

The ISIS School of Holistic Health Newsletter

Issue 9: March 2017



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



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

"This is a time of transition. Light and dark become more distinct, like two different realities within you and in the world. At times you may become aware of an expansion taking place, an opening into the stillness, a homecoming into the wise self. Moments of clarity and infinite grace, touching the Divine within.

At other times you see yourself as you always have been, immersed in the same story, filled with doubt, fear and dissatisfaction. It is as if nothing has changed and any spiritual opening you experienced, never happened.

It is the same in the world reality. People are waking up to something bigger; the thirst for the authentic self, a life in alignment with the soul purpose, a coming together in supportive community. Light flowing from many hearts, lifting the shadow of injustice, fear and chaos. Globally so much good work is taking place by many hearts who have incarnated at this time, in search of enlightenment. Yet, at the same time, the old regimes become even more fragmented teaching the lesson of scarcity, fear and separation.

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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Your world is changing. The shifts that are being created at a global and individual level have ripple effects that manifest a new reality. At this time of transition, the emphasis is on self-healing. Through healing the shadow, both inside and outside, you build a strong foundation for the inner Temple of Light to rise from your heart centre.

Rather than being dismayed by the apparent lack of progress, notice the areas of your life that need more love and healing. Practice spiritual teachings that help you become aware and heal at a deep level. Know that you are healing thousands of years of separation that live within you.

The path to grace requires focus and determination, surrender and acceptance."

The ISIS Initiations

In 2006 Fotoula Adrimi received a visitation from ISIS in her emanation as the Divine Mother of Unconditional Love.

When Fotoula was a child in Greece, she had an immense interest in ancient Egypt. She would imagine leaving her body and flying over the Aegean sea to the land of Khem, Egypt, to visit the temples and Valley of the Kings. A radiant, luminous being was always near Fotoula, protecting and re-assuring her, and she accepted this presence of light without questioning it. This was ISIS.

It was not until 2006 that ISIS made her presence known. One night Fotoula woke up with the bed moving from side to side. A large column of light was over her and coming into her body. Surprisingly, Fotoula never queried what happened. She accepted it.

After this experience her life changed. She found herself interested once again in Egypt, studying ancient Egyptian spirituality and the mystical traditions. This time when ISIS came to Fotoula she could see and hear her. ISIS asked Fotoula to be her teacher and she accepted. For the next three years Fotoula channelled a system of spiritual awakening. This system is not fixed. It organically grows and develops, as our collective consciousness expands.

ISIS said that this Path to Ascension was practiced in Atlantis and ancient Egypt and is being re-introduced to the world in a way that is appropriate for the times we live in now.



The system includes 7 Gates of Awareness and seven initiations of the light bodies. Each initiation is a process of attunement, where the light flows into our body to open our spiritual channels and raises our vibration, helping to increase our awareness.

The Initiations

The Seven Gates of Awareness exist in everything. They derive from the heart of the Creator and exist globally and within each person. Each Initiation opens one of these Gates. Since Fotoula received the first initiation process in 2006, ISIS has encouraged her to practice and teach this material.



These Initiations are very sacred. Before an Initiation, Fotoula uses sacred symbols and chants to transform the room into a sacred space, the Holy of Holies of the ancient temples of Egypt. As a result, the energy in the room becomes distinctly different from the energy outside. One truly is in a place of high resonance and outside the normal vibration of the earth.

During Initiations, ISIS possess Fotoula's body. It is ISIS who performs the Initiation, through Fotoula, and sometimes Fotoula's body shakes due to the intensity of the energy. The Initiations take place on a one-to-one basis. It is a personal transmission.

Fotoula has shared these Initiations with many people. She has been contacted by people from Australia and New Zealand asking her if she could perform the Initiations online. ISIS has not allowed her to do this, saying that the Initiations are so sacred they have to take place within her Temple, with the person physically present. Other aspects of the Teachings may be done online in the future but not the Initiations of the Gates of Awareness. The ISIS Path of Ascension Teachings require our physical presence in order to be anchored in the body.

ISIS has given Fotoula other Initiations where there is some leeway. There are other practices such as The Eye of Horus and the Sacred Scarab, which can be done in a group rather than one-to-one. Since the increase in the Earth's vibration in 2012, other Initiations, previously only performed in the Great Pyramid, can now be shared in Fotoula's healing room.

