

The ISIS School of Holistic Health Newsletter

Issue 32: February 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)

Out of the Divine womb all life is created. You were born through an act of love, being cherished inside my Divine Being. I gave birth to you, Divine Beings of Light. You have never been alone or separate from me, for you and I share the same essence.

As you embark on your own journey of life, I, like a good mother, spread my wings over you, but I do not interfere in your life, unless you specifically ask. Even then, I recognise that you are your own person and you will choose the experiences that will help your ultimate soul journey towards awakening into the Divine Self. You have free will and your soul has chosen this life.

In order to transform your life, a way is open to you:-

- First, accept your life for what it is and release expectations of how it should be. Expectations come from the mind that takes you out of the beauty of the current moment. It is when we become aware of the spiritual teachings of the current moment, that life can open further doors in the most unexpected way.
- Practice spiritual teachings that lead you to expansive states of consciousness. This is why I have re-introduced the Teachings of the Living Light / The Path of ISIS. Without the energy and vibration of the



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living light it is more difficult to become aware and start to awaken from the conditioned existence. Being in the flow of life you learn to surrender to the highest good.

- Awakening comes from the Divine union of body - matter, and heart - spirit. When the two come together in sacred marriage, the inner light shines forth from your being and every pore of your skin, transforming both. To walk the path of life, bring yourself into your body. To walk the path of light, shine the infinity of your spirit through your sacred heart. In the mystery of awakening you are neither this body nor this spirit, but the whole of the physical and spiritual worlds that are nothing less than the one universal consciousness.

The ISIS Energy Transmissions of the Living Light

The energy of the Living Light is a golden ray of unconditional love. This is one of the highest vibrational energies available to your planet. The energy works through your heart centre aiming to align you with your soul's purpose and your blueprint. The energy also has healing benefits.

The School offers everyone, world-wide, the opportunity to connect distantly with the ISIS Energy Transmissions 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 energy transmissions.

Transmission Dates and Times

The Transmissions take place between 7.00-8.00pm on Wednesday evenings (UK time - for elsewhere, please convert to your own time zone). In February there are Transmissions on the 6th, 13th, 20th and 27th.

If you would like to connect with any or all of these Transmissions, please email Fotoula and Fi: info@isis-school.com More information about the Transmissions and how to connect can be found on The School's [website](#).

Staying in the moment of now, we access the infinite pool of eternity that lives within us.



The ISIS School
of Holistic Health

Medicine for the Earth - Stepping onto the Shamanic Path



Shamanism has been described as the spiritual tradition of the Earth. It is a path that takes us back to nature - through ancient practices and ceremonies we are reminded that we too are part of Mother Earth. In observing the ebb and flow of life in the natural world, we become aware of a parallel ebb and flow in our own life.

This path recognises that everything has consciousness. Crystals and stones help the practitioner in their healing work. Plant spirits become allies. The trees are conduits, providing access to the web of life, the universal energy that flows through all beings in all dimensions. Animals carry messages. The clouds speak through their formations. (In Hindu and Buddhist mythology, the Apsaras are female spirits of the clouds and waters.) The ancient people read these signs and listened to the voice of nature, the voice of Mother Earth.

At this time, the Earth and nature spirits are calling us back. They ask that light workers remember their role as caretakers of the planet, and invite us to take part in the healing of the Earth. Healing Mother Earth is part of healing ourselves, as we are also earth. In

healing ourselves we become more aware of our energy vibration. What energy are we putting out into the world? How can we transform the cosmic soup of thought forms that exists around us and is reinforced constantly by the media and other institutions?

**The Earth is
our Mother**

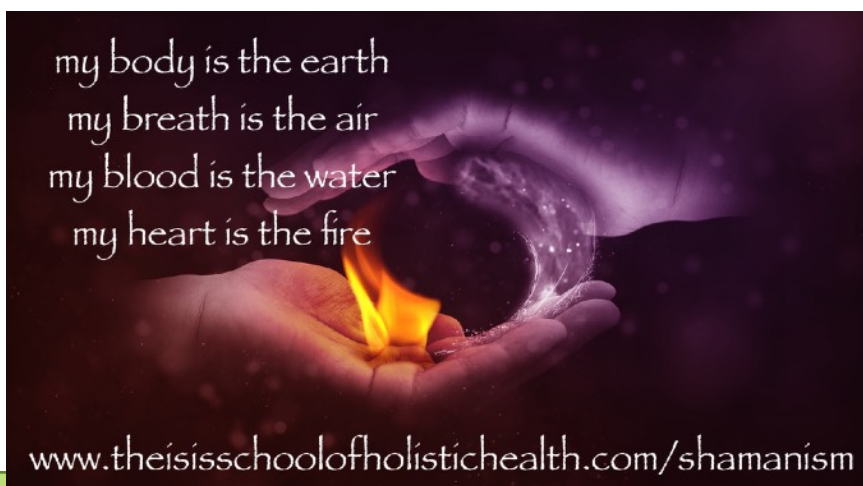


The Elemental Deities

In searching for answers for healing, we discover that we have to go into the micro level, the essential four elements that make up all physical life. Our spirit, the fifth element, is the catalyst to access the elemental energies.

Earth, fire, water and wind/air are so important in this journey. In Bon Buddhism they are considered to be 'Elemental Deities'. These conscious beings rebuild us in many ways, as we ally with them for the highest good of the planet and all beings.

