

Transmutation News December 2024

I am sure many of you are expecting me to write something about the election results. I posted so much on social media I no longer have anything to say. For me it was no surprise. If you have been a long-term reader of the Transmutation News I have actually been preparing you for this time from the first column written in 2000 until now. We came here for this time. And you all have the tools and the strength to keep moving forward and live your life. As Isis keeps sharing every day with me- the ground is dissolving under your feet – keep moving!

On October 31 of 2024 I celebrated my 44th year of taking my first training on shamanic journeying at the California Institute of Integral Studies (names the California Institute of Asian studies at the time). That night I met my first helping spirit who has been with me every day since that night.

He asked me not to share his identity publicly. So everyone has read or heard me talk about other helping spirits I have the amazing honor to work with like Isis, and the Wind, Earth, Fire, The Sun, and Water.

He not only saved my life from suffering a lifetime of depression and suicidal ideation, but he taught me how to perform soul retrievals and other shamanic healing ceremonies. He taught me everything and in the end, tens of thousands of people have been healed.

I just have to share what an amazing honor is has been for me to be a vessel for his love, healing, and wisdom. This is a poignant time for me as we end this year which in the tarot has been the Death year for me requiring of so much letting go, so much surrender, so much of my life dying, so many loved ones dying, and looking forward to a new rebirth in 2025.

And I have no idea what that looks like especially since the election. But I am ready to stand strong in my spiritual self and meet my new life with curiosity, wonder, and deep gratitude.

A couple of months ago I was driving myself crazy looking for an article I filed - where? Well in looking for the article I found some valuable ones I had forgotten about.

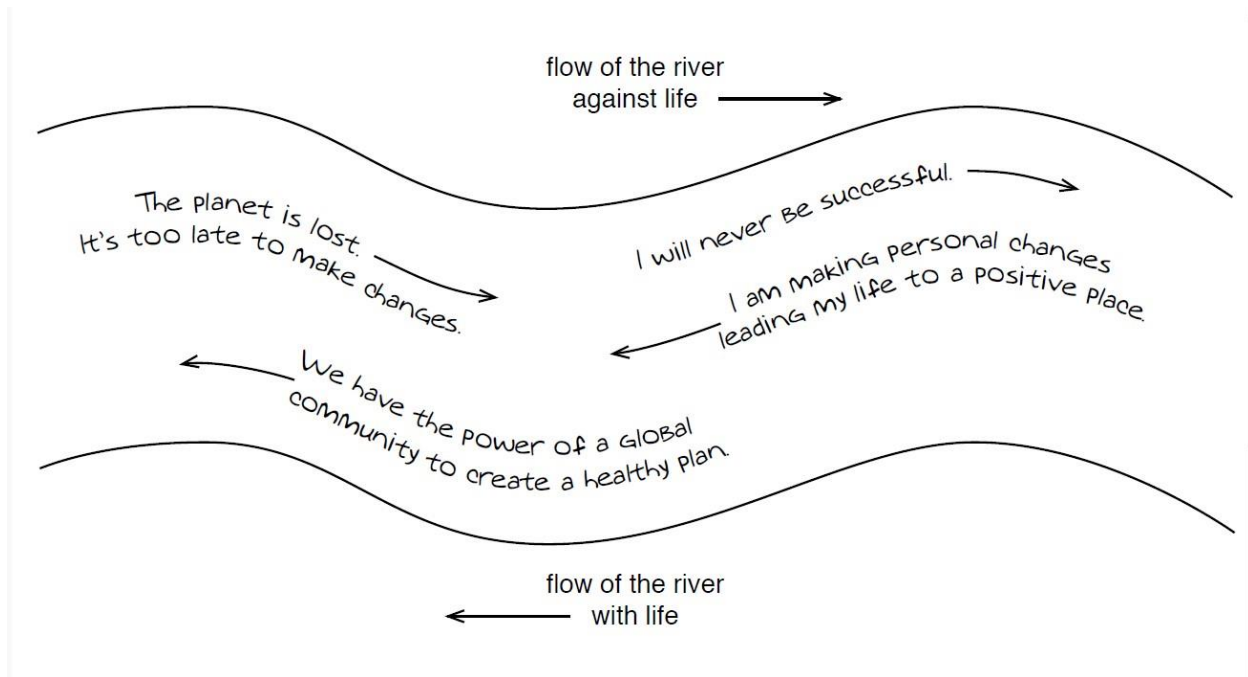
And I found an illustration that is in *The Shamans Toolkit (How to Thrive in Changing Times)*. I had written a book for a non-shamanic community where people could show their friends and loved ones to understand the spiritual work they were performing. The book never sold well, but it really helped me a lot as what I wrote on was how much spiritual energy it takes to create change. So the information in it has guided my ceremonies and practices.

One of the practices in the book has you looking at how much in balance you are with the river of life. I have written for years now that as humans most of us are walking against the river of life and it is making us feel sick and/or depressed. We are nature beings and we were born to follow the cycles and phases of nature.

The point of the exercise I am sharing is to fill in the diagram I have included here with what thoughts and actions have you moving in the flow of the river of life and what thoughts and behaviors move you against the flow of the river of life.

Take some time this month and reflect on this. For this is a wonderful way to end the year and prepare for new opportunities in 2025!

Of course this is great practice to do on the solstice as we welcome back the “return of the light” after we have done our inner work walking through the darkness.



Our full moon is December 15. What a time to live on this planet. And so much we can do we can create change if we focus our heart, our actions, and our spiritual practices in the right way. Light does heal!! Light does transmute! Show me one spiritual practice that does not teach this.

