

The ISIS School of Holistic Health Newsletter

Issue 27: September 2018



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



This is ISIS speaking as the Mother of Unconditional Love

(channelled by Fotoula Adrimi)

Initiation through Spiritual Intervention

There can be a time in a person's life when the 'greater', the 'bigger', the 'Divine Light' touches him/her, and a realisation arises from within that there is another side to life, apart from the physical reality. This realisation can result in a thirst for knowledge, a need to discover the secrets of life, the hidden messages of the cosmos.

The journey of the seeker starts through this initiation. Touched by the Divine, the Light of the One, a person may see their physical life with different eyes. The Divine Self brings clarity, where there was none before. A person may have been living an unsatisfactory life for many years, immersed in the conditioned reality. At the brief moment of union with the Light of the World, the Light breaks into the illusion, the Light shows the reality of the situation and how it does not serve the individual.

This moment of clarity presents an invitation for action. Do you ignore the Light and maintain your way of life? Or, do you recognise the unhealthy situations you created and take steps to remedy them? And what is the right step for you each time?



To contact [The ISIS School](#) or join the mailing list and receive the monthly newsletter,
please email: info@isis-school.com

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Unravelling your creation, the way your life is, can present difficulties and challenges, as you may have to change your way of living. For example, if you find your job a struggle and you wish to walk away, you still need to consider how you will support yourself. You need a plan, and this plan has to be grounded in reality to be successful.

An initiation by Spirit opens the way for you to see clearly. An initiation by Spirit invites you to make a choice that serves your authentic Self. An initiation by Spirit is an invitation to walk the path of life in accordance with the wishes of your soul.

The road ahead is unknown to you as it will keep presenting you with choices, asking you to decide what is important, what serves you at soul level. These choices will be presented repeatedly until you step fully into your soul's purpose, until you make a full commitment to your destiny.

The journey guides you through many doors, each of which is a mirror of clarity.



An Exercise: Connecting with the Gate of Truth

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 walking on a beautiful path in nature, noticing all that is around you with your five senses; imagine seeing the colours, feeling the wind against your skin, hearing the sounds, smelling the perfumes, tasting the water.

As you walk in this space, you find yourself in front of a gate made of blue reflective glass, like the colour of the sky. As you approach the gate you see yourself mirrored in the glass, as you are right now.

This is the Gate of Truth. The Gate shows you all that you need to know about yourself and your life. You can ask the Gate of Truth to show you an accurate reflection of yourself, beyond the conditioned reality. Another image appears on the glass mirror.

You may, or may not, like what you see, but try not to judge this. See what the Gate is trying to tell you. If there is something you do not understand, ask the Gate for more clarity. Another image may form in answer to your question.

Then, ask the Gate of Truth to show you a reflection of your life. Another image is formed showing you the way your life is right now. Again, if there is something you do not understand, ask the Gate of Truth another question, until the message becomes clearer to you.

The Gate presents you with a choice. Do you wish to live your life in a way that is true to yourself? Do you want to live your life authentically?

If you already do so, push the Gate open. Notice if it opens easily, or if you have to push it strongly to open it. Then, walk into the unknown, the freedom of your spirit, the place of new possibilities, the place of inner knowing.

You can stay in this space for as long as you wish. When you are ready to return thank the Gate of Truth and disengage from it, bringing yourself back by connecting to your breath and then becoming aware of your surroundings.



The Journey of Initiation in the Golden Times of Ancient Egypt

Fotoula describes the Journey of Initiation into the Mystery Schools of ancient Egypt

This was a two stage initiation. First the person was admitted into the Temple through a ritual that mirrored 'The Weighing of the Heart' as described in the Pyramid Texts.

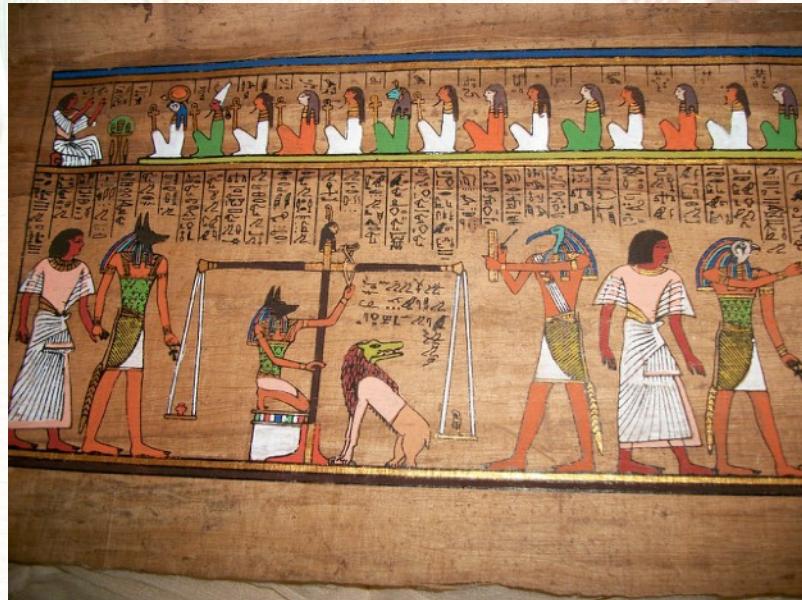
The person who had chosen to take Initiation was led through different Gates of the Temple blindfolded, so that she would be disorientated; unaware of where she was. In this way, the ego and the need to know, subsided.

