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| **Sandra Ingerman's Trainings and Announcements:** |
| **2020 Training Schedule** (Updated October 30, 2020)  For more complete descriptions, please scroll down on this page.**2020****January 8, 2020** Free introductory call fo***r* *The Ancient Practice of Shamanic Journeying: Foundations for Accessing Helping Spirits & Power Animals for Personal & Collective Healing*February 4, 2020*The Ancient Practice of Shamanic Journeying: Foundations for Accessing Helping Spirits & Power Animals for Personal & Collective Healing*** begins**.April 1, 2020** Free Introductory call for ***"3 Practices for Spiritual Immunity: How to Strengthen Your Health, Navigate Fear & Empower Your Community*"April 14, 2020 *"Shamanic* *Practices for Spiritual Immunity:  Strengthen Your Health, Shift Your Mindset & Empower Your Community*"** begins.**September, 2020 *Sandra Ingerman's Two-Year Teacher Training, session four of four.*** Sedona Mago Retreat Center, Sedona Arizona  (Closed)**July 25, 2020** Free Introductory call for **"*Open to the Shaman’s Light for Balance, Healing & Strength: Shamanic Tools for Navigating Darkness & Initiating New Ways of Being"*** online through The Shift Network.**August 5, 2020** Live Q&A for ***The Dark Night of the Soul as a Portal to the Shaman’s Light.*****August 11, 2020** ***The Dark Night of the Soul as a Portal to the Shaman’s Light,*** a 9-week online course begins, offered through the Shift Network.**On Going On Line Courses:** (Please see descriptions below)   ***Healing with Spiritual Light.***  Online course sponsored by Sounds True***Shamanic Journeying with the Spirits of Nature: Building Strong Reciprocal, Healing Relationships with Animals, Trees, and Other Allies of the Middle World.*** Online course sponsored by the Shift Network.   ***Shamanic Journeying for Guidance and Healing: Opening to Love, Beauty, and Wisdom Through Sacred Ceremony and Community (Part 1)*** taught through The Shift Network***.   Shamanic Journeying for Guidance and Healing: Practices for Divination, Collective Blessing & Helping Others  (Part 2)*** *taught through The Shift Network.****Experiencing the Shamanic Journey*** *available through Sounds True.*   ***21st Century Shamanism*** available through Sounds True.   ***The Power of Focused Intent*** available through Sounds True.     Training Schedule Archives: [2019](https://www.sandraingerman.com/images/sandra_ingerman_2019_training_schedule.docx)  [2018](https://www.sandraingerman.com/images/SI_2018_Training_Schedule.doc)  [2017](https://www.sandraingerman.com/images/2017_Training_Schedule.doc)  [2016](https://www.sandraingerman.com/images/2016_Training_Schedule.doc)  [2015](https://www.sandraingerman.com/images/2015_Ingerman_Training_Schedule.doc)  [2014](https://www.sandraingerman.com/2014trainingarchives.html)  [2013](https://www.sandraingerman.com/2013trainingarchives.html) |

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**2020 TRAINING SCHEDULE**I know we have been riding some very challenging and turbulent waves. And the natural flow of life will continue to bring us challenges that inspire us to really deepen our spiritual work. For clearly we cannot think our way out of or physically power through the personal and planetary initiation we are in. We are being asked to dive deep into the power of our inner spirit that has all the knowledge and strength to carry us through to the rebirth as to attune us to the nature cycle of death and rebirth that all living beings on Earth experience.But we must learn how to live a new way of life filled with love, light, and the power of spirit. We have to correct the disharmonious patterns we have created in the collective field of energy.There are no compassionate spirits or shamanic teachers who can do your personal work for you. But they can inspire you on ways to perform your own ceremonial work, join with others in your local and global community to do the same, and keep going deeper.The “Medicine for the Earth and Healing with Spiritual Light” training sponsored by Sounds True in May, 2018 filled very quickly.  The training was filmed, and an online course will be designed for those of you who desire to work through a webinar. Once the online course has been created I will share this information.The practice of shamanism was gifted to humans by the compassionate spirits over 100,000 years ago to help them survive. And obviously we need the power of these universal and ancient practices to assist in the survival of life on this Earth.I started teaching the practice of shamanism when I was 29, and I will be 67 in 2020. I am working with new formats so I can share teachings with the international community without being on the road 300 days a year as I did in the past.  Teaching online classes have given the opportunity for people from all over the world to train with me.I will keep teaching, just more locally and through online courses, summits, and lectures, through my writing and of course I will continue writing the monthly Transmutation News.Studying long term with a local teacher where you can work within a bonded and supportive community is such a powerful way to be introduced to shamanic ways of receiving guidance, healing, and living a shamanic way of life. I have been training shamanic teachers since 2003. You will find an international list of brilliant local teachers I trained by visiting [www.shamanicteachers.com](http://www.shamanicteachers.com). This site includes a list of shamanic practitioners I have trained if you are looking to work one on one with a shamanic healer.Below you will see the workshops I have scheduled. Keep checking back as I add more to my schedule. Please take a look at the wealth of online classes I have taught that were recorded and can now be registered for and downloaded on your own timeline.Continue to check this section to learn about new workshops I schedule at retreat centers or new online courses. |