The Initiations are only the beginning of the journey. After an Initiation, Fotoula shares the sacred teachings that help us walk the spiritual path to ascension. These teachings are made up of the sacred chants of ISET, meditations and ceremonies that help Initiates embody each gate of Awareness and become what we have always been - the incarnation of the Living Light.

The First Initiation

The First Gate of Awareness course takes place 19-21 May 2017, as the March course is now full. For more information on the Gates of Awareness visit the website:

<http://www.theisisschoolofholistichealth.com/the-7-gates-of-awareness>

Courses, circles, retreats & transmissions

ISIS Trainings for May 2017

19-21 May **The Spiritual Path of ISET - Part 1**, for beginners who wish to walk The Path of ISIS

27-28 May **Gate 2 - The Path of ISIS**, for those who completed Gate 1

4-5 Nov **Gate 2 - OSIRIS Teachings, First Circle of Awakening**

To book for any of the trainings email Fotoula: fotoula@isis-school.com

Glasgow Shamanic Circle

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in March, on the 6th, 20th and 27th, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL

The next shamanic beginners course: **The Journey of the Shaman and Retrieval of Personal Power** will take place 4-5 March 2017, and bookings can still be made.

For those interested in progressing their shamanic path, **Medicine for the Earth** and **Shamanic Healing with Spiritual Light** are taught as two separate workshops: 22-23 Apr and 29 Apr-01 May. **The soul retrieval practitioner's course** is on 17-21 June. For those who have completed soul retrieval, the next course is the **Shamanic Extraction** workshop on 1-2 April.

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

Meditation Groups

11 March The **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00.

06 May **Meditation Day Workshop**: In this workshop we will be working with the Parvati aspect of the Divine Feminine. This is a whole day of meditation, mantra practice, story telling and teachings of Light.

Fi continues to facilitate a heart-full meditation and chanting **circle** on Thursday evenings from 7.00-8.30pm. March dates - 2nd, 9th, 23rd and 30th. For more info email Fi: fi@isis-school.com

Residential Retreats - 2017

15-21 Jul **The ISIS Spiritual Retreat** - Iona. Working inside the special energy field of Iona, immersed in the Light of ISIS, this retreat calls us back to our inner home.

07-09 Sept The **Spiritual Path of ISIS** - Residential retreat in Southern Germany, and
10 Sept **Ceremony at the Hill of the Unicorns**. to book: email Claudia Wolff cwu@gmx.de

07-13 Oct The week-long **Rays of Divine Consciousness Retreat** takes place annually in Kilmartin, Scotland. The Rays Retreat is a great opportunity to work on our karma and life path, and rebalance the DNA.

Energy Transmissions (*open to everyone, world-wide*)

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In March transmissions take place on the 1st, 8th, 22nd and 29th. Please email Fotoula or Fi 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, 12th of March from 14:00-15:00 (UK time). There is no need to let us know if you are connecting with the Rays Transmission.

News of The ISIS School

Public Talk: Dundee

On Friday 17th February Fotoula gave a mini-workshop at the Dundee Theosophical Society in the University of Dundee. The workshop gave participants an opportunity to experience shamanic journeying; journeying to the upper shamanic worlds with the intention of coming into contact with, and experiencing, their inner essence, the light within.



Most of the people attending were beginners who, curious about shamanism, had come along to find out more about this ancient healing method. Despite this being a first-time event for many, people reported being in an expansive state, feeling the presence of spiritual beings and experiencing strong heat healing their body. Some also had visions.

Fotoula will be teaching a workshop in shamanic Journeying – **The Journey of the Shaman and Retrieval of Personal Power** in the Glasgow Theosophical Society on 4-5 March 2017. Bookings can still be made for this course.

Public Talk: Glasgow

09 March 20:00-21:00 Glasgow Theosophical Society

Delving into her own tradition, Fotoula will give a talk on the ancient Greek Mystery school of Samothraki; the Kavireian mysteries of Hieros Gamos.

The talk is open to everyone.

'You Heal You' takes flight

Fotoula and Fi met the author, Jane G. Doyle, at the Casa of the Brazilian healer, John of God. Hearing Fotoula's personal story Jane asked her to contribute a chapter to her book, 'You Heal You', about how she embraced her spiritual path and changed her life, aligning it with her life purpose.

The book is available through Amazon, paperback or kindle. If you would like to have a signed copy of the book by Fotoula, please email her on fotoula@isis-school.com

