

The ISIS School of Holistic Health Newsletter

Issue 22: April 2018



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



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

The world is always in a state of transition, nothing stays the same. It is part of the human evolution to meet different opportunities and challenges in the adventure of life.

Yet, the human conditioning looks for security. It looks for peace, joy and happiness, and love from others around you. What it seeks outside of you, you already have. The brilliance of your spirit is love, joy, happiness, safety and peace. What you seek in the world resides within. But few walk the inner journey.

Everything you seek outside is ephemeral. Witness the changes in your own body; the skin ageing, wrinkles developing, your hair becoming white. It is the same with your world, it continues to change in ways that you cannot control.

The brilliance of your spirit is constant. No matter what happens to you, it always is. It is a worthwhile task to discover it under the veil of the conditioning. In touching your spirit you develop acceptance of yourself, acceptance of life, acceptance of the world, and an inner knowing of your eternal nature.



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Developing Awareness through Inner Knowing



In 2008 in Namo Bhudda Fotoula had a realisation of the eternal nature of her spirit. It was an intense and moving experience that changed her life. She knew without a doubt that she had been living many lives in a continuous journey and that, no matter what happened, her soul could never be harmed or die, regardless of life's circumstances. She recalls this experience in her book: *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times*.

As a result, Fotoula felt empowered to answer her calling and vocation. In the bigger picture her current life is only a drop in the ocean of eternity. Still, it is important, as all lives are linked together, like pearls in a necklace. Holding this paradox of eternity and current purpose gave her the impetus to follow a path to self-realisation.

These experiences come to us suddenly unhindered, without being called. They shake us to our inner core. We cannot plan them or make them happen. It is as if we naively arrive at a place and time when the Universe conspires to deliver its blow and shatter our everyday reality, changing something within us.

Even though an awakening experience cannot be manufactured, we can prepare the ground through spiritual practice. Before Fotoula went to Nepal she had a rich spiritual life practising the Path of ISIS, Shamanism and Bön Buddhism. She had committed to doing something spiritual everyday, whether this was meditation, performing a healing or shamanic journeying. She still tries to live her life according to this principle.

Practising Acceptance

This is a practice that combines the inner light of the heart and the breath. The Greek word for breath 'Anapnoi' contains the element of spirit - pneuma. Breathing consciously is a way of connecting to the universal spirit of All That Is, within you and outside of you.

(It is important to do this practice without any expectation or attachment to outcomes in your life.)

The Practice

Open your sacred space by imagining a brilliant light inside your heart. This light radiates inside your chest at all times.

Breathing in, direct your breath into your heart, touching your light. Breathing out, allow the light to expand out from your chest in all directions.

With each in-breath, you touch your light. With each out-breath, you expand your light. Breathe in and out in this way for a few minutes until the whole of your body, your aura and even the room / area where you are is enveloped in a ball of light that has your heart at its centre.

In this space of connection, bathing in your own light, ask to feel or know, the main issue or problem that is hindering you from experiencing your inner light. You may already be aware of what it is, or you may be surprised.

Then, consciously radiate your light towards this issue. Breathing in, touch the light of your heart, breathing out, shine the light towards the issue. If your mind tries to interfere with the process (the mind usually tries to dissuade us from practising, citing different arguments) say to yourself that no matter whether this practice is effective or not, it is your decision to continue the exercise. Then, return your attention to your breathing.

You may wish to let go of the issue that you are working with. Despite its problematic nature it has taught you something about yourself, but it is not who you are. You are the light of your heart and everything else is external to you. If so, breathe in and out, directing the breath towards the issue, making the decision to let it go. Let the light flow into it, breaking it apart. For no matter how real it feels for you, it is not who you are.

When you feel the issue is no longer there, breathe in and out a few times connecting again to the light of your heart and letting it expand all around you. You are this light.

You can either continue with another issue (repeat the above steps) or you can close the practice.

To close: Imagine breathing in the light that is all around you, back into your heart, where it resides. Gives thanks to yourself for working with your light and letting go of what has been hindering you. Your practice is now complete.



Shamanic Practice - working with your inner light

We have taught this practice numerous times in talks and workshops as a way of developing awareness of our inner Divinity.

Before you start the shamanic journey create sacred space by calling in your helping compassionate spirits.

