

# The ISIS School of Holistic Health Newsletter

Issue 20: February 2018



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



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

Your world is in a state of transition, in flux, where things may appear to be upside down. To establish global harmony you have to co-create a new reality for the current situation, for the present reality is not sustainable.

Even though you are an individual, I invite you to see yourself as a member of a global community of beings. In this space of Oneness, what do you contribute to the whole?

Change can take place in many ways. The way change has been brought about on your planet for a long time is through upheaval and violence. People believe that the end justifies the means. Consequently, many changes have not resulted in the utopia their instigators envisaged.

The Earth experience is governed by a universal law that spans all your lifetimes: 'What you sow, is what you reap'; the law of cause and effect. The earthly journey is one where you learn about yourself through your actions, words and thoughts, and their consequences.

There is another universal law that spans all your lifetimes. This law states that: 'your current actions, words and thoughts create your future reality.' So, if you wish to live through different circumstances and create a global reality of harmonious existence, then engage in practices that are based on

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unconditional love and light. Work to embrace and integrate the shadows of the egoic self, rather than act according to its wishes. Unconditional love is the highest power that you have always had, and will always have, available to you. The earthly challenge is to completely embrace and embody this power, which the hurt part of you rejects as weak and insignificant.

Your planet is being flooded by high vibrational universal energies that can help you ride the waves and expand your consciousness. This is part of your evolutionary process to continue to expand into beings of higher understanding. Link with these energies through your chakra centres, bringing them into your body and into the Earth.

## Downloading the higher universal energies of light to expand your consciousness

### The Practice

Before you begin, create sacred space around you by invoking the Creator in whatever way you understand this. As you are surrounded by the love of the Creator, intend that your own centre of creation is immersed in the light of the One Being, the All that is, the Universal Consciousness.

Open up your palms, resting them on your lap. Your palms have energy centres (chakras) that have the ability to radiate light. Throughout the practice, intend that your hands become beacons of light, radiating the light energies to all.

Now invite the highest vibration of Universal Love flowing into your planet at this time, that you are able to receive, to flow into your crown. Your crown chakra activates and you may become aware of a slight pressure on the top of your head. Then the energies flow into all your chakras: your third eye, throat, heart, solar plexus (about 1 inch above your navel), sacral (below your navel) and root chakra (reproductive organs).







Then, imagine an energy line from your root chakra extending down into the Earth. The energies flow from your body all the way down into the Earth, nourishing you and all beings. As a result, the earth vibration increases. Light flows to all and back to you.

As you radiate these energies to the Earth, the Earth recognises you as a being of light. Receive the gratitude and love from the Earth and all living beings that flows back into your body and up into your heart.

You can remain in this expanded state for as long as you wish.

*(If you are not used to working with high vibrational energies you may feel slightly light-headed. If you do, stop the practice and ground yourself by placing your hands, palm down, on the floor and drinking plenty of water. This may be an indication that you need to strengthen your energy system by being out in the natural environment to receive healing and restore your etheric energy balance.)*

At the end of the practice, know that you have supported yourself and helped the collective. You have done this work as a member of the global community.

Give thanks for the download of light, the love and support of the Creator, for the Earth and this human experience, and for your open heart that worked in service to All.

To close your practice, ask that your space and yourself are completely sealed and protected.

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You can do this practice any time that you wish to offer a gift of Light to the world. The energies are generally stronger during the full moon and at solar and lunar eclipses, equinoxes and solstices.

## A Gift from ISIS to the World

ISIS has gifted, through Fotoula, a complete system, a Path of Spiritual Awakening, that works with portals of a very high vibration known in the ancient world as the 'Living Light'.

The next introductory course and initiation is:

**The Spiritual Path of ISET, Part 1** - The Seven Gates of Awareness,

**Course dates:** 10.00-17.00, 23-25 March 2018.

**Cost:** £285.00, deposit £140.00      **Venue:** Glasgow

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





## Fourth Pilgrimage to Ancient Egypt - 2019



Since 2010 The ISIS School of Holistic Health has organised three amazing pilgrimages to Egypt. Through ceremonial work, at powerful ancient sites where the wise ancestors downloaded etheric codes of power, participants have had the opportunity to connect with, receive and become channels of the universal energy of the Living Light.

These pilgrimages always begin with a dream. In the dream ISIS appears to Fotoula and invites her and a group of participants to go to Egypt. As the dream unfolds, Fotoula is shown the itinerary for each pilgrimage as well as other organisational details.

In December 2017 ISIS appeared to Fotoula in a dream and invited her to lead a group to Egypt. Fotoula was shown that the next pilgrimage will take place in September 2019. The journey will begin in the magnificent Temples in the West Bank of Luxor. We will also work in the Temple of Karnak, before travelling south to Aswan and the ISIS Temple at Philae.

