

The ISIS School of Holistic Health Newsletter

Issue 21: March 2018



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



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

In ancient times the Mystery School offered seekers a way to commune with the Divine. Through ceremonies and rituals, that had been practised continuously for over 3,000 years, the mystics sought an experience, an opening of the heart, an awakening.

They came together in sacred land, caves and islands, seeking this experience of touching the eternity of their spirit. Women and men, from all walks of life, joined together as one.

Following the rituals the people went home, armed with practices and teachings to continue their spiritual work, until the next ceremony.

Today it is the same. Walking a spiritual path, you seek the experience of the Light, the opening of the Divine heart within, the awakening into grace. And sometimes you may touch this space. But when you return to your everyday life, some of the higher understanding leaves you. Life engulfs you with its immediate problems; issues requiring 'instant' action. And the conditioning settles back in.

Spiritual practice offers a strong foundation that keeps you steady during the process of life; you are less likely to be caught up in the dramas of the

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world. Without a regular spiritual practice the conditioned mind will govern your reality, and it will develop addictions and attachments that will keep you bound to the same reality, looking for solutions outside of yourself rather than awakening the wealth of knowledge and resources that exists within you.

Meditation, rituals, ceremonies and spiritual practice has been the key to awakening for thousands of years. Immersed in the Light of spirit, you kindle your inner fire, until it becomes a blazing inferno that consumes the conditioned reality.

The Spiritual Path of ISIS

ISIS has gifted, through Fotoula, a complete system of spiritual teachings. This is a Path of Spiritual Awakening, that works with portals of a high vibration energy 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



Working Spiritually with Fire and Water

During this practice we work with the element of fire to release those things that keep us bound to the conditioning and healing the separation within.

The Practice

To open the practice invite the Light of Source, the All that Is into your room and ask this Light to protect you and your space as you do this practice.

Start the practice by quietening your mind through focussing on your breath. Notice your breath as it comes in and out of your body. With each breath, allow yourself to relax deeper and deeper. Let go of any thoughts about everyday life, you can catch up with them afterwards, if you so wish.

Now, imagine that you are breathing directly into your heart. As each breath flows into your heart, the love of All That Is, also flows into your heart. Breathe in the love of Source into your heart. As you breathe out, intend that your breath flows to all beings and to everything that exists; the All That Is. Keep breathing in the love of All and breathing out the love to All, for a little while.

Then, in this space, imagine a small fire at your root chakra, the energy point at the base of your spine. This fire is beautiful and gentle. The flames are cool and have different colours. Now ask the fire to cleanse your body and aura. The flames extend upwards, inside and outside of your body, purifying and cleansing every part of you. You may, or may not, be aware of the issues the fire is cleansing. *(We do not always need to know as everything is energy.)*

If you find your mind wandering, the fire will diminish, so stay present as you work with the fire. Imagine breathing into the fire to help it grow. You may wish to tone, sing, drum, use a singing bowl or play some music you like, to remain focussed, feeding the fire with your attention. Enjoy this process and stay with it until you sense it is complete and you feel clear.

Then the fire slowly subsides, and returns to the root chakra.

Now, connect with your eighth chakra, which is about one foot (30cms) above your crown. In the eighth chakra you hold primordial energy of Light which you can access in abundance through spiritual growth. The energy in this chakra has also been described as 'the waters from the sky'. Ask for the sky waters to flow into your body from the eighth chakra.

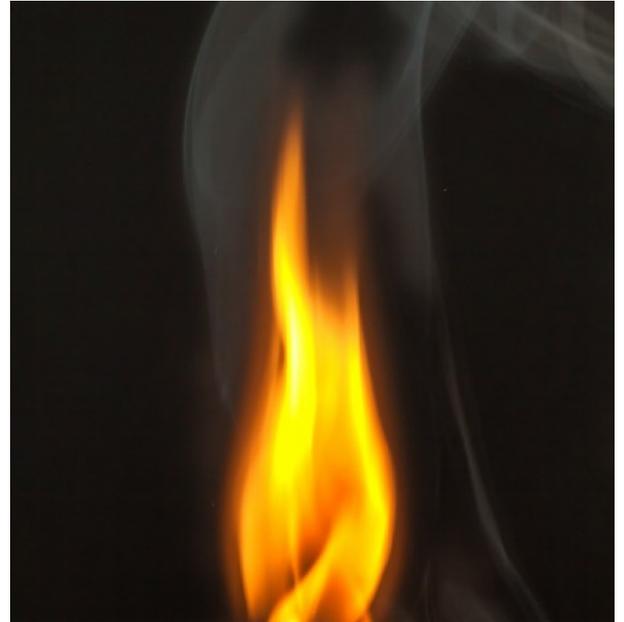
The waters refresh and energise as they flow into your body and all around the aura. Allow this flow of sky waters to bring you back into balance.

