

Transmutation News January 2024

Welcome to the 25<sup>th</sup> year of the Transmutation News! What a journey we have been on together! And the adventure never stops.

The river of life continues to flow, and new phases of life will be experienced and new opportunities to grow and evolve will continue to be reflected back to us. Time is an illusion so there is not a clear start or magic that occurs because we step into a New Year. We just continue to move forward.

So many choices to make among the turbulent waves so many are navigating right now. There are more wars being waged on the planet since 1945. The division grows as the spiritual community attempts to emanate love and light. But the spiritual community has become fractured. I have always seen division in shamanism, but now we are seeing shamanic teachers saying I am the only one who knows what shamanism is. Only study with me.

So division has taken hold in our most sacred spaces. And if there is one thing we are all being called to do, it is to be a role model that we are all a reflection of Source, and we all came here to add our energetic signature and love to the web of life. For we are all one.

It is always an interesting exercise to watch our process as we judge. If there is truly only oneness then we must travel within to meet the same parts of ourselves we are projecting out to be healed as we face the ego's illusion of separateness.

This is big work. As I have shared before Isis asks me to stay in the present second to second, to process my feelings and take them deeper into my Inner World to be transformed so that I am free of the aspects that keep me from moving to new levels of awareness and perceptions about life.

Remember this foundational Medicine for the Earth teaching – Our perception creates our reality.

What are you perceiving right now and what do you need to transmute and transform as the river of life moves through the turbulence bringing you to a place of beauty, awe, and wonder if you change your words, thoughts, and daydreams and your negative projections?

I actually can go on and on, but I feel this is the work we are being called to do. For our ego is literally tearing reality as we know it apart. Maybe this is a good thing. But the one thing we know about Initiations is they are to tear and strip the ego down. I wonder how far we have to go to finally surrender to the power of spirit.

I invite you to join me in allowing our ego to be stripped and to remember the beauty our soul and spirit came here to express. There is more than one dimension of reality. And we can step through to a life of honoring the elements and the Earth that give us life. As we do this sacred reciprocity returns as I wrote about in the December Transmutation News. And we all enter a new, beautiful world together.

We all have some big choices and decisions to make right now. Journey to your soul and ask it for help and why it chose to be born during this time. What did you come here to do and experience? Your soul knows. Trust the information you receive and allow your divine spirit to help you manifest that next step into a new life.

The full moon is January 25. Remembering there is no separation but only one how can you deepen your transfiguration practice for our full moon ceremony Creating a Web of Light so that we are one spirit flooding all with love and light that knows how to heal. We put on robes to play a part in life. I for one am joining with others to create a new play of life.

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

Personally, I feel the greatest act I can take right now is holding space. I know when I have been in any time of trouble the greatest support, I have received is people holding space for me. If you are a good space holder, join me. It is a gift we can give the world right now.

I emanate love, light, and send blessings to all of you as we move forward as a loving community in the year to come. Join me in wishing our sacred community all the best as this New Year encourages us to go even deeper with our sacred work.

Announcements:

There is still some time to sign up for my Four Week Course on shamanic journeying hosted by by the Shift Network. We will journey to the Lower World, Middle World, and Upper World and have our last session on Transfiguration. Every time I teach a journeying course through the Shift Network my spirits change the teaching a bit to help people travel just a little deeper into the unseen realms as they can perceive where people in the modern-day world are getting stuck, or that they are missing wisdom about shamanic journeying and direct revelation.

The course is titled: **Shamanic Journeying for Healing: Traverse Worlds to Connect with Helping Spirits & Nature Beings for Hope, Healing & Guidance.**

To find out more information and to register please click on here:

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

My new book *Walking Through Darkness: A Nature-Based Path to Navigating Suffering and Loss*, co-written with Llyn Roberts will be coming out in February but is now ready to preorder on Amazon and Barnes and Noble. You could do me a favor by ordering off of my website under Books and Audio Programs.

I have been through quite the 9-year journey and did not give up. I kept teaching, presenting on summits, working on clients, helping people on FB, and the list goes on. If you like my work and find it meaningful, I ask you to reach into your heart and if you feel called to join me in helping people walk through the dark night of the soul, please consider buying my book and maybe one or more for a friend. It is filled with so many tools for the times we are in.

