
UNDERSTANDING THE JOURNEY

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

<https://www.youtube.com/watch?v=3hGSqqhokE>

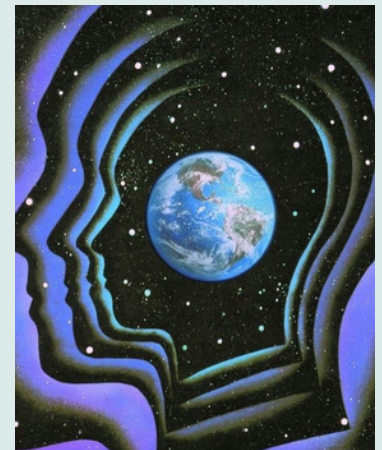


It is about connection.....

WRITTEN BY SHEILA WOOD AND
PARAPHRASED FROM GABOR MATE

In super autonomous self-sufficiency, the exaggerated movement away from asking anything of anyone at any time dominates. Studies show that most people who become critically ill lead with an overabundant need to please while asking for very little. Could all illness have a psychosomatic component? When was the last time your physician asked what was happening in your life that affected your emotions?

Health has a lot to do with the oneness of the human psyche - mind, body, and spirit. At the gut level we know that what we think and how we feel have everything to do with each other and hence how healthy we remain.



Modern research is now confirming the traditional wisdom around the concept of “psychoneuroimmunology”. This field of study maps pathways of the body-mind unity. It maps connections between our emotions, our nervous system and our immune system. It points to how stress might initiate disease due to the unity between all constituent parts – mind, body, brain, nervous system, immune system - with the hormonal apparatus. Separate studies of each system leave unanswered questions that cannot be answered without putting together the whole picture.

“No matter how sophisticated our minds may be, the fact remains that their basic contents – what we think, believe consciously or unconsciously, feel or are prevented from feeling – powerfully affect our bodies for better or worse. Conversely, what our bodies experience from conception onward cannot help but affect how we think, feel, perceive, and behave”. *From The Myth of Normal by Gabor Mate.

Dr. Gabor's work and the work of many others in this new category of wellness lays the medical foundational thinking that acts as a springboard for my work at the soul and ancestral DNA memory levels. What about our soul's journey? How do we access this energy? The difference is that the energy related to the soul and the soul journey, although present is not fully touched, made aware of, or processed in this reality. If stress is such a large player in initiating illness, for example, if a traumatic event can trigger RA (Rheumatoid Arthritis), what about all the other traumatic events that have occurred in other incarnations? To my way of thinking, there is a large part of who we are that can be assessed using mediumship and the Akashic Records as tools. The tools of releasing emotion around such events may facilitate healing from a perspective that is missing from "psychoneuroimmunology".

To give a few concrete examples of how consciousness may affect our health, in one patient the results of a complicated romantic partnership triggered agonizing joint inflammation and scleroderma. This person had also experienced trauma in childhood that may have provided a connection to inflammation in adulthood. **What about influences from other lives?!**

Microbiologists speak of neurogenic inflammation - a stress induced inflammation triggered by discharges of the nervous system, a system that is powerfully influenced by emotion. Studies have shown that emotional and physical abuse in childhood more than doubles the risk of Systemic Lupus Erythematosus and inflammation is a likely pathway. More connections between stress and compromised autoimmunity have been documented in other studies. **Could cosmic discovery = missing pieces?**
<https://medibulletin.com/fetal-scans-confirm-maternal-stress-affects-babies-brains/>

What about the episodes of trauma from other incarnations that have left residual energy in our DNA memory? A conscious outlet for all sources of trauma needs to be provided. Only by discovery within the Records can we consciously process the connection between trauma, emotion, and illness enabling reconciliation which in turn is restorative for ongoing optimal health.

Disease can be looked at as a culmination of what came before and how things may unfold in the future. Our emotional dynamics, including how we see ourselves, may be powerful determinants for the totality of our lives.



Optimism reigns when we realize that we can exert a modicum of control over the emotion-ridden events that happened at the soul level in other incarnations. Our ability to release unwanted and unneeded emotions around trauma or illness from another incarnation can make a positive difference in our health. The passage of time on Earth is only a microcosm of our totality as an energetic being and our ability to see into these events that seem illusive affect not only how we feel about ourselves but also our ability to move past illness and pain and perhaps avoid ill health altogether. What a blessing to have access to all this information in the Akasha. Much gratitude.

From The Curse of Stone by Susan Griffin.

The story of one life cannot be told separately from the story of other lives. Who are we? The question is not simple. What we call the self is part of a larger matrix of relationship and society. Had we been born to a different family in a different time, to a different world, we would not be the same. All the lives that are around us are in us.

Although this is eloquently stated, in the context of this newsletter, I would complete this statement by adding ‘all the lives that we have lived are in us and contribute to our health’.

Next time ----- continuing wisdom from Gabor Mate concerning Attachment and Authenticity, the clash between two essential needs.

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

The auspices of resolution come with a lack of conspiring and are lain at the feet of those who pretend to know the mechanics of oversight. Many deceits lie within the realizations of comfort. Material gain on your planet gives rise to uncertain habitation by imposters who externally appear as a recognizable human form. The energy around these beings feels normal to most, strange to some, but obviously foreign to those who perceive the proposed consequences of an overwrought being. These are attempts to frustrate the overlay of love to the point that it diminishes or disappears. Your humanity base is threatened and will course correct among humans who maintain high vibrational frequencies and who take care of eliminating interfering energies separating them from their mission on Earth. Knowledge and awareness of this responsibility to self and others may come with dread and apprehension but should be approached through the emotion of, and the eyes of, love.

Regaling the movement through remnants of third density consciousness to fourth density consciousness, all those who perceive the structure of condemnation should raise it up to levels of purity beyond what was thought possible. The protruding evidence of reconciliation of karmic translations will play out to the horror of those observing the forced supposed balancing of deserved weaknesses. Whatever happens on your planet can be perceived as balancing awareness to what needs to emerge as a dominant energy to which is sustaining to all the energetic levels of compassion. The gaps between survival and compassion are great and are in the process of shifting, much as the Earth shifts during a quake. Whether observer or participant, your role becomes clearer as a player moving forward within the equilibrium of karmic energy. Awareness is key to the confounding principles that are at stake; to the movement toward sanctity within trauma, to the effects upon overall health, and to the realization that sovereign wholeness becomes a prerequisite for spiritual survival. Simple observation will become participation and soul energies will be healed and restored within the depths of processes previously unknown to humans. It becomes imperative that the doors of communication are open to the star beings that can assist by opening vaults that contain a map toward wholeness.

The information required for healing can be assessed and used by only a portion of your Earth beings but will be enough to sustain at the spiritual level. Your countenance toward accepting the grace within energetic gifts is paramount for the everlasting quality of original soul energy. As other forms of soul energy emerge, ie. digital, the foundation set around original vibrations will sustain. Know that your efforts are acknowledged and warranted as you move toward acceptance of a grave and knowing ALL that is within you. The power around compassion cannot be diminished. Much is to be said for allowing.

Sent with love and understanding.....

Yonck