

The ISIS School of Holistic Health Newsletter

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



This is ISIS speaking on the value of Spiritual Practice

(channelled by Fotoula Adrimi)

The high vibrational energies that are flowing to the Earth right now are a gift to your world. Everything is quickened and things are happening faster than in previous centuries; change is apparent and in-line with the collective will. Your soul has chosen to awaken through experience and the experiences your soul seeks are coming to the forefront.

Chaos is the way towards order. The pendulum swings back and forth until it finds its centre. It is the same in you, your life and the collective reality.

As I have said before, this is the time to do spiritual practice, otherwise you will be thrown off balance by the oscillations of the pendulum. To create steadiness, strength and focus you need a daily way of connecting to the high frequencies of light that are available to you at this time. This is the light your soul has been waiting for.

These frequencies are like a rope that you can grab hold of to lift you out of the shifting sands of the conditioning. Yet, the process is not easy. First, you have to take hold of the rope with both hands and then you have to pull and keep pulling on the rope until you are free of the shifting sands.



Divine Grace

When you work with spiritual energies of high vibration there are times when you will experience moments of bliss and Divine grace. These moments crystallise within you. They are stored in your etheric and physical body and transform you from within. At other

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Grace will seek you



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times you will completely forget about these experiences of grace as the shifting sands of the mind close around you. These are the times to practice and connect spiritually with the light. The shifting sands are there to be transformed and everyone is affected by them. As you connect daily with the high vibrational energies these sands become lighter until all that remains is clear, pristine water; the pendulum stops and there is complete awareness.

You are all travellers on the journey towards complete awareness. You live numerous lives and parallel dream realities. Yet, each lifetime is valuable and matters. In each moment you have the ability to unlock your precious being and experience awakening. Even though the lock may be rusty through lack of use, your spiritual practice is the oil that frees the locking mechanism and reveals the incredible light of your soul.

When you practice authentic spiritual teachings of inner transformation, you are not practising alone. Enlightened spirit beings gather around you, helping you each step of the way, even if you are unaware of them. You only need to sit on your meditation cushion, lie on your shamanic journeying mat, pray in front of your altar and we do the rest.

In the Arms of the Mother

I carry you on my wings of Light, as I have always carried you, for you are the children of the Great Mother. Your soul's wish to awaken, is my wish for you too. As the Mother I give birth to the creation and I am always connected to it through an etheric umbilical cord. I nurture your soul with unconditional love. I show you the path and the way home that your eternal spirit already knows. I stand alongside you in your earthly journey.

*A spiritual practice is
like the river that
washes away the silt
and grime, revealing
the golden light
within*

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Enlightened Teachings from our Meditation Group - Protecting ourselves through awareness

Our Enlightened spirit guides have asked us to share their teachings from our Saturday morning meditation group in August.

The Teachings

You may ask, why do I need protection?

We, the Enlightened Guides, say that in your world you can be so attached to the conditioned mind that every day you send out a myriad of thoughts. Many of these thoughts are fuelled by your emotions which can make the energy of the thoughts very strong. The thoughts are like arrows that go out into the world, and what you send out will eventually come back to you.

Ideally what you want to send out is compassion and kindness so that this is what is returned to you. Yet, because of your attachment to the conditioning, often the thoughts you send out are unskillful and impact others as well as the Earth.

For example, if you are angry with someone and send out angry thoughts to them, it is as if you are emotionally punching them. This unskillful energy will come back to you. Consequently, sometimes you need to protect yourselves from the energy you generate towards others as well as yourself.

To do that it is important to be more aware of your thinking and what you are doing with your thoughts. It is also good to be aware of your words. If you direct angry words to someone, saying how bad the person is, you generate more unskillful energy on top of the angry thoughts, and this sends out a bigger arrow. At some point all this negative energy will come back to you.

How does the energy you send out come back? It may not come back from the same person you are angry with. The universe may find another way to return the energy. It may find someone else who is offended by you or your way of life and who will send out anger towards you. This is how life shows you that you have sent out unskillful arrows in the past.

Sometimes, for people who are steeped in the conditioning, the words may not be enough. Occasionally people's anger can turn to violence and then an even bigger arrow is created. Days, months or even years later life delivers this arrow back to them and then they are angry with life or another person - and so the cycle goes on. The mind that is full of thoughts sends out arrows all over the place.

Some people may think that that are getting these arrows because of issues from their ancestors. Yes, perhaps the issue was generated by the ancestors, but it is you who is



fuelling the predicament now. If an arrow is coming to you then you have something to do with that arrow, that karma.

