

Transmutation News July, 2022

As you know people are feeling very restless and simply want to go back to their former lives where they felt everything seemed normal. Of course nothing was going at a harmonious fashion or we would not be seeing the intensity of the dismemberment we are seeing today.

I have been noticing comments among some of my friends and closer students. They are really ready to engage in life again. And so many I know who had such strict meditation, yoga, and shamanic practices are telling me that they are spending time more trying to get back into life and are letting their practices go or take second place for when they can find time.

Some people I know are starting their days reading the news instead of doing the practices that healed and formed their lives for so many years.

Once again, we are getting a little lost on our priorities.

We all want to believe that life will become normal again although I don't think anyone I know can define that term anymore.

For me I try to be an optimist as I have been working for so long with my helping spirits that I do hold a bigger and more expanded perspective to what is going on. This gives me clues of how to keep walking on my own path instead of getting lost in the craziness of the collective. By keeping to my spiritual work and not allowing the restless feelings to take over I can stay centered knowing that there is so much chaos and tragedy around me. I do believe the only calm I can create in this lifetime is the calm inside my inner landscape. I think the world has its own destiny.

As I keep sharing repeatedly, the world is just too big for us to take on all the tragedies that are coming our way to make us grow and shift our priorities. We really have to take a step back and look at our own lives and how we can contribute to our communities.

I have been talking a lot about "sensitives" with Renee Baribeau on our podcast the Shamans Cave. I am taking about it in summit presentations, and I am writing so much more about it.

Our sensitivity is our strength, it is not our weakness! It has always been the sensitive women and men who were the shamans, mystics, diviners, and healers of the community.

But people who are sensitive are getting lost in the news and taking more and more courses to try and find ways to heal from a gift that called you here to be a presence of healing for the collective.

So if you are feeling sensitive, if you are feeling impacted by all that is going on in the world, do your spiritual work. There is a dimension of reality just behind ours where there is complete harmony and balance and cooperation between nature and humans. We can bring through those beautiful energies into our life now in the midst of the craziness if we keep up our spiritual work and let nature be our doorway into this other dimension of reality where there is only beauty.

The full moon is July 13. Let's recommit ourselves to our spiritual work. Life might be making us feel a little more lazy, isolated, fearful, restless, and so on. But we can always come home to ourselves. Our

spirit is our true home and being one with the creative forces of our universe is the lifeline we want, to have a strong link for our eternal health and well being.

We can be a light in the world and create change for ourselves and the web of life. But we have to actively engage in our work with enthusiasm, passion, and through deep preparation.

Join with me and our circle to come together in complete unity as one beautiful, brilliant, and radiant light shining into dark places on Earth.

For those of you new to reading the Transmutation News please visit Creating A Human Web of Light on the homepage.

Sylvia helped me record a guided journey for this month to look at inviting in more feminine energies to the planet and into our lives to help return balance and harmony. Here is the link to the video recording:

https://www.youtube.com/watch?v=ID_CM2IJIDE

Announcements:

Most of my books are published in multiple languages which is so exciting! And the languages my books are published are listed in the resource section on Books and CDs. But I am especially excited that a deal has just been made to publish *How To Heal Toxic Thoughts* in Vietnamese. It is selling so well everywhere right now. This simple book has so many important tools for all of us! The Vietnamese edition won't be out for awhile as I just signed the contract.

I know I stopped talking about the updated version of the Transmutation App. We ran into quite a few technological issues. But the app will either be ready by the time this column is published or shortly after. Due to Android and IOS rules I actually had to change the name. So the app is now called Healing Your Thoughts. But the references in write ups on the app still say the Transmutation App. I will keep you posted when the app is finished.

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 have once again engaged in the world and am doing some traveling again. So now my next step is finding a good retreat center for the in-person trainings I would like to do. Right now, it is not easy to find one that fits my needs.

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.**

And **Healing with Spiritual Light** produced by Sounds True is a course that brings me the most feedback and how much it has changed people's lives and ability to move with grace during these times.

On 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. *How to Heal Toxic Thoughts* is selling incredibly well right now.

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.

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. 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. 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.

First I will have an intro call with Stephen Dinan which many of you will find interesting as I will be talking about what we have gained and what we have lost by introducing shamanism to the Western World. I have been reflecting on this for months now. I have been so focused on how shamanism was practiced in the past and how it obtained such miraculous results. We are still getting miraculous results from the work. But something seems to be changing. So I will discuss this on Saturday, June 25th with Stephen and the call will be recorded. The link to join is:

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

Before I start talking about this fascinating topic on the 25th I will share a message of hope for the spiritual community from my helping spirits.

