
UNDERSTANDING THE JOURNEY

A Bimonthly Newsletter from Healthful Energetics, LLC
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The Misleading Trappings of Poverty

WRITTEN BY SHEILA WOOD AND

My understanding of the whys around poverty have led me to search for meaning around the soul energies embedded in choices to incarnate into poverty and the grow within the confines of and clear views extracted by lack. Poverty takes two trends – the first is poverty of the soul and the second (in our world) is poverty from a materialistic standpoint. My curiosity centers around why a soul would choose to incarnate repeated times into poverty.

Robert Schwartz in ‘Your Soul’s Gift’ presents some rational approaches to give insight into this question. Working with someone born into poverty who found a way out, we witness his reasons for helping others to escape the cycle of poverty. Schwartz also gets information from mediums about this person’s previous incarnations, some of which were also in poverty. Compassion, inventiveness, the desire to teach others, the building of spiritual resilience, and the recognition of true light without distractions are a few of the projected reasons for experiencing it.

Cultures often dictate what poverty means by the nature of preferences within a given society. Our culture tends to devalue the worth of a person with little material possessions or little means of support for day-to-day existence. In another culture where all would be at the same economic level, the value of material things is not a consideration.

When I was in my 20’s, I was part of an effort (WHO funded, Univ of Virginia and Cornell facilitated) to help find the source of illness in a small village in Brazil. The village of Pacatuba is located about 30 kilometers south of the city of Fortaleza on its northern coast. The village, in stark contrast to the city, consisted of a series of one room mud huts with thatched roofs and dirt floors.



Our mission was to track the source of illness and try to reduce infant mortality.

Households were maintained by mothers as fathers went elsewhere for work and rarely returned. Each household had an average of 13 children with 7 survivors. Our baseline reference for infant mortality was a logbook in the aqua chapel which recorded births and from this it was thought that the infant mortality rate was 40%. We later found out that births were not recorded, and children were not named until they were 12 months old. Therefore, we were uncertain how much higher than 40% the infant mortality rate actually was.



Even this child, who was obviously starving, had a bright smile for a stranger, oblivious to what could be different.



Our presence was met with some consternation and our anthropologist had to go to the village ‘faith healer’ to get permission to correct antibiotic use and to eliminate the practice of using Nestles formula (courtesy of Nestles) that was mixed with contaminated water and left on the shelf for hours at 90+ degrees. We had to re-train toward breast feeding. Their faith was in what they knew and not necessarily in us.

They knew and lived what we called poverty. And I, especially at that time, did not fully understand it.

In trying to relate this experience to my ruminations about poverty, one revelation stands out to me. These people were not poor – not like I perceived it. They had nothing compared to our homes and yet they had a direct gift of awareness that each day was precious. At that time, I was less spiritual than I am today but even then, I saw the purity in their existence. Nothing physical stood in the way of their communion with the inner workings of their nonphysical evolution. Each stone or stick that became a children’s toys allowed them to be grateful for the opportunity to play, for the opportunity to exist together. Each potato a mother prepared for her children blessed them with another day of life. Each pregnancy reinforced the strength of conviction in a belief system that prevented birth control. This was their life, their existence. They had each other and were all at the job of creating inner resilience, strength through faith, and perseverance. They did not know a different life and were not punished for theirs so, in effect, they did not know or live within what outsiders saw as poverty.

Although from a spiritualist standpoint I can see a bit more clearly now, I will always remember my shock at seeing others’ lives that were drastically different from mine. I now realize that how and in what circumstances a person’s soul grows is not defined by the external trappings of their existence but by how close they are to the Light and how devoid they are of other distractions while growing their inner selves.



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.

Next question, so if you pretty much reincarnate with the same family group will that also go all the way back to if you came from a different planet? Nancy

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 gain our strength from Light?

Most of us are familiar with the term 'raise your vibration'. Often the question is raised – what does that mean? We are all beings of light whether we are Lightworkers or not. My first experiences when working in the Light came through meditation. As we have talked about our 'signature frequency' in past newsletters (#11 August 1, 2022) we know that higher frequencies raise our vibration. Being wholly immersed in 100% white light from the Divine Source will automatically raise the frequency of the vibration that defines your signature state. This helps us in many ways, two of which are (1) the ability to commune with Spirit and (2) that mental, physical, emotional, and spiritual well-being are enhanced.

Experienced meditators, yogis, spiritual gurus and others reach higher vibrations than most of us on their road to enlightenment or total spiritual fulfillment. For me, there is no flashing light or sounding whistle to signal a change in vibrational frequency. It is simply a feeling of ultimate peace and community with spiritual beings. Another newsletter (#17 October 24, 2022) talks about the types of meditation.

Gratitude is one of the best ways to raise one's vibration. When in a place of gratitude, low vibration (dark) energies may not cohabit the space. I usually ask Spirit for help maintaining levels of gratitude and protection each morning.