After this walk, the person would arrive at the Initiation Chamber. In the Chamber the priests and priestesses were dressed as the gods, wearing the headdresses that represented each god form.

A priestess of MA'AT, representing truth and justice, first asked the potential initiate standard questions. These questions had fixed responses which the candidate had memorised beforehand, so that she felt confident about the process. Then the priestess, who was merged with MA'AT, asked other questions, channelled directly from MA'AT. The aim of these questions was to help the candidate and the Temple staff decide whether this was the right path for the candidate. Was the person drawn to the mysteries because she had an open heart and wanted to serve the community, or did she seek power? What was the candidate's commitment? Was spiritual study a part-time interest or was the person willing to make spirituality a way of life?

After the questions and answers the priestess of MA'AT removed an ostrich feather from her headdress and, with her eyes closed, placed it on one of the scales of justice that were held by the priest of ONPU (Anubis), the guardian of the hidden realms. On the other scale was a papyrus with a drawing of the heart (IB) and the name of the candidate written in the sacred language of hieroglyphics. Depending on how the feather was placed on the scale, the scales would either be balanced or lopsided.

If the scales were not balanced, the priestess of MA'AT channelled guidance for the candidate, which the priest of Thoth wrote down. The guidance offered the candidate advice about what she could do to help her balance the scales. For example, she may be invited to take part in a purification ritual, go on a pilgrimage to a holy shrine, or



meditate in a particular Temple, to discover more about herself. The suggestions were given to help the candidate open her heart and establish a stronger spiritual connection.

Most people were rejected the first time. This was deliberate, to see if the candidates were willing to try harder. How committed were they to walk a spiritual path? Many candidates were saddened or angered by the 'rejection'. Old priests waited outside the chamber to encourage the candidates, but some wanted guarantees. They asked, "If I go on a long pilgrimage, which is a big sacrifice, will I be accepted next time?" Of course no human person could tell them what MA'AT would say, or what the feather of truth would do the second time. It was said that only the feather knew what was right for each person, as it could see into their heart.

Fotoula's Guide's Experience

One of Fotoula's spirit guides experienced an incarnation as a High Priest of ISIS during the golden times of pharaonic Egypt. Fotoula describes him as a very humble and respectful guide with a witty smile. The guide is a Sirian StarBeing, as the Sirius Star is where he originally came from. In his quest to enter the Temple he was turned away six times. His last attempt was so joyous, he gave thanks for all the other 'failures'. He shares his story with us.



"It was a magical day. I woke up with such joy that I found everything beautiful, even the voices of the donkeys that used to annoy me. I realised that everything on Earth had been created with such care and love, even myself; I was a Divine child of love. I fell to my knees and cried because my heart was breaking open with gratitude. I tried not to think about the Initiation as I did not want to lose this feeling of joy. After the tears, I was elated. At that

moment I knew I wanted to serve the Temple, and it did not matter if I was accepted as an Initiate or not, I would be happy to serve in any capacity, even as a cleaner. I loved the Temple so much, and no matter what it took to be there I would do it. I knew this is where I belonged.

At first I so wanted to be a priest that I thought it was my right. Consequently, I was disappointed and angered by the many 'rejections'. I had a big ego, and in my mind I had already planned on becoming the First Prophet, such was the inflated opinion of myself. But that morning, I knew it did not matter how I served the Temple, even if I

was asked to sweep the floors or clean the dishes I would do it, if it meant I could be there. The realisation brought me peace and happiness, and the dread of looking again at what the feather would do, subsided.



