

## **Transmutation News September, 2023**

I have so many ongoing projects. My new book, which I have not told you about yet, is ready for the printer. I am working on an app with Quincy Davis, a hip hop artist. We want to introduce troubled youth to simple shamanic practices to help them access tools that can be empowering. I am also working on a new audio recording for Sounds True.

I kept being distracted by my wonderful projects that I am so excited about that hold so much meaning for me. I kept putting it on my calendar to write the September Transmutation News. But my day would end before I could start.

And then of course the news of so many tragic events like the fire in Maui and fires and climatic events all over the world. It was hard for me to hold my focus.

What does one even say in the midst of so many crises? I feel like I have said it all since I started writing the Transmutation News in 2000!

The only thing I can possibly say is to keep up your spiritual work. Keep up your work in educating others to the dire condition we are in and tools to help remedy it.

And we join our hearts together to bless all the beings that lost their lives during these real-life changing times. As you know there was so much, we could have done. But that is the past. Now we must look forward and recommit ourselves to our minute-to-minute spiritual practices and performing ceremonies to bring harmony and peace back to the planet.

For now, I want to share a ceremony we can all perform to welcome in the Fall/Spring equinox. It is amazing to think that we are welcoming in a new season of change on September 23.

Personally, I do like to perform ceremonies in nature in a park, by the ocean, by a river, lake, or forest clearing. You can perform your ceremonies in a park in an urban area unless you want to take an adventure into your location in nature that might require a drive from your home.

As you know with all ceremonial work, I suggest you set up an altar. If you create an altar outside, you might want to place a cloth or blanket on the ground. Collect elements from nature that represent the season you are welcoming in.

In the Northern Hemisphere, use fallen leaves, acorns, pinecones, flowers that are lying on the earth. If you live in the Southern Hemisphere maybe there are new flowers coming up and you can ask permission if you can pick one or two for your sacred altar. I actually like to put a little bowl of water, earth, and something to represent air and fire on my altar. I am one that adds particular caution to using candles outside unless they remain unlit.

If you are working inside you know how to create an altar – lighting a candle, placing photos of your ancestors, placing objects from nature that honor the land you live on, incense for clearing your space that also prepares you for stepping into sacred work. You can create a small offering bowl inside with some foods or objects from nature that represent the season you are honoring. As you know I use blue corn meal for my offering bowls as well as my gift to nature as I walk the land admiring the intense beauty and change in energy I feel as we enter a new season.

Then of course, if you are new to performing ceremonies you can look at my article on Preparing for Ceremonial work. The article includes setting up an altar and a lot of the material I shared in this column

<https://www.sandraingerman.com/transmutation-news/english/shamanic-ceremony/preparing-for-ceremonial-work/>

Start by singing, dancing, allowing your breath and body to flow letting go of all your cares for now so you can be completely present while performing your sacred work. Remember to call in your helping spirits to witness and support your work. This makes a big difference in how your ceremonies are perceived in the unseen realms.

Reflect on the changing season and the balance between light and darkness. Think about the beauty of nature's transformation. Remember you are transforming in the same way. You are Earth, Air, Water, and Fire. The elements within and without give us the life force we need to thrive and survive.

Most of all remember to give gratitude. I know so many of you are experiencing disturbing challenges in life right now. But the best healing you can perform is to give gratitude for your life and the good things that life has brought you.

For fall what did you harvest in your life? For spring what seeds for the season do you wish to plant? Reflect on this in both literal and metaphorical terms.

And it is important as we continue our work with creation and manifestation to write down a few reflections on the past season and your goals for the upcoming one. What have you harvested in your life? What would you like to cultivate and manifest during the coming months?

And don't forget to close your ceremony by giving thanks to the helping spirits, all the elements that give us life, thank yourself and give yourself gratitude for connecting so deeply with nature which is what the fate of our life requires right now.

Don't forget to spend time in nature on the equinox.

Some people like to work alone, and some people enjoy participating in community ceremonies. If you work with a community, a beautiful way to end a ceremony is by sharing some delicious food you all bring.

And remember shamanism is a practice of direct revelation. We have very experienced practitioners of shamanism reading the Transmutation News and some very new to the work. Make the ceremony your own.

If you don't want to perform any ceremonies at least give thanks for your life and honor the change in seasons in your own way.

As you know I believe with all my heart and soul if we gave thanks to Earth, Air, Water, Fire (Sun) every day we would not be experiencing the unbelievable events we are dealing with now. We need to give gratitude to the elements for our lives. Without giving honor, honor will not be returned.

And let us not forget about our full moon ceremony to create a human web of light within and throughout the Earth on September 29 as we welcome in the beauty of the Harvest Moon. Please take the time to really prepare in the ways I shared above to move from an egoic state into the highest spiritual state you rise to. Remove the robe of your body and bring through the brilliance that the human eye cannot perceive. Link that light to our global community and as one heart lets emanate throughout the planet.

If you are new to our full moon ceremony here is the link for instructions:

<https://www.sandraingerman.com/shaman-resources/medicine-for-the-earth/creating-a-human-web-of-light-medicine-for-the-earth/>

Please join me in wishing all a beautiful Fall/Spring equinox. Appreciate nature and change your life in the most positive way.

