

The ISIS School of Holistic Health Newsletter

Issue 43: January 2020



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



This is ISIS speaking, the Mother of Unconditional Love *(channelled by Fotoula Adrimi)*

In this time of energetic shifts towards greater awareness, we ask you to consider your relationship with the Divine within and the Divine outside of you.

For thousands of years human beings have seen themselves as lacking, directing criticism, even loathing, towards themselves and their physical body. These attitudes keep you small and hinder your soul's growth. Feeling good about yourself and celebrating your life is a step towards healing.

You are not separate from the Divine. You are the Divine Light incarnated. In your inner Light, there is no lack. The sense of lack stems from years of conditioning and ancestral programming that has alienated you from your Divinity.



The Rising Sun Births Awakening

Ancient people viewed the Winter Solstice as the time of the Birth of Light. To harness this energy of awakening they built temples aligned with the rising sun. In the Temple of Karnak in Egypt, during the time of the Winter Solstice, the rising sun radiates directly out of the Holy of Holies and illuminates this sacred place.

In ancient texts it is said that after the night of ignorance your shining spirit rises like the sun in the horizon. At this time of the year, the sun is saying to your immortal soul, "Remember yourself as the rising sun, the star of the day, and rise in your luminosity. Awake from the darkness of the night into your brilliant Light."

I invite you to do the practice on the next page and work with these energies in your own way.



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 soul's purpose is to awaken



At the time of the Winter Solstice sit in silence for 5 or 10 minutes. Intend to connect with the shift of energy that is taking place around the Earth from darkness to light, from decline to growth. Ask that this shift supports you to shift your own awareness to expansion and growth.

At this time you can also welcome the enlightened qualities that your soul wishes to manifest during this next cycle of growth. What do you wish to grow into? What qualities do you wish to work on? Ask from your soul and not from your mind. Life is listening.

The Path of the Living Light, The Path of ISIS

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 introductory course, the Spiritual Path of ISET, Part 1, will be taught in February 2020. See below for more details. (*ISIS is the Greek name for ISET, the ancient Egyptian Mother Goddess*)

As we awaken, the doors of the mind and heart gradually open to reveal the beauty of the inner spirit



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 Path of the Shaman

Shamanic Initiation

In traditional tribes, when someone was called to walk the shamanic path, the shamanic elders would confirm the person's calling and the spirit presence within him/her. The person would then be invited to study with a teacher for many years to understand and embody their shamanic gift.

In the western world we no longer have access to such elders to guide us. We have to find our own way into shamanism.

In this article Fotoula's teaching spirits give an account of a shamanic initiation for those who wish to walk this path.

The Shamanic Path

The shamanic path draws many people. This path that is as old as humanity, is your birthright. It is a path of grace when walked through the sacred heart; a path of awakening when it is experienced through the eyes of the heart; and, a path of healing, for it aims to restore the eternal balance within you.

Everyone has the capacity to walk this path in their own way, but it is the spirit guides who call you. If you choose to answer their call your life may be transformed in ways that you could never expect.

Shamanic Initiation - Answering the Call of Spirit

In indigenous tribes the shamanic initiation is a three stage process – purification, initiation, and the experience of grace.

Stage 1, Purification: Prior to committing to the path, consider what the calling means for you. This is a beautiful and challenging path to walk. Working with the universal powers will bring out your own healing. Sometimes this can be joyous. At other times it is like grinding the diamond, where the hard outer shell is continuously chipped away until the inner treasure is revealed.

To start the purification process spend some time by yourself in nature. Sit either by a tree that calls you, a river (looking downstream), or a sacred site. Call in your ancestors. Ask them to protect and support you, and open the ways for you to walk this path. Make an offering of vegetarian food or medicinal herbs (e.g. juniper berries, cypress leaves, cedar or mugwort) to the spirits of the land.

Then, ask for a power animal to come and help you. Wait to see what animal(s) appears, in real life. Usually a power animal will appear more than once. Do this for three days. (If it is not possible to do this journey in nature you can also do it in your home, in a meditation).

