
UNDERSTANDING THE JOURNEY

A Monthly Newsletter from Healthful Energetics, LLC
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The Rhythmic Ocean and the Moon

WRITTEN BY SHEILA WOOD

Connections between our consciousness and the Cosmos become evident as we witness the continuous dance of delivery and retreat of ocean waves on the sand. In *Waiting for Elijah: A Walk Through Time*, Phoebe spends time during her beach walks to assimilate feelings, to render feelings of loss to the universal tides that seem to regulate them. And as tides cycle, the abundance of comfort during high tides leaves Phoebe with a sense of belonging, renewal, and love. A love that is bigger than she is, a love that guides and sustains her through each cycle of her growth on Earth.



What friends and relatives could not see from the external presentation of Phoebe were her rhythms, the constant drumbeat that paralleled ethereal energy and embodied her personal evolution day to day, this internal evolution that was Spirit led. The give and take of these rhythms became a part of her decision making and there were times when she had to 'step aside' and let the foundation of her existence reign. This personal foundation included, but was not limited by parts of her soul map and she was the working epitome of this map. Long ago the scaffold of her existence had been built, meticulously constructed to embrace her soul growth, replete with revelations around universal connections. The aside to this map was the ever present knowledge, and sometimes challenge, of executing her free will within an energy of trust.

We are entrusted with the ability to live out our soul map and execute our free will by making the choices that color our path with the beautiful hues of individuality. We are guided by our soul energy composites of ancestral, Earthly, ethereal, predesignated, and creative contributors to decision making. We are given an accumulation of well-meaning and benevolent beings who impart wisdom from a platform of universal love. It is our responsibility to be open to these guides who have been gifted to us.

In a recent channeling from Yonck, The statement ‘step back and let celestial energy fill the space’ resonated with me. I realized that this awareness should become a part of my daily agendas and that the steps taken around a framework of allowing, would greatly enhance my own soul’s journey. Clearly, this journey is not entirely about my soul but includes the responsive growth during interactions with other soul paths.

I believe that individuals are introduced into another’s path adventures to modulate a series of vibrations that necessarily need adjustment at a particular point in time. Interludes of interaction then have a ripple effect on the depth and breadth of learning about who you are at the soul level. From my perspective of age and position here on Earth, I realize that interludes are perpetuated to moderate vibrational soul energies, much like the interjected measures encountered in symphonic presentations. Our ability to incorporate these vibrations is key, as is the foresight to see that a purpose has been drawn during certain interludes. As in a symphonic presentation, the interlude ends... as it must, but within us an interlude happens, not without a change in the direction and composition of our soul energy. In one of Yonck’s channeled messages (Time and Boundaries 10/14/2024) he states that “...Important within our journey is realization of time and boundaries. One’s time of connection is meaningful but is not meant to endure into the vastness of complete understanding. The feelings of others resounds in their own ears and leads them to places where they serve.....”. Thus, interludes end.

Another prelude to allowing comes from Yonck (Celestial Energy and Divine Will 08/15/2023) “...Connecting with yourself is key to finding resolution within. Human understanding often limits insights to one level of consciousness, so it's essential to allow all levels to contribute. Counter negative energy with love, letting celestial love guide you through chaos. Humanity was created as chaos transitioned to order, and life follows this same pattern. Sometimes, resolution comes from stepping back and letting celestial energy fill the space.....”.

This reflects the cycling of tides as the relationship of the positioning of the Earth to the moon dictates how tides progress. Likewise, the positioning of the progressive cycles of our soul energy are important and they are not meant to remain in one position for indefinite periods of time. Our need for spiritual growth cycles, ebbs and flows, and new insights integrate into our already established levels of understanding. As cycles go, when a cycle completes and we are ready to step into more growth, Yonck advises us that “Resolution may appear by stepping aside and allowing celestial energy to permeate the space”.

Celestial energy in our spaces then allows our eyes to see more clearly and our hearts to sing with abundant love, getting us ready for the next step.

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.

An allegory reflecting current times
&

Visit <https://www.medium.com/@swood13777> for channeling from Orion and other spiritual musings

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



Through the Viewer's Lens

It was kindergarten for the Raccoons. October was a month of preparation, locking them into a pattern of foraging. Winter was coming and the entire Raccoon community developed an embodiment of the ever present tap, tap, tap of restricted access.

Everyone knew about the secrets; everyone knew about the absorption of humanity into a capsule of integrated confusion. But to restrict access to life force sustenance? This was an abomination.

The Raccoon coalition had spent years developing their foraging abilities and they resented being shut out of the decision-making fraternity of Bears. The Bears had tried every way imaginable to take over the food sources so essential to – so vital to – their existence. These pesky Bears continually schemed to steal their sustenance.

Relying on ingenuity and inherited talents, the Raccoons developed a masked effort to retain possession of their food forage route. They created a new route through many alleys too small for the Bears to enter. These narrow and specifically protected alleys were manned by well-meaning adult Raccoons who volunteered their time to assure complete and active participation in the process of restoring and retaining access to food.

One day, an official appeared who carried a gun armed with tranquilizing darts. The huddled and observant Raccoons watched as Bear attempts to steal were thwarted one by one by the protection constabulary.

Flaccid Bears were taken out and loaded onto trains, planes, and busses where they would reside until deposited onto the very reservations that they had been a part of creating years ago. Their new world would be filled with many attempts to denounce and rob, but alas, no one paid attention - no one would see them because they were on their isolated reservation.

What a relief !!!!

