

The ISIS School of Holistic Health Newsletter

Issue 18: December 2017



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



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



Be the light that heals

What can we, the spirits, say about your world? All we can advise is that in order to transform your reality, try not to get caught up in all that is going on. This means taking a step back so as to avoid feeding the collective consciousness with negative emotions.

Many people feel despair about the state of the world and their lives. Others feed the collective with anger about the unfairness of the world. Emotions, such as these, do not transform everyday reality. They just make it heavier and more difficult to bear. And, most of the time, they do not lead to positive action.

Others abstain from the world reality completely. They find a place where they exist, ignoring what is going on around them. Ignoring the situation will not make it go away. It will still be there, and may get worse.

So, how can you be involved, be part of the world, but not caught by it? This is the secret, finding the eternal balance, knowing that you are part of the collective consciousness and, at the same time, you are the Divine consciousness too.

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 Divine Light does not judge, it accepts. It does not ignore, it heals. It is aware of everything, the difficulties and the challenges as well as the opportunities, knowing that these are food for the soul's learning.

So, do not get caught up in what is happening in the world. At the same time, do not ignore the world. Be part of the world. And through your heart, your spiritual practice, your compassion and love, be the light that heals.

In the November 2017 newsletter I offered you a practice about how to work with the vibration of love to find your own inner heart. I invite you to join together on the full moon on Sunday 3rd December and practise these ways. You can do this practice any time during the day of the full moon. The Enlightened Beings will join with you but this is your life and your time. We support you wholeheartedly in your process of awakening.

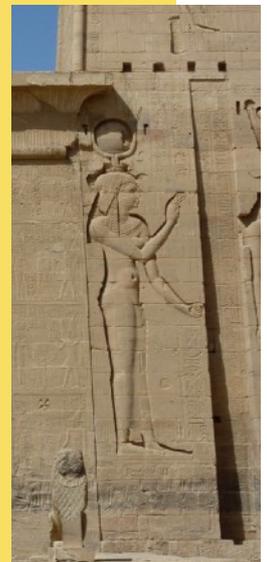
Practice from ISIS (from November newsletter)

Remember that the greatest power that can change your reality and that of the planet, is unconditional love.

No matter what is happening in your life and out in the world, on the day of the full moon take a few minutes to connect to the power of unconditional love that you are inside. Consciously ask that this power flows into every part of your body. Let it flow into your cells, into your life, into your family and friends, the people you know and don't know, into the institutions and the governments, into the Earth and all beings, and back into yourself.

If any judgements arise for yourself or others, release them. You do not need to know or judge why you or others behave in a particular way. You are doing this exercise in order to heal and transform. Extend the power of unconditional love to all the places within and outside of you without judgement. This is the greatest power you have available to you right now.

This practice is an act of service to yourself and the world community. Do it without expecting a difference. If you send love expecting a result it will limit the spiritual power of your practice. Instead send unconditional love, because beyond all your thoughts and actions, skilful and unskillful, this is your essential nature. And this practice is a way to tap into your power beyond the conditioning, and reveal your essence.



Making peace with life



The ISIS School has almost completed another year of a rich programme of spiritual courses, workshops, ceremonies, meditations and journeys. It has been amazing to observe how the light and energy has been building with each course. Approaching the end of the year the Teachers of The School, Fotoula and Fi, cannot help but feel grateful and humbled for being part of the great work of The ISIS School of Holistic Health.

When ISIS came to Fotoula in 2006, she had no idea that one day The School would become her life. Now the Teachings are growing with many people finding and resonating with the ISIS, shamanic and meditation practices. People from different continents join the Transmissions, or travel to Glasgow, Iona and the little village of Kilmartin to be part of the sangha.

Life as a mirror and initiator

Some people are committed to their spiritual life. They have found their calling. They create altars at home, work in nature, have a daily spiritual practice. Spirituality and awakening is a big part of their life. Others walk a gentler path, where they dive into the spiritual teachings for a while. Then life absorbs them again, until the time comes for another dip into the energy. We all have our own way of walking the path of life.

ISIS has said that life can be a mirror for us and an initiator. It shows us where we are, when we are able to take a step back and observe our reactions to everyday events. Life brings us the experience and the learning we need to grow spiritually too. This is why it is important to make peace with life. This is a big part of spiritual practice. Instead of blaming life, accept it.

When Fotoula went to Greece in 2016, the Goddess of Beauty, Aphrodite, told her, "Transformation is possible when you see the beauty of things as they are."

A spiritual path is essentially a path of initiation. In indigenous cultures people who are attracted to a shamanic path undergo many initiations. However, most people never choose to be a shaman.

In the western world we sometimes have expectations about life. We want life to work for us in accordance with what our mind and ego desires. We ask the Enlightened Ones to provide material wealth and miracles as a reward for meditating. And, although the Enlightened Ones hold us and show us the way, they are not there to fix our life because we want a different experience. Before we can change our life, we need to accept it and make peace with it, as it is.

A Fire Ceremony of Celebration and Releasing

As we are coming towards the end of the year, we can celebrate and give thanks for all that we have received. Instead of hoping for a better 2018, let us take the time to express our gratitude and see the beauty in 2017. One way to do this is through a fire ceremony which you can do in reality or in your imagination. If you are doing this in reality you will need an incense burner, a piece of charcoal and some aromatic herbs, such as cedar.



