

The ISIS School of Holistic Health Newsletter

Issue 46: April 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)

Your world is in a stage of transition with the old wave of the third dimensional reality moving out and the new wave of the higher dimensions coming in. This may be an unsettling period for people as it brings changes and confusion. These changes need to take place in order for humanity to come together as a community. This period aims to take you out of the individualised way of thinking, out of the conditioned mind, into the richness and goodness of the sacred heart.

The virus epidemic, that many people experience as a threat, is giving you time to just be. We, the enlightened ones, support you during this stage of evolution. At the same time we invite you to support each other and yourselves. Now is the time to focus on spiritual practice, to come together in spirit, to enter the higher spheres of alternative reality and shine your radiant Divine Light.

This is a time of evolution where the old energies of the planet, that you too have been carrying in your cells, can be transmuted through accessing your inner light. Being away from the world and the energies of modern life gives you the space for spiritual retreat and practice. This is the time to do the meditations, journeys and spiritual work you never had the space and time to do, and to carry yourselves and the Earth into a different way of being.

In Europe the next full moon is on the 8th April (08/04/2020). This is an especially potent time for spiritual work. The full moon energy supports transmutation and re-alignment with the higher vibrational frequencies that are lying dormant within you which you have the



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ability, time and space to activate. These frequencies are your birthright as a Divine Being incarnated.

(Fotoula adds: 08/04/2020 - 8 is a symbol of infinity and 4 brings stability and balance).

Full Moon Transmutation Practice



(For the practice you will need a glass of water that you place in front of yourself)

On the day of the full moon, welcome the Divine in whatever way is familiar to you. Ask for the Divine Light of Source to envelop you, your aura and the room/place you are meditating in.

Focus on the glass of water you have placed in front of yourself. The water has been all around the Earth. It has been listening to all the sounds, witnessing all the emotions. It carries the karma of the world. The water has absorbed all the words uttered in anger and hate, and all the words expressing love and gratitude. The water carries everything, the fears as well as the hopes of the whole of the world community.

Inside your heart centre intend that a ball of light emerges. This ball of light grows until it radiates throughout your sacred heart. The ball of light then flows out of your heart and into the water. Have no concerns about losing your energy. The light of your heart is limitless and inexhaustible. It can multiply an infinite number of times. In the higher spiritual realities there is no lack, there are no limitations.

The ball of light is an expression of the Light of Creation, the energy that has created all you see and perceive around you, physical and spiritual. It flows into the water in a pure state of unconditional love, for this is what you are in your essential nature. The water receives and carries this light now, and this light transmutes its reality into a higher state. Instead of the third dimensional reality, the water in front of you carries the Light of Creation, the essence of unconditional love.

Now, drink a little of the water, offering yourself the gift of Divine love. The water flows through your body, through all your organs, tissues and fluids, always moving. The water transmutes any third dimensional reality thinking and fills you with the light of creation. The water flows into your sacred heart further igniting



your inner fire, the Source within you, and activating the Power and Light of transmutation, to offer healing and balance.

Give thanks to the water for being your ally in your spiritual practice. Give thanks to the Divine and say that your practice is complete for now. Ask the Divine to ensure you are completely protected and sealed and so is

the room/place you are meditating in. In this way you close your practice and your sacred space.

Sharing the Merits with the World

Place the glass containing the remaining water, on a window sill or out in your garden. Leave the glass there throughout the day and night with the intention that as the water evaporates, it rises up into the sky and carries the essence of transmutation and unconditional love around the globe.

The next morning, if there is any water remaining, you can either put it into a river or other waterway or pour it down the sink. The water will travel and flow around the Earth, always moving, always carrying your message of light.

Once more thank the sacred element of water, Source and all beings, for supporting your physical experience of life on Earth. Also thank your own radiant spirit for doing this spiritual practice.



Join us in Meditation - Let us connect to the Light of our spirit

When we meditate or engage in any spiritual practice with a pure intention and for the highest good, we raise the vibration of the planet. Even if we get distracted and our meditation is not perfect, our intention will prevail.

