Transfiguration Practices

Transfiguration is a practice of conscious transformation. The word itself is often translated as to change form or to shapeshift, yet in spirit-centered traditions it speaks less about becoming something other and more about remembering how to move beyond the small self and into relationship with greater sources of healing, wisdom, and light.

In many shamanic and animistic traditions, transfiguration occurs naturally when we merge with our Helping Spirits before healing work, when we perceive ourselves or another being through their inherent wholeness, or when we allow Spirit to move through us in service and prayer.

This practice gently invites us out of habitual identity and ego and into direct experience. Through transfiguration, we attune our bodies, hearts, and awareness to healing energies that restore balance, clear stagnation, and remind us of our place within the greater web of life.

If you feel called to deepen your understanding of this work, I recommend Medicine for the Earth by Sandra Ingerman, which explores transfiguration as a way of healing toxicity within ourselves and within the Earth.

Below are two simple yet powerful ways to work with transfiguration.

Dancing the Animal

Dancing the animal is a joyful and embodied way to practice transfiguration. When we allow an animal ally to move through us fully, something profound can occur. The animal experiences the gift of expression through a human body, and we experience a deep remembering of instinct, presence, and vitality.

This practice works best with an animal you already know and trust, such as a power animal or personal ally.

1. Prepare your space. Find a quiet place where you will not be disturbed and where you have room to move freely.
2. Ground into your body. Take time to settle yourself and connect with the Earth.
3. Begin rhythmic sound using a drum track or rattle.
4. Call the animal close and invite it to merge.
5. Allow the merging to happen naturally.
6. Notice how your body feels.
7. Let movement and sound arise authentically.

8. Completion. Gently unmerge and ground.

Note: Full merging can be very potent. If the energy feels too intense, shorten the practice or pause to ground. Trust your body's wisdom.

Connecting with Your Divine Light

Another form of transfiguration is the practice of embodying your divine light and perceiving the same light within all beings.

1. Create a quiet moment where you will not be interrupted.
2. Unburden yourself through breath, movement, or sound.
3. Merge with your True Self if familiar.
4. Locate your inner divine light.
5. Allow the light to expand through your body.
6. Perceive the divine light in others.
7. Expand the light outward across the land and Earth.
8. Return gradually.
9. Ground and close.

Transfiguration is not about escaping the human experience. It is about remembering how to stand fully within it, in relationship with Spirit, the Earth, and the living web that holds us all.