

The ISIS School of Holistic Health Newsletter

Issue 47: May 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)

The New Children

The new children have incarnated and a remarkable generation of humanity is being awakened. The vibration of these children is higher than the current collective vibration on Earth. They carry the seeds of a future world and the potential for a positive energetic shift that the planet needs. Now it is time to listen to the wisdom of the children for many are very aware souls, and much wiser than some of the adults in your world. The new children have much to teach you.

The spiritual work of these children, which happens at an unconscious level, is to surreptitiously anchor light energy on the Earth. Another of their gifts is detachment. They are not worried about the issues that burden the adult world. This ability to detach can help them and you access a new reality for the Earth.

You may notice that some of the new children behave differently, have a quiet disposition, and prefer solitude. This is to protect them from the conditioning. We, the enlightened ones, are also protecting them in line with the wishes of their higher self.

Some new children engage with your world only for a short time. Their life is brief. Others are here for longer. These souls have their own unique life plan that may be different from what your world regards as acceptable or 'normal'. Those of you who are privileged to be around children may notice this.



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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Some of the new children find your world a very challenging place, especially when they try to fit in and are not accepted or held in love. We hear the sadness and frustration of these brave souls that have incarnated with a unique understanding.

I also wish you to know that many of these evolved souls are choosing, through their own volition, to take on karma, illness and physical and emotional toxins in order to transmute and heal heavy energies created by previous generations. Consequently, you may see unusual and rare illnesses appearing in young children. These souls are motivated by compassion. We support their healing from the spirit realms, and we invite you to assist them on the material plane.

Openness to the Alternative

You will find that many of these children have a natural inclination to explore alternative spirituality, holistic therapy, colours, crystals and nature, as well as sound, music and dance. This is because the new children understand the power of etheric energy. Even after incarnation, their connection to the etheric planes is much stronger than for other generations. These children will thrive when introduced to meditation, yoga, and other alternative therapies. If you are a parent of such a child, they have chosen well. Otherwise you would not be reading this.

At the same time, like every soul who takes incarnation on Earth, they have free will and they too have to overcome the planet's conditioning and retain their high vibration. This may not be straightforward. There is always the possibility that some may lose their way, especially as many of these souls have never incarnated on a planet like Earth before.

We, the enlightened ones, ask light workers to support all the children. We ask you to hold them in your prayers and in your spiritual practices and keep sending healing for the highest good of all. These children are the future of your planet.



Working in Partnership with the New Children for the Healing of All

What you need for the Practice

You can use a crystal or stone in the shape of a heart, that you dedicate for this work. Alternatively, you can use a drawing of a heart. If this is not possible, imagine a crystal heart during the healing practice. If you are wondering what type of crystal to use, rose quartz, the crystal of divine love, brings beautiful energy to children. You can, of course, go with your own guidance. When you have chosen the crystal or stone, welcome the crystal being and invite the being to work with you for the purpose of healing. Please make sure that this being consents.



The Healing Practice (Channelling from ISIS)

Create a relaxing meditation space and welcome the Divine Mother of unconditional love, in any way you understand this, to assist you in this healing practice. The Great Mother surrounds you and your aura with her light, and places a veil of protection around you.

State your intention to do this healing practice for the highest good of all, and to support all children, including the new children.

Imagine a golden ladder of light appearing in front of you. This ladder extends up to the sky. Visualise yourself climbing up this ladder into an etheric world made of clouds. On the clouds a group of children, around the age of 4-5 years, have gathered. These are the higher selves of the new children. The children are laughing and playing various musical instruments. Some instruments you are familiar with, others are unfamiliar to you.

As you watch the children, every so often a child turns towards the Earth and rays of coloured light and high vibrational sounds flow from their musical instrument to the planet.

See yourself approaching the children. Ask them if they will help you send healing to the children of the Earth and all beings.

If they agree, show them the crystal heart (stone, or drawing). The children look at the heart and listen to the sounds that are emitting from it. Even if you can't hear anything, the children can. As they hear the unmelodic sounds the children grow sad. (The discordant sound represents the toxic vibrations that children are experiencing on Earth right now.)

The children wish to harmonise these sounds for the highest good, and to send healing to their earthly souls, to all children and all beings. One by one they start playing their musical instruments sending light and sound to the crystal heart.

After a while they stop playing and listen again to the sounds coming from the crystal. Then they start jumping up and down in joy. They are so happy. The sound is crystal clear.

Now, they look at you. They see the Divine child in you and ask if you would like them to harmonise your vibration. If you accept, they start playing their musical instruments showering you with rays of coloured light and sound.