The flow of the water will stop by itself. When this happens bring your attention back into your heart. In your heart is a brilliant light, a sun radiating inside your inner cosmos. Allow the light of your heart to illuminate and radiate out. May you always be the Light of the World.



Stay in this space for as long as you wish, and then slowly bring yourself back, becoming aware of the room around you.

Give thanks to the elements of fire and water, to the All That Is and to yourself for doing this practice. To close the practice ask that you and your space are now completely sealed and protected.



The ISIS School - News

The Medicine Walk Retreat 9-11 March - Kilmartin Glen, Scotland



In March The ISIS School will be facilitating a retreat based on the ancient rite of the Medicine Walk. Traditionally the Shamanic Path has been called the spirituality of the Earth.

The calling of the shaman was verified, strengthened and crystallised through communion with the Earth.

In the Medicine Walk Retreat we will step over the threshold into nature to discover, empower and understand our own calling and where it is taking us. We will travel into the 'middle world' with Mother Earth as our guide, teacher and mentor.



We will seek our path through woods, rivers and hills. And we will come back to the human tribe to share the gifts of our journey.

The maximum number of participants is 8 and advance booking is required. The ceremony will be led by shamanic teacher, Fotoula Adrimi, and assisted by Fi Sutherland.

Dates: 18.00, Friday 9th March - 10.30, Sunday 11 March, 2018

Place: Kilmartin Glen, Scotland

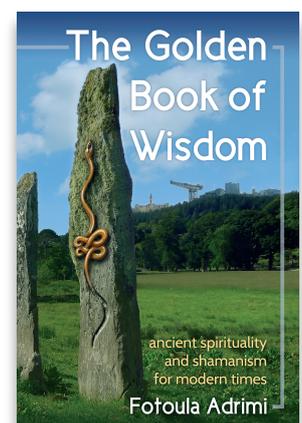
Cost per person: £225 twin room sharing, (£235 small single bedroom, £245 large double bedroom), includes course fees, vegetarian meals (two dinners, light fruits during medicine walk, breakfast on Sunday.)

Book: To book or to discuss this ceremony, please email Fotoula Adrimi, fotoula@isis-school.com

Deposit per person: £95/£105/£115

The Golden Book of Wisdom - ancient spirituality and shamanism for modern times

Advance notice - after three years of writing, editing and polishing, Fotoula's book, 'The Golden Book of Wisdom' will shortly be available in paperback and as an ebook. More information about the book, the book launch on the 17th April, and how to purchase a copy will be on our website soon.



Courses, circles, retreats & transmissions

ISIS Refresher Day and Courses - March-April 2018

- 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 walk the path of these ancient teachings
- 30 Mar** **ISIS Silent Day**, open to all practitioners who have completed Spiritual Path 1
- 06-08 Apr** **Spiritual Path 1, in Germany**, for anyone who wishes to connect with the teachings

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

Glasgow Shamanic Circle and Shamanic Workshops - Mar-Apr 2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in March - 5th, 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.
Prerequisite: A working knowledge of shamanic journeying

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

Meditation Groups - March 2018

- 17 March** 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 March - 8th, 22nd and 29th. For more info and to book for any of the meditation groups, email Fi: 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 empower our calling.
- 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 bookings for retreats is advised as spaces are limited, Fotoula: fotoula@isis-school.com

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

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In March Transmissions take place on the 7th, 21st and 28th. Please email 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 March 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.