| **THE DARK NIGHT OF THE SOUL AS A PORTAL TO THE SHAMAN'S LIGHT**A 9-week online course offered through The Shift Network starting Tuesday **August 11, 2020**Register here:[**https://shiftnetwork.isrefer.com/go/dnsSI/ingerman/**](https://shiftnetwork.isrefer.com/go/dnsSI/ingerman/)**Live Q&A Wednesday August 5, 2020,** 1:00 pm Mountain Daylight Time.[**Click here**](https://theshiftnetwork.com/Shamans-Light-for-Balance-Healing-Strength/call?utm_campaign=01ShamansLight01_20&utm_medium=email&utm_source=maropost&utm_content=01shamanslight01_20%20sandra%20ingerman%20er%20announce%20and%20q&a%20announce%20BUNDLED%202020.08.01&mpweb=708-9018923-650148100)**.**For so many years now I have been writing about the shadow side of the shamanic community riding surface waves. When riding surface waves, we learn how to tread water well.But do we end up missing a valuable part of the initiation and the journey to come home to our true selves when we don’t allow ourselves to sink under the surface waves? Although we live in the unknown, we prefer an unknown that does not involve sinking into the darkness of life - an initiation commonly called the Dark Night of the Soul.But this is where we learn to talk to our soul. This is where we shed our former identity to see the beauty, gifts, and strengths of our inner landscape. And when we find this we step into a glory of love and light that we never experienced on this Earth. But it takes being willing to make a journey that is in an unearthly territory that we all walk through when we get ill, lose something important to us, experience grief, dissolution, a lack of faith, and so on.In the modern western world, many of us called in transformative energies during this time. We said we wanted to transform. How we tried to do this was by discovering practices that make us feel peaceful and raise our endorphins to make us feel good. But this might not have been the best decision to make. For this keeps us swimming in the surface waves of change.When you ask for transformation in shamanism you ask to enter into The Dark Night of the Soul. This is such an amazing territory that sounds scary as once there you are stripped of your identity and everything you think you know.But what a rich journey that in the taking away that which no longer serves your identity leads you to finding your true identity, power, strength, inner light and love. For you are a true reflection of the creative forces of the universe, and this is what you will discover as you traverse the territory called the Dark Night of the Soul. You will discover aspects of unconditional love and experience a light you did not know existed.In this initiation you die to your ego while alive, being reborn into a being who is self sufficient in all your needs.I really believe that when one learns how to traverse The Dark Night of the Soul you learn how to ride out any wave life brings with power and strength. You become a presence of unconditional love and light beyond what you have experienced to this point.If you would like to learn about this territory and learn how to walk it you can register for my new course The Dark Night of the Soul as a Portal to the Shaman’s Light.You can register here: <https://shiftnetwork.isrefer.com/go/dnsSI/ingerman/>**OPEN TO THE SHAMAN'S LIGHT FOR BALANCE, HEALING & STRENGTH: SHAMANIC TOOLS FOR NAVIGATING DARKNESS & INITIATING NEW WAYS OF BEINGFree Introductoy call July 25, 2020**You can register here: <https://shiftnetwork.isrefer.com/go/slSI/ingerman/>The world is experiencing a “dark night of the soul” — what shamanic cultures call an initiation.Collectively and individually, we’re transitioning from one way of life to another...To ensure meaningful and lasting change, shamanism asks us to face the darkness.It may seem daunting, but this rich journey will strip you of that which no longer serves you. It will unveil your true identity, power, strength, inner light, and capacity to love.We are being flooded with every way possible to feel better when we need to allow ourselves to sink into the darkness to let our soul and spirit awaken. It is time to step away from all the experts opinions. We have created a cacophony that is creating more chaos.On Saturday July 25,  I will share powerful shamanic insights and tools for moving forward — a lantern in the darkness to guide you to better navigate these times — in Open to the Shaman’s Light for Balance, Healing & Strength: Shamanic Tools for Navigating Darkness & Initiating New Ways of Being.During this free powerful 60 minutes, you’ll discover:* How we’re collectively experiencing a Dark Night of the Soul — what the shaman views as an initiation — and ways to open to the changes you’re being called to make
* Shamanic practices for working with ceremony and nature’s elements for balance, healing, and strength in chaotic times
* How to touch into Spirit when you’ve lost faith
* How the shaman traverses from unhealthy energy fields (of pain, trauma, depression, hate, or frustration) into a healthier field
* A guided journey to meet Gaia and discover what changes you need to make in your life to align with her destiny