May the teachings in this book help you walk wakefully as you find your way back home.

“Every one of us experiences periods of pain and loss in our life—dark nights of the soul. This is a

groundless territory where one feels directionless and devoid of tools, with no sense of how to take the next step. In ancient times, elders guided their communities through life's initiations and challenges, paths we must all take to transform and grow. In *Walking through Darkness*, legendary shamanic experts Sandra Ingerman and Llyn Roberts help us forge a pathway through the dark—as we embrace nature as our guide and healer. Sandra and Llyn share metaphorical stories that engage animals, plants, trees, and other aspects of nature. Through the feminine process of circular joint storytelling, they weave the rich tales of their own experiences alongside wisdom that they have gathered for years from their own studies, as well as from healers around the globe. Through teachings from the land, the sky, the sea, and the spiritual world, this sensitive and empowering guide opens us to our spiritual light so that we can face our greatest challenges with courage and love—no matter what they are.”

My One Year Advanced Shamanic Healing Practitioner Training is full. And we have a waiting list. If something changes and spots open due to dropouts I will let people know that there might be some spaces open. We do have a committed group. But I never know what the future holds.

If interested in such a training taught by the teachers I trained, please visit my website [www.shamanicteachers.com](http://www.shamanicteachers.com) where there are a variety of workshops that teach the same material I am teaching in the One-Year Training.

Please remember to watch *The Shamans Cave*. Renee Baribeau and I are in our fifth year of our podcast, and we keep getting stronger and passionate about the topics we feel are important to discuss right now. For a schedule of our shows visit [www.ShamansTV.com](http://www.ShamansTV.com). You can really help us out by subscribing to our show and commenting when you watch or listen to it.

And if you are looking for a shamanic practitioner or teacher that I have trained, refer to, and believe in please visit [www.shamanicteachers.com](http://www.shamanicteachers.com). Teachers and practitioners are available to work in person or remotely.

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. On the link below, 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/>

Anna Dorian from *The Dreaming Otter* is a wonderful healer, gifted spiritual teacher, and old friend of mine. On January 27-28, she's offering an orientation for a small-cohort, year-long online training for healers in full-time practice. The training weaves in helping spirits, advanced energy healing practices, and several guest teachers. Anna creates magical experiences for her students that are truly special - you can learn more at: <https://thedreamingotter.com/training-for-healers/>

and!

the training is intentionally very small (6-8 students), meets twice a month for a year, and will spend 5 full months learning extraction and soul retrieval.

I so love Lisa Bonnice. I have been a presenter on the Shift Network Ancestral Summit hosted by Lisa Bonnice. She is also my host on my Shift Network trainings. We have the most interesting conversations and her book holds some incredible wisdom for us to read and reflect on. Lisa is host of The Shift Network's annual Ancestral Healing and Beyond the Veil Summits, is proud to announce the publication of her newest book, *Castle Gate*. *Castle Gate* is the true saga of a family whose dreams of finding their fortunes in the bountiful coal mines of Castle Gate, Utah, during the Prohibition era explode in one of the most devastating mine disasters in American history. Is their presence there just bad luck, or is it due to a generational curse dating back to their ancestors' involvement in a witchcraft trial in the 1600s? Based on genealogical research, *Castle Gate* tells the ancestral healing story of a family destroyed by a documented curse which has been wreaking havoc all over the world, for centuries. Sandra Ingerman was instrumental in the discovery and healing of this curse. You can support Lisa's work by visiting her website at [www.castlegatebook.com](http://www.castlegatebook.com) to order either the ebook or paperback version.

People often think that living a life filled with miracles is difficult, or even impossible. My friends Marci Shimoff and Lisa Nichols (best-selling authors of Chicken Soup for the Soul books and featured teachers in *The Secret*), show you how simple it can be to live in the "Miracle Zone" in the free ebook, *The 4 Biggest Mistakes That Keep You From Living a Miraculous Life*.

Learn the proven formula to reverse these 4 unconscious mistakes so you can start living your life in the Miracle Zone even when life is challenging.

Written by 2 New York Times Best-Selling Authors, International Happiness Expert, Marci Shimoff and Motivational Expert, Lisa Nichols.

Download *The 4 Biggest Mistakes People Make That Keep Them From Living a Miraculous Life*. This is a free ebook to inspire you!

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