
UNDERSTANDING THE JOURNEY

A Bimonthly Newsletter from Healthful Energetics, LLC

<https://understandthejourneys.com>

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Secrets Unfurled

WRITTEN BY SHEILA WOOD

We often get angry with others when we find that pieces of information withheld could have benefit for us. This is particularly reflected in close friends and family, those that we choose to wrap our faith and trust around. A primary example of this is the subterfuge around abuse in immediate past generations of family. This energy often comes to light in Akashic Records reads and can be somewhat surprising as no one in the family talks about it. Shame being the culprit, such information is often hidden across many generations.

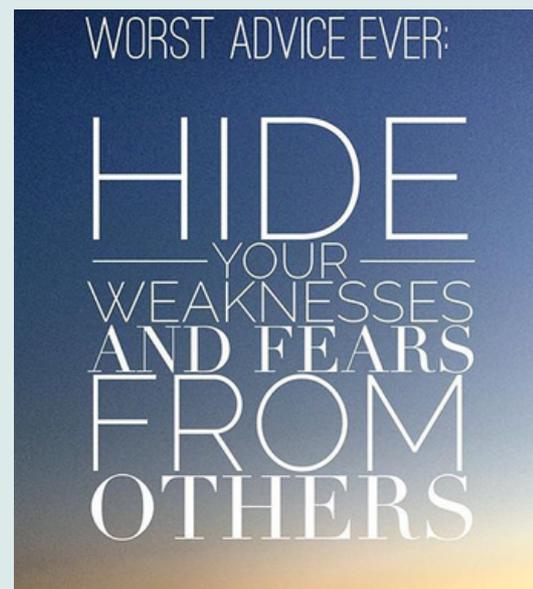
We experience the lingering effects of abuse from past generations in our own lives. We may be unaware of where this energy comes from, but it is important to process it because it affects our choices, our behavior, our relationships, and our psychological health. Secrets are a big part of the boundaries that we shield ourselves with to be accepted into society. We present a face that is often not really how we feel about our life. The things we choose to hide are often the things we need to talk about in order to heal.

When the tentacles of abuse come forward in an Akashic read, the emotions around the past abusive events/behavior can be cleared. The important part is simply to be aware consciously that it happened so that processing in the mind can occur. This processing is best handled in increments of time and at a pace that is healthy. The emotional side of abuse stays in our energy generation to generation and that is what needs to be released to enable clearer and better relationships with people.

<https://www.youtube.com/watch?v=wBqILCSE70c>



https://www.youtube.com/watch?v=Mr1sqe_eZq4



WHO WE ARE MATTERS. WE TAKE WHO WE ARE INTO OTHER INCARNATIONS AND OUR ENERGY IS PART OF THE OVERALL COSMIC CONSCIOUSNESS. SAD THOUGHTS ABOUT PAST HURTS THAT DOMINATE US CAN FIND A HOME ELSEWHERE - OUTSIDE OF OUR PRESENT MIND. MAKING THAT COMMITMENT TO OURSELVES AND GETTING THE HEALING THAT WE NEED IS IMPORTANT FOR US, FOR OUR DESCENDANTS AND FOR THE UNIVERSE.

Do you want to know a secret?



Another example of how secrets bind us is when a troubled soldier comes home and has memories that he or she does not feel comfortable revisiting, let alone sharing. They harbor a secret 'shelf' of stories that can only be appreciated or understood by another soldier because we as civilians do not have that experience or connect emotionally. Once that door is opened and secrets are safely examined, the emotions around them can be released.

