

The ISIS School of Holistic Health Newsletter



Issue 42: December 2019



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



This is ISIS speaking, the Mother of Unconditional Love

(channelled by Fotoula Adrimi)



The heart is the centre of the universe, the centre of the cosmos. It is where you discover yourself and uncover aspects of yourself that you did not know you had. It is the place where you remember your essential nature. Through the heart you come back to yourself.

The ancient myths speak about the Time of the Heart, a golden time of harmonious living. The Earth reality goes through cycles of change where souls experience physical life, with and without the spiritual connection to aid the awareness of the heart. Your conditioned world is still built on the law of the jungle, the law of the strongest, richest, cleverest. This is the law of survival where there is you and your allies on one side, and those who either do not matter or are enemies, on the other side. The law of survival will not help the Earth thrive, and it cannot make you happy or even content. There will always be something missing because there is no connection to the heart.



The Reality of Thriving

Gradually an evolution takes place in the conditioned reality where those who are more aware move out of the survival mode into the thriving mode. You are coming to the point where it is no longer about you and 'the others', but about building a harmonious world community where everyone is valued, and everyone is your brother and sister.

Your life becomes bigger to include the collective reality. You open up to others and relate with them in a different way. You meet

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people that support your awakening process. Some of these people may be past life acquaintances, others just share the same resonance as you. You no longer attract your opposite, which is what happens in the reality of survival. Instead, you draw people who are similar to you, and who retain their own individuality and interests. When this happens in different areas of your life, it is an indication that you have moved to the reality of thriving.

In this reality the spiritual lessons that your soul wishes to access take place in an organic and harmonious way. There is no resistance. You flow with life, accept its gifts and move to the next adventure.

A New Way of Being

You remember the time prior to incarnation when your soul regarded the 'dream' of physical life as an incredible experience. You came as the traveller to learn about the physical senses, and to adjust your lenses to better understand the purpose of this earthly adventure and the different nuances it can bring. Some of your lenses are clear, some are obscured by the conditioned mist, and others are coloured by the ancestral karma. Yet, increasingly, through the high vibrational energies that flow to you, your inner fire is igniting. This flame of awareness is dissolving the conditioning from your being. Gradually all your lenses become clear and a new way of being emerges within you.

As you enter the time of thriving, a truer resonance emanates from you and rises in the collective. We, the Enlightened Ones, hold space for the awakening of the soul out of the programming and unconscious living, into the clarity of the spirited being.

Many spiritual teachings emphasise the importance of inner centredness, which brings you into the here and now of the present moment. Energetically this can also happen when you connect all your chakras, those in your body, those below your feet and those above your head, in a straight line. You, the Earth and the Infinite are aligned.

What pulls you out of your centre and back into the conditioned world is your attachment to past experiences, old pains, trauma, and hurts, and projections, hopes, wishes, and fears about the future. When this happens you limit your ability to flow with life and you continue to manifest the conditioned reality. You can only create what lies inside you.

ISIS' Suggestion: In meditation, when the higher energies of Light, flow into your being through the crown, move your awareness to the centre top of your head. Try to stay in a state of inner silence as much as possible. You may notice that as the conditioned thoughts try to come in, the energy moves out of the centre of your crown. When this happens return your awareness to the centre top of your head each time.

Spiritual Practice: Releasing Attachments that pull you away from your Centre

The Practice

Open sacred space by inviting your higher self, the infinite part of you, to assist you in this practice. If you work with enlightened spirit guides you can also call them. Set your intention to release all the attachments from your past, present and future that are pulling you away from your centre.

Now imagine that in your left hand are all the situations, people, and events from your past and present that try and pull you away from your inner connection, from your centredness. Imagine that all these situations and people have hands that are attached to your hand and arm. Some of them have a tight grip on you, while others are just touching you. The grip is lighter.

Intend to connect with all of these attachments. Look at them. What does their energy look or feel like? How does it feel to be pulled away from your centre? Stay in this space for a few minutes just being aware of how these attachments affect you, with no judgement.

Now, turn your attention to your right hand. On your right hand are other energies that lure you. These are all your hopes, wishes, mindsets and plans that relate to your present situation and also your future - all the things that may determine what you do in your everyday life.

Again, notice that some of these energies have a tight grip on your arm whilst others are just touching you. Become aware of the energy that these exert on you. Observe them without any judgement for a few minutes.

Intend to connect to your heart. Inside your heart is the fire, the fire of your spirit. Ask the fire, 'are any of these attachments useful to me? Are any of these attachments harmful to me? Do I need to let some of them go?' What does your spirit say to you?

The fire inside you is a fire of love. It has no judgment of you, for your spirit in its ultimate form is love. Your spirit is also power. Imagine the fire emanating a beautiful blue light that flows down into your arms and hands, and into your whole body. You are completely filled with this blue light. You are glowing with this blue light from the inside.

