

# The ISIS School of Holistic Health Newsletter

Issue 24: June 2018



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



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

In your world you have learned to expect instant results – you press the switch and the light comes on. When you press the switch of inner awakening and the light is slow to materialise, you are quick to give up. It is the same with your own healing practice. If there are no immediate results, it has not worked.

The process to enlightenment is an inner process. It is also a slow process to safeguard your sanity. For the line between awakening and insanity is a thin one, and if you are not grounded, your mind will not cope.

This was recognised by the ancients who talked about the sacred fool. The fool was thought to be speaking Divine truth, but this person was so ungrounded that she could not cope with everyday life. In the process of awakening, the lack of grounding can create many fools, with various degrees of sacredness.

Awakening is a journey in which you walk at the pace that accords with your soul. Everyone walks this journey. This is the ultimate purpose of the soul, to reawaken into its inner Divinity. This is an individual journey. Your path is unique to you, designed by you before incarnation. Do not compare your progress with someone else's.



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

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The road has many twists and turns and those who are apparently advancing before you, may find themselves behind you. This is not a straight road, but one full of surprises.

In the road to awakening, bring the focus back into yourself. Build your own 'candle' and kindle your inner flame. Teachers appear along the way to help you, but you are in charge of your own process. Set your ego aside and learn to recognise and follow the voice of your heart. Commit to your path, whatever this is for you. Connect with the Light of the World, until you become that light. For this is where the path will eventually lead you, no matter how long, arduous or smooth the road may be.

I recommend you focus on a spiritual practice that helps you to access the universal power of unconditional love, the power that you are inside. I have offered such a practice in a previous newsletter and, for ease of reference, it is included again below.

## **Transforming the World through the Power of Love**

### **ISIS speaks -**

I suggest you take a few minutes each day to do this very simple exercise. The more you practice this, the more powerful the shifts you can collectively create.



### **The Practice**

Imagine that, as you breathe in, you are breathing in the love of the world and, as you breathe out, you are breathing out love to the world. With each breath you open your heart centre, until your inner radiance shines out.

In this beautiful space, affirm to yourself that you are the love of the world.

Now, allow the power of love to flow from your heart into your body. Let love flow to all your tissues and organs and into every part of you. Let love speak to you about your patterns and blockages, and about your inherent gifts and soul's journey. Ask the power of love to heal, reveal and embrace all aspects of your being.

In this place of inner radiance, let the love flow from your heart to all beings, to the planet, to all the places in the world, to the rich and poor, the cities and mountains, the schools and war zones. Do this without expectations for an outcome, judgement, resentment or anger. Let the love flow to all the governments, corporations and banks, to all the institutions and to all the people who work in them without prejudice. Divine love is there for all, no matter who they are or what they have done.

Affirm: "I am the power of love".

Stay in this space for as long as you like, radiating the power of love.

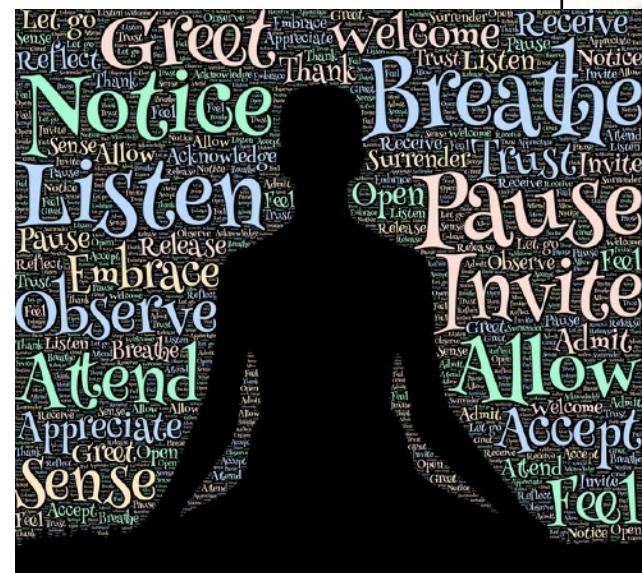
At the end, focus in your heart centre, which is glowing like a star. Give thanks for this meditation and for your contribution in creating a positive shift in your life and the world reality.

