

# Sandra Ingerman - The Ancient Practice of Shamanic Journeying

## What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Sandra will guide you step by step into the unseen realms. With almost 40 years of teaching experience, she can do this safely and clearly, and will help you obtain the skills needed to be able to meet compassionate helping spirits who are waiting to guide you. You'll bring healing energies into your own life while also learning how to work with others in your community.

This course will feature teachings, training sessions, and experiential practices with Sandra. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to discover the foundational practices for accessing helping spirits for personal and collective healing.

### Module 1: An Introduction to Shamanism & Its History

In this first module, Sandra will walk you through the history of shamanism and share the fundamental principles of shamanic journeying — as well as what you can expect over the next seven sessions together.

Sandra will also answer the common question, *Where do shamans journey to?* You'll learn about the territories in the non-ordinary reality realms, referred to as the Dreamtime by the Australian aborigines and the Other Worlds by the Celts...

It's a hidden universe where loving and compassionate beings live and offer help and healing to all of us!

In this class session, you'll:

- Discern **whether your journeys are really happening** — or whether it's your imagination
- Explore how **shamans interact directly with spirits** to address the spiritual aspects of illness, perform soul retrievals, divine information, and so much more
- Learn how the shaman **goes into an altered state of consciousness** to journey outside of time and space in non-ordinary reality
- Discover how shamans **use rhythmic percussion to receive healing help** and information for patients, family, and community
- Learn how to take care of yourself throughout your time in the course — and how to evaluate your results along the way
- **Receive a closing guided journey** so you can jump into your work in module two

### Module 2: Preparation for Journeying — Greeting the Helping Spirits

In this module, Sandra will walk you through the preparation ceremonies that have been a vital part of shamans' work everywhere in the world.

Sandra will also call in the helping spirits for the group. You'll meet the spirit of the land where YOU live, so you can build a strong relationship with it — as you'll soon find out, the land is your home and an ally in your work.

In greeting the helping ancestors of the land, you'll get support for your intentions as the ancestors work on your behalf.

In this class session, you'll:

- Welcome the spirits — and **call in only those spirits who are willing to help** and support the group
- Learn the difference between **using a decree vs. petition** to call upon spirits
- How to **thank the helping spirits** for being here... instead of begging them to come
- Explore sacred reciprocity as you honor the ancestors and they honor you in return
- How to dance and sing to create and build group energy
- Explore how shamans use singing and dancing to move their egos out of the way so the power of the universe can come through them

### **Module 3: Carrying the Power of Your Helping Spirits**

In this module, Sandra will teach that when you work with a helping spirit, you actually carry their power.

She'll lead a multi-step journey to identify the helping spirit who is volunteering to work with you, and discern what kind of power they carry.

In this class session, you'll explore:

- Different journeying methods to help keep your concentration intact
- The many ways that shamans journey in other cultures
- How to *breathe through your heart* as you journey
- How to review the intention and purpose for your journey (it might just be to meet your power animal)
- The potential issues that come with sharing the identity of your power animals — and why you should *share*, not brag

### **Module 4: Exploring the Upper World and Working with Teachers**

This time, Sandra will demonstrate a singing and rattling journey, showing you new ways to move through your journey.

You'll also journey to the Upper World, choosing to either meet a teacher who can answer a question — or who will perform a healing for an emotional or physical issue you're facing.

In this class session, you'll:

- Study examples of **teachers in human form who appear as gods and goddesses**, ancestral spirits, religious figures, historical figures, deceased relatives, and more
- Discover how to **ask the most useful questions** of the spirits you meet — and why the best questions begin with *who*, *what*, *where*, or *how*
- Explore the many differences between the Upper and Lower worlds
- Perform a journey as a group, **visiting the third level of the Upper World** where shamans in cultures around the world perceive a crystal city

## Module 5: Journeying Into the Middle World

You'll explore shamanism's deep roots in nature.

Sandra will share why the land, helping ancestral spirits, Earth, Air, Water, Fire, trees, plants, animals, rocks, and more have always been an essential part of the shaman's family.

