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# UNDERSTANDING THE JOURNEY

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A Bimonthly Newsletter from Healthful Energetics, LLC  
<https://www.sheilajwood.com/about-8>

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



## Inherited Trauma

WRITTEN BY SHEILA WOOD

In consideration of all contributors toward healing trauma, it is an effort that resides at the route of all psychotherapy. My most recent read, “It Didn’t Start with You” by Mark Wolynn is basically a workbook to investigate and discover family ‘secrets’ over three generations. It works from the beta level conscious mind and relies on information gathered from parents and grandparents that has been hidden due to shame or to protect offspring from shame. Unfortunately and as witnessed in most families, this information rarely sees the light of day. The other striking thing about this work is that the release of emotions around traumatic events is not addressed or facilitated.

From his work on epigenetics, the most useful part of his information (which is not in this book) is the revelation that biochemicals regulating DNA function can be chosen as implements for healing. This information will indeed prove useful in client sessions.



Surprisingly, in this book, the reader is left with an information gap sequestered in what is not done for the patient. The majority of past trauma is left unaddressed and until it can move to a conscious level, it will continue to reside in a person’s essence. Trauma that we have in our essence and harbor in our DNA memory goes way beyond the miniscule sample of three generations. It encompasses all generations, past present and future (in human time) and resides in the Akasha. Of utmost necessity is the release of emotions around traumatic events revealed in the Akasha, as the events need to be brought into the conscious mind from all the levels of consciousness where pearls of shame within secrets reside.

Completely left out of the presentation were the soul injuries that follow incarnation to incarnation that are deeply embedded in soul energy. Emotions are the carriers of traumatic memory, and this energy needs to clear.

So, from a one dimensional conscious mental standpoint this work can be beneficial. However, the factors that are missing will prevent complete relief from past trauma. One level of consciousness with no emotional component without the ability to find the family 'secrets' that reside in the Records or release negative energy from traumatic events that could have happened centuries ago, leaves quite the vacuum. As mediums and healers, we are granted these gifts and can avail ourselves to them for healing deep wounds hidden in the milieu of both generational and soul secrets that await in the Akasha.



Wolynn's healing tool seems to be 'mindfulness' which is good but there are so many other healing tools that are not mentioned. That said, awareness is the first step, and he does strive to make us aware of the origin of our triggers and thus manage them.



I give credence to all effective modes of healing trauma but insist that Spirit does not need to be left out of the equation and nor does the ability to see other lives/incarnations. Collaborations provide essential skills for seeing all sides of a healing paradigm. As we see from Robert Schwartz's "Your Soul's Gift" mediums can be an essential part of bringing the unknown secrets that need healing energy to the forefront of consciousness.

Wolynn also extrapolates that we may try to unconsciously live out parts of our parent's lives witnessed as we were growing up. He also suggests that we do not heal our adult relationships until a love connection to parents is foremost in our minds. I wonder how people who experienced severe abuse from their parents as children feel about this. Acceptance may happen, but abuse is not grounded in love. Again, the reader is left wanting more information as explanations around this are missing.

His contention that the way we feel about ourselves is the way our parents felt about themselves and that we walk in their karma lacks reasoning from a metaphysical standpoint. As soul beings we are each together with family but remain separate souls on a designated journey with designated lessons. We are not here to work out others' karma, including our own family members. Perhaps with a grounding in metaphysics, his presentation would differ somewhat.

BTW:

A friend told me once that I should not feel that I must apologize for stating my point of view and standing in my own energy. Even though we are all here to support each other, the need to express differences does not diminish and, at some point, becomes necessary. I only hope that we can honor each other's points of view while expressing our own with much insight, compassion, and gratitude. The abundant love, universal information, and healing techniques available to us will hopefully allow this to unfold.

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# 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.

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As we all know, often answers to questions birth more questions.

So in a word - this is the "Don't Be Shy" page.

*A channeled message from Orion*

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."*

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## Presenting a channeled message from Orion

This channeling from Orion reminded me that blessings from afar come to us at levels that are familiar and that we can relate to. Yonck refers to the Bible as a frame of reference in my opinion to help us understand this part of our journey.

I do not have implicit knowledge of the Bible, but this reading has led me to review the short book of Ecclesiastes. From it I have pulled verses that may serve as a frame of reference (as I perceive them) in some way for this message from Yonck.

**1:9.** Refers to the fact that all things are written

**1:11** Refers to the Human incarnation journey and the fact that we are not to remember past or future incarnations to direct our path during this incarnation.

**1:16** Refers to going within for wisdom and knowledge

**3:1-8** Refers to - 'Let go and let God'

**5:6-8** Refers to - Divine intolerance

**9: 11** Refers to - We do not control everything

### Yonck

The illusions that we face in life come in a myriad of ways and serve to guide our attention to issues that seem irresolvable. Feelings of internal rebellion abound around the happenings that we have no control over. Lest these empty portals resound in your consciousness, allow internal resolution.

Coming from the higher council on Orion is wisdom from Ecclesiastes [Ecclesiastes is from the words of 'The Preacher', son of David, King of Jerusalem] concerning Divine intolerance (example 5:6-8). Divine hands at work often appear to be in opposition to resolution and appear to be moving toward chaos. Although feelings of alarm may arise, know that the order of things is eminent. Set upon the goal of aligning yourself from an internal perspective to be able to see fully the unfolding of Divine Will within the framework of your existence. Those incidents that seem alarming are filled with meaning for you and others, and your role may be to observe. (3:1-8).

The control that humans have within the Divinely directed patterns of life is illusion. Your control among men is clouded by human vision and only becomes clear as each individual soul evolves against a randomly suggested pattern governed by Sovereign Will. (is this what we perceive as free will?!). Sovereign Will placates and resolves among human chaos.

Connection to self paves the path toward resolution within. Human countenances resolve indistinguishable revelations at only one level of consciousness until all levels are allowed to contribute. Therefore, counter low vibration energy with love. Allow celestial love to take the helm and accept wisdom within chaos. Man was created when chaos moved toward order and happenings in life follow this same pattern. Resolution may appear by stepping aside and allowing celestial energy to permeate the space.

Carry on with the implementation of Divine love that is sent through channels of transcendence. Be fully aware that beings cannot change celestial energy, but celestial energy can enter into humans and human situations that require love. Your role as a human is to allow celestial energies to permeate life and watch as chaos moves to order. Your actions may assist but not control.

Come from a stance of heart-centeredness. Expand that self-love beyond the boundaries of your existence to a level that penetrates your life. This is one avenue that allows sovereign wholeness to reign.

Much love

Yonck

As you are shifting, you will begin to realize that you are not the same person you used to be. The things you used to tolerate have become intolerable. Where you once remained quiet, you are now speaking your truth. Where you once battled and argued, you are now choosing to remain silent. You are beginning to understand the value of your voice, and there are some situations that no longer deserve your time, energy, and focus.

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