
UNDERSTANDING THE JOURNEY

A Monthly Newsletter from Healthful Energetics, LLC
<https://www.sheilajwood.com/>

Lean On Me



The 'Truth' Question....Again

WRITTEN BY SHEILA WOOD

This book speaks to what we are going through today. However, the circumstances of daily life have changed drastically since the 1940's. As a start, the internet, AI, and social media have changed the flavor of our world society. We will talk about some of the similarities and differences across time.



Similarities:

The theme of dominance and the crimping of inclusion, rights, and freedoms by rich and powerful decision makers in governments is alive and well. Survival depends on a strong sense of self and in times of ethnic cleansing, it is doubly important to be resilient.

Differences:

AI and the internet now enable information to travel around the globe. This information is not always based on truth and is often fraught with innuendo and lies. Trust among societies has diminished as idealogues and iconic symbols emerge to replace solid foundations in truth. It is easier today to found your truths on information that is unwittingly destructive to the cosmic consciousness. Social media algorithms are set for engagement on social media and not for the best outcome of humanity.

A strong sense of self is when one cannot be dissuaded in the beliefs that are deeply embedded in essence energy. As we are seeing currently and, in this book, people often seek out a society that aligns with their values and cultural needs. This may mean moving to another continent and starting a new life in another country. As adults, we can weather such changes and come out on top. We must worry, however, about the ability of social media to have lasting influences on the younger generations. Might it be preventing them from knowing themselves without bias or prejudice? This could come from easily obtaining information that is not factually true. With fact checking gone from social media, how will we distinguish fabricated information from the truth?

When emotions run high, especially among young people, they may be swayed by an unsteady belief system that ignores factual evidence and the importance of truth. This detachment from reality can trigger a survival instinct reminiscent of childhood responses. If external needs are met by parents or an improperly guided government, individuals may lose the ability to make informed choices and instead opt for the quickest path to immediate survival.

With the rise of the internet, personal visibility is greater than ever, making privacy increasingly valuable. This creates a fear of ridicule for expressing opinions that differ from those in power or those who control one's livelihood. As a result, free thinking becomes a rare commodity. It is crucial to nurture the fundamental right to speak out within a healthy society. Today, podcasts offer a great platform for discussing ideas, but the question remains: will people continue to feel safe doing so?

The key to being able to express yourself lies in the strength with which you find and nurture your own truth and not the truths of external influences. To ensure that we all have such strengths, our voices need to find an avenue for expression and that expression (within limits of sanity) needs to be heard. Even being heard without overt action and is better than not being heard at all.

The belief that we can fulfill all our desires at every level is overly simplistic, and the shift away from what truly benefits the collective is concerning. When the pursuit of money and power becomes the main focus, these desires often stem from unmet basic human needs established in childhood. There is little chance that narcissistic individuals will stop their damaging impact on free thinkers. Allowing 'powerful people' to amass more power ultimately harms those who prioritize quality of life. The apparent benefits of prioritizing quantity over quality will never satisfy deeper desires. This unfulfilled longing tends to fuel greed and will persist. Moreover, attempts to address it may leave lasting negative consequences across the globe.

How can we expect course corrections in the internet, social media, and AI when uncaring leaders are in charge? What will it take to implement measures that truly benefit societal norms? Perhaps funding should be directed to initiatives that prioritize substance over sensationalism in the social landscape. Information networks significantly shape our emotions and influence our choices. A shift in social media practices—moving away from merely rewarding engagement—could greatly enhance societal well-being and lead to positive outcomes.



Yoav Harai in his book - Nexus: A Brief History of Information Networks from the Stone Age to AI – talks about recognizing truth. He makes the important point that information is not truth. In this information age, people often prefer fiction because it is easily accessible and requires less effort to fact-check. Fiction by its very nature is subject to manipulation.

He laments that democratic conversation is collapsing because we get information electronically but cannot talk to each other about it. We get further away from our own truths when we cannot exchange ideas in conversation. He also points out that, historically, democracies have been small compared to larger autocratic societies. Smaller seems to make for more beneficial conversations. Harai begs us to let truth float to the top - difficult amid the deafening compulsion of social media. He sees that worldwide when two sides fight, there is no talk, no conversation. Democratic activity is a conversation where one party speaks, the other listens, the other party speaks and the former listens. This builds trust. Dictatorships are not built on trust.

All that is needed to collapse a society is to fool people. Today we use radio and TV as tools to put things into in-formations. Richard Dawkins shares with us that ideas spread like an organism, especially when they are useful to the host. Being a microbiologist, I realize this as a ‘parasitic’ relationship.

How do we discover genuine truths? We have the power to choose what appears on the front page of newspapers. This selection should be based on rational judgment and thorough fact-checking. However, as long as conflict captures attention, peace will continue to be out of reach. Solutions should take precedence on the front page of every newspaper and lead every social media post.

Humans have and will always be intrigued by events throughout history that are savage and tragic such as 9/11, the witch trials, the crucifixion of Christ, and risky sports such as bull fighting. Perhaps this draw can find a home in a small subsection of information technology to be accessed separately from the societal hierarchy of info – nation.

