

# The ISIS School of Holistic Health Newsletter

Issue 51: September 2020



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



### **These are the words of ISIS** (*channelled by Fotoula Adrimi*)

**B**efore the age of reason and the mind dominated the human experience, it was the era of silent knowledge. This state of inner knowing, that allows you to know things before they happen, exists within you. This is what you sometimes call instinct or intuition. Yet, your logical mind can overpower the inner voice, until you no longer hear it. The voice of the silent knowledge is then truly silenced.

When you open up spiritually, you start to experience and hear the voice of the silent knowledge. The silent knowledge may also communicate through dreams. As you become more attuned to this inner voice, you increasingly know what is right. You do not need to ask what you must do. You just do it. It is a state of knowingness that fills your being and guides you.

At the same time, the ego mind with its desires, fears and doubts may also make use of this pathway. The mind expects answers, wishes everything to be fixed, and can be hooked on particular outcomes. Sometimes the desire for an answer or an outcome may be so great that the mind may disguise itself as the voice of the silent knowledge. People may say it was their guides who told them to pursue a certain life path, or that they were following inner guidance, only to be disappointed. Acting on the mind's guidance may put people in a difficult and stressful situation.

For example, a woman may desire a new job because she finds her current employment too difficult to handle. Her ego mind tells her to leave the job and she will get this wonderful position - people will look up to her and respect her, she will have all the things she does not have now, and she will be successful. In this scenario the desire is so great that it is easy to believe that this is the voice of spirit, the voice of silent knowledge.



To contact [The ISIS School](http://The ISIS School) or join the mailing list and receive the monthly newsletter,  
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Let your inner voice guide your  
actions, thoughts and words

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Image by Mammitja

As you go through life you may have times when you experience the state of silent knowledge and follow its guidance. And then the mind takes over and these experiences fade away. To counter the voice of the mind it is important to practice spiritual teachings that facilitate Divine connection and show you a bigger picture. Through your practice

you keep diving into the pool of silent knowledge with no attachment. Remember, attachment and expectations are aspects of the ego mind. Silent knowledge is flow, and therefore it cannot be controlled by your mind. It exists only in the enlightened state.

Your spiritual work trains you to recognise and understand the voice of the mind, and access and accept the voice of the silent knowledge, that may be guiding you even though you do not know it.

A time will come when you recognise that you are in the flow of universal energy which is aware. This energy is holding you until you too become aware. As you continue with your spiritual work, you engage more and more with the universal energy until, in this or another lifetime, you become the universal energy. Then your ego mind transforms into the wisdom mind and you experience once more the state of the enlightened spirit.

## ISIS Practitioners Autumn Equinox Ceremony - The Renewal of RA through ISET

The ISIS School will facilitate an ISIS Ceremony on **Monday 21st Sept** to enable ISIS practitioners to connect with the equinox energy and increase their vibration. The ceremony is open to everyone who has completed the Spiritual Path of ISET, Part I. (There is no cost for the ceremony.)

**Date:** 19.00-21.00, 21st September     **Venue:** Glasgow

To book your place email the School: [info@isis-school.com](mailto:info@isis-school.com)

## Online ISET Practitioners Circle: 27th September

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices.

**Date:** 11.00-12.30, Sunday 27th September

**Cost:** £10.00 per person (UK), £11.50 (overseas) Pay via bank transfer, or through PayPal using - [info@isis-school.com](mailto:info@isis-school.com)



# Astral Shamanism

**S**hamanic practitioners straddle the different realities. They have one foot in the parallel universes, and the other foot in the physical world. What they do in the shamanic worlds has an effect on physical life. What they bring back through their contact with spirit is intended to restore harmony and balance in the physical plane.



## Remedies for Dis-ease

To the Shaman all manner of dis-ease, whether physical, mental, or emotional, is seen as a consequence of the spiritual disconnection within a person. This disconnection includes, separation from ourselves, from each other, from Mother Earth and nature, and from Divinity (our own infinite spirit and the Divine consciousness, or 'Nous', as the ancient Greeks described it).

As a result of this disconnection, we are not filled with the power and light of our own spirit, and other energies can come in and inhabit these energy gaps in our body. A shamanic practitioner may extract these foreign energies and then fill the gaps with the person's own life-force energy and retrieved soul parts. This is why it is recommended that an extraction is followed as soon as possible, with a soul or power retrieval. Fotoula's helping spirits have always instructed her to perform both of these healing processes in the same session.

Our soul may also find ways to restore the harmony and balance within. Our soul may take us on a path of learning where we meet challenges and opportunities, so that we can find our way back to a state of homeostasis, a place of balance and inner connection.

## Shamanic Ways in Ancient Greece - Astral Healing

In Fotoula's birth land, the ancient shamans understood that the balance is also lost in a person when their original archetype or blueprint, that exists as an energy pattern in the non-physical upper world of our universe, is out of balance in some way. The shaman would journey to the archetype, called 'Nepheli' (cloud), and work with the blueprint before addressing the physical body.

