

The ISIS School of Holistic Health Newsletter

Issue 17: November 2017



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



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

The spiritual path can be a lonely road. The majority of the world shies away from spiritual and personal development. When a light shines on ourselves and reveals all that we carry hidden inside us, the inner shadow, most people either switch the light off, run away, or project their shadow onto others.

The shadow's game of hide and seek, name and blame, retrieving and revealing, is part of the human experience. In order to awaken into your divinity, you have many opportunities to integrate, embrace and accept the shadow. To do this, treat your shadow as a cherished part of you, with compassion and unconditional love.

At the same time as healing yourself, you are part of the collective consciousness that creates the world reality. And the world can be a very difficult place for some people. As you retreat into your own personal work, remember that you are a cell in the body of the whole. As you work on yourself and your own process, extend the same love and compassion towards the world around you. Be fair and kind to yourself and, at the same time, be fair and kind to others. Remember that the greatest power that can change your reality and that of the planet, is unconditional love.

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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So, no matter what happens in your life and out in the world, take a few minutes each day to connect to the power of unconditional love that you are inside. Consciously ask that this power flows into every part of your body. Let it flow into your cells, into your life, into your family and friends, the people you know and don't know, into the institutions and the governments, into the Earth and all beings, and back into yourself.

If any judgements arise for yourself or others, release them. You do not need to know or judge why you or others behave in a particular way. You are doing this exercise in order to heal and transform. Extend the power of unconditional love to all the places within and outside of you without judgement. This is the greatest power you have available to you right now.

This practice is an act of service to yourself and the world community. Do it without expecting a difference. For example, you may ask, 'If I send love to the world's politicians will things change?' From that premise your love is conditional and ego-driven. You send love expecting a result. This limits the spiritual power of your practice. Instead send unconditional love, because beyond all your thoughts and actions, skilful and unskillful, this is your essential nature. And this practice is a way to tap into your power beyond the conditioning, and reveal your essence.



A soul's journey of Divine union - Hieros Gamos

A soul travels to Earth's school, physical life, to learn about itself and self-realise as a being of light. However, attached to the world and what the world offers - relationships, possessions, beliefs and ideas - the soul forgets its origin. This is meant to happen.

The earthly journey is one where the soul loses and then finds itself. This is the journey of the spiritual seeker.

Spirituality from ancient times, the Greek Mystery Schools, the Egyptian Temples, Hindu philosophy, the teachings of Tibetan Buddhism have a common denominator; they aim to help the seeker reveal her luminosity and awake from the conditioning of the mind.

In the ancient Greek Mysteries of Samothrace, the Initiates would symbolically marry their eternal spirit, through the ritual of Hieros Gamos, sacred union. They would then lead a moral life of spiritual practice and self-awareness to eventually experience the Divine union, the ultimate experience of being immersed in Divine grace.

The spiritual journey, in the ancient Greek Mysteries, was not a quick fix. People were encouraged to participate in the ceremonies and practices many times and to continue to visit the sacred island of Samothrace to immerse themselves in the Mysteries.

The spiritual journey can never be quick, no matter how great the teacher or guru is. The ancient traditions show that the key to awakening is dedicated spiritual practice to transform our base matter, the conditioning of the mind, into what we are in our essence, pure golden light.



Victory of Samothrace, which now resides in the Louvre, Paris.

The Mysteries

The Mysteries were a way of studying spirituality in the ancient world. The Mysteries were sacred and secret, thus their name. In Samothrace, an island of the Northern Aegean, the Mystery School held a 9-day intensive course in spiritual evolution every year. This School was unique in that it was open to all: men and women, Greeks and foreigners, slaves and free citizens. The only prerequisite was an open heart.

In Samothrace participants went through three stages of spiritual development.

Stage 1. Purification - Exagnismos

Purification was about self-reflection and releasing the issues that were burdening

people's hearts. Skilled priests, called Koes, helped participants become aware of how they met the world, especially the unskillful actions and attitudes that caused pain to themselves and others. After this, people were encouraged to make peace with themselves and with life.



Divine light of the soul, and sat on a throne whilst priests and priestesses sang sacred mantras, played musical instruments and invoked the Divine.

Stage 2. Initiation - Myisis

Initiation was a ceremony that aimed to help participants experience their own light. After the purification ritual, Initiates were taken to the place of power on the island; a point of high vibrational energy. They carried an oil lamp, a symbol of the

In this ceremony the Initiate was united, married, to their own higher spirit. They were crowned with a wreath made out of olive branches. A red ribbon was then tied around their waist and they were given a ring made of magnetic stone to symbolically attract the experiences and resources they needed on their path.

Stage 3. Communion with the Divine - Agalasis

The third stage of the Mysteries was the ultimate experience of Divine grace. The Initiate was taken to the 'Adyton', the Holy of Holies, where access was usually restricted. In this place the Initiate had the opportunity to encounter God, in their own way. Immersing herself in the Divine light, she may feel accepted, loved and changed in some way. Touched by the Divine, the Initiate transformed her view of the world.

