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Healing the Planet, by Healing Ourselves

It is easy to be overwhelmed by the challenging things we see in the world. We can sometimes feel bogged down when we watch the news and think about what is happening around us. We may think it will take a miracle for something to get better. However, we can have a dramatically positive effect on our outer world. We begin this process when we examine the thoughts and beliefs we hold on a moment-to-moment basis. What do we contribute to the consciousness of our species?

When we practice the methods taught in Sandra Ingerman's book, Medicine for the Earth, we learn to take a toxic thought, pattern or belief and neutralize it. When we take a thought or belief that is heavy or negative and transform it into something light or positive, this is called transmutation. Join me to learn how to transmute negative emotions into something less harmful. We will learn to operate from Divinity, rather than praying to Divinity. We will examine this process of transmutation together. We will also have an opportunity to practice transmutation as a group, increasing the powerful effect of this practice.

Rhonda Italiano has been practicing, studying and teaching shamanism since 1998. She graduated from the Unity Institute in 2007, and now works as one of the Spiritual Directors at Unity North Spiritual Center. For more information please visit: rhonda@earth-keepers.net