In the upper world, the person's Nepheli is connected to other astral bodies such as the sun of our solar system, the spiritual sun (the central sun of creation), Sirius star, and other planets. For the person to return to health, any disturbances in the astral connections to these cosmic

bodies has to be restored and activated first. Then healing can be performed on the earthly body.

## Ancient Greek Philosophy

The ancient Greeks believed that the 'Nous' (Divine consciousness) gives birth to the archetype, the Nepheli, which is made of energy and exists in a parallel reality to the Earth. In the physical reality, the archetypal Nepheli takes form, becoming 'Ily'.

In accordance with the universal law of 'as above, so below,' whatever happens to the Nepheli affects the physical form on Earth. Working to heal any imbalances in the astral connections can be a very powerful process. It needs to be done with complete integrity and in a way that respects Divine creation and the highest good of all.

## Women's Rites Course - **The Magic of the Sacred Blood**

**Four Online Modules - 19.00-21.00 (UK time) 22nd Sept, 1st, 9th & 16th Oct**



We come together as a community of women to harness our Divine feminine energy and rebirth our sacred self. We join in circle as maidens, mothers and elders to share ceremonies, wisdom teachings, and the gifts of our soul. The course, facilitated by Fotoula, consists of four modules and begins on 22nd September, the Autumn Equinox.

### **Workshop Content - Four Modules**

**Module 1 - 19.00-21.00, Tues 22nd Sept - The Path of the Maiden: Welcoming Ourselves into Womanhood.** We honour our body and the Divine feminine energy that flows into our sacred womb. We honour the first time we bled and acknowledge the holy flow that makes life possible.

**Module 2 - 19.00-21.00, Thursday 1st October - Full Moon - The Path of the Mother: Birthing New Life.** Our womb work becomes Temple work. The womb is the Temple of the Great Mother who is seen as the Creative Force of the Universe.

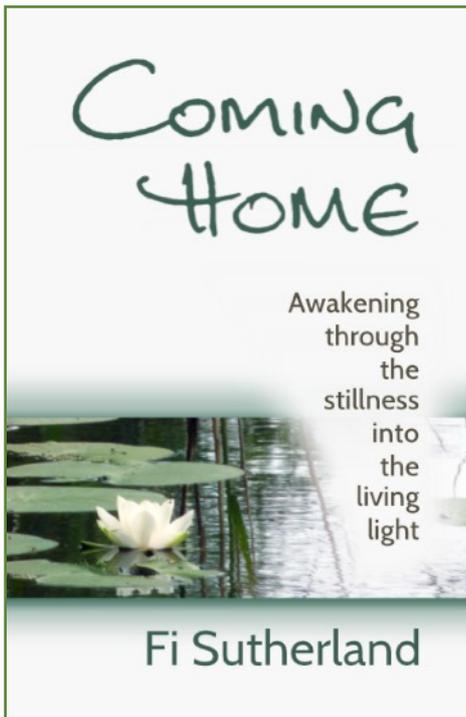
**Module 3 - 19.00-21.00, Friday 9th October - Waning Moon - The Path of the Elder: Guiding the Tribe.** To embody elder hood is to embody the wise woman, the one who teaches, guides, holds space and supports. The womb space grows to include the whole tribe. Our family becomes the world community.

**Module 4 - 19.00-21.00, Friday 16th October - New Moon - Into the Mystery.** The spiral energy of the cosmos takes us into our core, our centre. We dive deep inside to work with our vibration, sound and energy.

**Online Zoom Platform** - All sessions will be recorded and participants will receive a copy of the recording. These recordings are for personal use only.

**Courses Costs** - please check our [website](#)

# The ISIS School - News - Fi's Book



## COMING HOME

- awakening through the stillness into the living light

**T**his is an exciting time for the ISIS School with the imminent publication of Fi's book.

*Coming Home: Awakening through the Stillness into the Living Light* is Fi's inspirational memoir of her recovery from a near-death experience in Peru in 2009, and a how-to guide about the awakening process through personal development, spirituality and meditation.

Fi emerged from a coma in the enlightened state of unconditional love, joy, and inner peace. In this blissful state and free from fear, she was present in each moment, and only that moment mattered. The luminous

experience strengthened Fi's resolve to follow her heart and help others to consciously achieve the awakened state. Through five parts and twenty-five chapters, Fi's book charts her journey from ignorance to self-awareness and shares techniques to mentor readers to set aside old mindsets, gain awareness, and move into a heart-centred approach to living. *Coming Home* rouses the inner calling to live life in an authentic, meaningful, and inclusive way, and helps each reader reveal their hidden gifts and find joy.

