

The ISIS School of Holistic Health Newsletter

Issue 5: November 2016



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



These are the words of ISIS, as channelled by Fotoula Adrimi

"The change of the seasons takes place every year. In the northern hemisphere, the arrival of the winter brings a change within too. In nature, energy resources become precious. This is a time when you need to look after yourself and, like a tree, hold onto what is important, so you can thrive during the cold months.

A similar time is upon the Earth's history. To survive and thrive as a species at these changing times, you need to consider what you must keep and what you need to let go of. Like a tree, the old leaves that have done their job must fall, so that the tree can thrive.

At a personal level, it is time to examine your own life. Look at what serves you at a higher level, and what you have been carrying that stops you from thriving and realising your life's purpose. It is important to view yourself and your life with compassion and self-love and, at the same time, with determination, so that you can make the changes these times are asking of you.

At a global level, humanity is slowly but gradually awakening to the fact that the way the world is right now will only lead to its destruction. Rather than going into fear, this is the time to envisage the new reality on Earth, one that is based on harmony. Yet, how can harmony exist globally, when it is not present within? Doing the inner work is as important. When many of you find that place of inner balance, a transformation can happen in the world. The Earth supports you during this time of upheaval and change, and holds you in your process, both individually and collectively. It is a great opportunity for you to walk past the fear of many generations, to embrace a new reality for yourself and the world. "

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Teaching Story: The Myth of Agamemnon



In the myth, Agamemnon is the ruler, high king, general of all the Greeks, who takes his army to Troy to fight the injustice done to his brother. It comes at a personal cost; before the ships can sail for Troy, he is told to sacrifice his own daughter, Iphigenia, to Artemis. However, Artemis covers the lady with a cloud and transports her to her temple.

This is also a type of sacrifice; Iphigenia remains a maiden, serving the temple, dedicating her life to the Goddess, to the end of her days.

Yet Artemis does not act out of selfishness; what can a Goddess need from a mortal? She does this to protect Iphigenia from what is to come.

With her husband gone, the Queen, Klitemnistra, takes her husband's brother as her lover, and he rules in all but name. The remaining royal children are ostracised and the palace becomes an unsafe place. On his return, Agamemnon is killed by his brother and his unfaithful wife. Maybe that was his due, as he never considered her and he was unfaithful too. He also killed many men in battle, destroyed a city, plundered its wealth and enslaved many of its people. Karma always needs to be repaid.

Yet Agamemnon's wife and brother also have to pay for taking his life. Orestis, Agamemnon's son, returns enraged and murders them both. However, he cannot take the throne. His suffering is immense, for it is the suffering of the mind. Murdering the woman who gave him the gift of life, he runs mad into the wild, with no respite.

Iphigenia, alone in the temple of Artemis, has been spared the family drama. Instead, she has been focusing on studying the spiritual arts. When her brother is driven to her temple by his suffering, she is able to heal him and take away his madness.

Artemis, the huntress, carries away Iphigenia into her temple, so that she can be spared the family drama and study the healing arts.



The myth speaks of terrible things: murder and blood that need to be repaid. Caught in the cycle of karma, the players can see no escape. They feel compelled to play their roles, to act according to what their belief system demands. Agamemnon, as the head of the Greek army, feels it is his duty to sacrifice his own daughter, so the ships can sail to Troy. Klitemnistra seeks revenge for years of bitterness and neglect. The son, Orestis, is blinded by his rage and believes his honour can only be restored through the murder of his uncle and mother. Only Iphigenia, who has been sheltered from all the chaos, can see the bigger picture and offer forgiveness and healing.

The cycle of karma continues until we step out of it. There may be situations in which we see ourselves as the victim and then, by seeking revenge, we become the perpetrator. Karma has a way of finding us in both roles. And sometimes, due to our conditioning and belief system, we may feel we have no choice.

In these situations, we can either play out our karma, in lifetime after lifetime, incarnating in the different roles, or, we can wake up to the consequences of our actions and seek another way. At some point, immersed in suffering, like Orestis, we may find that help presents itself.

And what about Iphigenia? Is she a sacrifice for her family, or the helper who heals the family line?

Like Iphigenia, at different times in our life, doors can open for us, inviting us to take another way; opening a path for us to get in touch with our spiritual nature. We may spend years living inside our own bubble, away from the strife and drama of the everyday world. And then, when the world comes to us, we may find we have the capacity to help.

Living a spiritual life is an act of Service.



The Island of Delos, sacred birthplace of Moon Goddess Artemis and Sun God Apollo.

The Rays of Divine Consciousness Retreat

As a way of mitigating and purifying Karma, the ISIS School of Holistic Health, runs an annual retreat of the Rays of Divine Consciousness.

The retreat includes karma purification ceremonies that take us into a deeper understanding of the karmic seeds within us, from this or other lives. Layers of karma can be revealed for us to clear and remove from the body, through these ceremonies.