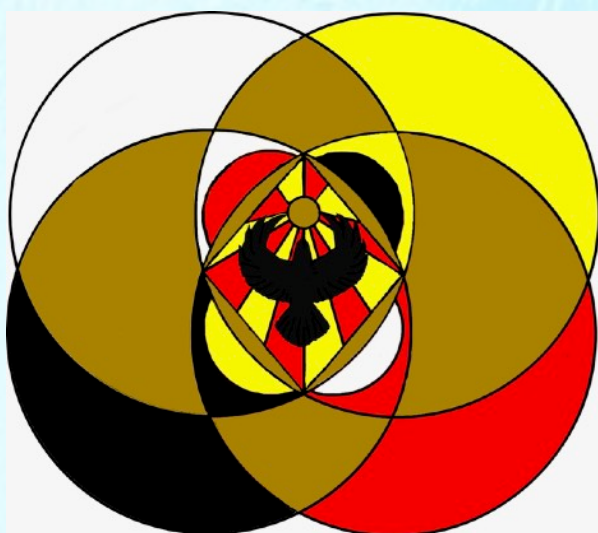


During these three days you may also wish to do a water fast, go into a sauna, or have an epsom salts bath to cleanse your body from toxins and prepare for the initiation stage.

Stage 2, Initiation: Connect with your ancestral spirits and also invite the universal shamanic spirit guides of the Light. Drum and rattle to welcome your spirit helpers. Ask them to initiate you into the shamanic path. This is a gift and for most people the door will open. If the door does not open for some reason the spirits may have advice for you.

The initiation stage may happen quickly or it may take a period of months. You may find that the spirits re-arrange your energy field and resonance, supply you with what you need to walk the path now and in the future, and provide you with initiatory dreams. Accept what you are given and walk through the doors that spirit opens for you. Write down all the information you receive. Do not compare your initiation process with someone else's or dismiss anything that happens. If you do, it is like shutting the door in the face of spirit.

You may not understand everything that is given to you or that happens. Sometimes it can take time for the meaning to be revealed. Occasionally you do not need to know.



The ISIS School's Shamanic Logo was designed by artist Gill Hastie

Stage 3, Immersion in Grace: At some point in the process the spirits will offer you an opportunity to experience your own Divinity, to know Grace. Trust and walk the path. Grace will find you when you are ready.

Anyone who has worked with enlightened spirits will tell you that they feel amazing when they come into contact with these guides. Such openings of the heart can be filled with beauty, and tears of grace can flow. This is the transformation that this path can offer.

The ISIS School's Shamanic Workshop, Retreat, Weekly Circle and Year-long Shamanic Practitioner Course

In 2020, **Fotoula Adrimi**, The ISIS School's experienced shamanic teacher and practitioner, will facilitate a workshop, retreat, weekly circle and a practitioner training course for those who wish to walk the shamanic path. Fotoula's passion is shamanism and she lives and practices this path in her personal and professional life. She has helped many people find their own calling within shamanism.

Weekly Shamanic Circle - The Way of the Drum - Monday Nights, Glasgow

Introduction to Shamanism and Shamanic Journeying - 7th March 2020, Glasgow

Shamanic healing with Spiritual Light - 23-25th May 2020, Glasgow

Shamanic Retreat: The Rite of the Medicine Walk - 29 May-1st June 2020, Kilmartin

Shamanic Practitioner Training - Starting 10 October 2020 (Course lasts 1 year and 1 day)

The ISIS School - News



Another year at The ISIS School comes to an end. We would like to thank all our clients, students, and participants for supporting this beautiful work that is so dear to our hearts.

We extend special thanks to: The Glasgow Theosophical Society which hosts our monthly meditation group, weekly Shamanic Circle and shamanic workshops; Dr Rabia and his team for organising our Pilgrimage to Egypt. We are grateful for all your work on the ground to make this journey so special; and, to our friend, Nepalese Shaman, Bhola Banstola. Thank you Bhola for continuing to share your Himalayan lineage with us and for co-creating our Pilgrimage to Nepal and Tibet in 2020.