## Working out our Karma, by Fotoula Adrimi

In 2006 I was working as a senior town planner for Glasgow City Council (GCC) and, at the same time, studying various alternative healing methods, including Sekhem.

In one of the GCC projects I was managing, a special team was formed to promote its implementation. Caroline, a woman I did not know joined the team, and at the first meeting she tried to take over the project. In this competitive business environment my reaction was swift and we took an instant dislike to each other. Despite our personal differences the project was successful and Caroline and I went our separate ways.

At the time, my Sekhem teacher, Gordon Souter (now deceased), offered a monthly healing exchange class. Under his supervision, the students would practice short healing sessions, on members of the public who had volunteered to come along. On one of these nights Caroline came to receive a healing. Neither of us could believe the other was there. She said she had always believed in alternative therapies and a friend had mentioned this group. She somehow knew she was meant to be there that night, as all her other plans had been cancelled.



Although there were other students in the group I knew I had to perform the healing for Caroline. Caroline knew this too and she asked me to be her healer. We both felt something important was taking place and our past personal differences and personality clashes melted away.

During the healing there was immense power and light flowing through Caroline's body and through me. We were surrounded by light and both of us were deeply moved by the experience. At the end we hugged each other.

I never saw Caroline again. A few days later, in a meditation, I was shown how our souls had been linked by negative karma, created through



competition and ego. At soul level we both wanted to heal this rift, even though consciously we were not aware of this. Our higher selves had orchestrated the meeting and healing. Some part of us no longer wished to carry the karma and had found a way for it to be released. This was no ordinary healing session but a karma purification healing at soul level for both of us, that took place through light and love. There was no need for us to meet again, as the work had been done.

My spirit guides also showed me that, in the bigger picture, we are all each others' teachers. On Earth our personality reacts to challenges and can be quick to create disharmony. Sometimes such situations can persist for many years, even over lifetimes. If a situation is not resolved and the lesson is not learned, it can repeat itself numerous times. The names of the people that challenge us may change, but the lesson remains the same.

Following this life lesson with Caroline, I started using a technique that enables me to bypass the ego and personality. I have been working with this practice to heal family disputes, toxic relationships and unhealthy friendships. In the technique I detach from any drama and become the healer, as I did in the example above with Caroline. I look into the other person's body and focus on their Divine light, seeing them as they are in their essence, beyond their actions. In this space of connection I allow the possibility of a bigger understanding to emerge within me.

I describe this teaching in the second chapter of my book\* that discusses ego, shadow and forgiveness through unconditional love and light. In some cases friendships and relationships may heal completely, finding a place of balance. In other cases I never meet the people involved again. Our work together has finished and we no longer need to teach each other. I have let go of any anger, judgement and associated karma. I have set myself free, having learned from this encounter about life and about myself.

\*The Golden Book of Wisdom: ancient spirituality and shamanism for modern times, by Fotoula Adrimi.

# The ISIS School - News

## Online Course: A journey of Initiation into high vibrational cosmic energies

The course is unique. It was masterminded by Beings of Light from higher dimensions. It is specifically about developing our incredible human potential and participating in the next stage of the Earth's evolution. We work etherically with Beings of Light and star-beings who wish to help us evolve through the transference of high vibrational, universal energies.

The course is about soul evolution and it is open to all spiritual seekers. Experience of working with etheric energy, visualisation techniques, meditation or shamanic journeying is useful, but not essential.



### **Seven Modules via Dropbox**

Each module is a step in the journey, building our connection with our limitless self, and the high vibrational energies of the cosmos, which are our birthright. We will walk the path together with the spirit teachers of this group, living and breathing our spiritual calling for a different state of being and a high vibrational Earth.

