**Notizie di Trasmutazione di Dicembre 2020**

Stiamo avanzando decisi verso un nuovo anno. Non oso provare a fare una previsione per il prossimo anno. Stavo rispondendo a un post su Facebook e questa magica frase è stata digitata dalle mie dita.

"Il mondo fuori sembra più piccolo quando si cresce dall'interno". Questo è certamente il momento per crescere dentro di voi per aiutarvi a distogliere una parte della vostra attenzione dalla vera follia.

Stavo cercando un file a Novembre e mi sono imbattuta in un vecchio articolo delle Notizie di Trasmutazione con il messaggio perfetto per concludere il nostro anno. Ecco cosa avevo scritto:

Notizie di Trasmutazione di Ottobre 2017

Continuiamo a mantenere tutta la vita nei nostri cuori, coloro che sono stati colpiti da tempeste, incendi e terremoti. Continuiamo a vederli nella loro divina forza, in possesso degli strumenti che permetteranno loro di navigare nel cambiamento. E tutta la vita che è morta in questi eventi catastrofici, vi ringraziamo per aver arricchito la Terra con la vostra presenza e vi auguriamo un sereno e pacifico viaggio di ritorno a casa.

Ricordiamo che una delle chiavi del nostro lavoro è di non provare a cambiare il tempo e non unirsi alle file degli esseri umani che pensano di poter controllare Madre Natura. Al contrario, dobbiamo attuare il nostro lavoro spirituale e vivere una vita di onore e rispetto per tutta la vita. E solo allora, usare il principio di reciprocità al quale la Terra risponderà a sua volta.

In Settembre, durante una sessione di un mio corso in teleconferenza su Shift Network, ho insegnato come fondersi con uno spirito aiutante, per vedere il mondo attraverso gli occhi dello spirito anziché attraverso gli occhi dell'ego. La dimostrazione su come unirsi con uno spirito aiutante, l'ho portata attraverso il mio Maestro, la Dea Iside. Ho chiesto a Iside di parlare al gruppo riguardo l'argomento della sofferenza. Sembra che molti amici, studenti abbiano perso la speranza, si sentano bloccati a fissare così tanta sofferenza e così beceri comportamenti degli esseri umani nei confronti gli uni degli altri e di tutta la vita. I praticanti di diverse pratiche spirituali stanno perdendo la speranza e la concentrazione.

Ho percepito che il messaggio condiviso da Iside fosse potente e ho voluto condividerlo con tutti voi, nel caso vi parlasse e vi toccasse a qualsiasi livello. Condividerò solo l'essenziale del suo messaggio:

"Ci sono moltissimi pianeti e dimensioni in cui gli spiriti si reincarnano per imparare ed evolvere.

Qui sulla Terra siete nati per sperimentare Amore, Luce e Gioia. Ma l'insegnamento era, in principio, di sperimentare la sofferenza per poi essere in grado di raggiungere un luogo oltre quella dimensione, all'interno di voi (non all'esterno), dove vi è un intrinseco senso di amore e gioia. In realtà, la gioia non è la giusta vibrazione, poiché si tratta di felicità che il tuo spirito percepisce.

Nel vostro mondo gli insegnanti, compreso il vostro, vi incoraggiano ad aprire i vostri cuori allo spirito dell’amore.

Ma questo insegnamento non è corretto rispetto al livello del cuore al quale vi è stato richiesto di connettervi.

In quanto l'attenzione è stata posta sul vostro cuore fisico, il quale non è altro che una parte del vostro ego. E molti di voi sperimentano e vedono la sofferenza, che sta espandendo il vostro senso di compassione su un piano evolutivo. Vi porta nel profondo della vostra umanità. Ma siete ancora intrappolati nell'energia, nella vibrazione, nella frequenza della sofferenza e questa è l'energia con la quale state nutrendo il mondo. E portando questa energia di sofferenza, molte persone si stanno ammalando.

Ora siete stati letteralmente e metaforicamente aperti nel luogo più profondo in cui tutta la conoscenza e la saggezza vi stanno aspettando affinché impariate da loro, mentre toccate più in profondità nella vostra umanità.