Before the change of the year, call in all your helping spirits and guides, and the spirit of 2017. Then recall all the good things you experienced this year and give thanks for them. For each situation you remember put a little cedar on the fire. As the smoke rises, inhale its perfume, allowing the power of gratitude to flow inside you. At the same time, gratitude flows, through the element of air/smoke, to your environment, your home, your life and the whole of the Earth.

Then take time to make peace with life. Remember the difficult times too and release anything you may still be carrying, any bitterness, hurt, anger, resentment by putting more cedar on the fire. Ask the fire to burn and transform any such energies into light. As you inhale the smoke feel this light flow into your body, your environment, your life, your home and around the whole of the Earth.

Finally, offer your prayers for 2018 to the fire, putting some herbs on the charcoal with each prayer. As the smoke rises your prayers flow to the Divine Heart. There is a Greek hymn that says, "I bring You my prayer, rising like the incense before You."

After offering your prayers surrender them into the universal flow, trusting that life will bring you exactly what you need at the right time.



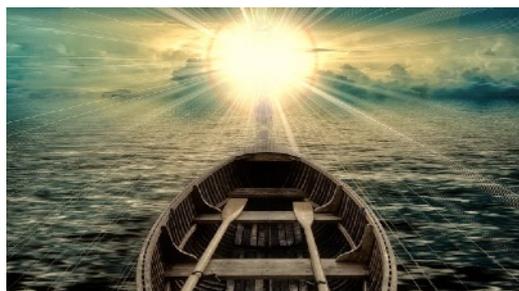
Then, to close your ceremony, thank life, the spirit of 2017 and all your helpers and guides. Ask that they close and seal you and your space before they leave. Once the ashes of the charcoal cool, scatter them to the four directions, sharing the merits of your ceremony with all beings.

The ISIS School - News

Shamanic Death and Dying Workshop - 1 December



On Friday 01 December, Fotoula will be leading a one day workshop on the death process. Although this work is usually reserved for advanced practitioners, we received guidance to make some of the teachings available to all who are interested. In the same way that we learn, through our spiritual practice, to flow with life, we can apply similar principles to make peace with our end when the time comes. In the workshop we explore questions such as:



How can I die skilfully?

What do I need to do when the time comes?

Where do I go when I pass over from this reality?

Who will meet me at the other end?

How can I prepare myself and how can I help my loved ones accept my death?

Course: Death & Dying Shamanic Workshop

Dates: 01 December 2017, 10:00-17:00

Venue: The Theosophical Society Library, 17 Queen's Crescent, Glasgow, G4 9BL

Cost: £95 Deposit: £45

For those who have trained in shamanism, including extraction and soul retrieval, the workshop continues during the weekend of 02-03 December with teachings on depossession and spirit release. Total fee for the three days is £250, deposit 50%.

<http://www.theisisschoolofholistichealth.com/death-and-dying>

You Heal You - First Birthday

YOU Heal YOU, by Jane G. Doyle, is a collection of 18 miraculous and inspirational true stories of people who self-healed from conditions such as addiction, loss, physical illness and attempted suicide, and turned their lives around.

Fotoula has contributed her own story to the book. In chapter 22 Fotoula describes how, through an awakening, she created a new life for herself, aligned to her soul's purpose. The book has recently been awarded, "Winner" in the Healing Category", International Excellence Book Awards.

For those who wish to receive a signed copy by Fotoula, please email her directly: fotoula@isis-school.com



Courses, circles, retreats & transmissions



ISIS Silent Day, Ceremony - December 2017-January 2018

- 16 Dec** **The ISIS Silent Retreat Day** - open to everyone who completed Spiritual Path 1
- 21 Dec** **ISIS Ceremony - Winter Solstice - The Birth of HORAN** - open to everyone who has completed Spiritual Path 1 - (*no charge*)
- 30 Jan 2018** **ISIS Ceremony - Imbolc Rite - The Triumph of RA and the Blessing of Nut** - open to everyone who has completed Spiritual Path 1 - (*no charge*)

To book for any of these events email Fotoula: fotoula@isis-school.com

Glasgow Shamanic Circle and Shamanic Workshops - Dec 2017-Jan2018

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet twice in December - 4th and 11th at the Glasgow Theosophical Society, 17 Queens Crescent.

- 01 Dec** **Death and Dying** One day workshop. The first day of the course is open to all, as it is about how to die well.
- 01-03 Dec** **Death and Dying** 3-day workshop. The next two days are open to those who have trained in soul retrieval and extraction, and who are interested in working with the death realms to support others during the death process.
- 27-28 Jan** **Shamanic Extraction Workshop - The Path of the Bear** - learn how to extract energetic intrusions from the body and neutralise them, by merging deeply with your spirit helpers.

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

Meditation Groups - December 2017-January 2018

- 09 Dec** The **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00.
- 20 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 twice in December - 7th and 14th. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

Energy Transmissions (*open to everyone, world-wide*) - December 2017

There is no requirement for you to believe in ISIS or in the Divine, to participate in these transmissions and receive the energy and blessings. Please check your timezone for relevant Transmission times.

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In December Transmissions take place on the 6th, 13th and 20th. Please email info@isis-school.com 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, 10th December 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.