



## **Master List of The Shamans Cave December 2020**

*January 2019*

### **The Shamans Cave Pilot Show 5472 views**

Join us for the preview launch of “The Shaman’s Cave”, a weekly on line broadcast with Sandra Ingerman and Renee Baribeau We feel the time is now to share strong ceremonial work and shamanic practices in our local communities. Shamanism is a practice that was tribal. All community members needed to be strong and filled with power so that the entire community benefited. Each person had an important role in sharing their individual gifts and talents so the entire community remained in harmony and in health. At the same time there is something special about coming together as a global community with an intention and focus so that together we can join in oneness, unity, and love to help transform the destructive energies on the planet.

<https://youtu.be/oQbrbveCyeQ>

*February 2019*

### **Worthiness (6757)**

Sandra Ingerman and Renee Baribeau team up to share to share strong ceremonial work and shamanic practices with our communities. The topic of the show for The Shamans Cave is worthiness. We all want to do more to contribute to our communities and to health of the planet but we must feel worthy to be a strong and engaged builder of a new fabric of reality. Many of us don’t trust our intuition or our creative skills as we were taught at a young age that we are not worthy. It is time to unburden ourselves of such a limiting belief. It does not contribute to a sense of well being or make us feel like we have anything to give. Renee and Sandra will speak on this issue, and then Renee will lead us in a powerful practice to replace our feelings of unworthiness with self-worth, light, and love. We are excited about this show as we cannot move forward with our spiritual practices in a powerful way until we feel good about ourselves.

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<https://youtu.be/i2ca9r7LpII>

## **The Shamans Cave: Weaving a New Creation Story pt1 (1474)**

During our time together Renee and Sandra talk about how we can get caught up in the frequency of fear and division instead of stepping into our spirit selves instead of rising up out of our humanness to start working with higher frequencies. It is time for us to bring our work into our local communities as well as continue working together as a global community but from a place of unity. As we are caught up in fear and stress we often chant words and focus on thoughts that are contributing to the dismembering energies that are part of the turbulence we are all experiencing. Is it time to step up and change what vibration we are tending to in our Earth garden. Renee and Sandra share to do this we must connect deeply and build strong relationships with the spirit world and with Source, God, the goddess, the power of the universe. Shamans created this deep connection and received guidance on how to live a harmonious life through following the wisdom embedded in their creation stories. Sandra leads a very short journey so that we can even begin this process. More on this topic next week.....thanks for joining us and please remember to subscribe on ShamansTV.com

<https://youtu.be/QiXBDY4SNr4>

### ***March***

## **Sacred Tools (1031)**

Shamanic practitioners collect a wealth of sacred of tools to use in their journeys, ceremonial work, and healing work. Do we know the source of the materials used? Were the materials hunted, gathered, and mined in ethical ways? We can certainly bring honor and love back into our sacred tools who are our helping allies. Renee and Sandra will broach this topic as well as talk about ways of honoring our sacred objects that we have in our house as well as our drums, rattles, wind whistles , feathers, and crystals we use in our work. Renee and Sandra will inspire you with ways to build a strong relationship with your sacred objects. Join us for this lively and informative show! It is time for us to be active builders of a news world. Please remember to subscribe on ShamansTV.com. We look forward to joining you on the next show!!

<https://youtu.be/mQPmMIMW8p0>

## **The Elements of Creation (1060)**

Renee and Sandra will share with you the important elements that they have both found go into any process of creation. They both have their own formulas! This show follows the work where we shared how shamans use creation stories for a road map in performing their ceremonies of creation and how to use the vibration of sound for building a new world of substance. Now it is

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time to add to the knowledge of what spiritual principles and actions go into the process of creation. Join Renee and Sandra as they inspire you with multiple tools that are important to infuse into your creation work! Receive The Shamans Cave weekly in your inbox.

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<https://youtu.be/aAjr5YdQo9A>

## **The Fabric of Creation Part Two (1304)**

During our last episode on The Shamans Cave show, we began looking at how we need to rise up into a new frequency of working more deeply with spirit and stepping away from our ego and personality which might be tapping into the vibration of fear that is so present in the current collective. It is the time to change the vibration in order to start building a new dimension of reality we wish to live in on. Shamans did this by performing ceremonies. With each ceremony they created new building blocks of form. They also worked with changing certain vibrations that embrace the power of the creation story of their community. In this show Renee will share a wealth of knowledge about The Dynamic Winds of Creation and how the winds can help us. And then we will journey on a vibration that reflects the power of Source and creation and create an affirmation that we can repeat throughout the day to start our rebuilding and process of remembering. It is time for us to be active builders of a news world. Please remember to subscribe on ShamansTV.com. We look forward to joining you on the next show!!