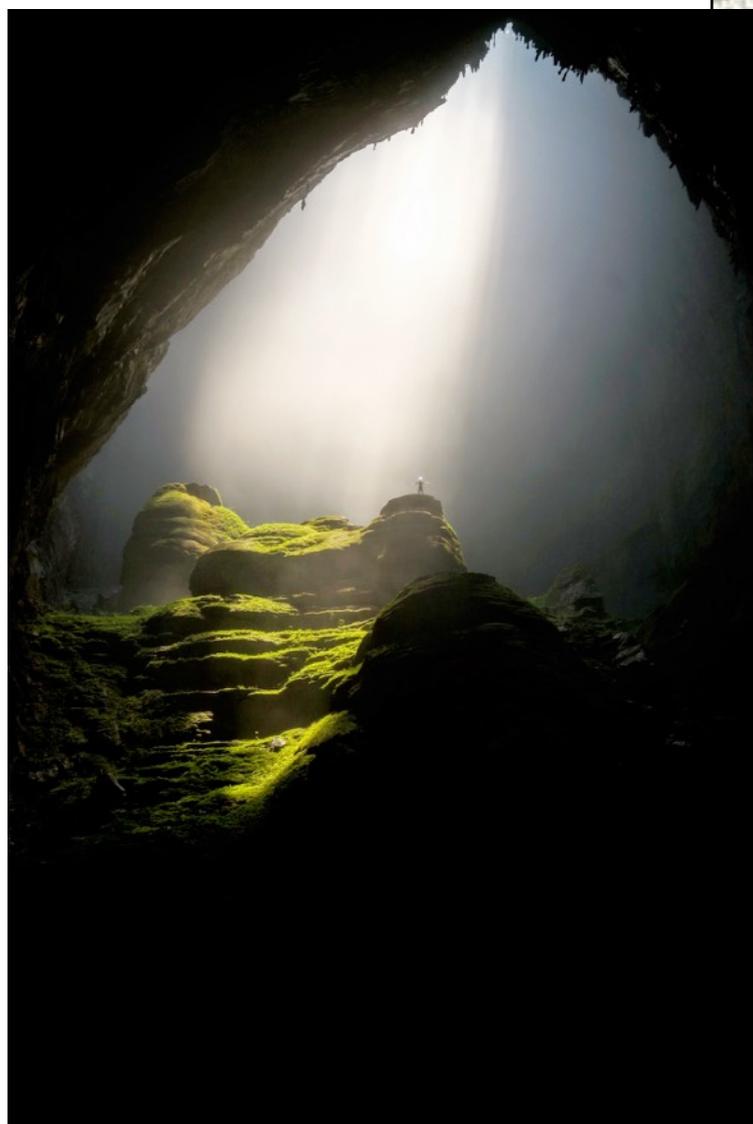
Then, imagine yourself walking in a beautiful place in nature. Notice the four elements around you: the wind - air, the light of the sun or stars - fire, the water in a nearby river or lake, and the earth on which you stand. Place yourself firmly in this place being aware of everything around you: the colours, smells, sounds and textures of the natural environment.

Walk for a while until you find the cave of inner knowing. Outside the cave is a stone bowl filled with water. Wash your hands and face, and then sprinkle some of the water over you with the intention that the sacred element of water takes away all that is heavy within you, including any toxic energies from your environment, as well as any thoughts and worries that you do not wish to take into the ceremony. You do not need to know what these are; simply have the intention to release all that is heavy and that no longer serves you.

Now, walk inside the cave, noticing the beautiful quartz crystals that hang from the ceiling and adorn the walls. Light filters through an opening above your head, which then refracts onto the crystals bathing you in rainbow colours. Breathe in these colours allowing them to cleanse and balance your chakras.

Breathing in and out the purple colour you honour your connection with the sky and spirit. As a result, your crown chakra is cleansed and balanced.

Breathing in and out the indigo colour you honour your connection with your intuition. As a result, your third eye chakra is cleansed and balanced.



Breathing in and out the blue colour you honour your connection with your speech and communication. As a result, your throat chakra is cleansed and balanced.

Breathing in and out the green colour you honour your connection with your heart. As a result, your heart chakra is cleansed and balanced.

Breathing in and out the yellow colour you honour your connection with yourself and your power. As a result, your solar plexus chakra is cleansed and balanced.



Breathing in and out the orange colour you honour your connection with your body. As a result, your sacral chakra is cleansed and balanced.

Breathing in and out the red colour you honour your connection with the Earth. As a result, your root chakra is cleansed and balanced.

Now, see or imagine a cord/energy connection from your root chakra/reproductive organs extending into the Earth. In this way you are anchoring yourself to the Earth so that you can ground and expand your practice.

In this space of connection use your breath as in the previous exercise to touch the light of your heart (in-breath) and expand your light outwards (out-breath) until you are a luminous ball of light. Nothing else exists but your light. Your light expands to touch the walls of the cave and then grows further to encompass the whole of the area outside: the land, the town, the cities, the continents and oceans. Your light touches the whole of the world.

Then, if you so wish, repeat to yourself a few times, " I am the Light of my heart. I am the Light of the World."

Stay in this state enjoying the feeling of expansion for as long as you wish. Then when you feel complete, slowly breathe the light back into your heart.

