
UNDERSTANDING THE JOURNEY

A Bimonthly Newsletter from Healthful Energetics, LLC
<https://www.sheilajwood.com/about-8>

<https://www.youtube.com/watch?v=T0pF2XBfs0Y>



A Simple Yet Profound Approach to Mapping Consciousness

WRITTEN BY SHEILA WOOD AND
 PARAPHRASED FROM DAVID HAWKINS

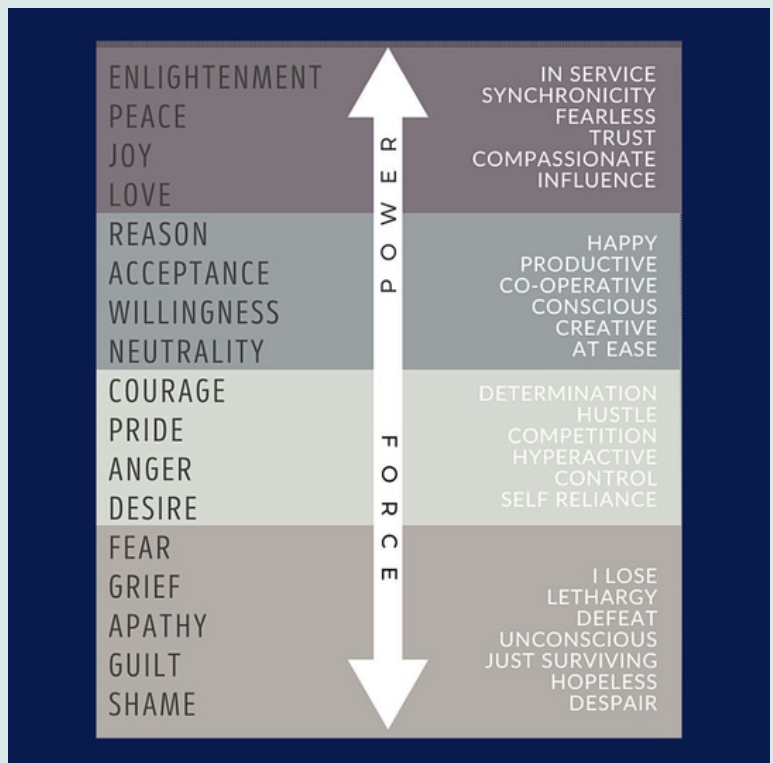
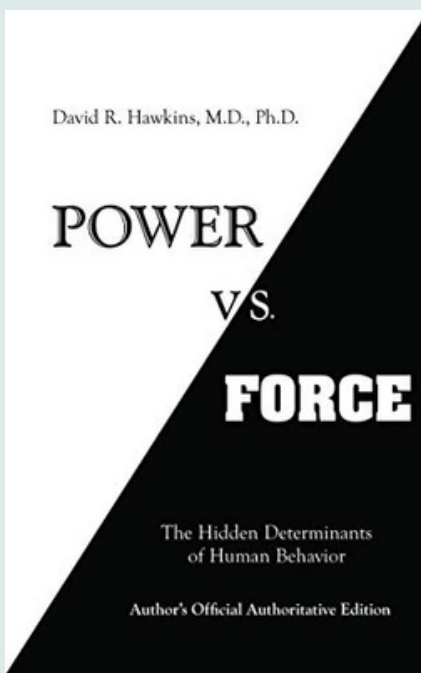
In *Power vs. Force*, Dr. David Hawkins leads us on a journey into the unfolding of Power which he positions as truth and Force which he positions as falsehood. This format is followed throughout all aspects of society with both personal and public origin. The concepts have an obvious grounding in metaphysics, a welcome leveling for me. This book is written for everyone and touches us in the spots that are important to us. His writing style flows and fills the gaps that reside unabashed in our consciousness. For me, a welcome relief and trip into the forever that we face – the inevitables, the inconceivables, the frightening insights, the love and comforts, the unmitigated joys, even the astral travels – all find a soft place to land.



Dr. Hawkins brings to us a methodology of calibrating consciousness using kinesiology as the tool to measure vibrational energy. Kinesiology is an all or none muscle response to stimuli, a strong response being positive and a weak response being negative. In this book he uses his Map of Human Consciousness to view our ability to differentiate positive from negative stimuli, anabolic versus catabolic metabolism, and true from false. The results occur independently of the test subjects' own opinion or knowledge of the matter at hand. Responses have proven valid in many populations and are consistent throughout time. His work has been verified by other investigators. Truth versus falsehood is now verifiable across time with randomly selected naïve test subjects, so.....we can now calibrate levels of human consciousness using this modality.