<https://youtu.be/2jSRSpSsWuU>

## **Trust: The Shamans Cave (1828)**

Renee Baribeau and Sandra Ingerman have been sharing a wealth of information on how to create a new world of substance. But where does our belief in god, the goddess, the creative forces come in as ways to support our work? How are your projections impacting your creation work? And we will talk about the need for trust and our belief in ourselves and the powers that be. Renee offers an exercise to discover where your trust was broken. Receive The Shamans Cave weekly by email. Sign Up Shamanstv.com Join us in this deep topic. There will be a lot to reflect on!

<https://youtu.be/8Haf9XJl6BE>

## **Transmuting the Energy of Anger (2189)**

Renee and Sandra are grateful to all of you who have sent in topics that you wish for us to cover on our show The Shamans Cave. One of our subscribers has brought up a wonderful topic for us

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to discuss – anger. We are essentially spirit who took a human body to learn and evolve. We experience a range of emotions such as joy, bliss, anger, depression, and the list goes on. Our growth depends on having a full human experience. At the same time we want to transform the energy behind our anger so we are not feeding it into the collective. Sandra Ingerman and Renee Baribeau will speak about anger and transmuting the energy so that you get to express fully, while learning how to transmute the energy. Sandra will lead us on a practice to transmute our anger into love. In Sandra's March Transmutation News Tracy Shulsinger, a brilliant practitioner and shamanic teacher, shares how to create non-ordinary reality peace gardens to deal with feelings about what is happening in the world. To read this column please visit: <http://www.sandraingerman.com/tnmarch2019.html> Receive The Shamans Cave in your inbox: [ShamansTV.com](http://ShamansTV.com)

<https://youtu.be/dteHR2UruI0>

## **Transmuting the Energy of Anger Part 2 (1485)**

On our last episode of The Shamans Cave, Renee and Sandra talk about anger. For so many people are dealing with their own personal anger as well as feeling angry about what is happening on the Earth. Anger is an energy that does effect the health of the collective. So how do we express our anger, which is important to do for our health and well-being while sending love and light into the collective? And this show is in two parts. In the next episode Sandra Ingerman and Renee Baribeau will lead our community in a virtual fire ceremony where we will have the opportunity to release to the fire our anger to be transmuted. You can share this ceremony in your community and we give you ideas of how to do this. Also there are different examples of ceremonies that can be performed for healing, releasing old wounds, and bringing in the goodness of life in Sandra's new book *The Book of Ceremony: Shamanic Wisdom for Invoking the Sacred into Everyday Life*. These two shows will give you much to reflect on! Stay Connected Join us [Shamanstv.com](http://Shamanstv.com)

<https://youtu.be/loTP36aAGiM>

*April*

## **Altars (1524)**

Renee and Sandra will begin by sharing about altars. Creating indoor, outdoor, and traveling altars are a very powerful way to create sacred space at your home and for your travels. Renee Baribeau and Sandra Ingerman love creating altars. Sandra's house is really one altar and Renee's house is her sanctuary. By creating such a landscape of sacred space reminds us of the importance of living our spiritual work instead of separating our shamanic work from our daily lives. Your altar will become a true place of comfort for you to perform your spiritual practices

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and to sit and pray. And you can add to the power of your altar by changing it after your go through a major life change. Altars also open us up to the sacredness of life and how in shamanism everything is seen as alive. When we walk outside we begin to see the universe providing omens to light our path. We may be walking with a concern or a question and all of a sudden a dragonfly lands on you, or you see a rainbow in the sky, or an animal that has meaning to you appears. Sometimes you will find a beautiful heart stone as you walk to acknowledge you and share its support. Working with omens is a wonderful way to step into a dimension of life that feels magical and filled with meaning and joy. Renee and Sandra will speak about the practice of working with omens on the second part of our series. Receive The Shamans Cave in Your in-box, sign up: [ShamansTV.com](http://ShamansTV.com)

