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# UNDERSTANDING THE JOURNEY

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

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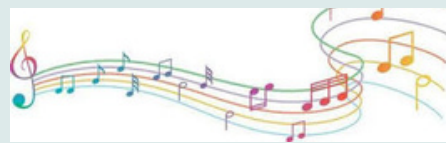
## Metaphysics in Art

WRITTEN BY SHEILA WOOD

**Paintings have a life of their own that originates in the painter's soul.**

Someone I was helping asked me "When I put the brush to the canvas, is that energy coming from somewhere else?" The short answer I gave was "Yes, probably." Although we never know for sure, we can feel, see, and sense that artists have long been able to contact other energy because their points of view show such different presentations. When we compare Van Gogh to Picasso for example, totally unique approaches, scenes, renditions, and interpretations follow. Yet, their art has a way of speaking to each of us at some level.

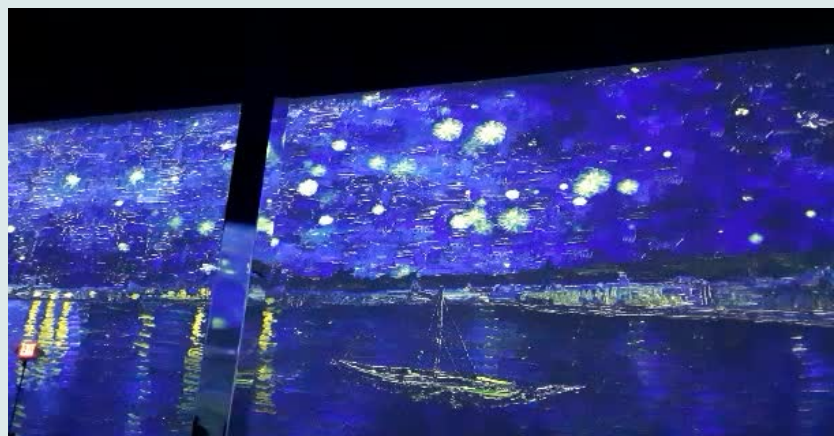
Art, by definition, is perceived by the partaker; it is what the viewer gains by having experienced it. Certainly, the messages expressed by the artist have some connection to other energies, but these are certainly filtered by and interpreted by the artist wielding the brush or pencil.



[https://www.youtube.com/watch?v=QRgMD\\_-CIXg](https://www.youtube.com/watch?v=QRgMD_-CIXg)

**To put this sort of experience into the terms of spiritual energetic oneness, we see and experience through our own lens according to the provinces we have access to throughout our lives. Our journeys are influenced by past incarnations, karma, present life experiences, and other worldly phenomena. As we become more aware of our soul's purpose, we more easily accept our daily challenges and more readily handle the direction of our internal growth.**

The Journey



# A Tribute to Vincent Van Gogh

WRITTEN BY SHEILA WOOD

Vincent Van Gogh had some difficulty in finding his life purpose. He painted from a young age but it was later in life that he chose art as a profession. He was apprenticed by his brother in the art antiquities, studied to be a minister, taught school, and then chose art exclusively as his sole effort in life.

We all struggle with 'knowing' that we are sound in our life-direction choices. We also struggle with personality, physical, and human impediments in this incarnation. Vincent was partially color blind, had personality glitches, had mental challenges, and struggled to fit in. He was not content to be an unnoticed painter and yearned for recognition from the outside world. This external validation did not come to him in his lifetime and contributed to unresolved depression and an inability to cope.

We all love it when we are recognized by external forces in the world but the center of our soul energy has to be the stabilizing factor in our lives. If and when someone does not agree with you or your belief system, it is important to remember that your purpose lies within your ability to mirror your own goodness. We are not always on everyone else's approval list. That does not make us less important as a perpetuator of positive energy.



**“We are the mirror  
as well as the face  
in it”. Rumi**

The Seed



The Harvest

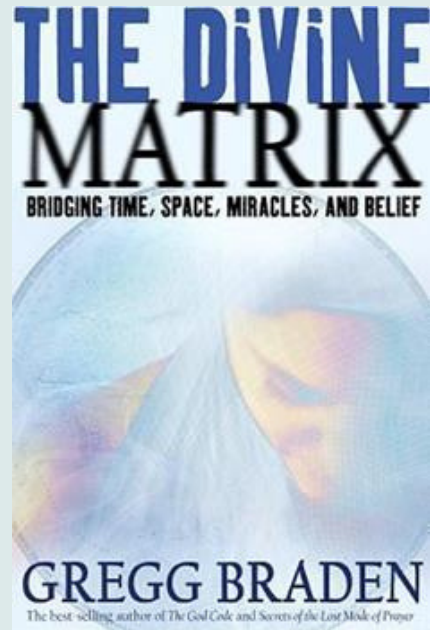


# Book Review

BY SHEILA WOOD

Gregg Braden in “The Divine Matrix” shares with us evidence that we are energetically connected by presenting experiments that show:

- *There is a field of energy that connects all of creation*
- *This field plays the role of a container, a bridge, and a mirror for beliefs*
- *The field is holographic. Every part of it is connected to every other, and each piece mirrors the whole on a smaller scale.*
- *We communicate with the field through the language of emotion*



**We need not ever doubt our importance. This we know because so much planning and oversight goes into our soul’s journey. Know that you are connected, that your talents are directed, and your contributions are worthy; look inside for strength and validation, and know that you are loved and cherished.**

**Vincent died not knowing that his art would be touted, loved, and shown with worldwide acclaim for over a century to come.**

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***If we are conscious, by definition, we are creating.***

*-While we speak to the Divine Matrix through the language of feeling and belief, this book also describes how the Matrix answers us through the events of our lives. In this dialogue, our deepest beliefs become the blueprint for everything that we experience. From peace in our world to healing in our bodies, from all relationships and romances to the careers we pursue, our conversation with the world is constant and never ending. Because it doesn’t stop, it is impossible for us to ever be passive observers on the sidelines of life. If we are conscious, by definition, we are creating.*

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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.**

What does it feel like to connect with Souls on Earth vs, higher realms (Gods/Goddesses, Masters, Guides, Angels etc.) Vs Souls across the Veil vs ET energy. Some tips and tricks to discern.♥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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**Can we talk about seeing Spirit? Their form, do they appear like what we've been conditioned to see in movies, disfigured, bloodied, missing limbs, crawling etc? Do they appear like slimer from ghostbusters or like Patrick Swayze in the movie Ghost? Are they in human form or appear as grey, misty or black shadows? Can we destigmatize what seeing Spirit might look like? That is my question for this distribution, thank you♥Laurent**

**Spirit energies may appear as a shapeless light, mist, or fog. In dark rooms where seances are held, spirits are visible as sparks or twinkles of light. Orbs, according to the teachings of Ra, are ET energies that are observing us and gathering information. Humans vibrating at the correct receptive frequency can see orbs. The ability to see ET vehicles or forms depends on a person's matching signature vibration.**

**Angels often appear on Earth as sentient beings even though they are not. They come as rescue angels in times of crisis and are visible for only a brief interval.**