
UNDERSTANDING THE JOURNEY

A Bimonthly Newsletter from Healthful Energetics, LLC

<https://www.sheilajwood.com>



https://www.youtube.com/watch?v=u-pP_dCenJA



OK Let's talk about the "F" word

WRITTEN BY SHEILA WOOD

Since the beginning of the spoken word, man has relied on language to express the most salient thoughts and emotions. There is no harm in that, at least when most words are high vibration in nature and convey a complete cacophony of sounds that do not drown the listener in fear. In the USA, we have structured our language using a host of words, most of which are described in Webster's dictionary. Plentiful within this book are many optional words that begin with the letter F. Those of us who read and speak with efficiency use them every day. Why then do some people in the highest levels of governance not avail themselves to such opportunities but instead choose to insert the vulgar "F" word between every two words that they speak?

As we celebrate this anniversary of 246 years since we declared our independence from Britain, rest assured that the language used at that time was more than appropriate and more than adequate. Our heritage has outlined a path not only for governance, but also for sustenance of discussions that complement human interactions. The fortitude brought forth by this basic foundational structure forms a fornice (Italian) of support, a forthright example fostering interaction, as our florid founders featured in a focused and feisty document, all of which they did without feeling the absolute fervid compulsion to use the "F" word. This fete, presented with force and flair, at times flamboyant yet friendly, forebears for us our position as free men and women, while it serves to ferret out in a fastidious, fatherly protective fashion, the fervor and foresight that guides us and stands in full regalia even today. If our forefathers had a foreshadowing of the fealty that would be needed today in relation to this document, I presume they would have, as they were fresh in fairness, forged a fervent plea to please not destroy it and its inherent principles forevermore.

The "F" words within the above paragraph are a mere sampling of the plethora of other words beginning with "F" that are certainly of a higher vibration than the violent and incendiary carelessness of the "F" word that has been used to denigrate and delude by persons to whom we have given our most powerful leadership roles. I have used 33 words beginning with "F". For God's sake, PICK ONE and hold our country in high esteem in the choosing. As a people, we are not naïve enough to assume that everyone will behave themselves, but we should hold the responsibilities for our own governance as a dear privilege to be exercised and cherished. We owe it to our founders.

Transitioning

WRITTEN BY SHEILA WOOD

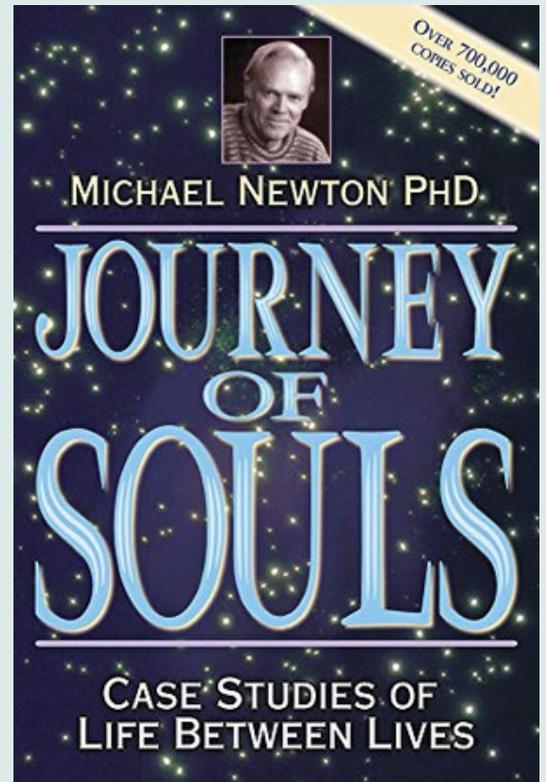
Transitioning plays a role in our lives often causing confusion and pain. Why is it necessary from a spiritual growth standpoint? I think that perspective gives us a clue but this can also be maddening – the logical implication that there is a reason. Seriously? Why apply reason to something over which we have no control?

Let go, believe, allow, and let go. All the steps we must take when confronted with loss and/or change. But isn't this one of the reasons we have each other? Emotional support, physical help, mental connection; our beingness supplants all that is unexpected, ordained, or planned by our makers. We must realize that our journey in this incarnation will be fraught with the frustration of change. Going through changes with others by our side must be part of the plan. Spirit provides comfort but nothing takes the place of warm and heartfelt hugs, prayer, and light. We all need to be a warm "banky" for each other.



**Michael Newton uncovers some truths by:
Leading 29 people into a superconscious
state of awareness by using deep
hypnosis which enables them to describe
what happened between lives including:**

- **How it feels to die**
- **What you see and feel right after death**
- **Levels of soul; beginning, intermediate, advanced**
- **What happens to disturbed souls**
- **Purpose of life and manifestation of a creator**



This book has been known to change people's lives as gleaned in conversations with others. We all talk about the Astral Plane; we define it, we go there for brief interludes, we discover the different levels of experience. This book allows clear descriptions as others recount their soul's journey between incarnations. The term 'mind blowing' is often used to describe this book. It will change your perspective on life.

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 energies define prejudice?

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."



WHAT CONTRIBUTES TO EGO AWARENESS? WHY IS IT IMPORTANT?

The ego, as described by Freud, is an essential part of our psyche. It's counterparts in the psyche tend to balance it. Many discussions by Spiritualists diminish the use of egoic behavior by describing its influence as less than charitable. We can look at this in two ways, one way assuming that ego dissolves with every decision, and another way that assumes a dominating ego. Either of these can be the way forward — it is our choice. But is it our choice entirely? What we do not realize is that we are guided by learned behavior from people who have been examples for us. However, once we begin to understand ourselves and what motivates our choices, we can make more balanced decisions and be able to distinguish the balanced decisions of others. It is my belief that ego and spirit can reside together in harmony in each of us if awareness is present and each is managed in moderation.