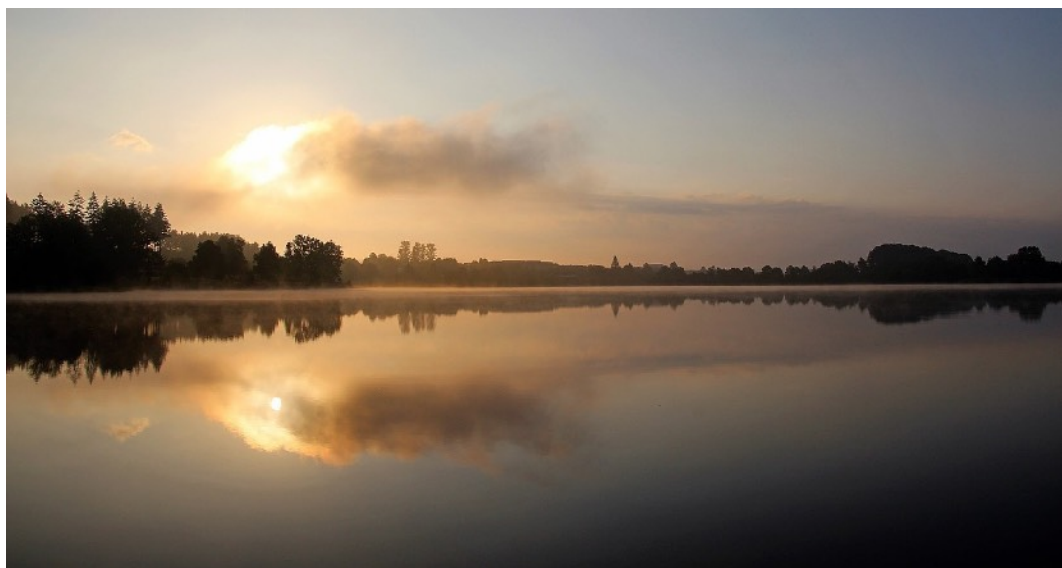
So how do you protect yourself from all these returning arrows?

We advise you to take control of your mind, to quieten the mind, to generate the space of equanimity, so that the mind becomes like a peaceful lake where there is only harmony and balance. As you go about your day you can say, with conscious intention, - "May all my thoughts, words and actions, contribute in some way to the highest good of All beings, so that it is no longer

thoughtless actions and speech that I send out."

If nothing unskillful goes out, nothing unskillful comes in.

When you do this you send out a beneficial arrow, and this arrow goes out much further than any of the unskillful arrows you send out unconsciously. This arrow will also be returned - with positive consequences.



We say to you, it is important, especially in these times when you may be fearful and upset by all the things that are happening in your world, all the things that you do not agree with as well as the difficulties you may be experiencing in your own life, to be aware of what type of arrows you are sending out. You can ask yourself, 'What would I like to receive back from life - anger and fear or kindness and compassion?'

Saturday Morning Meditation Group - 5th October - Attunement and Activation from the Great Pyramid

Theme for the Group - The Light of the Sun and Moon - An Attunement and Activation from the Great Pyramid - sharing the Light from our journey to Egypt and the Great Pyramid

The Sirinian Beings of Light invite all who are drawn to this work to come together and receive this activation. They also invite all those who have taken initiation in the Path of the Living Light / The Path of ISIS to come and hold space, especially those initiates who travelled to Egypt, as everyone will benefit from this wave of energy. Everyone is welcome.

Date: 10.00am-1.00pm, Saturday 5th October

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

Cost: £20.00

For more information or to book a place email The School - info@isis-school.com

Working with your power animal to reclaim your power

Fotoula writes:

Over the last thirteen years in my professional shamanic practice, I have performed many power retrievals. During this time I have seen how it is common in the western world to take power from others, as well as give our power away.

Being in our power can be viewed as self indulgent. Nevertheless, the same person who gives away her power, for example to

a partner, and who consequently disempowers herself, may also be inclined to take power from others to compensate, for instance from work colleagues. Generally, the more we give our power away, the more inclined we are to look to others to fill that gap. This imbalance in our personal power creates an imbalance in the collective. As we look at the world reality right now, we may be able to identify the huge power game that is affecting all aspects of human life.

In shamanic healing we are called to develop a healthy relationship with our power rather than expecting others to share their power. We can ask ourselves:

How do we work with our power in everyday life? Do we take care of our needs? Do we listen to our inner voice? Do we act in our best interest or do we accede to old patterns out of fear or guilt?

There are many ways to lose our power:

- When we say 'yes', even though we want to stay 'no';
- When we repeatedly attend to the needs of others and ignore our own needs;
- When we give up our dreams to please others;
- When we do not stand up for ourselves in a respectful way;
- When we continually put ourselves down, thinking we are unworthy, unable, stupid etc;
- When we regularly compare ourselves to others whom we consider to be much better;
- When we do not value, respect or appreciate ourselves; and
- When we mainly rely on others to help us heal, rather than taking self-responsibility.

Sometimes the more power we lose, the more it leaks out of us, until, at some point, we hit rock bottom with little power left. Then we have a choice. Do we stay there, or find a way to climb out of the hole we have created? Occasionally we stay in the hole for a while. Then, life becomes the teacher, showing us that giving our power away does not serve us; it makes us unhappy. When we start to reclaim our power, life-force energy flows to us.



