

Transmutation News May 2024

I have been on a number of podcasts speaking about Llyn Robert's and my new book *Walking Through Darkness: A Nature-Based Path to Navigating Suffering and Loss*.

There are some really deep lessons in this book about darkness, when to fight, surrender, or accept. And obviously some interviewers want to touch on these deeper and most relevant subjects. But I find myself moving every interview back to the first chapter I wrote on which has to do with empowering ourselves by using our intuition in making decisions about our health and life.

For how do you even begin to approach the deeper mysteries of life without first listening and speaking from your intuition and heart instead of your mind?

On one podcast I said I feel like when I go onto social media that I am at a Carnival like my parents took me to when I was young. I know I promote my books and audios a lot too! There are so many voices selling their work and making the promises everyone has to make in the world of promotion.

But the biggest mistake I have made in my most intense initiation of over 9 years now is not listening to my own body. I gave my power away to doctors, all kinds of healers, psychics, shamans, technological devices, supplements, and the list goes on.

I was so busy listening to others there was no way I could hear what my inner voice and what my body was asking for. And when I did start listening, I found my symptoms were starting to change. It has been really extraordinary of the omens and synchronicities starting to happen due to listening to my body.

I also found myself starting to question my own sanity as there were so many other people's voices in my head – take this product, stop working, keep working, walk, don't walk, exercise, don't exercise, you're not living right, blame, judgement. I got so much conflictual advice I started questioning my own sanity as I could not hear myself anymore. And my intuition has always been my strongest tool, and I just ignored it. Not being able to hear my voice left me feeling completely unanchored and unsupported. I had a lot of support, but none of it was the right kind.

I don't have any regrets as it all led me to finally listening to myself and seeing the dark side of both the allopathic, functional, and spiritual world of medicine and healing. I feel like I can now hold my own working with all the teachings of the Medicine for the Earth work. I never stopped doing any of my practices. It was just that I did not give them the power to transform my issues. If I had fully dropped in like I did before I began this most recent initiation, I would be in a completely different place now.

There is so much fake news in every arena of the news and in the medical world. There are so many people who are sensitive and psychic and having a hard time maintaining their health on so many levels due the challenges we are going through personally and collectively.

The only way out is through. And the only way I know how to get through is listening to my own inner voice. It never steers me away from the truth and always brings me back to my deep connection to myself and to nature within and without. My intuition has led me through the most incredible challenges, some life threatening.

And now I need it more than ever. And I believe we all do.

There is a lot of chatter and noise from everyone who knows more than you right now. But only you know what is right for you! So trust yourself. I believe this is how we get through.

I feel that trusting our intuition is the first step before we can make a positive change and choice in our lives.

I find that some people's inner spirit and intuition are leading them to connecting deeper to the Earth and the elements of nature by rewilding and creating natural landscapes for nature beings to live in harmony and love. There are people learning old ways of gardening and cooking and making healing foods. This is what their intuition is leading them towards. And then there are those whose intuition is leading them into jumping fully into politics and the environment and are becoming activists while holding a spiritual perspective. And we have our community that has the love for travel and feels this is the time to see the world.

When we were dealing with lockdowns all over the world an elder from the Santa Clara Pueblo in New Mexico would frequently call me and say, "Tell people to live a simple life.". I think we all know what that means. And when we learn to trust our intuition, our intuition will always lead us to living a simpler life for this is where health lies.

It is interesting to watch the roles people are taking on as we find our authentic selves by using practices of deep inner listening.

You actually can't make an error right now as everything happening for all of us is to help us grow!

Here is one of my inspirations that came to me in 2019:

"Ceremony creates energetic building blocks to move us closer to our dreams. One ceremony alone might not do it unless it is destined that it is your time for a miracle.

You have to create a landscape for building a new structure through energetic gardening and tending. Preparing the ground then using ceremony to keep building energetic blocks that grow into a beautiful form and physical landscape over time.

Remember shamans are gardeners of energy so this is what they do. And they create these building blocks through singing incantations — singing certain vibrations that create new energetic forms."

The full moon is May 23. I know many of you spent the new moon and the solar eclipse in meditation and many of you transfiguring. Transfiguration creates the light behind the challenges. The light always calls us home to our authentic selves of a seed of the creative forces.

Allow yourself to fully drop into your divine light and absorb and ground yourself with the light flowing into each of your cells. Imagine a spark of light that is so shiny and put it in a place of your body that needs healing and let it grow.

And then let your light grow in a profound way that just its very presence travels through every cell of the planet too.