Divine Order

This time in my Initiation MA'AT was looking straight at me, she never closed her eyes. She put the feather on the scales without breaking eye contact with me. And I saw her for what she is, Divine Order, everything connected to everything, the celestial bodies, the cosmos, every single life form being part of the Divine Order and having a place. Mesmerised by the vision of MA'AT, I never looked at the feather. Then, in the distance I heard people cheering and ululating. I had been accepted. Divine Order had been restored within me, and I had a place.

This is my story of Initiation by Truth and Life. In your world there are no such rituals any more. MA'AT speaks through your life, even if you do not think so. The feather always knows. Trust the process of your life. Trust in Divine Order to guide you and open you up to serve your highest purpose, to serve yourself. Thank you."

The Seven Gates of Awareness

Through ISIS, Fotoula has been offered the Initiations into the Seven Gates of Awareness, the Path of the ancient Initiate. In 2019 she will lead a group in Egypt where initiates can deepen their work with these wisdom teachings in the sacred land, in the ancient portals that exist there. The group will be guided on this journey by ISIS and the Spirits of the Light.

At the same time, Fotoula continues to offer the Initiations and teachings in Scotland and Germany. For details of the next introductory course for the Spiritual Path of ISIS, Part 1 see below.

The Spiritual Path of ISET, Part 1

The **Spiritual Path of ISET, Part 1** is the introductory course of the wisdom teachings that Fotoula is bringing to the world. In this first course participants are guided on a journey to integrate the sun and moon energies and merge with their Divine Self.

The next Course: **Dates:** 01-03 February 2019, 10:00-17:00
Cost: £285, repeaters £140. Dep £140 / £70.
Venue: Glasgow

For more information or to book, email: fotoula@isis-school.com



The Path of Shamanic Transformation

Shamanic Training Programme

The ISIS School of Holistic Health offers a comprehensive programme of shamanic training in the UK. This is a programme that has been developed through spirit guidance over many years. It is based on ancient teachings which have been adjusted to answer the demands of our times.

The programme is facilitated by shamanic teacher, Fotoula Adrimi.

Fotoula carries an ancient shamanic lineage in her blood, and members of her family still practise these ways. Her research into other traditions, has shown her that there are more similarities with other cultures, than differences.

Fotoula says, "I believe that at one point we all walked this ancient path of the Earth, communicating with spirits and the living world around us. Now, many of us no longer listen to the voice of the rivers and the whispers of the wind. The language of the natural world is forgotten in our everyday reality, yet it still exists within us in our cellular memory, for we too are nature.

We have also forgotten how to listen to what our own body is telling us. This disconnection within has created disconnection with the Earth and all living beings. This can lead to depression, loneliness, dissatisfaction with life, even dis-ease in us and chaos in the world.

Someone once asked me what makes me happy and I answered, 'swimming in the sea, being in the crystal waters of the aegean, letting myself float, supported and nurtured by the movement of the water.' This is my element. Other people connect with fire, wind or earth. We are all nurtured in some way by Mother Earth.

The shamanic path brings us back into ourselves. Although we learn to journey in different realities and parallel universes, this is not escapism, but a wider picture of the multi-dimensional reality we live in. We expand to bring more awareness back to Earth. We journey to bring back gifts to ourselves, our community and to the planet.

This is a path where we recognise that ailments, difficulties and challenges are not what they seem. Sometimes a practitioner is called to work in a way that brings balance, riding the eye of the storm in the chaos of the world. Imbalances may be caused by an array of things such as unhealthy patterns and actions; thought forms; ancestral issues; spiritual disconnection, poor diet or karma. The cause may be





different for each of us. The helping spirits show us the way by removing our rose-tinted glasses and allowing us to make better choices.

The spirits also give us energy, help us with personal growth and protect us, sometimes from ourselves. They teach us through dreams, journeys and rituals. They inhabit our drums and rattles and merge with us in ceremony. They empower us to walk a path of inner transformation.

In the shamanic path it is important to have a clear intention. Intention is the power of creation that builds our universe. The universal light, or chi, follows our intention. My intention is to practice and teach these ways as guided by the spirit teachers, creating a unique programme, tailor-made to the participants. Each teaching is a sacred alliance between ourselves and spirit, a place of ceremony and home coming.

After a personal quest, the spirit teachers empowered me to bring together a 12-month shamanic practitioner programme - one weekend training every month throughout 2019, finishing with a graduation ceremony on 18th January 2020. This is a ceremony of a year and a day to carry us into the shamanic path.

Shamanic Practitioner Training 2019

An in-depth, spirit-guided shamanic practitioner course

The course starts on 19-20th January 2019, and involves one weekend training each month throughout 2019. The course finishes with a graduation ceremony on 18th January 2020.