Shamanism empowers us, it helps us find our ground amidst chaos and the light on the other side of dark times. It helps us create protection for ourselves and those we love. But we have to be willing to walk through the dark night of the soul.And during this special hour you’ll glimpse the world — its challenges and yours — through the wise eyes of the shaman.More than anything, you’ll be reminded of the opportunity we’ve all been presented — to break out of the darkness of our illusions and be initiated into new light-filled ways of being.P.S. In **Open to the Shaman’s Light for Balance, Healing & Strength: Shamanic Tools for Navigating Darkness & Initiating New Ways of Being**, you’ll discover the growth and transformation that await you as you face life’s darkness — the initiation that shamanic cultures understand as the only path into the light.We hope you’re able to catch the event as scheduled… however, if you register and miss it, you’ll receive a downloadable recording as soon as it’s available.**SHAMANIC PRACTICES FOR SPIRITUAL IMMUNITY:  STRENGTHEN YOUR HEALTH, SHIFT YOUR MINDSET & EMPOWER YOUR COMMUNITYA 7-week course beginning Tuesday April 14, 2020.**In 2000 I began teaching a workshop internationally titled "Medicine for the Earth and Healing with Spiritual Light". This work ended up being so powerful for so many who learned that this work not only heals us individually, it also showed through scientific experiments how we could transmute toxins in our environment.In introducing the work, I always share that there are two phases. There is the **personal work** we need to do to change unhealthy habitual patterns of how we act in the world. There are daily spiritual practices we must perform to transform our state of consciousness so that we treat ourselves and all of life with kindness, honor, and respect.The second phase of the work is the **ceremonial work** that we will be performing as we join together. Ceremonies are the shaman’s vehicle for creating change. But performing ceremonies without integrating the daily personal work you need to do will not be successful in getting good results.People’s lives have been changed in a positive way from doing this work. And students continue to communicate with me via email and through social media that they cannot tell me enough how well they are riding the current wave of change we are in due to the corona virus, in ways that they feel calm, yet empowered. They are just loving engaging in the practices each day.I have taken some of the exercises and practices from my Medicine for the Earth and Healing with Spiritual Light work that I know will help you move into a place of stability and centeredness during this time of change.The course will have three levels. We will work on maintaining our **personal health physically, mentally, and spiritually.** We will **perform transfiguration** **and other healing ceremonies** to keep our global circle strong, and we will perform ceremonies for all of life. And of course we will look at how to **share this work in our local communities** if this of interest to you.We will have a **Facebook page** where everyone who signs up for this course will have an opportunity to get questions answered, personally be welcomed into our circle, and have a place to share your experience of the exercises and ceremonies. It will also be a place to ask for prayers and help.In the non-ordinary realms we will have a sacred altar space to work collectively in our modules and also between sessions. This will be a place where you can pray, journey, and continue some of the work we are doing together. I often go to the altar to gain comfort when I am feeling afraid, triggered, or off center.Everyone in this course will be held in unconditional love and light. That is something you will be able to count on as a support that will impact your life and health forever.Not all the material may be new to you. But this course is a way to keep up our practices together, keeping them alive and vibrant and feeding their power to keep us safe. We will be opening to bigger teachings, expanding our perspective, and joining together for ceremonial work. I will be guiding all the exercises and there are no prerequisites for this course.I will share some powerful shamanic practices to help us to be pillars of light and strength, empowering us to weather emotional storms, and creating protection for ourselves and those we love. The urgency to gain access to these ancient practices has never been greater.During the course we will touch on such subjects such as: * How shamanic cultures worked with their creation stories to dismember illness and reweave healthy energetic patterns back into the body.
* The ancient cross cultural practice of transfiguration: experiencing your spiritual light and absorbing its healing power throughout your body. Learn how we can radiate that light to the global community that are registered for our course and forms our circle.
* How we can ask for a healing dream and guidance in our dreams.
* Examine what our current daydreams are leading us to, and learn ways to contact our soul for direction on creating healthy daydreams that lead to our desired outcome.
* Learn how to transform your words and thoughts so that you feed yourself, your loved ones, our circle, and the entire collective with love and light. Learn how illnesses that are created by so many negative thought forms that are flooding our collective.
* We will address how to manage and work with our grief.
* We will learn how to work with the moon and crystals as transmitters of light and healing.
* Learn how the elements earth, air, water, and fire give us life. If we build a relationship with them so they become our ally and a member of our family, we will see dramatic changes in the health of our environment.
* We will also explore how the elements make up our body. What is missing? Do we need more air, fire, water, or earth? How healthy are our inner elements?
* The ancestors have been trying to teach us how to survive these times. We will work together to speak to them and help the group learn what has been shared for tens of thousands of years.
* The descendants depend on us to “get it”. They are waiting to guide us. We learn from them together.
* We will do honorable closure ceremonies to honor those who died.
* And by the end of the course we will be filled with a beautiful inner landscape. Shamans are gardeners of energy. What we feed grows. We will create an inner garden that any master gardener would be proud of.

