



THE SOUL DIRECTED LIFE ~ APRIL 30, 2015

with Host: JANET CONNER (www.janetconner.com)

and Guest: SANDRA INGERMAN; Author of 'Walking In Light'

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JANET: Welcome, welcome to the Soul Directed Life, the radio show that helps you notice, recognize, and respond to the calls bubbling up from your soul so you can live your own soul directed life. And welcome to this gorgeous experiment. In 2015 we are walking the medicine wheel, following the natural rhythm of Mother Earth's four directions and four seasons. We're in spring right now in the northern hemisphere and the direction of the east, as the sun rises in the east, we too, rise on wings of eagle to see a new dawn, receive a new idea, begin a new beginning. Our theme for April, the first of three months in the east, has been this: the soul wakes from the rest of winter, filled with desire to discover its true whole sacred self, and hears the call to awaken. Oh boy! awaken we will with my guest Sandra Ingerman, world famous shaman and author of 'Walking In Light', our Soul Directed Life book club selection for April. What we are about to experience and hear has the potential to change us, oh yes it does, and change us at depth. To help that happen, let's ask the voice of the Tibetan bowl to call us to listen....bowl ringing...and listen deeply.

Sandra Ingerman has taught Shamanism for over 30 years. She is devoted to teaching us how to reconnect with nature, remember that earth is our home and work together to bring about positive change for our home. She's a licensed marriage and family therapist and Board certified expert on traumatic stress. She teaches workshops around the world on shamanic journeying and healing as well as reversing environmental pollution using spiritual methods. She has written ten books including Shamanic Journeying, and Awakening to the Spirit World. In 2013 she was chosen one of the top ten spiritual leaders by Spirituality and Health magazine. She joins us today from her home in Santa Fe, New Mexico to discuss our Soul Directed Life book club selection for April, Walking in Light. Welcome Sandra.

SANDRA: Thank you, Janet. It's a beautiful day here in Santa Fe, New Mexico so I am delighted to join all of you today.

JANET: Well, you must have somehow sent a little New Mexico spring, because here in Florida things have been budding pretty quickly! Goodbye spring and welcome the heat of summer! You know, we have two seasons that's mostly hot and humid, but not today. Today when I stepped outside, it was a luscious, cool, glorious spring day, so I am grateful to the gods and goddesses of spring and maybe, just maybe our conversation with you in New Mexico sent a little whiff of sweet breeze to us.

SANDRA: Yeah

JANET: Well Sandra, every guest opens our conversation with some sort of invocation or blessing, some way of honoring the particular direction or season on the medicine wheel. Well, here we are in the east and in the spring, and it tickled me no end about two-thirds of the way into 'Walking in Light', you describe beginning a shamanic ceremony by honoring the four directions, the seven directions. So would you please lead us in an invocation honoring Mother Earth's gifts of spring and new awakenings?

SANDRA: Absolutely. And in the work that I do, it's always important in shamanic work, which I'll be explaining later, it's very important to do some preparation work first. With all of our invocations to move into a good and



centered and relaxed place, so I'd like to invite everybody to just take a few deep breaths and just feel connected to yourself. Notice how you're feeling right now. However you're feeling is how you should be feeling. There's no right place to feel. Just allow yourself to connect with your own heartbeat first, so it's important to connect with your own heartbeat, and as you do that, allow your heartbeat to connect with the heartbeat of the land where you're living right now, for the land is a helping ally for you, and always helps you in your life.

As you tune your heartbeat to yourself and to the land. Next tune your heartbeat to the heartbeat of the earth, Mother Earth. The earth is our home. As you do this, start to think about a favorite place in nature that you really love to visit. Could be a place of beauty, a place where you could relax and feel calm. What would be a sacred place for you?

Imagine yourself, use your imagination to stir your psychic senses, imagine yourself in a place of peace and healing. And as you do this, close your eyes and breathe deeply and notice how your energy flows in your body. Put your hands on your heart and just keep opening your heart with each breath in and each breath out, breathing out any disturbing thoughts and breathing in love, breathing all the way down into your abdomen. Send your breath to any part of your body that feels tense and release that tension as you exhale. And as you do this, notice any thoughts, feelings, sensations, and images that arise as you breathe.

