

# The ISIS School of Holistic Health Newsletter

Issue 41: November 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)*

In recent channellings I emphasised that you and your world are in a phase of transition. This is the natural way of physical life; you are always transitioning through different circumstances, and especially through the experiences of birth, life and death. The phase of transitioning that you are currently going through is accelerating. The cycles of change are coming faster for many of you. Life is shaking you up. And, for those of you engaging in spiritual practice, your practice is stirring things up so you can enter different spheres of understanding.

In these spheres, that you may not have known before, notice the reactions of your mind to the new realisations that arise from within. Rather than dismissing your insights as difficult, false, or something you do not want to see, notice what comes up for you. This is such an important step to take on for your soul. As the cycles of change accelerate, individually and globally, such insights and life lessons become more frequent.



### **Engaging in Personal Work**

In the past a soul may have had a whole lifetime to address one issue. Yet, your soul chose to incarnate during this special time in the Earth's history, where the cosmic forces that govern your world make it possible to work through and clear many issues. It is time to engage in personal development.

As I have said before, your personal inner work is as important as your work for the environment and the collective, for you are part of the whole. The issues that all of you carry may appear personal but

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they are universal. They affect many as well as the Earth's vibration, and create your personal and global reality.

The power you have inside you is immense, yet it is hidden from you by the conditioning and your social programming. This is your soul's choice, for your soul wants to experience self-realisation. Even though your soul is already self-realised, it is going through the journey of losing its self-awareness and re-discovering it. This is your soul's journey back to the purity of the consciousness of Light.

In becoming the Living Light I offer you a way of self-realisation: The Path of the Living Light. This Path helps you increase your awareness through the sacred union between yourself and the Divine. The Divine within you meets the Divine outside of you, repeatedly through sacred practices, until you realise in every part of your being, and in every aspect of your life, that you are the One Awakened Divine consciousness.



### **Transforming yourself and the World through Unconditional Love**

I suggest you take a few minutes each day to do this very simple exercise.

Imagine that, as you breathe in, you are breathing in the love of the world and, as you breathe out, you are breathing out love to the world. With each breath you open your heart centre, until your inner radiance shines out.

In this beautiful space, affirm to yourself that you are the love of the world.

Now, allow the power of love to flow from your heart into your body. Let love flow to all your tissues and organs and into every part of you. Let love speak to you about your patterns and blockages, and about your inherent gifts and soul's journey. Ask the power of love to heal, reveal and embrace all aspects of your being.

In this place of inner radiance, let the love flow from your heart to all beings, to the planet, to all the places in the world, to the rich and poor, the cities and mountains, the schools and war zones. Do this without expectations for an outcome, judgement, resentment or anger. Let the love flow to all the governments, corporations and banks, to all the institutions and to all the people who work in them without prejudice. Divine love is there for all, no matter who they are or what they have done.

Affirm: "I am the power of love".

Stay in this space for as long as you like, radiating the power of love.

At the end, focus in your heart centre, which is glowing like a star. Give thanks for this meditation and for your contribution in creating a positive shift in your life and the world reality

# Pilgrimage in Sacred Egypt

## Sept 2019



### The Fourteen Pieces of OSIRIS

An ancient Egyptian myth speaks about the forces of chaos and the dismemberment of our goodness, heart connection and essential

nature. These forces are only a temporary stage in human history. Through our spiritual awakening, a resurrection takes place within us, and what has been dismembered is once again re-membered.

In September fourteen healers, seekers and ISIS practitioners, initiated into the Path of the Living Light, travelled to Egypt on pilgrimage. Fourteen is a significant number in Egyptian mythology. OSIRIS, symbolising the Heart, is cut into fourteen pieces by his brother, SET, symbolising the chaos of the conditioning. Through the union between male and female powers, the spirit of OSIRIS, the dismembered heart, is brought together, and is reborn as HORUS, symbolising the spirit that awakens through experience.

Our pilgrimage was the journey of bringing together these fourteen pieces of ourselves that had been scattered during this and other lives.

In the ancient sites doors opened for us, and many synchronicities and insights took place within participants as they experienced the high vibrational energies. The sacred sites spoke to each person in a unique way, helping them to remember, transform and awaken. People returned stronger, more empowered to continue their spiritual work and answer their soul's calling, and with their etheric body, the KA, healthier.

