
UNDERSTANDING THE JOURNEY

A Bimonthly Newsletter from Healthful Energetics, LLC
<https://understandthejourneys.com>
<https://www.sheilajwood.com>

<https://www.youtube.com/watch?v=e59Pue2b6JU>



THE PHASES OF SPIRITUAL EVOLUTION

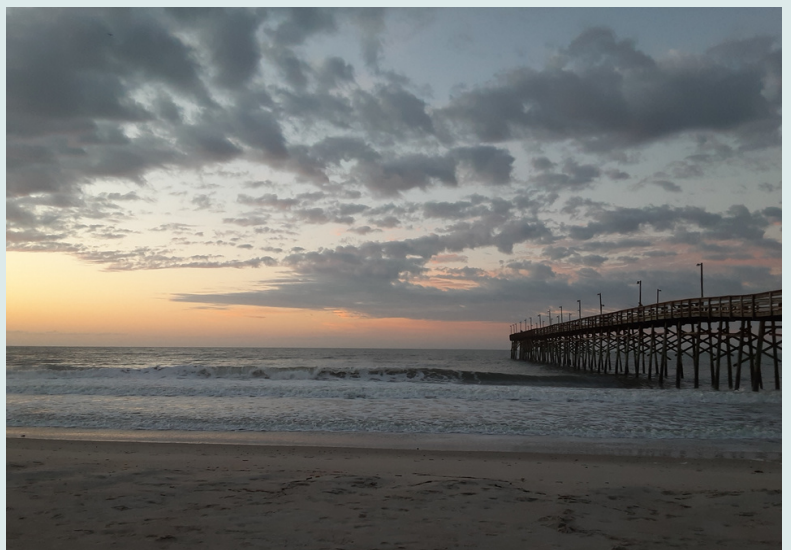
WRITTEN BY SHEILA WOOD AND
PARAPHRASED BY SHEILA WOOD

Today I present three phases of spiritual evolution influenced by and paraphrased from my readings of Jason Smith, a Jungian analyst. These phases are represented by the three photos taken at the same place but at different times - sunrise, midday, and dusk.

The challenge for me has been to understand how symbolism plays in the overall spiritual journey. Certainly, the ancient texts are rife with symbols, many of which are easier to understand due to the teachings and yearnings of Carl Jung. He himself admits that when studying the psyche and how symbols, especially in dreams, relate to our knowing, he is often thrown off and needs to go into deep contemplation to sort out connections.

I will begin at the first photograph.

When we begin our spiritual journey, the light appears over the horizon. And although we have seen this light many times as the sun rises, for some reason it now has a much deeper and broader aspect ratio within our essence. This photo exemplifies the beginning of our move from darkness within the soul to the infusion of light, bringing new vision and a new way of seeing things. Our journey requires us to train our chaotic thoughts and questions into an integrated flow of ideas around spiritual growth and change.



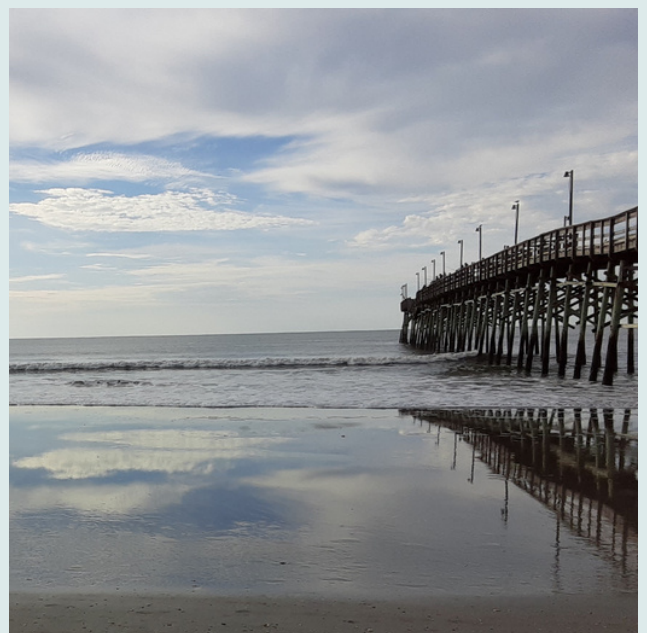
Dreams sometimes contain images that have no obvious reference to our present state of consciousness. However, they may refer to objects from mythology or religion.

Slowly, within layered recognition, transformative processes result, and these serve to develop our individuation. Repeated dreams or repeated key phrases call us to decipher the language in the dreams, help us to connect to the psychology of the unconscious, and train our mind and imagination as we move toward future processes of growth and development. Dreams help us understand ourselves even if they simply bring the unconscious into proximity to the conscious mind.

An example of how this helps our conscious mind is that our thoughts get rounded out by the unconscious need to accept something or someone that we do not care for. As part of the new life renewal, the old impressions move into a new and less exclusionary state of consciousness.