### Writing what was in my Soul

Fi says, "This book has been a labour of love that has gone through many incarnations. I first started writing the book in 2008 while I was on a two-week solitary retreat. Over the years as I wrote and re-worked the text, I could see that I was writing from a more expansive and intimate perspective as my own inner journey deepened.

In the book I take the reader on a path of increasing self-awareness and insight to understand and activate the mind, body, spirit, and heart. The knowledge, and the practices and exercises included, are based on my personal experience of awakening, my training as a therapeutic counsellor, my clinical observations with clients, and my awareness of others as a meditation and spiritual teacher."

### Online Book Launch - 7.00-8.15pm, 20th Oct

Kim Macleod, IndieAuthors Worldwide, who helped publish the book, will organise an Online Book Launch Event for Fi's book, via Zoom. The event will take place on Tuesday 20th Oct, from 7.00-8.15pm (UK time). We will have more details about the launch in our October Newsletter along with information about how to register for the event.

# The Golden Book of Wisdom: Online Webinar Course

Weekly Online Seminars - Tuesdays, 19.00-21.00 (UK time) from 27 Oct - 22 Dec

In this new Online Course, Fotoula will share, for the first time, the spiritual teachings of each chapter of her best selling book, *Golden Book of Wisdom: ancient spirituality and shamanism for modern times*. She will also guide people through the key ceremonies and exercises within the chapters.

Each module will be a live, interactive webinar through zoom.

The First Part of the book, *Shedding Skin*, will be taught in 2020 and subsequent Parts in 2021.

## First Part: Shedding Skin

Starts 19.00-21.00 (UK time) Tuesday, 27th October 2020

All Modules are on Tuesdays from 19.00-21.00 (UK time)

### Module 1: 27 October - Reclaiming Personal Power

*Relinquishing the chains of fear, I step into my power*

### Module 2: 03 November - From the Ego Shadow to Unconditional Forgiveness

*I accept myself, I embrace my vulnerability and find the road to freedom through forgiveness*

### Module 3: 10 November - The Spiritual Nature of Illness

*Illness as a teacher, my body reflects my soul's plan for self growth*

### Module 4: 17 November - Surrendering to Death: Before, During and Forever After

*Surrendering to death, I make peace with life*

### Module 5: 24 November - Soul Retrieval and Soul Reclamation

*Reuniting with my soul, I become whole*

### Module 6: 01 December - Karma: What we Manifest in the World

*Everything I do, think and speak, I become. In the game of life, I play out my karma.*

### Module 7: 08 December - Discovering our Life Purpose

*The more I travel in the footsteps of my soul, the more I experience the eternal sunshine of who I am*

### Module 8: 15 December - Destruction and Transformation

*Emerging from the ashes of destruction, the phoenix is birthing my new reality*

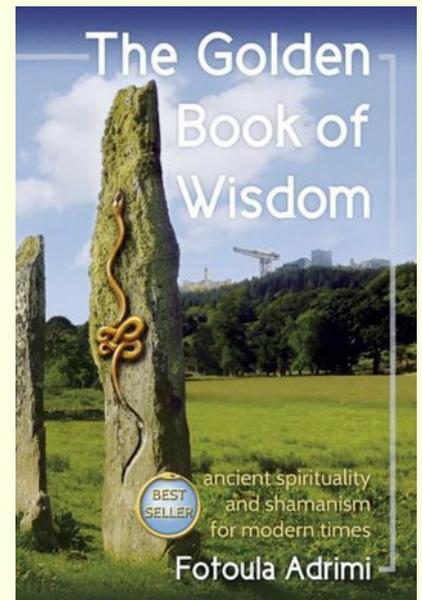
### Ceremony: 22 December: Question session and empowerment ceremony

*(no fee, open to all participants)*

**Online Zoom Platform** - All zoom sessions will be recorded (no participants will be seen and no recordings will take place during question and sharing time). The recording will be sent to you so that you can revisit the sessions as often as you wish. *These recordings are for personal use only and remain the intellectual property of The ISIS School of Holistic Health and cannot be shared with others.*

**Registration and bookings:** You can register by emailing [info:isis-school.com](mailto:info:isis-school.com) for The Golden Book of Wisdom seminar series. Deposit is £20 which covers the first module.

**Fees:** £20 per module, paid individually (weekly) or £160 in total. Reduced to £140 when paid as one payment before the course starts on 27 October. All payments are non-refundable and non-transferrable. Should you miss a session, for whatever reason, including technical problems, you will be sent the recording but no refund will be made.



# September dates for Circles and Energy Transmissions

## Shamanic Circle: Online and in Person



Fotoula will facilitate the Shamanic Circle twice in September - once online and once in person at the Glasgow Theosophical Society.