As you breathe deeply, step back and leave your everyday life behind you for now. As you stand in this sacred landscape, open your senses to the beauty all around you. What plant life is here? Are there any animals or rocks or minerals? Are you by a body of water? What's the quality of earth like? Feel the textures, smell the fragrance. Are you in the mountains or a forest, in the desert or on a beach? Is the sun shining, or are there clouds in the sky and what's the color of the sky? Drink in all the colors that are around you in this landscape and feel the earth beneath you. As you do this, feel the air on your skin. Notice if it's warm or cold or moist or dry. Is it still, or are you being caressed by gentle breezes, or is there wind? What are



the sounds that you're listening to? Is there any sound of water or bird calls or animal noises? Is the wind talking to you?

And as you take deep breaths, breathe in the wonderful clean and fresh fragrances of this beautiful peaceful place. Feel yourself absorbing the life-giving light of the sun into all your cells, and just notice what it feels like in your body and in your heart as you open to the love, peace of this place and feel gratitude for your life.

As you open your sensory awareness, experience your mind quieting and your energy expanding - you're held in the loving arms of the Universe. You're not alone, you're part of the greater whole. And just allow your heart to pulse with the loving gratitude for the beauty of nature, and for the beauty of life and for the gifts of life.

As you do that, let's together honor and greet the east. The east representing the spring. It's the place of the rising and it's always reminding you of new beginnings and the chance of unlimited possibility. This is the time on the planet to open up to the power of spring, and planting new seeds, seeds that come from our thoughts and our words that we use throughout the day. Imagine yourself being in the springtime, planting seeds in your inner garden that are filled with joy, hope and inspiration that grow into plants of great beauty that will not only just affect your own personal life but all of life in the world. For in Shamanism it's believed that we're connected to everything through a web of life, as we shift our thoughts and emotions that ripple throughout the entire web of life, touching all.

So let's give thanks for this time of spring in the east and new beginnings, and experience that rising sun inside of you, and all the unlimited possibilities as you look out into your own inner garden of what is possible for you to plant that will bring beauty into your own life and into the world. We give thanks for our own life and we give thanks for everybody today as we talk together about the power of Shamanism, and how we can create this life for ourselves and for all. Thank you.



JANET: Thank you. And when I pray to the seven directions every morning, I always end with a joyful, glorious ring of the bowl so I feel in honor of that beautiful invocation that the bowl wants to say amen to the web of life. I know we're in the east, but the minute you started that invocation, I was so in the north. I am from Wisconsin, and I was back in that glorious moonlight in winter with snow on the ground, and I could feel - ah, I'll be listening to that again Sandra. Thank you so much! You know, once you've lived in the north, I don't think the north will let you go. It is...

SANDRA: Oh yeah.

JANET: I confess it is absolutely my favorite spot on the medicine wheel. I have...

SANDRA: Yeah

JANET: The north has just - he teaches me every day...every day. So, Sandra, I read every word of 'Walking in Light', and it just...every page just woke me up. Oh, oh, oh, oh, oh. I have a feeling that many listeners like myself have a very limited understanding of Shamanism. In the preface, you write this, quote: The practice of Shamanism is more than just performing journeys into invisible realms to access information. Shamanism is a way of life. Would you begin by telling us what Shamanism is?

SANDRA: Absolutely. Shamanism is the oldest spiritual practice known to humankind. Depending on what anthropologist you talk to, anthropologists all have different opinions on this based on the different archeological evidence, but it's pretty clear that the practice actually dates back over a hundred thousand years, and that this spiritual practice has been practiced all over the world throughout central Asia, and Europe and Africa, Australia, North and South America. So one of the things I always like to share with people, is because this is such an ancient practice, everybody who's listening, you probably have ancestors who practiced Shamanism at some point in their life, so the practice of Shamanism is part of your heritage. The word Shaman itself comes from the Tungus tribe in Siberia, and it means One Who Sees in the Dark or Healer. Again, the meaning might shift depending

on what anthropologist you're talking to, but those are two very common definitions. In Shamanism it's understood that there's so much more to life than just the tangible world that we can see with our ordinary eyes and hear with our ordinary ears and - and touch with our ordinary touch of feel and senses. There is this whole hidden reality that when we open up the veil like we did as children. Children understood. You - you all understood Shamanism when you were a child, that there were these veils you can open and step through and have access to spiritual realms. And so, a Shaman, the definition of a Shaman, a Shaman is a man or a woman who goes into an altered state of consciousness, typically through some form of percussion or dancing or singing, and opens the veils between the tangible and visible realms and steps through and meets up with helping, compassionate spirits, kind of like our guardian angels who care for us and who are willing to provide guidance in our lives because they're spiritual beings who are looking down on our life from a different perspective than we do. It's like we're playing the game of life and we can't always see around us and the helping spirits can.

