

## Transmutation News October 2021

As a species on the planet so many have moved into a state of fear and anger when the truth of the matter is our spirit is burning so bright.

I have shared that I feel so much of the division is coming from the fact that we are restless. We are restless physically, emotionally, and mentally. Our attention is focused on the outside world when this only brings us more suffering. For there is nothing we can do to shift the current state of the world.

What we are being asked of, is to go deep within where our spirit resides and brings to us a feeling of centeredness and solidity. When I tap into my ego, I fold into feeling like a small child who has no support around me and feels so insignificant in the magnitude of all that is happening right now.

I felt I was moving into the space of feeling so small and insignificant too much. It was good to identify that this is how my ego feels. But it is not a healthy or productive environmental state to live in.

I started two practices that are practices of transmutation from the Medicine for the Earth work. Every feeling that brings fear or anger to me I imagine myself doing a shamanic extraction on myself, and I feel myself pulling out and pushing out the energetic state. For after all we are energy. And that energy can be moved around. It can't be destroyed. But I can do my transfiguration work and experience more light filling up the empty spaces where the spiritual blockages were in my body.

And every thought that passes through my mind I transmute to an energy of love. I imagine that energy filling me up and being shared with the collective. No matter how deep my anger is I can easily transmute it into love for I actually don't feel I have the energy to carry anger around anymore.

These practices are so simple and I have integrated them into every second of my life. For there is a lot of time to reflect in the midst of all that is happening.

I really feel we are being backed into a corner while we are trying to dig our heels in deeper. We have to change. The world is changing, Nature is changing, our way of life is changing and we have to find ways to find the inner strength to walk a new path in life.

And we must take the time to stop and grieve all we lost on all levels including how we live our lives. People are running away. They are just trying to make believe everything is fine and nothing needs to change.

This is the issue. The pandemic and the climate changes and disasters are here for a reason. It is part of our journey to stop and reflect on what is being asked of us. We can't run from the times we are living in.

And the only thing that will bring you the comfort and peace you so desire is to focus on your every minute-to-minute spiritual practices. They will keep you sane.

If you do your work, you will be astounded at where the current changes and the flow of life is now bringing you too. But you must accept that things won't be "normal" again. You must grieve what you lost or the energy of grief could get stuck in your body causing another spiritual intrusion.

There are such amazing lessons for us and states of consciousness many of us are attaining by using this time as an opportunity to do a deep dive within. I have been writing about how we have been riding the surface waves of spiritual practices for 20 years!! And now we have no choice. If we want to walk our current journey with grace we must go within and follow our inner guidance, own everything we are projecting into the outer world, grieve, and enter into the flow of the river of life.

In times of deep challenges. we must:

Stay focused

Stay positive

Stay centered.

The full moon is October 20. Let's drop into the brilliant light that fills our energetic field and be strong links to radiate this light into the collective field of energy. Let's fill the Earth and all of life with our love and divine light.

If you are a new reader for the instructions for our full moon ceremony read *Creating a Human Web of Light* on the homepage.

Evelyn C. Rysdyk is an internationally recognized shamanic teacher and bestselling author whose titles include *The Norse Shaman*, *Spirit Walking: A Course in Shamanic Power*, *A Spirit Walker's Guide to Shamanic Tools*, *The Nepalese Shamanic Path* with indigenous Nepali jhankri Bholu N. Banstola. Evelyn's new book, *Shamanic Creativity* can be pre-ordered from bookstores, now.

Video intro:

Join Evelyn in this video for a guided ceremony of healing and deep connection with the Living Soil of our planet. Here is the link. Enjoy this beautiful video that Evelyn made for us.

<https://youtu.be/UNaW0EaNg70>

Also, if you are a new reader of the *Transmutation News* we started a Facebook page to inspire each other. It is only for positive and inspiring posts and is called *Shamans are the Gardeners of Energy*. The answer to the secret word to join is "Transfiguration".

Announcements:

There is still room to get into my *Spiritual Immunity* course taught by the Shift Network.

<https://shiftnetwork.isrefer.com/go/spSI/ingerman/>

I know many of you are getting notices from Apple about the *Transmutation App*. I have found a team who is willing to help me update the Apple *Transmutation App* and create the Android version. It is such a gift to have this team be willing to work with me. Some of the original programming information is missing. But they feel they have enough to get around this issue. I am excited to have the *Transmutation App* available. I think the work is almost done.

In the 1990s Isis asked me to start training teachers. She said that it would become too hard to travel for people to be able to sign up for non local workshops. It took me some time to gather myself to start leading Teacher Trainings, but I did start in 2004.

Due to the Covid, and the massive airplane cancellations due to weather, lack of pilots, and staff, Isis' statement is definitely relevant right now. I trained wonderful teachers teaching all over the world. Please visit [www.shamanicteachers.com](http://www.shamanicteachers.com) to look at the wealth of workshops you can take and are probably close to where you live.

I am waiting until I know if I can complete a Practitioner Training while we are still dealing with the Covid and the danger of retreat centers having to close. I am waiting to see how things proceed for the Practitioner Training I will teach at a physical retreat center. As you know I believe teaching advanced healing workshops online is unethical and dangerous. The internet is not a way to transmit the ancient healing practices that can be the difference of life or death in a client's life.

So I am journeying and watching carefully the trends of how retreat centers are operating. Stay tuned for my workshop will be small, and I know there will be a lot of interest. Make sure you are signed up on my email list for when I schedule, I will announce the training through a dedicated email.

I still have Evergreen Courses that are already recorded on Journeying and other topics. Check out my Training page for further information. And of course, please check out my books and audio programs. I have received such great feedback, and they include information and exercises I teach in my workshops.

Renee Baribeau and I have a popular podcast called the Shamans Cave. People love it!! I love doing the podcast with Renee! Join us! Subscribe on [www.ShamansTV.com](http://www.ShamansTV.com).

My friend and colleague, Rev. Dr. AdaRA L. Walton, will speak again for The SHIFT NETWORK in Oct for their "Beyond The Veil" Summit. Her topic will contain a talk with a meditation sure to interest you! Her talk is: "The Full Spectrum You—Accessing Your Light."

The Summit airs the week of Oct 11-15. While she has not been given a specific day and time as of yet, I'm announcing it for your calendars.

AdaRA's website is: [www.spiritismylife.com](http://www.spiritismylife.com) You can reach her through Email there or by calling 505-221-6863. Thank you for supporting her.

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