
UNDERSTANDING THE JOURNEY

A Bimonthly Newsletter from Healthful Energetics, LLC

<https://understandthejourneys.com>

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The Ends and Outs of Family Ties

WRITTEN BY SHEILA WOOD

The words 'Family Ties' have both figurative and literal meaning. We all know who our 'family' is and sometimes those we are related to through DNA are not necessarily our true life-directed family. The ties that bind are multifactorial and lie within us, biologically, spiritually, and energetically. Such ties can be optimal as long as balance is maintained around the connections. When imbalance occurs, it may be to our advantage to level the energy and emotion around fissures.

We approach family ties from several different perspectives. The ties to our biological family often feel mandatory, even though we may not feel personally close to some members of our 'blood family'. Feelings of guilt and confusion may result from this. If we look at it from the standpoint of soul journeys, this widens our view, as we realize that every member of our biological family originated from a soul journey unique in its own making. Your father's, mother's, and siblings' souls have their own roots in many incarnations of learning and have chosen to spend part of their journey with your soul. This does not necessarily mean that each soul remains in the same family units across time. Earth families are chosen according to soul lessons yet to be learned and the individual soul's attraction to your family unit lies in realized opportunities to complete these lessons. Therefore, it is no wonder that not every member of your biological family gets along with or even likes each other. Many agendas are at play, both at the human and soul level. Not all lessons to be learned have pleasant tracks. Nevertheless, it is encouraging to see a loving and supporting family unit that arises out of the completion of each soul's lessons as they move toward graduation.

<https://youtu.be/P6zaCV4niKk>



WHO WE ARE AND WHAT WE CARRY GENERATION TO GENERATION MATTERS, FROM BOTH A SOUL AND A BIOLOGICAL STANDPOINT. CLEAR THREADS OF CONNECTION ARE EXEMPLIFIED IN MY BOOK, ESPECIALLY BETWEEN THE PROTAGONIST PHOEBE AND HER GRANDFATHER ELI. THE INTERESTING PART IS ALTHOUGH THE TWO NEVER ACTUALLY TALK ABOUT ANYTHING RELATING TO THEIR VERY SIMILAR ROLES IN LIFE, THE CONNECTIONS CLEARLY SURFACE.



An example of when we need to re-balance energetic ties is when the cords of energy connecting two people result in chronic pain, lethargy, or depression. Cords can prevent you from moving forward or cause hesitancy toward making the changes in your life that you need to make. They can originate from you or from anyone you know but are commonly from either a family member by blood, a close friend whom you consider part of your earth family at the soul level, or from a significant other. People you have been close to at one point in your life can cord into you. As their thoughts dwell on you, it can be felt physically. Chronic pain is often relieved by removing energetic cords. From a healer's perspective, cords are pulled out because cords that are removed by cutting may return. Often people tell me how much lighter they feel once these cords are removed. The health that this restores from an energetic standpoint can be a game changer for some, especially if it comes at a critical time for that person.

The transmission of specific talents that run through families biologically can be seen in the generations of doctors and lawyers and artists and others that show up in the same families from generation to generation. Such abilities can skip a generation but often resurface down the line. The science of epigenetics can track and define transmitted traits using DNA analysis. Evidence of this was shown after 9/11 when PTSD was transferred on the DNA from a pregnant mom (who witnessed the horrific events) to baby.