Dietro il vostro cuore fisico c'è un cuore spirituale. Non avete bisogno di viaggiare troppo in profondità per connettervi con esso. Ciò è detto anche da molti guru, mistici e maestri spirituali.

E questo cuore spirituale - tutt'uno con la Sorgente e la gioia, la beatitudine e l'amore incondizionato per tutta la vita e la creazione- non conosce sofferenza. Conosce la beatitudine, conosce l'amore incondizionato, ma non ha sperimentato la sofferenza su questa Terra.

Nella Terra dei Sogni, vedo milioni di ego sognare l'illusione che state vedendo ora,

 così come è stata creata ancora e ancora sulla Terra.

Uscite da questa Terra dei Sogni verso il luogo dove esseri evoluti spiritualmente stanno sognando gioia e amore nel mondo.

Siete stati catturati e intrappolati dal vostro ego. Trascendete in una realtà dimensionale situata oltre il vostro ego, verso il vostro cuore spirituale il quale prova solo eterna gioia, beatitudine, amore incondizionato e la luce della Sorgente.

Siete in un nuovo tempo e in una nuova evoluzione sulla Terra. Lasciate cadere il vostro ruolo attuale nel gioco della vita. Entrate nella vita di un essere risvegliato spiritualmente. Continuate a provare a innalzare la vostra vibrazione e frequenza, quando necessitate di lavorare da una vibrazione e frequenza più alta.

Vi stringo nelle mie braccia e vi dico che avete più possibilità di quelle che conoscete già. Potete entrare in un più elevato livello di coscienza.”

Questo mese, ascoltate musica sciamanica o di meditazione o, ancora, passate un pò di tempo nella natura. Immaginate di viaggiare dietro il vostro cuore fisico, verso il vostro cuore spirituale. É il luogo dal quale l'amore divino, la luce e la beatitudine vengono emanati. Portate i vostri fardelli al vostro cuore spirituale e percepite quanto velocemente essi vengano trasmutati in luce.

Attuate il vostro lavoro di trasfigurazione e irradiate luce dal vostro cuore spirituale. Siate una presenza di amore mentre il vostro cuore emana amore puro, impersonale e incondizionato.

Negli articoli scorsi delle Notizie di Trasmutazione, ho condiviso gli esercizi per viaggiare verso la Terra dei Sogni, di cui ho parlato anche nel mio libro "Guida Completa alla Vita Sciamanica:

Potenzia la tua realtà quotidiana seguendo la via dello sciamanesimo”.

Potete fare un viaggio o una meditazione e chiederei essere portati nella Terra dei Sogni, dove una comunità di persone da tutto il mondo ed evolute spiritualmente, stanno focalizzando ogni giorno la loro immaginazione al fine di realizzare esclusivamente i più positivi, belli e ispirati sogni per il pianeta. Prendete il vostro posto in questo cerchio di sognatori e fate il vostro lavoro

Il Solstizio d'Inverno arriva il 21 Dicembre con molti più insegnamenti e opportunità per crescere dall'interno.

Il giorno del solstizio andate in un parco o nel vostro pezzo di terra preferito. Aprite tutti i vostri sensi e ammirate la bellezza della natura. Sentite il ​​vostro amore per la vita, gli splendidi esseri della natura con cui condividiamo la Terra e con Gaia stessa.

Mentre siete sdraiati sulla terra, immaginate il vostro battito cardiaco connesso con la vostra casa, che ha miliardi di anni. Portate quella sensazione in profondità nel vostro corpo. Quando lo faccio, non riesco nemmeno a comprendere la profondità di questa antica connessione.

Sentite il ​​vento o una leggera brezza intorno a voi. Mentre il vento bacia la vostre guance, percepite la profondità del vostro rapporto con l'essere vivente che chiamiamo Aria, che è la prima forma di vita su questa terra. E proprio questo essere che ha miliardi di anni si è fermato a baciare la vostra guancia o a giocare con i vostri capelli.

Se vi trovate vicini a uno specchio d'acqua, immergete i piedi o le mani e immaginate di connettervi con il mare primordiale. Notate se questo antico essere, anch’esso esistente da miliardi di anni, ha un messaggio per voi. Se non siete vicini all'acqua, potete farlo tramite viaggio sciamanico o meditazione.

