
UNDERSTANDING THE JOURNEY

A Bimonthly Newsletter from Healthful Energetics, LLC
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Our Connections to Cosmic Consciousness

WRITTEN BY SHEILA WOOD

When we meditate and reap the benefits of the centering energy, how do we know this light changes us for the better? We feel a sense of calm, a release of tension, and a connection to cosmic consciousness. Do we trust these feelings as being real or do we need evidence that something measurable is happening in and around our energetic field?

In the book *The Divine Matrix*, Gregg Braden presents some data from experiments performed in the 1990's that show the effects that light, emotion, and connection have on our DNA. He talks about how energy in the form of photons (light) affects and is affected by human DNA (Dr. Poponin: Dept of Defense). He relates experiments that show how emotions change the configuration and thus molecular structure of DNA. He also brings scientific evidence, through the study of DNA, that a matrix of energy connects everything in the universe.

Imagine that you are looking at a vacuum tube containing photons. The photons have a random distribution within the vacuum tube. When samples of human DNA are placed into the vacuum tube containing the photons, the photons arrange themselves differently in the presence of the DNA by shifting into regular arrays or patterns. Next, when the DNA is removed from the tube, the photons remain ordered, just as if the DNA were still in the tube.

The investigators' explanation of this phenomenon follows: "We are forced to accept the working hypothesis that some new field structure is being excited. We call this the 'DNA phantom effect'. What this experiment shows is a direct relationship between our DNA and the energy that surrounds us".

1) A type of energy exists that has previously gone unrecognized.
2) Cells and/or DNA influence matter through this form of energy
{It is interesting to note that ancient spiritual texts informed us that we have a direct effect on the world around us. No scientific proof needed}.

Additional experiments were conducted by the DoD to ascertain the extent of emotional influences on DNA. They started with the known premise that emotion influences the way our cells function. In 1990, U S Army investigators asked the extended question: "Does the power that our feelings have on living cells and DNA continue once the DNA is no longer part of the body?"

To test whether emotions impact our DNA once it is outside the body, tissue samples were removed from the body. A swab of tissue containing DNA was obtained from the subject's mouth, taken into another room, and placed into a specifically designed chamber. The DNA was measured to see if it responded to the emotions emanating from the subject. The person was shown a variety of images to evoke emotion and in response to emotional peaks and dips, the DNA showed powerful electrical responses. These responses corresponded to the emotional peaks and dips at the exact same instants in time.

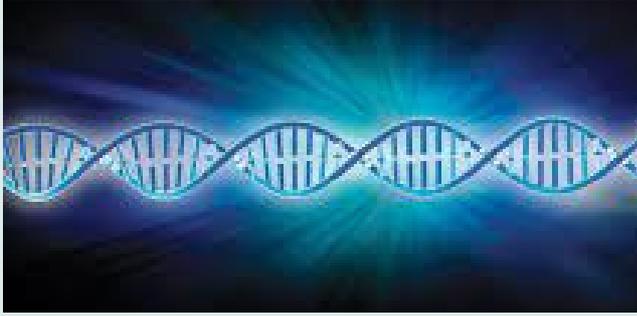
The DNA acted as if it were still physically connected to the body. In continued studies, Dr Backster tested the effects of distance on the responses of DNA to emotions. The donor was separated from his cells/DNA by a distance of 350 miles. The previous experiment was repeated and response times were measured using an atomic clock. Intervals of time were measured between emotional responses and the cells'/DNA electrical responses. The emotional judgements and the cells'/DNA responses occurred simultaneously; zero time differences were recorded by the atomic clock.

It can be seen from these experiments that a quantum field links all matter and therefore everything must be connected and remain connected. There is not a place where the body ends and not a place where it begins. We continue to be linked to everyone we come in contact with. How deep is this connection? The quality of the connection depends on how conscious – how aware - we are of its existence.

We can extrapolate from this information that a person's emotions were in the DNA the moment they were created. A concrete example of this extrapolation stems from the following: On Sept 11, 2001, those mom's who were pregnant and experienced trauma during 9/11 transferred PTSD to their unborn babies. This transference can be mapped on the DNA.

- 1) A previously unrecognized field of energy exists between living tissues and allows cells and DNA to communicate.
- 2) Human emotion has a direct influence on living DNA
- 3) Distance appears to be of no consequence with regard to this effect

Lastly, an experiment performed by the group HeartMath in the 1990's showed that emotion actually changed the shape of DNA. When a subject's DNA was placed in a glass beaker and the subject was exposed to "coherent emotions" (a physiological state created by controlled emotional self management techniques), the human emotion changed the shape of the DNA. Different intentions produced different effects on the DNA, causing it to wind or unwind.



Thinking a bit beyond the data, it has been postulated that a web of subtle energy emerged at the beginning of time, when creation began. This energy has intelligence and responds to the power of human emotions. Herein is presented the picture of a connected and affected universe. If we can feel that our own dreams, wishes, and prayers are already answered, then it illumines the possibilities that with the power of our energy, we can heal, bi-locate, be everywhere at once, remote view, connect telepathically, choose peace, and use our power to focus consciousness.

I think a key to unlock this power lies in compassion. When Divine energy is present, it directs and focuses our consciousness without ego, without judgment. The key to optimizing our energetic health is to bring compassion into our consciousness and to be aware of universal energetic connections. This is how the Intelligent Mind, that Max Planck so eloquently spoke of, is grounded in each of us. This is how Divine energy structures us, connects us, maintains our DNA, nurtures our bodies, and protects our consciousness.

Our part in all of this is awareness. Feel it, sense it, hear it, see it. It is there.

Send me your questions

BY SHEILA WOOD

I am interested in what is on your mind as you progress through spiritual learning curves. Your questions will also help others to learn about different aspects of metaphysics.

This page will reflect your input and curious mind. Hopefully, it will be a continuous dialogue and serve to develop concepts as inputs are collected.



As we all know, often answers to questions birth more questions.

So in a word - this is the "Don't Be Shy" page.

What are some different types of meditation?

Stay tuned....some answers/comments next time

"Make sure that you project from your heart and listen to others. It is the best way to grow."



Are our gifts innate at the human body/experience or at the soul level? If on a Soul level, shouldn't we (humans) all have the same abilities? And as a human, are we able to meet/see our Soul in any way other than going within and connecting during a "regular" meditation i.e. an Akashic read or hypnosis etc.? Laurent

Our gifts are part of the cosmic energy that forms our soul and becomes incorporated into the body when we become sentient beings. Gifts are also part of the cosmic consciousness, as discussed in this newsletter, because they are a part of each of us – a part of our energy. They are part of our essence and can be used/harnessed when we recognize that they are there – within us. Not every artist started out with a paintbrush in his/her hand. Not every scientist immediately fell in love with math. As with everything human, recognizing our gifts and deciding to use them – or not – is a process.

Participating in some form of art is a good way to access our "left-brained" abilities. The first time an artist takes up the brush, and the 100th time he paints can produce quite a different product because practice hones these skills. I use this example because the same is true of meditation. Our connections get stronger and our gifts or talents become more vivid as we establish a meditation practice.

We 'meet' our soul through the awareness of the "fundamental principles that govern the roots of the soul" as expressed in the Sept 26 newsletter. As the awareness of soul energy increases, this allows us to emerge from the cocoon of predefined gifts that are inherent in our DNA and soul lineage.

Visiting the Akashic Records is an excellent way to explore unrealized talents from both the ancestral DNA level and the soul lineage. Those that came before us were busy in their lifetimes honing energetic gifts as well. We are just part of the ongoing process.