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# UNDERSTANDING THE JOURNEY

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A Bimonthly Newsletter from Healthful Energetics, LLC  
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<https://www.youtube.com/watch?v=TfHgvYcrMUK>



## What is truth?

WRITTEN BY SHEILA WOOD

Those of us who pursue a metaphysical journey seek and nurture our individual 'truths'. We often find that these truths seem to morph and change with each bit of acquired knowledge and experience. We continually embrace new ideas that feed both individual and collective truths. As I struggle to find a way to define truth, I land on the perception that our individual truth relies on

**principles that govern the fundamental roots of the soul.**

Individual truths are both inherited and developed. Our inherited truths live in our DNA and are transmitted to us by our ancestors and past lives, and developed truth is incorporated into our energetic footprint as we travel our path incarnation to incarnation.

Our inherited truths can be described as those that are a given; those truths that are part of us and that our ancestors passed down to us. What we choose to bring in and incorporate into our existing energy is influenced by the inclinations in our inherited truths. Each bias or inescapable prejudice that we carry in our bloodline either draws us toward or repels us from taking information into our energetic footprint and finding a place for that information in our belief system, our library of sorts. Memory storage becomes action provided it is used and not left to wither. It espouses a foundation for words and actions that resound toward decisions and the establishment of life systems. This thinking implies that we are not singly unto ourselves but instead a compilation of many who came before and will come after us. Our DNA houses information that has both biological and spiritual implications. It does not just transfer our bodily codes that instruct growth and development, it transmits energy from those experiences we have had across many incarnations. That energy remains with us across time.

Acquired over time, our developed truth is part of our energetic footprint and is ever changing and morphing, depending on what we choose to process and bring into it. As we proceed to examine new principles and incorporate them into our energy or not, our individual truth changes, supported by the basis of information that already exists as our energetic footprint. Within a continuum of learning, our 'once' beliefs may change slightly when looked at from a different perspective.

Collective truths are those truths that we absorb from within society. These are truths that people within a society gravitate toward. These collective truths tend to resonate with our individual truths and are truths that pull us towards information, situations, or opinions that feel most familiar. This is where great change can occur in our lives, and the direction and strength with which we are pulled will depend on the strength of connection to the roots of our soul. It also depends on how strong our desire is for change and the tenacity we exhibit as we maintain our energetic footprint, bring other information in, process it, and either make it part of our truth or discard it.

Some examples of this are incorporating, with care, things we hear on the news or excluding things we hear on the news influenced by our existing truth. Another example is choosing to construct the principles we live by rather than being totally influenced by what others wish for us

Some unseen forces that affect our views, affect how they may change, affect how we may react, or affect how we are molded, include parental convictions and beliefs, religion, past life experiences, exposure to different cultures and lifestyles, and what we grow up trusting.

The aspect of - what we grow up trusting - is important to me because it affects open-mindedness. How open-minded we are affects how much we grow. How much we allow ourselves to grow affects our metaphysical journey. Our trusted beliefs carry over into our soul's spiritual development.

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Growth at the soul level can go a long way toward eliminating feelings of aloneness, the feeling of being lost, and the feeling of being ungrounded. Once we realize that we are all connected energetically and are part of a bigger whole, our vested interest becomes to contribute to, and benefit from, the universal energy that surrounds us. As we grow our energetic footprint, it is important to view it in terms of energy that will be transmitted through generations and across time. It is important to understand our influence in the process of continuing and contributing to the energy content of the universe. Quality is important and influential. When growth is nurtured at the soul level, this allows our earth journey, and all those that will follow, to flourish.

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The secret to nurturing your growth is to realize that no one can dictate who you are at the soul level. Each of us develops our own truth. Once you believe that you are grounded within your body and soul – and this takes some time -then you can be steadfast in your development as a contributor to life as we know it on Earth. If that contribution differs from what has been dictated to you or expected from you, there will be some anxiety to work through. It is part of the process of internal growth and it is best to embrace it, to feel that anxiety and to move through it. The alternative will have you feeling as though you live a forced existence and there are no lines of alternative thought that will engender you to friends and loved ones. It is a life decision that can result in stepping out on your own. But remember you are not alone. Your path is determined as part of the overall universal energy pattern, so your ‘choice’ may be part of an existing plan. Either way, it is important to remember that you are guided and have all the support you need to realize your full soul potential.

As we grow, we will all get to a point where we become leaders and teachers at some level. It is important to understand what leadership is in this context. The term leader has nothing to do with position, status or number of direct reports, as at work. A leader is anyone who holds her or himself accountable for finding potential in people and processes. A leader creates space for others to perform. People show up, they want to learn, and they want to inspire. We are hardwired for connection, curiosity, and engagement. We crave purpose so we have a deep desire to create and contribute. We want to take risks, embrace our vulnerabilities, and be courageous. Therefore, we all need to engage with each other, show up beside each other, and learn from each other as we learn to lead in the process of discovering and developing our truths.

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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.



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

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

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Are our gifts innate at the human body/experience or at the soul level? If on a Soul level, shouldn't we (humans) all have the same abilities? And as a human,s are we able to meet/see our Soul in any way other than going within and connecting during a "regular" meditation i.e. an Akashic read or hypnosis etc.? Laurent

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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# From where does fear originate?

Fear is something that we all dread and we just want to it go away. If we consider its original purpose, we realize that some of the fear that we feel now is carry over. We harbor the original survival fear that was so instrumental to the survival of the species throughout the evolutionary process. Fight or flight was necessary if you were running from a predator.

Today, those brain signals that are harbored in the amygdala get triggered when we feel threatened or when our brain is trying to warn us of something that may not be good for us. I try not to run from fear but to step back from it and take a look at what it might be trying to tell me. Immersing yourself in fear and looking it in the eye can tell you many things. It can guide your next move, it can warn of lessons already learned, it can help to navigate an unexplored course, it can open doors that are meant to illuminate your path, it can prevent you from taking a wrong step. All these aspects of fear are useful. My advise to some has been to not be afraid of fear but to analyze where it is coming from and what you need to do with it, whether it be action or contemplation.

Irrational fears, or those that are seemly connected to nothing, are often routed in past incarnations. These phobias, such as fear of water or fear of having a baby are connected to events that happened in other lifetimes. As I have witnessed in my work, going to the Akashic Records will take one to the source of the terror and once the emotional energy around the horrific event is removed, there is freedom from that fear.