

The ISIS School of Holistic Health Newsletter

Issue 38: August 2019



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



This is ISIS speaking on the Codes of Power

(channelled by Fotoula Adrimi)

For thousands of years people practiced the ancient ways of connection with their higher self, the eternal spirit, the infinite that they are. The aim of these practices was to bring the sacred into being.

Codes of Power

Through their life experiences, an ancient race of spiritually-evolved souls anchored the light codes of power that exist in the spirit realms, into the physical reality. In their pristine state these codes of power manifest life in the physical realms and govern the human experience of physical life, as well as the circumstances of all other life forms.

These codes exist in the etheric realm. They cannot be seen with human eyes, although they can be revealed to those who have taken initiation into the higher vibrational energies of the living light. There are specific initiations that unlock people's potential to work with these codes.

The codes are expressions of the primordial nature in you and everything that exists. They can manifest as sacred geometry, yet they pre-exist sacred geometry. At the same time, the codes express themselves through the sacred geometry that some of you are channelling.

Some of you are attuned to certain codes of power already. They are within your body, in a pure form. They radiate out from you when you are in sacred space, or whenever you are called. Some of you see and channel these codes but you doubt yourself. Please do not do this. Accept your gift to the planet and all life. We see you all as beings of light on the path to awakening.



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please email: info@isis-school.com

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These codes have been further activated around your planet. They have been strengthened and become more present. Previously they were hidden in sacred sites and sacred objects, or they came to the Earth through portals. Now they are close

to you. This has been possible through your spiritual work. So many of you have been bringing in high vibrational energies during your meditation and spiritual practices. Consequently, the codes of power have become more available in the Earth's ethereal plane.

The codes are pure vibrations of Divine power that can only be accessed through a pure intent of unconditional love. They are protected and cannot be misused. Any attempt to misuse them only creates chaos in that person's life.

A Practice to connect with the Codes of Power

We ask the light workers that are drawn to the codes of power to open their awareness and connect with them. You may already carry them in your body. In the following practice we invite you to work with the codes both internally and externally.

- ◆ Open sacred space by inviting your higher self, the infinite part of you, to assist you in this practice that forms part of your awakening process into the Light that you are.
- ◆ Invite the codes of power that are aligned with your being to activate within your body. Wait for a few minutes whilst the activation process takes place.
- ◆ The codes of power that are aligned with your being also become activated in the ethereal plane. Energy from them flows to you. Stay in this space for a little while to receive the energy.
- ◆ When you feel ready, place your palms on, or towards the Earth. You become the channel through which the energy of the light codes of power flows to the whole of the Earth, activating the energy of our primordial nature.
- ◆ Place your hands in prayer position over your crown. A vortex of energy flows to you, sealing you and your vibration.
- ◆ Place your hands in prayer position on your third eye, throat and heart. Feel your heart radiating the light of Divine love. Bow to the Divine, the Earth and all life.
- ◆ Give thanks for this practice to the infinite part of you, your higher self, the key that unlocks your work with the codes of power.

Spiritual evolution is governed by the higher spirit of each soul. This is the part of us that has not incarnated, our expansive spiritual being, the awakened consciousness.

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- ◆ Give thanks to the Divine, the Earth and all aspects of the Divine consciousness that work with you, such as helping spirits and guides. Intend that your sacred space and yourself are now fully protected, sealed and closed. Bring your awareness back to your surroundings. Thank you.

ISIS shares teachings on the Path of Ascension, the Awakening Process and Initiations into high vibrational energies through the Path of ISIS - The Path of the Living Light. The next introductory course, the Spiritual Path of ISIS, Part 1, is in February 2020. (The December course is now full).

(A talk and guided meditation for connecting to the Codes of Power is available on our [youtube channel](#).)

The Path of the Living Light - The Path of ISIS Introductory Course - Spiritual Path of ISET, Part 1



The **Spiritual Path of ISET, Part 1** is the introductory course for the Path of the Living Light teachings. 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:

14-16 February 2020, 10:00-17:00;

Cost: £285, repeaters £140. Dep 50%.

Venue: Glasgow

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



The journey of the soul is about recognising the Divine within



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The Mystic Path of ISET



Fotoula writes:

In 2006 I entered the Great Pyramid, called 'MNER' by the ancient Egyptians, the Place of Ascension, for the first time in this lifetime. Inside the King's Chamber I received my first initiation into the Path of the Living Light by a team of enlightened spirit beings who called themselves, the Ancient Ones, and Star Beings of the Light.

