

Transmutation News November 2024

My original plan was to wait until the election in the United States was over before writing the Transmutation News, and then I decided this is not the purpose of the Transmutation News. I do believe we cannot separate spirituality from politics and that politics is a reality we must bridge our spiritual work into. But I believe that everything we are experiencing today is looping traumatic events repeatedly like they have been done for thousands of years. This is a time to finally get closure. And we all have the power to get closure over what has happened in our lives. As we do this the trauma loop on this planet will start to shift.

Until that time happens, we have no choice but to do the inspiring and uplifting work of cultivating our Inner World. Here we can build the lives we wish to live, the beauty we wish to see, peace on Earth in our own hearts, the abundance of resources we know we can have if we work with sacred reciprocity with the elements. We must create a beautiful, healthy, and peaceful Inner World to create safety for ourselves and all of life. I am doing so much work on this right now. And it is such a wonderful practice to imagine myself putting nutrients into the soil and then my favorite plants that are growing all around me on the land where I live. So once again I turn to the power of shamans and gardeners of energy and I am using the plants I love as metaphors for the energies I want to grow in my life. I find this to be a beautiful way to work with creation and manifestation is to work on our inner landscape first. And using metaphor to create your inner landscape reaches into a deep level of our unconscious.

I found an old copy of the Transmutation News which I believe is so relevant for the times we live in. So I decided to repost this column for this month. I hope you can see that in October 2017 we were not in a dissimilar place to where we are now. The events and stories have changed.

 "Transmutation News October 2017

We continue to hold all of life in our hearts who are being impacted by storms, fires, and earthquakes. We continue to see all in their divine strength having the tools to navigate the changes. And to all of life that died in these catastrophic events we thank you for gracing the Earth with your presence and wish you a smooth and graceful journey home.

Remember one of the keys of our work is not trying to change the weather and join the ranks of humans who feel they can control Mother Nature. Instead we need to perform our spiritual work and live a life of honor and respect for all of life. And then using the principle of reciprocity the Earth will respond in kind.

In September, during a session of my teleconferencing courses through the Shift Network, I taught how to merge with a helping spirit to see the world out of the eyes of spirit instead of through the eyes of ego. As a demonstration of how to merge with a helping spirit, I brought through Isis. I had asked Isis to speak to the group about the topic of suffering. For it seems that so many friends and students have lost hope, feel stuck in gazing upon so much suffering and poor behavior by humans towards each other and all of life. Practitioners of a variety of spiritual practices are losing hope and focus.

I felt that the message Isis shared was a powerful one, and I wanted to share it with all of you in case it speaks to you and touches you on some level. I am sharing only the core of her message:

‘There are an abundance of planets and dimensions where spirits incarnate to learn and evolve.

Here on Earth you were born to experience love, light, and joy, But the lesson was to first experience suffering and then to be able to reach beyond that dimension where inside of you (not outside of you) there is an inner sense of love and joy. Actually joy is not the correct vibration for in reality it is bliss that your spirit feels.

In your world teachers, including your own, encourage you to open your heart to the spirit of love.

But this teaching is not correct on the level of heart that you are being asked to connect with.

For the focus has been on your physical heart which is simply part of your ego. And so many of you are experiencing and seeing suffering which on an evolutionally level is expanding your sense of compassion. It takes you so deep into your humanness. But you are still trapped in the energy, vibration, frequency of suffering and that is the energy you are feeding in the world. And by carrying the energy of suffering so many people are becoming ill.

You are now literally and metaphorically being cracked open to the deepest place within where all the knowledge and wisdom is waiting for you to learn from as you touch deeper into your humanness.

Behind your physical heart is a spiritual heart. You do not have to travel that deeply within to connect with it. It is talked about by many gurus, mystics, and spiritual teachers.

And this spiritual heart – one with Source and the joy, bliss, and unconditional love for all of life and creation knows no suffering. It knows bliss, it knows unconditional love but has no experience of suffering on this Earth.

In the Land of Dreams I see millions of egos dreaming the illusion you are seeing as it is being created again and again on Earth.

Shift out of this Land of Dreams to where evolved spiritual beings are dreaming joy and love into the world.

You are caught and trapped in your ego. Transcend into a dimensional reality situated beyond your ego to your spiritual heart which is only experiencing eternal joy, bliss, unconditional love, and the light of Source.

You are in a new time and new evolution on Earth. Drop your current role in the play of life. Step into the life of an awakened spiritual being. You keep trying to raise your vibration and frequency when you need to work from a higher vibration and frequency.

