

Transmutation News December, 2022

I have found myself struggling to find a lot of words as I write and teach today. When I journey my spirits tell me this is a time of regeneration and healing after so much has happened around the world with the pandemic. Of course the issues facing us and the planet are formidable. And of course, Covid is still here.

But when I journey my helping spirits tell me it is a time of waiting. For the information on what action and movements to take are just not yet known. There is not a lot of information to get right now.

I was sharing with an acquaintance that I have felt like I have been focusing so much on all the wars going on that I have not looked at the war going on inside of me. For a key teaching in the Medicine for the Earth work is as above so below as within so without. Everything we are experiencing outside of ourselves is a reflection of our inner state.

I feel like I have been through some event like a war where there was a tremendous amount of fallout of almost like nuclear material. I was led to an article on Chernobyl. And the article shared how fast plants and trees grew back after the disaster. To look at some of the photos of forests today, although the land is still devastated, is quite extraordinary. The article shared how plants and trees can't receive help from outside sources for healing as they stand in one place. So they have everything within they need to heal while they are standing. A plant can grow a stem longer reaching for the sun or send roots deeper into the earth. All kinds of inner movements are done to survive and thrive.

The key thing in looking at an area like Chernobyl is the need for rest, regeneration, and all the elements to feed it and bring it back to life.

I feel that although Covid is still here and our multiple planetary issues are just growing more destructive that we have been through somewhat of a war.

And I find I need more time for everything. I got overwhelmed working and helping so many that my body is drawing the line in the sand and saying this is the time to regenerate after depletion before any more work can go on.

I have read this same message from others so many times now through social media. Many of us are getting this is a real time to stop searching for answers and solutions. We need some solitude and silence to do this. We need to heal any depletion.

I am happy to be living in the Northern Hemisphere right now where we are moving into a time where we can merge with the phase of nature which is winter here. It is a time to go in and allow the seeds that will germinate in spring to be fed by the earth and the heat during this time.

And those of you in the Southern Hemisphere moving into springtime might discover a different phase of life that you might be focusing on. As we are nature we must become one with the phase of the seasons and the moon to find harmony in our lives.

Here are some exercises my guardian spirit gave me to focus on continuing to create a healing inner landscape filled with love to heal any depletion or overwhelm I am feeling:

Many years ago, I started to have sleeping issues. I still do. But at the time I would imagine myself going down into a cave and sleeping with one of my cuddly power animals. It worked. And I felt safe and secure. And I would absorb healing energies throughout the night. My guardian spirit has me doing this again now.

My guardian spirit reminded me that everything is energy. And when I work on my inner landscape I use a little bit too much form to get the healing frequencies I need. He said since I love colors so much I should work with them as they have so much healing energy to share. I really do love colors. Some colors are too beautiful and can make me faint.

He told me to imagine the energy of a color that feels healing to me to fill all my cells with it's healing light.

Then I had to laugh at this last tool my guardian spirit gave me. He told me to work with my Healing Your Thoughts App more. He said I just reframe my thoughts when I hear the alert bells go off every two hours. But he said I need to read the word, blessing, phrase, photo, and take in the energy of the words, images, and colors. He said I really need to work with the app as it was intended.

This month, journey on some tools that can help you if you feel depleted or overwhelmed energetically from all going on in your mind so that your body can heal.

Our minds are going a bit out of control trying to find solutions to heal a world that is not working right now. The earth is fine. But human consciousness is struggling, and the division right now is so overwhelming.

If you work with practices like I just described you can heal the inner war inside of you.

For the winter/summer solstice on December 21 I would like to encourage us to let go of that which no serves us and is burdening us. We really don't want to step into 2023 filled with burdens. It is time to let go of those old hurts and slough off all that does not allow in the goodness of life.

For this month's ceremony we will perform a fire ceremony together to let go of what is preventing us from walking in the New Year ready for new experiences and lessons that are not impacted by any past hurts or traumas we are carrying.

If you would like to join in on this ceremony you can click on this link: Stepping into the New Year Unburdened

https://www.youtube.com/watch?v=TBM9zlud_WA

As we are working outside of time it does not matter when you join in. There is no time in the unseen realms.

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Announcements:

I am feeling a bit schizophrenic about my schedule and life. I do need to time to regenerate. At the same time, I seem to be actively searching out a center for teaching a Two-Year Training in Advanced Healing.

For now 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!! It is very hard for me as my workshops are large and I am not sure how to do in person workshops with the Covid moving around so much. I know many teachers are teaching in person. I have not received a green light to yet. But I am missing teaching in person workshops so I will figure something out. I see myself teaching in 2024.

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

And the Shift Network has a similar course I taught titled "Spiritual Immunity". This course brought in thousands of participants who gained so much help. You will find this listed under my digital courses in The Training Page on the course homepage.

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.

Recently I was on Dr. Tassel Faith's show Metamorphosis: Experience A Quantum Leap. Tassel is a lovely practitioner and teacher. I really enjoyed doing the interview with her. Here is the link if you would like to listen https://youtu.be/IL3_SEr1CRg

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/>

FREE 3-part SHAMANIC COURSE: "Awaken to your Shamanic Path" - with Roel Crabbe

I have known Roel since 2004, and his work is powerful and speaks to your soul.

He has just released a Free 3-part Online training: "Awaken to your Shamanic Path", as an introduction series to his Shamanic Journey Course that he will be teaching live only once at the beginning of December.

These are 3 free 1-hour long sessions, focusing on Shamanic Empowerment, Shamanic Guidance and Shamanic healing. You can access the 3 sessions right away.

> Free access here: <https://courses.roelcrabbe.com/awaken-to-your-shamanic-path-7>

Years ago I had the amazing opportunity to spend time with John Lockley. His story of his journey to be initiated into shamanism is one of the more powerful stories I have read. He teaches about the true power of unconditional love. John is from South Africa and leads trips there and to Botswana. And I have heard from my students who joined John on one of his adventures how amazing it was. John does some powerful healing work too.

[Dreams & Tracking Retreats in the Kalahari Desert in 2023](#) with African Shaman John Lockley

A vision Quest & Masterclass in African Shamanic Medicine

This retreat is a combination of 'Dreams', (inner tracking) working with ancestors, dreamtime & ceremony; and (outer) 'Tracking', working with animal communication, interspecies dialogue and the language of birds.

For More info + Booking: <https://bit.ly/3gAGon2> Or visit www.johnlockley.com.

In 7 Keys to Navigate the Sea of Consciousness & Accelerate Your Innate Mediumship Skills with celebrated medium Suzanne Giesemann, you'll build confidence in your mediumship skills with the power of an evidence-based system — and discover how it can help you communicate with deceased spirits and loved ones in order to navigate grief, gain closure, and rekindle a sense of peace... for yourself and others.

Register here: <https://shiftnetwork.isrefer.com/go/7kSI/ingerman/>

How Do We Awaken from the Trance of Separation? Remember our Spiritual Identity? See All Beings as One?

In this groundbreaking book—Unity Begins Within: Spiritual Healing Meets the Four-Petaled Flower—Annie Fuller unites Spiritual Healing with the Four-Petaled Flower of Teotihuacan, Mexico, and envisions a new form of Medicine Wheel. This blend of Spiritual Healing with memoir, stories, experiential opportunities, and art creates the food spiritual seekers are hungry for—nourishment that dissolves the lens of separation and reveals Unity, which was there all along.

www.fullcirclespiritualhealing.com

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