

The ISIS School of Holistic Health Newsletter

Issue 33: March 2019



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



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

The high vibrational energies flowing to your planet right now are destined to support your journey towards awareness and awakening from the small, egoic self, into the wholeness of your Divine Being. This is a time to meditate in silence so that you can receive this incredible gift of light.

No matter what your individual spiritual practice may be, you can always bring the Living Light of Awareness into your body. This is significant. During these times of transition the Living Light will inform and expand your experience.

A Spiritual Practice of the Living Light

Take some time to observe the beauty that exists around you. Observe the beauty of the natural world where you live. Show appreciation for mother nature in all her manifestations, as you experience them with your different senses.

Then observe the beauty that exists in your life. Observe the sequence of events that have brought you to this moment. Acknowledge all that life has given you and how it has supported you in your earthly experience. Notice the beauty of life in this current moment.



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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Then observe the beauty of your body. Every aspect of your body is made in alignment with Divine Order to express the wishes of your soul. Offer thanks for your body as it allows you to savour physical life in your own way. Do not judge your body, instead appreciate its beauty.

Finally, observe the beauty that lies within your sacred heart. Give thanks for the Light that you are, the Living Light incarnated in the physical world. Open the door of your heart and allow your Light to radiate and expand around you.

As you are bathed in the Light of your sacred heart say to yourself: 'I merge with the Light of the World so that I may become this

Light. May the high vibrational energies of the Living Light flow within my sacred heart, for the highest good of all beings.'

Stay in this space for a while meditating in silence, preferably for 15 minutes or longer if you are able.

Then, gently bring yourself back from the meditation, becoming aware of your body and the room around you. Give thanks to your Divine sacred heart which expresses itself in your body, your life and the natural world. Acknowledge yourself as part of all life, and that all life and all life forms are part of you. See yourself as being One with everything, and everything being One with you.

Give thanks for this space of connection and all you have received and close the meditation and your space.

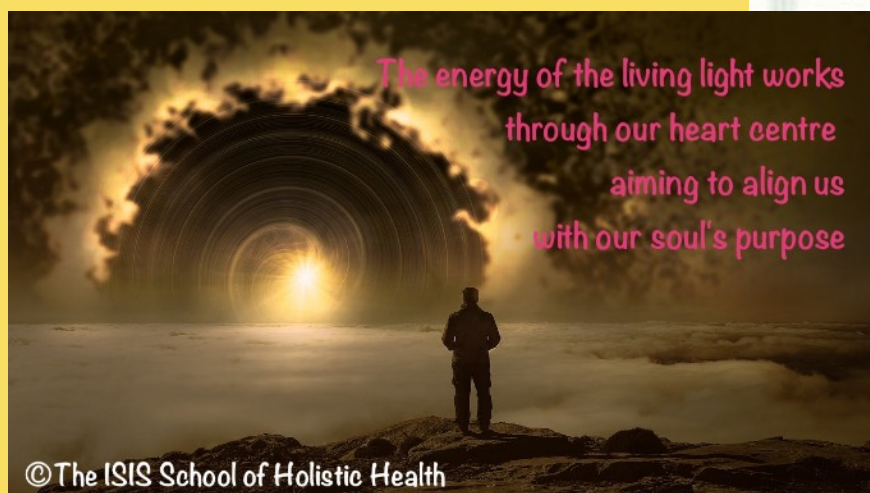
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I offer this practice as a way to expand your energy vibration. I invite you to do this practice regularly to build your etheric body and increase your frequency. I also invite lightworkers to take Initiation into the Living Light and learn to work consciously with this Light.

These Teachings that were present in the golden times of Lemuria, Atlantis and Egypt are being re-introduced as a way of awakening into the Divine Self.

Spiritual Path 1: 14-16th February 2020

Foundation Teaching, Spiritual Path 1 - Introductory course, for anyone wishing to begin their journey with the Teachings of the Living Light / the Path of ISIS



Light Activations - The Star Beings Speak



Millions of years ago in the distant past, your soul decided to incarnate on Earth, to experience a physical expression of life. This was an opportunity for you to discover physical existence under certain conditions. These conditions were determined by the soul itself. For example, the soul could decide to be born as a human being, either male or female, in a certain location with particular characteristics. The soul also decided what you would experience if you lived in a particular way. The soul was offered free will to determine its earthly journey. In taking incarnation, the soul would realise the consequences, positive or negative, of each of its choices due to the universal law of karma, the law of cause and effect.

What is your Gift to the Earth?

The Earth plane gives souls access to the physical journey. Many souls wish to experience life, even any life, no matter how hard it may be. When a soul views its many incarnations it has a bigger perspective. What you may find difficult in your life now, may be a precious gift and opportunity for learning for your soul. The Earth is offering each soul the gift of physical life, but what is your gift to the Earth?

Before coming to Earth, you perceived yourselves as luminous beings originating from different star systems. Many of you had no form, had never experienced a physical body. This state of Light is the natural state of your being. Each of you carries a unique vibration, an energy frequency signature. This vibration contains skills and abilities, gifts of Light, that you bring to the Earth to share with all beings.

Yet, in many of you these gifts are masked by the conditioning; the lower vibration of the planet that has been created and reinforced by the collective consciousness. At this time in the Earth's history the vibration supports negative attributes such as fear, pain, illness, stress, doubt, arrogance and everything that is associated with 'survival mode'. In your higher aspect there is no fear of survival for you always exist. No matter what happens to you in your earthly life, you exist beyond space and time, moving from one experience to another, learning and evolving.

