

## Transmutation News May 2022

Recently I have been sharing with friends, practitioners, and teachers an article my husband forwarded to me written in Women's Health. It was a very interesting article that pertains to most of us. The article focuses on what they call sensitive women –“the sensitives”. This is a women's magazine, so they focused on women, but most of the men I know fit into what is now being labeled as “sensitives”. As you all know I don't believe in labeling people. But the information was quite interesting.

The article spoke about sensitive women who used to have a role in their communities of being the shamans, healers, mystics, and artists. Again I believe this refers to men too.

But without these ways of being in service and living in the dense collective we created, our lives are fraught with so many challenges. We are empaths and living in today's world with so much violence, division, and pollution is challenging for so many people right now.

I follow a female doctor online. And she is talking about how sensitive her patients are getting and can't take most supplements anymore. And she said she is finding the same is true for herself. I tried to explain to one of my doctors that I can't take a benign supplement he wants me take, and he just looks into my eyes and says, “I don't understand”. But I have become so sensitive that some minor medications can send me to the ER.

The world is where it is right now. And we are so in the middle of being resculpted by the forces of the universe. All spiritual practitioners are going through their own “polishing” process. And part of this is learning how to live in a world that is in between times and is basically in chaos. How do we not take that on and digest what is indigestible?

I wrote many years ago about an astrologer who pointed out to me all the shelves of antacids in pharmacies. And this conversation was in the early 1990s. Imagine how the aisles have filled almost double or triple with antacid products.

The astrologer remarked that this was a metaphor on how we can no longer digest life.

And you can see for so many, what he said is truer than it was in the early 90's depending on one's situation of course.

I have been sharing tools for all of us to be able to transmute into light all that we take on as we learn how to transform the issues life brings to us on all levels. And transfiguration has been and is used in all spiritual practices to neutralize all we digest on all levels - mental, emotional, physical, and spiritual.

Spending time in nature is healing balm. And leaning how breathe so you are not engaging your sympathetic nervous system versus your parasympathetic nervous system is crucial for your health.

So we have our tools we can use. Besides what I mentioned about, we have our ceremonies we can use to release what no longer serves us, to call in blessings, for prayer, and for many other intentions that help to put us back into a place of center, a place of inner peace, and at one with the power of the universe and the creative forces. Performing ceremonies is the most powerful way to move through transitions and changing times as performing ceremonies places us back into balance.

We have singing and dancing and the list goes on. I have shared so many tools, practices, and ceremonies over the years with all of you in this column and especially in my books.

I got a wonderful email from my book agent that the publisher of my book *How to Heal Toxic Thoughts* shared it is selling so well right now. I wrote the book I think in 2006, and it only about 100 pages. When I was working with my editor, she had the entire staff in the publishing company read the book for learning the tools I was sharing. The book became very popular among the staff.

It is a great book and includes what I teach in *Medicine for the Earth* and *Walking in Light*, but is written for a mainstream audience.

The only additional thing I feel I have to share on this issue for now is that we have to learn how to feel safe inside ourselves. And of course transfiguration is perfect for this.

You can do some guided visualizations where you imagine yourself in a bubble of your favorite color. I use the blue egg, which you have all read about multiple times in everything I write, and is written about in *How to Heal Toxic Thoughts*.

And once you feel yourself in a safe bubble you can feel yourself in another bubble created by your helping spirits, the divine beings you work with, or the power of the universe.

I did a visualization with this practice one night before I went to sleep, and it was amazing to feel how insulated I felt by the energies that were throwing me off balance. We have to learn how to live in the world we created, but as this life is causing deterioration of health on many levels we also have to learn ways to protect ourselves from the craziness of the outer world and find inner peace. Then we can engage more fully if we choose to.

Some people who choose the path of finding inner peace through spiritual practices choose to stay isolated from the collective and some choose to engage more. It is all about what your own soul desires and what way of life feeds and nurtures you.

We have a long way to go before we will see positive changes to the world at large. It is important to find ways, tools, practices, a path that leads you to inner peace and remembering you are one with the Creator and cannot be harmed. For we are all Spirit and our Spirit is immortal.

The full moon is May 16. Let's join our hearts and spiritual power together and create a strong link among ourselves and the creative forces of the universe. When we do this the practices, we engage in become truly exponential in their power to create positive change.