When your vibration is harmonised, the children thank you for coming to them. Each child has gifts that their incarnated soul is bringing to the world, but some of the earthly souls have forgotten how to access their gifts. By clearing the heavy energies from the children on Earth these souls may find it easier to access their inherent link to the higher frequencies.

Thank the children. They smile, wave goodbye and go back to playing their musical instruments, dancing and laughing.



See again the golden ladder. See yourself going down the ladder and returning to the Earth reality. Slowly, bring yourself back from the visualisation.

As you come back, place the crystal/stone/painting over your heart centre. The crystal has also been charged by the children in the cloud world. Say a prayer for all the children and offer gratitude to them for incarnating on Earth at this time.

Cleanse your crystal with incense and place it on your altar or on a window sill.

Thank the Divine Mother of unconditional love who has been your protector for this practice. Ask her that before she goes, she protects, seals and closes you and your room.



Join us in Meditation - Let us connect to the Light of our spirit

Every Wednesday morning in May from 7.30am-9am Fotoula and Fi invite you to meditate with them from your own home. You can do whatever meditation practice you choose and you may meditate for half an hour, an hour or 1.5 hours. If this time is not convenient for you for whatever reason, you can meditate at another time and intend to connect with us - our practice is beyond space and time. Together we create a global network of infinite light.

Through the Gate of Death into the Light of Spirit: Celebrating the Passing of Margaret Sutherland

Fotoula writes:

Ancient philosophies, such as Buddhism, and indigenous spiritual teachings emphasise the importance of the death process. During death, a gate opens for the soul to leave the physical body and enter the spirit realms of the light. The soul moves out of its earthly persona into a higher state of consciousness. As a result, an incredible sense of peace and joy can be felt by those present if they are able to accept the person's passing and stay in a spiritually connected or meditative state.

This spiritual teaching is also acknowledged in the Teachings of the Path of the Living Light that I have been given through direct transmission from my helping spirit, the ancient Egyptian Goddess ISIS.

In ancient times the transition to spirit (death) was celebrated, and, while alive, people prepared for this important passage. There were specific rituals to help those dying move effortlessly to the other side. Those present would enter a deep state of inner connection through meditation and chanting. When death occurred and the spirit door opened, the light streamed forth from the spirit realms into the physical world and enveloped those attending the passing in an incredible state of elation and grace.

In our world, there can be a lack of understanding of what death is. Many people regard death as something final; a time of terrible loss, that should not be spoken about or contemplated while living. When death comes, either our own, or that of a loved one, we can find ourselves unprepared. We miss the door of light and grace and find ourselves immersed in grief for years.

The Gift of Light - Fi Speaks

The Path of the Living Light contains important practices for helping the soul transition into the spirit realm. After mum died, in sacred space I performed these healing practices around her body. When the ritual was complete I knew that mum's physical body carried no essence of her spirit. I felt calm and blessed to be able to offer mum this healing.

I was then filled with an incredible sense of peace and joy. Unconditional love flowed all around me and instead of sadness I felt elated. This was the gift of mum's passing. When the spirit door opened and mum's essence left, the spiritual light flowed to me and I was lifted into a higher state of consciousness.

I rang Fotoula to tell her what had happened and she was able to speak with mum psychically. Mum spoke about all the relatives who had met her on the spirit side and



Margaret Sutherland - Fi's mum



Fi and Margaret, Christmas Day 2019

reaffirmed that she had no regrets and that she remembered everything I had said to her. This was lovely to hear. When I was with mum the previous day, although she had been unconscious, I spoke to her about many things including moving on with no regrets. She was confirming that she had heard everything I said. Mum had been fully aware of her transition into the spirit realm.

The Final Gift to the Living

If we are able to accept this transmission of light at the point of death, we will not feel the the sadness of separation and the grief associated with death. A deeper sense of joy and love will become our reality, just as the ancient teachings say.

Fi has been been practising the Path of the Living Light for many years. Through this work, a higher state of awareness is generated which has opened her heart so that she was able to hold and embrace her mum's passing. As the gate of death opened she remained steady and accepting and was able to receive a final gift of grace from her beloved mum's passing.

Holding Space: The Process of Death and Dying

There are key aspects that one can practice to assist the passing of a loved one and receive the gift of light during this transition.

- *Spiritual practice*: a daily spiritual practice is important, especially if combined with high vibrational frequencies such as those of the Living Light. Continually bathing in high frequencies builds the inner state of grace and makes it harder for the ego mind to overwhelm us, even at times of death.
- *A special place*: We create a peaceful, sacred space around the person who is in transition and bring the spiritual light through healing practices, prayer, mantra chanting, energy work etc.
- *Reassurance*: We reassure our loved one that they are free to go, that we will take care of all the earthly business and that they can move on unencumbered. We offer the person our heartfelt gratitude.
- *Staying with the body*: After the physical death we stay with the body for an hour or so, continuing with the spiritual practices and reassurance to ensure the person's spirit has completely moved out of their body. Staying steady in the high energy and connecting to the light, we will receive the final gift that their transition brings.