### Our Journey through Sacred Sites

Each Temple has an astrological connection and channels different vibrations. On the pilgrimage we were guided by teachers in spirit and in body as we raised our energy and vibration.

We began our journey on the West Bank of Luxor and travelled through the Valley of Death, the Temple of the Gates of Ramesses III, The Temple of the Underworld of Ramesses II, and

then into the rising sun of Amun's Chapel in Karnak Temple on the East Bank. Through the Seven Gates of Awareness (the channelled teachings that form the Path of the Living Light, the Path of ISIS), we reached into the seven keys of life hanging from the Tree of Life.

The journey continued to Aswan and the Temple of ISIS on Philae Island where the space opened for an equinox ceremony in the holy of holies. Then to Edfu, the Temple of HORUS, where we worked with the seven chakras before opening and strengthening our eighth and higher chakras. As we arrived at the Temple a hawk, a physical representation of HORUS, flew over us.

After Edfu we travelled to Dendara, the Temple of HAT-HOR, the Great Cosmic Mother. It was an incredible day



of rebirth through the feminine as we were reborn through her body. Then we moved to Abydos, the place of OSIRIS and the resurrection mystery through the masculine. Entering the space of the underworld we found our calling and brought it back to help us realise our soul's plan.

During the pilgrimage healing took place in many ways: through the symbols and power points within the sacred sites, through the teachings and the edges within that were triggered by the high vibrational energies, and in the dream time.

In Giza, in the Great Pyramid, called MNER, the Place of Ascension, by the ancient Egyptians, we met our higher Self through initiation. In other sacred sites aligned to Sirius, Orion and Pleiades, we empowered ourselves. Finally, in the high vibrations of Sakkara, the Dashur Pyramids and Maidoum we completed the initiations of our light bodies.



## The ISIS Path, The Path of the Living Light: the ancient Mystery School of Ascension

The ISIS Path is introduced through the Seven Gates of Awareness and the OSIRIS Ascension Teachings. The next introductory course, the **Spiritual Path of ISET, Part 1** will be taught in February 2020 in Glasgow, Scotland.

In this first course participants are guided on a journey to integrate the sun and moon energies and merge with their Divine Self.

Spiritual Path, Part 1: **Dates:** 14-16 February 2020, 10:00-17:00  
**Cost:** £285. Dep: £140. Repeaters £140 / £70.  
**Venue:** Glasgow, Scotland

For more information and to book, email: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)



## Public Talk: Mysteries of Egypt - A Path to Ascension through the Living Light 7.30pm, Thurs 7th Nov, Glasgow TS

Fotoula has been invited to give a talk by the Glasgow Theosophical Society, as part of their Library Lectures programme. In the talk, she will share some of her spiritual insights and experience from her September 2019 pilgrimage to ancient Egyptian sites.

**Venue:** Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL  
Glasgow, United Kingdom

# Medicine Walk - Shamanic Ceremony: A Call to Nature, A Call to Ourselves

**6.00pm, Fri 29th May - 12noon Mon 1st June 2020**

In the ancestral 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.

Nature and Mother Earth become the teacher as we step through the veil and turn into the wandering spirit.

The physical reality of the wild holds a mirror for us to look deeper into our soul and ask important questions, such as: 'Where am I in my life? What is my threshold? Who have I become? Who am I beyond my thoughts about myself?'

Apart from seeking answers to self-enquiry questions, the wild is a gate into the mystery, the Great Spirit.

A medicine walk is a medicine-healing on many levels including the spiritual. Spirit guidance manifests through the trees that call to us, the animals and birds that cross our path, the plants we meet, and the rocks we sit on.

The ancestors come close to help us walk the path. In the ancient land of Kilmartin, pre-historic stone circles built by the Ancient Ones hold the energy of a different time. These sacred sites help us access and activate the gifts of our soul. They support us as we walk, and teach us through light energy, that can still be felt in the land, even after thousands of years.

Following the Walk we will bring back the medicine to our community. We will sit in circle to listen, hold and acknowledge each person's story. This year the Ceremony has been extended to three nights so that the medicine from everyone's walk can be brought together to help us individually and collectively.

We will finish our Rite with a Ceremony of Rebirth at one of the sacred sites in the valley.