A goal from this process is the hope that we pay attention to the imagery presented within the psyche which in turn generates effects on the ego. The ego often needs the direction of the unconscious as it evolves. Engaging this process can result in driving the conscious ego to create more effective growth around what has been brought in a dream.

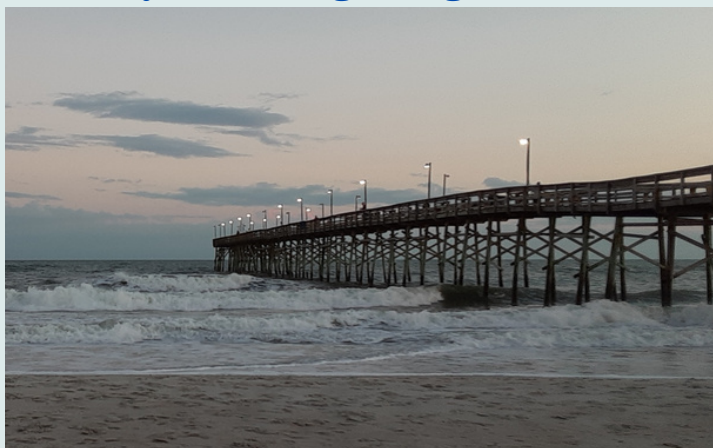
The second photo clearly shows a perfect reflection of sky on the wet sand. This represents the concept that unseen aspects of ourselves will be found in projection. This process of projection takes place always and is everywhere. It is the symbol for the unconscious as it meets us out in the world. Projections change the perceptions we have of our own embodiment and serve to help us in daily living. They help us to observe and accept (or reject) what we end up solidifying as our own personal truths and help us to see how our truths are received (or not) by the outside world.



It is the capacity for self-reflection that causes us to wrestle and push back when images come forward that we do not like. The surer we are that we are right and that we do not need to change, the more trapped we are in an inflexible, no change status. Our instinctual psyche fights to prove our rightness and needs to be corralled for refocus. Our lens needs to be cleaned to see the world differently. An example of this would be when we are confronted with unpleasant health news and would rather move toward denial than see it for what it is.

The reflection in the picture presents the ideal of unity between inner and outer reality. When our lens is made clear, we are tempered by consciousness and not only knowledge, but wisdom is sought. It is what we become, not what we do, that changes us. Every barrier leads to greater freedom within the spirit. Every moment becomes ripe for new experiences. This perfect change is then reflected back to us just as the sky is perfectly reflected on the wet sand.

The third photo portends the waning of internal struggle as we have made strides in psychological transformation and realize that our soul exists as a buried treasure. As the lights come up over the pier, it represents a cyclic permanence that was not in us before. As the moon's (and sun's) position causes the tides to cycle in response to gravitational forces, each one of us cycle through stages of evolution.



We constantly move toward and acquire the skills to build our individual physical and spiritual ideas. This is subjective work and particular to our unique perceptions. It changes as our needs change. From my perspective, the force that anchors us during transformation is a foundational trust in Spirit.

We find that we can now bring order to places inside that are chaotic. Although a basic spiritual scaffold may support our journey, it is partial and incomplete until in a sequence of stages, we bring our own order within disorder by gaining clarity. We wash our references over and over to bring them into focus. The seeds of development that we have sown have moved into solid potential and we feel lighter because the struggle has lightened. Insight reigns and color appears in the intellect as we develop the faculty of inner perception and move potentials into defined possibilities. Matching reflections inside and outside have moved us to wholeness with no opposition because disharmony has been removed and our mind, body, and spirit are connected.

The goal in all of this is not to think about life but to live it. Consciousness is not to make us a better observer but to enable us to be full participants in life. Darkness is washed in the waters of reflection and the creative process moves chaos towards clear vision. But the work is not done until it is a lived reality. When we can embody the fullness of being, humanity and soul are then fully integrated. That said, the work on humanity is never finished and the goal is important only as an idea that serves to guide a lifetime.



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.

How do we gain our strength from light?

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 we Influenced by Celestial Changes?

The influences of celestial changes on us are apparent, especially at times when the positioning of the sun and moon change. Obvious references to these changes are when we refer to a woman's cycle as her moon cycle and when the ocean tides flux. Somehow the planets, their moons, and our sun keep themselves in their rightful positions. The slight changes in the Earth's orientation month to month and year to year contribute to the authentic vedic astrological reads that portend our luck, our outlooks, and our futures.

We are also influenced by the watchful eyes and plentiful advise of energies channeled from our solar system and beyond. As outsiders looking upon the adventure of our existence, they often have great insight into how we can navigate the swiftly moving currents around Spiritualism. Also, although it is subtle, their proffered advise is becoming more and more critical to the longevity of our existence based on the health of our planet.

My experience with channelling from our galaxy or others has been when it relates directly to a person that I can help or project that I am working on. Sometimes I know the exact source, such as from Sirius, but at other times I do not.

Two of my favorite channelers from star systems are Wendy Kennedy who channels from the Pleiades (little dipper) and Lee Harris who channels the Z's.