

Transmutation News November 2022

My spirits are telling me that changes are coming quickly. They are already happening. So it is so important we find true balance inside of us so that we can weather the changes and not be taken out to sea.

I spoke about some of this on the Shamans Cave. All the summits, podcasts, free offerings, trainings have been to bring us to a stable place within where we could put our roots down into a spiritual practice that works for us and helps to keep us sane through all the changes we are experiencing.

For me being able to consult with divine spirits from the unseen realms that have seen it all and can see where we are going is of upmost important to me. For when we are so stressed our minds can take control and all of a sudden we find ourselves feeling like we are out the flow of life and don't know who to trust. Our minds start searching out of fear for solutions of how to live and stay healthy and safe.

But when we surrender to the spirits they can hold us in love, alleviate our fear, and give us practical suggestions on how to turn our lives around and stay centered, stable and safe. This is so important. And what an amazing tool shamanic journeying is to help keep us in a good flow and on a good path leading to positive change in our lives and in the collective.

And we have our ceremonies that bring our divine self into oneness with the creator of the universe or creative forces of the universe. And in doing this we create a strong link into the unseen where when we perform our ceremonies, we are so aligned with the true forces of life that can help weave our dreams into reality.

We have our Medicine for the Earth and Healing with Spiritual Light work that keeps us living a spiritual life of watching our words, thoughts, daydreams and always exploring what they are manifesting for us and the planet. We have our practice of transfiguration which I don't need to explain the amazing power and miracles this work brings into our lives. This is a way of working that I know will transcend former healing methods used in the past and present, and will be a way of working in non intrusive ways in the future.

From what I can see the people going the deepest in their spiritual work are those who are focusing on establishing a beautiful and alive connection with nature and are not so interested in the dramas we can't prevent happening in the world right now. It is wonderful to see how many of my students and friends have moved from this crazy 3D world we are living in, into a beautiful dimension of life. They are doing this through their spiritual practices, living the work, and being a true part of nature.

My prediction that there will be more than one dimension of reality we can live in is coming true. You can read *Walking in Light* where I talk about this in detail at the end of the book. I am seeing people living in a dimension of fear and suffering and so many leaving this dimension and finding an exquisite dimension they stepped through by making spiritual practices a part of life.

We must live the work. In *Medicine for the Earth* I quoted a Haitian proverb. The short version is: "Studying life is not living life and therefore has no magic."

We have choices of what dimension of reality we want to live in and then build it by being one with nature and with all of life and with yourself. What you plant in your inner landscape is what ends up

creating the world you are living in. Keep working on creating a beautiful landscape and watch the dimension of reality you live in change.

The full moon is November 8. Let's join our spiritual energies together as a circle to emanate golden light throughout the planet. All of life responds to the presence of love and light. And with our transfiguration work we make the true changes in the unseen realms that manifest as reality in divine timing.

If you are a new reader of the Transmutation News please read *Creating A Human Web of Light* on the home page to learn about our monthly full moon ceremony.

This month many celebrate Thanksgiving. As I write every year Thanksgiving should be how we experience every day of our life. Please join in with the collective to make the energy of gratitude stronger so it floods the collective too. All these acts in the unseen realms really manifest as a new reality in the coming times.

When I was writing *Medicine for the Earth* the Egyptian god Osiris came to me and told me an important part of the work was working with the power of words. You have all read about this practice in past newsletters and of course I teach this practice in all of my courses.

Words are magic. And when we can really explore the vibration and frequency of the words we use, we can bring positive energies into our life and into the web of life. Words can be a blessing or a curse. So we will look at this in this month's journey. For those of you who are not English speakers you can simply ask a helping spirit to show you the frequencies that you plant into your inner landscape and the outer landscape with the words you use.

For our journey this month please click on: <https://www.youtube.com/watch?v=uv7G1P2aiPo>

Announcements:

Renee Baribeau and I are going to teach a very small workshop on divination. We are registering 30 people so we can have an intimate experience. All participants need to know how to journey. And the workshop will be on November 12 for 5 hours. **FOR MORE INFORMATION AND TO REGISTER CLICK ON:**

<https://shamanstv.com/2022/09/13/divination-a-virtual-retreat-with-sandra-renee/>

I wanted to let everyone know I am going to stop announcing that a workshop is coming soon. But if you want to go further with your work please work with one of the teachers I trained listed on www.shamanicteachers.com. They teach all the courses I teach as well as some of their own.

I am simply taking a break to regenerate. I have not taken time off to do this in 40 years!!

You can get amazing training so you can work in the world with clients and potentially be listed on my website www.shamanicteachers.com. But you need to be flexible about working with someone other than me.

The Healing Your Thoughts app is officially out, and you can purchase it on the Apple App Store or Google Play Store. I am getting fabulous feedback! I have been using the original app Transmutation since 2004 and now the updated app Healing Your Thoughts and it is something I count on to change my mood as I asked to be notified every two hours to stop and reflect on what I am thinking about and transmute any negativity I am focusing on. There is a one time fee of \$1.99 and there is no sign in It is as simple as apps come!

There are teachers on www.shamanicteachers.com who are teaching in person trainings, online advanced shamanic healing methods trainings with really small groups so everyone can be observed in their work, and there are hybrid courses of a mixture of online and person trainings. Due to the intimate size of the group participants are getting some of the best shamanic healing than have seen in past workshops.

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 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. Sounds True keeps the cost really low for online classes. **SOUNDS TRUE SELLS THIS COURSE FOR \$97!**

There is a fabulous course on working with Nature which is one of my favorites “Shamanic Journeying with the Spirits of Nature”.

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. All my books sell well. But if you haven’t check out *Walking in Light* and *The Book of Ceremony*. You might be missing some valuable shamanic tools and practices you can use in your life to receive guidance, healing, and to honor all the transitions and changes in life.

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 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! I can't believe the emails we are getting. People so appreciate our wisdom, humor, experience especially during these times.

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.

Join us at the Gathering of the Shamans, ONLINE, December 2-4, 2022- with Alberto Villoldo, PhD,, myself, don Jose Ruiz, HeatherAsh Amara, Linda Star Wolf, and many more! Visit this link to learn more and to register today. Last year this was really a stellar event and I know it will be this year too.

: <https://insighteventsusa.com/gathering-of-the-shamans-online-2022/ref/22/>

And in In Build Your Path to Radiant Health & Longevity With Huashan Qigong: Recycle Your Own Energy and Align Your Life With the 4 Forces of the Universe with author, philosopher, and martial artist Deng Ming-Dao, you will explore Bone Breathing, a standing meditation practice from Huashan Qigong — a wisdom and movement system that helps us achieve greater flexibility, strength, range of motion, circulation of Qi, a fully engaged mind, and a longer life.

Register here for Build Your Path to Radiant Health & Longevity With Huashan Qigong: Recycle Your Own Energy and Align Your Life With the 4 Forces of the Universe: <https://shiftnetwork.infusionsoft.com/go/hq/ingerman>

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