

## Transmutation News September 2024

We made it through summer and winter depending on where you live on this great Earth. It has been intense. I know for me this entire year has been very intense as in the tarot I am in my Death year. I have lost so many friends and colleagues this year. I had to really work with my spirits as the psychopomp work I have done to help people cross over was more complex this year. I can only say this has been such an interesting period of my life. I am ready to greet fall and continue to release all within me that I need to psychopomp to Source too.

We are greeting the season of fall or spring again depending on where you reside. And what a perfect time to really organize your life so that you are moving forward with your life and work in the right way and finding your own flow.

This particular time of year where we celebrate death and rebirth simultaneously is such a good time to look at what do you need to:

- Dismember
- Discreate
- Uncreate
- Dissolve
- Destroy

And then to:

- Remember
- Create
- Weave
- Nurture
- Sing Rebirth

If you look at your life like a weaving this is a good time to pull out old threads of your life that need to go and start weaving in beautiful colors, textures, dreams so that is what you end up creating during the seasons allows you to let go of what needs to go back to the Earth while celebrating the new birth that is woven by your work.

I also like the metaphor of sweeping out your inner home and the home you live in. Sweeping out the old that needs to be composted in your life and bringing in new life to your inner landscape and to the home where you live. Physically sweeping your house can make a significant change to your psyche.

These simple ceremonies return our lives to balance. We often look for the most complicated ways to find ourselves in a true healthy flow with life. And finding flow and harmony should never be complicated as Nature finds its way easily in the flow of life. And if we are all Nature which we are why can't we find the magical flow of Nature. We can. Perform your ceremonies and practices and keep them simple. Keep your life simple. And you might find you have more bounty of beauty and all you dream of in your life.

The equinox is September 22. Let's imagine our circle performing ceremonies whose energy emerges into creating great beauty in the world.

The full moon is September 17 and is the Harvest Moon. Let's gather our personal power together as a world community in our true desire to bring peace, light, love, and harmony back to how we live on our Earth. Earth is our home. And fighting over territory is not what our lives what meant to focus on. Let's remember our purpose and drop the ego that separates us and remember the truth that we are all one light shining from our hearts as our spirit intended us to do. Let's emanate our spiritual light throughout all of the web of life. Separation is an illusion. When we are fighting we are essentially just fighting with ourselves.

If you are a new reader of the Transmutation News below are links for instructions on how to prepare for a ceremony and then instructions for our monthly full moon ceremony Creating a Human Web of Light.

<https://www.sandraingerman.com/preparing-for-ceremonial-work/>

This link brings you to a powerful transfiguration ceremony.

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

Ines Ferosa has been translating the Transmutation News into Spanish as a volunteer for 20 years now!! Due to life's circumstances Ines can no longer keep up the translations. I am asking if there is someone who is willing to volunteer to take over the Spanish translation, please contact Sylvia Edwards at [info@sandraingerman.com](mailto:info@sandraingerman.com).

I only wish all shamanic practitioners had such commitment to the work as Ines has had. If we all held such a commitment to the work I don't believe that we would be seeing the same challenges playing out on our planet right now.

It is something to think about as we enter a new season and meditate on our life and changes we need to make. How committed are you to do your spiritual, physical, and emotional work to really be a changemaker at a time where we really need everyone to stand up for all in the web of life.

Inspiration for the month from 2019:

"A few years ago I was show that ceremony creates energetic building blocks to move us closer to our dreams. One ceremony alone might not do it unless you are destined for a miracle.

It is like needing to create a landscape for building a new structure through energetic gardening and tending. Preparing the ground and 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."

I send you all love and blessings during the time of this equinox. I love the fall equinox. So it is a huge time of celebration for me. Whether you are celebrating the time of fall or spring know that you are held in love by our circle.

Announcements:

I am working on final details for the Teacher Training and am excited to announce by the beginning of October a dedicated email will go out about applying for my new Two-Year Teacher Training. I am very excited to start the registration process as I love teaching this training. Sylvia and I are both excited and will be ready in October to send out information and applications. So keep practicing, seeing clients, and practicing your teaching skills!

Last September I had the pleasure to reconnect with Sounds True and record a new audio book that my editor called nothing less than phenomenal. The title is "Polishing the Path of the Soul".

