

Transmutation News January 2022

We join together as a sacred circle to welcome in a New Year filled with new choices that we all must make.

Life feels so surreal to many of us right now. Time does not feel like it is following a linear cycle. But we do use certain markers of time to help us ground, giving us a sense that life keeps moving on in the midst of dissolution and also rebirth cycles.

Many people feel relieved when a New Year is welcomed in. For just celebrating that event helps us put some of our past behind and gives us a sense of something new to look forward to, and we get inspired to regain a sense of hope even though many of us have lost so much during these times of such upheaval that will lead to a different way of life that we can't quite imagine yet.

I can almost copy every column of the Transmutation News that I write to welcome in a New Year. In fact, I actually said publicly on a summit that I have been writing this column for over 20 years and basically if you read the thousands of pages I wrote, you will notice that I just keep repeating the same lessons and practices. For since I began writing the Transmutation News our world has suffered one trauma after another: sickness, division, war, and atrocities towards others and nature that are beyond our wildest dreams.

This happened in ancient civilizations too that were as advanced as us technologically. And then there were civilizations that had mastered the esoteric and psychic powers to create extraordinary sacred structures and magical ways of life.

Yet something took these civilizations down. In my workshops where we journeyed to some of these ancient civilizations, and we asked what destroyed them the answer was always the same – greed, ego, power over, division.

Over the years I have written about the Anasazi who I believe shifted into another dimension as they all disappeared simultaneously. Looking at artifacts from the land they seem to have all simultaneously disappeared during dinner. These beautiful beings lived 700-1200 AD in New Mexico, Colorado, Arizona, and Utah. From my journeys over 30 years, they transcended into a different dimension and are living a peaceful life.

We are once again at a choice point. There were theories that were shared many years ago that the Earth suffered a nuclear war once.

Will we keep making destructive life choices? We seem to be split on this issue. But there are so many spiritual practitioners, like all of you reading this column, that are working on choosing love, light, peace, kindness, and honor for all in the web of life. We perform our ceremonies together and keep taking small steps out of the darkness into the light.

Every New Year people get excited to read about the predictions of the year. Either they are looking for some hope or inspiration or want to know what they will have to prepare for if times get more challenging.

Each year I write that Isis recommends that we don't read predictions and that we learn how to stay in the present. For the present creates the future. And if you are too focused on what will happen next, you are not creating a new dream for the Earth.

For myself I wish to share a couple of themes to focus on for the year. And these themes are reigniting our spiritual strength and passion for life.

When we are walking through the Dark Night of the Soul the greatest tool we have is being guided by our spiritual light. And as I keep sharing the only way out is through. The power of our inner spiritual fire has the strength to keep us walking so we eventually find our way into the light.

My mother Lee Ingerman was my role model on what spiritual strength can do. I watched her suffer throughout her life, but she never let her spiritual fire go out, and it kept her moving and living to almost 99.

When she was 94 she became ill with a septic infection. One day the doctors at the hospital told me she would not live through the night. So I sat with her all night. In the middle of the night when she was hallucinating, I told her it was okay for her to go. And she sat up so straight in bed and with her fists striking the bed she yelled out loud "I am not ready to leave this life yet!" And she didn't. But right after she came out of the hospital, she broke one of her hips, and her spiritual strength and her passion for life got her through this event again.

I watched how her spiritual strength and passion for life kept her alive and living a good life until 99. She loved life! When she died her brain was better than mine. I always felt like she had super power as she lived on chocolate, cookies, and Coca Cola.

We cannot deny the power of spiritual strength and passion for life and all that will help carry us through.

We must find the courage to dig deep into our own inner landscape and find your spiritual fire and keep it ignited this year so that your light can carry and guide you into the light whatever dimension of life that spirit brings you to.

In my second book Welcome Home I shared my most powerful soul retrieval case study of working with a young woman dying of HIV. The case study is fascinating and too long for me to repeat here. But I will share the message of my guardian spirit that works with me for healing.

Due to my client's long history of many illnesses, my guardian spirit said that the cause of her illness was apathy. And that the cure was passion for life. He said her lesson in this lifetime was what occurs when viruses, bacteria have more passion for life than we do. They thrive while we get so ill.

This was a powerful message to share with the world. For my guardian spirit said if viruses and bacteria have more passion than life than we do they thrive!

