

Transmutation News March 2025

I know most of us are reeling from one chaotic moment to the next and losing a sense of how to ground from all the chaotic feelings we are experiencing. This is a very tough time for so many in our international circle. The challenges now are everywhere, not just in America. Although America is certainly creating its share of chaos for the entire planet!

But I want to talk about working with chaotic energies for they are so prevalent now throwing us all off center.

I am on Facebook. And when the election results were in there was a mass exodus off of Facebook as people left in protest. I did not want to be on Facebook anymore either. But I stayed on for I could share inspiration and healing posts to try and help people shift their perspective and just move back to a place of sanity that so many people lost.

But what happened at least with Facebook is people left immediately before thinking things through. So now we have a spiritual community that is so split into different social media platforms that no one knows how to find community and friends.

And this is the point I am making. Don't act before really considering consequences for your choices. We all need to spend more time in nature. This is a time where so much change and chaos is flooding our field of energy that we need to make sure to use every practice we know to get back into a place of center. We desperately need to center ourselves right now.

I know it seems trivial to read but I keep sharing the same statement I wrote in my second book Welcome Home:

In challenging times:

Stay focused

Stay positive

Stay centered

I am having my own challenges not with just what is going on in the world, but I am looking at the grief of aging and all I can't do anymore. Every change we experience in life is a death. We have a collective death going on right now with the changing energies we are facing. And then we have our personal initiations and dismemberments going on that lead us to so much change. Many of my students feel like they are dying without understanding how much change has to happen on every level of our being when we live in chaos and stress.

We are all being resculpted on so many levels for the coming times.

How I am working successfully is by only asking my heart and body for what they are feeling and what they need. The racing mind is just to distract us from not feeling safe on some level. Every therapist and nervous system program will teach you this.

Going into nature and refocusing on the beauty of life is healing instead of the darkness of different dimensions colliding at the same time. There are so many dimensions of reality we are creating right now we really need to choose what reality we want to live in. I wrote about this for years in the Transmutation News. Isis kept reminding us that if we keep jumping back and forth between the reality of what we want to experience and the nightmare of other realities we might end up getting stuck in the wrong one.

I am not trying to create fear in anyone including myself. But I will say it is time to focus on what you are grateful for and spending more time focusing on the beauty of life instead of the traumas that are going on all around us. Yes many of us are facing losses on every level – from housing, jobs, health, loved ones dying and in poor health. The challenges of today feel truly brutal to our sensitive hearts. But our soul is strong and has all the resilience we need to thrive and not just survive.

As many of you know I have been dealing with a very rare disorder that has no cure. I have been dealing with this for 10 years. And I have learned so much about walking the road of life while being in pain and finding ways to still work, connect with friends, and most of all I am still in awe of the beauty I see in nature every day.

Today as I am writing this newsletter I am having terrible computer issues, but a bobcat just walked by my window, and that omen to me means the helping spirits know I am being challenged and are sending help. It took me years to learn whenever I see bobcat at my house I am being given a sign that everything will be ok.

So I know where some of you are- trust me I know. And what I have learned is trust is one of the most important tools we have. For if we trusted our helping spirits to get us this far why do you feel they can't keep helping us now?

And are we all aware of the positive changes that are going on behind the veil of chaos of the new illusory play that is being enacted for the entire world to see the craziness we created with our own consciousness?

Time to shift our consciousness to a new act in the play. And you need to choose that next act that you want to take the role for. What role do you want to play? The victim hiding in isolation and crying? Living in fear all day? Or remembering you are a seed of Source who came here to learn how to be a human in the world of spirit. You are Spirit! You are the Divine!

If you forgot this it is time to get back into deeper work by spending more time reviewing your spiritual practices and spending time in nature. You have learned so many practices from me and other teachers. Sit down and reflect on the most potent practices that changed your consciousness and your health on every level and focus on just a few of these. Don't overwhelm yourself trying to do too many spiritual practices at the same time for they all lead you to the same place. So focus on what has worked for you over the years.

I have been inspired to read *Medicine for the Earth* again as it is the most esoteric book I wrote that can help myself and all of us get through these times with grace. I want to deepen the practices I have been doing for over 40 years. They brought me to a great place in life, not

without huge initiations and struggles, but I healed so much, learned so much, grew so much, and evolved and helped others to do the same. And now like the old shamans and alchemists did it is time to take the work to a completely new level.

My prayer is you are all willing to do the same.

