

Transmutation News February 2025

I am a therapist with 3 licenses. I have a LPCC and a LFMT license in NM. I am also a member and listed on a national organization The Academy of Experts in Traumatic Stress. I was given this certification due to my book *Soul Retrieval: Mending the Fragmented Self*. I did not do extra work to be accepted by the organization.

I studied trauma work for so many years. Recently I discovered how severely impacted my own nervous system became by stress and trauma in my life. And at the age of 72 it has all caught up to me. You can only compensate how you live your life for so long and then your body says "No!". We know this is the most popular subject being addressed in the world of therapy and in spiritual practices.

It is truly amazing to see the new evolution of therapy and is being addressed. Times keep changing and new opportunities are always being given to us.

My parents grew up in the era of the depression in the U.S. My mother had a genius IQ but was forced to drop out of high school to work and also take care of my grandmother. Both my parents were some of the most psychic people I have met.

When I asked my mom about her psychic abilities her response to me was in her time life was about survival and there was not a space for her to work with spiritual practices. I understood – just a different time on planet Earth. My mom was the first generation born of my family born in the U.S. Life was not about exploring a spiritual path. She had holes in the soles of her shoes, and if she could find a way to get a peanut butter sandwich for lunch that is all she cared about.

Through time opportunities grew more for people to work on themselves and also to focus on their own spiritual path. I do know how many people are still trying to survive. I am talking about the general collective where the doors for practicing spiritual work flung open as wide as possible and started to create unlimited opportunities for people to experiment and find new ways to live life.

I grew up in the drug culture of the 60s and all we wanted to do was to explore Love and Oneness!

When I went for my master's in counseling psychology, I studied the work of Roberto Assagioli and Pyschosynthesis, Bioenergetics, the work of Otto Rank, Gestalt Therapy, NLP, Ericksonian Hypnosis, Rogerian Therapy, and therapies like this.

There was so much brilliance in the work!!

I gave up my traditional therapy practice (keeping up my CEUs for my licenses) for shamanic healing work. For I found it so powerful. Especially once I brought Soul Retrieval into my work everything changed. For so many clients do not do well in therapy as the therapist is talking to a client who is not home.

And now in the last few years this statement that I made back in the 1980s is a big understanding in the therapy world, hence the introduction of nervous system work to bring people back into their body again, like we do with the healing practice of Soul Retrieval.

And what all nervous system programs have in common is teaching practices to come back and be present in the body. But a lot of the deep work is looking at how when we were born, we started being conditioned away from the destiny we came here to fulfill. And a key to the work

going on today is finding your purpose in life and remembering you are an Adult now and that you are part of Source and a Spirit that can't be harmed.

As you are reading this month's column you are being reminded of some of the core practices of the Medicine for the Earth work. You are a divine spirit who looked down on this earth before you were born and decided on a life purpose.

I don't want to make this column too long as I find people like to read shorter newsletters these days. We are overloaded with information.

I do need to take you back to the early 1990s when I wrote my book *Welcome Home*. I introduced the practice of Soul Remembering based on a teaching my helping spirit gave me while performing a Soul Retrieval on a client. My helping spirit said my client did not need a Soul Retrieval. He needed a Soul Remembering as he forgot his purpose in life.

Soul Remembering became a huge part of my practice and for awhile I focused on this practice more than I performed Soul Retrievals.

I went on to write about it in *A Fall to Grace, Medicine for the Earth* and *Walking in Light* as I saw the importance in healing people from their conditioned life.

The key principle of Soul Remembering is seeing yourself at the time you were choosing to incarnate. You looked down on this great Earth and saw beauty and colors and saw this was a planet of senses. Here you can hear amazing sounds, smell amazing fragrances, taste chocolate and amazing foods, see beauty, feel textures and emotions.

And then you enter a family, and a world filled with authority figures projecting expectations onto you—how you should look, behave, and what you should achieve in life. Along the way, you may have lost touch with your passion and true purpose.

You felt such excitement to start this new adventure on Earth with a decision to be creative in some way carrying a true passion and life purpose in your soul as you greeted the Earth. The principle of Soul Remembering is a principle that is core to all nervous system work. As Victor Frankl wrote in his powerful book *Man's Search for Meaning*, the way people got through life in a concentration camp was remembering what had meaning for them in life. Those who could not hold on to meaning did not survive.

So today there are endless programs to help deconstruct the identities that were projected onto us. Now people are being asked to explore deeply, why are you here? What gives you meaning, passion, joy, and purpose?

There is so much to nervous system work today, and I love what is being shared and how people are healing from impossible diseases and disorders. It is amazing and inspiring to watch.

In this newsletter I just wanted to focus on Soul Remembering and that this is the work people are doing now in all traditions to heal.