<https://youtu.be/Yw-IdVU9DCE>

## **Omens (1799)**

On this show we will talk about working with omens. Renee Baribeau and Sandra began this two-part segment by sharing about altars. Creating indoor, outdoor, and traveling altars are a very powerful way to create sacred space at your home and for your travels. Renee and Sandra love creating altars. Sandra Ingerman's house is really one altar. By creating such a landscape of sacred space reminds us of the importance of living our spiritual work instead of separating our shamanic work from our daily lives. Your altar will become a true place of comfort for you to perform your spiritual practices and to sit and pray. And you can add to the power of your altar by changing it after your go through a major life change. Altars also open us up to the sacredness of life and how in shamanism everything is seen as alive. When we walk outside we begin to see the universe providing omens to light our path. We may be walking with a concern or a question and all of a sudden a dragonfly lands on you, or you see a rainbow in the sky, or an animal that has meaning to you appears. Sometimes you will find a beautiful heart stone as you walk to acknowledge you and share its support. Working with omens is a wonderful way to step into a dimension of life that feels magical and filled with meaning and joy. Renee and Sandra will speak about the practice of working with omens on the second part of our series. During this show Renee will lead us into the Cave to see what Omens are reflected back in the pool of wonder.

[https://youtu.be/3S4Jhbl\\_j90](https://youtu.be/3S4Jhbl_j90)

*May*

## **Working with Children (890)**

Children have always had a foot in the spiritual realms. That is why in shamanic cultures children were not taught to journey until puberty. But in today's world so many children have closed down to the magic of the non-ordinary realms as mobile devices, iPads, TV, and the list goes on have brought them too far into the ordinary realms. Children need a spiritual foundation

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to feel centered, stable, and feel they have tools to draw on during these turbulent times. Renee and Sandra will speak about their work with children in teaching them shamanic practices such as journeying and performing ceremonies. And we will also talk about the healing work we are doing with children. Please join us for this important topic! Stay Connected. Receive The Shamans Cave in your inbox. Shamanstv.com

<https://youtu.be/EjulA2TMhIU>

## **Working with Dreams and Healing Dreams (1399)**

In shamanic practice, dreams and shamanic journeying are ways to receive healing and wisdom from the helping spirits. Dreams are doorways into the unseen realms and so much wealth of knowledge comes through our dreams. During this week's show Renee Baribeau and Sandra Ingerman will talk about working with dreams and especially how to ask for a healing dream. Miraculous healing can come through our dream work. And it is all about setting the intention for healing to happen and to be persistent in waiting for the right timing for our healing. Join us to learn how you can ask for a healing dream!

<https://youtu.be/Z89uwxvnmU>

## **Taking the High Road: Part One (1990)**

There are times in our lives when we feel as if we are being psychically attacked or that there is a lot of negativity around us. We start to look for ways to protect ourselves from the negative influences. There are multiple ways to protect ourselves. But one way is what can be called "taking the high road" where we look within to see what negativity we are carrying that we are projecting into the outside world. This is a wonderful way for us to do the deep inner work of seeing how our projections are mirrored back to us. Renee Baribeau and Sandra Ingerman are passionate about this topic, and we look forward to sharing how we can all step up and look at how our inner landscape attracts people and situations coming into our life that are true mirrors for us.

<https://youtu.be/fWnfbtB4uaA>

## **Taking the High Road: Part Two (1331)**

Taking the High Road Part 2 – Being in Service In this episode of The Shamans Cave Renee Baribeau and Sandra Ingerman will speak about how millions of people share their light and joy to lift up others with no expectation of acknowledgment. This is true service. Sandra will lead a virtual journey based on a ceremony she teaches in her Medicine for the Earth and Healing with Spiritual Light work. The journey is called The Inner Chamber of Light and is a powerful example of how we can be in service and be anonymous at the same time. For if we are in true

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service getting acknowledged for the work we do should not be our priority. Sign up to receive The Shamans Cave in your inbox. ShamansTV.com Here are the additional writing and instructions for today's episode On Taking the High Road part Two.. For me this was one of the most powerhouse revealing and journeys. <http://shamanstv.com/2019/05/19/the-inner-chamber-of-light-journey-meditation/>

## **Retrieving the Soul of Your Home or Office (1607)**

In shamanic cultures when homes were built the materials used were carefully chosen and ceremonies were used to bless all that was used in building. Each rock was carefully chosen and blessed. Trees were asked if they were willing to sacrifice parts of themselves for building. Homes were seen as alive, vital, and reflected back the beauty of the people's souls who lived in them. In today's world we build as fast and cheaply as we can. There is not much thought or care to the materials used. And often our homes in which we live and office buildings where we work are filled with toxic materials. There is a lack of vitality where we live and work, and we often wonder why we feel ill in our workplaces. With the practice of shamanism we can infuse our homes and offices with soul by performing simple ceremonies that bring back vitality through love, honor, respect, and blessing the places we live in and work. In this exciting show Renee Baribeau and Sandra Ingerman will share about this important work which ends up improving both our emotional and physical health when we call back the soul of our home, apartment, and/or apartment. Sign Up to Receive The Shamans Cave in Your Inbox weekly.