So the helping spirits can provide great guidance for us. And also, Shamanism is more than techniques and message. Shamanism is a way of life where it's taught in Shamanic cultures to everybody who grew up in an indigenous culture had to wake up every morning, and give thanks for our lives and give gratitude and to honor all of life, earth - air - water - and the sun that sustains us. And giving thanks to all the living beings that we share this planet with.

Shamanism is not just a path of being able to receive guidance from helping spirits. But it's also a path of how we can attune to the deep wisdom of the earth and nature, and to live our lives in harmony in accordance to the cycles of nature so that we can improve our own health and wellbeing, our communities we live in, and the planet itself.

JANET: That is just such a holy reminder, because I had this picture in my mind, that shamans, like priests and rabbis and the temple goddess heads,



were these special people, which they are, but if I'm hearing you correctly, this way of life is alive in every single one of us.

SANDRA: Absolutely, and in the Shamanic culture, it was very important to understand; this is very different than how we were raised. It was understood that at birth we were born, every single one of us is born with a gift, talent, strength, that we come here to manifest in this lifetime. And as we're willing to shine our gift in our community that we live in, we add to the strength and the health of the community. So in Shamanic cultures, every person at birth was honored for the special gifts and strengths that they were going to add to the health of the entire community. And so, life was not just about the healing that the Shaman can do if something did move out of balance in the person or in the environment, but it was also bringing everybody into a Shamanic way of life to contribute to the health of the community and to bring balance into the community. And everybody, this is true for all of us today. Every one of you has a gift you came through to manifest to create a healthy earth and all of life.

JANET: I am so glad you said that. I'm frantically nodding up and down and taking notes because you've just given me the opening thought for the fourth book in the Your Soul Wants Five Things series. Currently, it's working under the title Soul Direction, but I have a feeling the publisher and I are going to change the title, but it's about going back in time to remember your soul's purpose. So thank you Sandra, I'm going to be writing that down and I think you're going to show up quoted in my fourth. I get the greatest gifts doing this radio show. Well, we do have to take a short break, but when we come back Sandra is going to talk to us about our strong eye - the hidden realms - the doorway to the hidden realms and the importance of ceremony and ritual. And I hope we get to talk about some of those helping spirits too.

JANET: I sure hope you got that Facebook page, [Janet Conner the Soul Directed Life](#), dedicated to the conversations from this radio show. Pop over; you can get the link at the [Unity.FM page for the Soul Directed Life](#), or you can get it at my website [JanetConner.com](#) and click on all the



information about the radio show. Join the conversation. We'd love to hear your experience with Shamanism, your questions, big ideas that came to you as a result of listening to this conversation. And everybody who joins the conversation goes into the Tibetan bowl. And the Tibetan bowl gives me one name to receive the gift from the guests. Well, Sounds True, Sandra's wonderful publisher, sent me two copies of 'Walking in Light', and one of them is waiting for you. So Sandra, we've got to talk about this Strong Eye, it's a word - I've heard about the third eye, but you write, quote: A Shaman is a man or a woman who uses the ability to see with his or her strong eye. What's our strong eye?

SANDRA: Well, actually there's two responses to that. One is our strong eye is our third eye. It's just how shamans talk about it, it's the strong eye, because, as I shared, in Shamanism, we're looking at beyond what we see in the tangible realms, but we're opening up the veils into the invisible. So we can't use our ordinary eyes to see into the invisible realms, but we have this third eye that helps us to have incredible visionary experiences in the hidden realms. And also, shamans see through their hearts and not through their ordinary eyes. And so, the path of Shamanism is also a path of heart, where first we open our heart, get into a place of love, and then we can expand our third eye, and to have the visionary experiences that have been talked about for thousands of years.