In this class session, you'll:

- Explore how shamans built up strong relationships with all the **nature beings** in their landscape
- Discover exactly how **shamans learned to live in harmony with nature** — including the elements
- How this ancient work can help us heal today's environmental crises
- Take your own journey to a favorite tree or other nature being

## Module 6: Unlocking the Power of Divination Journeys

One of the roles of a shaman and modern-day shamanic practitioners is to journey to answer a question for another.

You'll discover how you can journey for a friend, relative, loved one, or client.

Sandra will demonstrate a divination journey on her friend, Denise — as well as speak to the ethics of the work and how to communicate a journey you performed for another.

You'll explore how you can journey on your own issues or for each other. You can also journey on group questions, journey to honor the seasons and moon phases, and more...

In this class session, you'll:

- Discover how to **remain objective when receiving guidance** from the helping spirits
- Explore the importance of **emotional maturity**, common sense, and honoring confidentiality
- Learn why **spirits often use metaphor** when communicating
- Discover ways to **create a journey circle** in your local community
- **Perform a divination journey** for a friend, family member, partner, co-worker, pet, or nature of your choice

## Module 7: Transforming Illness From a Shamanic Perspective

In this final module, you'll move your focus to shamanic healing.

Sandra will explain the unique ways that shamans perceive emotional and physical illness.

She'll also share a simple, yet powerful healing method you'll feel completely ready for.

In this closing session, you'll:

- Explore the many different ways that shamans work to restore power to a client
- Learn the principles of **Power Animal retrieval** — looking for an old animal who was once with your client who is willing to restore power to their life
- Discover a method of healing to **help you stay open to getting a former animal to return**
- Navigate the intricacies of long-distance Power Animal retrievals
- Explore how to best honor your helping spirits in your own way, so they'll stay with you for a longer period of time; this can include writing a poem about them, drawing a picture of them, and more

## ***The Ancient Practice of Shamanic Journeying Bonus Collection***

In addition to Sandra's transformative 7-part virtual course, you'll receive these powerful training sessions. These bonus sessions complement the course and promise to take your understanding and practice to an even deeper level.

### **Can You Practice Shamanism and Keep to Your Christian Faith?**

#### ***Video Dialogue between Sandra Ingerman and Karen Furr***

As a child, Sandra Ingerman had visions of Jesus coming to her, and always felt an affinity with the esoteric teachings of Christianity. In this powerful dialogue, Sandra, who's been teaching shamanism internationally for close to 40 years, affirms that **there is no conflict between shamanism and Christianity**. In fact, she once gave a keynote lecture for 300 Catholic priests and nuns on how to bring shamanism into the Catholic healthcare system.

**Karen Furr**, a former Catholic nun who's now an ordained priest in the Independent Catholic Movement and a practitioner of alternative healing through shamanism and reiki, describes how she reconciles the practice of shamanism while being a practicing Catholic.

### **Performing a Virtual Fire Ceremony to Release a Pain, Old Wound, a Trauma, or a Limiting Belief System**

#### ***Video Presentation from Sandra Ingerman***

Sandra Ingerman is known for her powerful fire ceremonies, a fixture in all her workshops. During this video teaching, Sandra will guide you in identifying a blocking belief or old hurt you're ready to release into the fire... to be transformed into love and light. Fire is a

transformative force that can take your pain and transmute it into loving and light-filled energies that radiate throughout the web of life.

## **Medicine for the Earth**

### ***80-minute Video Teaching from Sandra Ingerman***

In this video lecture, Sandra Ingerman shares key principles and elements that originate from shamanic and other spiritual traditions — revealing how YOU can work with spiritual practices to reverse environmental pollution. She shares some of the results of scientific experiments she performed with groups around the world to demonstrate the power of this work.

## **Nature, Sacred Tools, and Carrying Power**

### ***Video Dialogue with Sandra Ingerman***

Sandra shares how becoming allies with the land and the beings in nature where you live is essential to understanding shamanic practice. She stresses the importance of honoring the materials in our sacred tools so they are true allies. And she shares a new way of journeying that can help you truly understand how shamans carry power.