book: *The Golden Book of Wisdom - ancient spirituality and shamanism for modern times*.

You can watch the interview through this [link](#)

Online ISET Practitioners Circle: 4th and 25th July

This is a beautiful way for the community of ISET practitioners to come together.

Dates: 11.00-12.30, Saturday 4th July, Saturday 25th July

Cost: £10.00 per person (UK) each circle, £11.50 (overseas)
Pay via Bank Transfer (email info@isis-school.com of our bank details)
Or through PayPal using the email - info@isis-school.com

Online Shamanic Circle: Mondays 19:00-20:30

Fotoula has been facilitating a weekly shamanic circle since 2009.

The Circle meets three times in July: **6th, 13th, and 20th**

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](#)

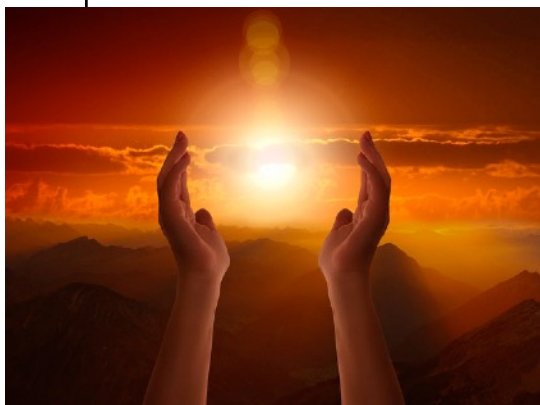


Online Meditation and Chanting Circle: Thursdays 18:50-20:30

The circle is open to beginners as well as experienced practitioners.

Circle dates for July: 2nd, 9th, and 23rd.

The fee for each circle is £5.00 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 £5.50 for overseas participants. For more information and to see the programme [click here](#)



The ISIS School - Weekly Energy Transmissions of the Living Light - open to all, worldwide

Four ISIS Transmissions in July - 1st, 8th, 15th, and 22nd

The energy of the Living Light, as channelled by the teachers of The School, Fotoula and Fi, as well as other practitioners, is a Golden Ray of unconditional love. This is one of the highest vibrational energies available to our planet. The energy works through our heart centre aiming to align us with our soul's purpose and our blueprint. The energy also has healing benefits.

The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the healing qualities of the Living Light. There is no requirement for you to believe in ISIS or in the Divine, to receive the healing energy and participate in the Transmissions.

In July there are four ISIS Energy Transmissions - **1st, 8th, 15th and 22nd**. 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](#)



The ISIS School - Transmission of the Rays of Divine Consciousness - Sunday 5th July, worldwide



The Rays of Divine Consciousness are one of the remedies out of the state of separation into the state of wholeness. Practising the Rays can heal the separation that exists in our spiritual DNA and strengthen the wholeness part of the genetic code. They create powerful energy fields within us, fields of joy, grace, compassion, love and forgiveness, and take us on a profound inner journey of rediscovering our true nature. At the same time, the Rays can show us where we hold negative karma and separation patterns, which can manifest as blocked energy in the body.

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

The next Rays Transmission is on **Sunday, 5th July from 16:00-17:00** (UK time). Please check your timezone 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)