
UNDERSTANDING THE JOURNEY

A Bimonthly Newsletter from Healthful Energetics, LLC
<https://understandthejourneys.com>
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The Movie Paterson

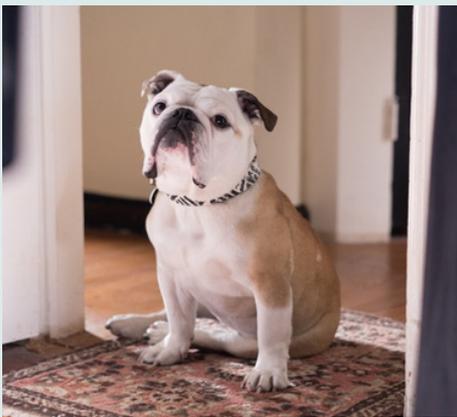
WRITTEN BY SHEILA WOOD

This movie has been described as an ode to mindfulness, to love, and to life. It brings a welcome and refreshing perspective to the extraordinary ordinariness of life. And for us metaphysicists and spiritualists it brings into focus, however subtle the technique, the principles that govern and follow us daily. This is a movie that you will experience and become better for doing so.

Set in Paterson NJ, Jim Jarmusch's work of art reflects just that – art as a choice we make to complement the other not so artful parts of our lives. Much like the writing that I do, this presentation brings to mind the constancy and rhythms of nature that we ride on within the matrix of universal energy that supports us. One does not have to look very far to see the subtle, but at the same time loud, homage given to universal law.

We speak of and depict infinity as a circle, with no edges and no corners that stop the motion. From the wheels on the bus to the sunrise and sunset, to the creation of twins, we are surrounded by cycles that sustain us and are a reminder that life repeats. It repeats when Paterson the bus driver in Paterson NJ awakes every day to his silent watch on the bedside table. It repeats when his day is filled with routine – waking with his wife in his arms, cereal in a cup, his lunch tin so lovingly prepared by Laura, and most importantly the writing of his poems at times that pepper his day.

The themes that fill the air in this movie are those for constancy, re-creation, love, individuality, and patience. Among all these themes, this couple's day-to-day is played out and we see the ultimate in yin/yang energy. Paterson is observant, quiet, generous and expresses his art as though he does not want anyone else to see it. Laura on the other hand is the ultimate dreamer and urges Paterson to dream with her. She cooks, paints the house, learns to play the guitar, and encourages Paterson to publish his poems. Her exuberance is the antecedent to his quiet and private nature.



And then there is Marvin the dog. Marvin is tolerated by Paterson and loved by Laura. He watches out the window as Paterson comes home to a tilted mailbox every day and glows with satisfaction as he straightens it. Marvin has secrets and represents that one animal in our lives that is seemingly permanent and largely unchanging.

The two are intertwined, yet separate, much like the extension we see in the concept of entanglement. We see how Paterson uses this to his advantage by relying on Laura to interface with the world while he goes about his day in quiet solitude, observing the world, but feeling it with much emotion as is reflected in his poetry. Images are depicted – his shoes, a box of matches, the waterfall, pictures on the wall, all pointing to the phenomena of lived experiences by observation as he fully grasps living by seeing the world as it is and allowing it to provoke feelings. And these feelings go directly to the page in the form of poems.

He expresses his essence in his art and the idea hovers between the character and the observer as to how this happened – how and why does he convey the workings of his soul to a page?

The multiple appearances of twins (five sets) is quite possibly manifested by Paterson as an extension of Laura’s dream that they have had twins. Twins seem to be a shout out to the insurance that beings are mirrors, sometimes exact, sometimes not and that our thoughts can manifest reality. Other manifested realities include a young girl who is a poet (and a twin) and the celestial being (who is also a poet) who becomes sentient and gives Paterson encouragement after a minor tragedy. This person seems to inherently know Paterson as nuances abound and glimpses of Paterson’s abilities are hinted at in the conversation. To neither of these people does Paterson reveal that he too is a poet but obviously his thoughts have attracted like beings.