<http://shamanstv.com/>

[https://youtu.be/L6s7V0V\\_mxE](https://youtu.be/L6s7V0V_mxE)

*June*

## **Influencers Part 1: The Shamans Cave (1295)**

Renee and Sandra don't always take on easy topics to address. But when we make a decision to raise our consciousness, to be in service, and step into the current collective there are different aspects we must be ready to embrace. For in today's world many people are caught up in their egoic thoughts and don't always communicate from the heart. Renee Baribeau and Sandra Ingerman will talk about what many of us face as we share our work and words with others especially on social media. This show will be followed by a Part 2 where Renee and Sandra will address how to bring the empower of ceremony into our communities. Receive The Shamans Cave in your inbox. ShamansTV.com

[https://youtu.be/06ES\\_KLdNx4](https://youtu.be/06ES_KLdNx4)

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## **Showing Up for Our Community: Influencers Part 2 The Shamans Cave (998)**

Showing Up for Our Community The spiritual work we do does create positive change in our own lives and for the planet. People today are searching for tools to bring balance and harmony back into their own lives and make a contribution to be in service to others. The time is NOW to share in our local communities tools we are learning. This is a powerful way to be in service and create strong mutually supportive relationships in our community. We can inspire others no matter what their religious or spiritual beliefs are, and we can create a collective of love, honor, and respect for each other. Join Renee Baribeau and Sandra Ingerman as they enlighten us on ways to bring spiritual practices and ceremonial work into our local communities. Sign Up to Receive The Shamans Cave in your inbox [ShamansTV.com](https://shamanstv.com)  
[https://youtu.be/vDJw\\_PuH4iY](https://youtu.be/vDJw_PuH4iY)

## **Summer and Winter Solstice Part 1: The Shamans Cave (1423)**

Welcoming in the Summer and Winter Solstice In Part 1, we are entering into summer in the Northern Hemisphere and winter in the Southern Hemisphere. This is a time when so much change goes on in nature reflecting back to us the ever present energies of death and rebirth. In this show Renee Baribeau and Sandra Ingerman will reflect on the energy of the solstice. Renee will call in the wind and pick a card for the solstice. Sandra will lead a short journey to help you harmonize with the changes in the land where you live. Receive The Shamans Cave in your inbox, sign up here: <https://shamanstv.com/>

<https://youtu.be/JbYUAHzE7Fw>

## **Summer and Winter Solstice Part 2: The Shamans Cave (653)**

Welcoming in the Summer and Winter Solstice Part 2: In this segment Renee Baribeau and Sandra Ingerman will lead us in a virtual blessing ceremony at a Prayer Tree for all of life during the time of the solstice. We will end our ceremony emanating and transmitting love and light throughout the web of life. Join us as our global community becomes a beacon of love honoring all of life. Receive The Shamans Cave in your inbox, sign up here: <https://shamanstv.com/>

<https://youtu.be/Lbyh17nuhkg>

*July*

## **Forgiveness: The Shamans Cave (1478)**

Forgiveness is such an interesting topic to focus on. For there are those who we feel have hurt us so badly we simply don't have the desire or the capacity to forgive. But when you look at the energetics of what happens when we can't forgive we are surprised to learn that we hold onto the soul of those we cannot forgive. This means the people we don't want in our lives are always bound to us through a unhealthy soul connection. Where this becomes complex to deal with is that we can't force forgiveness. Renee and Sandra will speak about the energetics and we will lead a short journey to show you how you are energetically tied to those you cannot forgive. Receive The Shamans Cave in your weekly inbox, signup here: [www.shamanstv.com](http://www.shamanstv.com)

<https://youtu.be/vtbiuRGUTaA>

## **Endings: The Shamans Cave (1271)**

No matter how old you are life is filled with endings. There are the little deaths we all face throughout our life that ask us to create an ending with a job, a relationship, or to step into a new phase of life. We are nature beings and in nature there are continual endings and new creations being birthed into form. We are always connected to nature's cycles of death and rebirth. Renee Baribeau and Sandra Ingerman will speak about endings and then lead us on an exercise to explore what our soul is asking us to change. For in reality our mind doesn't make the decision on what needs to end. It is our soul that guides the next steps of our life. Receive The Shamans Cave in your weekly inbox, signup here: [www.shamanstv.com](http://www.shamanstv.com)

