

The ISIS School of Holistic Health Newsletter

Issue 12: June 2017



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



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

"There is abundant, high vibrational energy flowing into the Earth plane. The energy is like a spotlight enabling you to see all aspects of yourself, become aware of old patterns and what you are manifesting in the world with your mind.

At this time you may also connect with your soul's calling; a desire to work for the highest good and make a difference in the world. Yet, sometimes this desire can become muddled by a personal agenda of self-gratification for a new identity. Manifesting a higher reality for the Earth requires you to step beyond the conditioned self into serving the All.

Seeking a spiritual identity is not the same as a spiritual calling. A calling comes from the heart that wishes to find its way home, into the grace of unconditional love. A spiritual identity comes from the mind that aims to discover new ways of separation between you and the rest of the world.

I invite you to shed spiritual identity and step into the light without any conditions or titles. The names you may call yourselves, like "master", "a being from such and such dimension", "enlightened", are limiting you and your ability to channel the light, which has no qualifications. In order to be the purest light, all you need is the open heart you already possess.

To contact The ISIS School or join the mailing list and receive the monthly newsletter,
please email: info@isis-school.com

Copyright © All Rights Reserved

I invite you to step into your mastery by giving up the limitations of your world. Open your heart to be one with All That IS, the limitless universal light of creation that exists within you. When you realise that you are the Divine incarnated, what difference does it make if you are also a grain of sand, a blade of grass or a star amongst trillions?"

Meditation - Acknowledging your authentic self

This meditation is an invitation to embody our sacred, authentic Self. The meditation is channeled from ISIS, the Divine Mother.

- 1) In your mind's eye imagine yourself inside a temple. You are here to acknowledge and step into your sacred Self. Ask the Divine Mother to assist you. You are not alone but surrounded by unconditional love and light.
- 2) In this temple invite all the identities you have created for yourself, or otherwise adopted during your life. These could relate to your career, family role or to the spiritual identities you have built to create a place for yourself in the world.
- 3) All these identities have helped you in some way in your life. Let each one approach you and remind you of their gifts.
- 4) These identities have also hindered you. Ask each of them to show you what they stopped you from embracing.
- 5) At the end, you may wish to embrace your authentic Self. Ask this Self to come into the temple. Notice how the authentic Self appears in comparison to the identities.
- 6) Ask the authentic Self to shine its light. The more the Self shines, the more the other identities retreat. At the end, all that remains is the incredible light of the authentic Self.
- 7) In order to stay in your inner temple and serve the sacred within and outside in the world, you are called to embody the authentic Self. Now embrace this light of the Self and feel it inside your heart.
- 8) You can stay in this state for a while and come back in your own time.
- 9) Give thanks to ISIS for this meditation and to yourself for doing it. Ask ISIS to ensure that you and your space are sealed and protected before she leaves.

An ancient Egyptian way of working with essential oils

I invoke Nefertem, the spirit of the Lotus, in the following of Ptah, the creator. You are the guardian and protector of the perfume and oil makers, protector and spirit of the sacred lotus. Osiris is the body of the plants, Nefertem is the soul of the plants, the plants purified. The divine perfume belongs to Nefertem, who lives forever. (Hymn to Nefertem, 18th dynasty.)

This guidance is about working with essential oils intuitively. However, safety measures need to be observed:

- In the west we usually dilute essential oils with a carrier oil if applying to the body. Therefore, please observe safety procedures for diluting oils and follow the recommended dosages.
- Some people may be allergic to certain oils. Before you use any oils, please research their properties to ensure they do not interfere with any medication you are on.



During The School's pilgrimage to Egypt in 2014, ISIS gave the Teachers a practice that enabled them to create sacred oils through the use of essential oils, ISIS chants and the energy of the moon. The Teachers share this practice as part of the Teachings of the Second Gate of The ISIS Path.

The ancient Egyptians were masters of the art of healing and essential oil making. In Dendera, Edfu and other temples they had laboratories for the preparation of the sacred oils. Some of these traditions continue today particularly in the Aswan area of Egypt.

As Fotoula meditated on those times, she realised that the reasons the ancient Egyptian healers were able to create magnificent oils was because they had a deep reverence for all life. They did not see the oil as an item, a thing, but as a living being. Whether the oil came from a plant, a resin or a tree, it was part of life; the universal energies flowed through it. Every part of the process of making healing oils, from selecting the plants to extracting the oils, mixing them and applying them was carried out ceremoniously, with gratitude and respect for these gifts of nature.

Today, we may be called to work with essential oils in our practice, for example in aromatherapy massage, or using the oils in a burner. People burn rosemary oil to enhance memory when studying for exams.

A practice for working spiritually with essential oils

As Fotoula connected to ancient Egypt in her meditations, she was shown how the healers of that time invoked and connected to the spirit of the plants the oils were made from, in order to enhance their healing work. The spirit was very much alive and communicated to the healers through the oil. All they had to do to use the oils in a healing way was to ask the spirits of the plants. Below is a practice that Fotoula developed, with the help of the ancient healers, that allows you to work spiritually with essential oils.

