**Transmutation News January 2020** Download printable version

I join our radiant circle in wishing our global community a Happy New Year filled with all the best that life has to offer.

How amazing that we are here to welcome in 2020. I know we have readers of a variety of ages. But for many of us 2020 has almost taken on mythical associations. We often have projected 2020 to be the theme of futuristic movies and here we are.

My association with futuristic movies and novels mostly includes a time when we have tapped more into the unseen realms and by increasing concentration and focus create true magic in the form of healing ourselves, others, and the planet. My projection on the year 2020 includes deeper initiations to carve us into the true spiritual beings we were born to be. And then hope returns. For in this state of rebirth we own our potential and that leads us to hope.

In November I was having one of my visionary experiences. I was watching an invisible screen showing me words and thoughts floating by. Some of the strings of words were quite positive and hopeful. Some were quite challenging anchoring me to an unhealthy past and creating a state of stagnation.

The message I received was to grab onto the positive thoughts versus the negative ones.

This metaphor of “grab onto” had deep meaning for me. For I could actually image the action and effect of grabbing onto words and thoughts in my body. I could feel the effect of what states of consciousness I grab onto in my body.

Let us reflect on this as we begin a New Year together as a global community.

Play some spiritual and mind-expanding music. It does not matter what day you choose for this meditation. Let’s imagine ourselves sitting in a giant circle among magnificent trees in an ancient forest. We are in wonder of the ancientness of the land and the strength and support of the trees witnessing us.

The time is dusk which is such a powerful time as the veils between the worlds are so thin. We marvel at the mystery of the forces of nature and how steady they remain during all change. We are as resilient as nature is. We just forget this sometimes.

As we sit together, we notice the compassionate and divine beings from the transcendent realms start to create projections of our daily thoughts and words we use throughout our self talk and interactions with others.

We watch in amazement as we can see how the light and sound of these words and thoughts impact the collective and all of life. Our psyche takes a pause as we can see what magic our words create – dark magic that draws us into states of anger, despair, and hate versus words of power, medicine for ourselves and the Earth that emanate fully the vibration of love and light. We realize we always have a choice of what state of consciousness that we want to grab onto. And with concentration and focus we can make the right choice to feed ourselves and all of life with love and light. But it takes so much discipline to make a choice that shifts us out of our reactive states.

Each member of our circle projects positive words, thoughts, and daydreams into the collective field of energy while we use the methods we have learned to transmute the darkness that comes with our negative way of thinking.

Imagine the alchemy created as we bring out the light of the collective.

What thoughts do you want to grab onto for 2020? Make your choice. For the future is in our hands by the choice you make.

This world is created by mind. To create a reality ruled by spirit we must step through the veil of illusion and step into a beautiful reality created by our daydreams which lead us to the dimension of reality we dream of inhabiting.

Let’s step into a dimension filled with kindness, honor, respect, peace, love, and light.

Let’s commit to shifting our priorities to keep our focus on the reality we can create with our words, thoughts, and daydreams.

Let’s continue to perform our sacred ceremonies as for Shamans performing ceremonies is our greatest vehicle of change.

The full moon is January 10. We started our ceremonial work to create a human web of light on the solstice of 2000. We have been performing this ceremony for 20 years taking us into a new decade.

The spiritual work we have been doing keeps enlivening the web of life. How could it not when thousands of open hearted people join together each month to feed ourselves, Earth, Air, Water, and Fire, all the nature beings, all of life with love.

The key to creating true change is to learn how to obtain deeper states of concentration and focus.

Let’s perform our monthly full moon ceremony Creating a Human Web of Light as if we never performed the ceremony before. This a time to freshen our work together.

Before a sacred ceremony how does your heart call you to prepare when you know all of life will be impacted by your work. The strength of your spiritual vitality and presence weakens with no preparation work. What do you need to do to step away from your day and burdening thoughts and states of consciousness?

For me singing brings me into an ecstatic state of consciousness. What spiritual practices support you attaining an ecstatic state? For shamans journeying and performing ceremonies require entering into an ecstatic state. Try drumming, rattling, chanting, meditating, walking in nature for extended periods of time. Noice the difference of entering into a ceremony spiritually prepared versus going in with all your usual daily thoughts putting a strong anchor down blocking the power of your work.