Five years later in 2011 I began working with prehistoric sacred sites and stone circles in Kilmartin, Scotland. I also visited the Callanish Stones on Lewis, sacred sites in Orkney, Avebury and Stonehenge in England and megalithic sites in Carnac, northwest France. In 2012 I facilitated my first retreat in Kilmartin called, The Way of the Ancient Ones, bringing back the ancient wisdom of these sacred sites, the ancestors and the guardian spirits.

In my travels I discovered that all these sacred sites connect to each other through etheric lines of light, sound and energy that run on the surface of the Earth. Moreover, all these sites are connected to one place, the Great Pyramid, MNER.

Since my first trip to Egypt and the Giza Plateau, The School has organised three pilgrimages to the ancient Egyptian temples and pyramids, and the fourth pilgrimage is just about to take place. Every time we visit these ancient sites we touch something that is beyond this world, to the degree that we are able. Sometimes a site will speak to one of us in the language of our soul, beyond this current incarnation. At other times a visit will awaken sacred memories of previous existences, other lives where we may have carried out the work of a priestess / priest or healer. Gifts from these incarnations can be activated within us. The secret is to visit with reverence, focus, awareness, a willingness to serve the All, and to release any expectations.

We can always visit these places in the etheric plane and this can be beneficial for our spiritual development.





However, as we live in a physical reality, it is also important to anchor these energies in our physical body. Anyone who is aware and has been to Egypt on a sacred pilgrimage can tell the difference that walking on the land makes to their spiritual awakening process.

Enlightened Beings speak about going on Pilgrimage

The Enlightened Beings advise that when on pilgrimage it is good to stay open to whatever is coming to you, for it is meant to happen. Sometimes you may experience feelings and memories arising within you that have stayed hidden from long ago. This is the time to embody the path of the spiritual warrior and accept, surrender, embrace, and release any fear, sadness and tears; free yourself from the self-made prison that restricted you and your light. Perhaps you will call out in ecstasy and find that the tears have changed, they are the tears of grace, for grace has touched you and is bringing you home.

The Enlightened Ones, ISIS and the Ancient Ones are in charge of our journeys and pilgrimages. They open the doors for us to walk through. All we have to do is say 'yes' to their invitation, which is none other than a wish at soul level to awaken and embody the living light.

The ISIS School of Holistic Health, following the Path of the Living Light around the Earth, has organised a pilgrimage to Egypt for Sept 2019 (fully booked). In 2020 The School, in conjunction with Himalayan Shaman, Bhola Banstola, will travel to Nepal and Tibet - see below for more details. Spaces are still available for this pilgrimage.

Pilgrimage to Nepal & Tibet

A Journey of Spiritual Rebirth, 18th Aug - 08 Sept 2020



In 2020 Shaman Bhola Nath Banstola, 27th generation Himalayan Shaman, and Fotoula Adrimi join together to co-create a pilgrimage to Nepal and Tibet based on teachings from Buddhism, Hinduism and shamanic spiritual practices

Each step of the pilgrimage is undertaken through consultation with helping spirits, who suggest the ceremonies and practices to be performed for the benefit of all the participants and all living beings. From Lhasa, the heart of Tibetan Buddhism, we travel overland visiting many sacred sites to Mount Kailash and the holy lake, Lake Manasarovar, to do a ceremony of spiritual rebirth under the auspices of Shiva and the full moon.

Places are limited and some have already been filled. If this pilgrimage resonates with you and you would like to attend please email Fotoula: fotoula@isis-school.com for details of how to book.



The Shamanic Ways of the Ancestors

The shamanic path is not one we walk alone. We are surrounded by a team of helping spirits, power animals, and the transcended spirits of plants, crystals, deities and mythical beings. Another very important category of spirit helpers are our ancestors.

In Western shamanic practices we can spend much time on ancestral healing; looking at our lineage to find places on the timeline where things happened and ancestors became stuck, for this can create unhappiness and unhealthy patterns for the generations to come. Healing the ancestral patterns is important as these old energies may be affecting us and members of our family.

This is only one part of the work we can do with the ancestors. Another equally important part is honouring the ancestors as the wise predecessors who can guide us

from beyond the veil. Sometimes, for example at Samhain, the veil is so thin that we can see them in our mind's eye, standing beside us.

