**Transmutation News July 2021**

I am finally getting to take the sabbatical I have trying to take for years. I am taking July and August off to regenerate and spend time in nature. I am going off the internet for these two months completely.

I won’t be answering emails and I won’t be on Facebook at all. I know our Shamans are Gardeners of Energy will continue to inspire our circle, but also the positive energy we are creating is also impacting the collective at large.

For this month I am sharing a story I used to tell which is so inspirational and would take a deeper practice than most of us have to really put this teaching into action.

Years ago, a student of mine told the most extraordinary story at a workshop. We are probably going back into the early 2000s. There’s an alternative bookstore in Santa Fe where a lot of locals love to go and browse books, divination cards, and all kinds of spiritual objects. So it is a place where people come to browse, but also gather to talk with like minded people.

One day there was a group of people gathered by the cash register. One of the ladies was a Tibetan nun who was radiating the most amazing love and had a smile that could brighten up anybody’s life no matter what was going on.

She is a well-known figure to many of us in Santa Fe. People in the bookstore knew that this nun had been tortured in a Chinese prison. And when she was rereleased, she moved to Santa Fe where we have a good size Tibetan population.

Someone asked this beautiful soul how she could have so much light, love, joy flowing through her after all she had been through.

She responded by saying I started a repeating a mantra over and over all day long until it transformed me. She said:

“Thank you for everything

I have no complaints about anything.”

I always remember how this story touched Kate Vasha who was one of my friends and students who helped create the water experiments we performed in my Medicine for the Earth and Healing with Spiritual Light Trainings. I remember Kate walking around repeating these healing and forgiving words. She always had a twinkle in her eye when she did this. I know some of you still reading the Transmutation News from years ago remember Kate.

So what is your mantra for this month? What words can you string together from your heart that brings peace into your life?

We all strive for such peace.

One of the teachings I shared on our FB page Shamans are Gardens of Energy is that I always had this vision of shamanic practitioners stepping up to hold space and feed the collective with love and light. It would be like what we call a relay race, where everyone gets a chance to work and when needed, people can get a chance to rest.

I felt like having a Facebook page as Sylvia and I created is like having a relay race where people come on to inspire and those who need stay off the page to rest or be fed by the posts.

It is interesting for me to watch how there was an initial excitement but it is like a grand event where people are getting too tired. I wonder what would happen if we all took turns inspiring each other to keep finding new tools, new paths, news signs. We are in an exhausting time and it is important for those who can do their spiritual work to do it and those who need to rest to take time for dreaming a new dream where you will receive information on your next steps. Even the stunning photos of nature you post gives us all a place to rest.

The full moon is on July 24. Let’s bring in the spiritual practice of how we use sound as part of our monthly ceremony of creating a human web of light. Om contains all mantras and is the original primal sound of the creator. Work with sounds, songs, humming. Do what you feel supports the deepest part of shining your radiant light into the world during this time.

If you’re a new reader to the Transmutation News please read Creating a Human Web of Light on the homepage.

This month one of our amazing teachers on [www.shamanicteachers.com](http://www.shamanicteachers.com) will lead in a beautiful journey. Mara Bishop has been working with me since the early 1990s. Her work is brilliant. She is one of the best communicators I know and has a presence that is so grounding and you just feel safe with. I also appreciate that she dives deep with her students by teaching one on one.

I hope I gave a little picture of Mara. She is really such a beautiful soul and does deep work. She has been in some life initiations and she is now a Wise Woman.

Mara’s offering to us this month:

Wildflower Meadow Ceremony

In this ceremony we loosen our grip on who we think we are, so we can grow naturally into who we are meant to be.

Here is the YouTube link: <https://youtu.be/piQ6E8eXoco>

Announcements:  
  
I am ACTIVELY exploring teaching physical workshops again!! Hang on! I am missing them as much as you are!

In the meantime, there are a couple of online Evergreen courses that I had taught live and now you can do the courses self paced. There are multiple courses but here are two you might be interested in.

Check out Healing with Spiritual Light

The Transmutation News is based on my book Medicine for the Earth: How to Heal Personal and Environmental Toxins. I taught this work all over the globe with miraculous results and people receiving powerful tools to transform, create the energies, and ride the waves with grace and ease like times we are in now.

As I was reaching my elder years, I contacted Sounds True and asked them if they would film a live course with me teaching it so people would always have access to this incredibly powerful and uplifting work.

And Sounds True said yes. We titled the course Healing with Spiritual Light. The feedback I have received from this course is spectacular.

To sign up for the free introductory class click

If you’d like to experience the power of these teachings for yourself, Sounds True is offering as a FREE introduction the first session of Healing with Spiritual Light.  
   
<https://product.soundstrue.com/healing-with-spiritual-light/gift#a_aid=5d2e32ffc1326&a_bid=6ac8b549>]

To register for the 8 – week Healing with Spiritual Light workshop click on

<https://product.soundstrue.com/healing-with-spiritual-light/?sq=1#a_aid=5d2e32ffc1326&a_bid=e629fb5a>

I hope you will join us for this 8-week life-changing course Healing with Spiritual Light!

Shamanic Journeying for Guidance & Healing with Sandra Ingerman (Evergreen)  
  
Through a practice called shamanic journeying, you can seek and receive guidance and healing for yourself and others from divine compassionate spirits in the unseen realms.   
  
If you’re interested in learning this powerful skill, you won’t want to miss a free, virtual event with called: The Healing Power of Shamanic Journeying: How to Access Inner Guidance from Helping Spirits.In the intro call I give a very detailed lecture on healing from shamanic perspective including power loss, soul loss, intrusions, and possession.   
  
So just the free intro call has a wealth of information.   
<https://shiftnetwork.infusionsoft.com/go/sjgheg/ingerman>

If you prefer to skip the free introduction and buy the course the link to do is: <https://shiftnetwork.isrefer.com/go/sjcSI/ingerman/>

I am still in love with working with Renee Baribeau on our weekly podcast The Shamans Cave. Join us by subscribing on [www.ShamansTV.com](http://www.ShamansTV.com).

And please help to support my work by buying or referring others to my books and audio programs. They are so helpful for our times. *Shamanic Journeying A Beginner’s Guide, Walking in Light, The Book of Ceremony* and my other books are filled with tools to help us stay on the path!

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

Due to the times we are living in I am sharing workshops that teachers I love and respect are offering. I wanted to let you know of the wealth of offerings.

During this exceptional time and the need for social distancing the teachers and practitioners I trained are offering virtual circles and courses and are adding more during this time. The circle link is <https://www.shamanicteachers.com/shamanic-circles/>. We also have a section for online courses: <https://www.shamanicteachers.com/online-telephone-workshops>

Shamanic teacher and practitioner Jane Burns will help you discover how shamanic perspectives, shamanic journeying, and the transformative capabilities of mythic wisdom can help you open to betwixt and between times — and even accelerate their prescribed changes so they arrive more easily and quickly with the very insights you need to transcend your challenges.

You can register here for Transform Uncertainty Into Opportunity With the Wisdom of Celtic Shamanism: Approach Life’s Betwixt & Between Times With Courage, Acceptance & Intention: <https://shiftnetwork.isrefer.com/go/wcsSI/ingerman/>

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