<https://youtu.be/FsFKe2kKAU0>

## **Staying Positive Amongst Negative People: The Shamans Cave (1453)**

Staying Positive Amongst Negative People We all know what it is like to spend time with friends, family, co-workers, and neighbors who always are negative about everything. It is hard to keep our center and enjoy spending time with people who always complain and only see what is not right. We can feel like we are being drained of energy and joy especially when we are with these people on a regular basis or in social situations. Sandra Ingerman and Renee Baribeau will talk about this common issue that we all face on a regular basis. And we will offer suggestions on how to transform the energy so we can stay centered and enjoy our time with others. We hope to see you on this important show! <https://shamanstv.com>

<https://youtu.be/fr6IWjUEK68>

## **Abundance: The shamans Cave (1374)**

The basic paradigm we live with in the Western world is “survival of the fittest”. This way of perceiving life limits so much of our creative potential, often leaves us feeling powerless, and caught up in believing in scarcity versus our ability to tap into abundance. There are many spiritual traditions that teach scarcity is a human-made concept. This makes us feel limited in our own potential. In this show Renee Baribeau and Sandra Ingerman will share how our belief in scarcity blocks us from the deeper understanding that we live in an abundant universe. Renee will lead us in a wonderful wind fall exercise! Thank you for joining us! <https://shamanstv.com>

<https://youtu.be/weorUMs8rEs>

## **Ancestors: The Shamans Cave (1806)**

Healing Patterns Passed Down Through our Ancestors In this week’s show Renee Baribeau and Sandra Ingerman will talk about how many of the behavior patterns we wish to heal are carried down through our ancestors and family. When we are children we pick up ways of acting in the world and certain behavioral patterns from our parents. Our parents picked up these behaviors from their parents. It is now time for us to identify and heal some of these unhealthy behaviors. We will lead an exercise to cut cords with behaviors that no longer serve us. Learn More about our work. <https://shamanstv.com>

<https://youtu.be/FVnhVyGbE7s>

## **Divine Feminine: The Shamans Cave (1144)**

Renee Baribeau and Sandra Ingerman are often asked to speak about the divine feminine. We actually have weaved this topic into so many of our shows. We hope you will listen to some of the shows that are archived on [www.ShamansTV.com](http://www.ShamansTV.com). This week we decided to take an entirely different track on speaking about the multi leveled topic of the divine feminine. There are so many levels to talk about. But most of all the information on the divine feminine lies within you. We hope we planted some good seeds to help you grow into your own understanding. Receive the Shamans Cave in your inbox. [Shamanstv.com](http://Shamanstv.com)

<https://youtu.be/57VntKltNpg>

*August*

## **Pilgrimage: The Shamans Cave (1089)**

What is a pilgrimage? In today's show Renee Baribeau and Sandra Ingerman are excited to talk about different aspects of taking a pilgrimage for healing, to see beauty, to get away, and for a time of prayer and regeneration. Renee will then lead us on a powerful Magic Carpet Journey. Join us for this inspirational show! Stay Connected: ShamansTV.com

<https://youtu.be/llPx89Dnnx4>

## **Sacred Reciprocity: Shamans Cave (1333)**

Reciprocity is one of the most important teachings in shamanism. When we reciprocate with nature nature blesses us in return. In this show Renee Baribeau and Sandra Ingerman will talk about how important sacred reciprocity is to establish balance and in our personal lives and on the planet. Shamanstv.com

[https://youtu.be/ji2spxSG\\_zk](https://youtu.be/ji2spxSG_zk)

## **Adaptation: The Shamans Cave (796)**

As our environment changes humans and nature beings all need to tap into their inner knowing for how to adapt. For unless we can adapt to our changing environment it is impossible to live a healthy life. During this engaging show Renee Baribeau and Sandra Ingerman will talk about different levels of adaptation and how to support our own health. We will then learn how to by tapping into our spiritual light we can transmute toxins that might be negatively impacting our health. Shamans and healers have always been able to use light to transmute toxins.

Shamanstv.com

<https://youtu.be/sjmrnU7a0UY>

## **Addressing Environmental Concerns: The Shamans Cave (849)**

During our shows on The Shamans Cave Renee Baribeau and Sandra Ingerman do try to address topics and issues that are currently impacting all of us and life itself. We are seeing the impact on our behavior towards the environment as we witness the tragedy of fires burning in the Amazon forest, Siberia, and Greenland. These are ancient lands and the home to shamanism. How do we practice during these kinds of tragedies? What is the difference between trying to manipulate the elements to stop the fires versus a true heart felt desire to build a strong relationship so that the elements become our allies. We can work with the elements so they are willing to change their behavior based on our honor and respect towards them. Renee and Sandra will speak to this complex issue. And we will lead a journey to speak to the fire itself. ShamansTV.com