From Philae we head north to the Temple of Hathor in Dendara, and then to the sacred site of Abydos, to visit the Temple of Osiris, built by SETI and Ramses II. From Abydos we travel further north to Cairo to visit the Pyramids of Giza and Dashur, as well as other powerful sites.

The pilgrimage will take about two weeks and cost £2,300, with a deposit of £900 to reserve your place. The cost includes accommodation, travel within Egypt, some meals, tips and private entrance to some of the sites, course fees and the services of a tour guide and egyptologist. The cost does not include flights to and from Egypt, some meals and personal expenses.

These journeys are always a gift. They are divinely guided. In every pilgrimage amazing synchronicities have taken place and many doors have opened for participants to work in alignment with the Divine Light.

*Pilgrimage prerequisite: The Spiritual Path of ISET, Part 1.*





# The ISIS School - News

## Shamanic workshop with Nepalese Shaman - Bhola Bastola - 06-07 July



Shamanic teachers Fotoula Adrimi of The ISIS School of Holistic Health, and Maggie Carmichael of Bluebird DreamWeaver, have invited Bhola Bastola, a 27th consecutive generation Nepalese Jhankri - Shaman, to teach his indigenous healing and mystical traditions in a workshop in Glasgow, Scotland.

In this two-day programme Bhola will introduce participants to the three realms of spirit and how they are reflected inside and outside the body. We will learn the traditional Nepalese method of using three spheres of light for protection and shape-shifting postures. We will also learn how the five elements are connected to aspects of our body. Through journeys, we will meet the creatures that inhabit our realms and what we need to support our power.

For more information visit <http://www.theisisschoolofholistichealth.com/nepalese-shaman-jhankri> or contact Fotoula, [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

*(Please note: The workshop is currently full with a waiting list).*

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## The Moondance

About 20 years ago Isobel, a Mayan Shamaness, had a vision. In the vision Isobel saw women forming a snake and dancing within a circle under the light of the moon. On the outside of the circle men drummed and chanted power songs to support the women.



Isobel knew this ceremony was the ancient rite of the Moondance which had once been practiced all over the Earth, to bring the feminine and masculine energies together and create balance and harmony within people and out in the world.

Thanks to Isobel the ceremony has spread to other countries. Fotoula danced the Moondance for five consecutive years and Fi for four years in Southern Germany. Then the dance stopped calling them. Last year their friend, Claudia Wolff, a German Shamanic Practitioner, was invited in a vision to hold the Moondance. And she asked Fotoula and Fi to dance with her and support this new circle to bring the Light of the Moon into another place on the Earth.

The ceremony is for both women and men. It will take place in Germany 21-28 August 2018. For more details contact Fotoula, Fi or Claudia

**Information and bookings:** Claudia Wolff, Marhördt 13, 74420 Oberrot,  
0170 4668135    [www.Lebensheilpraxis.de](http://www.Lebensheilpraxis.de)    email: [cwu@gmx.com](mailto:cwu@gmx.com)

# Courses, circles, retreats & transmissions

## ISIS Refresher Day and Courses - Feb-March 2018

- 10 Feb** **ISIS Refresher Day**, open to all practitioners who have completed Spiritual Path 1
- 24-25 Feb** **Spiritual Path 2**, open to practitioners who have completed Spiritual Path 1 and are working with the teachings
- 03-04 Mar** **The Path of ISIS, Gate 3**, for those who have completed both courses at Gate 2
- 18 Mar** **ISIS Healing Exchanges**, open to practitioners who have completed Healing Path 2
- 23-25 Mar** **Spiritual Path 1**, for anyone who wishes to connect with these ancient teachings
- 30 Mar** **ISIS Silent Day**, open to all practitioners who have completed Spiritual Path 1

To book for any of these events email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Glasgow Shamanic Circle and Shamanic Workshops - Feb-Apr 2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet four times in February - 5th, 12th, 19th and 26th at the Glasgow Theosophical Society, 17 Queens Crescent.

- 21-22 April** **The Path of the Jackal: Death and Dying Workshop - Part 1**: In this workshop we share shamanic teachings that help people die well and pass through the death portal to be reborn in the spiritual realms. We learn how to die skilfully when that time comes and how to help others face the inevitable end of life and die well.

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

## Meditation Groups - February 2018

- 17 Feb** 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 February - 1st (Full Moon Ceremony), 8th, 15th and 22nd. For more info and to book for any of the meditation groups, email Fi: [fi@isis-school.com](mailto: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](mailto:fotoula@isis-school.com)

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

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In February Transmissions take place on the 7th, 14th, 21st and 28th. Please email [info@isis-school.com](mailto:info@isis-school.com) if you wish to connect with any of the Transmissions.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on Sunday, 18th February 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.