

# The ISIS School of Holistic Health Newsletter

Issue 45: March 2020



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



### **This is ISIS speaking, the Mother of Unconditional Love**

*(channelled by Fotoula Adrimi)*

The healing energies that are flowing to the planet right now are creating a disturbance in the light bodies of many people. As a result, some of you may feel disorientated, tired or forgetful. To support yourself you can do a cleaning practice. This will allow you to keep shedding the old etheric energies and generational patterns from your body that no longer serve you.

This cleaning process can happen by itself if you are aligned with your star place of origin, for your light bodies contain this knowledge of self-cleaning. However, this knowledge may not be available to everyone, as the knowledge cannot be accessed unless people reach the right vibration.

By connecting to your soul's lineage, which is the same as your star lineage, and by meditating with high vibrational energies you can activate this self-cleaning process. See practice below.

### **Practice: Activating the Self-cleaning Knowledge**

Create a sacred space by inviting your spirit guides and teachers of the Light to surround you and protect you while you do this practice. State your intention to activate the self-cleaning knowledge that exists in your light bodies.

Above your crown is the eighth chakra, also known as the star chakra. Now ask your star chakra to connect to your star of origin. Wait until a beam of light flows from your star of origin into your crown and into the whole of your body.

Your star chakra now projects its light and holographic image



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around you, surrounding you with its energy. It is as if you are in a star formation. Some people may envision a sacred geometrical symbol encompassing their body and aura. Others may feel the energy or see a colour. Whatever you see or feel does not matter, as your intention is enough.

Now the star formation that surrounds you moves downwards and concentrates around your feet and your Earth Star chakra. (The chakra that lies below your feet). Then the star formation moves upwards and is focussed above your head. Witness this movement at least three times, or as long as you feel it is necessary.

At the end the star chakra projection returns to the star chakra above your head.

Slowly come back from the practice and observe how you feel. If any insights come to you, write them down, as they can be fleeting.

Thank your spirit guides and teachers of the Light for creating a sacred space around you for the practice. Then release these beings asking that they protect and seal you and your space before they leave.

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### **ISIS continues...**

Every time you work with the star chakra you cleanse your energy field in a very deep way. At the same time, your connection with your subtle light bodies and multi-dimensional Self becomes clearer too, enabling you to glimpse a higher state of being and a higher reality. Your vibrational field increases its strength.

This meditation is offered to aid your evolution through the vibrational shift that is currently taking place on Earth. We hold the space for you as you evolve and grow. You can practice this exercise on its own, or any time before you meditate. The practice can also support you if you are feeling overwhelmed by the your life circumstances, the World situation and its energies.

Remember that inside, you carry the vibration of the world and those of the many generations before you. A self-healing, self-cleansing practice of transmutation can aid your path of self-realisation and inner growth.



**You are the creator of your inner and outer reality**

# The Divine Mother Speaks



*The Divine Mother, HAT-HOR.*

The Divine Mother exists in everyone, no matter their gender. Everyone and everything is her manifestation. You are reminded of your connection to her and how you have been birthed out of her Divine womb.

In the Pyramid Texts, ancient Egyptian spiritual teachings, and the Egyptian book of the dead called "Coming Forth by Day", both aspects of creation, feminine and masculine, are recognised and honoured. There is also another aspect that exists before creation, the state called ATUM, that has no gender and is found outside duality.

Within the realm of duality, the Divine feminine and the Divine masculine, exist as equal forces. At different times of the year they are both seen as creators. HAT-HOR, the personification of unconditional love, states that all life and every being was born out of her Divine womb. RA, the living light, declares

that all life and each living form in the universe was made out of his semen, when the semen fell on Earth. These two statements, that in your Western mind may appear contradictory, made complete sense in ancient Egyptian spirituality.

The Pyramid Texts talk about two complimentary powers, two enlightened qualities, love and light, which in essence are the One Power. The two qualities are found within you. As you grow into your spiritual being, we, the enlightened ones, advise you to connect with both qualities. Below are meditations that you can do to:

- connect with the Love that created you, and
- connect with the Power that created you.

Some people find it easier to connect with Love, Power can have negative connotations in your world. If this is true for you, ask yourself, "Why?" Sometimes you give your power away and sometimes you have taken power from others. If you have a block connecting with power, this is something it would be good for you to address.

In Fotoula's book, "The Golden Book of Wisdom", chapter 1: Retrieving Personal Power, you will be guided, step by step, in how to embrace and work with your personal power in a constructive way. There is also a recording of this teaching on The ISIS School's website - <https://www.theisschoolofholistichealth.com/the-golden-book-of-wisdom>

## Practice, Part 1: Connecting with the Love that Created You - The Cosmic Mother

Create your sacred space as guided in the earlier practice (see above).

Imagine that from your navel there is an umbilical cord that connects you to the Cosmic Mother. This etheric cord was never cut and can never be severed. No matter what you do, the Divine Mother of unconditional love will always love and accept you. If you wish, she will nourish you from her cosmic being, and surround you with her body of universes and stars. You may have thought you were alone, but now intend to feel the connection to the body of Divine Love. This love flows into your navel and into your body, encompassing you. Stay in this connected space for 15 minutes.

