

The ISIS School of Holistic Health Newsletter

Issue 6: December 2016



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



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

"The original name for ISIS is ISET. ISET has a unique vibration when chanted with energy. When the Greeks conquered Egypt, they changed the name to ISIS, to fit in with their language. Then, when the Romans vanquished Egypt, they adopted the Greek and Egyptian pantheon in their religion. As a result, ISIS became known throughout their empire, and ISIS temples were established from Britannia to Persia.

However, despite adopting these deities, both the Greeks and Romans had little sense of the ancient Egyptian teachings. In their culture, gods were supreme, and were appeased with offerings and sacrifices. When someone offended the gods through their behaviour, they would be punished, as would their family and community. To avoid this, people were encouraged to make offerings and buy salvation. A huge market was created in Egypt selling Papyrus full of spelling mistakes and bad grammar, promising entrance to the Fields of Rushes. The Papyrus stated the deceased had done nothing wrong, and it was believed the gods would be fooled by reading this and grant the person a plot in paradise, in the afterlife.

The ancient Egyptian mystery teachings about death and life talk about the heart. The human heart is aware of all that you do, skilful and unskillful. Your heart registers everything. Unskillful actions weigh heavy on your heart, and whether you know it or not, you carry the weight inside you. Today, you may say you carry heavy karma. You may or not be aware of this weight during your life, but at death, released from the distractions of life, you have the opportunity to acknowledge it. That is why the ancient teachings recommended that people live life in accordance with Divine Justice; in a way that kept the scales balanced. Both in life and death, a light heart, free from the weight of karma, holds the keys to inner happiness and joy. "

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“Ἔν οἶδα ὅτι οὐδὲν οἶδα - I know one thing, that I know nothing”, Socrates



Temple of Apollo, Delphi Oracle Centre.

Pythia, the Oracle of Apollo declares that Socrates is the wisest of all the Greeks.

His student Plato, records his teacher's answer to such claims, whenever they arise from peoples' admiration:

"I know one thing, that I know nothing."

A seeker of truth walks the path of not knowing.

If we think we understand all that is, there is a danger that our mind is simply creating a structure based on what it already believes. Anything outside this framework, no matter how valuable, is then rejected. As a result, we stay within the safety of what we know. However, at some point, life may knock on the door and give us the opportunity to expand our framework. Through a series of circumstances we may be asked to consider something that sits, inconveniently, outside our structure. Then we have a choice, to either stay with what we already think we know, or allow the experience and the insights to expand our version of reality.

This is a challenge for every spiritual seeker, as well as the spiritual community as a whole. People may be drawn to look deeper into spirituality due to their aversion for the dogma of organised religion. The incredible gift of our times is that many of us have the opportunity to satisfy our enquiring minds and become our own seekers of Truth.

We can seek to our hearts content, with information flowing to us from many sources: ancient teachings, mystical traditions, channellings, indigenous cultures. However, the seeker of Truth cannot quench his thirst with information alone, only the Experience of Truth can provide inner satisfaction.

No matter how wonderful or interesting, spiritual knowledge by itself has little value, without the experience of its light. What we seek is the understanding of our Divinity, the contact with our inner light, the power and wisdom of the human spirit. Experience of the Divine, is the epitome of spirituality.

To truly walk a spiritual path we have to dive inwards, seeking deeper understanding and awareness. The mind alone cannot comprehend the spiritual Truths we seek, no matter how intelligent we are. The “aha” moments are born from within us, spontaneously and unexpectedly; they cannot be manufactured or called upon. As we walk the path of Truth, they will meet us when the time is right. Divine timing comes to us in the form of synchronicities, coincidences, dreams, meditations, ceremonies and spontaneous meetings.

Most people who have had an experience of Divinity, would probably say it came through an opening of the Heart. In these moments, we can be lifted to another plane, a higher reality, as the Light of Divinity radiates within us. Then, we may realise another piece in the puzzle of Life. As we continue to walk the spiritual path with sincerity and humility, we move towards the time when these moments of awareness become our permanent state of being.

Words cannot describe the gifts of Grace that come to a spiritual seeker. No matter how long the journey is, walking a spiritual path towards awareness is a calling of the soul to re-experience its uniqueness and Divine nature. However, having a narrow conditioned framework prevents us from realising our potential and accessing our spiritual gifts. Walking the path, we repeat to ourselves - “I know one thing, I know nothing”.