To register go to: [https://shiftnetwork.isrefer.com/go/spcSI/ingerman/](http://r20.rs6.net/tn.jsp?f=001CU_hvO7EFZYHslT68J01sx6uoSYC-JKk5nqEj7wdJAQbswSVimmCfPywkHMuuAYv_Qk0Nka0akf4ogDU1g_K2AhkKYSQAK8NxjhD9uKK68skC7X8lVWz35JhIzyM-zuCNVEPdzSjbsw5T1vTeRmue_hhy4lmExmIzqyVHBES9AGTzFWcI9Zsl4v1C0fuT6OM&c=4GGYR5ljfR8yqLXplvmCk56DFQJcQ7ZW7n3P31w18-i5_kVLtfj4YQ==&ch=r8T0E-RSLcEos8BsXQoT7F2fV88VeA5dyjXc4q5wQmXOKBsMZzrYIg==) **THE ANCIENT PRACTICE OF SHAMANIC JOURNEYING:FOUNDATIONS FOR ACCESSING HELPING SPIRITS & POWER ANIMALS FOR PERSONAL & COLLECTIVE HEALINGFree Introductory Call January 8 2020.**There seems to be an entirely new population of people stepping onto the powerful and mystical path of shamanism. Although shamanism is a way of life one of the foundational ceremonies is shamanic journeying to seek guidance and healing from healing, divine, compassionate spirits. To be able to journey to helping spirits is one of the roles of the shaman.Although in the last few years I have been teaching shamanic journeying online I would now like to take a step back and offer more guidance of how to truly and deeply communicate with the divine spirits. They are waiting to help us. I will share how to step into the unseen realms with more strength and ability to expand our senses to embrace the wonders of traveling into the unseen realms in an embodied way.To this end in February I will be teaching a new 7-week training on shamanic journeying. I will give more of an introduction to the work than I have in the past. I will focus more on preparation and how to greet the helping spirits so that you have such a strong relationship with the divine helping spirits and nature you will never need to ask others questions as your spirits are available to you at all times.I will focus on the shamanic journey and not weave other material into the course as I have done in the past. In this way I can give participants solid education into the art of shamanic journeying so you can get guidance and healing for yourself as as well as how to divine guidance and perform healing for others including children, animals, and all of nature.One of the benefits in The Shift Network courses is they create a Facebook page where we can share our insights, our challenges, ask for help as life brings us initiatory experiences that we need support with, and share ways to support our healing and that of the planet.I see this course as a way to enter a new decade with a wealth of spiritual tools to help us navigate the changing times as well as a way to join together as a true supportive community.For myself, after strong initiatory experiences, I review the basic foundation of shamanic journeying as a way to put me right again and connect back in deeper ways with my helping spirits. For sometimes our initiations can throw us off course when we need our spiritual connections more than ever. In this way this course can benefit all levels of experience with shamanic journeying.First, I will have a free intro call to discuss the opportunity we have to improve the quality of our lives and the lives of others by incorporating this successful practice which has been producing remarkable results for tens of thousands of years. Imagine you having the opportunity to step into this collective and field of energy with others from all over the globe. In the free 60 minute Introductory call on January 8, you’ll discover: * The foundations of ancient shamanism — and how it’s THE path to connecting with your innate wisdom and power, healing the planet, and living in harmony with nature
* Three hidden worlds shamans journey to “retrieve” guidance for their communities
* The purpose of drums, rattles, whistling, sticks, bells, didgeridoos, click sticks, and chanting — in shamanic journeying.
* The healing effects of shamanic journeying on human brain waves
* Life challenges, including illness, relationships through a shamanic lens.
* Learn how shamanic journeying can give us a new perspective on climate change and provides us with ceremonies we can perform for planetary healing.
* A guided journey led by Sandra Ingerman to meet a favorite nature being whether it be animal, bird, reptile, insect, plant, tree, fungi, and so on. You will learn about each others’ life and will become good friends. Every being in nature becomes our kin if we develop a strong relationship with it.