Poi assorbite il potere del sole, della luna, delle stelle, pensando a quanto tempo essi abbiano brillato su tutta la vita. E ora stanno brillando su di voi. Sentite la passione dell'antico fuoco che brucia nel profondo della Madre Terra. Il vostro fuoco interiore arde per incontrare l'antichità di questo potente elemento?

Affondate profondamente nella realtà senza tempo in cui viviamo. Abitiamo sulla Terra per così poco tempo.

Prima sentite davvero il potere della vostra relazione, l'amore e il sostegno di questi esseri antichi. È davvero al di là di tutto ciò che possiamo afferrare mentalmente, se permetterete a voi stessi di aprire la vostra consapevolezza cellulare e sentire la vostra connessione.

Ora riflettete sul perché siete qui. Siete qui per così poco tempo. Cosa volete fare con questo tempo sulla Terra? Riflettete su un semplice cambiamento di vita che potete apportare per alleggerire la vostra impronta su Gaia.

Sentite l'amore per tutta la vita, perdonate voi stessi per tutto ciò che deve essere perdonato e onorate le vostre antiche connessioni con gli elementi, oltre a onorare i vostri antenati e gli antichi che vivevano qui. Tutte le fasi della vita che stiamo osservando ora sono già state tutte sperimentate molte volte in passato, nella storia della Terra. Immaginate le storie che gli antichi possono raccontarvi. Chiedete loro un semplice cambiamento che potete apportare nello stile di vita e che porterà a cambiamenti positivi duraturi nel tempo.

Questo è il regalo più grande che potete fare a Gaia. E poiché siete disposti ad abbracciare l'amore degli elementi e degli antichi, regalate a voi stessi e tutta la vita.

Vi auguro un bellissimo solstizio d'inverno o d’estate!

La luna piena è il 29 Dicembre. Questo è il nostro tempo sacro per riunirci come una grande comunità, per inondare la collettività di luce e di amore, poiché questo è il modo in cui le energie indesiderate vengono rimosse. Non è il momento di sedersi al buio. Dobbiamo continuare ad andare avanti.

Alzatevi e suonate il tamburo, suonate, ballate e cantate. Viaggiate dentro alla vostra luce stellare interiore e brillate come la stella più luminosa del cielo.

Se siete nuovi lettori delle Notizie di Trasmutazione, vi invito a leggere “Creare una Rete Umana di Luce” sulla homepage.

Come ho scritto il mese scorso, continuerò a scrivere Le Notizie di Trasmutazione nel formato che abbiamo ora. E gli articoli sono molto generosamente tradotti in diverse lingue.

Da aggiungere all'offerta, ogni mese pre-registrerò un viaggio da fare insieme o una cerimonia guidata. Sylvia Edwards ha accettato di registrare le offerte su Zoom e verrà pubblicato un collegamento.

Con il passare del tempo, inviterò gli insegnanti elencati su [www.shamanicteachers.com](http://www.shamanicteachers.com) a registrare un'offerta. Il loro lavoro è brillante e voglio presentarvelo. Quindi ad un certo punto ruoteremo. Ma farò io la maggior parte delle registrazioni.

In altre parole, ci sarà un viaggio o una cerimonia registrati al mese.

La notizia entusiasmante è che insieme a Sylvia ho aperto una nuova pagina Facebook solo per il nostro cerchio globale. Il nome della pagina Facebook è “Shaman’s Are Gardeners of Energy”. Se avete letto l’articolo, saprete che questo è diventato il mio insegnamento preferito che gli Antichi hanno condiviso con me.

Se volete unirvi, cliccate su questo link: <https://www.facebook.com/groups/991720834662313/>.

C'è una domanda a cui rispondere per potersi unire. La risposta è Trasfigurazione.

(In Inglese, Transfiguration)

Questo gruppo Facebook è aperto solo alle persone presenti nella mia lista e-mail che sono presenti in questo cerchio.

