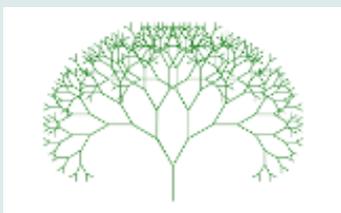

UNDERSTANDING THE JOURNEY

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



<https://www.youtube.com/watch?v=2DiQUX11YaY>
Flashmob: Synchronous, repeating movements

<https://www.youtube.com/watch?v=91IQJEzLHY4>
Leitmotifs in film

Repeating (Creative) Patterns

WRITTEN BY SHEILA WOOD

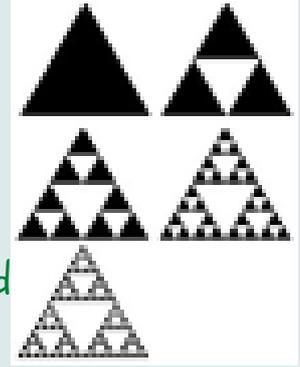
Considering all prospects of the desire to understand universal concepts, one aspect that has always intrigued me is the existence and abundance of fractals as they appear and are used in our everyday life. Fractals can be described as a never-ending pattern that repeats itself at different scales. This process is called 'self-similarity'. Although fractals are very complex, they are made by repeating a simple process. They are recognized in many aspects of life such as math, music, dance, art, solar and lunar cycles, repeating karma, and nature, especially nature.



We know that infinity is often described as a contiguous circle and is shown in two dimensions.

When we imagine successive repeats coming off that circle, our view expands to three dimensions and it becomes a spiral, much like what is seen in nature.

Mathematical fractals are formed by calculating a simple equation thousands of times and feeding the answer back into the start. These fractals are infinitely complex, meaning that we can zoom in forever. Likewise, a fractal triangle is formed by simple repetition.



In dance, a perfect example of fractals is the Flashmob as it coalesces to the point of performing synchronous, repeating movements in a cohesive group.

In music, it is reflected in the repeating segments called 'leitmotifs' used in film.

In art, mandalas often assist us in meditation and Dr Joe Dispenza in his book *Becoming Supernatural* introduces us to the ever evolving and changing moving mandala as a means to expand consciousness.

<https://www.youtube.com/watch?v=2PJ-ZXJuoGw&t=85s>

In human ancestral DNA memory, we see passage of talents which may reflect the repetitive nature within tasks or professions, for example the strength and agility of a surgeon's hands as directed by his/her mind. We also see energy patterns across incarnations.

What is the significance of such repeating and creative patterns? Although many attempts have been made to answer this question, I feel that it is attached to the origin and evolution of consciousness.

From ethos, to oceans, to plants, to animals, to humans, and to infinity, the phenomena pervade within and throughout the four densities of consciousness.

A recent opinion (from *Frontiers in Psychology* July 2020 doi:10.3389/fpsyg.2020.01675) might help to explain how we become frightened by a metaphysical happening, such as physical mediumship or visible spirits. One of the most promising theories has been developed during the last 10 years by Karl Friston which states that the brain constructs a predictive representation of its environment within a collection of previously experienced and repetitive sensory stimuli. This predictive model cannot be correct all the time and sometimes there must be a “gap” between the probabilities of the world harbored by the brain and the actual perceived data coming from the environment. It causes an increase of free energy in the brain, which would induce feelings of surprise.

Furthermore, repetitive algorithms in geometry around sensory perceptions and scenes imagined at any given moment can be studied using **projective geometry**. It is also possible to compare several interviews with the same individual to identify **recurring patterns** and obtain specific cognitive styles. This highlights that the same individual usually uses a finite number of algorithms to handle a wide variety of tasks and situations.

Dan Winter in Fractality and Life Force portends that fractals are the explanation of a human’s universal and innate subconscious understanding of the world, and in fact, their spirituality. He says that because the world is made of fractals, they may become the answer to countless issues. Possibilities for global warming include the design of systems and structures around goods and services, which imitate the cycles and transformations in nature. Humans can move to realize what constitutes their well-being and how it is sustained through diet, environment, and charge-attracting movement. Architects can formulate and create buildings made from biological materials in formations that attract charge. These structures can be used in agriculture to produce healthy food and schools to increase attention and growth. The expansion of fractal science may aid medicine in predicting and diagnosing disease. Because chaos self-organizes and we are chaos, and we can organize into a fractal community using our newfound knowledge in the spirituality of fractals.

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 is the foundation for spiritual expansion?

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."



How will I know when grace carries me?

The gift of 'grace' comes about from the free and unmerited (Christian origin) favor and bestowal of blessings. It is thought of as that blessing that transcends who we are or have become at any given moment and the feeling that we wish we had not done that or been that way. The fact that some transferred energy has landed on another situation or person means it cannot be retracted – it is out there. Somewhere within that energy is the acceptance and love required to make it feel different, make it feel as though worth and dignity has been restored without any effort expended on our part.

This comes from the love and understanding of the all-knowing Source and although given freely, still leaves us with unresolved feelings of regret. Our knowledge and complete faith in this love is what sees us through and engages our feelings of gratitude and resolve to move forward within a renewed energy base. Grace changes our etheric energy. It provides support, magnifies our sight, imbues us with renewed energy, and rearranges our overall approach to the feelings and thoughts that we generate, especially around people and situations. What we need to know is that it is a gift and gifts freely received are valuable to our well-being. We know that we are encompassed in this grace when we see and feel differently by allowing spiritual love to reign.