In the days following someone's transition, it is normal to feel their presence around us, which, if all went well, will be as if we are being bathed in love and light.

The ISIS School - Online Classes



Due to the current situation The ISIS School is offering several online Circles, as well as our regular Energy Transmissions. This is an opportunity for us to connect distantly and share practices that can help us better navigate this challenging time of transition.

Online ISET Practitioners Circle: 9th, 16th and 23rd May

Our next online circles for ISET Practitioners are Saturday 9th, 16th and 23rd May from 11:00-12:30 (UK time). We will be sharing practices and teachings from the Path of ISET as well as visualisations led by ISET, and channelled by Fotoula, specific to each Circle. This is a beautiful way for the community of ISET practitioners to come together.

Dates: 11.00-12.30, 9th, 16th, 23rd May 2020

Cost: £10.00 per person (UK) each circle, £12.00 (overseas)
Pay via Bank Transfer (email info@isis-school.com of our bank details)
Or through PayPal using the email - info@isis-school.com

Online: Via Zoom

Online Shamanic Circle: Mondays 19:00-20:30

Fotoula has been facilitating a weekly shamanic circle since 2009. The circle is currently being held online, through Zoom. Dates for May are 4th, 11th and 18th.

The fee for each circle is £10.00 and you can pay either by Bank Transfer or via PayPal using the email address - info@isis-school.com. (Email info@isis-school.com for our bank details). The PayPal fee is £12.00 for overseas participants. For more information and to see the programme [click here](#)

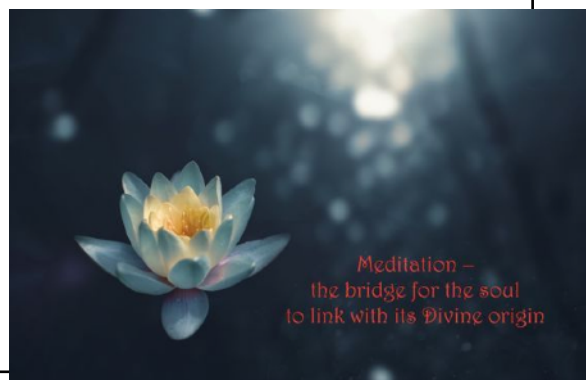


Online Meditation and Chanting Circle: Thursdays 18:50-20:20

Fi has been facilitating a weekly Meditation and Chanting circle since 2011. The circle is currently being held online, through Zoom.

Circle dates for May are 7th, 14th and 21st.

The fee for each circle is £5.00 and you can pay either by Bank Transfer or via PayPal using the email address - info@isis-school.com. (Email info@isis-school.com for our bank details). The PayPal fee is £6.50 for overseas participants. For more information and to see the programme [click here](#)



The ISIS School - Weekly Energy Transmissions of the Living Light - open to all, worldwide

Four Transmissions in May - 6th, 13th, 20th, 27th

The energy of the Living Light, as channelled by the teachers of The School, Fotoula and Fi, as well as other practitioners, is a Golden Ray of unconditional love. This is one of the highest vibrational energies available to our planet. The energy works through our heart centre aiming to align us with our soul's purpose and our blueprint. The energy also has healing benefits.

The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the healing qualities of the Living Light. There is no requirement for you to believe in ISIS or in the Divine, to receive the healing energy and participate in the Transmissions.

In May there are four ISIS Energy Transmissions - **6th, 13th, 20th and 27th**. Please email The School: info@isis-school.com if you wish to connect with any or all of these Transmissions. For information on how to connect with the ISIS Energy Transmissions [click here](#)



The ISIS School - Transmission of the Rays of Divine Consciousness - 10th May

The Rays of Divine Consciousness are one of the remedies out of the state of separation into the state of wholeness. Practising the Rays can heal the separation that exists in our spiritual DNA and strengthen the wholeness part of the genetic code. They create powerful energy fields within us, fields of joy, grace, compassion, love and forgiveness, and take us on a profound inner journey of rediscovering our true nature. At the same time, the Rays can show us where we hold negative karma and separation patterns, which can manifest as blocked energy in the body.

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness. Everyone may experience and receive the Rays, through this distant transmission.

The May Rays Transmission is on **Sunday, 10th May from 16:00-17:00** (UK time). Please note there is no need to let us know if you are connecting with this Rays Transmission.



(If you find the energy transmissions beneficial and you wish to make a donation, this would be gratefully received. You can donate through PayPal using the email address donations@isis-school.com)