L'obiettivo di questa nuova pagina Facebook “Shaman’s Are Gardeners of Energy” è di inondare la collettività e la natura con riverenza, preghiera, amore incondizionato e luce. La luce è la frequenza più alta con cui possiamo lavorare.

Se il vostro post non riflette un atteggiamento positivo, onorevole e di riverenza, verrà rimosso. Cosa succederà al nostro cerchio se ci immergeremo nella stessa coscienza che vogliamo vivere? Volete perdervi nel rumore o fare un'altra scelta; un altro modo per vivere le nostre vite?

Sono molto entusiasta del fatto che abbiamo un nuovo format per poter eseguire un lavoro potente insieme e condividerlo!

E poiché stiamo andando verso la fine dell'anno, voglio ringraziare Sylvia Edwards per il suo continuo supporto nell’aiutarmi a portare il lavoro nel mondo! Lei è un vero dono per questo pianeta. Sylvia ha sempre un modo per rimanere positiva, ispiratrice mantenendosi in uno spazio sacro.

Unitevi a me nel ringraziare Sylvia e tutti i nostri traduttori per la loro generosa offerta. , È necessario molto tempo e impegno da dedicare alle traduzioni. Manteniamoli nell’amore e nella luce.

Petr Němčanský   - Ceco  
Carole Laplante  - Francese  
Catherine Meyer - Francese  
Bea Salgado – Francese  
Barbara Gramlich  - Tedesco  
Astrid Johnen  - Tedesco  
Nello Ceccon - Italiano     
Flavia Cavallaro - Italiano  
Miha Masuda - Giapponese  
Ai Suzuki - Giapponese

Els de Graaff - Olandese  
Sandra Koning – Olandese   
Sofia Frazoa - Portoghese   
Tatiana Starikova - Russo  
Ines Fermoso  - Spagnolo  
Lena Anderheim – Svedese     
Simin Uysal  - Turco

Announcements:

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. *Walking in Light* and *The Book of Ceremony* 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>

I really miss teaching workshops at retreat centers. And I was hoping to teach physical workshops this year. But obviously that was not possible.

A couple of years ago I taught my all time favorite online course to teach. This was a course on building strong relationships with nature. I decided to teach the course again. I will be teaching the course differently this time. Last time we mostly focused on emanating love and light with groups of nature beings.

This course will focus on learning from nature beings and the elements about how we can live and work together in community, how we are all interconnected and how we are caretakers of the Earth, simple ways we can make changes to create harmony between humans and nature. The level of illness people are experiencing show we are not nurturing the Earth or being nurtured by it. How do we correct this?

Of course we will have a lively Facebook to stay connected with our community. For creating stronger communities will be a theme of this course. And that is the strong point of my online courses is the community we create giving everyone a feeling of belonging.

By learning the language of Nature, we learn how to survive. It has taken human cultures thousands of years to learn the language of nature and how we are interconnected. We must create strong reciprocal relationships.

Without making lifestyle changes we will not see positive changes happening for all in the web of life. Shamans and mystics for tens of thousands of years have lit the way to work with powerful healing ceremonies to create true change and transformation. But we must increase the level of concentration, focus, and discipline needed to bring about positive change. The ancients say we can do this. But in today’s world the speed of life has increased to levels that have created a lot of stress and distraction. You cannot do remarkable spiritual work and be so distracted at the same time.

It is amazing how thousands of people who journey to the different species in nature keep getting the message that there is compassion for us as we grow into higher selves and evolve.

By communicating with multiple species, we have the ability to learn how to adapt to our current changes, honor and respect every being in nature, make necessary lifestyle changes, and learn how to design ceremonies that we can perform to be in service to the Earth.

In our seven weeks we will focus our work with communicating with life forms who have so many tools and help to offer us. And each week we will perform a different healing ceremony in behalf of places of the Earth that cause us deep concern.

Communicating with the beings of nature that live on the earth, the waters, and fly in the air, as well as with the elements themselves brings us deep wisdom at the same time filled with joy that comes from such a deep and precious connection.

I will also include how to bring children into the work.

I will of course send you registration information. But for now save the dates if you are interested. The seven-week course will start on February 2.