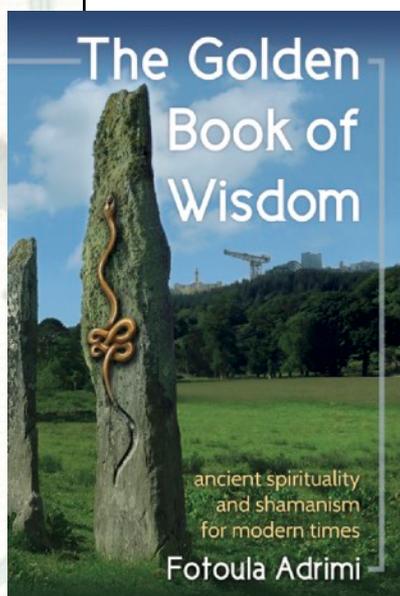
Give thanks to Mother Earth who held you in your process of working with your own light. Then, without hurrying, come back from your journey by retracing your steps. See yourself walking out of the cave and back to where you first began the journey. Become aware of your body and your surroundings.

When you are back, thank your helping spirits and ask them to seal and protect you and the room/area you are in before they leave. You can also listen to this journey on youtube: <https://youtu.be/emfaMNWYI9M>

The ISIS School - News

The Golden Book of Wisdom

Book Launch - 7.30pm, Tues 17th April



This is an exciting time for The School as Fotoula's book - *The Golden Book of Wisdom* - has been published.

The book is a roadmap to spiritual awakening, accessible to all. *The Golden Book of Wisdom* reaches into the depths of your soul to help you retrieve the diamond within. In the book, Fotoula combines her extensive therapeutic experience and the latest theories of modern psychotherapy with ancient esoteric knowledge.

We would like to invite you to The Book Launch on Tuesday, 17 April at 7.30pm in the Lecture Room, Glasgow Theosophical Society, 17 Queens Crescent, Glasgow, G4 9BL. Doors open from 7.00pm.

At the Launch Fotoula will introduce the book and offer insights about writing and producing a spiritual book. Afterwards there will be a book signing. If you would like to attend please email us to let us know as soon as possible as spaces are limited - info@isis-school.com

Public Talk and Short Workshop - 12th April

The journey of the Shaman - the Way of the Drum

19:30-21:00, 205b Main Street, Bellshill, North Lanarkshire, ML4 1AH

This public talk and short workshop is facilitated by Fotoula Adrimi. In the workshop, guided by the drum, participants will immerse themselves in the art of shamanic journeying and learn how to access different etheric planes to work with their helping spirits and power animals.

Fotoula is an experienced shamanic teacher who has been guiding people in the shamanic arts since 2009. She has studied with Sandra Ingerman in America, as well as Nepalese, Peruvian, Mayan and Native American teachers, and her own ancient Greek traditions.

Tickets £15. Teas and water provided. Tickets can be purchased via the link: <https://www.sourceevents.co.uk/buy-tickets>

Courses, Circles, Retreats and Transmissions

ISIS Refresher Day and Courses - April-May 2018

06-08 Apr **Spiritual Path 1, in Germany**, for anyone who wishes to connect with the teachings

15 April **ISIS Ceremony** - 4.00pm, Beltaine, The Festival of HAT-HOR and HORAN

26-27 May **The Path of ISIS, Gate 2** - for practitioners who have completed Healing Path 2 and are working with the Teachings

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

Glasgow Shamanic Circle and Shamanic Workshops - April 2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet twice in April - 16th and 23rd at the Glasgow Theosophical Society, 17 Queens Crescent.

21-22 April **The Path of the Jackal: Death and Dying Workshop - Part 1**: In this 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.

Prerequisite: A working knowledge of shamanic journeying

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

Meditation Groups - April 2018

14 April The **Monthly 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 April - 19th and 26th. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

Residential Retreat - 2018

02-04 Nov **The ISIS Spiritual Retreat** - Kilmartin Glen. The Retreat is a beautiful way for ISIS Practitioners to immerse themselves in the Teachings of ISET. Open to everyone who has completed Spiritual Path 1.

Advance booking is advised as spaces are limited, Fotoula: fotoula@isis-school.com

Egypt Pilgrimage - September Equinox 2019

September Equinox 2019 **Pilgrimage to Egypt** - As guided by ISIS, The ISIS School will lead a pilgrimage to Egypt around the September equinox 2019. The initial itinerary includes: The magnificent Temples in the West Bank of Luxor, the Temple of Karnak, Aswan, the ISIS Temple at Philae, the Temple of Hathor in Dendara, the Temple of Osiris in Abydos, the Pyramids of Giza and Dashur. (*Prerequisite - Spiritual Path of ISIS, Part 1*)

Energy Transmissions (open to everyone, world-wide) - April 2018

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In April Transmissions take place on the 11th, 18th and 25th. Please email info@isis-school.com if you wish to connect with any of the Transmissions.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on Sunday, 15th April from 14:00-15:00 (UK time). Please note there is no need to let us know if you are connecting with the Rays Transmission.