JANET: So we're seeing with the eye of our heart - ooh! - and what we're seeing into are - the words you used are hidden worlds, hidden realms, invisible realms. So could you tell us about those realms?

SANDRA: To continue with what I shared before, in Shamanism there's this whole realm of spirit that it's not in our imagination. It's another reality to the reality that we're living in. It's where you open up the door, or you open up the curtain, or you open up the veil, and I call it the hidden worlds and the hidden realms because we've really forgotten about them. But it's a whole world that is happening. Life goes on just as our life is going on, and there's nature in the invisible realms. There's beautiful forests and deserts and oceans and ethereal places where there are light beings, and angels and



mythological figures to help us, and so the Shaman has to alter his or her state of consciousness because when we're just in an ordinary state of consciousness where you check your emails, and you try to open the door to the hidden realms, you're not there yet. You have to move into that place of hard, and the invocation that I led off, you know, really getting into your breathe and letting go of your day. And so, Shamans use percussion to actually help change their brain waves from a Beta state of consciousness, which is your thinking mind, your rational mind, and as you listen to some sort of percussion, whether it's drums, rattles, bowls, bells, stick, in Australia they use didgeridoo or click sticks, and they call the invisible realms the dream time. The Celtic traditions call it the other world, and your brain slows down. Your brain waves actually slow down into first an alpha state, which is a level of meditation, and then they slow down even more into what's called the Theta State. And it's in that Theta State where we can see with our heart and with our strong eye, and go into what shamans call a parallel realm, a non-ordinary reality, the invisible realms.

When you look at different shamanic cultures around the world, again we're tracking back tens of thousands of years and looking at cave drawings and stories that were passed down through generations. It seems like there are three different levels in the hidden realms, the invisible realms. There's what's called the lower world, and typically it's the lower world is in an invisible realm where, as I said, there are deserts and forests and oceans and beautiful nature and a variety of helping spirits that live there, what we call power animals who volunteer themselves to us when we're born, and teachers in human form, beings who have crossed over but have an incredible amount of wisdom to share with us, ancestral spirits or religious figures or known mystics and visionaries of our times can be teachers for us.

So there's a lower world that the shaman journeys to, and then there's another world called the upper world and for most people, this tends to be more of an ethereal type of realm, like you know you're standing on something, but you're not quite sure what you're standing on, so you can't stick your fingers in the earth like you can in the lower world. And again, from a shamanic point of view, there could be power animals who live there



who are waiting to guide you or teachers in human form, as I just described ancestors, mystical beings, religious figures, you know, all kinds of beings will present themselves as teachers, different guardian spirits.

Then there's the middle world, and the middle world is where we live. It's the invisible part of where we live, and that's the place where you can talk to the spirit of the trees and the plants. Shamans learn how to heal by talking to the plants. And so, in the middle world you can have that access to being able to talk to, what we call in Shamanism, the spirit that lives in All Things. So, the trees are alive and they have something to share with you. The plants and they have something to share with you. Rocks are ancient beings that have so much to teach us, and crystals. And all the beings that we share the earth with are what are called are what are called the Middle World. It's a place where we can step into and have those magical relationships with the nature beings that we share this great earth with.

So shamans journey between the lower, the middle and the upper worlds. And over time of journeying, journey is a practice; it's a lifelong practice. It's not something that you try once. Over time you start to learn, okay I have a client or a friend who needs some healing, what helping spirit is going to give me the best healing help, or I have an issue going on at work. Who do I know from the invisible realms? I've journeyed over time, and I find that one particular guardian spirit is really good at guiding me in relationships and work. So, over time the shaman learns what world to journey in and where he or she can get the best healing help, or the best information and guidance for whatever question that they're taking their shamanic journey on. A shaman takes a shamanic journey into these hidden realms where he or she has access to this incredible wealth of helping spirit.