The full moon is March 14. The full moon is a wonderful time where for so many years now we have worked as one international circle to emanate the beautiful divine light from our spirit inside. As we do this we do bring more light and love into the energy field within and around our bodies and the planet itself.

This is a time to keep deepening our work. Try another way to transfigure on the full moon this month and see if it can take you deeper into emanating your light like the stars, the moon, the galaxies, and the sun do for us. Let us meet the power of their light.

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

And yes on March 21, we do greet a seasonal shift to our cycle of life and enter into the time of spring/fall depending on where you live. The equinox reminds us of the balance of the light and the dark. And that our cycles will always shift as nature does every year.

To welcome in a new season of life perform a ceremony of greeting a new time with gratitude for what you learned during the winter or summer. Let go of the hopes and dreams that did not manifest for you and imagine sweeping what does not work for you out of your internal home and the house where you live.

I always recommend doing a shamanic journey where you merge with the Earth to feel the changes that the land you live on is experiencing. It does not matter whether you live in the city or country. The earth is changing inside of you and outside of you no matter what environment you are in. This is a way to find balance. When you truly feel the energetic changes of spring/fall you can find balance in your own body which we all need right now.

Feel the changes in the air - the humidity and how the winds are changing. Feel how the waters where you live are changing. Notice the changes in the sun and the night sky. Connect fully back to yourself and elements to feel yourself become one with Nature again and how it is shifting according to its own natural cycle.

And then we plant the seeds for a good spring and summer or let go of what needs to be shed back to the Earth to be composted in fall and winter.

And life keeps going on and changing as it has throughout time. We simply spiral through different cycles.

I hope all of you will stand strong together and know whatever we are seeing right now our future changes by the changes in our behavior and our actions in the present.

I wish you a joyous spring or fall and may we remember that we came here to learn about how to love!

Announcements:

If you are looking for a summary of all the Medicine for the Earth and Healing with Light practices they are all in my book *Walking in Light* which is available in multiple formats. And if you are looking at how to perform shamanic ceremonies *The Book of Ceremony* teaches how to perform ceremonies, and I also shared ceremonies you can do for all we experience in modern life.

“Polishing the Path of the Soul” (my audio book) is one of the best resources I have for walking through these times from a state of grace. 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 www.ShamansTV.com. We are having a wonderful time being back!

After one of the webinars I taught last year I connected with a wonderful woman who registered for my class. We became fast friends and have kept in touch. After the election results were announced Kristen wrote an amazing book of poetry:

Kristen Mägis

One Moment, One Chance, Always: Finding Hope in Despair

We face numerous cataclysmic crises that are fomenting anarchy and creating fear and despair. However, spirit calls to us as beings of light. We are invited to remember who we are, why we are here and what gifts we bear. The threat is real, but it cannot triumph over beings of light who stand as one.

Order from [IngramSpark](#).

I have this amazing student Jacirendi who studies different traditions from all around the world – not just about shamanism but a true wealth of subjects around herbs, symbols, medicine dolls and the list keeps going on and on.

She recently shared a post of a free webinar given by a Finnish group who work with healing teas and plants and teas from the Arctic. I had gotten the flu that was going around. And I could not stop drinking tea with all kinds of honey from around the world. And if I could, I would move to the Arctic as I love the dark, cold, and ice. That is where I feel the best and where my body thrives.

So you can imagine my excitement when I saw this invitation. And due to how it was written I wanted to put in the entire advertisement for the free webinar which of course I signed up for. In this way you can truly see all that is being offered. The webinar is being recorded if you cannot attend live.

Thank you for registering for the webinar, [Tea Cultures of the North: Connecting to the Plant Wisdom of the Arctic](#), with Åsa Andersson Martti, Katja Misikangas, and Martyna Vengryté on Wednesday, 19 March 2024, from 3–5pm, Helsinki time. A link to a recording of the seminar will be sent to everyone after March 19th.

Gifts from the forest come to us in diverse forms including as wild healing teas gathered across the Northern seasons as part of land-based cultural traditions. This seminar will connect the idea of forest sentience to the detoxification, rejuvenation, and healing of people, plants, and places.

With diverse backgrounds in phytochemical research, Indigenous Sámi culture, and natural products design, our speakers will share their knowledge of the curative attributes of angelica, coltsfoot, Labrador tea, nettle, northern sweetgrass, roseroot, willow, and other northern species.