For more information about the next retreat, follow the link: <http://www.theisisschoolofholistichealth.com/the-rays-retreat>

Courses, circles, retreats & transmissions

ISIS Trainings for November and December 2016

- 4-6 Nov** **The Spiritual Path of ISET - Part I**, for beginners who wish to walk The Path of ISIS
- 19-20 Nov** **The Healing Path of ISET - Part I** for those who completed the Spiritual Path I & 2
- 26 Nov** **ISIS Healing exchanges** for practitioners who completed the Healing Path 1 & 2
- 10-11 Dec** **The Healing Path of ISET - Part II** for those who have completed Healing Path 1.
- 17 Dec** **The ISIS silent retreat** for those who have completed the Spiritual Path I
- 20 Dec** **ISIS Ceremony** - Winter Solstice Ceremony - The Birth of Horus

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

Glasgow Shamanic Circle

The **Glasgow Shamanic Circle** - the **Way of the Drum** will meet three times in November, on the 7th, 21st and 28th, at the Glasgow Theosophical Society, 17 Queens Crescent, G4 9BL
The next shamanic beginners course: **The Journey of the Shaman and Retrieval of Personal Power** will take place 4-5 March 2017, and bookings can be made now.

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

Meditation

- 12th Nov** The **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 on the 3rd, 17th and 24th of November.

For more information email Fi: fi@isis-school.com

Residential Retreats

- 07-13 Oct 17** The week-long **Rays of Divine Consciousness Retreat** takes place annually in Kilmartin, Scotland. Next year's retreat begins on 7th of October 2017. The Rays Retreat is a great opportunity to work on our karma and life path, and rebalance the DNA.

Energy Transmissions (*open to everyone*)

The **ISIS Energy Transmissions** continue on Wednesdays evenings from 19:00-20:00 (UK time). The Transmissions are open to all. In November there is a transmission every week on the 2nd, 9th, 16th, 23rd and 30th. Please email Fotoula or Fi if you wish to connect with any of the ISIS Energy Transmissions.

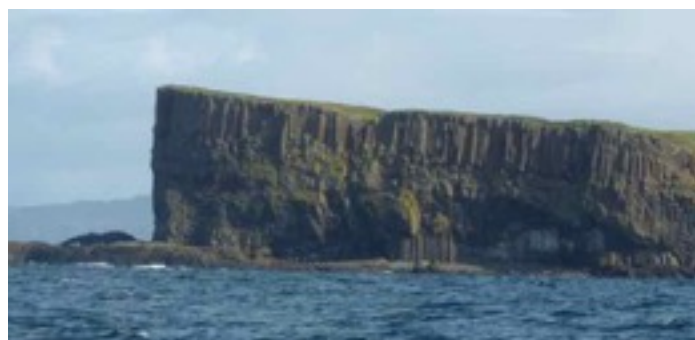
The **Rays of Divine Consciousness Transmissions** take place once a month. The next Rays Transmission is on Sunday, 13th of November from 14:00-15:00 UK time. There is no need to let us know if you are connecting with this Transmission.

News of The ISIS School

The three Retreats

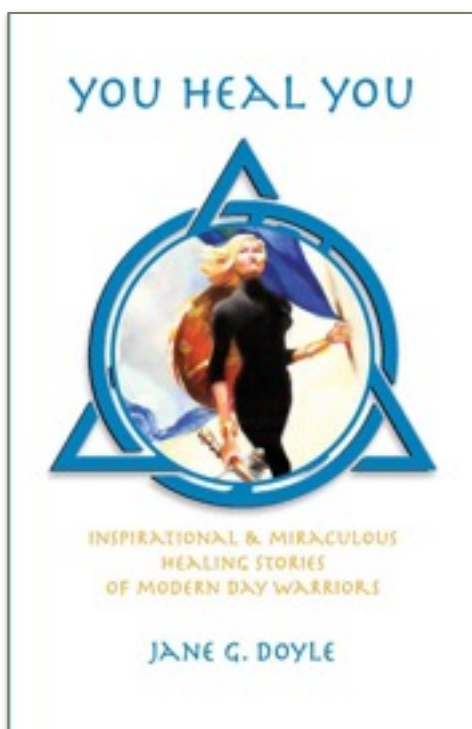
In September and October 2016, The ISIS School of Holistic Health facilitated three successful retreats; the ISIS Retreat in Iona, a shamanic retreat in Southern Germany and the Rays Retreat in the ancient land of Kilmartin, Scotland. In each retreat, there was a sense of deep connection. We co-created a space of high vibrational energy that carried us through many layers of self-awareness and realisation. Working with the high energies of Light, each retreat allowed us to touch into a deeper knowing of our own divinity.

The gifts of these retreats are immense to those seeking, with an open heart, to experience their own light. All three Retreats will run again in 2017. The German retreat will offer the ISIS Teachings followed by an additional day of ceremony at the Hill of the Unicorns.



Left: The entrance to the ceremonial site on the hill of Dunadd, where the Kings of Scotland were crowned in ancient times. (Rays Retreat).

Above: Fingles Cave, Island of Staffa, ISIS Retreat, Iona.



YOU HEAL YOU - A beautiful book of miraculous and inspirational true stories by Jane G. Doyle. Fotoula's story of reclaiming her spiritual life and purpose is featured in the book, chapter 22.

The San Francisco book review just gave the book a rating of 5 stars.

The book is available on Amazon UK, in paperback or kindle. <https://www.amazon.co.uk/dp/153527820X>

YOU HEAL YOU - Book Launch

Fotoula will launch the book at a talk in the Glasgow Theosophical Society, 17 Queen's Crescent, G4 9BL, on Thursday, 10 November at 7.30-9.00pm.

On the night there will be copies of the book for sale, for those who wish to purchase it.

Cost for the evening, is £3 for TS members, £5 for non members. All entry costs go to the TS, a non profit organisation.