To register for the free Introductory call on January 8, click on:    <https://shiftnetwork.isrefer.com/go/3hiddensi/ingerman/>Use the above link to register for the intro call and this will allow you to register for the course. **THE ANCIENT PRACTICE OF SHAMANIC JOURNEYING: FOUNDATIONS FOR ACCESSING HELPING SPIRITS & POWER ANIMALS FOR PERSONAL & COLLECTIVE HEALING (7 week course)Please Note:** I can imagine some of you wondering how this course is different from my Part 1 sold by The Shift Network. Part 1 was a combo of teaching shamanic journeying and my Medicine for the Earth work. It is brilliant course and still continues to attract so many people to take it.This new course only focuses on shamanic journeying for I found in Part 1 people new to shamanic journeying simply had to catch up on foundational principles of journeying. This new course is devoted to the practice of shamanic journeying for those of you who want to learn this ancient and powerful practice and for experienced practitioners who would like to gather some more tools in teaching this work.**NEW COURSE DESCRIPTION:**There seems to be an entirely new population of people stepping onto the powerful and mystical path of shamanism. Although shamanism is a way of life one of the foundational ceremonies is shamanic journeying to seek guidance and healing from healing, divine, compassionate spirits. To be able to journey to helping spirits is one of the roles of the shaman.Although in the last few years I have been teaching shamanic journeying online I would now like to take a step back and offer more guidance of how to truly and deeply communicate with the divine spirits. They are waiting to help us. I will share  how to step into the unseen realms with more strength and ability to expand our senses to embrace the wonders of traveling into the unseen realms  in an embodied way.To this end in February I will be teaching a new 7 week training on shamanic journeying. I will give more of an introduction to the work than I have in the past. I will focus more on preparation and how to greet the helping spirits so that you have such a strong relationship with the divine helping spirits and nature you will never need to ask others questions as your spirits are available to you at all times.I will focus on the shamanic journey and not weave other material into the course as I have done in the past. In this way I can give participants solid education into the art of shamanic journeying so you can get guidance and healing for yourself as as well as how to divine guidance and perform healing for others including children, animals, and all of nature.One of the benefits in The Shift Network courses is they create a Facebook page where we can share our insights, our challenges, ask for help as life brings us initiatory experiences that we need support with, and share ways to support our healing and that of the planet.I see this course as a way to enter a new decade with a wealth of spiritual tools to help us navigate the changing times as well as a way to join together as a true supportive community.For myself, after strong initiatory experiences, I review the basic foundation of shamanic journeying as a way to put me right again and connect back in deeper ways with my helping spirits. For sometimes our initiations can throw us off course when we need our spiritual connections more than ever. In this way this course can benefit all levels of experience with shamanic journeying.First there was a free introductory call  to discuss the opportunity we have to improve the quality of our lives and the lives of others by incorporating this successful practice which has been producing remarkable results for tens of thousands of years. Imagine you having the opportunity to step into this collective and field of energy with others from all over the globe.To learn more about the course**:The Ancient Practice of Shamanic Journeying:  Foundations for Accessing Helping Spirits & Power Animals for Personal & Collective Healing**please visit:<https://shiftnetwork.isrefer.com/go/3hiddensi/ingerman/> |

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**THE SHAMANS CAVE – A WEEKLY 30 MINUTE YOU TUBE SHOW**Sandra Ingerman and Renee Baribeau (author of Winds of Spirit) have joined in partnership to create a new You Tube Show called The Shamans Cave.The premier was January 6, 2019.Over time we will have the opportunity to explore deep issues emerging in our shamanic practice.We have exciting topics to cover. We will lead live practices and ceremonies as well as inspire you to create your own. We will be weaving guest interviews into our shows over time as well as speaking to topics you would like us to address.Some examples of topics that we will speak to:* How Nature is compassionate
* Messages from the Wind and Earth, Water, Fire
* Learn powerful ceremonies to share with your family, friends, and community.
* Learn protection practices.
* How to use sacred tools and the ethics around using certain materials.
* Working with children and animals.
* Ethical issues that arise when performing shamanic work in today’s modern world.
* Continuing to explore ways to deepen our spiritual relationships so we carry more spiritual light into the world.
* How to infuse our practices with deeper ways to work revealing the truth of who we are, our destiny, what we have to contribute to the collective and how.
* Ceremonies to share light and love with the collective and the web of life.

And we will join together in the spirit of mutual cooperation and support as we continue our personal and global healing.This is a wonderful way to keep up our work together.This is a  free offering. Regular weekly broadcasts are scheduled to start February 17, 2019. To learn more about the show and for the schedule please visit [www.ShamansTV.com](http://www.shamanstv.com/)   |
| **2018 - 2020 TWO-YEAR TEACHER TRAINING IN SHAMANIC JOURNEYING AND HEALING AND MEDICINE FOR THE EARTH (Course closed)**I have been seeding our communities with well-trained teachers to save people the expense of having to travel to distant workshops.  We need to create a way to get information out to a broader audience so that we can help change the current level of consciousness in the world.In this training I will cover issues and questions that come up when teaching groups, help participants design workshops, and I will share new adaptations to the work that will speak to our world community and work with present-day issues and problems.We will also use shamanic journeying and ceremonies to work through the egoic traps that many teachers fall into when they take on the role of teacher and help work through blocks that prevent us from being as creative as is our birthright.In this course participants are trained to teach:* Shamanic Journeying
* Extraction
* Soul Retrieval
* Psychopomp work as well as working with people who are facing death.