Let us become one light filled Human Web of Light. Our light nurtures every being that is alive. And our light weaves a web of healing within and throughout the Earth.

If you are a new reader of the Transmutation News please read "Creating a Human Web of Light" on the homepage.

Please check out my announcement on digital courses that are now available to purchase at any time. The course on the Dark Night of the Soul is so relevant to all of us right now as we walk through the dark and challenging times together.

Heather O'Connell was in my last Teacher Training. I have followed her work since she graduated my training, and she is such an innovative and brilliant teacher. I gave her such a wonderful review on her website as I really believe she is a born teacher. Heather's website is [www.heartofthehealing.org](http://www.heartofthehealing.org)

Heather has recorded a powerful ceremony for us to perform this month.

Title: Reclaiming Your Power with Fire Ceremony

Here is the link for the May YouTube Shamans Are Gardeners of Energy video:

<https://www.youtube.com/watch?v=LePmh7H5hGY>

Here is the link for the pdf where Heather explains how to release the physical stones to an Element by leaving them in the forest, releasing them to a Waterway, or a Fire:

<https://www.sandraingerman.com/wp-content/uploads/2022/04/reclaiming-your-power-with-fire-ceremony.pdf>

Announcements:

I am delighted to announce that my book *How to Heal Toxic Thoughts* is now out in Dutch. It is published by A3 boeken. [www.A3boeken.nl](http://www.A3boeken.nl).

I am still waiting until the spirits give me the go ahead to create an in-person practitioner and Teacher Training. But there are resources for all of you to keep learning.

I still have Evergreen Courses that are already recorded on Journeying and other topics. Check out my Training page for further information. And you have all received my dedicated email that all my Shift Network courses are now all digital and can be bought by you to learn from at any time. "The Dark Night of the Soul" is such a powerful course and has great tools to get you through challenging times.

On [www.shamanicteachers.com](http://www.shamanicteachers.com) you can find shamanic practitioners from all over the world who trained with me who are doing remote healings right now. And many are working with people in person. And I have been training brilliant teachers since 2004, and you can find online workshops and in person workshops by visiting the website.

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.

And don't forget to visit our Shamans are Gardeners of Energy Facebook page to post inspirational stories and images and also to be uplifted by what our community is sharing. To join the Facebook group Shamans Are Gardeners of Energy, go to: <https://www.facebook.com/groups/991720834662313>. The password is "Transfiguration". I am back on this FB page. I had to leave FB for awhile just for a rest. But I began participating again on his page last month.

And of course 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). And subscribe on You Tube! Our show had completely taken off on You Tube, Buzz Feed, and Apple. We are getting the most amazing feedback on our podcast.

And if you have a topic you wish for us to address you can email [shamanscave@gmail.com](mailto:shamanscave@gmail.com). I will receive your email and the topic is appropriate Renee and I will discuss it.

I will be teaching a new online course for the Shift Network, and I am excited about it as it will create a stronger community and more engagement from participants than in my other online courses.

I will teach shamanic journeying to the Lower, Middle, and Upper Worlds to discover the compassionate spirits that are guiding us, protecting us, and willing to help heal us and perform our ceremonial work.

Once we are grounded in the core practices of shamanic journeying, we will start working on behalf of each other in small groups. There will be journeys on what is happening in the world or in nature, such as during changing seasons, where participants will discuss with each other in small breakout groups the wisdom they learned through their journeywork. In this way everyone gets to share different pieces of the puzzle. For we all only get certain pieces in our personal journeys.

And we will have the opportunity to perform healing work in small groups where there are participants who need guidance or healing help.

Participants will also be able to ask me questions.

I am very excited about this course. My free introductory call will be in June. And then the 7-week course begins on July 12 and ends on August 23.

This course is perfect for those of you wanting to learn the art of shamanic journeying and is also great for seasoned journeyers who would like practice sessions to deepen your work and learn how to work with your community.

I don't have registration details yet for my free introductory call or for the course. As you know I will share more information as I get it.

For now, please save the dates.

Denise Andes is a good friend of mine and a brilliant shamanic practitioner and teacher listed on [www.shamanicteachers.com](http://www.shamanicteachers.com). She has a great sense of humor, amazing intuition, and has been through her own personal traumas leading to a powerful initiation.

