

Transmutation News October 2024

I am so excited to welcome in October as it is such a beautiful month whether you are welcoming in the time of darkness or a time of new birth. I love to welcome in darkness. And the reason is for me being in darkness and silence is where I can get my deepest rest. As I live in the Northern Hemisphere it is a time of welcoming in a phase of life of going as deep within to be nurtured on a level we do not receive in the light of life.

I keep seeing news stories about people being anxious about winter coming. Fall and winter are when we can let go, release, relax from all the stresses of being so active. We need the balance. I am not aware of nature beings who do not need rest. And we are Nature.

I have been pondering this October Transmutation News more than I have pondered a column in a while. And I think one of the reasons is I am doing so much deep healing and moving forward that every time I feel I have something to share with you on a spiritual level the inner territory I am walking through changes.

As you might remember, a few months ago Isis told me that what was happening to many of us including me, is that our past is marching into our present and that is an issue as now many of us have so much from the past preventing us from moving forward.

I have been exploring my past and doing some deep inner work that is taking me on another trajectory into my Inner World which is quite lovely. I realize I have some work to do there to meet the aspect of myself that the spirits have been showing me, and I have been wanting to meet most of my adult life.

I keep walking and moving. I don't get stuck in the past as that is just quicksand with no way out. The other day Isis shared with me that during the time we are living in if we stand in one place too long the earth below our feet will crumble.

It is a time to keep moving forward for when you look around a lot is dissolving right in front of our eyes, Just look at how many places are now uninhabitable. We must keep moving forward. And to add to this, performing our creation work for what we wish to create in those places of life that are dissolving before our eyes. The creation and manifestation work taught in the Medicine for the Earth work is some of the most important work we can do.

I wrote in a previous Transmutation News how the goddess Inanna was my teacher for a short time and taught me the power of keeping a clear focus – not looking left or right but just keep walking toward my destiny and what my soul and spirit are moving me towards. What your ego is moving towards is not real and won't create healing or happiness for you.

With so many outer challenges it is so easy to get overwhelmed. But again, the key is to find the dimension of reality where you have full agency and power to change. And that is your Inner World. I think I have written enough about this as I have written it all before multiple times.

But I received these fabulous journeys that I have not had a chance to try yet. I am just going to give you the themes to journey on. The Transmutation News has been devoted to those who do the Medicine for the Earth work and are journeyers or meditators who can perform their spiritual work and receive guidance for themselves. I can't guide you in these journeys. I am doing them for myself for the first time.

The first journey I was told to perform is a journey where we ask to meet the Three Original Mothers. There is a belief in some traditions that we all came from three original mothers. What an amazing

journey or meditation to try to take and to experience what it is like to be in their unconditionally loving presence. Whether they really existed or not does not matter. Go back to the beginning of life and witness the incredible love of life and creation that was born from the feminine.

The next journey I would recommend trying is an adaptation of a journey I have written about in some of my books, teach in Medicine for the Earth workshops, and I have shared many times in the Transmutation News. The journey we have been performing is to journey or meditate on being a seed planted into the ground and watching its germination, growth, blossoming, pollination, fertilization.

I was told in this journey instead of exploring the life of a seed of a plant to journey to your original cell. We all started from one cell. And watch how that cell grows into life and forms more cells leading to organs and the body you live in. Watch the power, the life force, the love, the light, the evolution, and the eventual end of life.

And something of my own you can add to this is to find a spark of light in one of your cells and share that light with cells that might need healing and repair.

These are journeys that were given to me by Isis as very powerful energies to explore. If you feel up to it I invite you to join me in this work.

We honor the full moon on October 17. Every month our community that performs Creating a Human Web of Light keeps growing. The hearts of those who love life are coming together from all over the world to emanate our deepest unconditional love and the light of our Inner Source into the world. As our lights meet up and grow light the beauty of the stars in the clearest night sky. Imagine that night sky within you emanating light to yourself and all of life.

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/>

Please join with me to welcome our new Spanish translator. Our new volunteer is Xandra Mongelos as a translator for Spanish. She is from Bali. As you can imagine it is a lot of work to do the translations into other languages so our international community can keep learning the power of the Medicine for the Earth work and growing into a strong community where we walk together into new ways of life.

Also, we are looking for a new translator for the Czech language. I have a couple of books published in Czech and would love to keep these newsletters available to those who would like to read them. If you would like to volunteer to translate the monthly Transmutation News into the Czech language, please contact Sylvia at info@sandraingerman.com.

Announcements:

I am working on final details for the Teacher Training and am excited to announce that we will be sending a dedicated email on October 4 opening up for applications 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/>

Since the 1991 publication of her now classic book on adoption, *The Other Mother: A Woman's Love For the Child She Gave Up For Adoption*, Carol Schaefer has worked to help heal through her writings and counseling the losses and trauma of both birth mothers and adoptees. To contact her, send an email to carolschaefer1@aol.com. For more about her books and to read her blogs visit her website: carolschaeferauthor.com.

I had a chance to be on Dr. Lotte's podcast and we connected immediately. (Here is the link to our interview <https://youtu.be/SazzFCj1p88>) We even recorded a new bonus together that will be available for of our courses on the Shift Network. I am teaching again in January a very modified version of my course on Death and Dying that will be safe for beginners.

So I love Dr. Lotte's work. And she is teaching a new course for the Shift Network. The course begins in time for you to register. I am already pre-registered for the course for Dr. Lotte's work is the work I need right now.

Have you ever wondered if patterns, beliefs, and traumas have been passed down to you through generations and are contributing to feelings of inadequacy, low self-esteem, or difficulty in forming healthy relationships?

Naturopathic doctor and evidential psychic medium Dr. Lotte Valentin shares that there may be a reason rooted in scientific theory for this transmission. Quantum entanglement suggests that particles once connected remain so, regardless of the distance separating them, influencing each other instantaneously.

Applied to the mother-child relationship, it implies that emotional and psychological states can be deeply intertwined between mother and her offspring, even on a subatomic level, meaning that traumas, behaviors, and even thoughts can be transferred across generations without direct interaction.

Click here to register for free. <https://shiftnetwork.isrefer.com/go/qemwSl/ingerman/>

Dr. Valentin combines her spiritual insight with her medical expertise, which uniquely positions her to guide you in both understanding and healing the physical, emotional, and spiritual aspects of your life. As an author, N.M.D., and award-winning leader, her teachings provide deep knowledge that bridges the gap between science and soul.

Her approach is deeply rooted in scientific principles, emphasizing how neurological and physiological frameworks interact with spiritual experiences, a perspective she elaborates on through her published works and speaking engagements at medical and holistic conferences.

This perspective offers a powerful framework for understanding the difficulties and dynamics we experience with our mothers, framing them as essential, chosen paths toward personal and ancestral healing.

You can register for free here. <https://shiftnetwork.isrefer.com/go/qemwSl/ingerman/>

I taught a webinar for Caritas Consciousness Project. The webinar was titled “Experiencing the Shamanic Journey with Nature”. In the webinar I taught people how to journey. This is a free offering for you or someone you know who wishes to learn shamanic journeying. Here is the link to enjoy the 2 hour webinar.

<https://youtu.be/QbGYZTTGjbA>

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