

# The ISIS School of Holistic Health Newsletter

Issue 29: November 2018



## 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)

The strongest medicine you have right now is love. Yet, love is not something you can find through the conditioned mind. Love is found within the heart.

For people who have experienced love in their life, especially those who were loved by their families as young children, it is easier to express love. Others, who have been starved of love, experience the thirst that the lack of love creates.

Love is a vibration. When you were born you resonated with the vibration of unconditional love. This vibration emanated from your whole being. Your soul was the Divine soul incarnated. In the process of human life your vibration has been lowered. This is because the world, your community and those around you hold a lower frequency. Part of you allowed the frequency of the world into your body. This is what kept you safe, for the world does not know how to respond to the frequency of unconditional love.

As you accepted this lower vibration, you learned to live with the absence of love. This absence created a yearning in you. Inside you, deep down, there is a need to return to the love you were born from.



To contact [The ISIS School](http://The ISIS School) or join the mailing list and receive the monthly newsletter,  
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This inner and, in many, unconscious desire, looks for ways to be fulfilled.

In your world, you have tried to satisfy this need through intimacy with others, or to deny it outright, and dive deeper into the ego-mind and the collective conditioning. This conditioning alienates you from your inner essence of unconditional love.

Alienation from your inner essence creates chaos in your life and the world around you. And chaos feeds itself by continuously asking you to attach yourself tighter to the conditioning, thus creating more chaos.

The forces of chaos, inner and outer, are the result of the lower vibrations of the collective consciousness. Yet inside you, the inner light of unconditional love that you were born with, still exists. This high vibration is your birthright.

My role as a Spirit Teacher of Light and Soul Evolution is to share ways for you to access and embody the vibration of Divine love that you were born with.

## Working with the Light of your Heart

### ISIS continues...

The Divine Heart, the sacred part of you, is beyond conditioned love and intimacy. It generates a state of Grace that you know instinctively, and that you can rediscover through your spiritual practice. Your practice builds a link to the Divine Heart. It opens the doors, lifts the veils, takes you into the experience of your own Divine Union.

We, the Beings of Light, who are not in a body, hold this vibration for you. By merging with us, you start to remember and experience again the high vibrations.

### The "Book of Coming Forth by Day"

The ancients Egyptians recognised that the spiritual path is not easy, and for some, a constant struggle. They acknowledged the struggle between the conditioning and the awakening of the heart, and summarised their teachings in the, "Book of Coming Forth by



*Unconditional love  
is the power of our spirit*

*Our essential nature is unconditional love*

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Day". In the book, the soul walks for 12 hours (or 12 eras) of self-development into the state of enlightenment.

The journey starts at night, with sunset. This is the time of the absence of Light, when the soul loses its connection to the inner sun, its Divine Essence, also called RA. In the night the soul walks through different experiences, facing various

aspects of the conditioning. This journey of the inner hero makes the soul stronger as it starts to remember.

In the path towards the sunrise the soul finds helpers and foes, within, out in the world, and even in the realm of spirit. Each stage presents the soul with choices. Does it move forward or become trapped by the ego-mind? These different steps invite the soul to access its own power and self-knowledge. The soul discovers that the answers lie within. Each step brings the soul this choice.

At the end of the journey through the night, the soul once more becomes the rising sun in the endless horizon. This is the cyclical journey of many lives, of many nights of the soul, continuing through eternity.

*May the rising sun within you warm the world and All life.*

*May you be the One Sacred Heart that lives in All.*

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

## The Light of ISIS

*'Through eons of time the Light of ISIS, the Living Light, flows onto the planet. It brings people back into the state of wholeness, unlocking their inner potential as Beings of Divine essence. This is a path of exploration of the soul's essence in incarnation, and the eternal spirit beyond the body, beyond space and time.'*

### Accessing the Divine Self

The essence of who we are is the Divine Self. Accessing the essence is done in stages:

- **Through life experiences** we are invited to realise who we are beyond the form we see with our eyes. We find the way to love by learning from the different choices we make.

