

The ISIS School of Holistic Health Newsletter

Issue 19: January 2018



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



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

The Light of the One Being creates multitudes of universes and everything is done in Divine Order. There is no coincidence in the process of creation. No accidents. Everything is as it is meant to be.



The same Light creates you and your life. Your body is the physical expression of this Light. Your soul is the Light incarnated. You are here on Earth where you are meant to be. This is not an accident.

Having arrived on Earth you are given 'free will'. It is your life to live. You are your own Creator. Your choices create consequences. There is a law of cosmic ordering that is based on your intention. Your soul is driving for spiritual awareness and expansion. The journey of the soul is one about recognising the Divine within. Yet, the egoic self is firmly set in the material world. Between the soul and the ego, your cosmic ordering may become confused and messy.

People are using the universal laws to manifest material abundance and recognition, looking for worldly fame and glory. This is coming from a place of inner scarcity. Lacking in self-acceptance they look to the world to acknowledge them. It is the same principle when trying to manifest wealth because you think you are poor.

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The cosmos was created as an act of unconditional love, not to fill a gap within. Working with these energies drop into your own light of creation that sees the beauty in everything. Take ego and scarcity out of the equation. Stay in the heart to manifest the gifts of your soul and experience the gifts of your life.

Exercise in Cosmic Ordering



Enter a space of silence and inner reflection. Ask your soul to speak to you and show you its gifts. These may be different to what your mind thinks. See yourself through the compassionate eyes of the Divine within, that knows no boundaries or lack.

Filled with compassion for yourself and your life, imagine now the ultimate expression of your life in line with your soul's wishes. Put yourself in this picture. Notice how you look and what you do. Notice all the details: what you are wearing, what the world looks like around you. Do not change this image with your mind. Instead surrender to it.

Then breathe deeply and in the outbreath let this cosmic order flow from you to the heart of creation, to be nurtured and sustained. Release this completely and live your life.

The universe may or may not deliver this order, and it may or may not be within your timescale. The universe works for your highest good.

Note: A cosmic order does not always stay the same. We engage in creating all the time and the mind can interfere. Our ego can put events in motion that take us further from the ultimate expression of the life we are trying to manifest. Working with ourselves to overcome the conditioning of the mind and transform the ego-shadow opens the doors for manifesting the higher expression of who we are.

Working with Higher Consciousness

In 2013 Fotoula and Fi travelled to the South of France and connected with early Christian sites related to Mary Magdalene and the Templar Knights. They visited the church in Saintes Maries de la Mer, and the hill of Rennes-le-Chateau. Psychically they connected to the past and saw the Templar Knights kneeling in front of the Rose, the statue of Mary Magdalene, before leaving for the Holy Land.



As part of a Knight's initiation into the Order, the Knights were anointed with essential oils especially prepared by the head of the Order. During the anointing, the intention was that the Knight's consciousness was elevated and the Knight now carried the seeds of the Living Christos. In the ceremony the Knight was given the task of manifesting the elevated consciousness, the Christ Consciousness in his life.

Fotoula was then taken further back in time to the ancient Egyptian Pyramids. She saw an Initiate lying inside a sarcophagus who was going through a similar rite of inner transformation from the basic consciousness to the higher Self.

With awareness comes responsibility

These rites and initiations heralded the path of heightened awareness for the person. With awareness came responsibility. In both cases, the Knight and Initiate, were asked to use the gifts of esoteric knowledge for the highest good rather than personal gain. This oath was part of the ritual as it is very tempting to misuse etheric energy. Those who did so, used their knowledge to gain wealth and positions of power. These practices worked to some extent and helped the person achieve their personal goals. However, there is always a pay back. Misusing energy creates chaotic forces and heavy consequences. As history teaches, the whole Order of the Knight's Templar was disbanded and many Knights had to flee for their lives.

For the Templars, initiation into the Christ Consciousness, was initially a quest for spiritual expansion. But then it became associated with banking, creating wealth and exerting political influence. Soon, the Order was one of the richest and most powerful institutions in Europe, controlling the decision makers and rulers of different countries. The justification was that the Knights knew better, and that because of their, in theory, higher understanding, they had the right to control the world both through material wealth and esoteric means. This was an ego trap that eventually closed them down.

The creative forces of the universe are like fire. We may think we can control this fire with our egoic mind and keep putting logs onto it to build it up, but this fire has a consciousness of its own that can both nurture and destroy.

Creation is built on the principle of unconditional love, offered as a gift to your soul. Like the Templar Knights our life can be an initiation into being the wise Self, the Living Christos, the All that is that we are inside.

New year resolutions



During New Year's Day it is customary for people in the UK and elsewhere to make new year's resolutions. For example, we may wish to lose weight, to go to the gym, to meditate, or give up smoking. For some people these resolutions can be short-lived. This is because we may want to lose weight but the attachment to sugar is still there. It may be helpful, if we wish to set intentions for the coming year, to give up our unhealthy attachments first.

