

The ISIS School of Holistic Health Newsletter

Issue 11: May 2017



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



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

"The world is in a state of transition. How is this affecting you in your everyday life? Are you able to stay centred? Do you get uprooted and carried by the wind of the collective consciousness?"

For most people there are no clear answers to these questions. Depending on life circumstances, sometimes the answer is 'yes', you can stay centred, and sometimes it is 'no'. Most of the time the answer lies in between; you can get uprooted for a while but find your way back to your centre.

The spiritual path is a journey and not a destination. It is the mind that wants perfection; for you to have the evidence of having reached complete alignment with yourself, especially after practising the spiritual arts for so long. It is the mind that despairs when you observe how you have gone back to old ways of thinking and you are not as advanced in your life as you should be. This is one of the traps of the mind many spiritual people are working on.

In order to overcome the trappings of the mind, it is helpful to see life as a journey. As you walk the path of life, there are pitfalls on the road. If you miss your step and fall into one of these holes, you can always come out. Or, you can stay there, blaming yourself for not seeing the pitfall, especially if this is the second, third or tenth time you have come across it. Even if you do come out of the hole, the mind may say you should have done it quicker.

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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The mind keeps you stuck in a bigger pitfall, the one that stops you being able to enjoy the journey. It has a preconceived idea about how you and life should be that you may never be able to fulfil. This is because the mind's idea about life always changes. It is continually looking for something better, bigger, more advanced, something others may be enjoying.

As the world is transitioning, so are you. The voice of the mind may become stronger, to try and keep you stranded in the old familiar world.

When you see life as a journey, an adventure of the soul, you know nothing is forever. Rain will come, but so will the sunshine. Surrendering to the journey opens the way for life to bring you into the space of self-realisation. Sometimes, you have to reach the edge of your comfort zone to discover that the wings of your heart can carry you over the abyss.

In order to be a good traveller of life, stay focused and observant in your journey. Watch yourself taking each step. Feel the movement of your feet as you walk on the Earth. Let the mind watch your eyes moving from word to word as you read my message.

Be present. Be observant. Be here. And gather the gifts this life is offering you."



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Meditation as a way of life

Meditation is the bridge for the soul to link with its Divine origin



Ritual is in our blood

Many people love taking part in ceremonies. It seems ritual is in our blood. In our spiritual workshops and groups we have witnessed such heartfelt openings from people who are strangers to each other but become brothers and sisters when they sit in a sacred ceremonial circle. Through ceremony, the human heart opens and creates a positive wave of energy in the collective consciousness. Ceremony coupled with a pure intention and an open heart is a way to bring change both within and out into the world.

The conditioned mind is threatened by meditation

Yet, it is not the same with spiritual practice and meditation. We may leave a workshop with good intentions but in everyday life we can find it hard to commit to a way of connecting with the Divine Spirit daily. The mind can easily find jobs that need to be done to avoid sitting quietly in meditation for 10 minutes. Then, the more we try to stay focused and calm, the less easy it can become. Even after years of effort, some days it can feel as if we are back at the beginning. Isn't meditation in our blood too, in the same way as ceremony?

The conditioned mind is threatened by our wish to meditate. Why is this? The mind is used to being in control; dominating our life, creating endless thoughts and generating scenarios that may never happen. The voice is so strong that when we do not heed it, negative feelings can also arise in us: anxiety, fear, worry, anger, sadness, disappointment, guilt. Sometimes we experience excitement and joy too, but this is short-lived, as we do not know how to hold onto a permanent state of joy. The next thought will quickly remind us of another drama or a task to do.

In order to escape the relentless voice of the mind, we find ways to numb ourselves: sugar, chocolate, smoking, alcohol, drugs, television and other artificial ways to be entertained, and avoid boredom. The mind takes us away from any attempt of self-exploration, which it regards as dangerous. It tries to shield us from answering fundamental questions like - Who am I? What is my life's purpose?

The voice of the conditioned mind is also loud, loud enough to cover another voice; the voice of inner knowing. In some spiritual traditions this latter voice is called the voice of the wisdom mind, the enlightened mind, the Divine within. This voice was prevalent in our early years but slowly disappeared as we started to speak and interact with the world. In time we learned to believe that the voice of the world, the voice of the conditioned mind, was right and that our own voice was unimportant. Then it was easy for the conditioned mind to take over. Unless we take back control, it will continue to shout, complain and have the upper hand for the rest of our lives.