We extend our gratitude to our German friend, Claudia Wolff, who continues to support The ISIS School by organising ISIS Courses in Germany. Thank you also to the wonderful people in Germany with whom we have shared these and other teachings, and for your friendship over the years. We are looking forward to travelling to Germany in April 2020 for another ISIS Course.



Thank you to all the people in Scotland who have attended our Circles, Courses, Retreats and Workshops. We could not continue our work without your incredible hearts, love and support. We are fortunate to have our base in Glasgow and to have met so many lovely people. And a big thank you to all the Greek people that worked with us and also those who joined us in our Egypt pilgrimage.

Thank you to everyone who receives our Newsletters. It is a joy to sit down each month and, with our enlightened guides, put together the articles and information about The School.

Thank you to everyone who has taken part in our weekly ISIS Energy Transmissions and the monthly Transmission of the Rays of Divine Consciousness.

We join with you all to celebrate the end of 2019 and to look back at some of the highlights of the year:

- ★ 13 years of teaching The Path of the Living Light / The Path of ISIS
- ★ The 10th year of shamanic teachings and the Shamanic Circle, The Way of the Drum
- ★ The 9th year of our Thursday Meditation Circle
- ★ The 8th year of our Saturday Morning Meditation Group
- ★ Our 4th Pilgrimage to Egypt
- ★ Fotoula's 7th and Fi's 6th Moondance Ceremony
- ★ And we cannot forget that Fotoula's Book, *The Golden Book of Wisdom*, became an Amazon bestseller for the second time, in May 2019

And we have so much to look forward to in 2020: a new circle for the Priestess of the Moon (Feb), The Rays of Divine Consciousness Retreat (March), Medicine Walk Retreat (May), Pilgrimage to Nepal and Tibet (Aug), the year-long Shamanic Practitioner Training (starting Oct), as well as all other Circles, Groups, Path of ISIS Courses, Workshops and Transmissions. See you in 2020, love Fotoula and Fi

Courses, Circles, Retreats and Transmissions

Temple of Gaia - Teachings of the Living Light/Path of ISIS - Jan-Feb 2020

- 25-26 Jan** **Gate 3** - open to all Initiates who have completed AUSIR 2 and are working with the Teachings
- 14-16 Feb** **The Spiritual Path of ISIS, Part 1** - for those who wish to take the first step on the Temple of Gaia Teachings of the Living Light
- 22-23 Feb** **AUSIR 3** - open to Initiates who have opened Gate 4 and are working with the teachings
- ISSET Practitioners are also welcome to repeat any of the Living Light courses (half price). For more information or to book for any of the ISET courses email Fotoula: info@isis-school.com

Glasgow Shamanic Circle - January 2020

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in **January - 13th, 20th and 27th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm. To book email Fotoula: fotoula@isis-school.com

Saturday Meditation Group and Weekly Meditation Circle - January 2020

11th Jan **Saturday Morning Meditation Group** facilitated by Fotoula Adrimi and Fi Sutherland, 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 **January - 9th, 16th and 30th**. For more info and to book for any of the meditation groups, email Fi: fi@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

Shamanic Retreat: The Rite of the Medicine Walk - 29 May-1st June 2020

In the ancient land of Kilmartin Glen, Scotland, in the land of stone circles and ancient cairns, we gather to step over the threshold and invoke the rite of the **Medicine Walk** - to invite nature's answer to soul questions. Advance booking is advised. For more info - email Fotoula: fotoula@isis-school.com

Spiritual Pilgrimage - Nepal and Tibet - 18th 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) - January 2020

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). In January there are three Transmissions - **8th, 15th and 29th**. Please email The School: info@isis-school.com if you wish to connect with any or all of these Transmissions.

The **Rays of Divine Consciousness Transmissions** - The next Rays Transmission is on **Sunday, 12th January 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.