Fire Tenders Gathering (December)

Your Light is Needed Now!

11th annual IAM Symposium. Share your light with the world, and tend to the fire during the darkest days of winter (Northern Hemisphere). All that is required from Fire Tender is to keep a light burning from 12/20 – 1/2.  There will be daily presentations in the Wind Clan, plus an opening and closing ceremony.  All events are recorded and sent to registered Fire Tenders. This event is Free to the Community. <https://thepracticalshaman.com/fire-tenders-gathering/>

Wind Work Teachers Training begins on February 6th.

The Wind Mastery course is a 10-month self-mastery program that will prepare you to bring ancient shamanic wisdom into your daily life and back to your community. This work will prepare you to do wind work healing, teach beginners classes, and walk-in balance in your business and life. Apply here:  <https://thepracticalshaman.com/wind-mastery-program/>

Juniper Stokes is a bright new teacher on [www.shamanicteachers.com](http://www.shamanicteachers.com) bringing in a wealth of new wisdom and innovations with her work.

Juniper recently launched Alchemessence, a line of botanical perfumes that has been a decade in the making. Formally trained in classical perfumery, Juniper also draws from alchemy and shamanism to create perfumes that not only delight the senses but act as catalysts for healing and awakening.

Learn more about Alchemessence perfumes at <https://www.alchemessence.com/shop>

Join bestselling author and dream shaman Robert Moss to discover how to safely connect with those on the Other Side through shamanic dream journeying — and your nighttime dreams — for healing, forgiveness, and mutual support.

You can register for Dream Journey Beyond the Veil: Shamanic Dreaming Practices to Connect With Loved Ones & Glimpse Your Future on the Other Side, here: <https://shiftnetwork.isrefer.com/go/djSI/ingerman/>

According to Andean medicine man Puma Fredy Quispe Singona, at our core we’re all seeds, planted by none other than the Cosmos — and these times are our invitation to finally go through our powerful sprouting process...

Join Puma as he tells the Andean story of the hummingbird and the condor  — and explains how it illustrates the ways we’re all being called to become part of a new consciousness and new humanity — in Andean Shamanic Rituals to Transform Darkness Into Light Energy: Glimpse Your Place in the Cosmos in an Empowering ‘Legend of the Hummingbird’ Meditation.

You can register here: <https://shiftnetwork.isrefer.com/go/asrSI/ingerman/>.

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**December Transmutation News 2020**

We are definitely moving forward to a new year. I would not dare to try to make a prediction for the coming year. I was responding to a post on Facebook and this magic sentence typed through my fingers.

“The world outside seems smaller when you grow from within”. This is certainly a time to grow bigger within to help you withdraw some of your attention away from the true madness.

I was looking for a file in November, and I came across an old Transmutation News with the perfect message to end our year on. Here is what I wrote:

Transmutation News October 2017  
  
We continue to hold all of life in our hearts who are being impacted by storms, fires, and earthquakes. We continue to see all in their divine strength having the tools to navigate the changes. And to all of life that died in these catastrophic events we thank you for gracing the Earth with your presence and wish you a smooth and graceful journey home.   
  
Remember one of the keys of our work is not trying to change the weather and join the ranks of humans who feel they can control Mother Nature. Instead we need to perform our spiritual work and live a life of honor and respect for all of life. And then using the principle of reciprocity the Earth will respond in kind.   
  
In September, during a session of my teleconferencing course on the Shift Network, I taught how to merge with a helping spirit to see the world out of the eyes of spirit instead of through the eyes of ego. As a demonstration of how to merge with a helping spirit, I brought through the Goddess Isis. I had asked Isis to speak to the group about the topic of suffering. For it seems that so many friends are students have lost hope, feel stuck in gazing upon so much suffering and poor behavior by humans towards each other and all of life. Practitioners of a variety of spiritual practices are losing hope and focus.   
  
I felt that the message Isis shared was a powerful one, and I wanted to share it with all of you in case it speaks to you and touches you on some level. I am sharing only the core of her message:  
  
“There are an abundance of planets and dimensions where spirits incarnate to learn and evolve.   
  