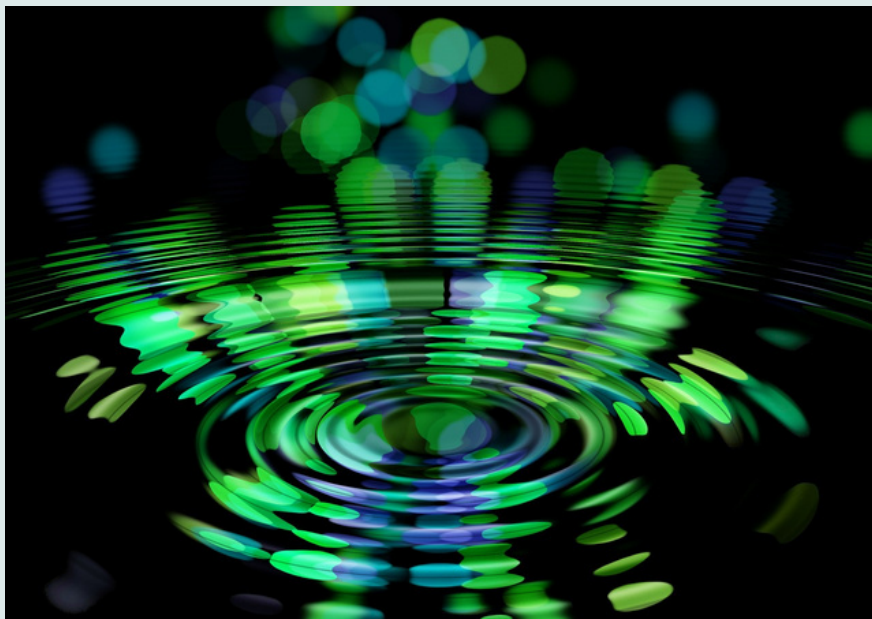
The groundwork has been laid for this sort of non-traditional testing. I must give homage to the investigators who interpret the how and why of some data as affected by unseen forces that, for example, hold the atom together and connect us all. Some such investigators include Max Planck, Albert Einstein, Gregg Braden, Lynn McTaggart, and Edgar Casey to name a few. Others however, require traditional data points to track the ‘how’ and to validate any result.

The window of perspective exists which projects that definitive answers cannot be found by isolating events and projecting a notion of causality onto them. Dr. Hawkins posits that no actual causes exist in the observable world, it is simply a world of effects. Therefore, man needs to look beyond apparent causes. **He must identify the conditions that underlie causes and these exist only in man’s consciousness itself.**



I have been frustrated of late when reading studies that try to scientifically explain gifts coming from the ethos, gifts that include but are not limited to communications and healing from outside the Earthly realm.

Humans in their many attempts to ‘prove’ how something happens or where healing originates from are immersed in data points. We are drowning in metaphysical related data, unable to interpret the significance of it. Do these studies ask the right questions? Even in striving to understand phenomena, is man misinterpreting his own intellect as reality? Most answers become inadequate when based in the limited awareness of the questioner. A slight error in the formation of a question may result in gross errors in related answers. This automatically renders the data that has been gathered out of context. Data is useless unless we know what it means. We need to ask the right questions, measure the answers, sort them, replicate them, and describe them as they emerge from conventional thinking.



Pearls of wisdom: Hawkins research

Truth cannot be disproved by Falsehood – light cannot be disproved by darkness.

The nonlinear (holographic) is not subject to the limitations of the linear.

Truth is a paradigm different from logic and thus it is not provable in all forms.

Consciousness research is at the interface of linear and nonlinear dimensions.

Note:

Studies on consciousness using this technique do not work on people who vibrate below a certain level of consciousness or if persons doing the testing are atheists (each is below 200). Is this negation of Truth or Divinity a result of karma, which in turn disqualifies the negator, or perhaps it is hate negating love? It may be worth pausing to reflect on the significance of vibrating at love or above.



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.

A channeled message from Orion

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."



Presenting a channeled message from Orion

Carry on with the revelations toward sovereign wholeness. Reside in the willingness to leave behind those entities that do not serve you. Within the energies surrounding you, come unprecedented bursts of forward movement. The movement is impeded only by the no longer needed parts of your energy that cloud and distract your soul's evolution.

Join the momentum around clarity of purpose resulting in ultimate joy. The joys we embody see us through to the constellation of power. When power is truth, then joy resides in knowing or establishing your truth, the sovereign nature of which resounds in your awareness.

Acceptance is a key initiative among many. We ask that you accept our countenance going forward as a band of star systems that are fully engaged in your spiritual well-being. The foundations built at this point are essential to establishing a wealth of stamina and resilience. Resilience of the human spirit shows prominence as a leader of perseverance toward personal goals (within worldly goals) that sustain and nurture. Once the way forward becomes clear, abundant blessings reign and guide toward freedom endowed with unseen rights of purchase, the costs of which are not considerable compared to the cost of relinquishing internal power or truth. Rely on spiritual foresight and shielding as a reserve for natural evolution. Being aware and resilient in the moment can become a prevailing wind that promotes progress.

Your time may become an impediment for growth only if you allow it. Understand that time is boundless and exists to encapsulate only in perception. Allow complete understanding to prevail within a cushion of solace as your time unfolds. Live within a limitless framework affordable by virtue of perception. Convey energetically to others a profound and unending array of spiritual possibilities as an avenue of exposure to astral power within human grounding.

Prevailing with a loving countenance....

Yonck