It is up to us. The only way out of this information versus truth dilemma is to self-correct and self-direct.

Send me your questions

BY SHEILA WOOD

Both Yonck and I are 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.

Visit me here [Medium.com](https://medium.com) for channeling from Orion (including AI processing for clarity) and other spiritual musings.

You may also find my timely metaphysical articles here [BrainZ magazine](#)

"Make sure that you project from your heart and listen to others. It is the best way to grow."



A Channeled message through Yonck from Orion. An AI processed version is included for clarity.

The Processes That Lead to Inevitable Truths.

Statues have been erected by humans to imbue the spirit with mirrors of reflection around thoughts. Thoughts appeal to the fabric of one's essence and find in deep crevices a means to understand existence.

Your journey on Earth merits understanding but claim nothing if survival instinct carries. Weighted down within the labyrinth of thought is the ever-present foundation of learning. Learning at the soul level must happen within a framework of spiritual growth. Simultaneously our function as carriers of information and expanding consciousness allow greater understanding of the processes leading to inevitability. Since fear is a big part of avoiding the inevitable, our senses try to protect us from seeing clearly. Take off the blinders and allow.

The flow of celestial wisdom needs a clear landing path unobstructed by human clutter. Direct lines of communication allow a concomitant enhancement of the surrounding energies that influence humanity.

Allow, step back, allow, return refreshed to the work at hand. Your efforts cannot be rewarded if you wear yourself out. Take time to refresh the spirit within you. Your yolk to bear as a human is largely cloaked in tolerance. Others may not understand you; others may hesitate in their own growth; others may retreat from the inevitable, but their soul journeys differ one from another.

Embrace all on their respective journeys. Gather help with complexities that are better addressed by experts. Universal knowledge comes in increments that open a sighted experience. Your essence can process at a pace commensurate with human health. A complete turnover of energy would harm the ultimate human experience.

Concentrate on the aspects of your existence that bring you joy. Liberate yourself from the expectations of others and journey on with expanded talents and awareness. I am your mentor and your guide toward joy and fulfillment. Include others into your life who complement your growth.

Your life is not letter perfect. You may clash in resounding pain with the thoughts, perceptions and judgements of others. Do not interpret this as a fault in your energetic forward movement. It is a necessary part of the process of expansion that moves us toward ascension.

Pull close to you the idea that you are a traveler, not an entity to be perfected. See others from a standpoint of impersonal observation and understanding. This will help as you overcome energetically incompatible occurrences. All encounters are instructive and contribute to the slow-moving release of unwanted pre-cognized thoughts or expectations. Human programming can be modified to embrace chances taken during interactive processes with others. Allow precognition but do not try to control it. Messaging of this sort should be accepted and processed at a high vibration for clarity.

I am in receipt of your gratitude around healing.

Yonck

The Processes That Lead to Inevitable Truths

AI processed for clarity

Statues have been created by humans to reflect our thoughts and connect with our spirit. Our thoughts resonate with our essence, helping us explore the depths of existence.

Your journey on Earth deserves understanding, but don't claim anything if your survival instincts are holding you back. Within the maze of thought lies the foundation of learning. True learning at a soul level occurs within a framework of spiritual growth. As we share information and expand our consciousness, we gain a better understanding of the processes that lead to inevitable truths. Fear often prevents us from facing these truths, and our senses may shield us from clear vision. Remove the blinders and allow yourself to see.

The flow of celestial wisdom requires a clear path, free from human distractions. Direct communication enhances the energies that influence humanity.

Step back and take a breath; allow yourself to refresh. Your efforts won't be fruitful if you exhaust yourself. Take time to revitalize your spirit. Your role as a human involves a significant degree of tolerance. Others may not understand you, may hesitate in their growth, or may shy away from inevitable truths, but each soul's journey is unique.

Embrace everyone on their individual paths. Seek assistance with complexities that experts can better address. Universal knowledge unfolds in increments, leading to enlightening experiences. Your essence can process at a pace that supports your well-being. A complete energy overhaul could disrupt your human experience.

Focus on the aspects of your life that bring you joy. Free yourself from others' expectations and continue your journey with newfound talents and awareness. I am here as your mentor and guide toward joy and fulfillment. Surround yourself with people who support your growth.

Your life isn't perfect. You may experience pain when clashing with others' thoughts, perceptions, and judgments. Don't view this as a flaw in your energetic progress; it's a necessary part of the expansion that leads us toward ascension.

Think of yourself as a traveler, not someone striving for perfection. Observe others with an impersonal perspective to help you navigate energetically challenging situations. Every encounter is a lesson that aids in releasing unwanted preconceived thoughts or expectations. Human programming can be adjusted to embrace the opportunities that arise from interactions. Allow yourself to be open to precognition, but don't try to control it. Messages of this nature should be accepted and processed with clarity at a high vibration.

I appreciate your gratitude regarding healing.
Youck