Here on Earth you were born to experience love, light, and joy, But the lesson was to first experience suffering and then to be able to reach beyond that dimension where inside of you (not outside of you) there is an inner sense of love and joy. Actually, joy is not the correct vibration for in reality it is bliss that your spirit feels.   
  
In your world, teachers, including your own, encourage you to open your heart to the spirit of love.   
  
But this teaching is not correct on the level of heart that you are being asked to connect with.   
  
For the focus has been on your physical heart which is simply part of your ego. And so many of you are experiencing and seeing suffering which on an evolutionally level is expanding your sense of compassion. It takes you so deep into your humanness. But you are still trapped in the energy, vibration, and frequency of suffering and that is the energy you are feeding in the world. And by carrying the energy of suffering so many people are becoming ill.   
  
You are now literally and metaphorically being cracked open to the deepest place within where all the knowledge and wisdom is waiting for you to learn from as you touch deeper into your humanness.   
  
Behind your physical heart is a spiritual heart. You do not have to travel that deeply within to connect with it. It is talked about by many gurus, mystics, and spiritual teachers.  
  
And this spiritual heart – one with Source and the joy, bliss, and unconditional love for all of life and creation knows no suffering. It knows bliss, it knows unconditional love, but has no experience of suffering on this Earth.   
  
In the Land of Dreams I see millions of egos dreaming the illusion you are seeing as it is being created again and again on Earth.   
  
Shift out of this Land of Dreams to where evolved spiritual beings are dreaming joy and love into the world.   
  
You are caught and trapped in your ego. Transcend into a dimensional reality situated beyond your ego to your spiritual heart which is only experiencing eternal joy, bliss, unconditional love, and the light of Source.   
  
You are in a new time and new evolution on Earth. Drop your current role in the play of life. Step into the life of an awakened spiritual being. You keep trying to raise your vibration and frequency when you need to work from a higher vibration and frequency.   
  
I hold you in my arms and say you do have more choices than you know. You can shift to a higher level of consciousness.”  
  
This month listen to some shamanic music or meditative music or spend some time in nature. Imagine traveling right behind your physical heart to your spiritual heart. It is the place where divine love, light, and bliss emanate from. Bring your burdens to your spiritual heart and experience how quickly they are transmuted and transformed into light.   
  
Perform your transfiguration work and radiate light from your spiritual heart. Be a presence of love as your heart emanates pure and non- personal unconditional love.    
  
In past issues of the Transmutation News I have shared the exercise of traveling to the Land of Dreams as I wrote about it in my book Walking in Light: The Everyday Empowerment of Shamanic Life.  
  
You can perform a journey or meditation and ask to be taken to the Land of Dreams where an evolved spiritual community of people from all over the world are focusing their daydreams only on experiencing the most positive, beautiful, and awe inspired dreams for the planet. Take your place among this circle of dreamers, and do your work.

The winter solstice arrives December 21 with lots more teachings and opportunities to grow from within.

On the solstice go out to a park or a favorite piece of land. Open up all your senses and take in the beauty of nature. Feel your love for life, the exquisite nature beings we share the Earth with, and with Gaia herself.

As you lie down on the earth imagine your heartbeat connecting with your home which is billions of years old. Take that feeling deep into your body. When I do this, I cannot even wrap my mind around the depth of this ancient connection.

Feel the wind or gentle breeze around you. As the wind kisses your cheek feel the depth of your relationship with the living being we call Air which is the first life form on this earth. And this being which is billions of years old stopped by to kiss your check or play with your hair.

If you are by a body of water dip your feet or hands into and imagine connecting to the primordial sea. Notice if this ancient being which is also billions of years old has a message for you. If you are not by water, you can do this as a shamanic journey or a meditation.

And then absorb the power of the sun, the moon, the stars- think about how long they have been shining on all of life. And now they are shining on you. Feel the passion of the ancient fire burning deep inside Mother Earth. Is your inner fire burning to meet the ancientness of this powerful element?

Really sink into the timeless reality we live in. We are inhabiting Earth for such a short amount of time.

First really feel the power of your relationship, the love, and support of these ancient beings. It is really beyond anything we can grasp mentally if you really allow yourself to open up your cellular awareness and feel your connection.