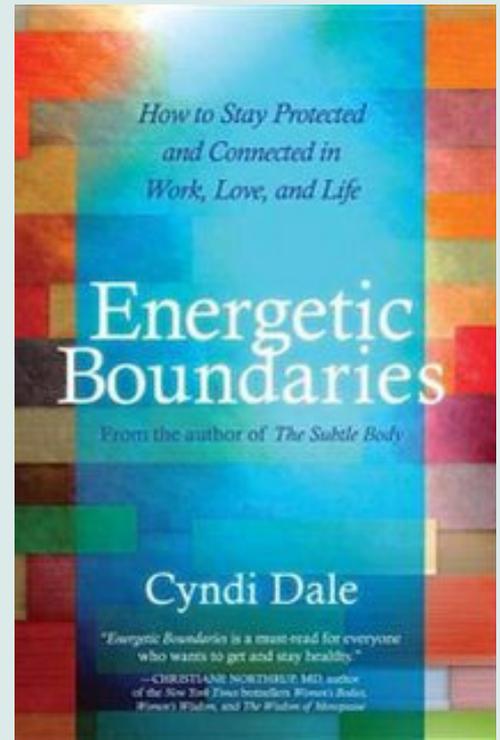
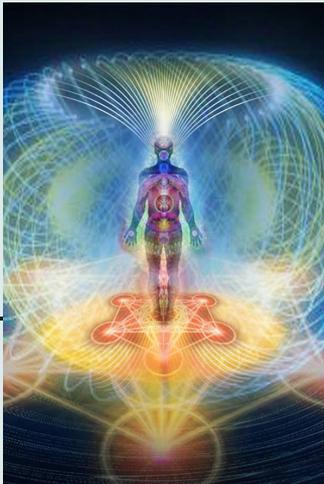


So it goes with our lives. We meet each other, exchange energy, learn lessons, move forward, and grow. Cords happen and whether we keep them or cut them, they serve a valid purpose at critical points in our lives. Letting go is not a failure, it is a step forward.

Cyndi Dale tells us about

- Energetic autonomy in relationships
- Protective guidance for energy healers
- How we are connected energetically
- How to strengthen and repair personal boundaries
- How to establish boundaries for

Physical
Emotional
Relational
Spiritual
HEALTH



WE BEGIN TO UNDERSTAND HOW TO RECOGNIZE MESSAGES WITHIN FEELINGS AND BELIEFS. IT IS IMPORTANT TO NOTE THAT WE CANNOT SEE SOME OF OUR OWN HIDDEN PACKETS OF KARMA AND MUST CALL ON A FELLOW HEALER TO REVEAL AND RELEASE THEM.

In this book, we are introduced to the 12 layers of our auric field. All layers serve as filters for information coming into and going out of our energetic field. Our boundaries have characteristics that range from rigid to permeable. How and where do we find and maintain a balance? We are taught to use colors, crystals, and define connectors such as cords, curses, and binding. We learn about relationships with children and how they need their own set of defined healthy boundaries. We learn how to relate to our children as we both move through stages together.

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 have such trouble accepting disappointments?

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 the thought/feeling/discussion around the statement "we aren't given more than what we can't handle" and how that relates to suicide, spiritual emergencies and mental illnesses? And the idea or reality that we chose to face these challenges in our prebirth plan? Laurent

The soul knows what it can and cannot withstand or endure. It also knows that choices abound at both the soul and sentient level. These choices often cause a draw toward or away from the Light as the soul can choose to move in one direction or the other.

When a problem is set before them, it trumpets a resounding call for the need to rebound, to replenish a depletion, to find joy in the unimaginable, and to rely on inner reserves of peace to attend to the ever-present need for comfort. Souls are not perfect in their choices. They come into an incarnation with goals that they helped pre-define but know nothing of once they enter this incarnation as a sentient being. The challenge is not in the conscious mind but deep within the reaches of energy portrayed by a soul pattern.

The closer a sentient being can get to that soul pattern, the more likely the outcome will be good. That said, we often do not see the requirements that soul has made for themselves and how or why they have chosen to deal with it in a specific way. We, as fellow soul travelers, are called upon to respect their choices. We do not or cannot fully understand the role predetermination has played in the soul's lesson choices.

Souls between lifetimes (Journey of Souls by Michael Newton) who have ended an earthly journey have been witnessed as saying they regret not living out the 10 to 20 remaining lessons during this particular incarnation. They also assume the responsibility to re-enter and relive, as an enlightened soul, the obligations that still lay before them - their lessons lost to suicide.