
UNDERSTANDING THE JOURNEY

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

A Tribute to Feminine Energy



<https://www.youtube.com/watch?v=Zu4xpDuf84A>

SHARED BY SHEILA WOOD

The Handmaid's Tale

The Handmaid's Tale is NOT based on a true story. The drama is science fiction (HULU), set in a dystopian future where a totalitarian regime has overthrown the US government and created the Republic of Gilead. But the show, based on Margaret Atwood's 1985 novel of the same name, is inspired by religious and political history.

The Handmaid's Tale argues that legally controlling women's reproductive freedom is morally and politically wrong. The suffering of Offred and the other Handmaids is directly caused by the Gileadean state's desire to own and control women's fertility.

Show runner Bruce Miller also spoke to Business Insider about the reveal of the mouth rings. He said: "It was my idea to put it in the show. It was an extrapolation of the enforced silence, which is the idea that handmaids are told to be quiet, and they're forced to be quiet."

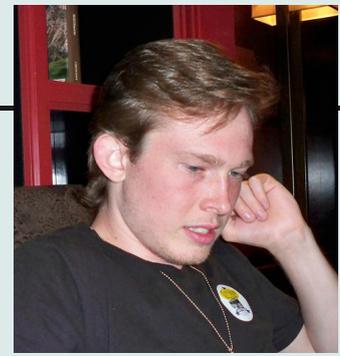
Now is not the time to be quiet

We find ourselves in this interesting and challenging time in our history as a nation in which rights previously set aside for all races and genders are in the process of being reversed by appointed legal representatives. Now is not the time for quiet contemplation about this. We each need to choose our position, stand in our energy and WORK IT!



A Tribute to Mothers

CHANNELED BY SHEILA WOOD



A tribute to Mothers from my book “Waiting for Elijah: A Walk Through Time”. This section of the book was channeled.

NOTE: One can easily substitute the word ‘daughter’ in place of the word ‘son’.

On this beautiful fall day, Sharon asked for guidance concerning her added responsibilities that would be coming up in the company and for insight on raising a son.

[Before beginning, the seer relayed this statement. It is now engraved on the family clock that resides on the hearth at Eli’s home.]

“The eyes are all knowing when they connect to the essence of being – feeling, giving, receiving, and sensing; the eyes reflect the strength imparted to the soul, mother to son.”

As the seer began to channel, Sharon closed her eyes and relaxed into listening.

A mother’s love for a son is basic and by basic, I mean that it extends into the body and lands on the heart. It is not difficult to find because it does not hide but is ever present and steady. It relies on the strength of spirit, the kindness endowed by grace, and the guile brought by hardship. The only fractures present are those that warn us to move aside to let spirit work, but the solid support remains and supplants any influences from exterior distractions. Love can waiver and bend but cannot be removed, cannot be dissolved.

When a mother looks at her young son, the things she builds around him are meant to nurture and grow his character. It is not so important to mom the numbers that accumulate over time, the number of runs batted in at a baseball game, the number of three-pointers in a game of basketball, the number of good marks at school, the number of trophies from tennis tournaments. What the mom is watching and putting in place is the structure for character development. She provides a secure area, a garden plot, and watches character develop from a place of heart-centeredness and from a wellspring of thought patterns that are hopeful and positive. Then again, the masculine parts of a young man, nurtured by outside approval, are those things that seed pride and build determination. They two are necessary, but to sustain all aspects of competition, especially the downsides, a reserve of ballasts that are bendable must be available to use for accepting change. One must be able to look upon competition as steps up toward the inevitable test of humility needed in all walks of life. Striving provides the learning and listening tools that sustain and nurture character. The wider the foundation provided, the more room there will be for character to blossom and overtake other forms of outbranching distractions that eventually must be weeded from the garden.

When a mother looks toward her son, she sees what he will become and shows him the whys and hows of it. A masculine side of that build comes from the encouragement when in the throes of competition. Competitive efforts that are rewarded often extend toward greatness but if the core of the character build is left out, or bypassed on the road to winning, then a great deal of substantive reality is lost. Take for example the athlete who has played and competed for the adoration of parents, friends, family, fans and then loses the ability to compete because of injury. The download of change and disappointment will land much easier if that person can withstand the tempest, navigate the rough waters, and find new direction and solace from within. This is what

the maternal influence so greatly provides and amplifies over time; this is the lasting gift a mother gives to her son.

The term Empress has often been broadened to include the energy of nurture, growth, and creativity very similar to Sun energy which imparts nurture, warmth, and healing. So wholistically, the universe harbors the blessing, the power, and the developmental oversight to raise a son both in the presence and absence of a biological mother. Mother energy however is essential to direct the flow of love. A mother imparts to offspring attributes worth molding and imbues the thoughts that provide love and protection over time. This part of the soul's development, if left unattended, can wilt the desire to be abundant in life-giving arenas. It can cause all direction and meaning to become askew, to continue but on an unintended path for a soul's positioning, incarnation to incarnation.

Along with the importance of female energy for nurturing values resides the critical element of helping to incorporate adult male energy into a son's life as it pertains to his well-being and the evolution of his pride resulting in self-confidence. Adult male energy must be apportioned with much direction under the realization that love and balance provide the way for guiding a soul. Connecting to the importance of effort helps to mirror the young soul's journey during struggle by relating visual energy to power. This is not power in the overburdening sense but personal power that enables a soul to stand in its own energy, make its own decisions, and withstand those elements which can pull the soul away from its path. An Empress mediates, balances, nurtures, and reflects the powers around her son, her son's father, and herself. The intricate weave begins at the moment of conception and never ends. It encapsulates within the soul's energy through past, present, and future journeys.