Using essential oils that you are not allergic to and that do not interfere with your medication:

- 1) When buying the oils you can select them intuitively. Use your senses, including touch and smell, and check how each oil smells in the bottle and when it is on your skin. Feel the texture. Ask yourself, does this being resonate with me? Put aside what you may already know about the qualities of the oil, you can check these later, and trust your inner voice to tell you whether this oil is compatible with you.
- 2) In your house, open the bottle of oil. Smell the oil and let the aroma fill your lungs and body. Then ask the spirit of the plant if it would like to work with you at this time and, if so, for what purpose. This could be your own healing, your soul's journey, psychic protection, increased awareness, or a practical reason such as relaxation or memory enhancement.
- 3) Once you receive permission from the oil and guidance about its purpose, breathe your own breath into the oil. You are connecting to the oil, merging with it.
- 4) Holding the bottle in your left hand, or over your heart, again connect to the spirit of the plant from which the oil was made. The plant may present itself to you in different ways; lush or dry, happy, serious, blooming, playful in the wind. These qualities will be representative of what the oil will be offering you.
- 5) Now ask the plant to guide you in how best to use the oil. You may be told to use the oil on your skin (diluted), or in an oil burner, or have the closed bottle near you when you sleep. The spirit may direct you to other oils and plant spirits, that could work in conjunction with it to help you.
- 6) Give thanks to the spirit of the plant for any advice and help you receive.
- 7) Thereafter, follow the advice of the plant, and each time you use the oil, connect to and thank the plant spirit. The oil is a gift from the plant; an act of service.



Ancient Egyptian engraving showing oil preparation from lotus flowers

It is also good to give something back to nature for the guidance and communication you have received. Next time you are outside, you could give thanks to the plant spirit world by hugging a tree, singing to it, or by making an offering to the spirits of the land, such as juniper (Celtic), milk and honey (Greek), sacred water (Egyptian), tobacco (N. American). All nature is connected.

Courses, circles, retreats & transmissions

ISIS Training, ISIS Retreat and ISIS Ceremony - June-July 2017

30 June-2 July **The Spiritual Path of ISET - Part 1**, for beginners to The Path of ISIS.

15-21 July **The ISIS Spiritual Retreat - Iona**. Open to all Initiates.

30 July, 3pm **Ceremony**: The Heliac Rising of Sirius - The Birth of the Gods. Open to all Initiates.

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

Glasgow Shamanic Circle

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet four times in July - 3rd, 10th, 24th and 31st, at the Glasgow Theosophical Society, 17 Queens Crescent. (*There is no Circle in June.*)

The next shamanic course: **The Soul Retrieval Practitioner's Course** is on 17-21 June. This is an in-depth 5-day workshop, which will give you the skills to bring back soul essence and life-force for your clients and activate their life purpose.

For more information or to book a place email Fotoula: fotoula@isis-school.com

Meditation Groups - June and July

24 June The **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00.

08 July The **Monthly Meditation Group**

29 July **Meditation Day Workshop**: In this full day of practice and spiritual teachings we will immerse ourselves in the energy of Tara - the Divine Mother of unconditional love and compassion.

Fi continues to facilitate a heart-full meditation and chanting **circle** on Thursday evenings from 7.00-8.30pm. **June dates** - 1st, 22nd and 29th. For more info email Fi: 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

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, world-wide*) - June dates

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In June transmissions take place on the 14th, 21st and 28th. 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, 25th of June 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 ISIS School of Holistic Health

Working with enlightened teachings

The Enlightened Beings who oversee the work of The ISIS School would like to provide guidance with regard to the Teachings offered by The School.



The purpose of the Teachings is to bring people inner transformation by opening the heart, connecting with the higher realms and their own divinity. The School invites people who wish to experience their spiritual nature and walk a spiritual path.

The teachers of The School have been practising these Teachings for a while so they have experienced the inner transformation first hand, and they also continue to practice. The Teachings that are offered come under a variety of different umbrellas, but all are enlightened teachings.

- **The ISIS Path** – this is a very ancient path that leads to enlightenment and ascension. The Teachings take practitioners deeper into their heart so that they can discover they are the heart of the Divine.
- **Shamanism** – The ISIS School teaches mystical/esoteric shamanism and practical shamanism. In mystical shamanism practitioners experience the light of their soul and the different planes of existence. Practical shamanism is offered as a healing practice for self and others.
- **Meditation** – this is a way for people to strengthen the bridge to their Divine self through practices that quieten the conditioning and reveal the lotus within.
- **Spiritual Priesthood Training** – this training is about people becoming the vessel of unconditional love to help their communities by holding ceremonies for the living as well as for those who have passed.



The School's programmes offer people the chance to work with practices they can take home to continue their own development. At the same time, The School has support networks for all the different disciplines, such as refresher days, practice days, retreats in nature and group work.

To see the current programme for The School you can click on this [link](#)