Denise is teaching a new training, and I would like to introduce Denise to you:

'Throughout my 30+ years in private practice, I have never experienced, in our greater collective, such a deep sense of Fatigue, Confusion, Anxiety, and Depression. Please join me in an online Journey Circle to

explore and bring healing to our Nervous Systems and how they are mirroring the Earth's Nervous System.'

Denise's website is <http://deniseandes.com/>

For more information on the course click on: <https://deniseandes.com/findingexpansion/>

Nicholas Breeze Woods is an amazing shaman. I have turned to him in my deep crisis, and he was one of the only shamans who could help me. He wrote a new book that is so much more than the books you see on the market today.

The title of his new book is *Walking with the Tiger: Deepening Your Shamanic Life*. I cannot recommend this book enough!

Nicholas Breeze Wood has researched and practiced shamanism for almost 40 years, combining it with the more 'earthier' end of Tibetan Buddhism, as well as with 'medicine' teachings from Native North American peoples.

He has worked with many gifted medicine people, shamans and lamas over the years, and is also deeply apprenticed to his own spirit helpers, whose teachings never fail to awe and surprise him. His shamanism is a fusion of traditional Himalayan and Mongolian forms, combined with teachings from his own spirits.

He has extensively researched the use of ritual objects within Shamanism and Tibetan Buddhism for his entire adult life, and works deeply with ritual objects within his own shamanic practice.

He holds traditional teachings and - where required traditional initiations - for their use.

Nick is the editor of Sacred Hoop Magazine - [www.SacredHoop.org](http://www.SacredHoop.org) - a leading international magazine about shamanism - published since 1993. He is also a musician and artist.

The book is available on Amazon. This link will lead to some extracts and a link to Amazon

[www.Walking-with-the-Tiger.co.uk](http://www.Walking-with-the-Tiger.co.uk)

Reese Jula really came to my aid when I first developed an incapacitating disorder. And the story of her life is filled with such deep mystery and adventures that brought her to a place of being able to transmit some incredibly deep wisdom. She describes herself as an explorer and novelist.

Reese has a trilogy she wrote and the third book in the trilogy just came out. The book is titled *Spirals of Light*. The book is published by Balboa Press. If you wish to buy it from Amazon type in this to find the book on Amazon:

Spirals of Light-Darius-Endless-Cord

Robert Moss is expanding his Dreamwork trainings into working with the multiverse.

## TIME TRAVEL AND REALITY CREATION IN THE MULTIVERSE

a new 7-week online course with Robert Moss on The Shift Network

Free intro event on May 14. Here are some topics Robert will be covering:

- Learn the art of dream travel. In dreams you can travel without leaving home and be as social as you please.
- Dream a better future.
- Meet More of Your Soul Family in the Multiverse Through shamanic lucid dreaming, you can explore past lives - those of your ancestors, the ancestors of the land. and of spiritual lineages to which you are connected.
- Explore Your Parallel Lives in the Many Worlds. Physics confirms that it is more likely than not that right now you have countless parallel selves who made different choices, living on timelines near or far from you.

For more information please visit: <http://mossdreams.com>

Michael Stone used to assist me at some my trainings. And I have done brilliant interviews with him since *Medicine for the Earth* came out. He is also the host for the Shift Network Shamanism Summit.

Michael has two new courses he is teaching:

Relational Intimacy. This is a process of deepening and evolving our sense of relatedness to ourselves, each other, and our natural world. This is an experiential and mystical workshop designed to heal the wounds of the trauma induced adaptive child and tap into the natural genius and interdependency of the wise adult. Discover the alchemy of relational intimacy. For more information go to [www.WellofLight.com](http://www.WellofLight.com)

On Relating and Relationships  
A Free Masterclass with Michael Stone  
May 3rd, 5-6:30 pm PM

Do you find yourself having the same habitual conversations, upsets and frustrations with your spouse, family and close friends? Do you often feel not heard, seen, or gotten by others? Do you struggle to get what you want in life? Then you may want to attend this free master class and discover a whole new paradigm for relating and relationships.

Copyright 2022 Sandra Ingerman. All rights reserved.