

Transfiguration Practices

According to the dictionary Transfiguration literally means to “shapeshift”. In shamanic practices we work with transfiguration regularly when we merge with our helpers before facilitating healing work, when we see ourselves and others in their divinity and so on. That’s not to say transfiguration is only achieved when working shamanically. The practice of transfiguration brings us out of our identity and ego and allows us to embody and attune to other healing energies. If you’re interested in learning more about Transfiguration I invite you to read “Medicine for Earth” by Sandra Ingerman. Sandra explains in more detail the specifics of how transfiguration creates change and heals toxicity.

There are many ways to practice transfiguration I’ve listed 2 below:

- ♥ **Dancing the animal** is a fun and powerful way to practice transfiguration. When you completely merge and allow them to dance through you (and work through any ego considerations such as what if someone sees me? Or am I doing this right.) it can be an amazing experience of embodiment and also a precious gift to them as they get to use a human body to express themselves! To dance the animal I suggest working with an animal you are familiar and feel comfortable with such as a power or personal totem animal.
 1. Find a quiet place where you will not be disturbed and where you have plenty of room to move around.
 2. Do a grounding exercise to ground you into your body. Such as bringing down the golden light through your center energy channel and sending down a grounding cord and bringing up the silver Earth energy.
 3. If you have a drum track this can be ideal so that your hands are free to dance about, however I’ve also danced the animal with a rattle as it allows for more movement than a drum and sometimes the animals enjoy rattling through you. Regardless, the point is to fully surrender and not be distracted by ordinary reality matters such as balancing drumming with dancing 😊 Begin your track or begin rattling and call the animal close to you.
 4. When you feel it’s presence ask it to merge with you. You may take a moment to visualize the animal in front of you and step into it, or visualize it behind you and it stepping into you or it may enter your body and unfold from within you.
 5. Bring your awareness to how you now feel in your body.
 6. Begin to move in any way your body wants to and make any noises or sounds that want to come out. This may look like crawling on all fours, stomping, flapping your arms (wings), screaming, growling, laughing, etc.
 7. When you feel complete (or when you reach *15 minutes) bring your awareness back into your body and ask the animal to unmerge with you. If you’re having difficulty fully unmerging I suggest stepping to one side visualizing yourself completely stepping out of the animal until you feel this process is complete. **When a person fully merges with an animal or helping spirit it can be a VERY potent and powerful energy felt in the body, at times it can feel too intense or too much and that is completely normal especially if you’re just beginning. In this case I suggest dancing for 5 minutes or if you feel like the energy is too much for your body to hold, take a few deep breaths and center yourself and continue or end your dance whichever feels right for you.*

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♥ **Connecting to your Divinity.** Embodying your divine light and seeing the divinity in other humans, animals, plants, trees, elements etc. is a great practice in general to support you on your life's journey. When we practice this, not only does it attune us more and more to our light and divinity it also raises the vibration within and around us and creates positive change that serves the entire planet. This practice is complimentary to merging with your True Self as well as deepening your relationship with your Truest Highest Self and connecting with the Truest Highest Self in others which can be done through journey work and meditation. There are many exercises to support you in embodying your divine light and seeing others in their divine light. Here is one example.

1. Find a quiet place where you won't be disturbed. *(I highly advise against practicing connecting with your divine light while driving. When I first learned how to embody my divine light I was so enthralled and captivated that I decided to see myself and everyone on the road in their light and had a complete Oneness experience and even the thought of cars and roads were hilarious to me! Thankfully I was able to come back quickly!)*
2. Take a few moments to "unburden", this is an act of letting go of anything you feel is weighing you down, worries, concerns etc. There are many ways to unburden, you can simply visualize yourself putting down your burdens, you can rattle, drum dance or sing.
3. Merge with your True Self (optional but helpful see other handout "Embodying your True Self")
4. Bring your awareness to your inner divine light which usually resides somewhere between your heart and your root chakra. Visualizing a bright shining star in this area can be helpful.
5. Once you've connected with your divine light. Observe it as it pulses and invite it to expand and grow into your entire body until you see yourself as a completely illuminated being of light. Take note of how this feels.
6. Now bring your awareness to the divine star light in everything around you. Seeing other humans as fully illuminated beings (especially those you may be in conflict with) the plants, trees, animals and anything else that you perceive in your view.
7. As you see the divine light and illumination in everything around you, allow it to expand further and further, across the land, the county, the planet as far as you can imagine.
8. When you feel complete slowly bring your awareness back as far as you expanded your light, little by little until you've brought the light all the way back into your belly.
9. Now take a moment to ground back into your body and the present moment. Once you feel fully grounded then you are complete.