Shamanic Power Retrieval - bringing back our essence

In shamanic power retrieval we connect with the abundant power of the universe. Power is symbolised by an animal, also called a power animal. In a journey the shamanic practitioner finds the power animal most relevant for the client at the time. Then they bring the essence of the animal, the energy, into the client's body.

Bringing the power into a person's body may not be enough. For some people it is important that they develop a healthy relationship with their power. In 2007, my helping spirits offered me a practice I have shared with my clients that helps them connect with their power and use it wisely.

Practice for Connecting with your Power

In a meditative state, close your eyes and connect with your heart centre. Allow your everyday thoughts and mind to quieten by bringing your focus into your body and into your heart and away from your thinking mind. Intend to release all expectations. Then, ask your power to emerge from inside your heart. Wait until you feel the energy inside your heart, or an image of an animal, a power animal, appears. Do not worry if this is not the animal you wanted or expected. Accept whatever animal or feeling comes to you.

Thank the power (animal) for all it is trying to do for you, to help you be happy in your life. Ask if there is an imbalance of power in your life and maybe the power animal can show you how to remedy this.

It may not be easy to do what the power suggests. Reclaiming our power means giving up the safety zone that we have created by 'keeping the peace'. Ask the power animal for help. You can also intend to get to know the power (animal) better, so that you understand what it is trying to do for you. You can ask, 'What are the gifts / qualities of the type of power you are carrying? How can you help me? What are you bringing to me?'

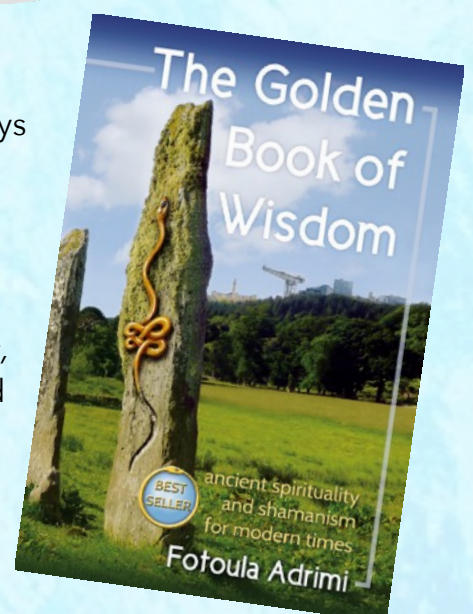
Then visualise, or imagine, the power animal / energy as a brilliant light in your heart centre. This light becomes a sun that spreads warmth and luminosity into every part of your body. Every cell is bathed and filled with the energy of your power. Stay in this space for as long as you wish, nourished by the light of your power.

Then, when you are finished, thank you power (animal) and slowly come back by gently opening your eyes and becoming aware of your surroundings.

Suggestion

Fotoula suggests doing this practice for three consecutive days and any time you feel an inner need to get in touch with your power.

Fotoula writes about personal power and shamanic power retrieval in the first chapter of her book - *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times*, Chapter 1: *Reclaiming personal power*. She has also recorded the ceremony at the end of this chapter and made it available on [youtube](#).



Courses, Circles, Retreats and Transmissions

Temple of Gaia - Teachings of the Living Light/Path of ISIS - October

12-13 Oct **The Healing Path of ISET, Part 1** - for practitioners who have completed Spiritual Path 2
4.00pm, 27 Oct - ISIS Ceremony of the Living Light - Day of the Dead, The Mysteries of AUSIR
ISET Practitioners are also welcome to repeat any of the above courses (reduced cost). For more information or to book for any of the courses email Fotoula: info@isis-school.com

Glasgow Shamanic Circle - October

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in **October - 7th, 21st and 28th** at the Glasgow Theosophical Society, 17 Queens Crescent - 7.00-9.00pm.

Saturday Meditation Group and Weekly Meditation Circle - October

5th Oct **Saturday Morning Meditation Group** facilitated by Fotoula Adrimi and Fi Sutherland, meets in the Library of the Glasgow Theosophical Society, 10:00-13:00. In October we offer an attunement and activation from the Great Pyramid as we share the Light from our pilgrimage to Egypt in September.

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 **October - 10th, 17th, 24th and 31st**. For more info and to book for any of the meditation groups, email Fi: fi@isis-school.com

Shamanic Workshops - Death and Dying Part 2

30Nov-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

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

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

Energy Transmissions (open to everyone, world-wide) - October

The **ISIS Energy Transmissions of the Living Light** continue on Wednesdays evenings from 19:00-20:00 (UK time). In October there are four Transmissions - **9th, 16th, 23rd and 30th**. Please email The School: info@isis-school.com if you wish to connect with any of these Transmissions.

The **Rays of Divine Consciousness Transmissions** - The next Rays Transmission is on **Sunday, 6th October 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.