JANET: This is so, what's the right word, it's so confirming. I tell the story in Soul Vows, my third book, the one that's just out about this astonishing experience of being in an ancient ice age cave, and we asked the guard to turn all the lights off, so we were just sitting in the dark, and I simply - I closed my eyes, which was silly because it was just as dark as it could possibly be. But somehow that felt reverential, and I said, do you have a

message for me to the rocks. And I said, and I heard as clearly as a person, the rocks spoke to me, and they said, "I am old, you are old", and they repeated it and repeated it until the pronouns shifted, and I realized that I was Janet. But I didn't know, Sandra, until you just said that, that it was an experience of the middle world. Thank you.

SANDRA: Yeah, you know, when I teach all these beautiful ceremonies and journeys and all of this profound work. And then I'll send a group out sometimes to sit with a tree for ten minutes, and at the end of the five day workshop, people will say, "God, I loved the workshop, but the most powerful time for me was to sit with that tree and get a message from that tree.

We crave, our soul craves to connect with nature again. We're in a modern technological world. We're so disconnected from nature, and it's really impacting us on - emotionally and physically, and also on greater levels of climate and all the issues that we're seeing globally today with environmental changes. And so people really crave to re-connect with nature again and just sitting with a tree outside, just going to a park, you don't need to live in the country. Just go to a park and lean yourself back by a tree or lean yourself next to a rock and just close your eyes and notice if you see an image or you might hear something with your invisible ears, just like Janet you described. Or you might actually get a feeling in your body of a message that that nature being is communicating with you.

JANET: And the thing that's so glorious about it is that it's utterly non-negotiable. You - whereas, in a lot of other practices, it's so easy to slip into 'did I say that? Did I make that up?' Right? But this was so clearly, Janet couldn't have come up with that. In fact, I internally was having a little argument with the rocks, because this is an ancient ice age bear cave that was only recently discovered, is totally unimproved in Montana. And so, when the rocks said, 'I am old, you are old,' the human in me. Oh no, honey, you don't understand, I'm 64 years old. You're the one that's old. But the rocks - I mean, really - how comical can you get? But the rocks kept saying it until when the pronouns shifted and I realized I, Janet was saying, "I

am old, you are old," that was the moment, Sandra, never mind all the teaching, all the spiritual work that I've done, all the Catholicism that I grew up with about the soul, that was the moment that I knew and I knew that I knew that I am an eternal being. It's one thing to have somebody tell you that, you know in the Baltimore Catechism. It's one thing to have a spiritual teacher tell you that; it's one thing to read about it. It's a whole other thing to know it with every cell of your being, and that can't be - just because I tell you you're a soul. That's - it's not the same, but if a tree, if a drop of water, if a wave, if - if a rock, for heaven's sakes, says you are old, you can't argue yourself out of it. It's simply the truth. You know, and you know it for the rest of your life.

SANDRA: Yeah, and the most powerful teachings that we get that really what create change is not what we take in on a rational level, but when it moves to a deeper place in our body so that we actually feel it sink in, just like you're describing, into every cell of our being so that your whole presence in the world actually changes because now you have a deeper connection with life than you had with life before. And the thing that keeps me so interested in Shamanism, I've been practicing for over 30 years now, is I love that surprise element, you know, what you just said, I can't believe, you know, a rock gave me this information. And when I teach people the practice of Shamanism and when I practice for myself, it's kind of like, 'really?' Oh I didn't think that animal, I never thought about that animal as a power animal that would show up for me. I thought it was going to be a bear. I didn't realize I was going to end up meeting this unbelievable wise ant that was going to solve all my - help me figure out all of the issues that are going on in my life. So there's this incredible surprise element that comes in, or a teacher who might come in as a being that you never would have expected. I never would have gotten that one, and that helps us to realize that we're not making this up, that something deeper is actually going on.

JANET: That's it; you just - you - you - you know it and you know that you know it, and it came through the most delicious, surprising - and then, is it direct - is it related when an animal that's physically, like a grasshopper came up to my sliding glass door one July, I mean what? ...tapped on the

sliding glass door until I got up out of my chair, what is that funny little noise? Looked down and there's one of those 3 and a half inch, 4 inch yellow Buber grasshoppers. So I sat down, looked at it across the glass and I asked it, why are you here? Why are you here? So, is it possible to have those middle world experiences when you're eyes are wide open and you're clearly in, on Mother Earth?