* Medicine for the Earth
* Healing with Spiritual Light
* How to teach and lead ceremonies in workshops

There are very strict prerequisites for this course. A great teacher teaches from his or her experience. Therefore, I will only be accepting applications from people who have already completed workshops and are practicing all the work shared in this course.You need to have taken the following courses from a teacher listed on [www.shamanicteachers.com](http://www.shamanicteachers.com) authorized to teach these courses as well as have a practice using the material:Shamanic JourneyingShamanic Extraction5-day Soul Retrieval TrainingPsychopomp (Death & Dying)Medicine for the EarthHealing with Spiritual LightCompletion of The Shift Network Training "Shamanic Journeying for Guidance and Healing" Part 1 (7 weeks) and Part 2 (12 weeks) taken live with Sandra will count as the prerequisite for Medicine for the Earth and Healing with Spiritual Light. \*\* These courses taken as an On-Demand course (Part 2 is 11 weeks)  will only count as meeting the prerequisite for Medicine for the Earth.Completion of Part 1 (7 weeks) will count as the prerequisite for Beginning Journeying Skills.Also, you need to be seeing clients working with these shamanic practices.In the application you will be asked to list the courses you completed and who you studied with. And you will be asked to describe your practice with clients as well as submitting case studies.We will be meeting at a place of extraordinary beauty in Sedona, Arizona, the Sedona Mago Retreat Center. Please feel free to visit their website [www.sedonamagoretreat.org](http://www.sedonamagoretreat.org) to get a sense of the beauty you will step into.We will meet twice a year over 24 months. The first meeting will be November 12-17, 2018. Specific dates are being worked out for the second, third and fourth sessions. Subsequent sessions will be held in the Spring and Fall of 2019 and the Spring of 2020. Participation is required for all four meetings in order to complete the Teacher Training. Participants who have completed all four sessions will be eligible to be listed on [www.shamanicteachers.com](http://www.shamanicteachers.com). You will be able to list workshops that I have trained you to teach as well as you can list unique and creative workshops you have designed that have to do with shamanism.This is a residential training.First Session: November 12-17, 2018  (Closed)Second Session April 1-6, 2019  (Closed)Third Session November 11-16, 2019  (Closed)Fourth Session September, 2020  (Closed)Contact: Sylvia Edwards for questions,email: sylvia@sandraingerman.comPlease note: No business services are being rendered in this training.Note: Taking "Experiencing the Shamanic Journey” or the Shift Network courses Part 1 and 2 serve as the prerequisite register for more advanced shamanic trainings. |

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| **ONGOING ONLINE COURSES** |
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**HEALING WITH SPIRITUAL LIGHT: The Shamanic Power of Transfiguration to Heal Ourselves, Each Other, and the Earth** I am so excited to share this opportunity with you. I have devoted so much of my teaching to the practices shared in this beautiful and powerful online course Sounds True filmed live at a retreat center in Estes Park. As we knew the course would be a future online course each day myself and the circle welcomed those in the virtual community who have joined us. For anyone called to serve, we may find ourselves constantly wondering: “What can I do?” You might wonder what you can do to change your conditions to create a better life, or to help your loved ones and your community, or take part in the healing of our planet. Yet from the shamanic perspective and the perspective of wisdom traditions everywhere, who we are matters just as much as what we do. I have spent more than two decades researching the practice of transfiguration, or “Healing with Spiritual Light.” Transfiguration isn’t about “doing” anything. The practice is to radiate our divine light, which is our true essence as spiritual beings. This seems like very simple work, but it is a profound shift in consciousness compared to our normal everyday awareness. The idea that we can create change by just “being” in the beauty of our spiritual light is something that’s hard for our culture to understand. We are taught to be very outward-focused, and to trust results we can measure through our normal five senses. Which is why I have scientifically measured the effects of transfiguration in her workshops. In every test, it was shown that transfiguration produces powerful and positive results in working with environmental toxins and healing people who were facing a physical challenge. These amazing results are just one reason I am so passionate about sharing the work of transfiguration with the world. That’s why I have partnered with Sounds True to bring you this new online course: **Healing with Spiritual Light: The Shamanic Power of Transfiguration to Heal Ourselves, Each Other, and the Earth**  In this 8-week course, you’ll experience: * Training in the practice of transfiguration for healing physical, emotional, and environmental toxins
* Shamanic ceremonies for working with the elements, your ancestors and descendants, your spirit helpers, and more
* Guidance for using your thoughts, words, and dreams to create genuine change
* Support from a group of fellow travelers working together to bring healing light to ourselves, our communities, and our planet

 I hope you’ll join this circle of healing as we work together toward creating a better world. To put your name on the waiting list for this course, click on: <https://content.soundstrue.com/healing-with-spiritual-light#a_aid=5d2e32ffc1326&a_bid=3cc452e0> P.S. Right now, you can try the first session of Healing with Spiritual Light for free. We feel confident this session will help you understand the life-changing potential of this work for yourself. The free session is available until our official start date of November 11, 2019 <https://content.soundstrue.com/healing-with-spiritual-light-gift#a_aid=5d2e32ffc1326&a_bid=8056e0e7> |

