

# The ISIS School of Holistic Health Newsletter

Issue 7: January 2017



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



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

"I come to you with a message of love. The Divine Feminine is rising in your world. This is not only happening in women, but also within men. A human being has two poles within; two sides of the brain that communicate with each other. One side is linked to a feminine aspect that is governed by the moon; the other side is attuned to a masculine aspect, governed by the sun.

Most people have one side that predominates; this depends on their character, personality, egoic-self and their conditioning, rather than exclusively on gender. At different times in life, one needs the feminine power, at other times the masculine. Neither is better than the other; a mother is not better than a father. A child needs both a mother and a father to be born in the world.

If you reject one side of yourself, either masculine or feminine, you will create an imbalance within, which is then mirrored in your life. Such an imbalance is evident in your world, where the masculine power dominates. Your world is riddled with disease, environmental destruction and unhappiness.

In order to be complete, strive to find the balance between both parts of yourself, feminine and masculine. Even if you are used to operating in a certain way, challenge yourself to dive into a side of you that you may have rejected in the past. The way to wholeness is to bring balance within, homeostasis, and then reflect this in the way you lead your life. As more of you do this work, you create a shift globally, supporting the rise of the feminine, which is needed to balance the masculine. "

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

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# An Christmas Elf Story

There was a little Elf who could not understand why humans gave gifts to each other at Christmas, when little grows on the Earth.

At such a time of scarcity, why do people give gifts, he wondered? In spring and summer it is easy to find gifts. You can pick flowers and find fruits on the trees. In winter, most flowers have gone and very little grows. Yet this is when everyone gives gifts to each other.

GrandPa Elf decided to help little Elf understand the ways of the humans, from his own perspective. He said: "The human beings do not believe they are attuned to the Earth, in the same way as we, in the fairy kingdom, are, even though their bodies, unconsciously, mirror the changes in the Earth. They feel the lack of sunlight, the coldness of the wind, and they seek the nurturing and warmth that is missing outside. At this time of the year, when there is such scarcity of resources outside, they need hope. They need to come together, make merry and support each other. By giving each other gifts at this time of lack, they say to each other that all is well, they are rich and good and that the Earth will continue to give them what they need. This is why in the cold parts of the globe, they have invented Father Christmas, who himself is a picture of plentifulness, warmth and kindness."

Little Elf was interested in the story. He wanted to know more. He always liked the season when humans celebrated. He had crept around the churchyard many times to listen to the beautiful Christmas carols and he was amazed when people put trees, in their living room, full of sparkly things. Some trees even had chocolates and other yummy treats on them. He wondered if this was another expression for hope of abundance and plentifulness to come.

GrandPa Elf said it was more than that. "You see, son", he said, "many thousands of years ago the human beings lost something very important. They lost their Divine Connection to love. Now they do not know what love really is. They feel love, but they have associated it with many things, even with these paper things, they try to amass, called money. They have forgotten that love is a state of Being".

"We, the Elves", continued GrandPa Elf, "know we do not just feel love, we are LOVE. Love radiates from us to the trees, the grass, the air we breathe. We live in a state of love, and no matter what happens, we can easily return to that state. Even when the humans cut down the forests and we lose our homes, yes, we get a bit pissed off, but then we move on, build our homes elsewhere and continue to radiate love. We do not lose our connection to our inner essence, which, as in all living things, is pure love".



“But you see, the human beings have lost their connection. They no longer radiate their inner essence of love. Some do though, and I have to admit”, the old Elf said, “their numbers have been growing over the past few years. Some humans are trying to find the way back to love. They sit and meditate, chant, dance and do all sorts of things. Some even drum, to find their connection to love. And slowly, I can see, they seem to be getting there!

“This time of the year, when there is little light, I think they remember a promise that was made to them. Some Beings of Light came to them when they first lost their connection to love and were so sad. These Beings told the humans that humanity as a whole would go through a dark time, a difficult time, because living without this connection to the inner self, is not joyful. But the Beings also said that in the darkest of nights, when the light is at its lowest, people will realise the value of love. And then, they will try to remember who they are and change their ways to again become beings of light and love.

“So, I think this is why people celebrate at this time of the year and make merry,” GrandPa Elf said to little Elf. “Somewhere in their consciousness they remember that promise, that one day they will go back to being Love”.



# Courses, circles, retreats & transmissions



## ISIS Trainings for January 2017

- 28 Jan**      **The ISIS Refresher Day** for those who have completed the Spiritual Path 1
- 25-26 Feb**   **The Spiritual Path of ISET - Part 2**, for those who have completed Part 1
- 17-19 Mar**   **The Spiritual Path of ISET - Part 1**, for beginners who wish to walk The Path of ISIS

To book for any of the trainings email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Glasgow Shamanic Circle

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in January, on the 16th, 23rd and 30th, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL

The next shamanic beginners course: **The Journey of the Shaman and Retrieval of Personal Power** will take place 4-5 March 2017, and bookings can be made now.

For those interested in progressing their shamanic path, **Medicine for the Earth** and **Shamanic Healing with Spiritual Light** are taught as two separate workshops: 22-23 Apr and 29 Apr-01 May.

For more information email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Meditation Groups

- 21 Jan**      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. The circle meets on the 12th (full moon ceremony), 19th and 26th of January.

For more information email Fi: [fi@isis-school.com](mailto: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](mailto: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)

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In January there is a transmission on the 18th and 25th. 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, 22nd of January 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 Vision of The ISIS School of Holistic Health



In 2012, Fotoula and Fi received a vision from ISIS and the Beings of Light. The vision showed a community of heartfelt people coming together and practising spiritual teachings to support their awakening from the veil of the conditioning, and co-create a new reality for the Earth. The vision sparked our dream to create a sacred place, a Temple of Light, in the material plane, where Divine energies are anchored into the earth; a place dedicated to the highest good of All Beings.

This is the dream we are holding for The ISIS School. If you feel moved to support this dream, you can donate through a paypal account using the email address [donations@isis-school.com](mailto:donations@isis-school.com) or through a bank transfer, emailing The School for the bank details at [info@isis-school.com](mailto:info@isis-school.com)

We are immensely grateful for each donation, small or large.

## Third Retreat in Germany - The Spiritual Path of ISIS & Unicorns Ceremony



*In September 2017, we will be sharing the ancient wisdom of ISIS in Germany, followed by a Ceremony of the Unicorns.*

In 2006, ISIS and other beings of light installed, through an energy download, ancient wisdom teachings into Fotoula's body, as agreed with her higher self. Since then, Fotoula has been channelling a high vibrational system of spiritual knowledge, called the **Gates of Awareness**. Each Gate encompasses spiritual teachings about life on Earth and our multi-dimensional reality. These spiritual teachings of ascension have been lost from living memory, for the majority of the world. However, they are now being re-introduced through The ISIS School of Holistic Health.

In the **Unicorn Ceremony** we will visit the Hill of the Unicorns and join together in circle, creating a heartfelt space to welcome these high vibrational beings and receive their gifts of light, unconditional love and healing into our body, into our heart. We will also receive guidance about ourselves and our own life, from the Unicorns.

**Dates for Germany ISIS retreat** : 18:00, Wed 6 Sept to 16:00 Sat, 9 Sept 2017

**Unicorns Ceremony**: 18:00, Sat 9 Sept to 13:00 Sunday, 10 Sept

To book contact Claudia Wolff: [cwu@gmx.com](mailto:cwu@gmx.com)

