

## **Transmutation News April, 2024**

I know most of you feel significant changes in your life, work, and spiritual practices. Although many people I know don't agree with me, I feel strongly that this world is a play, and we are actresses and actors in this play of life. We play a role for a while and then something happens, and we lose our part and a different role for us emerges. Or we make a conscious decision to remove our old costume and find a role that now suits our level of consciousness.

A metaphor seems to be emerging for me in weaving together conversations on social media, the news, and having deep conversations with others. It feels to me like on many levels the curtains have been closed for some of us. And we are in the wings examining new costumes with new colors and textures and exploring taking on a new part, a new role that reflects the huge changes we have made in consciousness.

I am working with people now who are facing the biggest decisions of their lives and if they will still be alive. I have so many students who are finding new avenues to share what they are learning in their spiritual practices such as creating stronger communities, helping people using spiritual practices who are dying, creating fire ceremonies in their communities to help people learn the power of letting go of a lot of the burdens we carry, and the list goes on.

We have a new generation of practitioners who are not only being trained by human teachers but also are getting amazing new healing information from helping spirits and from Nature itself. And they are stepping into new roles of service as with every new lesson we embrace we change the world around us.

My friend HeatherAsh Amara is truly a brilliant writer and teacher. Recently, in her substack column, she wrote an article about coming out of challenges. HeatherAsh's land was deeply impacted by one of the biggest fires in the U.S. set by the fire service not paying attention to how high the winds were blowing. Some of the oldest and sacred rural areas of New Mexico were literally destroyed.

HeatherAsh doesn't write fluff. She deeply goes into what she is seeing from her perspective and practices and new ways of living we need to adopt as the world changes so rapidly.

In her column, she brings up the issue of spiritual bypass. She questions if only looking at the positive is a healthy way for us to live, and do we sweep under the rug things we can be doing to be in service.

Our perceptions do create our reality. This is one of the main teachings of the Medicine for the Earth work. It is to keep us positive so we can keep moving forward and not sit down in the dark. We can drown in negativity and start projecting it out into the world in very unhealthy ways. And so there is a big role for keeping positive and staying grateful for your life.

Many people today want to do something to help and there are endless ways. There are many of us who are elders who are taking the traditional role of doing deep inner work and preparing for our own death. This takes us into being a true healing presence in the world. Yes, being in meditation, taking walks in nature, and being in deep reflection, or finding inner peace all contribute to the health of the planet.

But are there more ways you can make a difference? HeatherAsh wrote out a list of some simple practices that you can add to the spiritual work you are doing if you are so disturbed by what you are observing in your community and in the world.

From HeatherAsh:

**“Three actions every week, one local, one global, one self-care**

Volunteer. Donate. Pick up groceries for a neighbor. Call your representatives. Make art. Replenish your inner battery. Reduce your use of the precious, and limited, resources of water, electricity, etc. Support a local business. Help send someone to school. Google “how can I help...” Lean into organizations that are on the ground in the areas you want to support.

**Set aside time each week/day/month to take action in your local community and your global community, AND to replenish yourself.**

Drink lots of water, rest, and resource yourself. Find joy where you can. Don't guilt, shame, or blame yourself or others. Let's use creativity, intuition, compassion, fierce love, and tenderness as our guides.”

There was a period in my life when I was taking a sabbatical from my work. I wanted to make sandwiches for children at the Food Depot. I had called. I was so excited. I had my hair nets! They were happy to have a new volunteer. Unfortunately, I had a family emergency, and my life went in a different direction for a few beautiful and very challenging years.

But I still find ways to contribute outside of the shamanic work I do and it helps the community I live in which just feels like an act of sacred reciprocity to me.

There is an inner smile that we naturally experience when we reach out to help others.

HeatherAsh's article is deep beyond my words here. Here is how she ends her writing:

“Remember, beloveds. Both, and. We can't hide from the hurt and harm happening around us. And we also can't allow ourselves to drown in our / other's anger, fear, or struggles. We need to foster creativity and sustainable, willing action. We want to learn how to hold the long view AND take action in the short term.

*These are a few of the heartbreaking things.*

May our hearts break open to more fierce love, more wild compassion, and more willing action towards the local, and global, vision of equality, freedom, and happiness for ALL beings.”

To read her entire article here is a link:

***These are a few of the heartbreaking things***

By HeatherAsh Amara from *Out of the Fire*

<https://heatherash.substack.com/p/these-are-a-few-of-the-heartbreaking>

Or here is a Google link:

[https://docs.google.com/document/d/1BPUjR\\_LOUmZArwr8PPZdCGkLP1a3EvFmHCTSdkwClYg/edit?usp=sharing](https://docs.google.com/document/d/1BPUjR_LOUmZArwr8PPZdCGkLP1a3EvFmHCTSdkwClYg/edit?usp=sharing)

The full moon is April 23. We celebrate the Pink Moon this month. Let's drop our robes that hold the consciousness of separation and focus on oneness. You know the work you need to do for our ceremony Creating a Human Web of Light. Let's fully connect as one loving light-filled energy that keeps circling within and throughout our great Earth.

