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# UNDERSTANDING THE JOURNEY

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

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<https://www.youtube.com/watch?v=CHPZDu51hxM>

## **Aging: The Experience of Harvesting Time**

WRITTEN BY SHEILA WOOD



In the previous newsletter (04/24/2023), Anam Cara by John O'Donohue was the inspiration that brought forth concepts around the nurturing of soul. Continuing to be inspired by this author, the relationships of time, nature, solitude (again) and aging are interesting in their development.

Those of us that are “retired” probably remember the mini voids that remained in the months following that lifestyle change. The habits, the connections, the sense of being needed daily, the personal goals, and the busyness of life were changed and rearranged. They may continue to move through gradations and this process can either enhance life or frustrate it.

O'Donohue brings a level of quiet acceptance and gratitude in this ‘harvesting’ time of life. He suggests that as we become more centered and quieter with age, the fragments of our lives come together in unity and the broken parts have time to heal. The parts of us that we have missed out on because of all the busyness of life now come into focus. As we begin to know ourselves more deeply, our souls ripen, and we can come to know the less nurtured parts of ourselves for the first time.



When he speaks of the soul as a temple of memory, he is speaking about the Akasha. In the Celtic tradition it is described as such: “time as the rhythm of the souls has an eternal dimension where everything is gathered and minded. Here, nothing is lost.” This means that the happenings in your life are not lost, nothing is ever lost or forgotten, and everything is stored within your soul in the temple of memory. And as an older person, we can return to the rooms of this temple and refine our existence by connecting fragments together. This provides new strength, poise, and a sense of belonging as we come home to our deeper nature. We can now visit the temple of our memory where all our vanished days have gathered and are waiting for us.

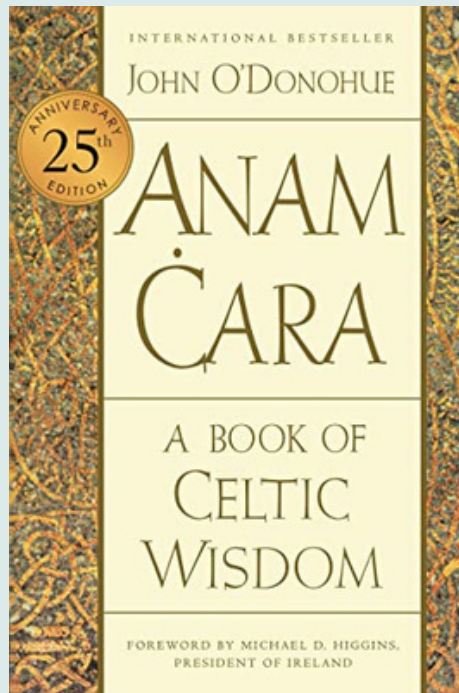
**Although as we fast track through life it is impossible for us to remember every nuance of every day that we live, the energy is nevertheless recorded.  
(Newsletter #17, Oct 24, 2022)**

The autumn of one’s life is a time for harvesting and healing. Experiences that were sown throughout life now yield their fruit. This time provides a space to reap rewards and contemplate our lives. It becomes evident how everything that happens to us is controlled and determined by time. We cannot grasp and hold or stop time. The transience of time eludes us, and we pause to ask the question – Is there a place where our vanquished days secretly gather? Could it be entirely explained as memory? And are we not again referring to the Akasha? Therefore, visiting the Akasha can shine light on the vanquished and buried emotion around memory. Those memories that are too painful to process especially in childhood can be resurrected and processed in our adulthood as part of our soul’s evolution and healing.



***And the end of all our exploring  
Will be to arrive where we started  
And to know the place for the first time***

***May you have great dignity  
Sense how free you are  
Above all may you be given the wonderful gift  
Of meeting the eternal light that is within you.***



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**However, there is another side to this. Part of the wisdom of spiritual self-presence is to be able to let certain aspects of life alone. It is the *art of spiritual noninterference*. As other aspects of your life yearn to be harvested, we must discern where and how to visit wounds in the temple of memory and if you visit them, how to do it in a gentle, mindful, and compassionate way. Kindness around mistakes and the act of ‘no blame, no shame’ go a long way toward integration. When you forgive yourself, inner wounds begin to heal, and you can move from the exile of hurt to the joy of belonging. Integration becomes an art as you must trust your inner voice and know which places you need to visit for wholeness.**

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Perhaps what I liked most about the presentation on aging was his ruminations on the treasures of wisdom as a necessary part of culture. Wisdom, not to be confused with knowledge, is revered in Native American circles. And since presently women are blessed as elders and are manning leadership positions within their culture, much can be learned from this model. These leaders reside in my present demographic, so I am encouraged by this.

Wisdom, as opposed to knowledge, is the “art of living in rhythm with your soul, your life, and the divine”. It paves the way for being able to decipher the unknown with courage and generosity. In this way, wisdom showers light on what seem to be the countless mysteries of life. Anyone on a spiritual journey will welcome such abilities in those who are now ‘harvesting’ their lifetime of experiences and willing to share as leaders.





# 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.**

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*Presenting 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."*

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Will the Akashic records give you your future? I know it's to say what you're supposed to accomplish here in life but will it also give you like a preview? Nancy

Has anyone ever seen a preview to a movie that is misleading? The preview seems to tell the viewer that in this space and time they will be entertained when in fact the time devoted to entertainment becomes wasted and is in fact quite a disappointment.

I think we as humans have a distinct desire to know – to know what? Let's say for example someone wants to know what will happen in ten years. Many things will happen in the ten-year interim period leading up to it that will influence decision making. If one makes plans for ten years hence, all plans and spending could be wasted should that person develop an entirely different perspective on decision making based on many things such as location, income, changes in perspective, or inherent desires. How could a person know how they will change (not to mention technological advances) over a period of ten years? Too many possibilities and too many nuances influence our decisions.

Another consideration impinges on whether the information interferes with our self-designated lessons to be achieved in this incarnation. I am not opposed to making life easier but what if the lessons inadvertently missed by knowing too much require that my soul spends another incarnation devoted to said lessons. This may not be something one would want to do.

My position as a frequent visitor to the Records is based on addressing problems that plague us and on healing residual emotions around wounds from other incarnations. The information gleaned from these excursions dwells only on information useful for healing and I am gratified by the ethereal support I receive for this approach. The guardians of the Records oversee information that is allowed to be given based on the timing that is most appropriate for the person being read. I have been shut out of pre-birth planning meetings and found that the same information requested came forth 12 to 18 months later when the person was more positioned to handle it.

Although future (time being a human construct) events are written in the Records, so are other possibilities around these events. The abject free will that we and/or others choose to use can change outcomes. In other words, possibilities do not always reflect defined outcomes. Possibilities are allowed. Many nuances and decision possibilities have woven into them nets that will capture the outcome once it has happened. This does not dissuade attempts to change our future. Finality would assume that we as humans have no say in our future via the use of free will and motivation to change. The Records serve as a template and provide a document that mimics our reality as we mold it and/or come to know it.