Announcements:

I am looking at teaching an Advanced Shamanic Healing training in 2024. I am currently working out dates with the Chi Center beginning April 2024. I hope to have some exciting news soon. There is a lot to look forward to.

In the meantime, Renee Baribeau and I are in our FIFTH YEAR of our podcast The Shamans Cave. We have so much fun doing this show, and we have had amazing feedback on how we are helping people ride out the waves of change we are in. We have listeners and viewers from all generations and from people all over the world. You can learn more and PLEASE SUBSCRIBE to our show by visiting ShamansTV.com.

There are teachers on [www.shamanicteachers.com](http://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.

And during these times it is a good idea to get some shamanic healing work performed to give you the power and resilience we all need right now. There are brilliant practitioners working with clients remotely and in person listed on [www.shamanicteachers.com](http://www.shamanicteachers.com).

Please check out my 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 and "Spiritual Immunity" produced by the Shift Network are my Medicine for the Earth and Spiritual Light trainings in an online format.

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

Please check out my books and audio programs and my Healing Your Thoughts app. 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 done so, 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 due to my work of deepening my practices I am reading my book *Medicine for the Earth* again. Besides *Soul Retrieval* and *The Book of Ceremony* this is one of my powerful books. It is very esoteric, and it never quite reached a mainstream audience. But it is deep!!

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".

Sylvia Edwards has generously compiled a list of the ceremonies that have been shared so far on the Shamans Are Gardeners of Energy website. Below is a link to that page. Once there click on Resources and you will find all the past recordings with a description.

Thank you, Sylvia, for gifting us with this list:

<https://www.sandraingerman.com/shamans-are-gardeners-of-energy/>

Michael Stone is a brilliant writer and teacher. And he has been a good friend. Check out Michael's work. It is really inspiring of the way and path he found that can be so healing to people who have suffered trauma. He is teaching a wonderful

upcoming training:  
Relational Intimacy: The Magic & Mystery of Authentic Relating

An alchemical process of transforming trauma into deepening intimacy & awareness.

Live with Michael Stone September 2-3 in Nevada City, CA

<https://www.welloflight.com/relationalintimacy2.html>

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Master Mingtong Gu, one of the foremost teachers of Qigong in the West, will share how you can build a strong and healthy foundation, take better energetic care of your body, and establish a baseline for a long and healthy life.

Master Mingtong Gu is who created the Chi Center where I will be teaching next year. I have met him many times and his light is extraordinary. He is an amazing being!

On Tuesday, August 22, Master Gu revealed both the philosophical and practical components of working with Qi — gave simple practices and positions that allow you to connect with the energy that supports and nourishes your body. These principles of energetic healing can help address underlying issues that can result in disease, imbalance, and disharmony.

His workshop is starting in September. If you missed his intro call you can still register for his course.

You can register here for Explore Qigong Sound Healing to Transform Stress & Disease: Work With Your Vibrational Energy to Release Old Blockages & Heal Your Body, Mind & Emotions: <https://shiftnetwork.infusionsoft.com/go/eqsh/ingerman>

John Lockley is a friend of mine and does brilliant work!! His intro call is over, but you can still register for his course.

In Heal Your Ancestral Roots & Strengthen Your Life Force with South African Shamanic Wisdom: Experience Deeper Belonging & Greater Vitality Through the Earth-Based Wisdom of "Ubuntu" with world-renowned sangoma (South African shaman) and healer John Lockley...

... you'll activate a South African Indigenous healing process — with a sangoma from the Xhosa lineage — for releasing personal and collective pain associated with your ancestral and spiritual lineages.

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

\*If you're experiencing challenges registering through the above link, please contact [support@theshiftnetwork.com](mailto:support@theshiftnetwork.com) for assistance.

Robert Moss brings us another brilliant workshop:

Did you know that in your dreams, your soul has the capacity to visit other worlds? You can even journey to dimensions where the dead are alive — and receive visitations from those who have departed this world.

Through the power of lucid dreaming, you can visit these other places to uncover new wisdom, experience deep healing, explore unlimited possibilities, and meet yourself in other lifetimes — including the afterlife, says dreamwork pioneer Robert Moss.

On Tuesday, August 29, join Robert for a brand-new hour-long event and learn how to embrace death as your ally, using a shamanic dreamwork practice to visit the afterlife — so you can bring clarity, healing, and joy to the life you're living now.

You can register here for Journey to Your Life Beyond Death Through Shamanic Lucid Dreaming: Explore Unlimited Possibilities, Receive Deep Healing & Meet Yourself in Other Lifetimes — Including the Afterlife.

Register at:

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

Enter the Journey: A Mystical Guide for Rebirth and Renewal  
Rosanna Ienco  
O-Books

Ienco's vivid imagery places the reader right next to her as she takes her shamanic journey to the underworld, offering healing, serenity, balance and personal empowerment. Written in a voice that is timeless in its message of revelation, the book helps you understand how trusting your guides can help you to make the most of your opportunities and decisions. It helps you learn how you are master of your own destiny and possess the power to walk a direction that can revitalize your soul. If you want change then you must be conscious and in alignment with your full feelings and be honest with yourselves; and ultimately how creating a strong relationship with nature and your spirit allies is a true way toward serenity and fullness of life.

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