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

I am re-reading *Walking Through Darkness: A Nature-Based Path to Navigating Suffering and Loss*. I will be re-reading it again and again. There is so much wisdom I want to really deepen my own experience with.

Recently I found an old folder of insights that I had a few years ago. I was actually working on a very small book to share these. Some of them are so profound that starting next month I will be weaving them into the Transmutation News.

Announcements:

I wanted to let everyone know I am posting regularly 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. I am getting such beautiful feedback from so many of you finding any way to reach me to thank me and Llyn for writing this book.

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

I was on Lex Talamo Silvie's podcast to speak about *Walking Through Darkness*. The show is called Compassionate Coexistence project.

Here is what Lex posted for anyone who wants to read the story or watch the video.

[Feature story:](#)

<https://compassionatecoexistence.org/2024/03/06/navigating-dark-nights-of-the-soul-through-nature-connection-with-sandra-ingerman/>

[Podcast Episode:](#)

<https://podcasters.spotify.com/pod/show/compassionatecoexistence/episodes/Episode-5-Nature--Initiations-and-Dark-Nights-of-the-Soul-with-Sandra-Ingerman-e2qlfti/a-ab1jc00>

My One Year Advanced Shamanic Healing Practitioner Training is full. And we have long waiting list so the application process is closed.

If you are interested in such a training taught by the teachers I trained please visit my website [www.shamanictetachers.com](http://www.shamanictetachers.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 Light 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 the work listed above before being accepted into the training. The application process is not open 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.shamanictetachers.com](http://www.shamanictetachers.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 teaching trainings.

Two teachers are specifically scheduling trainings to teach the prerequisites for my Teacher Training. Juniper Stokes <http://alchemessence.com/>. Juniper's email address is [alchemessence@gmail.com](mailto:alchemessence@gmail.com). And also there is Garrett Jackson. Garrett's email address is [GarrettJackson@gmail.com](mailto:GarrettJackson@gmail.com) and his website is <http://GarrettJackson.com>. Garrett will be giving some discounts on his courses. Juniper and Garrett are both amazing and bring new thoughts and perspectives to the work. I am excited for those of you who step into the work.

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.

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

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

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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.

June 23-28, 2024, three animal chaplains, Judy Ramsey, Rev. Sarah Bowen, and Amanda Ree, will teach Animal Mindfulness Training at the Omega Institute in Rhinebeck, NY. This immersive retreat will provide an in-depth program of interspecies spirituality and connection, combined with healing practices from shamanic journeying, Ayurveda and meditation. Connect with animal wisdom and its practical application to your life. Registration is now open at <https://www.eomega.org/workshops/animal-mindfulness>.

Bhola has recently published a book about his long-lineage shamanic tradition of Nepal titled: "Working with the Elemental Spirits: The Five Elements and Shamanism in Nepal". Bhola has been a dear friend of mine and I know everyone who has worked with him has been touched by humility but extreme power and his heart's desire to record the work of his people. I hope you will honor the work of Bhola Banstola who is changing lives of so many right now.

Bhola Banstola is a highly respected 27th generation lineage Dhama-Jhakri Shaman, dedicated to preserving the precious indigenous sacred rituals of Nepali Shamanism. He is internationally renowned, giving initiations and training in person worldwide, and has written this book to be suitable for all. It is packed with guidance to develop your powerful integration with Spirits of the Elements of Earth, Air, Fire, Water and Ether. If you are thirsty for information, this extensive book is for you. If you are ready, this book can support and guide you on your path to working with a potent and authentic form of Shamanism.

Bhola has also organized annual pilgrimages to Nepal to meet and work with shamans of different traditions and lineages for several decades. If you are interested, this can be an excellent opportunity to immerse yourself in Nepal in person 2024. All the details and dates are found at [www.BholaBanstola.com](http://www.BholaBanstola.com)

The Gathering of the Shamans in Sedona, Arizona. May 3<sup>rd</sup>-5<sup>th</sup>, 2024.

Come and join my dear friends HeatherAsh Amara, Dr. Steven Farmer, Jose Stevens, and a host of other renowned shamanic practitioners at this year's [Gathering of the Shamans event in enchanting Sedona, AZ, from May 3rd to May 5th, 2024!](#) Delve into transformative experiences such as fire walking, Shamanic breathwork, sacred drumming journeys, and a plethora of other transformative activities. Immerse yourself in the wisdom of Celtic shaman Rhona McCrimmon of Scotland, and the teachings of Incan shaman Jorge Delgado from Peru, both will be sharing insights from their rich lineages at this event. Don't miss this extraordinary opportunity to connect, learn, and awaken amidst the stunning backdrop of Sedona's sacred landscape.

Learn more and register here: <https://insighteventsusa.com/gathering-of-the-shamans-sedona-2024/ref/22/>

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