So it is time to gather ourselves together on every level and step into the true spiritual power we were born with, and remember that what our body is covering is our beautiful, all powerful, transformative light of Source. This light lives inside of us as it planted within us when we were born. And now it is time for that seed to sprout into the most beautiful blossom that just with its presence can transform all suffering into love and light. Let's do our practice, our monthly ceremony of Creating A Human Web of Light.

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/>

Every year it is so important to me to give a big heartfelt thanks to our volunteer translators who join with us to spread the wisdom of the Medicine for the Earth work all over the world to an international

community. This takes a lot of time and a LOT of energy. So let's join our hearts together to shout out an immense thank you for those who do this beautiful work.

Sylvia Edwards is the central weaver of all that happens on www.sandraingerman.com and www.shamanicteachers.com. She is a dear friend and does more work than you can imagine to keep spreading the work in the most ethical way possible.

And here are our translators- let's send them love and blessings for 2025 and the years to come.

Translators

Pavlina Goodman - Czech language
Els de Graaff - Nederlands (Dutch)
Sandra Koning - Nederlands (Dutch)
Layla Morgan Wilde - Finnish
Karine Delabare - French
Laurence Luyé-Tanet - French
Barbara Gramlich - German
Astrid Johnen - German
Nello Ceccon - Italian
Flavia Cavallaro - Italian
Cristina Ferreira - Portuguese
Tatiana Starikova - Russian
Xandra Mongelos - Spanish
Lena Anderheim - Swedish
Simin Uysal - Turkish

I hope we can join together as a community to stay strong together. I feel in the coming times we are all going to need to rely on community. And I don't care who you voted for. I can tell you we will all be coming together as one community.

Many years ago Isis taught me how to perform group soul retrievals for the times we are living in. I have done a few over the years for teachers and practitioners on www.shamanicteachers.com. So we will see how that work evolves and when I want to say more about this.

If you are a true Earthkeeper than you are caretaking the Earth and allowing the Earth to nurture and heal you. In this regard, I wish everyone a beautiful solstice while we keep doing our practices and much needed work for ourselves and all in the web of life.

Announcements:

I am teaching a seven-week course on Death As a Rite of Passage for the Shift Network in January. Once I have all the information from the Shift Network I will post this. This is a course I have been teaching since I started teaching shamanism. But I am leaving out teaching how to perform psychopomp work for this work is for advanced practitioners, and this is not an advanced course.

But it does require the need to have a good relationship with a helping spirit. I have a wonderful Evergreen class (was once live now it is a recording) on the Ancient Practice of Shamanic Journeying.

Whether you are looking at this course as a prerequisite for another shamanic course or for spiritual guidance during these amazing and challenging times, it will give you a beautiful way to journey to the Lower World, Middle World, and Upper World and meet your helping spirits who can answer your questions and give you healing help.

The Ancient Practice of Shamanic

Journeying (Evergreen): <https://shiftnetwork.isrefer.com/go/apsjSI/ingerman/>

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 last 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. 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.

But I will be working on another form of this app and in creating cards we can use for meditation.

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 will take 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.

Renee Baribeau and I are back recording the Shamans Cave on www.ShamansTV.com!

You all know Renee Baribeau and the brilliant work she does every winter solstice. She is doing this again adding a powerful summit to working with Fire Tender.

Join Renee for the 12th annual Winter Solstice Fire Tenders Gathering, held December 20-23. This year's theme, *Oracle Power*, features presentations from over 28 global speakers. What makes this gathering truly special are the Fire Tenders who keep their light shining at their altars worldwide. Register for free here: <https://thepracticalshaman.com/fire-tenders-gathering>

Lenore Norrgard is an old friend who has been a long-time teacher and practitioner listed on www.shamanicteachers.com. Winter Solstice Retreat this year: <http://lenorenorrgard.net> Her work is truly brilliant!!

Winter Solstice Retreat, December 20-22, near Seattle, WA
Let's slow down at the Winter Solstice and cherish the sweet darkness, taking solace in its nourishing gifts of healing, power and rebirth!

Following an opening night feast, we'll ritually close out 2024; befriend the dark; enact the **Dreaming the Dark** ritual for group healing; and seed our dreams for 2025.

HeatherAsh Amara wrote a new brilliant book and is now teaching a course sharing the magic of the book for the Shift Network. **Tap into your Wild, Willing & Wise energies for a fully authentic life**

Discover your inner guides to flow freely through life's challenges

Ignite your sacred Wild, Willing & Wise energies

Shamanic practices to cultivate authenticity, freedom, courage & joy

The training will be starting December 12. HeatherAsh is a brilliant teacher. I have spent quite a lot of time with HeatherAsh, and I believe she is one of our spiritual leaders up for the challenges ahead.

*Ignite Your Sacred Wild, Willing & Wise Energies:
Shamanic Practices for Awakening Authentic Freedom, Courage & Joy*
<https://shiftnetwork.isrefer.com/go/gseSI/ingerman/>

The Dreaming Otter is a lovely and loving energy school for healers that supports brand new healers just starting out + those of us who have been holding space for decades. Anna has been teaching shamanic, reiki, and energy healing for 22 years, and she's a hoot and a wonder. you'll find an eclectic mix of events on full moons and solstices, mini-sessions and group healings, and strong mentoring for the intrepid spiritual traveler at: <https://thedreamingotter.com/>.

The journey of becoming a mother, expanding the identity of the self and the completion of family karma within a spiritual context are major themes that Catherine Steinberg writes about in her new memoir, "Eating Chocolate and Watching the Moon — Spiritual Awakening through Loss and Karmic Resolution". As a psychotherapist and shamanic practitioner, Catherine works with others to find the affirmations and permissions to follow their hearts' truths and hopes that her book provides inspiration, guidance and possibilities for those dealing with challenges and losses in their lives. For more about the book and to order your copy, visit www.catherinensteinberg.com.

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