The Flow of High Vibrational Energies

The higher vibrational frequencies that flow to the Earth right now aim to bring awareness, by aligning you with your Divine Self; the expression of you that exists beyond your physical life. These energies endeavour to unite you with your pure frequency signature, so that you can fulfil your purpose on Earth. Firstly, the energies will help you become aware of the unique gifts that exist within you. Then, they will assist you to develop, harness and share these gifts.

We are offering you Transmissions of Light /Light Activations at this time in many ways. We, the Star Beings, orchestrate events and meetings that bring people together so that we can work with you.

We are working with the teachers of The ISIS School of Holistic Health to bring you two Light Activations events: a 3-hour session on Saturday 3rd March and a Residential Retreat in June.

This work is very sacred. It has to come from the heart
and it transforms the World through the heart.

Light Activation - Saturday 3rd March, 10-00-1.00pm

On Saturday morning we will immerse ourselves in the high vibrational energies of the Living Light. We will have the opportunity to experience the gift of the high frequencies as channelled to us by Star Beings of the Light and enlightened masters. The aim of the activation is to help us on our path of awakening and alignment with our unique soul gifts.

Date: 10.00am-1.00pm, Saturday, 3rd March

Venue: Library, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow

Cost: £20.00, deposit £10.00

For more information email Fotoula Adrimi - fotoula@isis-school.com

Light Activation Residential Retreat - Summer Solstice, 21-23 June

Following guidance from Star Beings of the Light we are facilitating a **Summer Solstice Retreat of Light Activations**. The Star Beings asked us to book this date to coincide with the high vibrational cosmic energy that will flow to the planet during the solstice. Places are limited and advance booking is recommended.

Cost: £290.00. Deposit: £145.00. (*Cost covers teachings, shared accommodation and all meals*)

For more information, or to book, please email: fotoula@isis-school.com

The ISIS School - News

Priestess of the Moon Training - a new Circle commences in Feb 2020



The drums sing the old song of the moon and a longing awakes in the Divine feminine heart. A Circle of sisters gathers around the sacred stones to bring the ancient wisdom back to the Earth.

Six years since the last Training, it is time now for a new Priestess of the Moon Circle to open. We will come together in sacred ceremony to answer a calling and embody the Priestess, the wise woman, the Keeper of the old ways.

The Training is based in ceremony. We work in ceremony for ourselves and for our community, building our inner and outer Temple. Some women may be called to the training to offer celebrant work, whilst others wish to further empower themselves and hone their connection to these ancient teachings of the moon.

For more information, see the [website](#) or email: fotoula@isis-school.com

Two 1-day Workshops Facilitated by Claudia Wolff Therapeutic Shaking & Family Constellations

Claudia Wolff, of LebensHeilPraxis, Germany - Shamanic Practitioner and Moondance Facilitator, will be in Glasgow in June to facilitate two 1-day workshops:-

**Therapeutic Shaking - 9.30-18.00, 11th June &
Family Constellations - 9.30-18.00, 12th June**

Claudia has practiced Therapeutic Shaking for healing traumatic experiences, Family Constellations and Shamanic Healing for over 25 years. She has trained with western teachers as well as Indian and Native American medicine men.



Cost: £95.00 for each workshop. If both workshops are booked together the cost is reduced to £170.00. To book please email fotoula@isis-school.com

Venue: Library, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow

Courses, Circles, Retreats and Transmissions

ISIS Courses - March-May

16-17 Mar **OSIRIS Ascension Teachings, the First Circle** - for people who have opened Gate 2

18-19 May **Spiritual Path of ISIS, Gate 4** - for practitioners who have completed Gate 3
Teachings of the Living Light / the Path of ISIS

For more information or to book for any of the courses email Fotoula: info@isis-school.com

Glasgow Shamanic Circle - March

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet twice in **March - 4th and 18th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

Monthly and Weekly Meditation Groups - March

02 March **Monthly Meditation Group** facilitated by Fi Sutherland and Fotoula Adrimi, 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 twice in **March - 7th and 21st**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

Public Event - Book Signing and Talk - 3rd March

Holistic Fayre by Source Events: Alona Hotel, Strathclyde Country Park, ML1 3RT, Motherwell. We will have a stall at the Fayre in Motherwell. Fotoula will be signing copies of her book - *The Golden Book of Wisdom*. She will also be giving a talk at 2.30pm on 'working spiritually with the moon'.

Shamanic Residential Retreat - The Four Shields - March Equinox

22-24 Mar **The Four Shields - Walking the Medicine Wheel** - Kilmartin Glen. We gather to step over the threshold and invoke the rite of the Medicine Wheel, through the Four Shields. Each shield has something to teach us, lessons about ourselves, lessons about life.

Advance booking is advised as spaces are limited, email Fotoula: fotoula@isis-school.com

Light Activations - Summer Solstice Retreat - 21-23rd June

21-23 Jun **Light Activations Retreat** - The Star Beings of the Light invite us to raise our vibration through chants, activations and a sacred illumination process to help us recall the gifts we bring to the planet. **Cost** £295, incl accom, food and teachings. Advance booking is advised, email Fotoula: fotoula@isis-school.com

Shamanic Workshop - The Journey of the Shaman - 13-14th July

13-14 July **The Journey of the Shaman** - In this workshop you will learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination. **Cost:** £185. For more info - email Fotoula: fotoula@isis-school.com

Energy Transmissions (*open to everyone, world-wide*) - March 2019

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). Transmissions take place on the **6th and 20th March**.

Please email info@isis-school.com 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, 31st March 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.