The real test

Following the Mysteries the Initiate would go back to her normal life. Then the real test would begin. Could she apply the teachings to her everyday reality? Does the memory of the Mysteries fade as life challenges take her attention?



The ruins of the ancient Temple of Samothrace.

Every spiritual seeker was faced with these questions. This is why it was important for them to continue to immerse themselves in the Mysteries, until their life became the ceremony. And, through the union of Hieros Gamos, the sacred marriage, she gave birth to the awakened being.

The wisdom of the past

Today many of us seek spiritual awakening in our own way. The Mysteries are no more, but they can still offer us a path: purification through personal work; ceremonial initiation with high vibrational light; communion with the Divine in the Holy of Holies of our spiritual practice.

The Teachers of the ISIS School of Holistic Health are committed to bringing the ancient wisdom and light to the world through their practice, the Teachings of the Path of ISIS, the Shamanic Courses, Meditation Groups and the Rays of Divine Consciousness Retreat.

They walk with you on your spiritual journey by offering these practices, enlightened wisdom teachings and ceremonies as a doorway towards your own unique experience of your soul's light.

You can watch a video of Fotoula Adrimi talking about the ancient Greek mysteries of Samothrace, also called the Kavirian mysteries. The mysteries were based on the principle of Hieros Gamos, the marriage to our higher self, the wise spirit, the state of inner harmony.

<https://www.youtube.com/watch?v=h1GXDpdoHtE>

News of The ISIS School

The Path of ISIS in Germany

A beautiful heartfelt course took place in southern Germany in September this year. The Spiritual Path of ISIS - Part 1 is the first workshop of The ISIS Path. The course enables people to become familiar with the high vibrational energies The ISIS Path invokes, and work with the energies of the sun and moon.

Through an initiation process, participants open the First of the Seven Gates of Awareness and merging with the wings of ISIS, they radiate their soul light into the cosmos.

The German organiser, Claudia Wolff, and the teachers of The ISIS School, Fotoula Adrimi and Fi Sutherland, were delighted to share the ISIS Path teachings in southern Germany. In 2018 Claudia is organising two further courses - The Spiritual Path of ISIS - Part 1, which is open to all, in April 2018 and The Spiritual Path of ISIS - Part 2, in August, which is open to those who have completed Spiritual Path 1 and are working with the teachings. Registration for the April course is now open. For details, please follow the link below, or contact Claudia Wolff directly - Claudia Wolff, Marhördt 13, 74420 Oberrot, 0170 4668135 www.Lebensheilpraxis.de email: cwu@gmx.com

The course will be in English but with some German translation.

<http://www.theisschoolofholistichehealth.com/isis-workshop-in-germany>



The ISIS Energy Transmissions



The ISIS School is delighted to continue offering the ISIS Energy Transmissions for another year. When ISIS asked Fotoula and Fi to facilitate the Transmissions in 2015, they had little knowledge of the sacred Temple that would be created worldwide with people joining from different continents around the globe.

We view the Transmissions as a gift from spirit to ourselves, to the people taking part, and to the Earth. Each Transmission can be very different and even if the energy works on our individual intention, it also works for the highest good of the Earth, enhancing the Earth's vibration.

We wish to thank everyone who has joined with us in these healing over the last 3 years, both here in Scotland and internationally.

Transmissions of the ISIS Energy take place weekly on Wednesday evenings from 7.00pm-8.00pm UK time. To take part, please email your name and intention to Fi Sutherland at info@isis-school.com In November Transmissions take place on the 1st, 8th, 15th, 22nd and 29th.

There is no cost for the Transmissions and everyone is welcome to take part (*please check the time in your timezone*). For instructions on how to connect with the Transmissions click on the link - <http://www.theisisschoolofholistichealth.com/isis-energy-transmissions>

Courses, circles, retreats & transmissions

ISIS Trainings and Silent Day - November-December 2017

- 04-05 Nov** **First Circle of Awakening** – OSIRIS Ascension Teachings (*for those who have opened Gate 2 and are working with the teachings*)
- 11-12 Nov** **The Healing Path of ISET - Part 2**, for those who have completed Healing Path 1
- 16 Dec** **The ISIS Silent Retreat Day** – open to everyone who completed Spiritual Path 1

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

Glasgow Shamanic Circle and Shamanic Workshops - Nov-Dec 2017

The **Glasgow Shamanic Circle** – the **Way of the Drum** will meet three times in November – 6th, 13th and 27th at the Glasgow Theosophical Society, 17 Queens Crescent.

- 25-26 Nov** **The Path of the Eagle - The Journey of the Shaman and retrieval of personal power.** For those who wish to learn the art of shamanic journeying and how to retrieve personal power for themselves and others.
- 01-03 Dec** **Death and Dying** workshop. For those interested in working with the death realms; learning how to die well and to support others during the death process.

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

Meditation Groups - November-December 2017

- 18th Nov** The **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00.
- 09th Dec** 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 four times in November – 2nd, 9th, 16th and 30th. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

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

There is no requirement for you to believe in ISIS or in the Divine, to participate in these transmissions and receive the energy and blessings.

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In November Transmissions take place on the 1st, 8th, 15th, 22nd and 29th. 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, 19th November 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.