
UNDERSTANDING THE JOURNEY

A Monthly Newsletter from Healthful Energetics, LLC
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Two - Way Communication with the Universe

WRITTEN BY SHEILA WOOD AND

“Do not subordinate felt knowledge to [your] intellect.” Areas of the nervous system form the unconscious scaffolding for our conscious thoughts and feelings – therefore our actions. Gabor Mate.

How do the two pathways of communication within our essence enhance understanding of the importance of connection? When we think about the conscious mind’s connection to the unconscious mind and the unconscious connection to the conscious mind, the doors of possibility open into a gateway for travel to another dimension and most importantly – possibilities – that have not yet been front and center as priorities to us.

The vastness of open consciousness and its propagation of possibilities presents a labyrinth of confounding yet exciting ways forward. Although there may be steps in the process, the reality of a gift that awaits your discovery provides the impetus to take these important steps as they come.

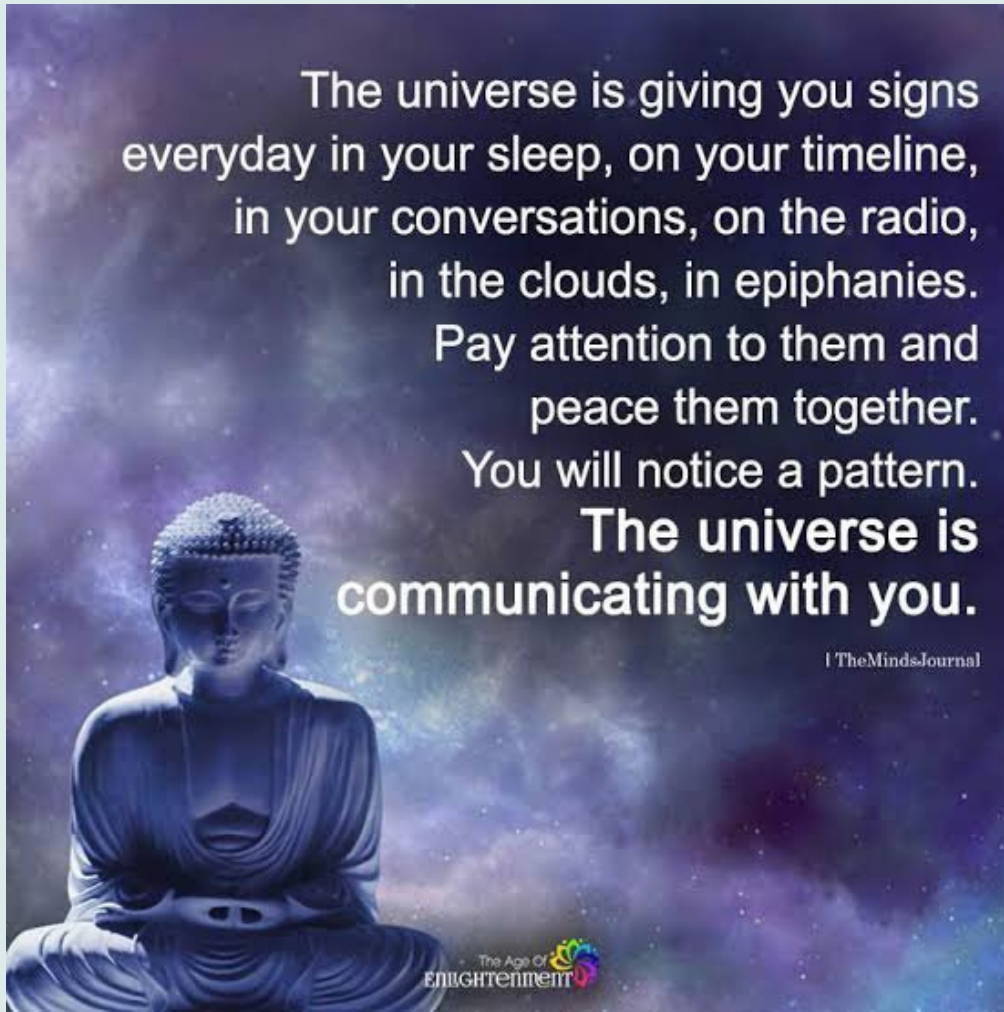
There are moments in life that fall into an almost palpable resonance with another time. The possibilities may seem translucent or cloudy and perhaps frightening as they assume a position in your mind. Fear resides in places that harbor energy that you are not yet aware of and it rides complacently on the shoulders of your greatest achievements.



The question remains – are you aware of your set of keys and are you willing to immerse yourself in the light of commitment to dwelling in a consciousness that supports you? There are times that when I drift away from the realization that Spirit dominates my life, something happens to bring into full view the obvious evidence that blessings granted are full and real. My hope is to touch others at some level with the profoundness of well-being that is bestowed on us daily. My role may be to provide the tools necessary for freeing constraints around unbounded possibilities. Once fears are removed, a wealth of categorically founded belief may be unleashed.