SANDRA: Oh absolutely, and I write quite a bit about that in 'Walking In Light' about working with what we call in Shamanism, 'omens', but another word people might relate is signs, that you're thinking about a question, a decision, and as you're walking on the earth, all of a sudden as you're asking if this is the right decision, the clouds part and the sun comes out or a butterfly lands on your hand, or your favorite bird flies right across you, or a rainbow comes out. And So from the Shamanic point of view, the Universe is giving us signs in the middle world constantly throughout the day, lighting our path, but we've just in our modern day culture, we've closed down to the magic and the wealth of information, guidance and healing that's presented to us as we walk, even if we're walking, you know, from the bus to work, something might come through in the sky, or if you look down on the ground, or a breeze might come just as that moment when you're thinking about making a decision that gives you a sign that you're on the right direction.

JANET: Yeah, I've been tuned into animals ever since an Osprey when I was in my greatest fear time flew into my backyard tree and stayed with me for 18 months, never left that yard, and - yeah - screamed at me during the day, and I would come around the back yard and hold out my arms and say, I'm fine, okay? See? See? You're doing a great job, we're fine. And then when I had to sell that house, I stepped outside every night, I use to say my prayers through this Osprey, it was right over the edge of my dock, so no further than 8 to 10 feet away from me, and I finally had to sell the house, so I stepped out on the dock and I - tears pouring down my face, and said thank you, you have done such an exquisite job protecting us, no harm has come to us, but now I must sell this house. Thank you, and you can go now. And the second I said it, whhooo, you know that sound of the 5 and a half

foot wing span, the just, what a blessing, and he took off and never returned.

SANDRA: Interesting, Wow,

JANET: I mean, it's so clearly a guide, a messenger, a protector, and then when I did move into a new property, Osprey's are with me, I mean absolutely all the time. So, I'm so with you, I can have a question, a thought, a worry, and an Osprey will swoop, and I just say thank you, yes. So, what I'm perceiving in hearing you talk, is though, although I certainly want to know more about ceremony, more about ritual, more about Shamanic journeying, take one of your workshops, this is a doorway that's open to us all the time, if we just pay attention and listen. Is that correct?

SANDRA: Exactly, the key is paying attention and listening, and what starts to happen, after you receive your first sign, or have the experience that you just described about the Osprey, all of a sudden you realize that life has a more magical nature, and it brings an inner smile to us. It's like - life takes, it just takes on a different meaning for us, that we're not alone. Shamanism teaches us that we're never alone, we're always being guided by loving forces, and that we're never alone, and that the Universe is actually going to light every step of our way if we just learn how to slow down, put our devices down, slow down and notice as we're walking in nature all the amazing signs that are given to us on a daily- daily basis. It's not just occasionally; it's on a daily basis.

JANET: That's been my experience, once I tune into one animal - that snake at the doorway, ooh that's a message. I mean they're just (laughing) there's just guidance and messages. And of course then there are the ones that come in your dreams or in your meditation, I guess that's the middle world. Yeah, I love living life in communion with all my helping spirits. Well, you mentioned the word 'light' and one of the many concepts that jumped off the page for me in 'Walking In Light is this, it's on page 185 for the listeners: "Radiating divine light is our nature." and then you follow it up with this: "It is who we become that changes the world, not what we do." Well, this resonated for me because the entire premise of Soul Vows is that we literally,

not figuratively embody the divine. We gather the presence of the divine in us, through us and as us. And so here we are talking about radiating divine light. I'd love to hear you talk more about radiating divine light.

SANDRA: Absolutely. We talk about body, mind and spirit all the time. But who we are when you tune in and you go, 'well, who am I beyond my body and my mind?' We are spirits, we are the same formless energies of those helping spirits who are in the lower, middle and upper worlds. It's just we took on a body in this lifetime to learn how to manifest beauty on this earth through form like the creative forces of the Universe did. So when we tap in and we remember and we experience our own light, we have an opportunity to be able to shift what's happening in the world through our presence.