*'Enlightened teachings create spirals of transformation within us that carry us towards awakening'*



- **Through spiritual teachings of Light** we build our connection to our inner essence and higher vibration. We find the way of understanding celestial truths and adjust our way of life accordingly. We become a being of Light as the higher vibrations radiate through our body.

Our life experiences take us into the spirituality of the Light when we reach a certain stage in our soul evolution. Otherwise, even when we come across spiritual teachings, our mind takes us back into the conditioning of the planet.

We walk in two worlds, spirit and body, heart and conditioning, and we gradually transform both. This is a staged journey where we take our body and mind with us. We learn from both

worlds and states which slowly become one. When there is no differentiation between body and spirit, between heart and mind, when all is one, we arrive at the state of enlightenment and Oneness. This is the journey of the soul's evolution and return to its own brilliant essence. This is the Path of the Living Light, the Path of ISIS.



the soul's purpose  
is to awaken

## The Temple of Gaia: The Path of the Living Light / The Path of ISIS

**The Teachings of the Living Light** are a Path to Awakening and Ascension that can span lifetimes. These Teachings, also known as The Path of ISIS, aim to open us to the *Light of the World, so that we can become the Light*. The Teachings include:

- **Awakening:** Whilst on Earth our perspective is limited by the conditioned mind. The Path teaches the way of the heart, the connection to the Divine essence within.
- **Self-realisation:** When we connect with the Living Light, we understand deeper truths, including the essence of our own nature. As we practice these teachings we are guided towards self-realisation.
- **Embodied spirituality:** These Teachings take us, not only into higher spiritual energies and multi dimensional planes, they also bring everything back into the body.

**Gate 1 - Four Foundation Courses:** *The introductory course: Spiritual Path 1, is open to everyone*

**Spiritual Path 1:** 01-03 Feb, Cost: £285, Dep: £140. **Spiritual Path 2:** 27-28 July, Cost: £190, Dep: £95.

**Healing Path 1:** 12-13 Oct, Cost: £190, Dep: £95. **Healing Path 2:** 15-17 Nov, Cost: £285. Dep: £140.

Gate 1 Courses can be booked individually or all four courses together for a reduced cost of: £850. Dep: £350. To book, email: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)



# The Shamanic Journey

## From the Earth into the Sky and back again

The world is in a state of transition where we realise that all is not as it seems. Established dogma is gradually being put aside in favour of direct connection and our individual experience of spirituality.

The worlds of spirit that unfold through our consciousness are much larger in their essence than the physical world. Discovery of shamanism opens the doors to a bigger multidimensional side of us.

In the indigenous traditions of Mexico, are found references to the assemblage point, or the point of perception. This point is like a window where the outside touches our consciousness and creates our perception of reality. Consequently, we think that all that exists is what we see out of this window, in our case, the physical world.

Yet, in some people, this point of perception can become clearer. Then we may perceive not just the physical but also spirit beings, such as nature spirits and ghosts, that inhabit the spirit realm. For some people, the window may become larger to take in a higher perspective of life. And for others, at certain times, the point of perception can shift altogether, showing them another reality. These shifts enable people to access what are called in shamanism, 'the alternative realities'.



### Shamanic Journeying

In shamanic journeying we train ourselves to access these alternative worlds. Through drumming, our conditioned mind subsides, and our 'inner seeing' opens. We find ourselves seeing or sensing other worlds in different vibrational planes. Temporarily, our perception point moves. This movement takes place in line with our intention for the journey. Our intention creates the movement and we step into the unknown, as there is no way we can know beforehand how the journey will unfold. We may be surprised at what happens.

As we enter these different planes of existence, we meet different spirit beings who wish to help us in our lives and spiritual expansion. In shamanism we work closely with helping spirits. They are the guides that point the way and walk with us in these worlds. Otherwise we may get lost.

### Fotoula shares her experience of journeying

I have been consciously engaging in shamanic journeying for 13 years. What have I learned? Perhaps the biggest lessons have been that I do not walk alone, and to trust in spirit and 'my seeing'. Also, to understand that everything is possible in ways my mind could not foresee. However, what I have become as a result of the shamanic work is more important.

