**Transmutation News November 2020**                            [Download printable version](http://wsm.ezsitedesigner.com/tn_november_2020.doc)  
  
Obviously I wrote the November Transmutation News before the election in the United States, so I am sure there are all kinds of emotions flying around inside you as well as our collective.  
  
No matter if you are happy or angry about the results the Medicine for the Earth work is a way of life that is unconditional and the practices and ceremonies continue whether we are happy or angry.  
  
Ceremonies are a sacred act and are the shaman’s vehicle of change. We don’t stop doing the work.  
  
The Transmutation News has been through different phases over the years. Originally the idea for a monthly column was seeded by Bob Edgar’s encouragement. Bob was the husband of Carol Proudfoot Edgar who was a brilliant shamanic teacher. She still is as she works with her local community. I became part of their website www.shamanicvisions.com.  
  
At the time I had self published a visionary novel *A Fall to Grace*. Each month I included an excerpt of wisdom from one of the helping spirits talking, and I suggested a journey to go with the teaching. I hand wrote each column and faxed it to Bob who typed it up.  
  
Then in 2000 the monthly column was transformed to Medicine for the Earth. I wrote on the Medicine for the Earth work and was quite prolific. I had some monthly columns that were 5 to 10 pages with no announcements. Times were different then.  
  
I also began our monthly ceremony, The Human Web of Light. The first year a Buddhist monk wrote me a letter saying that his monastery joined us each month. I received a letter from a pastor saying they wrote a song for the transfiguration ceremony, and they sang it and joined us each month.  
  
It has been a rich experience for me to share the work with so many people from all different walks of life and backgrounds.  
  
As the needs of our collective changed people no longer wish to read long blogs and newsletters. I also have less to share. The Medicine for the Earth and Healing with Spiritual Light work are simple practices and ceremonies that immerse us in divine light, unconditional love, and Nature.  
  
These practices and ceremonies although simple, take a lifetime to master in order to get the miraculous results possible. Levels of focus and concentration are needed that are beyond the scope of what people in our culture are trained to be able to hold. And performing ceremonies and your daily work cannot depend on the outer conditions of your life or the world. Mastery demands unconditional love in the midst of trauma and dissolution.  
  
So there is not new material for me to write about except to remind you and inspire you to keep up the work.  
  
In this regards The Transmutation News is going through another phase of change.  
  
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 Shamans 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. You can join the Facebook group now and I will participate in the discussions starting December 21 on the Solstice.  
  
The focus of this new Facebook page Shamans 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!  
  
The full moon is November 30. Let’s concentrate and focus, after some good preparation work, on perceiving ourselves as a bright star in the night sky flooding the Earth and all of life with unconditional love and divine light.  
  
If you are a new reader of the Transmutation News please read [Creating A Human Web of Light](http://wsm.ezsitedesigner.com/page21.html) on the homepage.  
  
November is when Thanksgiving is celebrated in America. Let’s use the power of gratitude in the United States and add to that energy for the good of all of life.  
  
  
Announcements:  
  
I have the opportunity to teach a short workshop for Menla House on November 4. This of course is the day after the election in America.  
  
The Power of Shamanism to Heal Emotional and Physical Illness  
  
“In this fast-paced workshop Sandra will summarize the power of this ancient practice and how it is being used today to treat physical and emotional illness as well as heal planetary issues especially around pollution and climate change.  
  
She will end by leading us in a ceremony she calls transfiguration which has far reaching power to heal all you, all of life, and the planet itself. I imagine with the time allotted we will have time for a journey too. This could be the perfect time to immerse yourself into the practice of shamanism, be with a supportive community, and perform some powerful shamanic work.”  
  
For more information contact [frontdesk@Menla.org](mailto:frontdesk@Menla.org)  
  
Brooke MedicineEagle has spent her life searching the globe ~ finding and sharing knowledge about living well and thriving on this beautiful Earth. And now she has brought together a powerful forum of wise and knowledgable people who are “putting on the ground” real and sustainable ways of living in richness and plenty. In this FREE offering, you will learn so much from them about how you can step forward in a good way yourself!   
  
It’s clear that workable, regenerative solutions are based on looking at the whole picture, and getting connected to the profound lessons of how things really work on this planet and with us as humans. Everything from White Buffalo Calf Pipe Woman’s holy teachings to modern quantum science tell us we and everything on Earth are connected in a whole and holy CIRCLE of LIFE.  Walking forward in a way that works must reflect this at every level!  
  
Amazing interview series!!

Register now:  <https://rebrand.ly/sanin>   
  
  
Wild and Awake Interview Series hosted by Kari Van Tine  
  
These past 9 months have been a time of waking up out of the unconscious collective cultural dream. Please join me and 20+ powerful, consciousness - driven speakers - as we explore how you can live with more vibrant connection to nature, “Re-wild your mind” and grow your consciousness to make a difference on the planet right now.  
  