Now reflect on why you are here. You are here for such a tiny amount of time. What do you want to do with this time on Earth? And reflect on one simple life change you can make to lighten your footprint on Gaia.

Feel love for all of life, forgive yourself for anything that needs to be forgiven, and honor your ancient connections with the elements as well as honoring your ancestors and the ancient ones who lived here. All the phases of life we are observing now have all been experienced many times before in Earth’s history. Imagine the stories the ancient ones can tell you. Ask them for a simple lifestyle change you can make that will lead to positive changes over time.

This is the greatest gift you can give Gaia. And as you are willing to embrace the love of the elements and ancient ones you gift yourself and all of life.

Wishing you a beautiful solstice into winter or summer!

The full moon is December 29. This is our sacred time of coming together as a large community to flood the collective with light and love for that is how unwanted energies are removed. This is not the time to sit down in the dark. We must keep moving forward.

Stand up and drum, rattle, dance, and sing. Travel within to your inner starlight and shine like the brightest star in the sky.

If you are a new reader of the Transmutation News please read Creating A Human Web of Light on the homepage.

As I wrote last month, I will continue to write The Transmutation News in the format we have now. And the columns are so generously translated into many languages.

To add to the offering each month I will prerecord either a journey for us to do together or a guided ceremony. Sylvia Edwards has agreed to record the offerings on Zoom and a link will be posted.

After time goes by, I will invite teachers listed on [www.shamanicteachers.com](http://www.shamanicteachers.com) to record an offering. Their work is brilliant, and I want to introduce them to you. So at some point we will rotate. But I will do most of the recordings.

To be clear there will be one recorded journey or ceremony per month.

Then the exciting news is Sylvia and I started a new Facebook page just for our global circle. The Facebook page name is Shaman’s Are Gardeners of Energy. If you have been reading the column you know this became my favorite teaching The Ancient Ones shared with me.

If you want to join click on this link:  [https://www.facebook.com/groups/991720834662313/.](https://www.facebook.com/groups/991720834662313/)

There is a question to join. The answer is Transfiguration.

This Facebook group is only open to people on my email list who have been in this circle.

The focus of this new Facebook page Shaman’s Are Gardeners of Energy is to flood the collective and Nature with reverence, prayer, unconditional love, and light. Light is the highest frequency we can work with.

If your post does not reflect a positive attitude, honor, and reverence it will be removed. What will happen to our circle if we immerse ourselves in the same consciousness we want to live? Do you want to get lost in the noise or experience another choice; another way to live our lives?

I am very excited that we have a format to do some powerful work together and share it!

And as we are cycling into the end of the year, I want to thank Sylvia Edwards for her continuous help with helping me get the work into the world! She is truly a gift to this planet. Sylvia always has a way of staying positive, inspirational, and in a sacred space.

Please join me in thanking Sylvia and all our translators for their generous offering. There is so much time and effort that goes into the translations. Let’s hold them in love and light.

Petr Němčanský   - Czech  
Carole Laplante  - French  
Catherine Meyer - French  
Bea Salgado – French  
Barbara Gramlich  - German  
Astrid Johnen  - German  
Nello Ceccon - Italian     
Flavia Cavallaro - Italian  
Miha Masuda - Japanese  
Ai Suzuki - Japanese

Els de Graaff - Nederlands  
Sandra Koning – Nederlands   
Sofia Frazoa - Portuguese   
Tatiana Starikova - Russian  
Ines Fermoso  - Spanish    
Lena Anderheim – Swedish     
Simin Uysal  - Turkish

Announcements:

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. *Walking in Light* and *The Book of Ceremony* 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>

I really miss teaching workshops at retreat centers. And I was hoping to teach physical workshops this year. But obviously that was not possible.

A couple of years ago I taught my all time favorite online course to teach. This was a course on building strong relationships with nature. I decided to teach the course again. I will be teaching the course differently this time. Last time we mostly focused on emanating love and light with groups of nature beings.