For this work it is actually quite simple as I teach it. I do teach it to shamanic practitioners to include in their shamanic work. And if you want to work with a practitioner, I trained to perform this practice in your behalf please visit www.shamanicteachers.com.

You can also do this work for yourself by performing a journey or meditation. Set your intention to be shown your spirit looking down on this great Earth before you were born. What called you here? What were you excited about doing, what meaning did you see, what did you see as your life purpose before you were told by others who you are, and why you are here?

This is an amazing practice to do for yourself or have someone perform for you. The power in doing it for yourself is getting for yourself your soul's purpose. The power of having this performed by a shamanic practitioner is the gift of truly being seen for who you are beyond your conditioning. And this is healing for so many.

When I was just a little girl, I actually had the realization that I was never going to be seen for who I was. What an insight to get, being so little!

Try this practice and don't give up. There is another way for you to live your life that will bring healing, joy, deeper and healthy connections with others, and a path to follow. And it is your unique path! But it is the true gift of life as we enter the Earth arena where we are living lives, caught in so many illusions and forgetting we are Spirit and the seeds of Source.

We have the opportunity to celebrate the full moon together on February 12. This moon is called the Snow Moon, and I love the sound of that!

This is a special time where we have the love of our international community to connect our hearts and inner light together like the brightest shining star in the cosmos emanating light within and throughout every corner of our great Earth. Drop the role you took on at birth and let your body go and your thoughts take flight for awhile and travel deep within to find that seed of Source light within you and let it grow, let it grow and emanate until the entire planet is one shining ball of light with you shining on it.

If you are a new reader of the Transmutation News, please read [Creating a Human Web of Light](#) on the course homepage.

Announcements:

I am delighted to let everyone know that my book *Walking in Light* is now available on audio book. I love this book. It is a compilation of a lot of my work and has all that I teach in my course Medicine for the Earth and Healing with Spiritual Light.

I have not received a lot of reviews for my audiobook "Polishing the Path of the Soul". But the ones I did get are so good I am doing the program again, and it is great. I was in such a deep spiritual place when I spent a week recording this audio book. I don't remember a recording I ever did that went this deep or far or embraced so much of the energy of unconditional love!

Llyn Roberts and I wrote such a beautiful book titled *Walking Through Darkness*, and then I recorded on my own "Polishing the Path of the Soul". Neither of these are selling well now. And I have so many people reading this column and on my email list. Don't be afraid to explore the maps I shared with you for walking through dark times. For those are the times we are in. With my book and audio, you are provided a clear roadmap of how to keep walking forward, exploring the amazing territory of darkness and the healing it holds, and then how to emerge on a new path feeling empowered by your journey through the times we are living in and what you experienced in your past.

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 for a year now and all the posts are still up. Reading and pondering what I am sharing is very inspiring. I hope you will check in.

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/>

Renee Baribeau and I are excited to be back on The Shamans Cave. We are doing audio only. For more information, please visit ShamansTV.com. We are having a wonderful time being back!

And speaking of Renee Baribeau- she just wrote a fabulous book that I really love and hope you will buy a copy. I know Renee's book will touch you on many levels.

Discover the Walking Path to Wisdom with *A Pilgrim's Guide to Walking Wisdom: 11:11 Insights*

Renee Baribeau, The Practical Shaman, invites you to embark on a transformative journey of self-discovery with her latest book. Through timeless teachings, practical exercises, and 11:11-inspired insights, this easy-to-read guide empowers you to navigate life's transitions with clarity and purpose. *A Pilgrim's Guide* offers grounding wisdom to align with your true path Order now and take the first step toward walking in harmony with the winds of change and receive many bonus gifts.

<https://thepracticalshaman.com/a-pilgrims-guide-to-walking-wisdom-1111-insights-book/>

I have some really great Evergreen courses to learn more about shamanic work. Here are some of my courses with links where you can buy a course that was once live but is now a recording you can watch in your own time.

Here are some courses I have available:

Shift Network Courses:

Cultivate Spiritual Immunity with Shamanic Medicine of the Earth:

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

The Ancient Practice of Shamanic Journeying (Evergreen):

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

The Dark Night of the Soul as a Portal to the Shaman's Light:

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

Shamanic Practices for Spiritual Immunity:

<https://shiftnetwork.isrefer.com/go/spSI/ingerman/> This is actually my course Medicine for the Earth and Healing with Spiritual Light

Shamanic Journeying with the Spirits of Nature:

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

Shamanic Journeying for Guidance and Healing part 2:

<https://shiftnetwork.isrefer.com/go/sicSI/ingerman/> This an audio only

Sounds True courses:

Through Sounds True I taught an in-person Medicine for the Earth and Healing with Spiritual Light Training that was recorded and is still for sale:

<https://www.soundstrue.com/products/healing-with-spiritual-light-online-course>

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