A few of the other inspiring speakers are Elizabeth Lesser, Llyn Roberts, Dr. Bernie Siegel, and Jon Young.  
  
Through each of us stepping into our own unique strengths and deeply trusting ourselves we make the world a better place. When thousands of us do this, the ripple effect is enormous! Now is the time to re-enchant our hearts and fall in love with our lives again.  
  
<http://wildandawake.karivantine.com/si>  
  
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/>    
  
Lindsey Wise is an incredible woman who I have had the honor to connect with. Lindsey is a true earth mother, and I will be writing more some of her work in the coming months.  
  
For now, I wanted to introduce her music CD “Walk in Beauty”. Walk in Beauty is an album of heartsongs, mantras and medicine music. These songs are prayers. They're prayers for our planet; they're prayers for you.  
  
<https://lindseywise.bandcamp.com/album/walk-in-beauty>  
  
Attached is a link tree of Lindsey’s offerings I'd be so thankful, but only if you feel inspired. Here is a link tree link with all my offerings combined in one space: <https://linktr.ee/Lindseywise>  
  
  
Lance Allred is a new friend of mine. We first spent time talking about a year ago. We were talking about each other’s work and other topics about life. I loved meeting Lance and we started corresponding. He told me he wanted to write a book. I said Sounds True would be the perfect publisher.  
  
He contacted them, and they picked up his amazing and helpful book.  
  
Lance Allred is the first deaf player in NBA History. He is an international speaker and has been a speaker on Ted X.  
  
He wrote the “The New Alpha Male.” While the title caters to the male audience, the book itself and the principles of perseverance, is a message for everyone.  
  
Beyond the 7 Principles is Perseverance, the defining trademark of the New Alpha is one who can hold heartbreak and gratitude at the same time.  
  
I loved this book and Lance’s inspiration. I hope you check it out.  
  
  
Join Kahontakwas Diane Longboat to be nourished and inspired by Ohen:ton Karihwatehkwen — a First Nation thanksgiving blessing — to create your own powerful blessings of gratitude and deepen your connection with all of life.  
  
You can register for Cultivate a Sacred Life Rooted in Spiritual Wisdom: First Nations’ Teachings of the Good Mind to Nurture Gratitude, Peace, Courage, Respect & Love, here: <https://shiftnetwork.isrefer.com/go/swSI/ingerman/>  
  
Years ago I introduced our global community to Quincy Davis. At the time he was a hip-hop artist who created such an inspirational music CD to lead our younger generation to seek peace as well as true spiritual practices to help one grow. Many off you bought this CD for your younger family members. I received such lovely notes from many of you.  
  
Quincy has been putting out a lot of music but I wanted to let you know about his most recent project.  
  
And Quincy and I have been talking for about creating an app together for about a year now.  
  
Here is the description of his new album in Quincy’s own words:  
  
I'd like to share a project that marks the beginning of a new chapter that has been years in the making. On my artist journey, I came up in the Portland Hip-hop scene inspired by well-respected MC and social-justice activist, Mic Crenshaw. So it is a dream realized to release a full-length collaboration project.  
  
This project also represents my new production and collaborative approach, featuring 13 amazing artists: AshEL SeaSunZ, Mama C, RXN, Pharaoh The 47, Claudia Cuentas, Kunu, Talilo, Toni Hill, Gaknew Roxwel, Freddy Flowpez, Annie Sea & Antonia Marquee.  
  
I am honored to present Rebel Wise, now available on all digital music platforms: <https://rebelwise.hearnow.com/>Our debut music video single features my sister and collaborative-ally Xamada who sings in Portuguese in honor of one of the primary warriors of Yoruban spirituality: Xangô, God of Thunder, drum and dance. The video also features Nigerian dancer Oluyinka Akinjiola and Nigerian rapper Pharaoh The 47 who spits some fire in his native language.  
  
Caô Xangô - Rebel Wise feat. Xamada, Mic Crenshaw, Pharaoh The 47 & Neo Vecci: <https://youtu.be/4eWLQJK0_TI>With so much conflict in the world right now I hope our music can be a source of inspiration to channel focus for personal and collective empowerment and healing.  
  
PS, last note -- if you like what we're doing and would be interested to help support the creation of visuals for this project. we are offering workshops and presentations (in person or virtual) as a way of acquiring production funding. Here is our proposal for educators, schools and youth organizations: <https://docs.google.com/document/d/1jC0EGh0D9-Rf2OjmdqD3c53EywpsUTRLB_bKMGZqkT0/edit?usp=sharing>This is part of a bigger project we are working towards: Voices of the Ancestors & Modern Mythology. We plan for the videos to be an engaging way to introduce youth to certain ideas, as a bridge for elder wisdom, and to encourage creative expression in community settings: <https://docs.google.com/document/d/18cdJaJh5oj5kpFSoIZcn6himICKeXWy0cvRL91hS0u4/edit?usp=sharing>  
  
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