Shamanism is an embodied discipline. We travel these spiritual realms to bring the pure essence back to Earth and to our bodies that are of the Earth. We journey for ourselves and, at the same time, we journey for the collective. We become a solid bridge between realities; a being that is more complete and whole. We embody the tree of life whose trunk is on Earth, whose roots reach down into the underworld and whose branches touch the upper worlds. We are connected to the Earth and the other universes as the one multidimensional being.

This becoming, the embodiment of the magic, is what shamanism is about. The knowledge and information has some value but the alchemical inner transformation of the base matter into gold is the core of the practice. Even after journeying for 13 years I still notice how different I feel after each journey.



As the changes take place within, we find ourselves changing our beliefs, habits and patterns, and shamanism gradually becomes a way of life. Continually coming into contact with the bigger perspective slowly transforms us from within.

Shamanic practitioners may work together or individually, but never alone. The sacred outside of us unites with the sacred within. We merge with spirit and expand our own spirit.

Animals, plants and the Earth become

allies. We realise that spirit runs through everything; the web of life.

## **Bringing Shamanism into your life**

How can we harness the practice of shamanic journeying? Contact with the other worlds starts with contact with our own. To find your spirit guide, connect with Mother Earth. This contact will help you strengthen your physical and energy bodies, becoming a strong vessel that can hold the spiritual energies. A journey to spirit can start with simply stepping over the threshold into nature.

The indigenous cultures seek contact with spirit in the wild. In the embrace of Mother Earth they hear spirit speak. They undertake medicine walks, vision quests, walkabouts, to see, feel or hear spirit. My own spirits showed me how to breathe and merge with the trees. I shared this practice in my book, *"The Golden Book of Wisdom"*. Such practices open our energy channels in a sustainable and holistic way.

For other people it may be useful to find a shamanic teacher, join a circle or go to a workshop to learn how to journey. In my circles I help new people journey for the first time by teaming them up with more experienced practitioners of the art. Those who access these worlds regularly can open doors for others. It is also a matter of energy, as the shamanic teacher brings in higher vibrations through her connection with her helping spirits.

Indigenous shamans take a long time to prepare for a shamanic ceremony, and I have also found that it is easier to change our perception point when we take the time to prepare for



our journey. If we have a heavy meal, watch TV and then go straight into journeying using a drumming CD it may not work. It is important to see yourself and your ceremony as sacred, and the sacred will touch you.

**Fotoula Adrimi** is an experienced shamanic teacher, and part of the Global Shamanic Teachers Network. She has been teaching the shamanic ways since 2009. Fotoula comes from a

shamanic lineage and has studied classic and cross-cultural shamanism with western and indigenous shamans. She has delivered shamanic workshops, including practitioner training, in Scotland, the Netherlands and Southern Germany.

### **Shamanic Practitioner Training - 27-28 Jan 2019 - 18 Jan 2020**

An in-depth, spirit-guided and soul-expansive shamanic practitioner course consisting of a circle of 12 modules over 12 months and one day (one weekend a month throughout 2019, finishing with a graduation ceremony in Jan 2020).

Cost: £1,950.00 Deposit: £500.00 For more information see the website - <https://www.theissschoolofholistichealth.com/shamanic-practitioner-course>

### **Shamanic Workshop: 23-24 February - Medicine for the Earth**

A shamanic workshop working with the elements, space clearing, healing of ourselves and the planet. For more info see the website - <https://www.theissschoolofholistichealth.com/medicine-for-the-earth> Cost: 185.00. Deposit: £90.00.

