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# UNDERSTANDING THE JOURNEY

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

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## The Meaning Within Transplant

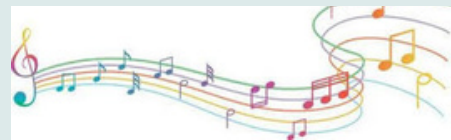
WRITTEN BY SHEILA WOOD

Twelve days ago, I had a cornea transplant. The journey since then has been fraught with hills, valleys, and uncertainty. It is a continual revelation to me that observations, tools, and pure joy arise out of abject fear. I realize now that sight is something I have taken for granted all my life. Only when one of our senses is impaired do we understand its full contribution to being.

I can say that, being on the other side of it now, both patience and compassion were lacking at times. Now I realize after a bit of searching, that the gift given had to do with understanding another aspect of how energy works, not to mention restoration of full eyesight.

After about 8-9 days, I sensed that the energy from the cornea donor was from a female who had some emotional challenges as a human because I was feeling them. So, I assumed – oh, just release this energy. Then by feeling the caution, listening, and probing, the realization came that you cannot do that. And here are the reasons why.

Organ donors cannot wholly be separated from their organs. Even after the soul transitions, connections remain. We learn how we cannot be separated from our DNA/DNA memory in “The Divine Matrix”.



[https://www.youtube.com/watch?v=Ptk\\_1Dc2iPY](https://www.youtube.com/watch?v=Ptk_1Dc2iPY)



**When we pause to listen, vital insights prevail, and fill in the information gaps that we need at the time that we need them.**

# Enabled Learning Through Transcendence

WRITTEN BY SHEILA WOOD

So my challenge was – how do I assist this graft in the assimilation process as it integrates into my body? After consulting several energy healers, we worked through it together.

What cannot be done is the removal/release of 100% of the donor's energy from the tissue. The reason for this is that the extraction of energy from the tissue biologically changes the tissue. At a time when it is imperative that the new body accepts the new tissue, all the donor's energy does not need to be removed. Otherwise, it may contribute to the tissue becoming incompetent.

My approach changed to one of releasing only what was not serving me and emotions around the donor DNA memory. Hence the emotions and mood that I had been experiencing lightened. I also brought this new tissue into my body with acceptance and love. Residuals of entanglement will remain going forward as the tissue becomes fully integrated with mine, but it will be manageable.

In previous work with clients involving entanglement, relief was sought when the connections were proving to be damaging. It is technically challenging to perform this sort of separation. We have learned that when releasing connected energies between a physical body to an ethereal body, as in transplant patients, the consideration must include both release and acceptance on both sides – the donor and the recipient – without eliminating all donor energy. Otherwise, the organ graft or transplant may be rejected.

**I am grateful for the guidance and knowledge imparted during this process. At day 10, I am back in business!**

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# The Gifts of Imperfection

**Brene Brown teaches us about:**

**Self compassion**

**Wholehearted living**

**Let go of who you think you are supposed to be; embrace who you really are**

**Cultivate**

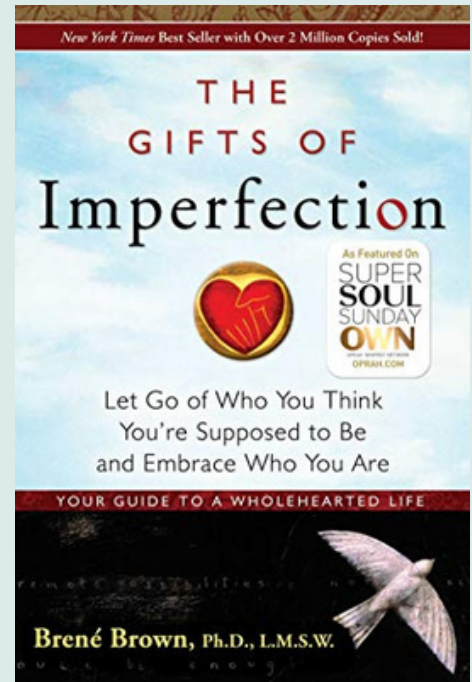
**Gratitude and joy**

**Intuition**

**Trust in faith**

**Play and rest**

**Meaningful work**



**Reflect your own compassion.**

*Brene Brown who brought us “Daring Greatly” brings us “The Gifts of Imperfection” (featured on OWN) which is a primer for getting in touch with and owning your energy. This book relates personal experiences and experiences of others as it guides us towards wholeness. Brown uses research, observations, and guidance to write a book that leads but does not dictate rules of living as if they could apply to every person all the time. Rather, it provides avenues for moving through such things as vulnerability, lack of courage, unworthiness, and shame. It is likely that you will find information here that resonates with a part of your soul’s journey.*

# 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.

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

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

*What is a soul flame? Why is a soul flame not considered the best choice for a long term relationship?*

*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."*

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**WHAT DOES IT FEEL LIKE TO CONNECT WITH SOULS ON EARTH VS, HIGHER REALMS (GODS/GODDESSES, MASTERS, GUIDES, ANGELS ETC.) VS SOULS ACROSS THE VEIL VS ET ENERGY. SOME TIPS AND TRICKS TO DISCERN. LAURENT**

**Connections to other pockets of energy from different places in the universe may all feel the same or may feel slightly different. When information is flowing, it is not of concern where, how, or why it is being delivered, as long as it is helping someone. As a spiritual medium, I have the awareness that it comes from Spirit or that it comes from somewhere else and is filtered through Spirit.**

**I believe that if one hits the right frequency of vibration, one can go anywhere they want in the universe. I also believe that the information “out there” should be used for a purpose directly related to healing a physical, emotional, mental, or spiritual concern and not just for information’s sake.**

**When someone channels, it comes from above or outside of the cosmic consciousness.**

**My experience with channeling has been that it comes quickly as a download, and as I am still in the writing stage, it is a challenge to keep up. Sometimes I know where it originates from, sometimes not. Even though I do not feel that I am in full trance, I do physically feel the energy lift off when the channeling session is complete.**

**Wendy Kennedy, however, visibly changes and her voice changes when she channels from the Pleiades. She wrote for several years before she was told to “lay the pen down” and speak. She says that she is in full trance while channeling and does not remember what comes through so the recorder is her friend.**

**Each person will receive a bit differently due to their unique signature vibration. Protection is important and my work in the Akashic Records provides additional filters from the Masters, Teachers, and Loved ones.**

