

The ISIS School of Holistic Health Newsletter

Issue 3: September 2016



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



"You are living on Earth during a very important time of transition. One of the best ways to benefit from this lifetime, is to stay in touch with your Spirit. Everyday, life is bringing you opportunities to question who you are. Are you the person you see in the mirror? Are you the body you inhabit? Who are you?"

It is easy to become lost in life, when this question is not asked. To discover who you are, you need to look inside, and away from the everyday routine. Take some quiet time. Still the mind, connect to your breath and ask yourself - Who Am I? Answers may flood into your head. Are you your name, your title, your profession, your body? Keep asking yourself - Who Am I? Wait and notice the answers that flow into you. An answer may come to you in the dreamtime or during your day, out of the blue, when least expected. You may have a revelation that stays with you, or flies away as soon as it comes. Keep asking - Who Am I?

Most people have the opportunity to discover their nature, after death. When the body and physical life are gone, the Spirit can know itself. One of the aims of experiencing a physical life, however, is to immerse yourself in the awareness of your Spirit whilst living; so that the Spirit wakes up from the conditioned world and reveals its brilliance. Therefore, keep asking yourself - "Who Am I?"

These are the words of ISIS, the Divine Mother of All Beings, as channelled by Fotoula Adrimi.

To contact [The ISIS School](http://www.isis-school.com) or join the mailing list and receive the monthly newsletter,
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Teaching Story: Going through the Gates of Death



*Persephone with the three pomegranates,
the fruit of the underworld*

The ancient Greek myth of Persephone, was a teaching story of birth and resurrection. Young Persephone finds herself in the world of the dead, where she grows from the state of innocence to maturity. She then re-emerges into the world.

This myth was re-enacted in one of the most famous ancient Mystery Schools; the Mystery School of Eleusis. The ceremonies were said to contain teachings on Demeter - the Earth Mother, and Persephone, the maiden who descends into the world of the dead.

Below is a teaching story, based on the ancient Greek myth.

Fotoula Adrimi was given this teaching story, based on the ancient Greek myth of Persephone, by ISIS. It is suggested you find a quiet space to immerse yourself in its teaching. (The names of the deities appear in Greek, rather than their anglicised version.)

Demeter, the Earth mother, is distressed. She cries and wails, turning the Earth into wasteland. Her daughter is lost to her. Abducted by death, her child has embraced the underworld.

Persephone, the daughter, was always an inquisitive child. Not satisfied with what she saw around her, she sought answers in the beyond. Her mind travelled to the stars and wandered to places inaccessible to the naked eye. Lured by the underworld, she abandoned the Earth.

In the underworld, Persephone looked for wisdom, both about herself and the world. The God of the underworld, Plouton, offered her the pomegranate seeds. "If you taste them, you will never be the same again", he said. "You will become open to the inner knowledge. You will remember who you are. On Earth, your mother Demeter, kept this knowledge from you. She filled your days with colours, rivers and clouds".

Persephone took the first pomegranate seed. She closed her eyes and a Gate appeared in front of her. The guardian of the Gate, the three headed dog, Kerberos, made way for her to pass.

Through the Gate, Persephonie saw the shadows of people rushing about. "These are the people who live empty lives", the dog said. "Unfulfilled, they are but shadows of themselves. Persephonie, exited the chamber with a prayer for help to come to these souls.

Persephonie took the second pomegranate seed. She closed her eyes and another Gate opened in front of her. The three headed dog warned her: "Make yourself strong", he said. "What you will see, may disturb you."

Persephonie entered the Gate but could not see anything. She could only hear screams, sense tears and feel torment and anguish. "These are the souls who live in the anguish of the mind. Unhappy with themselves, they choose suffering, no matter what life, easy or difficult, they live", said the dog. Persephonie realised that the screams were becoming louder as if these souls wanted to pull her into the suffering. She exited the place with a prayer for them to find help and release themselves from the pain.

Plouton gave Persephonie the third pomegranate seed. A Gate appeared in front of her but it was too narrow. Inconveniently, the dog was nowhere to be seen. Persephonie sat by the Gate and waited. Memories of her life flowed into her mind, overwhelming her. She remembered all the grief, disappointment, anger, all her dreams for herself and her life, all the things she loved; she remembered it all. She realised that to go through the narrow Gate, she had to let go of everything. I may not even see my Mother again, she thought, hearing Dimitra's wails. Persephonie accepted this too.

A voice inside her said "If you walk through this Gate, you will never be the same. You will always have the option to turn back, but you may not always be able to go forward".

Persephonie made the decision to enter the third Gate. Inside there was only a mirror, showing her the reflection of her true Self.