Now connect with the Cosmic Father.

## Practice, Part 2: Connecting with the Power that Created You - The Cosmic Father

Inside your heart is a Living Sun, the Divine Light, the universal energy that created everything around you, physical and etheric. This light is not in some faraway place. It lives within you, yet it has been covered by the veils of the ego mind.

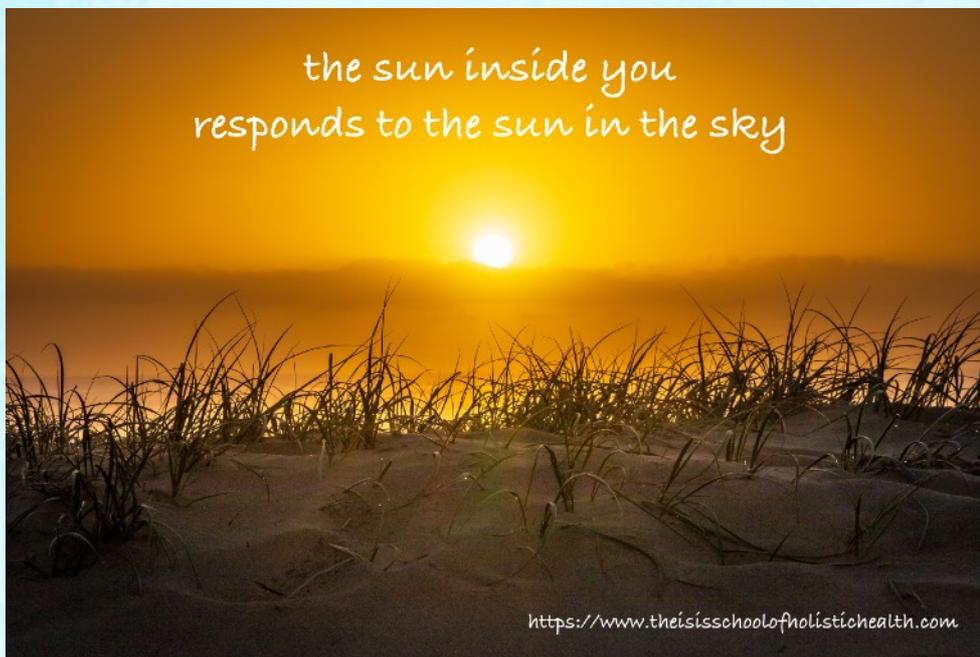
Now, take time to experience the Light of Creation. Imagine this sun inside your heart. Focus on its brilliance. The rays of the living sun flow inside your body and into each cell, filling every part of you with power and life-force, the Light of Creation.

Inside the microcosmos of every cell, exists the whole cosmos, the macrocosmos, the trillions of universes; physical, etheric and multi-dimensional. The Light of Creation, the inner sun, radiates from inside every cell of your body. You are the light of 100,000 suns. Stay in this space meditating and radiating this light from every cell of your body for 15 minutes.

At the end of the practice thank the Divine Mother, love, and the Divine Father, power, that you are called to embody and manifest in your life.

Say: "May I become aware of my inner Divinity, as a being of Love and Power."

Gently come back from the practice. Thank your spirit guides and teachers of the Light for creating a sacred space around you. Release these beings asking that they protect and seal you and your space before they go.



# The Way of the Drum - Shamanic Circle

Almost eleven years ago Fotoula started a shamanic circle in Glasgow. The circle is still calling those who wish to practice the magic of shamanism through ceremony and journeying.

Fotoula says, "Every time we come together in a shamanic circle, open a sacred space and call the transcended spirits, we are in ceremony. The power of the ceremony will affect each person differently as the spirits know better than we do what we need for our highest good. The aim of the circle is inner transformation, which then ripples out into our everyday life, our community and the world."



The Western mentality can see everyone as an individual being, separate from ourselves, and even view each part of ourselves as a distinct entity. For example, if we have an illness in one area of our body, we treat that part, rather than consider the body as a whole.

In contrast, shamanism sees every being as one cell in the body of the cosmos. In this perspective we are connected to everyone and everything that exists, while still being a unique individual. The indigenous people talk about the web of life. Like the blood vessels in our body, the energy lines flow through the whole of creation, physical and etheric, connecting and supporting everything. These etheric vessels carry life-force energy, also known as power, which is limitless and inexhaustible.

When we live from a conditioned mentality of lack, we can believe we need to take power from others or give our power away to others. This creates an imbalance in our energy system that will grow if we maintain this unhealthy paradigm. In our world we can observe this detrimental power game playing out in all areas of human life: relationships, work, politics, and education.

When we connect with the universal life-force energy we can develop our own power. This helps us become aware of any imbalances in our own life and interactions with others. Seeing life with different eyes can lead to different life choices.