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<https://youtu.be/GrthTtU1oYE>

*September*

## **Personal Shadow Part 1: The Shamans Cave**

Part One of a Two-Part Show. The shadow is a term that is used by people to describe so much of the darkness and dishonest behavior we are seeing today. The shadow is also part of nature. Without the shadow, there is no life. The shadow brings in balance and is a phase of life that must be honored – not to try and fix. Renee Baribeau and Sandra Ingerman will talk about different aspects of the shadow and will lead an exercise so that you can get an understanding of the shadow for yourself. Renee Baribeau will lead a Mirror-Mirror Journey. Visit our Archives at ShamansTV.com

[https://youtu.be/Kpmh18hY9\\_4](https://youtu.be/Kpmh18hY9_4)

## **Collective Shadow Part 2: The Shamans Cave (883)**

Part two of a two Part Show. The shadow is a term that is used by people to describe so much of the darkness and dishonest behavior we are seeing today. The shadow is also part of nature. Without the shadow, there is no life. The shadow brings in balance and is a phase of life that must be honored – not to try and fix. Renee Baribeau and Sandra Ingerman will talk about different aspects of the shadow and will lead an exercise so that you can get an understanding of the shadow for yourself. Sandra Ingerman will lead a journey to embrace the shadow. Visit our Archives at ShamansTV.com

<https://youtu.be/IvuVLpYyGHM>

## **Balancing the Light and the Dark: What Dimension of Reality Do You want to Live In? (1281)**

We often talk about wanting to live in a brighter and more joyful dimension of reality. But what we feed grows. Many people focus on working on shadow states of consciousness without realizing they are creating them by feeding shadow states with so much energy. Of course, if you are first starting your personal work you must be willing to dive deep within to witness and transform the traumas of your life. If you have already done a lot of personal work at what point do you leave behind your past to create a positive future for yourself and the planet? Renee Baribeau and Sandra Ingerman passionately take on this complex topic and then lead a short exercise to reflect on what dimension of reality you choose to live in. Watch us weekly ShamansTV.com

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<https://youtu.be/-ULvbySC0yY>

*October*

## **Taking Responsibility and Action to be a Positive Force of Change: Shamans Cave (920)**

Renee Baribeau and Sandra Ingerman were both intrigued and moved by the teenage Greta Thunberg's message to the world about climate change. There is an entire generation asking us to take some responsibility and take action to make lifestyle changes to protect our future generations. Please share your feedback below. For weekly updates: Shamanstv.com

<https://youtu.be/4ZqSKB3VhUY>

## **Taking Shamanism Out of the Box: The Shamans Cave (1052)**

One of our viewers has heard Sandra Ingerman speak about how to take shamanism "out of the box". She requested that Renee Baribeau and Sandra speak to this very important topic. Shamanism is a practice of direct revelation where the helping spirits guide us on unique ways to work on our own behalf and well as on the behalf of others. But today where so many students of shamanism try to conform, the power and magic of direct revelation is being replaced by copying others' teachings and working with healing ceremonies in a rote way guided by notes instead of amazing advice from the compassionate spirits who encourage us to break out of the box that is confining the unlimited power of our journeys and healing work. Renee and Sandra are passionate about sharing more about this topic. ShamansTV.com

<https://youtu.be/oKY-RiCAtG8>

## **Planting Seeds of Love and Light into the Earth: The Shamans Cave (921)**

Renee Baribeau and Sandra Ingerman felt it was time to weave ceremonial work into a show. We have been sharing a wealth of information in previous shows, and now it is time to perform some spiritual work. We designed a beautiful ceremony that we lead together to take you on a Spirit Boat ceremony to plant seeds of love, light, kindness, peace, harmony, honor and respect into places on the Earth that we feel called to bless. This will be a powerful experience for our community. Never miss a show, sign up to receive our weekly reminder. ShamansTV.com

<https://youtu.be/9TlxghPdbzA>

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## **Q&A with Renee Baribeau & Sandra Ingerman The Shamans Cave (791)**