At planetary level, our world is in a state of chaos because consciously and unconsciously we think and behave as if we have all the answers; to admit otherwise is dangerous to the egoic mind. We have created structures personally and collectively, and believe they are working, even if they are harmful to the environment and ourselves. Moreover, we can persist with them through our reluctance to accept our ignorance and need for change.

A gradual shift from the way of “all knowing”, to the truth of “not knowing”, may actually bring us closer to the state of finding the answers we seek and need, in order to truly honour ourselves and All Life.



*It is the heart, rather than
the mind, that is the
Source of Everything.*

Courses, circles, retreats & transmissions

ISIS Trainings for November and December 2016

- 10-11 Dec** **The Healing Path of ISET - Part II** for those who have completed Healing Path 1.
- 17 Dec** **The ISIS Silent Retreat** for those who have completed the Spiritual Path I
- 20 Dec** **ISIS Ceremony** - Winter Solstice Ceremony - The Birth of Horus
- 17-19 Mar** **The Spiritual Path of ISET - Part I**, for beginners who wish to walk The Path of ISIS

To book for any of the trainings email Fotoula: fotoula@isis-school.com

Glasgow Shamanic Circle

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in December, on the 5th, 12th and 19th, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL

After the holidays, the group will meet again on the 16th of January. The next shamanic beginners course: **The Journey of the Shaman and Retrieval of Personal Power** will take place 4-5 March 2017, and bookings can be made now.

For more information email Fotoula: fotoula@isis-school.com

Meditation

- 3rd 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 on the 1st, 8th and 15th (full moon ceremony) of December

For more information email Fi: fi@isis-school.com

Residential Retreats - 2017

- 15-21 Jul** **The ISIS Spiritual Retreat** - Iona. Working inside the special energy field of Iona, immersed in the Light of ISIS, this retreat calls us back to our inner home.
- 07-09 Sept** The **Spiritual Path of ISIS** - Residential retreat in Southern Germany, and
10 Sept **Ceremony at the Hill of the Unicorns**. to book: email Claudia Wolff cwu@gmx.de
- 07-13 Oct** The week-long **Rays of Divine Consciousness Retreat** takes place annually in Kilmartin, Scotland. The Rays Retreat is a great opportunity to work on our karma and life path, and rebalance the DNA.

Energy Transmissions (open to everyone)

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In December there is a transmission on the 7th, 14th and 21st. Please email Fotoula or Fi 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, 4th of December from 14:00-15:00 UK time. There is no need to let us know if you are connecting with this Transmission.

News of The ISIS School

The Vision of The ISIS School of Holistic Health



In 2012, Fotoula and Fi received a vision from ISIS and the Beings of Light. The vision showed a community of heartfelt people coming together and practising spiritual teachings to support their awakening from the veil of the conditioning, and co-create a new reality for the Earth. The vision sparked our dream to create a sacred place, a Temple of Light, in the material plane, where Divine energies are anchored into the earth; a place dedicated to the highest good of All Beings.

This is the dream we are holding. If you feel moved to support this dream, you can donate through a paypal account using the email address donations@isis-school.com or through a bank transfer, emailing The School for the bank details at info@isis-school.com

We are immensely grateful for each donation, small or large.

“YOU HEAL YOU” Scotland Launch - 10 November



On Thursday, 10 November, at the Glasgow Theosophical Society, Fotoula talked about her life story and inner healing, as published in YOU HEAL YOU, a book by Jane Doyle.

This was the first public talk by Fotoula for the book, which was published this autumn. Fotoula described her spiritual path and how, through an awakening, she created a new life for herself, aligned to her soul's purpose.

Fotoula's story is based on her understanding that the wisdom and power to heal ourselves comes from within; that as human beings, we are much more than the conditioning of the mind says we are. Her path has been through ancient spiritual traditions and the Path of ISIS, the ancient Egyptian Mother of unconditional love. In the book, Fotoula speaks about her journey with ISIS through experiences in the Great Pyramid and the desert.

The book presents a series of stories about people healing themselves using both conventional medicine and complementary therapies. Jane's purpose for the book is to inspire others to find their own inner fire and take responsibility for their healing. It teaches by example, that we can change our reality by changing our mind.

The book is available on Amazon UK, in paperback or kindle. <https://www.amazon.co.uk/dp/153527820X> For a signed copy by Fotoula, please email: fotoula@isis-school.com