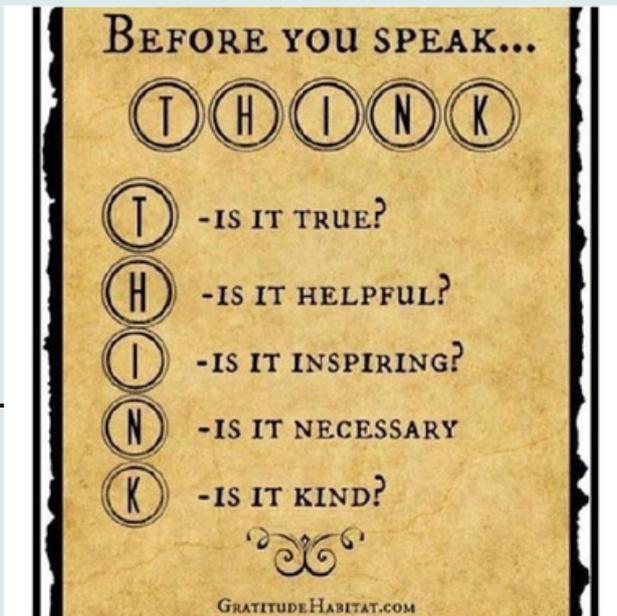
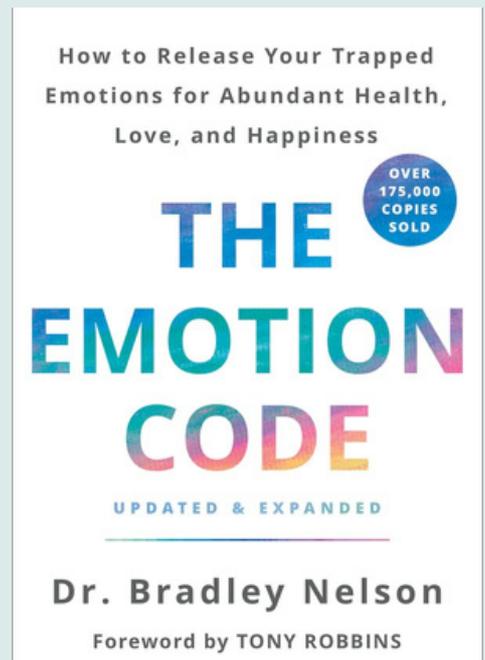
As a society, we need to work on 'un-stigmatizing' mental health issues, because in fact we all have them. We need to assuage the fears that come with the thought of revealing what lies at the root of our shame. And we need not forget that first critical step of releasing the shame so that reaching out becomes easier.

My Dad, a WWII veteran, served in the infantry in the European theatre. He came home in one piece physically and mentally but never talked about the war with us as a family. It wasn't until he retired and joined the VFW that he talked about his experiences and at that point, he could not stop talking about it due to the 'community' he had found. I look back and know that his first 68 years or so were full of such stories, but he had not found a welcoming or knowing latitude upon which to express that part of his life.

We all need to be heard. Our secrets hide in a select place until they start to cause us harm and then hopefully our will beseeches us to find a forum that understands and supports. Sometimes our physical health issues are all about these secrets not revealed to us from past ancestors or soul lives. They can also be about those memories that we sequester in our 'Secret's Room'. Wherever they are or wherever they originated from, it is important to become aware of them and process the emotion around them.

Dr. Bradley Nelson teaches us to remove trapped emotions from your body that:

- Fester and cause pain/malfunction
- Cause mental distress
- Affect your emotions
- Affect how you think
- Affect choices you make
- Prevent you from giving and receiving love
- Use this to help animals



This book presents a way to unload emotional baggage. It provides healing techniques useful for understanding what emotions are causing pain in certain areas of the body. Dr. Nelson instructs using practical physical methods of testing developed from as early as 2007 such as muscle testing. He has laid the foundation for methods that are now used without the need to be physically present with a healee. Our remote healing modalities, including Reiki, had a basis in this type of testing.

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.

Why do we like what we like? What makes us have preferences - like favorites in music and art?

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."



Why do we have such trouble accepting disappointments?

What is disappointment? Disappointment occurs when something that we desire or expect does not happen. It can also be about our desires around other people's behavior that do not happen as expected. It leaves us with a feeling of frustration or lack of confidence in our own abilities. This is understandable because a part of our survival plan as humans is creating a timeline with an agenda. This is how we become programmed to operate. Our minds, our desires, and our needs dominate the planning. What we fail to do is incorporate disappointment anywhere in this plan. Sorry, but it is part of the whole process of moving forward and from a metaphysical point of view can actually be seen as guidance.

Yes- guidance. Our path is written in the Records, and we are given the gift of free will to play with. These two are compatible if the term outcome of this incarnation is not catastrophically interrupted and recovery of the original planned choices are possible. This explains Angelic intervention when a person is in an accident but not near their death moment and it explains why we did not get that promotion last year, etc. It stems from the ever present vibrational 'receptors' that guide us during this incarnation. The things that happen to us that are seemingly 'unexpected' can in fact be part of our Earth plan, being assisted and guided by those same spiritual mentors who were present during our soul's pre-birth meetings.

Looking at disappointments from a different perspective can leave us with a feeling of renewed gratitude, a complete 360 degree turn from disappointment. Can we be thankful for the free will that complements our plan, and can we treasure the ability to choose how to feel about things that happen in our lives? It is difficult, but yes, we can change with time and coach ourselves to fall into a new rhythm that spotlights the many blessings that are happening within our journeys. Mazal Tov!