Sandra Ingerman and Renee Baribeau answer your questions What is a portal, what good work can be done using them, and why do teachers advise their students to stay away from them? How can destiny retrieval change outcomes in my life How much a shaman, as well trained, can do the best for its community without help of a “wise elder”. How do we balance negative and positive energy I am curious about direct revelation in terms of group or cultural consciousness. Is like spokes on a central wheel leading to the same center? Where do you see shamanic practice heading for future generations? I have the sense that I could journey on this but would like to hear you both voice the idea into the world. I also wonder about wind and water working together, or wind and fire. The elements as a unit. I love the show it is a wonderful space you create. With gratitude. How are shamanic practices evolving with the new energy coming in? How do we maintain openness and flexibility to these new currents and at the same time continue to respect our old traditions and lineages? Practices for coming back into balance with self when out of integrity. How can we as modern shamanic practitioners not in a native culture honor the ancient shamans of our ancestral past? Thank you What can I do to improve my journeys I know that I have angels with me and believe that I have spirit guides. I have journeyed many times to find my spirit animal/guides and don't feel like I know who/what they are? I don't know what I'm doing wrong? Or, what I can do to improve my journeys. These days I'm thinking of our susceptibility and vulnerability as humans to allow others more skilled to manipulate our thoughts. How can we become more aware of the source of our guidance and thoughts? Stay still and calm without the need to unwind out of control. Also, perhaps we ourselves are implanting thoughts to others? This somewhat relates to telepathy which is some I'd like to strengthen. Thank you. One question is how you live daily shamanic life in connection with and healing of our relationship with the natural world. Also for an artist how shamanic life supports creative life. Receive weekly, subscribe to weekly mailing shamanstv.com

<https://youtu.be/aNyZ3WeAYO4>

*November*

## **Honorable Closures: The Shamans Cave (939)**

So many of us struggle with our feelings about indigenous people losing their homes and practices in former times, the same still happening today, the intense changes in the environment with species going extinct at an alarming rate and seeing death and struggles all around us. We can perform honorable closure ceremonies to honor humans and nature beings who died and to

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thank them for the gift of sharing their presence on the planet. This does not make abuses right, but it gives us a way to use spiritual practices to infuse honor and respect into all that happened and still is happening in the world today. Renee Baribeau and Sandra Ingerman look forward to sharpening ways to bring honorable closure into your practice.  Visit our Archives at ShamansTV.com and  Receive weekly updates, Subscribe for mailings at shamanstv.com

<https://youtu.be/UVnPJOP993Q>

## **The Rhythm of Aging: The Shamans Cave (999)**

Everything in life ages. And in the Western World we try and hide our age and we tend to fear getting older. In reality, the cycle of winter we enter into can be such a rich time in our lives. In shamanic and other spiritual traditions we are often drawn within during our elder years. It is a time where we can do inner work for ourselves and for the planet. Join Renee Baribeau and Sandra Ingerman as we discuss this issue. We have received numerous requests to discuss this topic.  Visit our Archives at ShamansTV.com and  Receive weekly updates, Subscribe for mailings at shamanstv.com

<https://youtu.be/p66rClvV-XA>

## **The Magic of Our Non Ordinary Senses: The Shamans Cave Renee Baribeau & Sandra Ingerman (1045)**

The Magic of Our Non-Ordinary Senses We are so flooded by images, sounds, and feelings that are fed to us by computers, watching TV, movies, and through the media. We no longer hear our own soul songs as they are drowned out by the music of our devices and the noises in the outside world. What are we missing by not “unplugging” so we can open to another dimension of life filled with the visions we see through our invisible eyes, the music of we hear with our invisible ears, our own feelings that are ours and have not been planted into us by others, and a deeper sense of taking in fragrances and experiencing tastes. This not only opens us to a world of beauty but we are dependent on our invisible senses for survival. Renee Baribeau and Sandra Ingerman will speak to the importance of using our unseen senses. This is an important show and will inspire you. Follow us: shamanstv.com  Visit our Archives at ShamansTV.com and  Receive weekly updates, Subscribe for mailings at shamanstv.com

<https://youtu.be/9ykNQO7Xrl0>

## **Sympathy, Compassion, and Empathy: The Shamans Cave Sandra Ingerman & Renee Baribeau (921)**

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In today's world we do not know how to respond to global catastrophes as well as issues that come up with our friends and loved ones. We often confuse pitying others with compassion. But in reality when we pity people, nature beings, or places we disempower them. Renee and Sandra both share powerful guidance on how we can feed the light and strength of those challenged to lift them up and stimulate their power to heal from their situation. Sandra Ingerman and Renee Baribeau also address how we can become too empathetic taking on the pain of others. This does not help anyone especially ourselves. Sandra will lead us in a journey to see those we love and care about in their divine light and strength. Join us in this engaging and inspiring show! Follow us at Shamanstv.com 📺 Visit our Archives at ShamansTV.com and 📧 Receive weekly updates, Subscribe for mailings at shamanstv.com