If you are new to our full moon ceremony *Creating a Human Web of Light* please read the instructions on the homepage.

I do have a lot of announcements this month due to sharing podcasts I have been on for promoting *Walking Through Darkness* as well as announcing projects of colleagues who I really love their work.

I started the Transmutation News to share knowledge with all of you, not for promotion. But I am also happy to be part of a community that supports each other's work. So please don't feel like you need to read announcements if you are not interested in other events.

Announcements:

I do have a lot of announcements this month. Some are old and some are new. I will move some of the older announcements out for this month, so the page is not so long.

I am teaching a short webinar on shamanic journeying for the Theosophical on June 22. In our short time together, I will teach how to journey to the Lower World, The Middle World, and the Upper World. People will leave with an introduction to the practice of direct revelation that they can utilize for the rest of your life. <https://www.theosophical.org/program/webinars/experiencing-the-shamanic-journey>



I am delighted to teach a webinar hosted by Shamans Portal on July 17. The webinar will be on tools for working through initiations. It is based on my new book *Walking Through Darkness* and will be very experiential. I am excited about sharing the work with the shamanic community.

<https://shamanportal.org/tools-for-working-through-initiations-and-dark-times-with-sandra-ingerman-hosted-by-itzhak-beery/>



Links to check out:

My true passion is about uplifting our shamanic community. I know the challenges we are all facing. But what I learned in going through my initiations is that it is important not to sit down in the dark but to keep moving forward.

To keep moving forward we need to be inspired to remember the beauty of nature and the gifts of being alive no matter how challenging it can be at times. And when we learn how to love ourselves and honor our self-worth our sense of purpose keeps moving us forward.

Being inspired isn't ignoring the injustices of the world. By feeding on positive images, words, feelings we do more for our immune system and let go of inflammation than any medical advice will help you with.

There are now four FB pages that have inspiration for you.

A beautiful FB page is Shamans Are Gardeners of Energy. Here you will find photos and writings only to uplift and inspire. To join this FB group Shamans Are Gardeners of Energy, go to: <https://www.facebook.com/groups/991720834662313>. The password is "Transfiguration". "



On my Author's Page we have posting quotes and teachings from my work of over 43 years in teaching and practicing shamanism.

The link for this page <http://www.facebook.com/SandraIngerman>

For my Instagram account it is @ingermansandra

Next most of you know that I train brilliant shamanic practitioners and teachers. And now we have a page where our practitioners and teachers can introduce themselves to you. They will share quotes, videos, articles, inspirations on this page.

Shamanic Teachers: <https://www.facebook.com/shamanicteachers?mibextid=LQQJ4d>

Shamanic Teachers: <https://www.instagram.com/shamanicteachers>

And then as you know Renee Baribeau and I have a podcast titled the Shamans Cave. And we are posting clips of our shows and you can comment here.

The Shamans Cave: <https://www.facebook.com/theshamanscave?mibextid=LQQJ4d>

Shaman's Cave: <https://www.instagram.com/theshamanscave>

I hope that these resources will keep you working to your deepest levels and at the same time being blessed.



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 training teachers to teach 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 this work before being accepted into the training. We have no 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.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. And also there is Garrett Jackson. Garrett's email address is GarrettJackson@gmail.com and his website is www.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.



Wind Knots for Abundance & Prosperity: Navigating Change with Ancient Wisdom

This online workshop invites you on a transformative journey with Renee Baribeau, The Practical Shaman, to discover the powerful art of tying wind knots. Once a treasured secret amongst Lapp sailors

and wind witches, who created these powerful talismans for guidance, favorable voyages and goal manifestation, wind knots remain in perfect timing for our era of global upheaval and profound imbalance.

<https://www.collegeofpsychicstudies.co.uk/workshops/shamanic-healing/wind-knots-for-abundance-and-prosperity-navigating-change-with-ancient-wisdom/?id=4988>



Years ago, Judith Orloff would visit Santa Fe, and I got to know her. She is really a wonderful woman who really has a lot to teach about empathy. Judith Orloff MD's new book "The Genius of Empathy" she writes how empathy and being an empath has the transformative power to heal ourselves, strengthen our relationships, and help heal the world. Empathy is the medicine the world needs. More information at <https://drjudithorloff.com/order-confirmed/genius-of-empathy-book-launch/>



I really love Suzanne Geismann's work. I think she brings true magic into her work creating big transformations for people. I am a true fan!! She has a new book '**The Awakened Way, Making the Shift to a Divinely Guided Life**'

Combining practical tools with powerful evidence and real-world examples, The Awakened Way demonstrates how living a divinely guided life can help anyone. Long-time seekers (or those just starting the journey) who are committed to living from a higher perspective will find answers in this book. People deeply grieving the loss of a loved one and desperate to know they still exist will experience the beauty of hope. Those feeling the weight of despair will gain deeper insight from which joy will start to emerge and become a way of life. The book provides a template for permanent personal transformation, guiding readers from an emptiness that can't be filled to a fullness that can't be contained!