The course covers: 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.

The Course: **Start Date:** 19-20 January 2019

Cost: £1,950. Deposit: £500.

Venue: Glasgow

For more information or to book, email: fotoula@isis-school.com



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Light Activation Workshop 2019

Following three separate Light Activation sessions from the Star Beings of Sirius Star, Fotoula has been asked to put together a 2-day programme where people can go through the Activations again, or for the first time, in a residential setting.

The energy can be very high as it seeks to clear blockages and patterns from this and other lives and reconnect us with our star lineage.

Fotoula and Fi will be working with the Star Beings to make this event possible in 2019. To register an interest, please contact info@isis-school.com, reference Star Beings Light Activation Workshop.

If you would like to work with high vibrational cosmic energies in your own time, the Star Beings of the Light have also given us a comprehensive and rich online programme: A Journey of Initiation into high vibrational cosmic energies



Monthly Meditation Group - 01 September: **Kuan Yin Mantra and Angelic connection**

Our meditation circle meets on 1st Sept, to share teachings on unconditional love and immerse ourselves in the light of Kuan Yin, the Bodhisattva of compassion. In the second part of the morning Fotoula will facilitate an angelic healing meditation.

An introduction to the group's angelic work can be found in our latest Youtube video: Through the eyes of the Angels. This video was inspired by Fotoula's encounter with an angelic being that helped her in her path as an empath. The video guides listeners to ask, 'what would the world/my life look like if I could see it through the eyes of an Angel?' This question helped Fotoula release the pain of others and perceive the gift of infinite Grace that the Angels bring to Earth.

There is a host of helpful material, meditations, teachings and journeys, now available on our youtube channels: <https://www.youtube.com/channel/UCf8iUtre44Y2R9LpWFaYJ9w> and https://www.youtube.com/channel/UCs596-X3tepUM_3sc_bLZNw and our facebook page: <https://www.facebook.com/theisischoolofholistichealth/>



Courses, Circles, Retreats and Transmissions

ISIS Courses and Ceremony - September and October 2018

- 08-09 Sept** **The ISET Path - Gate 2** - for practitioners who have completed Healing Path 2
- 06-07 Oct** **The Path of ISIS - Healing Path 1** - for those who have completed Spiritual Path 2
- 28 Oct** **ISIS Ceremony** - The Day of the Dead, The Mysteries of AUSIR - open to all practitioners
- To book for any of the courses email Fotoula: fotoula@isis-school.com

Glasgow Shamanic Circle and Shamanic Workshop - Sept-Oct 2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet twice in **September - 3rd and 10th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

- 13-14 Oct** **Shaman's Journey and Retrieval of Personal Power**: Learn the art of shamanic journeying, how to retrieve your power and how to help others find their power.
- 27 Oct** **Shamanic Gathering**: A day of practising shamanism and shamanic healing

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

Monthly and Weekly Meditation Groups - September 2018

- 01 Sept** **Monthly Meditation Group** - In the September Group we will immerse ourselves in the light of unconditional love, the light and spiritual energy of Kuan Yin.
Venue: 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 **September - 6th, 13th, 20th and 27th**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

The ISIS Residential Retreat - 2018 - (Open to all ISIS Practitioners)

- 02-04 Nov** **The ISIS Spiritual Retreat** - Kilmartin Glen. The Retreat is a beautiful way for ISIS Practitioners to immerse themselves in the wisdom teachings.
- Advance booking is advised as spaces are limited, email Fotoula: fotoula@isis-school.com

Shamanic Residential Retreat - The Four Shields - March Equinox 2019

- 22-24 Mar 2019** **The Four Shields - Walking the Medicine Wheel** - Kilmartin Glen. We gather to step over the threshold and invoke the rite of the Medicine Wheel, through the Four Shields. Each shield has something to teach us, lessons about ourselves, lessons about life.
- Advance booking is advised as spaces are limited, email Fotoula: fotoula@isis-school.com

Egypt Pilgrimage - September Equinox 2019

- 18 Sept- 01 Oct 2019** **Pilgrimage to Egypt** - As guided by ISIS, The ISIS School will lead a pilgrimage to Egypt from 18th Sept-01 Oct 2019. The initial itinerary includes: Luxor, Karnak, Aswan, Philae, Dendara, Abydos, pyramids (*Prerequisite - Spiritual Path of ISIS, Part 1*)

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

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). In September Transmissions take place on the 5th, 12th, 19th and 26th. Please email info@isis-school.com if you wish to connect with any or all of these Transmissions.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on Sunday, 2nd September 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.