Intend that all the attachments from the past and present, and all the attachments from the present and future drop away, that they leave you.

Allow them all to go. None of them are important. Your spirit is the most important energy you manifest. You may think you need some of the attachments - notice which ones you think you need. Some attachments you know you don't need. In this space allow all the attachments you are ready to let go of, to be released. See the blue light from your heart dissolving them. The healing light from your spirit strengthens you until all you are is a ball of blue light glowing brightly. This is the light of your own spirit, your inner fire.



Meditate in this space for 15 minutes, connected with the light and power of your spirit.

After the meditation: the ball of blue light that is around you becomes smaller and more concentrated, until it moves back inside your heart. Inside your heart, the fire of the blue light is always burning. It is always present.

The fire now sends a flame of blue light up into your throat centre, clearing your throat centre, your centre of communication with the outside world.

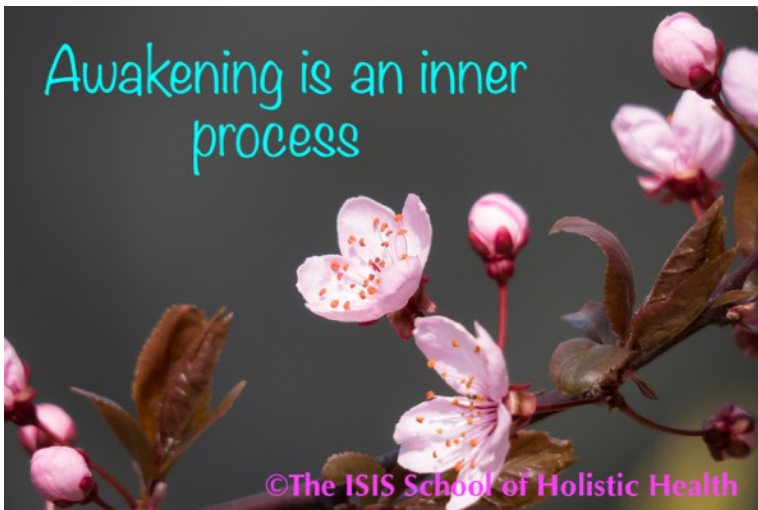
In this space you can, if you wish, affirm aloud, as if the words are coming directly from your heart - "I am the power of my spirit"

Bring your hands into prayer position on your third eye and dedicate the practice for the highest good of all beings by saying, "May this practice be dedicated to all beings, including myself. May we all awaken into the light of our infinite spirit".

Then take your hands down to your throat, and your heart. Keeping your hands in prayer position, reverse your hands so they point downwards and take them down to your root

chakra. Intend to send a ray of blue light from your heart centre into the Earth, in gratitude to this beautiful planet for providing the experience of physical life. Then, bring your hands back into your heart centre.

Finish by thanking your higher self and your enlightened spirit guides for assisting you and holding the space sacred for you to do this practice. Close the sacred space by asking them to completely protect and seal you and your space before they leave.



The ISIS School's Meditation Groups

Monthly Saturday Morning Group, Weekly Chanting and Meditation Circle

The School facilitates two meditation groups - a Saturday morning meditation and spiritual development group and a weekly chanting and meditation circle. The groups are open to everyone; beginners and more experienced meditation practitioners.

The practices we share in the groups: help us reconnect with our inner voice; strengthen the bond with our Divine Self; and, enable higher states of consciousness that empower us to detach from the conditioning of the mind, and view life from a different perspective. Meditating in a group creates an enhanced energy field which enables easier access to the higher states of consciousness for all participants.

Saturday Meditation Group: 10.00-13.00, 14th December

Weekly Meditation Circle: meets three times in December - 5th, 12th and 19th

For more information on the groups click on the links above

A Teaching from OSIRIS, the Heart

In 2018 Fotoula received a channelling from OSIRIS, a Being of Light known as the Heart in ancient Egypt.

In a well-known myth from ancient Egypt, OSIRIS, the good king, representing the heart, was killed by his twin brother, SET, who was jealous of OSIRIS and wanted his throne. SET, symbolising the conditioned mind, cut OSIRIS' body into fourteen pieces and scattered the body parts along the Nile. ISIS, in the form of unconditional love, finds all the parts of OSIRIS, and re-assembles and resurrects OSIRIS, who then leaves the physical realm and retreats into the world of spirit.

OSIRIS speaks: "My name means Eternity, the All that is. In the myth I was cut into pieces by my brother SET. He did this and still I called him my brother. SET was another part of me. I cut myself into pieces many times, as you do to yourself when you do not accept, love and appreciate yourself. When this happens, it takes unconditional love to make you whole once again.

My story is the story of love and the lack of love. It was through the lack of love that I was cut into pieces. Then I was resurrected through Divine love, through the Divine feminine, represented by ISIS. And ISIS is also part of me. Unconditional love is part of me, and I had to find this love within myself to become whole.