I hold you in my arms and say you do have more choices than you know. You can shift to a higher level of consciousness.'

This month listen to some shamanic music or meditative music or spend some time in nature. Imagine traveling right behind your physical heart to your spiritual heart. It is the place where divine love, light, and bliss emanate from. Bring your burdens to your spiritual heart and experience how quickly they are transmuted and transformed into light.

Perform your transfiguration work and radiate light from your spiritual heart. Be a presence of love as your heart emanates pure and non personal unconditional love.

In past issues of the Transmutation News I have shared the exercise of traveling to the Land of Dreams as I wrote about it in my book *Walking in Light: The Everyday Empowerment of Shamanic Life*.

You can perform a journey or meditation and ask to be taken to the Land of Dreams where an evolved spiritual community of people from all over the world are focusing their daydreams only on experiencing the most positive, beautiful, and awe inspired dreams for the planet. Take your place among this circle of dreamers, and do your work.”



The full moon is November 15. It is time for us to remove the cloak of illusion that we are just a body and mind. Allow yourself to dance and sing and imagine dropping your current persona, your role, allow yourself to imagine dancing and singing so the frequency of your body is no longer solid but is one of pure spirit. And let the spiritual light be released effortlessly into the web of life bringing light to all on this great Earth. It is our role to be Creating a Human of Light. And with this work, as we continue, deepen, become the work we will experience deep changes in our lives.

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/>

This is a time where people join together to honor the spirit of Thanksgiving. Thanksgiving and gratitude mean so many different things to all of us. But let's allow our hearts to speak gratitude for our lives and all in the web of life as there are so many who will not be able to find those words this year. Let us speak them for them and hold all in love!

Let us join our hearts together to welcome our new translator who will bring the Transmutation News to our circle who speaks the Czech language. This is a lot of volunteer work to commit to so let's share our gratitude, blessings, and love with Pavlina Goodman from Prague

Announcements:

I am so excited about the dedicated email we sent out announcing the start of my new Two-Year Teacher Training in Shamanic Journeying and Healing. If you missed the email and are interested, please click on <https://conta.cc/47WESSJ> to download the information and application.

I am still consistently posting 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 don't post much on my Friends page anymore. I love my Friends. But FB has become overwhelming so I have to choose where I put my energy.

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 page. 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/>

As you know I am not tech savvy. And I have had this crazy relationship with Google ever since I created the Transmutation App which was updated to the Healing Your Thoughts App. I had no luck working with Google. When we created the Healing Your Thoughts App I was able to get it on Google. For over a year now I keep getting that I must verify my developer account. I have done it and paid the amount they asked. But I keep getting letters my account will be closed. And of course I don't have the information to appeal.

So I really don't know what will happen. Healing Your Thoughts is still available on Apple. And it is available in Google Play. I have no idea when Google Play takes the app down. I really have no idea. But I think you are safe for now. And I apologize that I was not able to find someone to help keep it going.

Astrid Johnen who has trained with me since 2004 and has been a brilliant shamanic teacher for more than two decades will start a new shamanic two year training on November 16 and 17 in German. This training includes what Sandra taught in her one-year training. See for

more info: <https://astridjohnen.de/schule/2jgb/>

Enrolment is possible under this link:

<https://www.awo-bildungswerk-koeln.de/programm/aus-und-weiterbildungen-schulungen/kurs/Schamanische+Grundausbildung+6/nr/A24-01/bereich/details/kat/9/#inhalt>

Ash Miner just graduated from my One Year Practitioner Training. And she is also in my new Teacher Training. We have some really beautiful people becoming practitioners and teachers. It feels good that I will leave my work in good hands (eventually – when I leave the planet).

She wrote this simple but intensely deep and profound book *The Answer to Everything: Earth Wisdom and Beauty*. The book is done in a format where she shows a picture from nature and then writes such deep wisdom. So for someone like myself who has no extra time to read I love picking up the book every day and being inspired by the beauty and depth from which Ash writes from. The book is available on both Amazon and Barnes and Noble.

Check out this new website from Molly Rose. Molly is a brilliant somatic therapist and graduated from my One Year Shamanic Practitioner Program and will be in my new Teacher Training. I have known Molly since she was young. I wrote my book *Soul Retrieval* long hand and Molly's mom typed the book. How fun to see the magic of the circle of life!! www.mollyroseimagery.com.