**7th Sept: Online** - 19.00-20.30, Cost £10.00 / £11.50 overseas - payment is via PayPal using - [info@isis-school.com](mailto:info@isis-school.com) or bank transfer

**28th Sept: Venue - Library, Glasgow Theosophical Society** - 19.00-21.00, Cost £15.00 / £13.00 concession.

To view the programme for the online and in person circles [click here](#)

## Online Chanting and Meditation Circle - Thursdays 18.50-20.30

Fi's meditation circle will continue online in September. The Circle is open to beginners as well as experienced practitioners. In sacred space we bring together the wisdom from different spiritual traditions and weave them in a way that is accessible for everyone.

**September dates: 3rd, 10th, 17th, 24th.**

The cost of the circle is £5.00 / £5.50 overseas - you can pay by bank transfer or via PayPal using the email address - [info@isis-school.com](mailto:info@isis-school.com). For programme details [click here](#)



## ISIS Energy Transmissions of the Living Light - September 2020

The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the healing qualities of the Living Light.

In September there are five ISIS Energy Transmissions - **2nd, 9th, 16th, 23rd and 30th**. 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. For information on how to connect with the ISIS Energy Transmissions [click here](#)

## Rays of Divine Consciousness Transmission - 27th Sept

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness. Everyone can experience and receive the Rays, through this distant transmission.



The next Rays Transmission is on **Sunday, 27th September from 16:00-17:00** (UK time). Please check your time zone when connecting from overseas. There is no need to let us now you are connecting with the Rays Transmission.

*(If you find the energy transmissions beneficial and you wish to make a donation, this would be gratefully received. You can donate through PayPal using the email address [donations@isis-school.com](mailto:donations@isis-school.com))*

# Courses, Groups, Trainings and Pilgrimage

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

- 12-14 Sept** **The Path of ISIS, Gate 2** - for practitioners who have completed Healing Path 2
- 21 Sept** **7.00pm, ISIS Ceremony** - Autumn Equinox, The Renewal of RA through ISET
- 02-04 Oct** **The Spiritual Path of ISIS, Part 1** - introductory course for the Path of ISIS teachings
- 17-18 Oct** **The Spiritual Path of ISIS, Part 2** - for practitioners who have completed Spiritual Path 1
- 24-25 Oct** **AUSIR 2 - The OSIRIS Ascension Teachings 2nd Circle** - for practitioners who have opened Gate 3
- 4pm, 31 Oct** **ISIS Ceremony of the Living Light** - Day of the Dead, The Mysteries of AUSIR

Space permitting, ISET Practitioners are also welcome to repeat any of the above courses (reduced cost). For more information or to book for any of the courses email Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

## Saturday Meditation Group - September

- 26th Sept** **Saturday Morning Meditation Group** facilitated by Fotoula Adrimi and Fi Sutherland, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00. The theme for the morning's session will be advertised nearer the date

## Shamanic Practitioners Training - A Circle of 12 modules over 12 months and one day - starts 10-11 Oct 2020 - finishes 10 Oct 2021

Join a powerful and in-depth shamanic practitioner training to learn and practice these ancient ways. The course is designed to take participants through the initiations of the shamanic path and teach the healing work of a shamanic practitioner. Participants will work with spirit guides and teachers of the light, to become the bridge between the worlds and bring the spiritual light into the physical reality. The course will cover: cord cutting and dismemberment, ceremony, power retrieval, soul retrieval, shamanic journeying and divination, shamanic healing, shamanic transfiguration and medicine for the Earth, ancestral healing, death and dying, de-possession, extraction, moon and sun rites and shamanic re-birthing. It is a comprehensive course offering a strong foundation for shamanic practice. For more information see the [website](#). For bookings email Fotoula - [info@isis-school.com](mailto:info@isis-school.com)

## Introduction to Shamanism & Shamanic Journeying - 01 November

**In this workshop you will:** learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination; explore how shamans around the globe view dis-ease and how they relate it to loss of soul essence and power, learn how to safely engage in shamanic practice; and, you will be shown how to build a shamanic altar, call in the universal powers and helping spirits and create psychic protection for your work and your life. This is an in-depth introduction to shamanism and shamanic practice. The workshop is both for beginners and for any shamanic practitioners who wish to enrich their shamanic, healing or spiritual practice.

**Cost:** £95 per person, deposit £45 **Bookings and info:** Fotoula Adrimi, [fotoula@isis-school.com](mailto:fotoula@isis-school.com)  
**Venue:** The Library, Theosophical Society, 17 Queen's Crescent, Glasgow G4 9BL.

## Spiritual Pilgrimage - Nepal and Tibet - 10 Aug-02 Sept 2021

**Pilgrimage of Spiritual Rebirth** - In 2021 Himalayan Shaman, Bhola Nath Banstola, and Fotoula Adrimi join together to co-create a pilgrimage to Nepal and Tibet based on spiritual practice and shamanic ceremony, 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)