The ancestors live through us. In our body we carry their cells, as our body was made from the genetic make-up of previous generations. The ancestors wish to help us in our spiritual work, as we have the opportunity to heal ourselves and our family and affect positively every cell of our body, which is also every cell of their body.

Honouring the Ancestors

Shamanic cultures teach about treating the ancestors with respect and soliciting their help. In the ancient Greek tradition of the Pelion mountain, the ancestors were offered dark red wine at the time of the dark moon. This was offered around a ceremonial fire. In *Odyssey*, Odysseus digs a hole and makes offerings of wine, honey and food, inviting the dead to come and speak to him, echoing a ritual of necromancy of that time. Other traditions instruct to cook a vegetarian meal for the ancestors and place it with a non-alcoholic drink overnight on the altar. Next day the offering is placed under a tree, (Bon and Himalayan Shamanism).

Maybe you have a song that was passed down to you by your ancestors. Fotoula's ancestors had an eagle song that she always sings when she needs their help. Similarly, you may know a song or tune that the ancestors liked and even danced to.

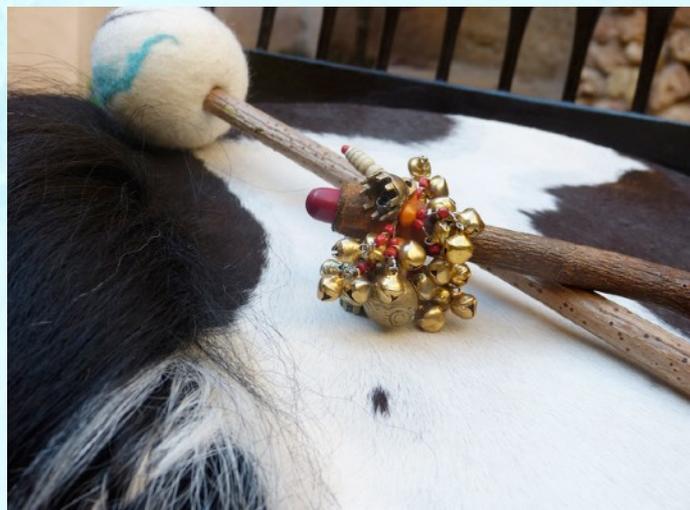
Meeting the Ancestors in the Alternative Reality

There are people who have never met their ancestors. In shamanism this is not a problem as we can always meet them in the alternative reality. If you wish to journey to meet and connect with your ancestors, Fotoula suggests preparing an altar for them. On the altar include some offerings that after the journey you can leave under a tree or in nature. In the journey ask your ancestors to help you in your life and spiritual work. Thereafter, remember them in everyday life. You can invite them into your sacred space each time you do your spiritual practice.

Fotoula says, "When there is an issue in my family I feel the presence and protection from our ancestral spirits. I am so grateful to them for looking after us no matter where we are. My grannie appeared to another member of the family recently and said she looks out for us and still helps everyone, even though she is on the other side of the veil.

Some of us may have issues with our ancestors and reject all ancestral work. Perhaps unskillful acts took place, things that cannot be easily forgiven. No matter what any of our ancestors may have done, they may have healed their life, and rejecting them is rejecting part of ourselves, spurning our own cells. We may not agree with their way of life, but they gave us the gift of life. In cases such as this healing work is required not only for the ancestors but primarily for ourselves. In shamanism we can embark on a path of reconciliation to re-establish harmony, connection and peace.

Fotoula Adrimi, is an experienced shamanic teacher and practitioner. Fotoula teaches The ISIS School of Holistic Health's Shamanic Practitioner Course over a year and a day - see below for more information.



Shamanic Practitioner Training - Oct 2020

The ISIS School, through Fotoula, offers a **Shamanic Practitioner Course** that enables personal expansion and the ability to work with clients. The course is based on the Circle of the Year and a Day, with 12 powerful weekends that cover all aspects of shamanic practice, and a graduation day that closes the Circle. The Circle begins on 10-11th October 2020.

The course is designed to take participants through the initiations of the shamanic path and teach the healing and spiritual 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.