Persephonie with the dog, wandering the underworld

Courses, circles, retreats & transmissions

ISIS Trainings for September, October and November 2016

- 17-23 Sept** The **ISIS Retreat**, taking place in Iona - currently full.
- 30 Oct** **ISIS Ceremony** - Day of the dead Ritual: The Mysteries of OSIRIS
- 4-6 Nov** **The Spiritual Path of ISET - Part I**, for beginners who wish to walk The Path of ISIS
- 19-20 Nov** **The Healing Path of ISET - Part I** for those who completed the Spiritual Path I&II
- 26 Nov** **ISIS Healing exchanges** for practitioners

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 twice in September, on the 5th and the 26th, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL

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

Meditation

- 10th Sept** The **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00.
- 29th Oct** **Meditation Day - Celebrating the Light of Creation:** through spiritual practices we will experience ourselves as the Creative Power of the Universe and the Creation itself. The day is facilitated by Fi and Fotoula, in the Library of the Glasgow Theosophical Society, 10:00-16:30.

Fi continues to facilitate a heart-full meditation and chanting **circle** on Thursday evenings from 7.00-8.30pm. The circle meets on the 1st and 8th of September.

For more information email Fi: fi@isis-school.com

Residential Retreats

- 30-2nd Oct** After a year's break, we are going back to Southern Germany for a three-day residential retreat: "**From the Dark Moon, we are birthed into Light**". The retreat is organised by Claudia Wolff in the picturesque village of Marhördt.
- 15-21 Oct** The week-long **Rays of Divine Consciousness Retreat** takes place annually in Kilmartin, Scotland. This year's retreat begins on 15 October. The Rays Retreat is a great opportunity to work on our karma and life path, and rebalance the DNA.

Energy Transmissions (open to everyone)

The **ISIS Energy Transmissions** continue on Wednesday evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In September there is only one transmission on the 7th.

The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is 14:00-15:00 (UK time) Sunday 4th of September.

News of The ISIS School

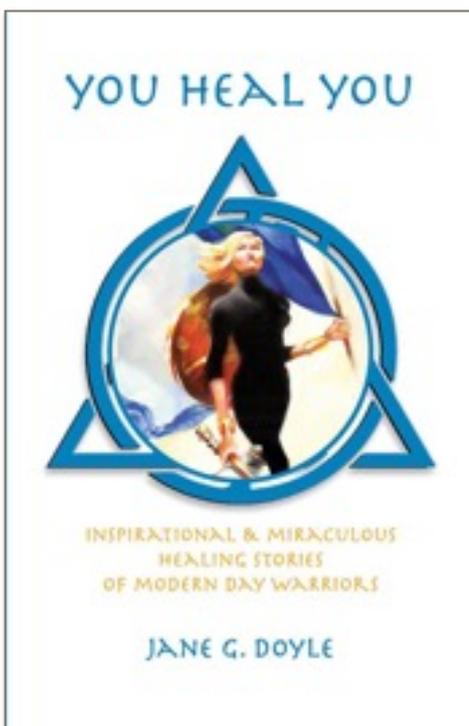
Conference of Celebration of Life and Love

The Conference, organised for the first time in Scotland, takes place on the 11th of September in the Salutation Hotel, in Perth. Fotoula Adrimi will speak at the Conference, on the topic of Shamanism. Her talk draws lessons from indigenous traditions on how to live skilfully. Fotoula explains her talk:

“The gift of the Eagle is a shamanic teaching about life. How high can we fly when we let go of what keeps us stuck? How effortlessly can we soar when we allow ourselves to surrender to the winds of life? And how focused can we become, when like the Eagle, we dive to catch the gifts life offers us?”

The ISIS School will have a stand in the main room and Fotoula Adrimi and Fi Sutherland will be there to meet everyone who is interested in finding out more about the work of the School. For more information about the Conference, follow the link: <http://channellinglove.com/celebration-of-life-and-love/>

YOU HEAL YOU - A beautiful book of miraculous or inspirational true stories



Fotoula Adrimi and Fi Sutherland met Jane G. Doyle on their second visit to John of God's Casa in Brazil.

Jane was on a mission: Observing people healing themselves from physical as well as emotional traumas, she was inspired to bring together these incredible stories of self-healing and take them out to the world.

The book contains 18 inspirational true stories of people who self-healed from conditions such as addiction, loss, physical illness and attempted suicide, and turned their lives around. These stories are a tremendous teaching about our inner power.

Fotoula was honoured to contribute her own story to the book. Born in Greece, she was an incredibly happy child, immersed in her connection with the Divine. However, as a teenager, she lost this connection through fear. Later Fotoula moved to Paris to study town planning, and then to Scotland to get married. Everything looked well from the outside but inside there was a huge gap.

To fill the gap, Fotoula made choices that did not make her happy, attracting people into her life with the same gap. Then one day, the Divine demolished the walls she had built around her heart. Gradually she began remembering who she is. That was the easy part. The difficult part was sorting out the life she had built, based on the social conditioning. And that life, put up a fight to keep her in fear, which she had to outgrow. In embracing her chosen path of a spiritual teacher, Fotoula has discovered what it is like to be truly alive.

For more information about Jane's book, visit the website <http://you-heal-you.com>

The book can be purchased through Amazon: <http://www.amazon.co.uk/dp/153527820X>.