Should we fail to see the absolute significance of this sort of guidance and our ultimate responsibility for generations yet to come, let us remember our own gifts that are given to us the moment we decide to become a mother. The Divine energy – the Source – provides as the Source sees fit and it is our receptiveness that becomes more necessary with each increment of a son's growth. If we are connected, and we are incarnate, then we are whole. The honor with which the gift comes to us also opens the vista that we use to draw our skills from. Then we can develop the absolute magic necessary to raise a son.

A mother's contribution to her son's soul creates a roadmap for his continued journey within the energy of his chosen mate for each lifetime and lays the foundation of open, loving, and graceful energy. It allows for the cultivation of a species emotionally and foundationally willing to supply a nurturing stance which conveys stamina within the continuum of souls. This sort of energy will continue to supplant lack and will elevate harmony using pervasive energetic imprints.

Do not underestimate the role of feminine energy in preparing the world's active participants for battle – battle in the courtrooms, battle at world summits, battle in the boardrooms, and battle that competes with the loving interests of family. Feminine energy can soothe, it can also provide insight where there is none, it can lift up when darkness approaches, and can eliminate the loss of confidence by instilling pride. And if by chance the feminine energy has the inspiration, support and understanding of a masculine counterpart with complementary energy, mountains can be moved.

One relationship behooves others to carry dignity within loving circles. Cherishing the words, actions, implicit communications, and basic love for one another should be the connections of all societies from which wellsprings of sanity and grace arise. Take into the boardroom the basic attribute of a patient reserve and complacent character and watch its motivating and calming effects. Herein lie the telling advantages of feminine energy.



Book Review

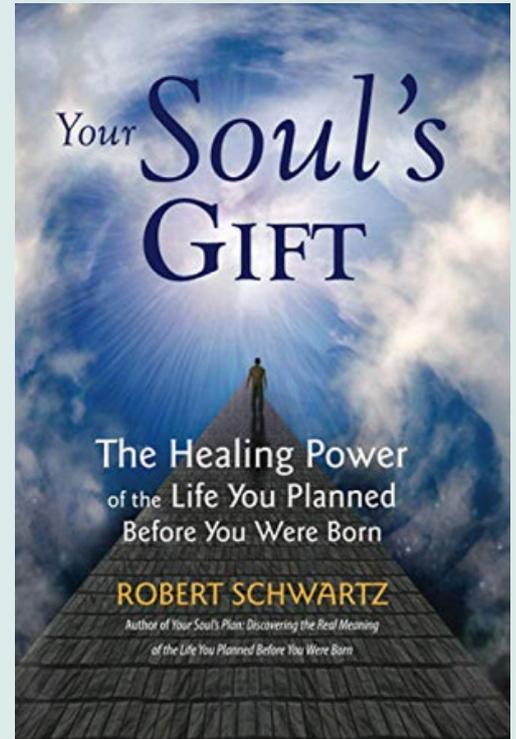
BY SHEILA WOOD

Your Soul's Gift

Robert Schwartz brings us into contact with our pre-birth planning meeting using Mediums, our Council of Elders, and our Spirit Guides:

- Answering all our questions about the soul's choices including:
- Healing
- Miscarriage and abortion
- Caregiving
- Suicide
- Sexuality
- Others

-All steps toward bringing the power of knowing into our lives. It speaks to those beginning a spiritual journey at the pre-birth planning stage - the choices that were made - and then allows the conciliatory thinking to assimilate this information into the conscious mind. This awareness is not brought into life by a sentient being because all that takes place in pre-birth planning is forgotten once the birthing process is complete. This allows lessons to begin. Once we are aware of our own soul's planning, we can assume our responsibilities and better navigate the human waters.



This self published book is about the choices made by a soul before entering an earthly incarnation. Mediums provide the tools once provided by past life regression hypnotic techniques. Although similar to Akashic Records reads, this book concentrates on the decisions made prior to birth at the soul level, choices such as family, friends, soul connections, and lessons to be charted.



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.

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

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."



How do we optimize polar energy attractions?

Most of the optimization resides in how we perceive and understand these polarities that are around us at this time in our evolution.

In the last several thousand years or so on our planet we have breached the later stages of 3rd Density Consciousness. A shift has moved us into the lessons of 4th Density as they are now being introduced.

We are 3rd density beings struggling as movement into 4th density begins and the polarity is apparent - service to self versus service to others. This is a personal choice and within each individual choice that we make, we see others making an opposite choice. The pull can become exhausting until we realize that what is happening is part of a universal process.

Both service to self and service to others are apparent in daily life. Some obvious examples can be seen in: The Supreme Court decisions that were once considered appropriate for the people of our country that are now being projected as not right for our country by an extreme minority of court judges that were appointed by a cadre of “me” - “I know best” political influencers; fair versus attempted manipulation of voting processes; political competition among Republicans/Democrats; war (Russia vs Ukraine); equal rights in the justice system; irrational protests (Jan 6, 2021) around “me” preferences versus decisions made by the whole; silencing the free press in election reporting at some state levels; elimination of presidential debates. Although these examples are mostly about government, other examples can be seen in many aspects of living today. This is where the polarity resides, the tug-of-war that is happening as 3rd Density conscious beings are making transitions (or not) toward 4th Density consciousness.

More on Densities

<https://www.trinfinityacademy.com/courses/empowerment-2-trinfinity-cosmology-empowered-evolution/lesson-1-7-universal-densities-of-lovelight/>

Where does suffering reside in our energy?

Emotional suffering appears in our heart chakra energy but can manifest anywhere in the body if not resolved. It can be carried forth as a miasm, carried on ancestral DNA memory or transferred via soul lineage, all of which can be assuaged during an Akashic Records read.