**2019**(Updated December 23, 2019)  For more complete descriptions, please scroll down on this page. **February 16, 2019** FREE Introductory online call for ***Shamanic Journeying with the Spirits of Nature***. See details below.  
**February 17, 2019** ***Weekly You Tube broadcast of The Shamans Cave*** by Sandra Ingerman and Renee Baribeau.

**March 5, 2019** - ***Shamanic Journeying with the Spirits of Nature: Building Strong Reciprocal, Healing Relationships with Animals, Trees, and Other Allies of the Middle World.*** New online course sponsored by the Shift Network.  
**April 1-6, 2019 *Sandra Ingerman's Two-Year Teacher Training, session two of four.***Sedona Mago Retreat Center, Sedona Arizona (Closed)  
**November 11, 2019 *Healing with Spiritual Light.*** New online course sponsored by Sounds True  
**November 11-16, 2019 *Sandra Ingerman's Two-Year Teacher Training, session three of four.***Sedona Mago Retreat Center, Sedona Arizona  (Closed)  
**April 14-19, 2020 *Sandra Ingerman's Two-Year Teacher Training, session four of four.***Sedona Mago Retreat Center, Sedona Arizona  (Closed)  
  
**On Going On Line Courses:**  
(Please see descriptions below)  
   ***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:  [2018](http://wsm.ezsitedesigner.com/share/users/35/356830/websites/438685/50/SI_2018_Training_Schedule.doc)  [2017](http://wsm.ezsitedesigner.com/share/users/35/356830/websites/438685/50/2017_Training_Schedule.doc)  [2016](http://wsm.ezsitedesigner.com/share/users/35/356830/websites/438685/50/2016_Training_Schedule.doc)  [2015](http://wsm.ezsitedesigner.com/share/users/35/356830/websites/438685/50/2015_Ingerman_Training_Schedule.doc)  [2014](http://wsm.ezsitedesigner.com/share/users/35/356830/websites/438685/50/page788.html)  [2013](http://wsm.ezsitedesigner.com/share/users/35/356830/websites/438685/50/page528.html)

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| **2019 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 66 in 2019. 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.  **HEALING WITH SPIRITUAL LIGHT: The Shamanic Power of Transfiguration to Heal Ourselves, Each Other, and the Earth**  I am so excited to share this upcoming 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.    If you already know that this is the course for you, sign up for the entire 8 session course here:    <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>   |  | | --- | | **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/) | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | |  | |   **SHAMANIC JOURNEYING WITH THE SPIRITS OF NATURE: Building Strong Reciprocal, Healing Relationships with Animals, Trees, and Other Allies of the Middle World.** An online course starting March 5, 2019 for 7 Tuesday evenings, sponsored by The Shift Network.  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/> |  |  | | --- | | **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 Journeying Shamanic Extraction 5-day Soul Retrieval Training Psychopomp (Death & Dying) Medicine for the Earth Healing with Spiritual Light  Completion 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 April 14-19, 2020  (Closed)  Contact: Sylvia Edwards for questions, email: [sylvia@sandraingerman.com](mailto:sylvia@sandraingerman.com) Please note: No business services are being rendered in this training.  **ON GOING ON LINE COURSES**  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.  **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==) | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | |  | |   **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. |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | |  | |   **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 world  21st Century Shamanism includes live Q&A and guided practices with Sandra Ingerman. | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | |  | |   **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)[.](http://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. | |