When you look into the eyes of others do you see the light of passion through the general global population? Or do you see the emptiness in their eyes? I don't see most people in the modern world having burning passion for life. I see a lot of apathy, emptinesses, and hopelessness.

How do we survive the times we are in without the fire of spirit and passion for life? This is a question to ponder and to come up with some answers so you can change the reality you are living in right now and rise up to making new choices that will bring health on all levels into your life.

This month I will lead a journey to welcome in a New Year where we can make new choices that change the path we are now walking on.

For those of you who cannot join in with us on the journey you can do this work on your own. What are simple things you can do that will bring passion and meaning back into your life? Make sure you don't get too grandiose in what you come up with or you will end up procrastinating as you did not create a bridge from where you are now to creating a life filled with spiritual fire and passion.

I hope you will listen to what I have to share, and I will talk more about the case study I mentioned above.

To listen to the recording of this talk on Shamans Are Gardeners of Energy, click on <https://www.youtube.com/watch?v=VWwK9Gm0UyQ>

January 17 is the full moon. Spiritual healing actually happens by our presence and how our energy field is filled with light, love, spiritual fire, and passion. With your transfiguration practice for this month please do whatever preparation you need so that your eyes light up with the passion of life and of your spirit. And become the light of the stars, sun, or the moon. And let that light radiate in a way that guides all of life through the darkness we are experiencing right now. If you are looking for ways to be in service, well this is a great practice to do. Transformation` is actually easier than the complicated ways we tend to look at to create deep changes.

If you are a new reader of the Transmutation News, please read Creating A Human We of Light on the homepage for the instructions for our full moon ceremony.

I want to wish everyone the best for the New Year. And I call in the spiritual fire of this circle to assist all of us in looking forward to the great changes and teachings that this New Year will bring! I wish you and your families good health and peace during these times of dissolution and remembering.

Announcements:

Due to the Covid and all the unknowns I am waiting to make plans for when I can teach a physical workshop. Keep watching the announcements and of course I will send out an email if something changes.

I have been teaching on Zoom since 2015. And it is just not a platform that allows me to go deep enough with my work. So I am keeping to writing a new book and journeying to see how my spirits want to keep sharing the spiritual work that can take us deeply into a new dimension of life.

In the meantime, I have my incredible list of teachers I trained who are teaching a lot over Zoom for in person. Please take a look at the workshops being offered by so many brilliant teachers on www.shamanicteachers.com. And on this site, you will also see the practitioners I trained that you can receive healing work from to strengthen your spiritual strength.

I love working with Renee Baribeau and doing our podcast The Shamans Cave. Many of you listen to it and give such good feedback.

But please note I have a favor to ask. You Tube will give Renee and I more help to do our podcast if we have more subscribers.

I have been writing the Transmutation News for over 20 years and have not missed a month. We have about 13 volunteer translators bringing the newsletter to non-English speakers.

So much work goes into the Transmutation News each month. You have no idea how much love I have poured into every column and how much I love all of you.

If you want to do a simple act to support my work, please just push the subscribe button on ShamansTV.com. You will not receive any communication from Renee or me unless you sign up for our schedule of podcasts.

You will not be contacted in anyway. You simply are now a subscriber which means nothing unless you watch the show.

If you feel in your heart you would like to thank me for my work, please just push the subscribe button on ShamansTV.com.

Bestselling authors, Marci Shimoff, Dr. Sue Morter and Lisa Garr are giving away a free ebook "The 4 Biggest Mistakes that Keep You From Living a Miraculous Life" for a very short time to help you kick off 2022 in the best and most miraculous way possible.

This ebook is a must-read if you'd like to know how to...

- Release old energy that's keeping you stuck in the past
- Replace feelings of lack or unworthiness with deep and lasting self-love
- Turn around the self-sabotaging mindset of always expecting the worst
- Identify the people in your life who might be interfering with your desire for miracles
- Plus so much more

If you're ready to have 2022 be the year you receive more miracles in EVERY area of your life including love, health, money, happiness, passion & purpose, and success don't miss this opportunity to learn from these three dynamic women who have inspired and transformed the lives of hundreds of thousands of people all around the world with their teachings.

Click here to receive your ebook and get into the Miracle

Zone: <https://au384.isrefer.com/go/ebook/grace>

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