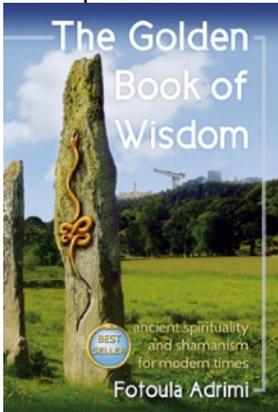
For more information or to book a place email Fotoula - fotoula@isis-school.com



The ISIS School - News



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



After several requests from readers, Fotoula has started creating audio recordings for the meditations and spiritual practices that are in her book, *The Golden Book of Wisdom*. The recordings will allow people to be guided through the practices, step by step. The first recording from Chapter 1: Ceremony - Aligning with the Source of your Power - is now available as a gift to all our readers. Click this [link](#)

The book, which became a bestseller on Amazon UK in December 2018 and again in June 2019, is widely available both online and in Waterstones and independent book stores - Opal Moon in Glasgow, Martyr's Bay Bookshop in Iona, and Kilmartin Museum Cafe, Kilmartin.

New Moon and Samhain Ceremony - 27 Oct 2019

As part of a day of holistic events organised by Source Events - **Journey of the Sense, Part 2** - Fotoula will facilitate a shamanic journey and Samhain Ceremony.

Using the drum to connect to the new moon, Fotoula will guide us into a journey to celebrate endings and welcome in new beginnings.

Venue: The Castle Rooms, 63 Old Mill Road, G71 7PF Uddingston

Fotoula's Article - "The Unified Field Of Light" Pagan Dawn, Lammas Issue Aug 2019

In the article Fotoula speaks about how the power of ceremony contributes to a unified field of light around the planet and connects all spiritual practitioners of past, present and future. The article includes a meditation to connect with the unified field which can be accessed on youtube through this [link](#)



The Rays of Divine Consciousness Retreat 13th - 18th March 2020

The Rays Retreat can be an important stepping stone towards spiritual awakening: it introduces a meditation practice that supports the transformation of the spiritual 12-stranded DNA; includes initiations in sacred prehistoric sites; enlightened teachings; and, karma purification ceremonies. The Retreat lasts five days from Friday evening to Wednesday lunchtime. As the maximum number of participants is 8, advance booking is advised. For more information see the [website](#)

Courses, Circles, Retreats and Transmissions

Temple of Gaia - Teachings of the Living Light/Path of ISIS - Oct and Nov

12-13 Oct **The Healing Path of ISET, Part 1** - for practitioners who have completed Spiritual Path 2

4.00pm, 27 Oct - **ISIS Ceremony of the Living Light** - Day of the Dead, The Mysteries of AUSIR

02-03 Nov **OSIRIS Ascension Teachings, First Circle** - for practitioners who have opened Gate 2

15-17 Nov **The Healing Path of ISET, Part 2** - for practitioner who have completed Healing Path 1

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

Glasgow Shamanic Circle - August

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet once in **August - 26th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

Saturday Morning Meditation Group and Weekly Meditation Circle

24 Aug **Saturday Morning 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 **August - 1st, 22nd and 29th**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

Shamanic Workshops - Death and Dying Part 2

30Nov- 01 Dec **Death & Dying, Part 2** - *for experienced shamanic practitioners*. In the second part of the workshop we focus on psychopomping, and learn how to safely help stranded souls who have not made it through the veil and who continue to haunt places on Earth.

Cost for workshop: £185.00. **Deposit:** £100.00. **Bookings:** Fotoula: fotoula@isis-school.com

Rays of Divine Consciousness Retreat - 13-18th March 2020

The School will facilitate **The Rays of Divine Consciousness Retreat** in the ancient land of Kilmartin Glen, Scotland. The Retreat can be an important stepping stone towards spiritual awakening: it introduces a meditation practice that supports the transformation of the spiritual 12-stranded DNA; and includes initiations in sacred prehistoric sites; enlightened teachings; and, karma purification ceremonies. Advance booking is advised. For more info - email Fotoula: fotoula@isis-school.com

Spiritual Pilgrimage - Nepal and Tibet - 19th Aug-8th Sept 2020

Pilgrimage of Spiritual Rebirth - In 2020 Shaman Bhola Nath Banstola, 27th generation Himalayan Shaman, 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

Energy Transmissions (open to everyone, world-wide) - August

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). Transmissions take place on the **21st and 28th August**. Please email The School: info@isis-school.com if you wish to connect with any of the ISIS Energy Transmissions.

The **Rays of Divine Consciousness Transmissions** - The next Rays Transmission is on **Sunday, 25th August from 16:00-17:00** (UK time). Please note there is no need to let us know if you are connecting with the Rays Transmission.