In the world you play all the roles at different times. For some people you are like SET, a difficult person. For others, you are a lovely person, you are the Mother, ISIS. But the most important question is - what are you for yourself? What you are for yourself is what you see in the world and what you will receive from the world. It is also what you will give to the World. You may think it is OK to be unkind to yourself, if you are kind to others - ultimately this means you are unkind to All. You are part of the whole.

Why do I consider SET as my brother, my friend? If I was not dismembered and put together through the power of love, I would not have realised the state of Eternity. I needed SET to help me awaken, and for many of you it is the same. So do not blame your parents, your enemies, and anyone with whom you have had difficulties with. Perhaps they are like SET waking you up. It is through the process of dismemberment that the seeds of awakening can flourish. Then, love can flow through you, unite all the pieces, and bring them together in another way.

This is what I have to say to you. Do not blame SET. He is my friend. He is your friend. I know you will awaken in the best way for your soul's journey. Unconditional love will find you and encourage you to blossom.

I have come to speak and share this wisdom that is very old and known to the ancestors of many traditions in different ways.

Many of you stay in the story and in the drama of the story of death and rebirth. There is more in the story than drama. I wish you to know this."

The teachings of OSIRIS are the teachings of ascension. There are many hidden truths within the myth that we can find through working in union with our heart. The myth also contains a prophecy. For more information: <https://www.theissschoolofholistichealth.com/the-prophecy>



The ISIS School - News



One-Day Therapeutic Shaking Release Workshop by Claudia Wolff

9.30am-6.30pm, Thursday, 23rd January 2020

Claudia Wolff has been practising and teaching Therapeutic Shaking in Germany for over 25 years. In January she will teach a one-day introductory workshop in Glasgow. The workshop will give participants the tools to work on their own to release past pains, energy blockages and trauma still held in the body. The method Claudia teaches, called the Life Release Therapy, engages the parasympathetic nervous system.

The seminar will include practical information about the anatomy of the body and the nervous system. This will allow participants to understand how trauma and unresolved hurts can affect our body's systems and take us out of the natural state of homeostasis.

Therapeutic shaking can be an important tool for realignment, increased well-being and joy.

To book please contact Fotoula: info@isis-school.com



Listen to Fotoula blethering about her book and other topics!

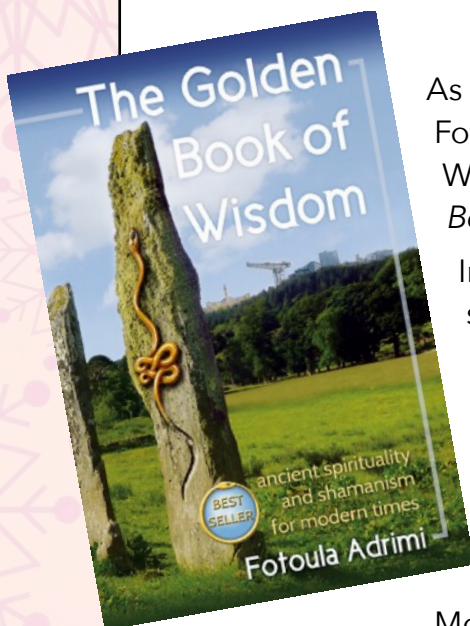
As part of the Scotland Book Week, 18-24 November 2019, Fotoula was interviewed by Kim Macleod of Indie Authors World on a variety of topics including her book, *The Golden Book of Wisdom*.

In the interview Fotoula 'blethers' (speaks) about shamanism, shamanic practices, how synchronicities can play a role in helping others and how to find answers through a blethering meditation. You can listen to the interview through the [link](#).

The book is available worldwide, both as a paperback and e-book, through online bookstores such as [Waterstones](#), the [Book Depository](#), [Amazon UK](#), and [Amazon Worldwide](#).

You can also purchase a copy in person in Glasgow at [Opal](#)

[Moon](#) spiritual shop, 136 Queen Margaret Drive, North Kelvinside, Glasgow, [Martys Bay Gift Shop](#), Iona, Scotland, and in the Kilmartin Museum shop, Kilmartin, Argyle.



Courses, Circles, Retreats and Transmissions

Temple of Gaia - Teachings of the Living Light/Path of ISIS - December

06-08 Dec **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 (*Course full - next Course 14-16 Feb 2020*)

22 Dec **7.00pm, Winter Solstice Ceremony, The Birth of HORAN** - open to all ISIS practitioners - *please let us know if you wish to attend*

ISET 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 - December

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in **December - 2nd, 9th and 16th** 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 - December

14th Dec **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 **December - 5th, 12th and 19th**. 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

30 Nov- 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 - 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) - December

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). In December there are three Transmissions - **4th, 11th and 18th**. 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, 15th December 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.*