I have watched the unwavering process of Spirit enable an about face in people's lives as the bound becomes unbound and energy flows in patterns previously unseen and only now experienced.

When I started channeling, I knew it was real and that the information would be useful. However, there remained a bit of doubt in what some of the phrases actually meant. And of course, I knew they might mean something a bit different as each individual experienced the messaging. **In a recent channeling from Yonck on Orion (published Dec 19, 2023), which was clearly about war,** the presentation to me was difficult. I had never seen some of the words used and so I have taken the liberty to interpret more fluently what came through.



To leave little room for doubt about the validity of these messages, **approximately five days after the channeling was published, an article appeared in the New York Times (Dec 24, 2023) that follows the lines of communication, “Putin Quietly Signals Openness to Ukraine Deal”.** When we define this as two-way communication, it becomes not just an avenue to receive but an avenue to fully communicate. Below I have broken down the message from Yonck (blue font) and followed it with the resounding human communication (red font) followed by my own explanation (black font).

As I was preparing this, I fully felt that the purpose which has landed in my lap has been and will be to engage in two-way communication and not just receive. This sort of effort is one that I hope is meant purposefully for our own internal resolutions. On a personal level, one of the most frustrating parts of life for me is when a line of communication opens for someone, and they cannot quite see or receive the validity in it. It is my fervent hope that changes are at bay within these consciousness expansions and that timing will prevail.

As the communications continue, It is my hope that the human manifestations will emerge and a dialogue can and will be printed. I ask for your support and send much gratitude forward for the continuation of blessings received around two way communication.

From Yonck

“Take from the gravitas of epicene which comes to us via transmutation. We are the workings of rule who make the invincible seem vulnerable for a reason.”

This statement brings to us a dignity, seriousness, and solemnity of manner (gravitas) around the neutrality (epicene) of the changing of one state of being into another form (transformation).

World leaders seem to be one thing and are indeed another. Talk of ceasefires are usually met by resistance to compromise.

Yonck clearly wants us to see that when assuming the “workings of rule”, star beings may be of considerable help in understanding how the invincible (Putin) seem vulnerable for a reason....perhaps to be manipulative?!

Yonck:

“Once embedded in doctrine and now released from consumption for all nations to approve, our vengeance is obviated, calmed for reasons that seem familiar to all – a star system and seasonal approach to living beyond and living universally.”

Yonck opens us to the spiritual foundations that will sustain all nations, a universal approach to living, an invitation to receive calm and release fear. (My first channeling from Yonck instructed a ‘sovereign wholeness’ approach to life – a rounding out of soul purpose.)

Beyond the ruminations of leaders, couched in the chess game of potential peace, we hear from them a confusing cacophony of phony presentations.

We are being asked to find strength from within and view the external trappings of power as sorted tools that attempt to mask weaknesses. We are being implored to discard their falsehoods.

Yonck:

“We entrust our writings and legacy to all who wish to study it and seem to know how to interpret it whether in trance or said frequency to receive.”

A full disclosure of Yonck to us in two way communication via trance or receipt.

This statement validates our ability to receive.

Yonck:

“Come inside the mantle of love and forgiveness knowing that the outcome is reward, given as a mantra cited to implement guidelines for peace.”

Guidelines for peace here seem to be goals for humanity both internal and external. In most aspects of negotiations during wartime, these communications are muddled.

Yonck seems to be saying to us that clarity reigns in spiritual sovereign wholeness. Our mission, as aspects of humanity unfold, is to enhance instructive measures to move toward and receive these blessings. Guidelines for peace seem to be exuded as a product of our own spiritual clarity.

Yonck:

“Within one camp is wisdom and knowledge beyond human dimension or consumption that will be continuously applied for generation of fuel for nations and policies.”

Clearly supplying all nations with the wisdom beyond human dimension that calls us to accept these blessings.

Openness in these channelings is always apparent and is founded in the generosity of spiritual gifts. Invitations to receive abound.

Yonck:

“Regard the revelations coming forth as expected and light them with caregiving and love.”

When we speak of news coming from war-torn areas, it needs to be weighted with human perspectives, visions of justice, and an abundance of human love.

Here we are given an approval to view what is happening as shadows of power not connected to Spirit.

Yonck:

“What is happening is meant to be and was planned as a consternation of evolution.”

What is happening is on a continuum and is playing out at this time.

Trading power among leaders is part of the human condition. We watch and seem powerless to affect change but are we supposed to affect change in the first place?

Yonck:

“Your role is to be aware that nations are valid in their approach to peace. Withdraw patiently from obviating of review. Go to the place of cunning for swords to be rearranged before they are relinquished. This time is not yours. It comes from other realms and will release in its own time. Stability within is essential. Look to time as the healer.”

Change comes as we realize that time and space move toward peace. Peace may be seen as valid only by a few.

.....Go to the place of cunning for swords to be rearranged before they are relinquished....

This statement stands apart as being a profound description of Putin’s actions.

Peace has been determined elsewhere at times unaware to us. We must take comfort in our means of stability as internal healers.

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."