In the actual course 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 in behalf of each other in small groups. I will choose a journey that speaks to current issues happening on the planet and then participants will discuss 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 then we will break into small groups where each group will journey to help one person in their group who has asked for guidance or healing help. It is always exciting to see how much easier it is to journey on someone else's issue and also to feel the power of the helping spirits working through you.

Of course I will include a session on transfiguration and how to teach this powerful practice in your community.

Participants will also be able to ask me questions.

I am very excited about this course. This course is designed to help bring shamanic work into your community. Again, my free introductory call will be in June 25. 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.

This will be different from my other online courses as there will be ways for people to work together in smaller circles. And the power of the course will be learning how to work in small groups so you can bring all the work I am teaching into your community.

This newsletter was published after my introductory call with Stephen Dinan on my new course. But there is a replay or if you just want to learn about the course you can click on the link below.

You can RSVP for free: <https://shiftnetwork.isrefer.com/go/sjchnSI/ingerman/>

Recently I had the wonderful opportunity to be a guest on Cissi Williams's podcast Let Spirit Lead. Cissi is really on fire with her work. She does wonderful shamanic work and teaches on the goddesses too. We were going to talk about soul retrieval. But found ourselves gracefully addressing different topics about shamanism in the modern world.

The episode is now up on Let Spirit Lead podcast, which is available on iTunes, Spotify and other places where you find podcasts, plus on Cissi's website on <https://www.cissiwilliams.com/podcast>

I have really loved all my conversations with Laura Dawn who is definitely working outside of the box. I have a lot of respect for the work she is doing.

Laura is thrilled to support the launch of @supportgrowmedicine.

Grow Medicine is a donation platform that makes it easy for the psychedelic and medicine community to step toward Right Relationship with the traditional knowledge holders of these sacred medicines.

A donation through Grow Medicine goes towards Indigenous-led initiatives that are strengthening communities in their efforts to conserve keystone plant medicines and traditional knowledge that they rely on for their healing and cultural survival.

Visit www.growmedicine.com for more information. Grow Medicine is a project of the IMC Fund.

Practicing Unshakable Joy With Brother Lawrence, the Friar d'Amour with Carmen Acevedo Butcher, PhD (June – July 2022)

I saw this talk advertised and it looked so interesting for me I decided to sign up and share it with you. I tend to like to really be attracted to stories from elders about getting through challenging times.

Each day, we're bombarded with stressful news and other distractions — on our televisions and phones, in the conversations around us, and within our own quiet moments of reflection.

The wisdom our world needs right now, affirms Carmen Acevedo Butcher, PhD, an award-winning translator of spiritual texts, can be found in the teachings of Brother Lawrence, the Friar d'Amour.

Brother Lawrence was a down-to-earth mystic, monastery cook, sandal repairer, and disabled veteran who limped painfully all his adult life.

He lived through a time that was strikingly similar to our own — marked by authoritarianism, political division, social and economic disparities, climate crises, hunger, plague, global death, and war.

As a result, his writings, found after his death in 1691, are filled with profound yet practical tools and wisdom that apply to our moment in history — equipping us to live more calmly and deeply as we connect with ourselves, others, and God.

You can hear a replay of the introductory call to discover more about Brother Lawrence's gentle, simple practices for returning to love — and feeling more grounded in the midst of life's biggest distractions and greatest challenges.

You can register here for Practicing Unshakable Joy With Brother Lawrence, the Friar d'Amour:

<https://shiftnetwork.infusionsoft.com/go/puj/ingerman>

In Learn Advanced Techniques for Healing Yourself & Others: Tap Into the 4 Levels of Reality for a Multidimensional Approach with preeminent intuitive healer Cyndi Dale...

... you'll discover how to transform your everyday reality through the ming men doorway, a meridian-based energetic point, using gamma consciousness.

Cyndi's upcoming year-long energy healing certification program, you'll explore her comprehensive energy healing practice that blends modern, ancient, practical, and esoteric approaches — so you can heal yourself and others.

<https://shiftnetwork.infusionsoft.com/go/mh/ingerman>

I wanted to share a course that looks good for those of you who are feeling burned out as a health care professional. The Greater Good Training for Health Professionals: Science-Based Skills for Emotional Resilience and Well-Being is now open for enrollment.

This course was designed to reawaken a sense of meaning and purpose for those in the healthcare field. Broken into bite-sized micro-learnings consisting of content, exercises, and meditations, it is a complete toolbox to release yourself from the debilitating shackles of stress and burnout

https://product.soundstrue.com/greater-good-science-center/#a_aid=5d2e32ffc1326&a_bid=bebeefae

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