### **Shamanic Retreat: 22-24 March - The Four Shields: Walking the Medicine Wheel**

In the ancient land of Kilmartin Glen, Scotland, we gather to step over the threshold and invoke the rite of the Medicine Wheel, through the Four Shields. Each shield has something to teach us, and when we spiral deeper into each shield, we find the gifts of these ancient teachings. The maximum number of participants is 8 and advance booking is required. See the website for more details and costs - <https://www.theissschoolofholistichealth.com/shamanic-retreat-2019>

For more information about the Shamanic Courses shown above, or to book, email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)



In me I find two worlds:  
one of Earth, one of Spirit

Fotoula Adrimi on walking the shamanic path  
<https://www.theissschoolofholistichealth.com/shamanism>

# The ISIS School - News



## Fotoula's Latest Article - Pagan Dawn

***Following the steps of the Dark Goddess -  
A journey of cleaning bones, initiation  
and putting the dead to sleep***

In this article, Fotoula narrates her journey of ancestral healing and initiation that took place in Greece, Scotland and Egypt. Her guide is the ancient Goddess who appears to her with different names: Hecate in the underworld, ISIS in the Great Pyramid and Calleiach Bheur in the stone circles. In her different forms the Goddess aids the transformation of the family line, the land and finally Fotoula herself.



*(You can order the magazine online or for those in Glasgow purchase it at Opal Moon)*

## Shamanic Residential Retreat 2019 The Four Shields - Walking the Medicine Wheel

For those wishing to work with the land of Kilmartin shamanically, we will be hosting the Four Shields, Medicine Wheel Retreat, in March Equinox 2019.

**22-24 Mar The Four Shields - Walking the Medicine Wheel** - Kilmartin Glen.

We gather to step over the threshold and invoke the rite of the Medicine Wheel, through the Four Shields.

Spaces are limited, to book, email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Pilgrimage to Egypt - Sept Equinox 2019

The Pilgrimage to Egypt is almost full. We have one place remaining for anyone who wishes to share in the journey through ancient temples and pyramids.

Pre-requisite **The Spiritual Path of ISET, Part 1**

Please email Fotoula to express your interest: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)



# Courses, Circles, Retreats and Transmissions

## ISIS Courses and Ceremony - November and December 2018

- 16-18 Nov** **The Path of ISIS - Healing Path 2** - open to anyone who has completed Healing Path 1
- 01-02 Dec** **OSIRIS Ascension Teachings - Second Circle** - for Initiates who have opened Gate 3
- 15 Dec** **Path of ISIS - Silent Retreat Day** - open to all who have completed **Spiritual Path 1**

To book for any of the courses email Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

## Glasgow Shamanic Circle - November 2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in **November - 12th, 19th and 26th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

## Shamanic Practitioner Training - 19-20 Jan 2019 until Jan 2020

This is an in-depth **Shamanic Practitioner Training** that takes place one weekend a month throughout 2019 starting 19-20 Jan 2019 and finishing with a graduation ceremony in Jan 2020.

To book for the Shamanic Circle or Practitioner Training email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Monthly and Weekly Meditation Groups - November 2018

**24 Nov** **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 three times in **November - 1st, 22nd and 29th**. For more info and to book for any of the meditation groups, email Fi: [fi@isis-school.com](mailto:fi@isis-school.com)

## The ISIS Residential Retreat - November 2018 - (Open to all ISIS Practitioners)

**02-04 Nov** **The ISIS Spiritual Retreat** - Kilmartin Glen. The Retreat is a beautiful way for ISIS Practitioners to immerse themselves in the wisdom teachings.

Advance booking is advised as spaces are limited, email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Shamanic Residential Retreat - The Four Shields - March Equinox 2019

**22-24 Mar 2019** **The Four Shields - Walking the Medicine Wheel** - Kilmartin Glen. We gather to step over the threshold and invoke the rite of the Medicine Wheel, through the Four Shields. Each shield has something to teach us, lessons about ourselves, lessons about life.

Advance booking is advised as spaces are limited, email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Egypt Pilgrimage - September Equinox 2019

**18 Sept- 01 Oct 2019** **Pilgrimage to Egypt** - As guided by ISIS, The ISIS School will lead a pilgrimage to Egypt from 18th Sept-01 Oct 2019. The initial itinerary includes: Luxor, Karnak, Aswan, Phillae, Dendara, Abydos, pyramids (*Prerequisite - Spiritual Path of ISIS, Part 1*)

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

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). In November Transmissions take place on the **14th, 21st and 28th Nov**.

Please email [info@isis-school.com](mailto:info@isis-school.com) if you wish to connect with any or all of these Transmissions.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on **Sunday, 25th November 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.