<https://youtu.be/weuaq56-hd8>

## **Taking Back Your Power and Removing Blocks: The Shamans Cave Renee Baribeau & Sandra Ingerman (1396)**

In a past show from our archives, Renee Baribeau and Sandra Ingerman talk about their work with Destiny Retrievals and Soul Remembering. After our show one of the members in our community asked us to add to our discussion by addressing issues such as taking back our power to create, listening to our instincts, and clearing energy blocks. Join us in this show as Renee Baribeau and Sandra Ingerman address this important topic of taking back your power. Renee leads us in a powerful exercise using her wind whistle to remove a block to our creativity. 📺 Visit our Archives at ShamansTV.com and 📧 Receive weekly updates, Subscribe for mailings at shamanstv.com

<https://youtu.be/Bi-hNmRnsDg>

## **Finding Appropriate Training: The Shamans Cave (1072)**

Renee is teaching a powerful new online training. She is doing an intro call How to Become a Wind Alchemist. Sandra interviews Renee about her new course. And then they take on the topic of the pros of taking shamanic trainings. For learning how to practice shamanic healing over Facebook posts is dangerous both for practitioners and potential clients. Both Renee Baribeau and Sandra Ingerman share their understanding of how the spirits can teach you about shamanic healing and how human teachers can guide you in how to bridge the work effectively into a modern day psychologically sophisticated culture. 📺 Visit our Archives at ShamansTV.com and 📧 Receive weekly updates, Subscribe for mailings at shamanstv.com

<https://youtu.be/C67QOkZ1rIs>

*December*

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## **Talisman (950)**

One of the members of our circle wrote in a topic she wanted Renee and Sandra to talk about. She wanted to know more ways to work with talismans for protection. Renee Baribeau and Sandra Ingerman address this issue as well as include a multitude of ways to create and use talismans for protection, asking for blessings, and to release old wounds and outdated beliefs. Sandra Ingerman leads a short journey to help you start to reflect on what intention you would like to infuse your talisman with and how you wish to work with your talisman. 📺 Visit our Archives at ShamansTV.com and 📧 Receive weekly updates, Subscribe for mailings at shamanstv.com

<https://youtu.be/qM8Arn55OR0>

## **Scarcity Consciousness: Shamans Cave: Renee Baribeau & Sandra Ingerman (1115)**

In shamanic communities everyone works together to manifest the best for everyone in the community. For they know they are dependent on each other's gifts and strengths and their unique ability and talent to manifest the best for all. In our culture we are taught to take care of ourselves as there are not enough resources for all whether it be food, water, housing, jobs, relationships, and the list goes on. In shamanism and in quantum physics it is taught that scarcity is a human made belief that blocks all of us from tapping into our unlimited power to create. In this show Renee Baribeau and Sandra Ingerman will talk about the belief in scarcity, and then Sandra will lead us on a journey into the void which is the territory of unpotentiated energy where everything is created from. She teaches us time tested ways to create our heart's desire utilizing the power of the void. Join us for a show that will change your perspective on life and your ability to create. 📺 Visit our Archives at ShamansTV.com and 📧 Receive weekly updates, Subscribe for mailings at shamanstv.com

[https://youtu.be/\\_sQV3LESjes](https://youtu.be/_sQV3LESjes)

## **Jealousy and Envy: The Shamans Cave: Renee Baribeau & Sandra Ingerman (698)**

In this engaging show Renee Baribeau and Sandra Ingerman with the topic of scarcity. Renee will call in the wind that has a teaching for us about this important topic. For when we believe there is not enough for all we become jealous and envious of those we feel have a better life or more than we do. This is an unhealthy projection we place on others as we don't know the lesson plan each of us is going through. There are no people to be to be jealous of for we are all dealing with our own challenges. And to add to this destructive behavior in the practice of shamanism it

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is understood that whenever we are jealous of another we steal a part of their soul. Imagine! Renee and Sandra talk about the energy of jealousy and envy and how they don't serve our physical and mental health and how these energies impact others. Join us and learn how to be more conscious of your energetic behavior and how to return the soul parts of people you did not mean to harm. This work is a great clearing and preparation work to begin The New Year.  Visit our Archives at ShamansTV.com and  Receive weekly updates, Subscribe for mailings at shamanstv.com

<https://youtu.be/pwNe1G85uLI>

## **Bridging Body and Spirit: The Shamans Cave**

Many of our listeners are struggling to integrate shamanic practices into our daily lives. Renee Baribeau and Sandra Ingerman have been asked to speak about how to perform shamanic work while balancing out taking care of our bodies while also juggling stressful lives. In this show, Renee and Sandra address this issue from their own perspectives planting seeds of ideas. In the end we all must find our own way, but we hope to inspire you.

<https://youtu.be/Z-7yCSJwrcE>