The Divine Self

So, we practice meditation, to reach the voice of the Divine Self. Unless we develop a daily practice of connection, any benefits of ceremonial work will be short-lived. We will have two lives: a spiritual one when we sit in circle, and an everyday life where we play out in the world the workings of the egoic mind.

Split between the two, we may find ourselves caught in a circle of inner dissatisfaction, our own self-created Samsara; the endless cycle of birth, death and reincarnation.

This is why The ISIS School teaches meditation; to help us reconnect and strengthen the bond with our authentic, enlightened self; and why The School encourages the practice as a way of life.



The ISIS School is holding a day of meditation on the three aspects of Mother Divine on 6th May, from 10.00am-4.30pm in Glasgow Theosophical Society.

To book email:

fi@isis-schoolc.com

Courses, circles, retreats & transmissions

ISIS Ceremony and Trainings for May 2017

- 01 May** **Ceremony:** The Sacred Marriage of HATHOR and HORUS. Open to all Initiates.
- 19-21 May** **The Spiritual Path of ISET - Part 1**, for beginners who wish to walk The Path of ISIS.
- 27-28 May** **Gate 2 - The Path of ISIS**, for those who have completed Gate 1.

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 May, on the 8th, 15th and 22nd, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL

For those interested in progressing their shamanic path, there are still some spaces available on the **Shamanic Healing with Spiritual Light** workshop for this weekend - 29 Apr-01 May.

The next shamanic course: **The soul retrieval practitioner's course** is on 17-21 June. This is an in-depth 5-day workshop, which will give you the skills to bring back soul essence and life-force for your clients and activate their life purpose.

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

Meditation Groups - May and June

06 May **Meditation Day Workshop:** we will immerse ourselves in the tradition of Mother Divine, the feminine force of unconditional love that births the universe. Through meditations and chants we will practice spiritual teachings that aim to balance the three lives we are constantly working on: our past life, our present life and our future life, as one interlinks with the other.

24 June 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. **May dates** - 4th, 11th (Full Moon Ceremony), 18th and 25th (Dark Moon Ceremony - working with the ancestors). For more info 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, world-wide) - May dates

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In May transmissions take place on the 3rd, 10th, 17th, 24th and 31st. 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, 7th of May from 14:00-15:00 (UK time). There is no need to let us know if you are connecting with the Rays Transmission.

News of The ISIS School

The Lotus School of Meditation - Full Day Meditation Workshop Working with the three aspects of the Divine Mother

Every three months, The ISIS School holds a full day meditation workshop, giving participants the opportunity to experience deeper states of expansion of their inner light.

Each meditation day has a theme, based on enlightened teachings which take us beyond the conditioning of the mind.

On May 6th we will immerse ourselves in the tradition of Mother Divine, the Divine Feminine force of unconditional love that births the whole universe. Through meditations and chants we will practice spiritual teachings that aim to balance the three lives we are constantly working on, as one interlinks with the other:

- the past incarnation;
- the current life;
- the future life.



Through the power of the Mother who gives birth to all beings, nurtures the physical world and puts us to sleep at the end of our life, we will expand our awareness to recognise the pearls of wisdom inside us.

The meditation day is facilitated by Fi Sutherland and Fotoula Adrimi, experienced practitioners and meditation teachers. For more information about our approach to meditation and spiritual development, please log onto: <http://www.theisisschoolofholistichealth.com/meditation>

If you would like to attend, please book a place by emailing Fi: fi@isis-school.com

Please bring blankets to keep warm, also mala beads (optional), and your lunch. Wear warm clothes as it can feel cold when meditating. Teas, coffees and biscuits are provided.

Time: 10:00 - 16:30 **Cost:** £50

Venue: The Library, Glasgow Theosophical Society (TS)

Monthly Meditation and Spiritual Development Group

Each month Fotoula and Fi facilitate a Saturday morning of meditation and deep connection with the Infinite within us. Each session has a different theme inviting us to look at our lives from a different perspective and release and detach from the patterns which limit us from being our true essence. The aim of the practices is inner transformation; to bring ourselves into heightened states of awareness to access our Divine potential and lift the conditioned veil.

The Group will next meet on Saturday 24th June, 10.00-13.00. Cost: £20.00. Venue: TS Library.