And so, we're so into doing, and yes we all have to take action to change the world that we live in right now, but we also have to learn how to BE, and that it's through the BEING that the world changes. And so I've done many different experiments, scientific experiments using polluted water, and we also use a particular type of camera called the GDV camera that photographs aura fields. And what I'll teach people how to do, is not to send energy to the water healing or to a person who is talking about being ill, but just go inside yourself and experience yourself radiating light exactly like a star does in the night sky. A star doesn't send its light, it radiates its light. It shines its light effortlessly. It doesn't go, 'I'm too tired to shine today'. It shines. The sun does the same thing, and so we have - we are stars, we're walking stars on this great big giant star Earth. And we're also sunlight too. And what I've found in doing experiments for so many years now, is that water will change, and also people's health changes when you just simple radiate light and you don't try to do anything to create that change.

JANET: I've had an odd experience of this. My son was a political prisoner a year ago. Not because he was accused of anything, but he was sent to prison by a federal judge to try to coerce him to cooperate with the government's hunt for activists. And I fell apart at the seams, and the Masters and Teachers of the Akashic Record gave me, when I asked for

help, a prayer practice that I think is what you're talking about. They asked me to pull together a critical mass of people, I invited a hundred people to join us at the same time every day, we did it for 62 days, and look at a picture of the prison, and no intention, we were not to have the intention that Jerry was to be released early. We were not to have any words, we were to just shower the entire prison system, so not just Jerry, but the prisoners, the lawyers, the judges, the people coming to visit, the victims, everybody, just shower them with divine light and love - period. And the people who participated in that would send me these vibrating emails. I have never participated in a holier prayer practice, this was incredible. And he was released three months early. But we didn't hold the words or the intention, so we were radiating divine light, right?

SANDRA: Yes, exactly and that's exactly a wonderful example and I have hundreds and hundreds of examples like the ones that you're sharing, and people having all different transformations on physical levels, and how we've worked with different substances, whether -again, it's polluted water, Pepperidge Farm cheese crackers or taking photos before and after, where we don't try to change anything but we just become a being of light, and it's just amazing. I've been working with this since the year 2000 doing experiments around the world, and also just collecting case studies like you're own of how people's lives have changed. And when I leave something in a big audience and you know, even if I only have a few minutes to share something, and I'm happy to share something with us. It just in that few minutes when people drop into being that divine light, it's - it's transformational, and - and so, this is how we bring the feminine principle back into the world again.

I think we've all had the amazing opportunity of being with a person who is just shining and how we change from being in their presence. And that's not just a special gift that few are born with. That's for all of us to start to radiate our light and shower light, whether we're in the bank, online, or in the gas station, or in traffic, or in a long line in the grocery store. This is where we have power to change our environment, and to help those around us to feel uplifted and be filled with love.

JANET: So is it possible - we have about three minutes together - to share some tool to begin?

SANDRA: Sure, yes, absolutely. So, we have 3 minutes, so it just start with taking a few deep breaths, and place your hand on your heart and feel your heart beat, and use your imagination. Imagination is a good thing. It's a God-given gift that we all have to create all kinds of invisible psychic experiences.

And with your imagination, as you breathe through your heart, imagine yourself traveling within. Just go within yourself and you might experience a little flame of light, let that grow. Or imagine yourself being a star, a beautiful star in the night sky, effortlessly shining. Or imagine yourself being the light of the sun, and just start letting that light move through your body, just shining. Don't try to do anything with it, just let it shine and radiate and absorb it like a dry sponge put in water into every cell of your body. And as you continue to do that, allow that light to radiate outside of yourself and just keep your focus on letting that light slow to a situation or to a person or to a place on the planet that you're concerned about right now, just let that light flow. Just be a light and just shine.

JANET: Mmm, well I'm shining on Nepal. Let's all shine on Nepal. What a beautiful experience Sandra. How can everybody find you? I know they're going to want 'Walking In Light', perhaps some of your retreats and workshops. How can we find you?

SANDRA: Well, I have a website, www.sandraingerman.com, and on that website there are lots of articles you can read. It's a simple website, just click on articles on my work. There's trainings, there's a book and CD audio section that talks about my different books and CDs, and I also write a monthly column to keep everybody inspired every month that you can just visit for free, and then there's interviews like the brilliant interview that you have helped me be part of today that will appear on my website too. So just go there and visit and lots of resources.

JANET: Oh thank you Sandra. Thank you for helping us wrap up this glorious month on the Call to Awaken.

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