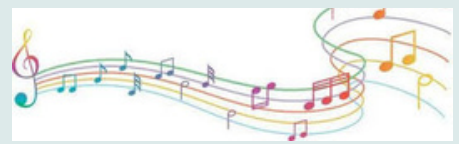

UNDERSTANDING THE JOURNEY

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

Rebirth and Revitalization



WRITTEN BY SHEILA WOOD

<https://www.youtube.com/watch?v=IhO6uyrfuRw>

Profile of a Spiritual Cat

I am watching my cat Sasha as she is kneading her favorite blanket. It calls to mind the "need" that we all have to feel comfortable in the world and comfortable in ourselves.

Sasha's profile is one of staunch beauty and recalls the tall, thin profiles of cats pictured on Egyptian artifacts. Egyptians believed cats were magical creatures capable of bringing good luck to people who housed them. Wealthy families dressed them in jewels and fed them treats fit for royalty. The Egyptian feline goddess Bastet (<https://www.youtube.com/watch?v=wTVbyyUTIQY>) represents a combination of nurturing and shielding, both motherly aspects of life.

As spring is upon us, the presentation of nature's blossoms reminds us to rebirth, nurture, protect, shield, jewel and specially treat ourselves.

Some of the ways to approach this include:

- Create a new (good) habit***
- Find ways to refresh spirit***
- Increase the gratitude curve***

Create a New Habit
Decide to do something different today. That different behavior may turn into a habit for movement toward optimal health and well being. The key is to think about it that way and notice the not-so-good habit that it is replacing.



Ways to Refresh

BY SHEILA WOOD

Increase the Gratitude Curve

Gratitude works for you in various ways. The curve is important because that is how gratitude comes directly back to you in the form of a life gift. Some people call this a "synchronicity". Laying gratitude clears a path for Spirit to gift you with a part of your own soul energy that had not been consciously apparent to you. Once it surprises you, you will see that the trajectory was right on time for the purpose at hand.

Think about your contributions to the cosmos as contributing to that basket of yarn that your cat plays with in an attempt to conquer it. As you fill the basket further, she/he increases the effort. Such is your energy, pushed to the limit each day. The strength of conviction that exudes from you is meant to touch and reach everyone. Directing your contributions within positive thought patterns again lays the foundation for nurturing energy to come back to you.



Refresh Spirit

Refresh Spirit by being in nature reading that passage, that song lyric, that poem, that book or article that once sent you whistling happily further along your path.



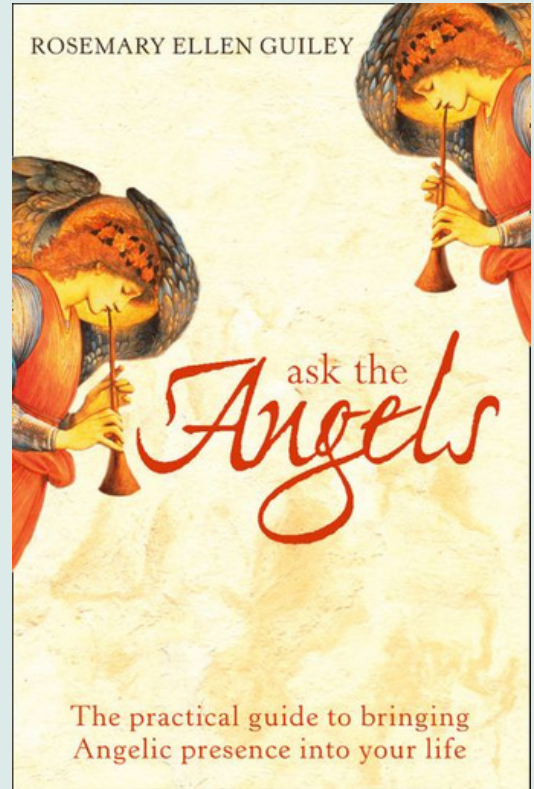
Book Review

BY SHEILA WOOD

Ask the Angels

Rosemary Guiley brings us into contact with the angelic realm by:

- Answering all our questions about angels
- Introducing the ladder of angels and their roles
- Making guardian angels real to us
- Allowing us to communicate with angels as we engage in the mastering of life



This book contains wonderfully illuminating angel meditations that open insights into comfort, abundance, truth, creativity, faith, enlightenment and more. It is that go-to book when you need a pick-up and definitely speaks to the concept of refresh. It is the book that you go to when you are feeling discouraged. The energy in the passages and the comraderie with the angelic realm can uplift in that five minutes or quick rest before you journey on through the rest of your day. It is also good for a first morning or a before sleep encounter to keep your vision centered.

-All steps toward bringing angelic energy into our lives. It speaks to those beginning a spiritual journey and to those who have long known the advantages of looking within for guidance, Guiley takes a dedicated look at the hierarchy of angelic realms and their roles embedded within the principles that they govern. This is an excellent book for those who have always been curious about the role of angels in our lives.

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.

Where does suffering reside in our energy?

How do we optimize polar energy attractions?

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 do we reconcile human behaviors as we move forward spiritually?

Due to the broad and somewhat tricky nature of this question, I decided to channel the answer.

"Calais here from Sirius. First let us look at the low vibration energy on your planet. As I look to the behaviors on your planet, I see that many are directed by self-loathing. The inability to envision what **health in a human looks like exists in your society. This notwithstanding encompasses all aspects of the human form - mind, body, spirit - and overflows to influence those near you.**

Those that consciously move toward living within universal love deeply desire to communicate with their own soul energy since its inception, and connect to it as it resides within universal energy. This is only possible in bits and spots but leads to a richer desire to dwell there. As the desire and journey progress, less human behavior dominates.

Destructive desires, activities and thoughts move into a different energy plateau. A being's energy becomes less absorbing and more reflecting of the energy that they are now seeking to dwell in which contains universal love and purity of spirit. The transition to some is seamless, to others struggles ensue as they are pulled back into low vibration energy. This causes confusion and questioning, both of which are necessary to continue the journey. Let it be known that stages of human behavior exist much as steps in an apartment building. Some days you make it to the fifth floor, some days you start over on the second floor. All is well. All is necessary. Much love within."

Are our chakra energy channels always open?

Chakras are living energy centers and are in a constant state of flux. A chakra may be open one moment and closed the next due to your life circumstances. As I work with someone, the first step is chakra alignment and the goal is open channels allowing energy flow. Stagnant energy may cause ill effects. Deep breathing helps stabilize both alignment and energy flow.