

The ISIS School of Holistic Health Newsletter

Issue 1: July 2016



ISIS, the ancient
Egyptian Mother
offers these words
of wisdom



" At various times in the Earth's history, a soul will be placed in specific situations, where a choice for the future of the Earth is made. This is one of these times. Each person has the ability to make such a choice, and the outcome depends on the level of evolution of the collective consciousness.

The level of the collective consciousness is dependant upon your individual actions, thoughts and words. Therefore, how you choose to act, think and speak affects the state of the world right now."

(These are the words of ISIS, the ancient Egyptian Mother Goddess).

In order to overcome our own inner state of separation, responsible for a world reality based on suffering and unfairness, ISIS invites us to walk a spiritual path.

To heal the current reality on Earth, we need to examine and transform our own state of consciousness. Do we choose to open ourselves to our Divine Light or do we retreat to the old patterns of fight or flight? Do we trust ourselves to walk our life path or let our conditioning continue to rule?

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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The Temple of ISIS in Delos, Greece



In the Temple of ISIS in Delos, Greece, which still has the original statue of ISIS within it, there is an immense light.

The Temple is in one of the most sacred sites of ancient Greece, the island of Delos. Delos was created as a sanctuary and place of pilgrimage, officially since the 10th century BC, but probably much earlier.

In the visualisation on the next page, ISIS invites us to step inside the temple leaving our physical form behind. When we go past the threshold, we are asked to be in the space of the pure consciousness. This is not to diminish or reject the importance of the body, but to experience ourselves as the Light of Spirit. When we come out of the temple, we come back into our physical form, enriching it with the Light from this practice.

Meditation: Channelled from ISIS by Fotoula Adrimi

"I welcome you to my Temple, the place of the Heart. I ask you to come here with lightness of heart. Leave all your worries, stress, anger, difficulties and unskillful thoughts behind, as you step onto this sacred island.

From the place of arrival at the harbour, imagine walking along the processional way, up the hill to my Temple, the Temple of the Heart, the Temple of the Inner Light. I welcome you in your brightness, as you step over the threshold.

In this space, I invite you to let all form go. See yourself as Consciousness, without any physical form. Observe yourself as a being of pure consciousness, as you were before you were conceived.

In the energy field of this temple, all form is dropped and nothingness remains. It is in the nothingness that the All resides.

Stay in this space of inner peace, in the energy of the vibrational field of ISIS, anchored by the ancient ones in this holy place. You are welcome here, eternal traveller of the worlds".

You can stay in this state linking spiritually with the Temple of ISIS for as long as you wish and then gently bring yourself back and feel your body again. Take some time to see how your consciousness feels within the body. Give thanks to your body, your earthly home, enabling you to experience the gift of physical life.



Part of the Sanctuary of Delos, with the ISIS Temple in the middle right of the picture.

Courses, circles, retreats & transmissions

ISIS Training for July, August and September

- 15-17 July** The Spiritual Path of ISET-Part 1, taught by Fotoula Adrimi. The next Part 1 course will take place on 4-6 of November.
- 30th July** For ISIS initiates who were initiated before 2013, the **Initiation of the Scarab** is offered on the 30th of July, 10:00-12:30, in Glasgow.
- 6-7th Aug** **The Spiritual Path of ISIS-Part 2**, for Initiates who have completed Part 1 and are practicing the teachings.
- 27th Aug** ISIS Refresher's day
- 17-23 Sept** The ISIS Retreat, taking place in Iona, is currently full. If you wish to be added to the waiting list please email Fotoula.

To book for any of the trainings email Fotoula: fotoula@isis-school.com

Shamanic Circle

The Glasgow Shamanic Circle - the **Way of the Drum** will meet from 7.00-9.00pm on Monday 4th of July, in the Library of the Glasgow Theosophical Society. The circle will also meet on the 11th and the 25th of July.

To book for the shamanic group email Fotoula: fotoula@isis-school.com

Meditation

- 23rd July** The Monthly Meditation Group facilitated by Fi Sutherland and Fotoula Adrimi, meets in the Library of the Glasgow Theosophical Society, on 23 July 10:00-13:00.

Fi continues to facilitate a heart-full meditation and chanting circle on Thursday evenings from 7.00-8.30pm. For more information and the dates of the group email Fi: fi@isis-school.com

Residential Retreats

- 30-2nd Oct** After a year break, we are going back to Southern Germany for a three-day residential retreat: "**From the Dark Moon, we are birthed into Light**". The retreat is organised by Claudia Wolff in the picturesque village of Marhördt.
- 15-21 Oct** The week-long Rays of Divine Consciousness Retreat takes place annually in Kilmartin, Scotland. This years retreat begins on 15 October. The Rays Retreat is a great opportunity to work on our karma and life path, and rebalance the DNA.

Transmissions

The ISIS Energy Transmissions continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmission are open to all. The July dates for the Transmissions - 6th, 13th, 20th, 27th.

The Rays of Divine Consciousness Transmissions take place once a month. The next Rays Transmission is 2.00-3.00pm (UK time) Sunday 24 of July.

News of the ISIS School

Pilgrimage in ancient Greek sites

In June the teachers of The ISIS School of Holistic Health, Fotoula Adrimi and Fi Sutherland, went on pilgrimage to Greece. They worked spiritually in four of the main sites recognised by the ancient Greeks and their predecessors for their amazing vibrational energy and Light.

- The Island of Delos, a sanctuary since the 10th century BC.
- The Akrotiri settlement in the ancient island of Strongili, (no longer there, now part of Santorini), unearthed from the lava.
- Delphi, the second Oracle centre in Greece, also known as the navel of the world.
- Philippi, the third Oracle centre in Greece.

University of Wisconsin visit

Fotoula and Fi were interviewed on their work by a group of postgraduate counselling students, from the University of Wisconsin, USA. The students were interested in how non-western healing methods such as The ISIS Path, meditation and shamanism could be incorporated into counselling.

Conference of Celebration of Life and Love

The one-day conference, organised for the first time in Scotland, takes place in Perth, on the 11th September. Fotoula Adrimi will be one of the guest speakers at the conference. Her talk entitled: "The Gift of the Eagle", draws on lessons from indigenous traditions on how to live skilfully. The ISIS School will also have a stand during the conference and Fi Sutherland will be present to discuss the School's vision and courses offered.

For more information on the conference, follow the link: <http://channellinglove.com/celebration-of-life-and-love/>



Ancient city of Philippi, Greece