Once you feel “ceremony ready” cast aside your burdens, travel deep within to your Inner World; your inner landscape and experience your radiant light. It is shining with more power, strength and luminosity than in the past. The light is so bright you can actually see all the rainbow colors within. The light is transformative and is transforming all the cells in both your own organism as well as the organism we refer to as the web of life. We radiate our light with such effortless grace and beauty bringing restorative light to all that is alive.

If you are a new reader of The Transmutation News please visit “Creating a Human Web of Light” on the homepage to learn the instructions of our monthly full moon ceremonies.

Please join me in holding our circle in love as we welcome in The New Year. May your ceremonies be filled with joy as we honor the Earth, the elements, and all of life during this powerful time of change of dismemberment and rememberment.

Welcome to 2020!

Announcements:

Please join Renee Baribeau and me on The Shamans Cave. It is an exciting opportunity for me to continue to share inspiration, shamanic practices and ceremonies. I hope you will subscribe.

The Shamans Cave has been a joyful and powerful way for me to continue teaching and contributing to the shamanic community. We are getting such powerful feedback and testimonials. People are just loving our show and finding it to be so helpful in finding good ways to navigate all that is occurring in such a time of change.

For more information on our podcast schedule, other details, and to watch our archived podcasts please visit: <https://ShamansTV.com> Tell your friends, family, and community members about our show and ask them to subscribe by visiting our website.

All my books and audio programs are filled with deep wisdom and helpful tools to improve the quality of your life and give wonderful suggestions of how we can be in greater service in the world.

To order my books and audio programs please visit:

<https://www.sandraingerman.com/bookscds.html>

**JOIN ME IN A NEW TRAINING STARTING FEBRUARY 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.

Here is the tile for the free introductory call on January 8. If you can’t watch the session live there will be a replay.

**The 3 Hidden Worlds of Shamanic Journeying: Discover Foundational Practices to Access Helping Spirits & Power Animals for Personal & Collective Healing**

We are still working on the course title.

In this 60-minute free online event, 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.

You can register here for **The 3 Hidden Worlds of Shamanic Journeying: Discover Foundational Practices to Access Helping Spirits & Power Animals for Personal & Collective Healing.**

<https://shiftnetwork.isrefer.com/go/3hiddensi/ingerman/>

This January, you’re invited to join Tara Brach, author of Radical Acceptance and Radical Compassion, for a free 10-day online event to help build a global movement of Compassion in Action.

During the program, Tara will be interviewing one leading teacher or visionary a day for 10 days including Maria Shriver, Jon Kabat-Zinn, Elizabeth Gilbert, Van Jones, Sandra Oh, Dr. Daniel J. Siegel, Valarie Kaur, Dr. Dacher Keltner, Dr. Kristin Neff, and Krista Tippett.

Short talks and guided meditations on core topics such as self-compassion, self-forgiveness, seeing goodness, and deepening lovingkindness along with a daily "compassion in action" challenge guide participants to contribute to a more loving world in a real and practical way.

For more information for more information and to register please visit:

<https://product.soundstrue.com/radical-compassion-challenge/register#a_aid=5d2e32ffc1326&a_bid=23336a6c>

I have become good friends with HeatherAsh Amara. We truly support each other’s work. We have developed a relationship of true mutual support. Sometimes our workshops overlap, but we still help to advertise each other’s work as we are committed to the feminine principle of mutual cooperation versus getting caught up in scarcity consciousness.

HeatherAsh wrote what I feel is a remarkable book *The Warrior Heart Practice.* It is filled with innovative practices to stop telling looping stories about our past to create new positive stories leading us to healthier way of life.

The book is published by St. Martin’s Essentials. This wonderful book will be released on January 7.

In September I had the wonderful opportunity to be a guest on Gaia. The interview on Open Minds with Regina Meredith is now on Gaia!

Here is a link for you to watch the episode

<http://bit.ly/Shamanic_Soul_Retrieval>

The wound is the best place for the light to enter your being, and it may take the work of a shaman to help you fully heal. Sandra Ingerman, a shamanic healer, reveals the importance of soul retrieval for repairing of one’s being. She discusses the nature of the soul, how it can become fractured over many reincarnations, and how we are protected in moments of trauma. This is not just something we need individually, but the world is experiencing a collective loss of soul. As we undertake our own healing, we affect global soul retrieval.  
  
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