

## Transmutation News March 2024

The last couple of months some of you have been reaching out to me about the importance of what I have been sharing about living in the present and also in reflecting on your current connections and seeing who and what you need to disconnect from and what new connections need to be made.

When we connect in healthy ways to others and nature we end up collecting very valuable knowledge. And suddenly this has been very important to me. When walking out in nature and seeing a plant I don't know I ask what kind of knowledge it has. For I have realized that everything that exists is not only alive but carries knowledge to be shared across species about how we can live on this planet connected fully to the web of life. There is so much knowledge to be gained right now.

As you know I am in love with the elements. And since the elements are the first beings who came onto the Earth imagine the knowledge that they must hold for us on living life in a good way.

All of this loops back to sacred reciprocity and community.

Of course, the first step is to examine the connection we have with ourselves and how to practice sacred reciprocity to give thanks to ourselves for being willing to keep moving forward and doing practices no matter what the outcome is. So much of spiritual work is letting go of outcomes as everything in this world is outside of time although we like to put time in convenient boundaries so we can make sense of the passing phases of life.

You really need to connect with yourself in a way where you feel empowered and walking forward while trusting your intuition and knowing there is a higher power and order we just don't understand at this time in our evolution. But our work brings us to a place of realizing that beyond the suffering we are experiencing ourselves and projecting out onto the world, we are actually truly blessed to have an earthly experience where our growth is challenged so deeply. Who will we become when we take charge of our destiny and join in love and kindness with others.

Coming back to the elements that gave us life. As I keep repeating, we are also earth, air, water, and fire. You might know a circle song that is sung around the world:

Earth my Body

Water my Blood

Air my Breath

And

Fire my Spirit

We are the elements, and they are also outside of us too giving us life but at the same time stripping away at our ego and parts of our life that no longer serve the larger earth community.

On March 19 we celebrate the equinox. The illusion of time is quickly passing into a new phase of life where in the Northern Hemisphere we get to see the bounty of the seeds we planted in

the fall and winter and in the Southern Hemisphere it is time to prepare for letting go of the old and preparing for rest and renewal.

Isis gave me the suggestion of merging with the elements of Earth, Air, Water, Fire, Lightning, the Moon, the Stars, the Cosmos. Perform these journeys over the month of March and experience what knowledge you absorb from the elements within and without.

If you have never performed a merging journey, it is quite simple. Think of a form of an element you wish to merge with such as a rain drop, the mist, the sea, a pinecone, the land where you live, a flame in a match, a fire forest fire, the sun, the wind caressing your hair, a rock, the land that lightning has touched. I love to merge with ice.

Start with “May I step into your field of energy and learn from you by merging with you?” When you receive a yes as your answer gently imagine becoming this being you are learning about. So you are learning about the element by becoming it versus speaking to it.

You can also perform this as a meditation using some spiritual music to get you into a spiritual space. You can do this outside and experience the merging of all the elements coming together in harmony.

What knowledge can you gain by connecting with the elements in this way? And what can you learn about how the elements work together in perfect harmony? My body is asking for “intelligent” knowledge right now. And I am seeing everything in life as having knowledge to connect with right now. It feels like I am reconnecting to life by sending out strings or webs to nature and finding my spot in the web.

The full moon is March 25. It is the Worm Moon. Wouldn't it be fabulous to merge with the moon while transfiguring and adding our power to the power of the moon, stars, and cosmos to emanate light and love to every part of the Earth and all in the web of life. Do your preparation work so you can be in the right state of consciousness to leave this world behind and shine like the light of the moon bringing beauty everywhere to this great earth.

If you are a new reader of the Transmutation News you can find the instructions to our full moon ceremonies on the homepage.

By the way I wrote a fabulous chapter on Earthworms in *Speaking with Nature*.

You have probably seen the joke going around Facebook. I have watched it circulate for years. There is a funny comic and two comic book people talking. “What do you think the future will bring?” The future will bring beauty and flowers.” Why do you think this?” “Because that is what I am planting”.

I had to paraphrase this as I don't remember the exact wording. But as shamans are gardeners of energy we all get this.

Plant during the spring and fall what you want to see grow in the future when the timing is right for the germination of the seeds to blossom into the beauty we all dreamed of. And don't forget to get rest, sun, and nurturance on all levels to feel fed by nature and by the elements of life.

Join me in wishing our global circle a beautiful equinox!

And I am delighted to announce we found new French translators. Please join me on thanking Laurence and Karine for bringing the Transmutation News to our French readers.

Announcements:

I wanted to let everyone know I am posting daily inspiration posts on my Authors Page on Facebook <http://www.facebook.com/SandraIngerman> and [@ingermansandra](https://www.instagram.com/ingermansandra) on Instagram. I have been doing this since December and all the posts are still up. Reading and pondering what I am sharing is very inspiring. I hope you will check in.

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 love going to Shamans are Gardeners of Energy to rest from life and take in so much of the beauty that people post. It is my sacred space for getting away from the conditioned world.

My new book *Walking Through Darkness: A Nature-Based Path to Navigating Suffering and Loss* co-written with Llyn Roberts is out. Please support this book and let others know about it.

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

My One Year Advanced Shamanic Healing Practitioner Training is full. And we have a long waiting list.

If you are 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 my One Year Training.

Please note I will be leading a Two-Year Teacher Training in Shamanism and Shamanic Healing in 2025 and 2026. I already have the dates held at the Chi Center. The course includes teaching students to journey, the Medicine for the Earth and Healing with Spiritual Training, Extraction, Death and Dying and Soul Retrieval.

If you believe you are interested in this training please start getting your prerequisites now! You need to have experience with all this work before being accepted into the training. We are not accepting applications yet. I am just giving you information about an exciting future opportunity.

All prerequisites need to be taken with me or one of my trusted teachers on [www.shamanicteachers.com](http://www.shamanicteachers.com). Teachers and practitioners are working in person or remotely. Practitioners are for you if you need healing and the teachers have all been instructed on what to teach for teaching trainings.

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 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/>

From my heart I invite you 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.

Robert Moss has been teaching amazing workshops on working with dreams through the Shift Network. He did an intro call about his new workshop in Feb. But as the course is just starting you can still sign up for a couple of weeks.

Ancient dreaming practices for healing & transformation. Click on this link for more information: <https://shiftnetwork.infusionsoft.com/go/dmfys/ingerman>

Introducing "Made Prayer: An Artistic Spiritual Process" by Nate Long "Owl". This book introduces the concept of enhancing and deepening our prayerful needs by making very intentional, tangible, and highly creative representations and symbols of our prayer. Through the use of shamanic tools and practices, the art created then becomes both a conduit for our intentions and a living spirit guiding and helping us with our needs. Now available on Amazon (<http://tinyurl.com/5ynhb66m>).

Link to Made Prayer Book web page: [https://blueeyear.com/?page\\_id=266307](https://blueeyear.com/?page_id=266307)

Relational Intimacy: The Magic and Mystery of Authentic Relating with Michael Stone  
Online Tuesdays March 19th- April 30th 12:00 -1:30 pm PT  
Relational Intimacy deepens our connection with ourselves, others, and nature through a trauma-informed somatic process. Recognize, integrate, and heal hidden wounds in our personal, ancestral, and collective selves. For more information go to [www.WellofLight.com](http://www.WellofLight.com) 530.277.0937

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