



The Shamanic Journeys & Alchemical Healing Newsletter

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- **Sandra Ingerman**
- **Egypt**
- **PS—Lost package**

Dear Friends,

Last year's holiday debauchery has come to an end and the calendar seems to have conspired to squeeze the reasons to celebrate into a marathon. Although the mood to shop and travel caused records to topple, it is our hope that you have entered this new decade with joy in your heart.

We also hope that this past year has been kind and has left you feeling loved as it has for Mark and me. The rest of this note will be a short reminder of things to come, and our wish that you find herein some activities that fill your soul as the season's feasts have filled our bellies.



The Flock

The Flock, the latest sessions of our Planetary Healing Calls to Action, continues to grow. We are most amazed by the synchronicities and magic that happen around these Calls. This Planetary Healing community can be joined for free, and there are a couple of journeys you can listen to that will start the intuitive juices flowing. For those new to this forum, a simple explanation of the goal is: how can we evolve and change our being, right down to our DNA, so that we and the future denizens of Earth can thrive in the new environment in which we find ourselves immersed, now? There is plenty of room for



inspired ideas, including a snowball effect as we share our epiphanies with others, causing the Flock to venture into new and exciting, uncharted arenas.

As mentioned above, to join *The Flock* is free, and we are blessed to have members from all over the world. There are no prerequisites—if you want to start by jumping into the deep end at anytime, you will catch on quickly. That said, we do recommend that you listen to the second two recorded *Flock* events.

Here's a link to get you started. **[Intro Journey with The Flock, November 9, 2019](#)**, about the *Flock* with a guided journey to join.

All the calls are on my website, but I will include here a link to the most recent one from December 21, 2019. That call focused on looking for a solution to the as yet to be solved situation regarding what to do with radioactive waste: **[The Flock, Solstice, December 21, 2019](#)**

If you don't have time to play catch up, you can join when we have the next Call as part of the guided journey we do each time. We don't have a date yet, as Nicki is entering her retirement, slowly but surely, and we are living life day-to-day, making it up as we go.



Sandra Ingerman

Another inspiring opportunity coming up is a class on shamanism and journey work. There is a free introductory call happening on January 8, and I feel compelled to spread the word about it, as Sandra has been an example for me over the years, reminding me about the importance of integrity in the Work

During this call Sandra will speak of the importance of shamanism in today's world, the tools that shamans use for healing, and most important, she will take you on a shamanic journey so that you have direct experience of your unique, yet universal, expression of the shamanic experience.

Please use the following link to join her free call (recordings will be provided if you cannot attend live).

<https://shiftnetwork.isrefer.com/go/3hwNS/shamanicjourneys/>

Egypt — Zahra Indigo Rønlov

April, 2020

For those of you who are called to Egypt, I highly recommend Zahra Indigo Rønlov and her company, *Mysteries of Egypt, LLC*. Although there are many tour leaders who offer sacred tours to Egypt, my partner and colleague, Zahra Indigo, offers exceptional perks— her extensive experience of the land and its mysteries spans all arenas, from the logistic and practical to the sacred and ritualistic. She has also spent years developing relationships with the Egyptian people, a rare and important benefit.

What else can I say about Zahra Indigo? She has worked tirelessly over the years to make her trips extraordinary— While assisting me for a number of years before I retired from leading the tours myself,

Indigo made strong bonds with the best agents I had found (I personally lead more than 60 tours in over three decades, and organized many others), and discovered new professionals to work with as well. She wrote her Master's thesis in such a way that she was able to get credit for creating new opportunities for women in Egypt to improve their lives and support themselves and their families. She does this by teaching them how to convert waste, mostly by recycling plastic shopping bags into plarn. They then use the tools she provides to crochet or weave the plarn into beautiful, practical items that can be sold to tourists and Egyptians alike.



Zahra Indigo
Photo: © Auset 2019, Cairo

During her sixteen journeys to Egypt since 2012, Zahra Indigo continues to evolve her understanding of the land, the people, and the alchemy embedded in the ancient teachings. You are invited to join her on one of her pilgrimages to Egypt. Although her tour in March is full, there are a few spots remaining on her April 4-17th, 2020 journey, The Light of Truth with The Gifts of Ma'at, when you will sail through the Nile Valley on a comfortable dahabiya, stopping where big ships can't visit, like temples, villages, or to dock for the night on an island where you will wake up to water buffalos bathing along-side of your boat...

I truly believe that the student surpassed the teacher (every teacher's dream) and that I can full-heartedly recommend her as organizer, tour leader, and teacher.

Request more information about the April Egyptian Mysteries tour (surprise bonus included):

<http://eepurl.com/dwA2I9>

About Mysteries of Egypt, LLC:

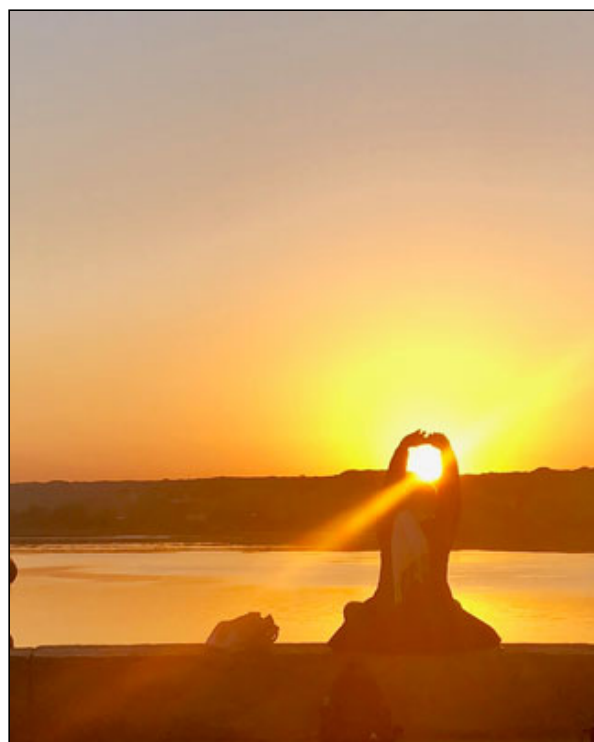
<http://mysteriesofegypt.com>

About Zahra Indigo: <http://sacredwitness.us>

We wish you joyful, healthful, and prosperous New Year!

*With love,
Nicki and Mark*

PS: Someone broke into our locked metal oversized US Postal package box and a package was lost. If you sent us something to arrive at Christmas and haven't heard from us, please advise, as it is an unsettling mystery. Thank you.



Sunrise at Philae
Photo: © Zahra Indigo 2019

www.shamanicjourneys.com

Hathor's Mirror (online store)

theanubisoracle.com (free readings available)

becominganoracle.com (sample journey available)

planetaryhealingbook.com

Private phone or Video sessions with Nicki

For updated events and a full schedule, please go to our schedules page.

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