This course will focus on learning from nature beings and the elements about how we can live and work together in community, how we are all interconnected and how we are caretakers of the Earth, simple ways we can make changes to create harmony between humans and nature. The level of illness people are experiencing show we are not nurturing the Earth or being nurtured by it. How do we correct this?

Of course we will have a lively Facebook to stay connected with our community. For creating stronger communities will be a theme of this course. And that is the strong point of my online courses is the community we create giving everyone a feeling of belonging.

By learning the language of Nature, we learn how to survive. It has taken human cultures thousands of years to learn the language of nature and how we are interconnected. We must create strong reciprocal relationships.

Without making lifestyle changes we will not see positive changes happening for all in the web of life. Shamans and mystics for tens of thousands of years have lit the way to work with powerful healing ceremonies to create true change and transformation. But we must increase the level of concentration, focus, and discipline needed to bring about positive change. The ancients say we can do this. But in today’s world the speed of life has increased to levels that have created a lot of stress and distraction. You cannot do remarkable spiritual work and be so distracted at the same time.

It is amazing how thousands of people who journey to the different species in nature keep getting the message that there is compassion for us as we grow into higher selves and evolve.

By communicating with multiple species, we have the ability to learn how to adapt to our current changes, honor and respect every being in nature, make necessary lifestyle changes, and learn how to design ceremonies that we can perform to be in service to the Earth.

In our seven weeks we will focus our work with communicating with life forms who have so many tools and help to offer us. And each week we will perform a different healing ceremony in behalf of places of the Earth that cause us deep concern.

Communicating with the beings of nature that live on the earth, the waters, and fly in the air, as well as with the elements themselves brings us deep wisdom at the same time filled with joy that comes from such a deep and precious connection.

I will also include how to bring children into the work.

I will of course send you registration information. But for now save the dates if you are interested. The seven-week course will start on February 2.

Fire Tenders Gathering (December)

Your Light is Needed Now!

11th annual IAM Symposium. Share your light with the world, and tend to the fire during the darkest days of winter (Northern Hemisphere). All that is required from Fire Tender is to keep a light burning from 12/20 – 1/2.  There will be daily presentations in the Wind Clan, plus an opening and closing ceremony.  All events are recorded and sent to registered Fire Tenders. This event is Free to the Community. <https://thepracticalshaman.com/fire-tenders-gathering/>

Wind Work Teachers Training begins on February 6th.

The Wind Mastery course is a 10-month self-mastery program that will prepare you to bring ancient shamanic wisdom into your daily life and back to your community. This work will prepare you to do wind work healing, teach beginners classes, and walk-in balance in your business and life. Apply here:  <https://thepracticalshaman.com/wind-mastery-program/>

Juniper Stokes is a bright new teacher on [www.shamanicteachers.com](http://www.shamanicteachers.com) bringing in a wealth of new wisdom and innovations with her work.

Juniper recently launched Alchemessence, a line of botanical perfumes that has been a decade in the making. Formally trained in classical perfumery, Juniper also draws from alchemy and shamanism to create perfumes that not only delight the senses but act as catalysts for healing and awakening.

Learn more about Alchemessence perfumes at <https://www.alchemessence.com/shop>

Join bestselling author and dream shaman Robert Moss to discover how to safely connect with those on the Other Side through shamanic dream journeying — and your nighttime dreams — for healing, forgiveness, and mutual support.

You can register for Dream Journey Beyond the Veil: Shamanic Dreaming Practices to Connect With Loved Ones & Glimpse Your Future on the Other Side, here: <https://shiftnetwork.isrefer.com/go/djSI/ingerman/>

According to Andean medicine man Puma Fredy Quispe Singona, at our core we’re all seeds, planted by none other than the Cosmos — and these times are our invitation to finally go through our powerful sprouting process...

Join Puma as he tells the Andean story of the hummingbird and the condor  — and explains how it illustrates the ways we’re all being called to become part of a new consciousness and new humanity — in Andean Shamanic Rituals to Transform Darkness Into Light Energy: Glimpse Your Place in the Cosmos in an Empowering ‘Legend of the Hummingbird’ Meditation.

You can register here: <https://shiftnetwork.isrefer.com/go/asrSI/ingerman/>.

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