Visualisation for giving up attachments

Create sacred space by invoking the power of unconditional love of the Divine consciousness to assist you in your intention of releasing all the attachments that no longer serve you.

Visualise yourself walking inside an ancient temple. In this space there is an incredible vibration of love and light. The further you walk in, the higher the vibration. See yourself passing through many corridors and rooms, as vortexes of etheric energy flow around you cleansing you and your aura. Now walk through a room where priestesses and priests are chanting. With each step you take they tone a different sound that opens you up for your spiritual work.

After this room the corridor leads into another chamber filled with incense. As the incense wafts around you, imagine breathing in its perfume to further open you up and help you release any energies that are not your own but you may have picked up from the environment.



Finally, you arrive at the Holy of Holies where you are led to an altar in the middle of the room. On the altar is a luminous being, the part of you that is the Divine essence. A priest comes to you asking if you are ready to manifest this being in your life.

If you agree, you may notice that your hands are now bound with ropes and your feet are chained together. These bonds represent the attachments that keep you separated from the Divine within you. With ultimate compassion for yourself, offer these attachments to your wise Self on the altar. As you do, see the bonds being released. The wise Self is never bound.

The priest asks you again if you wish to manifest the wise Self in your life. If you say 'yes', perhaps more bindings appear. Keep giving up your attachments/bindings to the wise Self until nothing remains.

When all the attachments are gone, you find yourself in the middle of the altar. You are sitting in the Holy of Holies, you have become the wise Self. The priest anoints you with sacred oils on your third eye, the palms of your hands and your feet. As he does so, he offers you a blessing, "May you manifest the Light of your wise Self in your life."

The recording of this visualisation is available on the website – <http://www.theisisschoolofholistichealth.com/publications>

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Shamanic Retreat: Initiation through the ancient rite of the Medicine Walk

In March 2018 Fotoula and Fi will facilitate a Medicine Walk Ceremony in the ancient land of Kilmartin. We cross the threshold between our world and the world of spirit. The Earth becomes our ally, teaching us about our spiritual path and offering us guidance for our life. The Walk is traditionally an Initiation Rite into the shamanic / spiritual path.

For more information follow the link below. Bookings are essential as spaces are limited.

<http://www.theisisschoolofholistichealth.com/shamanic-retreat>



Spiritual Path 1 - Germany, April 2018

In April 2018 Fotoula and Fi will lead their third workshop in Germany for the Path of ISIS. In the beautiful seminar house of Claudia Wolff, situated in the rural village of Marhördt, they will share the teachings of the First Gate of the Path of ISIS. *(The workshop will be taught in English with some translation.)*

Teachers: Fotoula Adrimi and Fi Sutherland, fotoula@isis-school.com

Dates: 10:00-17:30, Friday, Saturday, Sunday 6, 7 & 8 April 2018

Cost: 330 euros for workshop (non-residential, bring your own lunch), deposit (non refundable) euros 150.

Venue and bookings: Claudia Wolff, Marhördt 13, 74420 Oberrot, 0170 4668135

www.Lebensheilpraxis.de email: cwu@gmx.com



Courses, circles, retreats & transmissions



ISIS Ceremony, Refresher Day and Courses - Jan-Feb 2018

- 30 Jan** **ISIS Ceremony - Imbolc Rite - The Triumph of RA and the Blessing of Nut** - open to everyone who has completed Spiritual Path 1 - (*no charge*)
- 10 Feb** **ISIS Refresher Day**, open to everyone who has completed Spiritual Path 1
- 24-25 Feb** **Spiritual Path 2**, open to all who have completed Spiritual Path 1 and are working with the teachings

To book for any of these events email Fotoula: fotoula@isis-school.com

Glasgow Shamanic Circle and Shamanic Workshops - Jan-Feb 2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet twice in January - 22nd and 29th at the Glasgow Theosophical Society, 17 Queens Crescent.

- 27-28 Jan** **Shamanic Extraction Workshop - The Path of the Bear** - learn how to extract energetic intrusions from the body and neutralise them, by merging deeply with your spirit helpers.
- 03-04 Feb** **The Journey of the Shaman and retrieval of Personal Power**: The Path of the Eagle - learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination

For more information or to book a place on any of these shamanic circles and courses email Fotoula: fotoula@isis-school.com

Meditation Groups - January 2018

- 20 Jan** 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 January - 18th and 25th. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

Residential Retreats - 2018

- 09-11 Mar** **Shamanic Retreat: Initiation through the ancient rite of the Medicine Walk** Kilmartin Glen, Scotland - We enter in ceremony, supported by our circle to find and or empower our calling.
- 02-04 Nov** **The ISIS Spiritual Retreat** - Kilmartin Glen. The Retreat is the ideal way for ISIS Practitioners to immerse themselves in the Teachings of ISET. Open to everyone who has completed Spiritual Path 1.

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

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

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In January Transmissions take place on the 17th, 24th and 31st. 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, 21st January 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.