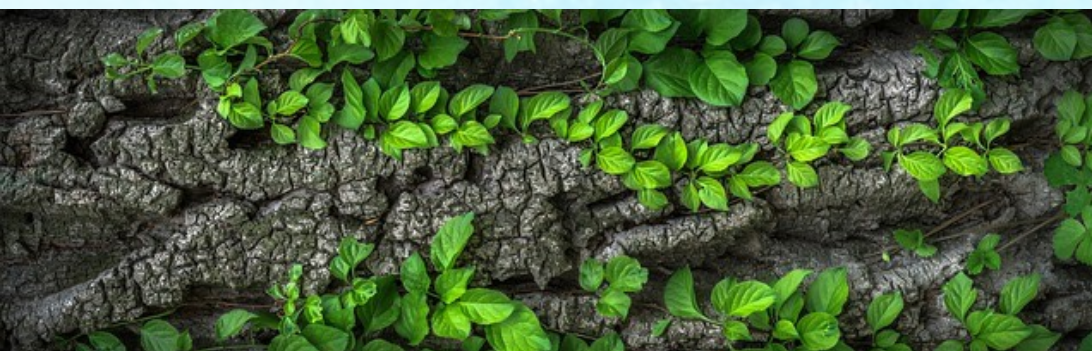
## **The Facilitators - Fotoula Adrimi and Fi Sutherland**

Fotoula's work has always incorporated high vibrational energies. She has been guided to visit many sacred sites around the world and her teachers include Enlightened Spirit Beings as well living teachers from many traditions. Fi has been a child of the wild from an early age, with a strong connection to nature and the Scottish hills.

Both Fotoula and Fi have completed three vision quests and undertaken and facilitated numerous medicine walks. They trained in the USA with The School of Lost Borders. They will guide and support all participants.

See [website](#) for more information.

(Maximum number of participants is 8 - advanced booking is advised).



# The ISIS School - News



## Shamanic Practitioner Course - starting 10th October 2020

### ***An in-depth, spirit-guided and soul-expansive course***

The 2020 Shamanic Practitioner Course is open for registration. The course is designed as a continuous Ceremony lasting a year and one day. Participants are guided on a journey of inner healing and light work that will support them in their personal process and allow them to familiarise themselves with the skills and methods of key aspects of shamanic healing.

Participants will have the opportunity to delve into the spirit world of soul retrieval, extraction, spirit release, psychopomping, power retrieval, medicine for the Earth, shamanic journeying, and receive initiations of the shamanic path through nature work.

For more details about the course visit our [website](#)

To book please contact Fotoula: [info@isis-school.com](mailto:info@isis-school.com)



## Pilgrimage to Nepal and Tibet *with the intention of spiritual rebirth* 18 Aug - 08 Sept 2020



For those who have a deep resonance with the Himalayan mountains, Tibetan Buddhism and / or Himalayan Shamanism, this pilgrimage is designed to answer a soul calling towards spiritual rebirth, karmic release and heightened awareness.

The pilgrimage is co-facilitated by Fotoula Adrimi and Bholu Banstola. Bholu has been taking groups to Tibet and the sacred mountain, Mt Kailash, for

25 years. Fotoula has studied with Buddhist and other spiritual teachers for many years. During the pilgrimage she will be channelling Buddhist wisdom and practices from the Enlightened Beings, and sharing insights and teachings that are very dear to her heart.

For more details about the Itinerary visit our [website](#)

To book please contact Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

# Courses, Circles, Retreats and Transmissions

## Temple of Gaia - Teachings of the Living Light/Path of ISIS - November

**02-03 Nov** **OSIRIS Ascension Teachings, 1st Circle** - for practitioners who have opened Gate 2

**15-17 Nov** **The Healing Path of ISET, Part 2** - for practitioners who have completed HP Part 1

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](mailto:info@isis-school.com)

## Glasgow Shamanic Circle - November

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in **November - 4th, 18th and 25th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm. To book email Fotoula: [fotoula@isis-school.com](mailto:fotoula@isis-school.com)

## Saturday Meditation Group and Weekly Meditation Circle - November

**23rd Nov** **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 four times in **November - 7th, 14th, 21st and 28th**. For more info and to book for any of the meditation groups, email Fi: [fi@isis-school.com](mailto: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](mailto: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](mailto: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](mailto:fotoula@isis-school.com)

## Energy Transmissions (*open to everyone, world-wide*) - November

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). In November there are four Transmissions - **6th, 13th, 20th and 27th**. Please email The School: [info@isis-school.com](mailto: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, 24th November 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.