One way to access universal energy is through ceremony. In the following link from our website Fotoula shares a ceremony that can be especially powerful at the equinoxes and solstices when the energy flow around the planet increases - <https://www.theisischoolofholistichealth.com/video-recordings>

## The ISIS School's Year-long Shamanic Practitioner Course

**Fotoula Adrimi**, The ISIS School's experienced shamanic teacher and practitioner, will facilitate a shamanic practitioner training course for those who wish to walk the shamanic path. The course lasts one year and one day and begins 10-11th Oct 2020 till 10th Oct 2021.

Fotoula's passion is shamanism. She lives and practices this path in her personal and professional life. Fotoula has helped many people find their own calling within shamanism.

For more information on the course, or to book, click the link **Shamanic Practitioner Training** - or email Fotoula - [fotoual@isis-school.com](mailto:fotoual@isis-school.com)

# The ISIS School - News

## Introduction to Shamanism - New date



A huge thank you to everyone who booked for the 7th March workshop - **Introduction to Shamanism & Shamanic journeying**.

The workshop is now full with a waiting list.

Responding to people's interest, we have decided to add another date for this workshop to The School's event calendar. The new date will be Saturday 2nd May.

For more information or to book email Fotoula - [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

### **Workshop: Introduction to Shamanism & Shamanic journeying**

**Date:** 10.00-17.00, 02 May 2020

**Cost:** £85 per person, deposit £45 to confirm your place

**Venue:** The Library, The Theosophical Society, 17 Queen's Crescent, Glasgow, G4 9BL

## The Path of the Living Light - Spiritual Path of ISET, Part 1

The **Spiritual Path of ISET, Part 1** is the introductory course for the Path of the Living Light teachings that Fotoula is bringing to the world. In this first course participants are guided on a journey to integrate the sun and moon energies and merge with their Divine Self.

The next Course: **Dates:** 02-04 October 2020, 10:00-17:00

**Cost:** £285, deposit £140 to confirm your place

**Venue:** Glasgow

For more information or to book, email: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)



## Shamanic Healing with Spiritual Light - 23-25 May

This new course is a valuable resource for people who are interested in the shamanic arts, as well as alternative forms of healing. It is for people who wish to work with clients, as well as anyone who is interested in deepening their connection to shamanism.

For more information or to book email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

### **Workshop: Shamanic Healing with Spiritual Light**

**Dates:** 23-25 May, (three days), 10:00am-5.00pm

**Cost:** £250 per person, deposit £125 to confirm your place

**Venue:** The Theosophical Society, library, 17 Queen's Crescent, Glasgow, G4 9BL

# Courses, Circles, Retreats and Transmissions

## Temple of Gaia - Teachings of the Living Light/Path of ISIS - Apr-May 2020

**03-05 Apr** **The Spiritual Path of ISIS, Part 1, Germany** - for those who wish to take the first step on the Temple of Gaia Teachings of the Living Light we are teaching the Course in Germany

**15-17 May** **Gate 2** - open to Initiates who have completed Healing Path 2

ISET Practitioners are also welcome to repeat any of the Living Light courses (half price). For more information or to book for any of the ISET courses email Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

## Glasgow Shamanic Circle - March 2020

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in **March - 2nd, 9th and 23rd** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm. To book email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Saturday Meditation Group and Weekly Meditation Circle - March 2020

**28th Mar** **Saturday Morning Meditation Group** facilitated by Fotoula Adrimi and Fi Sutherland, 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 **March - 5th and 26th**. For more info and to book for any of the meditation groups, email Fi: [fi@isis-school.com](mailto:fi@isis-school.com)

## Rays of Divine Consciousness Retreat - 13-18th March 2020

**The Rays of Divine Consciousness Retreat** can be an important stepping stone towards spiritual awakening: it introduces a meditation practice that supports the transformation of the spiritual 12-stranded DNA; and includes initiations in sacred prehistoric sites; enlightened teachings; and, karma purification ceremonies. Advance booking is advised. To book email The School: [info@isis-school.com](mailto:info@isis-school.com)

## Shamanic Retreat: The Rite of the Medicine Walk - 29 May-1st June 2020

In the ancient land of Kilmartin Glen, Scotland, in the land of stone circles and ancient cairns, we gather to step over the threshold and invoke the rite of the **Medicine Walk** - to invite nature's answer to soul questions. Advance booking is advised. For more info - email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Introduction to Shamanism & Shamanic journeying - 2 May 2020

In this **workshop** you learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination. We will also explore how shamans view dis-ease and how they relate it to loss of soul essence and power. To book email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Spiritual Pilgrimage - Nepal and Tibet - 18th Aug-8th Sept 2020

**Pilgrimage of Spiritual Rebirth** - In 2020 Shaman Bhol Nath Banstola, 27th generation Himalayan Shaman, and Fotoula Adrimi join together to co-create a pilgrimage to Nepal and Tibet based on spiritual practice and shamanic ceremony, and following in the steps of enlightened masters of those lands. For more info or to book your place - email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Energy Transmissions (open to everyone, world-wide) - March 2020

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). In March there are three Transmissions - **4th, 11th and 23rd**. Please email The School: [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** - The next Rays Transmission is on **Sunday, 29th March 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.