Elemental shamanic work opens a door in our psyche for a deeper shamanic experience. Journeys with these elements can transform our practice and rebuild our energy bodies. We become less ethereal and more grounded. In this way we honour the roots we have in the physical world. In turn the energy of Mother Earth nurtures and strengthens us. The more grounded we are, the more authentic and powerful our shamanic practice is.



Medicine for the Earth - Shamanic Workshop 23-24 February, 10.00am-5.00pm

In the workshop participants will:

- work with ancient myths and stories about life on Earth, as well as our own role as caretakers of the Earth;
- work ceremoniously with the four elements;
- connect with our own body as earth, our bones, to increase our spiritual power;
- learn the practice of shamanic transfiguration to transmute environmental pollution and toxic energy;
- connect with the land and work with nature spirits to increase the vitality of places;
- learn the art of shamanic space clearing;
- learn the practice of Earth retrieval and shamanic dreaming to co-create a harmonious new reality for the planet.

The course will be taught by Fotoula Adrimi, an experienced Shamanic teacher and part of the Global Shamanic Teachers network. For more information, please contact fotoula@isis-school.com or see the [website](http://www.theisischoolofholistichealth.com/shamanism).

Cost: £185 per person, deposit £90

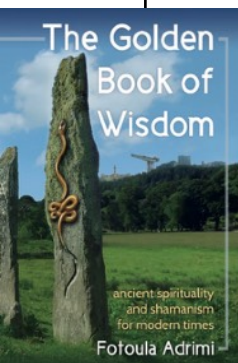
Venue: The Library, The Theosophical Society, 17 Queen's Crescent, Glasgow, G4 9BL

The ISIS School - News



The Golden Book of Wisdom: ancient spirituality and shamanism for modern times

Just before the end of 2018 Fotoula's book became a UK bestseller - No 2 on Amazon UK for three consecutive days. We extend our heartfelt gratitude to all our readers for their support. We hope this book, that carries the vibration of the enlightened spirits who orchestrated its delivery, becomes a useful spiritual tool of inspiration and supports your spiritual expansion. (*Book signing opportunity: Source Events Holistic Fair, AlonA Hotel, Strathclyde Country Park, Motherwell, 3rd March*)

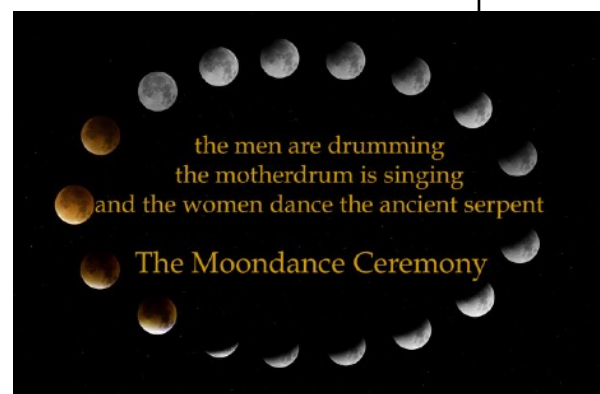


The Snake Goddess - Earth's Universal Energy of the Divine Feminine

Article published in the February (Imbolc) Issue of Pagan Dawn

Fotoula's article focusses on the ancient energy of the snake and its relationship to the Moon. She tracks the old traditions from the Earth Priestess of Knossos in Crete, who danced with live snakes, to the Mayan Moondance ceremony and its revival across the globe.

There are no words that can describe the Moondance ceremony and the awakening of the snake energy through the alchemical union of the female dancing and the male drumming. For more information on the Moondance see the [website](#).



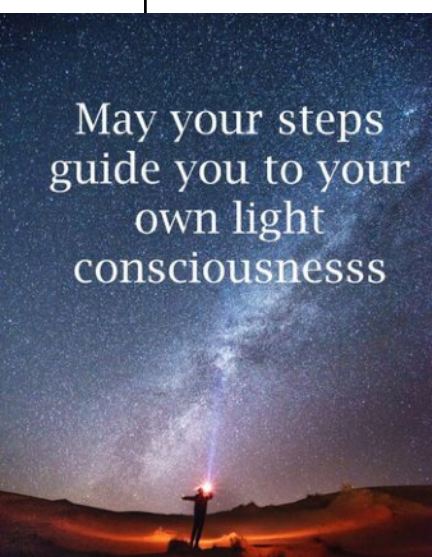
Light Activation Residential Retreat - Summer Solstice, 21-23 June

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



Courses, Circles, Retreats and Transmissions

ISIS Courses - February-March

01-03 Feb **Gate 1, 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

16-17 Mar **OSIRIS Ascension Teachings, the First Circle** - for people who have opened Gate 2
For more information or to book for any of the courses email Fotoula: info@isis-school.com

Glasgow Shamanic Circle - February

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in **February - 4th, 18th and 25th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

Monthly and Weekly Meditation Groups - February

16 Feb **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 four times in **February - 7th, 14th, 21st and 28th**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

Shamanic Workshop - Medicine for the Earth - 23-24 Feb

A shamanic workshop working with the elements, space clearing, healing of ourselves and the planet. For more info see the website - <https://www.theisisschoolofholistichealth.com/medicine-for-the-earth>
Cost: £185.00. Deposit: £90.00. Email Fotoula to book a place: fotoula@isis-school.com

Public Event - Book Signing Opportunity - 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* - and we will have information on our future courses and workshops.

Shamanic Residential Retreat - The Four Shields - March Equinox 2019

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 2019

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

Energy Transmissions (open to everyone, world-wide) - February 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, 13th, 20th and 27th February**. 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, 17th February 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.