Every Wednesday morning in April from 7.30am-9am we invite you to meditate with us from your own home. You can do whatever meditation practice you choose and you may meditate for half an hour, an hour or 1.5 hours. If this time is not convenient for you for whatever reason, you can meditate at another time and intend to connect with us - our practice is beyond space and time. Together we create a global network of infinite light.

The Emergence of a Global Shamanic Consciousness

Fotoula writes:

My ancestral shamanic spirits have shown me that, from their perspective, life is not linear, but circular. The wise ancestors see us as a little light that arrives in the physical 'middle' world, lives a life and then joins them by becoming an ancestor in spirit.

Some souls that pass remain around the Earth plane, and continue to serve the middle world reality by engaging in shamanic work as an ancestor spirit. In spirit form, these souls work through the living practitioners, for example by merging with them during a healing, or by guiding them in their journeys and psychic work.



Seeing Beyond Human Divisions

The shamanic ancestors see an increasing need for their contribution around the Earth during these changing times. They form spirit teams, regardless of their lineage, and help anyone who enters the spiritual spheres of reality in order to do shamanic work.

I have never seen a wise ancestral spirit discriminating between practitioners on the basis of lineage. These transcended spirits, many of whom were incarnated shamans, may go to any person regardless of lineage. This is why many western people may have indigenous helping spirits from different continents. There is also another explanation: some western people belonged to different indigenous tribes in past lives. Now these souls have incarnated in the western world where there is such a need for spiritual connection.

The transcended spirits are equally bemused by humans making rules and protocols about the spirit world. They say that sometimes we try to divide the enlightened beings into lineages and put them into boxes but this is the result of our own social divisions and inner separation. They advise us to train in any shamanic tradition that calls us regardless of our race, gender, culture and place of birth. They invite us to: see the Earth as one land, without borders; see ourselves beyond our nationality as one human tribe, and, see all the shamanic traditions as the one human spiritual heritage.

In the circle of life we travel the path of our soul in many different bodies and guises, and through various cultures, that all have something to teach us. The secret is to incorporate in our own way all the teachings that resonate, separating truth from dogma, and heart from ego. This takes courage, because for some people their shamanic tradition can become part of their identity. The shamanic ancestors ask us to embrace ourselves beyond any projections of the world, to value ourselves as a radiant spirit.

The Greek Shamanic Tradition

The Greek shamanic traditions of the Pelion mountain were so heavily guarded that they were only passed down inside the family unit to the eldest male child (during the patriarchal era). Further, when the shamanic knowledge was shared with the new initiate, the older shaman had to stop practising. As a result of this secrecy, so much of the tradition was lost or distorted.

In the 1960s-70s, people turned away from

shamanism altogether due to a belief that shamanism was peasants' superstitions that had no place in the modern scientific world. Many elders never shared their tradition, or as in the case of my family, even when the tradition was shared, it was not practiced by the subsequent generations.

I once had a vision of the Greek shamanic tradition appearing as a terminal patient, starving and dehydrated, symbolising that people had turned away from their ancestral ways.



Re-emergence of Shamanism

In many countries in the west, there are no living elders to guide us in our traditional ways. However, the shamanic ancestor spirits are still here. They come from all traditions, answering our call and introducing us to a new, global way of working. The missing link in the circle of life between the shamanic spirits and the living practitioners is being reforged throughout the western world. The ancestral shamanic spirits who always knew we would return to these ancient practices, gather together to support us. Shamanism is re-emerging, no longer hidden, no longer the property of one race, family, gender or land, it is taking its place as part of a universal consciousness and global spiritual heritage.

Shamanic Journey: Connecting with the Shamanic Ancestors to Walk the Shamanic Path

In this journey you will visit the team of the shamanic ancestors, this pool of spirits who come together from all different traditions, to help humanity during our changing times.

Start your journey by welcoming your spirit helpers and guides and setting the intention: Ask them to take you into a journey in the alternative reality where you will meet with the wise ancestors.

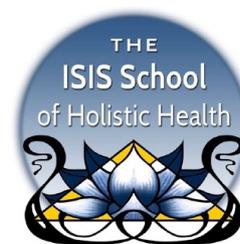
When you meet the wise ancestors state your wish to walk the shamanic path and work with them for the highest good. Some of the ancestors may speak to you about shamanism and offer advice. Sometimes they may also work with you energetically, by altering your vibration so you are in vibrational alignment with them.