As this course is a journey, participants need to intend to take part in all seven modules. All modules are delivered together simultaneously through dropbox. We recommend that you take at least one month per module, to assimilate the teachings, and to listen to the recordings more than once. However, you can go at your own pace; there are no time constraints in this work.

The course is facilitated by Fotoula Adrimi and a team of highly-evolved helping spirits that work for the highest good of humanity and the Earth.

**Cost:** £147 per person

**Place:** Worldwide

**Booking:** email [info@isis-school.com](mailto:info@isis-school.com) to book your place and include your name, surname and email address.

**Payment:** by Bank Transfer (email [info@isis-school.com](mailto:info@isis-school.com) for bank details), by cheque (UK) or or through Paypal, using [info@isis-school.com](mailto:info@isis-school.com)

For more details of the Online course visit our website -  
<http://www.theisischoolofholistichealth.com/online>

# Light Activation



In our Saturday morning meditation group we usually come together to share teachings on working with the wisdom mind, chant mantras and work with various spiritual practices. However, in May the meditation group was completely different. In the circle we took part in a Light Activation orchestrated by Beings of Light from the Sirius Star.

Fotoula had been working in the dream reality with Beings of Light from Sirius Star who charged her body with energy while she slept. She was also aware of them in meditation, guiding her practice. These Beings asked us to open the meditation space so that an Activation could take place that others could share in. Accordingly, we sent out an invitation to people on our mailing list and many were called to come.

## **Recording**

The Star Beings also asked us to record the first part of the practice so that we could give it to participants for their personal use. This recording is now available through our website for everyone to work with for their own spiritual development -  
<http://www.theisisschoolofholistichealth.com/activations>

## **Light Activations**

In these activation sessions, participants receive an energy empowerment through sacred sound. This is an empowerment of the spiritual DNA through codes of power. There are no words to describe what this means, our logical mind has no reference for this. All Fotoula can say is that it has been a rich and profound experience that has resulted in personal expansion, which has empowered her and her work. We have no idea what these activation sessions will mean for each participant and their spiritual work.

The Activation took place on Saturday 12th May. The Beings from the Sirius Star will let us know when further Activations will take place. We have created a page on our website with all the information should you wish to stay updated (see above).

# Courses, Circles, Retreats and Transmissions

## ISIS Refresher Day and Courses - July-Aug 2018

- 21 July** **ISIS Refresher Day** - an opportunity for ISET practitioners to practice together  
**27-29 July** **Gate 1: Spiritual Path 1** - for those wishing to begin working with the ISIS teachings  
**11-12 Aug** **Gate 1: Spiritual Path 2** - for anyone who has completed Spiritual Path 1

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

## Glasgow Shamanic Circle and Shamanic Workshops - June 2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet twice in **June - 11th and 25th** at the Glasgow Theosophical Society, 17 Queens Crescent.

- 01-03 June** **Shamanic Healing with Spiritual Light** - learn the art of shamanic healing through healing rituals, transfiguration and work with the four elements  
**15-19 June** **The Path of the Jaguar - Soul Retrieval Practitioner Training** - in-depth 5-day course which will give you the skills to bring back soul essence and life-force for your clients  
**30 June - 01 July** **The Path of the Jackal: Death and Dying Workshop - Part 2**: (for experienced shamanic practitioners who have completed Shamanic Extraction training). In Part 2 the focus is on depossession, learning how to safely help stranded souls.

For more information or to book a place on any of the courses email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Meditation Groups - June 2018

- 09 June** 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 three times in **June - 7th, 14th and 28th**. 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 - 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, 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, Philae, Dendara, Abydos, pyramids (*Prerequisite - Spiritual Path of ISIS, Part 1*)

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

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In June Transmissions take place on the 6th, 13th and 27th. 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, 10th June 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.