The Awakened Way is a 'how-to guide' with practical tools, techniques, and evidence to help people lift out of the emotional & physical confines of their earthly circumstances and see life from their Soul's perspective – where a sense of calm, objectivity and even JOY prevails!

Go to www.theawakenedway.org to learn how to pre-order the book and receive free gifts as Suzanne's personal 'thank you!'

And to add to the announcement I did a wonderful interview with Suzanne on her podcast for *Walking Through Darkness*. It is really a good interview!! You can watch it here: https://youtu.be/u_H0fMXVSdw?si=mQZgx1bK0TJ5dqk-



"The Sacred Web" by Angell Deer is a transformative guide that invites you into the realm of Shamanic wisdom, guiding you in creating and nurturing your sacred shamanic space to mirror the depth of your spiritual journey.

This book offers a deep dive into the essence of sacred spaces, providing practical advice on choosing locations, decorating with elemental symbols, and incorporating sacred objects to enhance your spiritual

connection.

Through inspirational examples, it serves as a short but wisdom-packed companion for those seeking personal growth, deeper spirituality, and a harmonious blend with the natural and spiritual worlds.

With its blend of ancient wisdom and practical tips, "The Sacred Web" empowers readers to transform their living spaces into resonating sanctuaries of peace, meditation, and spiritual connection, fostering personal evolution and a deeper bond with the cosmos.

And I had a chance to be on Angell Deer's podcast to speak about *Walking Through Darkness*. This is the first podcast I have been on where someone let me talk about my experience.

Angell Deer posts on some of my FB pages. And I always appreciate the wisdom he offers.

We agreed to do a podcast on my new book *Walking Through Darkness: A Nature-Based Path to Navigating Suffering and Loss*.

Our interview together was right before the spring equinox so what a great time to share it with you.

Here are links if you would like to watch our interview.

Here is the YouTube Link

<https://www.youtube.com/watch?v=sfiZT4StcOk>

And here is the Podcast Link (the page has link to all podcast platform)

<https://www.thesanctuaryheal.com/podcast>



And one more podcast! I had the wonderful opportunity to be interviewed by Valeria from Fit for Joy. We did the interview on *Walking Through Darkness*. Valeria has a lot of wisdom and I look forward to working with her in the future talking about some other topics as we both could see how deep we both go into the mysteries.

Here is a link to the interview:

<https://fitforjoy.org/guests1/sandra-ingerman>

The Shift Network is putting on some interesting certification courses for therapists who are looking to use psychedelics in their treatments. Back "in the day" MDMA was legal while I was a LMFT and still doing couple's therapy. You did not need a certification to use it. MDMA was a substance anyone could get for any reason.

I did use it for some of my couples that were in therapy with me. The experiences did create some big breakthroughs, but I have always found that using psychedelics you need to do a lot of work to make practical all the beautiful experiences and guidance you receive. They can open doors but then you still

have to do the hard work. That is my opinion that I have been sharing on psychedelic summits due to my ongoing experiences using them in my younger years.

But I realize that this is where therapy is going today, and I can see the benefit of working with someone trained to help integrate the experience.

So I agreed to promote this new Shift Network training:

Explore MDMA to Heal Relationships With Heart-to-Heart Communication: Introducing an 8-Month Training to Facilitate MDMA Sessions for Couples

A Free Video Event With Psychotherapist, Speaker & Author Jonathan Robinson, MA, MFT Thursday, May 9, 2024 at 5:30pm Pacific

Experience a groundbreaking approach to transforming relationships with MDMA-assisted therapeutic strategies, delivered safely over the internet.

This workshop has the potential to be beneficial for everyone, including therapists who want to learn how to use MDMA to help couples and want to add this modality to their healing toolkit once it becomes legal... couples who are having trouble in their relationship or are on the brink of divorce... couples who simply want to improve and refresh their relationship... or single folks who have had a few painful relationships and want to heal their wounds and learn new skills. Please note this training is for 30 weeks.

Please click on this link to learn more:

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

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