After the journey give thanks to the ancestors. Close your practice by saying that you have now finished your spiritual work. Release the spirits and ask that they close and seal you and the space you work in, before they go.

Afterwards make an offering in nature to the wise ancestors, such as a power plant. Examples include cedar leaves, cypress leaves, juniper berries, tobacco etc, that you bless from your heart by blowing into the plants.

The ISIS School - Online Classes

Due to the current situation The ISIS School is offering several online classes, as well as our regular Energy Transmissions. This is an opportunity for us to connect distantly and share practices that can help us better navigate this challenging time of transition.



Online Shamanic Circle: Mondays 19:00-20:30

Fotoula has been facilitating a weekly shamanic circle since 2009. The circle will be online for the foreseeable future, and is available through Zoom. All you need is a laptop or tablet. (If you have a rattle or drum you can also use it.)

The fee for each circle is £10.00 and you can pay either by Bank Transfer or via PayPal using the email address - info@isis-school.com. (Email info@isis-school.com for our bank details). The PayPal fee is £12.50 for overseas participants. For more information and to see the programme [click here](#)



Online Workshop: Introduction to Shamanism & Shamanic Journeying

In this workshop you will learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination. You will explore how shamans around the globe view dis-ease and how they relate it to loss of soul essence and power.

Date: 10.00-17.00, 02 May 2020

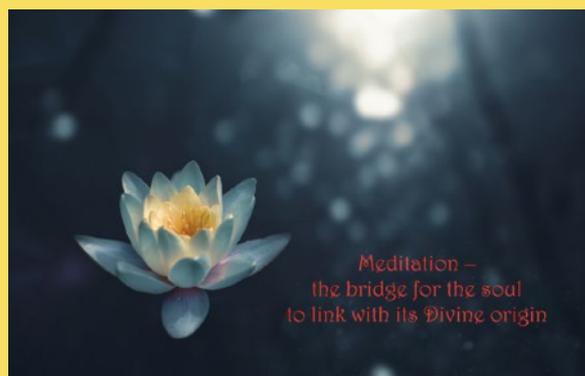
Cost: £85 per person, payable on booking.

Online: Via Zoom - for more information [click here](#)

Online Meditation and Chanting Circle: Thursdays 19.00-20.15

Fi has been facilitating a weekly Meditation and Chanting circle since 2011. The circle will be online for the foreseeable future, and is available through Zoom. All you need is a laptop or tablet. (If you have a mala you can use it).

The fee for each circle is £5.00 and you can pay either by Bank Transfer or via PayPal using the email address - info@isis-school.com. (Email info@isis-school.com for our bank details). The PayPal fee is £6.50 for overseas participants. For more information and to see the programme [click here](#)



The ISIS School - Weekly Energy Transmissions of the Living Light

(open to everyone, world-wide) - April 2020

The energy of the Living Light, as channelled by the teachers of The School, Fotoula and Fi, as well as other practitioners, is a Golden Ray of unconditional love. This is one of the highest vibrational energies available to our planet. The energy works through our heart centre aiming to align us with our soul's purpose and our blueprint. The energy also has healing benefits.

The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the healing qualities of the Living Light. There is no requirement for you to believe in ISIS or in the Divine, to receive the healing energy and participate in the Transmissions.

In April there are five ISIS Energy Transmissions - **1st, 8th, 15th, 22nd and 29th**. Please email The School: 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](#)



The ISIS School - April Transmission of the Rays of Divine Consciousness

The Rays of Divine Consciousness are one of the remedies out of the state of separation into the state of wholeness. Practising the Rays can heal the separation that exists in our spiritual DNA and strengthen the wholeness part of the genetic code. They create powerful energy fields within us, fields of joy, grace, compassion, love and forgiveness, and take us on a profound inner journey of rediscovering our true nature. At the same time, the Rays can show us where we hold negative karma and separation patterns, which can manifest as blocked energy in the body.

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

The April Rays Transmission is on **Sunday, 26th April from 16:00-17:00** (UK time). Please note there is no need to let us know if you are connecting with this 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)