You can learn more about our speakers and their work by visiting the following:

- Åsa Andersson Martti: <https://www.kau.se/en/geomedia/projects/sami-trail-tears-walking-trail>
- Katja Misikangas: <https://arcticwarriors.fi/en/>
- Martyna Vengryté and Lina Raudoné: https://www.mdpi.com/2223-7747/13/6/901/review_report

The webinar flyer is attached for circulation. And here is the seminar webpage:

- <https://www.sentientforestproject.com/teacultures>

The Zoom details will be sent to everyone on Monday, 17 March 2025 at 5pm, Helsinki time. About three weeks before the seminar, we will also send you some recommended readings and resources.

Please encourage your friends, colleagues, family members, and students to register for the seminar by emailing: sentientforestproject@gmail.com

Many thanks, and we look forward to seeing you on Wednesday the 19th of March!

All the best,

John C. Ryan and Francis Joy

Presentation 1 Title: Spring Immunity Teas of Sápmi

Åsa will discuss important spring immunity teas of the Torne Valley region in northern Sweden including the forests and meadows of the Kiruna and Lainio areas. After a long winter, spring is when both people and animals are their weakest. At this time, everyone is waiting eagerly for the lifesaving green helpers to begin sprouting. Especially powerful immune teas include coltsfoot (*Tussilago farfara*), used medicinally by Sámi and Tornedalian people to treat coughs and flus, as well as willow (*Salix* spp.) for flu headaches. In contrast to fresh wild teas, “dry teas” are harvested the year before. In Lainio, people smoked dried coltsfoot and willow for super fast healing effects.

Åsa Andersson Martti is an Indigenous Sámi and Tornedalian artist, healer and academic researcher. Åsa has studied landscaping, psychology, religion, rhetoric, dreams, traditional Chinese medicine, and Sámi traditional healing practices. She is founder of the historical and animistic pilgrim trail ‘Sámi Trail of Tears’ based on her mother’s childhood memories.

Presentation 2 Title: Phytochemical Profiling and Biological Activities of Rhododendron Subsect. Ledum: Exploring the Medicinal Potential of Labrador Tea in the Northern Hemisphere

This presentation explores Labrador tea species' phytochemical composition and biological activities from the Rhododendron subsection Ledum. By analysing key bioactive compounds, the study targets their potential medicinal benefits, particularly for traditional and modern therapeutic applications in the Northern Hemisphere. The research highlights the potential of these plants in promoting health and wellness. The presentation will be based on the published article: M Vengryté & L. Raudoné. Phytochemical Profiling and Biological Activities of Rhododendron Subsect. Ledum: Discovering the Medicinal Potential of Labrador Tea Species in the Northern Hemisphere. *Plants*. 2024; 13(6):901.

Martyna Vengrytė is a second-year PhD student at the Lithuanian University of Health Sciences. Her PhD thesis is focused on the biological activity and phytochemistry of plants in the Rhododendron genus *Ledum* subsection. **Lina Raudonė** is currently working as a professor and Chief Researcher in the Department of Pharmacognosy and Laboratory of Biopharmaceutical Research, Institute of Pharmaceutical Technologies, respectively. Characteristics of her scientific research include (1) phytochemical and antioxidant studies of plant raw materials; (2) research on diversification of functional, biopharmaceutical and related product quality indicators and development of methodological solutions. She has published 53 articles in the Web of Science database with a citation index, and 16 publications in peer-reviewed scientific journals. She has presented her research at 124 international scientific conferences.

Presentation 3 Title: Arctic Herbs for Health and Wellbeing

This presentation will cover some of Katja's favourite Arctic herbs for health and wellbeing. Katja has followed the footsteps of her mother and great-grandfather and is now putting her life long experience in herbs into practice as CEO of Arctic Warriors. Her mother has a strong background in traditional medicine, and healers run in the family as far back as she's been able to trace. Katja's favorite herbs are garden angelica and roseroot cultivated at Katja's homestead in Narkaus and also produced by agreement by roughly ten cultivators across Lapland. In addition to cultivated plants, her products use wild herbs such as nettle and northern sweetgrass.

Katja Misikangas is Founder and CEO of Arctic Warriors Ltd. based in Rovaniemi, Lapland, Finland. She is a fourth-generation healer and herbalist raised in the Arctic wilderness and deeply rooted in Finnish Lapland above the Arctic Circle. Knowledge of herbs and folk medicine runs in her family. She has been involved in the development of the natural products industry since young adulthood, working as a product developer, trainer, and lecturer. Katja's favorite herb is *Angelica archangelica*, which keeps the flu away from this active lady and her two children.

Copyright 2025 Sandra Ingerman. All rights reserved.