

UNDERSTANDING THE JOURNEY

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

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

The Business of Choosing

WRITTEN BY SHEILA WOOD



Often the choices before us daily cause confusion routed in our frame of reference for success, success being defined in various individual terms. Time constraints may not allow us to sift through the origins of the confusion and thus may lead to uninformed decision making.

One way to arm yourself with centered values in your decision map is to check your intuition meter and ask questions. It is important that the uncertainty of others be recognized, as we are often duped into believing ungrounded premises and ride on untruths simply because others are struggling to know what they themselves mean, what they are doing, or what major concepts have been ignored or necessary training refused.



Equally as frustrating is their need to use others' abilities and somehow take credit for others' knowledge. The feeling of being used in these situations is real. It floats within a sea of frustration because often the perpetrator is clueless of his or her own deficiencies and substitutes listening tools with arrogance. These personality types are often described as narcissists or egocentrics based on their behaviors. Although not entirely bad, the overuse of control becomes obvious when they lay the veil of nonrecognition on others' talents and contributions and seek to take them as their own.



We have all felt this. We have all felt the nagging tightness in our solar plexus that warns and stays until we have moved on and released all connection to these individuals. Although separation may be difficult, it is important, because the victims of excessive control will never be recognized as correct or as having solid contributions. Instead, they will be diminished in importance to the point of becoming insignificant in others' eyes as well.

My advice when you find yourself in a situation that resembles this is to run. Run as fast as you can away from anyone who tries to deliberately use you for their own gain. Run from anyone who ignores your talents and contributions. They will continue to turn away from recognizing you and others. You may wait for change in this person, but they will always tell you that you are the problem and that they are right. Even when you stand in your own energy and repeat several times both the boundaries and standards that you operate within, it cannot be heard by these personalities. It does not matter how great they may appear to others, what matters is how bad they make you feel due to their need for total power.

As a medium, one of the first principles that was conveyed to us was the existence of people who, when they receive a true and deep reading, will bolt. We were taught that this is probable when the individual is afraid of being exposed at his or her own level of hidden insecurities. Mediumship and channeling carry with them a great deal of power. It is incumbent upon the reader to only bring what is best and hopefully what can be handled. Often narcissists and egocentrics prefer to avoid being read because the vulnerability factor interferes with their extreme need for complete control.

When the desire to control others is recognized in some, it can be a direction finder or simply guidance from Spirit. Once recognized, you can choose. Your choices may include 1) to accept and carry on, 2) to remove yourself and your career from a potentially harmful situation, or 3) to approach by asking questions. If the choice you make is for your optimal health, you have made the correct one.

It is important to honor, protect, and keep close the gifts that have been delivered to you from Spirit. Spirit wanted you to have these gifts or would have refrained from bestowing them to you in the first



place. Be vigilant for interlopers and be aware that attempts at manipulation will ensue as you stand in your own energy. Refrain from expecting such people to recognize or accept your contributions. At the same time, maintain and continue to own your power, without feeling that you must give it up to be accepted.

Spiritual journeys require strength and confidence. Each is special and Divinely inspired. Humans need to give individuals and Spirit a wide berth for these gifts to be used appropriately. Please know that much spiritual protection exists and many blessings surround your continued journey of receiving and sharing. Make sure the source of your energy is Divine. As far as the human aspect goes, remember that appearances or power may take seemingly benevolent forms but ultimately are routed in human psychology. Look to Spirit for insight.

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.

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."



Presenting a channeled message from Orion

The Confederation awaits the long and protracted battles among humanity on Earth. It portends the (spiritual) awakening, amid chaos, of multiple tribes of individuals on the plane of existence that has been provided. The care we assume during these battles will sustain us. The strength needs to be shared among star being energy that supports continuity among races, human families, and structures of governing principles. The soul energy surrounding many has been manipulated to include unwelcome auras, pretenders who mean harm. Move toward sovereignty of spirit to guide sovereignty of your civilization. We intend to observe and impact as needed.

Within the guided armies we provide, couched in a revelation of wholeness, come into your being of related wholeness. This will sustain you and all of your contacts within and around the universe as you know it. Come to realize the connections herein that I am explaining. The limits to humanity exist in a plane that will implode if not cared for and sustained. Willing to be cared for by universal energy becomes a top priority to survival, more from a spiritual standpoint than literal physical survival. Allow direct communications to sources pure and benevolent around you. Open this energy to others and surround wavelengths to include humanity and nature. Revel in the joy that connection brings among many, both Earthly and Universal.

Thank you for allowing me to enter

Questions are welcome. Yonck