The sentient being, a poet from Japan, pulls out his book of poems and shares with Paterson that “Poetry in translation is like taking a shower with raincoat on” which is my favorite line in the movie. His travel to the town of Paterson from Japan has been influenced by the poet William Carlos Williams, a physician/poet, who once lived in Paterson. The two share him as a point of inspiration.

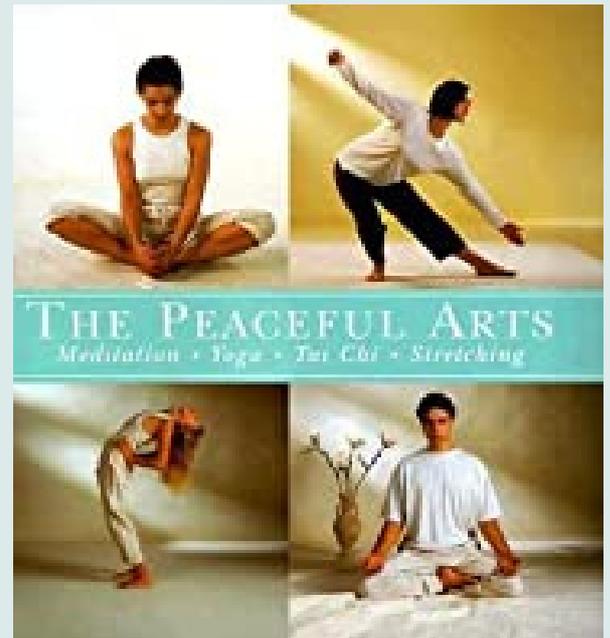
I watched this movie once, then I watched it again, and soon I became a part of it. Every time I watched it, I saw something new, the impact of which was stunning. Making the film was not the normal desire for blockbuster allure but instead for Jim Jarmusch it was an act of love. It was made for those of us who have recognized a part of ourselves as a result of watching it – over and over again. Those reflections on the windshield of the bus – of clouds, buildings, people - are the reflections of a collective mind and of his own form of art. I hope to meet him someday and have a conversation about the inspirations that move us.

The Peaceful Arts Meditation, Yoga, Tai Chi, Stretching

Mark Evans, John Hudson, Paul Tucker

Understand how improvements can be made in the following:

- Visualization
 - Relaxation
 - Reduced stress
 - Study skills
 - Creativity
 - Improved self-worth
 - Confidence
 - Goal achievement
-



This book has a way of making you confront yourself and decide to bring your life back into balance by “practicing”. By following the pictorials, you will develop a much stronger mind–body connection and revitalize using stretches and movements. Balance needs to be practiced in order to maintain an upright and sturdy posture that supports all organ systems.

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 sometimes feel isolated?

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 is an antidote for overwhelm?

Overwhelm is the feeling we have when we are thinking of what must be done now. Obviously, we cannot complete everything in one hour or one day. Our concept of time is usually that there is not enough of it. Where does this originate from? I think the concept and feeling of overwhelm is grounded in expectations and largely what other people expect us to do. Job time constraints and deadlines are real and are usually set for us by other people. So, our level of anxiety often results from thinking that we cannot meet expectations.

One of the best approaches to sound reasoning around this is to look at what is affecting our health. If we are having trouble coping, then scheduling measures and communication with superiors on the job may help. Other considerations are whether another environment may be healthier for us. We are each geared to be most productive and happy doing things that we get satisfaction and reward from. Time seems to melt away and resist measuring when we are doing the things that we love.

It is important to know that stress is real and find ways to relieve it. Exercise is one of the best ways to release pent up energy and tension. Yoga, walking, stretching, meditating all restore that ever important mind-body connection. And we must remember that there is always time to do what we set as our priorities. Give that one hour per day to yourself as a gift and use it to relieve anxiety.