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**SHAMANIC JOURNEYING WITH THE SPIRITS OF NATURE: Building Strong Reciprocal, Healing Relationships with Animals, Trees, and Other Allies of the Middle World.**In this course I will focus on journeying in the Middle World to build up strong long term reciprocal relationships with nature beings – the beings that live on the earth, in the water, and live in the air. We will journey to become allies with the stars, moon, sun, and galaxies. This includes journeying to crystals and learning some healing methods.The theme of this course is to build relationships filled with kindness where nature beings don’t just become allies for us, but we also become allies for them.The path of shamanism is all about deepening relationship and about nourishing and protecting life.When we learn the language of Nature we learn how to survive. We learn how to engage deeply in life and also how to become more conscious beings.Imagine a world where both people and all the beings in nature consult with each other on how to live in harmony together and learn deep wisdom to share with each other. To add to this, imagine learning from both ancestor’s and descendant’s ceremonies for healing both ourselves and the planet. This establishes a beautiful and powerful connection with all of life that brings us into the role of being a co-creator. Connect with whales that can send echoing sound messages to fellow pods miles away, informing them of a change in migratory patterns. Or the iguanas of the Galapagos Islands that can adapt their biology to the fluctuating environment.And by discovering how to build a lasting relationship with our Middle World allies, we not only open to their wisdom, but to our own telepathic ways of connecting with these lifeforms –– from our favorite tree in our own backyard, to the birds that grace our parks, to the mountains and stars.We also start to sense their compassion for us and the tumultuous evolutionary stage we’re in. We will learn how to become a vessel for bringing through new teachings stories that emerge from our connection with other species and life forms. This will help us to rise up out of our limited perceptions and raise our consciousness.I will also include how to bring children into the work.To get registration information for the seven week course, first reserve your seat for the free video event by clicking on:<https://shiftnetwork.isrefer.com/go/sjsnSI/ingerman/> |
| **SHAMANIC JOURNEYING FOR GUIDANCE AND HEALING: OPENING TO LOVE, BEAUTY, AND WISDOM THROUGH SACRED CEREMONY AND COMMUNITY (Part 1)**This is a seven-week training sponsored by The Shift Network, which I taught live three times and were all recorded. Now the best of the 3 recordings is available in its pre-recorded, downloadable format.During this training we experience the power of working together in a supportive community while learning the shamanic practice of journeying. Each week we perform journeys together for healing, connecting with nature, and learning how to feel empowered by living a shamanic way of life. We end each session by engaging in a virtual ceremony together to exponentially increase the power of our work. You may register for it by clicking on:<http://shiftnetworkcourses.com/course/ShamanicJourneyingPartOne03>**SHAMANIC JOURNEYING FOR GUIDANCE AND HEALING PART 2: PRACTICES FOR DIVINATION, COLLECTIVE BLESSING & HELPING OTHERS.** This course is a transformative 12 week course. The prerequisite for this course is taking Part 1 or being able to show you have taken a workshop on shamanic journeying.Just some of the topics included in this course are how to journey for others and perform powerful but safe healing practices.Please note: I do not teach advanced shamanic healing ceremonies online. I feel strongly participants need to sign up for a physical workshop with a teacher to learn such important work so that clients get the best help they need and deserve. But there are safe ceremonies I teach for those wanting to help another, a relationship, family, business, or a location on the Earth. I teach ways to connect more deeply with nature as shamans have done for tens of thousands of years. By taking both Part 1 and Part 2 you will learn most of the material I teach in the Medicine for the Earth. These courses do not include what I teach in Healing with Spiritual Light.  Each session ends with a beautiful and potent healing ceremony. There are many other topics covered such as journeying to ancestors and descendants to learn from them how we can be in service to the planet, how to work with people who are facing death and dying, and how to bring simple ceremonies into your community.To register for this course, please click on: [https://shiftnetwork.isrefer.com/go/sjgh2si/ingerman/](http://r20.rs6.net/tn.jsp?f=001vfSSdKz_8v2jqAv66_RISD9IeGo8ZZoiZMXeppDrYtFPNgi4ycUEW435lzWMptfZMrgl439UhRyIsadnJ0e0WLge70t67dvPoAP_x7W_DJrIYzhv0qK0BkR-gxEdrysRYam3oxYrMzPGPujhSWDvA3SiSG_U77e9ynMRQGEFyQNOZCPzjbBY_rGfukWc_wKw&c=AoqJEQQjwYhngfgPYwEyPYFbGcWXwZFnKG4EB_71Cwsn8e_fD15Zdw==&ch=53u5RXG-_AFFcMBeX97x4baK9ukwyxJof-iA_IEn9kkpbeCJpJZPrg==)  |