I was completely merged with my helping spirits and ended up sharing a powerful transmission of information plus a lot of journeys that are guided for all of you.

"Polishing the Path of the Soul" is a unique audio book that I created out of my online course (sponsored by The Shift Network) "The Dark Night of the Soul Leads to the Light of the Shaman". I of course changed a lot, and I also added a bit from my Advanced Medicine for the Earth that I only taught to a small group once.

This is an extraordinary audio book is all I can say. You will be listening to me and also journeying. The audio book with lecture and journeys is 10+ hours.

<https://www.sandraingerman.com/bookscds/polishing-the-path-of-the-soul/>

Some wonderful people in our circle often contact me and ask how they can support me. It would really be kind if you are willing to write a review on Amazon for "Polishing the Path of the Soul". I keep hearing how wonderful this recording is, and I know as I did it. If you do like it, you could help me a lot by leaving a review.

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 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. I really don't post on my Friends page anymore.

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.

It is important to me to know that I created these FB pages to give inspiration. Yes I do promote as I do have new books, audios, and courses to share about. But my reason for posting now is to help lift us all up in these challenging times. I don't care how many people sign up for my FB pages. I am simply trying to keep our community inspired and moving forward with our work- those who want some inspiration.

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/>

I encourage you to attend this free LIVE webinar with my friend, shamanic healer/teacher and author, Evelyn Rysdyk if you're ready to embark on a journey of confidence, courage with the ability to live life with an authentic passion! Her free event, **3 Essential Keys for Activating Your Sacred Feminine for Vitality, Connection and Fearlessness!** is on September 20th. I have announced Evelyn's courses a lot. She is really a brilliant teacher and takes people deep into the truth!!

Here is the link: <https://www.spiritpassagesacademy.com/a/2147923486/FizyRhhB>

*Explore Inka Nature Wisdom of the Q'ero:*

I had to honor to work with **Elizabeth Jenkins**, an anointed teacher of the Inka Nature Wisdom Tradition of the Q'ero people of South America. I really appreciate the depth of who she is. She started with the Q'ero when I started working with shamanism. She will guide you in an exploration of Andean cosmivision and the teachings and practices of the Q'ero people, which can help you **discover who your nature parents are**.

Elizabeth will explain why the Q'eros see this spiritual connection and the accompanying wisdom as **essential for achieving wholeness, happiness, and fulfillment**. Not having a real relationship with your nature parents leaves a feeling of disconnection and lack of inner resources.

Her introductory call with the Shift Network is over. But you can learn about her course and register for it here:

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

A couple of years ago Sacred Science put on a docuseries called Healing Kitchen. I did promote the event and I could not believe how many of you wrote in how valuable this series was. It is really informative, deep, and not your usual docuseries on food. It was the first time people were sending in emails thanking me for making an announcement on this powerful series.

People are starting to take their health back into their own hands, and REAL medicines are beginning to emerge in the form of: healthy living, exercise, mindfulness and...

*Wholesome, organic, consciously-created, plant-based FOOD!*

For decades, people have written off medicinal food and simple kitchen remedies as being ineffective for anything serious... Well, we were WRONG.

The research is in and it looks like a natural helper for just about every disease (big and small) may exist in medicinal superfoods and healing herbs! We're talking about cancer, Alzheimer's, infertility, obesity, depression, auto-immune disorders - you name it.

And it's all revealed in a stunning new documentary series called [Healing Kitchen: Let Food be Thy Medicine](https://healingkitchen.thesacredscience.com/register?a_aid=si&a_bid=99099c87): [https://healingkitchen.thesacredscience.com/register?a\\_aid=si&a\\_bid=99099c87](https://healingkitchen.thesacredscience.com/register?a_aid=si&a_bid=99099c87) This 9-

part exploration of the world's most promising medicinal foods and how they can be used to prevent and heal disease is a must-see and it's absolutely FREE!

*Healing Kitchen* is going to put the power of optimal health back into your hands. Each episode is beautifully filmed and jam-packed with potent recipes and ancient remedies that will turn your kitchen into a personal sanctuary of natural wellness.

[Click here to watch the trailer and sign up now!](#)

[https://healingkitchen.thesacredscience.com/register?a\\_aid=si&a\\_bid=99099c87](https://healingkitchen.thesacredscience.com/register?a_aid=si&a_bid=99099c87)

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