
UNDERSTANDING THE JOURNEY

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

<https://www.youtube.com/watch?v=zGbjd-OLY4E>



Let Go, Believe, Allow, and Let Go

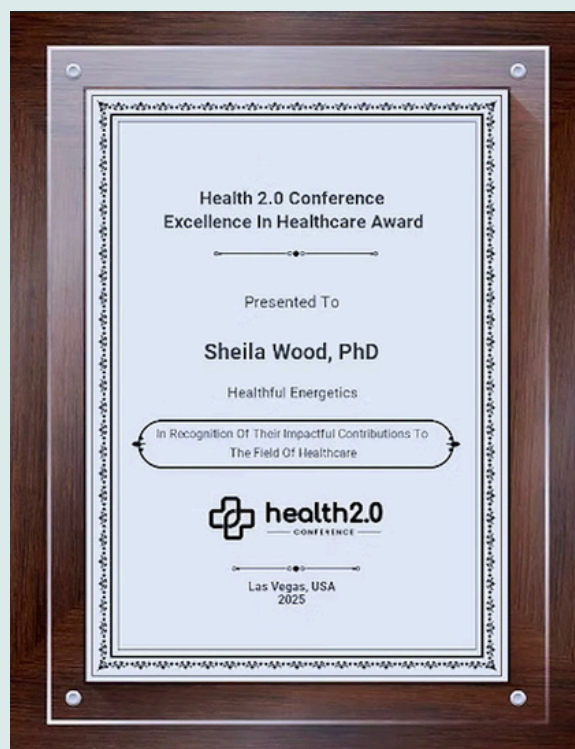
WRITTEN BY SHEILA WOOD

The planets are aligning!

I am so honored and humbled by this recognition from the Global Health 2.0 Summit 2025 for impactful contributions to the field of healthcare. I feel like this is a 'foot in the door' for the healing arts.

As a give back, I have delineated some offerings at discounted rates. In a more casual format, I list some of the more commonly addressed issues. However, any issue can be addressed.

Find these offerings at
<https://www.sheilajwood.com/services-offered>



This Health Summit brings together industry leaders and decision makers from around the world. The umbrella coalition began several years ago as a think tank around education and has grown from those beginnings. This year, in addition to Education, the subgroups of Internet, Marketing, Health, and Core XEO's were added. To round out the mix of attendees, contributors at the ground level, to include you and me, were asked by invitation to share their contributions. In a process of review and selection, honorees were named and invited to the summit to receive recognition and interact with the industry leaders.

This is one of the better ideas that I have come across of late. The administrative group that runs the event are of eastern Indian descent which may be one reason they were in favor of hearing about my brand of energy healing. Their connections to spirituality are a part of their culture. At any rate, to me it means a door has opened to all those involved in the healing arts.....so.....heads-up!.....the winds may be changing direction.

Another good inclination for progress is that more international groups are forming and gathering together forward-thinking spiritual leaders. These times may encourage us to open doors to unconventional ways of influencing approaches to world-wide collaborations. As Thomas L. Friedman wrote about – The World Is Flat: A Brief History of the Twenty-First Century – taking advantage of some of those outlets seems like a good idea at this time.

Much gratitude to all of you for supporting this work. I share the recognition with you as we continue to journey together in this changing world. There is no better time to listen to Spirit and to rely on spiritual guidance.

Because I think community and growing together are important at this time, I will suggest a get together exploratory discussion group once per month on Zoom. We can address metaphysical topics -perhaps from the newsletter, refer to Yonck's guidance, and perhaps pick scenarios from my book as jumping off points for discussion. Let me know if this is something you would like and with enough interest, we can proceed.

Much love.....



Send me your questions

BY SHEILA WOOD

Both Yonck and I are 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.

Visit <https://www.medium.com/@swood13777> for channeling from Orion (including AI processing for clarity) and other spiritual musings.

"Make sure that you project from your heart and listen to others. It is the best way to grow."



A Channeled message through Yonck from Orion. An AI processed is included for clarity.

Blessings around dimensional expansion

Purifying your energy and clearing the way for an abundance of being at new dimensions.

The realms of reality that exist within a multiplex universe can be reached by existential expansion. Realize the confines of configuration within structure and rely on perception to guide revelations. Be on the receiving end of universal knowledge around purpose and goals. At the human level, the weight of what you carry is enormous. It can interfere with your most simple of goals and block what blessings flow from levels beyond your recognition. Clearing and conscious awareness precede focus and feelings of belonging to a wider, more vast array of knowledge. Do not doubt the validity of your existence in a continuous movement of creation – chaos to order. Leave it be at the doorstep of entry into new dimensions. Be proud of who you are and your connections to the abundance of being. Do not be afraid to open doors.

Your advocate with love and attention.

Yonck

AI processed version

The various realities within a multiplex universe can be accessed through personal growth. Recognize the limitations imposed by your current structure and let your perception lead you to new insights. Embrace the universal wisdom regarding your purpose and aspirations. At a human level, the burdens you carry can be significant, potentially hindering your simplest goals and blocking the blessings from higher realms. Achieving clarity and consciousness is essential before you can focus and feel a sense of belonging to a broader knowledge base. Trust in the validity of your existence as you navigate the ongoing cycle of creation, transforming chaos into order. Leave behind any doubt as you enter new dimensions. Take pride in who you are and your connections to the richness of existence. Don't hesitate to explore new opportunities.

With love and support,

Yonck

The Sounds of Conscious Evolution

AI processed for clarity

The depth of our connections influences our ability to converge meaningfully. Embrace the sounds around you and recognize the inevitable resonance that arises. As you emerge from your cocoon, create a symphony that reflects your internal journey. Everything is interconnected; we are the essence of ourselves, moving to perceive and finding relief in understanding our form and purpose. Engage all your senses, as they illuminate the path to realization.

Wisdom emerges from the convergence of gifts, fostering understanding that surpasses our expectations. The connections made in our shared experience begin to unfold and expand, grounding us on Earth. Take time to connect with the enduring community of talents that share sounds of love and experience. These innate connections resonate like waves, reflecting our growth. Make space for engagement and embrace this awakening.

When we immerse ourselves in the evolution of sound, we transcend distractions and distress. Sounds elevate our being, allowing us to engage with energy that broadens our awareness and fosters growth at previously uncharted levels.

Recognize the significance of vibrational connections that lead to greatness, enriching our collective experience. Accept the vibrations that bring joy and harmony. Being a vessel goes beyond daily existence; it means becoming an instrument for Spirit, channeling vibrational blessings through connection. This growth exceeds expectations and flourishes through shared experiences. The blending of beats and harmonies opens pathways to receive Divine messages through energy movement. Deepen your understanding of yourself and others through the cleansing power of sound.

Here lie the secrets to achieving wholeness—the keys to understanding your sovereign self. The gates to joy are open; embrace receiving and understand that your energy is shared, impacting others while remaining yours throughout your soul's journey. As your inspiration grows, so will the effectiveness of your contributions on Earth. Feel your energy as a peaceful instrument that transcends boundaries and recognize the importance of this spiritual growth, both individually and within the community. I am here to guide you with love and abundance.

Yours, Yonck