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**EXPERIENCING THE SHAMANIC JOURNEY**The shamanic journey is the art of using rhythm and intention to enter an altered state of consciousness in order to connect with the spiritual dimension of reality.Here is your chance to experience Sandra's complete foundational training on shamanic practice in an unprecedented format. This six-session on-demand online video course will provide you with the essentials for integrating the spiritual insights and techniques of shamanism into your life, including:The shamanic journey-how to enter a new state of awareness and open your perceptions to the spirit world Guidelines for interpreting the information you receive, improving your recall, and deepening your experience Your spiritual allies-guided journeys for making contact with your power animals, ancestors, and guardian spirits The Upper, Lower, and Middle Worlds-experience journeys into each of the three divisions of non-ordinary reality The shamanic approach to healing-how to make yourself a conduit for universal healing energy to benefit yourself and others "Seeing through the heart"-expanding your perceptions in real-world situations by connecting with the universal field Dealing with the ego-guidance for navigating the most common pitfalls of doubt and self-sabotage Your own journey style-how to dispel unhelpful preconceptions and learn to trust your unique way of receiving guidance and energy from the spirits Embodying wisdom-bringing your practice into your relationships, community, and every aspect of your life.Experiencing the Shamanic Journey brings you in-depth online training in shamanic practice from Sandra Ingerman -with video instruction and guided journeys along with written materials to help you deepen your understanding. [Click here](https://www.soundstrue.com/store/experiencing-shamanic-journey#5d2e32ffc1326) to purchase this course from Sounds True. |
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**21st CENTURY SHAMANISM** In August of 2010 Sandra taught a webinar produced by Sounds True titled 21st Century Shamanism. This course is now available to purchase on demand from Sounds True.The link to the on-demand version of Sandra Ingerman's event from August, which is now available for purchase: [To purchase this course, click here.](https://www.soundstrue.com/store/21st-century-shamanism-1183.html#5d2e32ffc1326)Why are we seeing a modern renaissance of shamanism-the oldest form of spiritual practice? According to Sandra Ingerman, it is because it is a "path of direct revelation." Shamanism provides powerful, effective tools to let you tap into the unseen world for insight and healing-requiring no outside authorities, intermediaries, or even beliefs. With 21st Century Shamanism, this respected teacher presents three live learning sessions to introduce you to the modern evolution of this ancient practice. Using techniques drawn from indigenous practice and adapted for widespread use in today's world, Sandra provides a hands-on introduction to:\* The shamanic journey-Sandra guides you in the experience of entering an altered state to access the world of spirit\* Deep listening-harmonizing yourself with the natural world for increased energy and health\* Dream work-guidelines for decoding the wisdom of the deeper self\* Ceremony-rituals for dissolving our limiting beliefs, opening the door to our true potential\* Blessing practices-how to become a positive force for change in the world21st Century Shamanism includes live Q&A and guided practices with Sandra Ingerman. |

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**THE POWER OF FOCUSED INTENT**A couple of years ago Sandra taught a course titled “Working in Community”. Participants met for a four-day workshop. We focused on how we can use our thoughts and words to change our personal life and be in service to all of life on the planet. We learned how to dream into being the world we wish to live in. And we looked to how we could use the practices of gratitude, blessings, and transfiguration to support our personal lives and also the community we created. We then did two years of regular teleconferencing where Sandra lectured and led spiritual practices. And we created a yahoo group where we could share our experiences of doing this incredible work for each other and ourselves. In January, 2012 Sandra started a six-month online course that was based on the Working in Community course. Once a month for six months she taught a live session where she lectured on material and lead spiritual practices to help anchor the work. There is also a forum that Sandra is a part of where we can share our experiences of keeping up with the practices.The intention will be to use spiritual practices to help ourselves but also make a commitment to radiate light and send blessings to all in the course. And we will continue to share with each other over the six months on the online forum created by Sounds True.In this online course we will create a virtual community committed to creating the inner landscape needed to give solid results in the outer world. We will learn to concentrate our thoughts and words so that we can produce our desired goal. And we will work together in full support of each other so that each person’s goals are exponentially met by the group’s energy.For information and to purchase this course, [click here](https://www.soundstrue.com/store/the-power-of-focused-intent-2536.html#5d2e32ffc1326)[.](https://www.sandraingerman.com/trainingsannouncements.html#mce_temp_url#) Sandra Ingerman reserves the right to cancel any workshops or the participation of anyone, at any time for any reason. In such a case, fees paid in advance will be refunded.***Sandra's Websites:***[www.sandraingerman.com](http://www.sandraingerman.com/) has articles posted that Sandra has written on shamanism, soul retrieval, Medicine for the Earth, and healing toxic thoughts. You can also read her monthly column "The Transmutation News" on this site. You can also order her books and audio programs on this website.[www.shamanicteachers.com](http://www.shamanicteachers.com/) lists hundreds of international teachers authorized to teach by Sandra Ingerman to teach shamanic journeying, healing, and also Medicine for the Earth. Also if you click on practitioners you will find local shamanic practitioners who can provide shamanic healing work. You can also order Sandra Ingerman's books on this website. |
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