
UNDERSTANDING THE JOURNEY

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

<https://www.youtube.com/watch?v=ndUCNnhH03Q>



The Lightness of Being: Optimizing Personal Connections

WRITTEN BY SHEILA WOOD

As we experience new people in our lives, we often go to the abstract as we present ourselves. This method provides safe harbor until we establish sure footing in interactions and communications. Couched within the abstract, however, is the ever present energetic resonance of recognition and knowing. Our mind, body and spirit generates in silence a language that reaches into another person's reality. Visual signals such as body language evoke the most obvious messages. Less obvious, and perhaps so subtle as to be deftly hidden and seemingly silent, are the vibrations or frequencies that move through us and inure those around us. This provides the background matrix for the communal sharing of information. This is communication at the ethereal level.



The words coming out of our mouths, the expressions on our face, the direct or obtuse positioning of our posture, all contribute to an impression. This impression in turn has been seen and experienced within many lifetimes and is contained in a sacred moment. What are we trying to project – what are we trying to say? All the aforesaid forms of communication are inherently present with any interaction. Amid the meeting of energies lies a potential perfection that we seldom realize and certainly cannot see visually. Empaths and intuitive people have one step in the door toward sensing energetic ponds of knowing but they are still a long way from relocating it.

Why are we talking about this – why is it important? It is what defines us as humans. When you walk into the haze of being of another person, you are walking into every lifetime and experience that they (and perhaps you if you were there) have ever experienced. The energy patterns from other incarnations and their touch-points abound; the crossroads meet where lives have interacted before. In other words, encountering a new person who is not a new person but someone that you have known in another incarnation can invoke in you a blatantly positive or negative emotional review of those interactions. Of course, you will not be consciously able to recall specific interactions that affected you, but the energetic imprints remain and can cause a resurgence of emotion ranging from very mild to earth-shattering.

If we try to sort out our feelings, if we cannot seem to let impressions go, we may find ourselves in a matter of constrained abilities. The entire basis for productivity is the creative and continual flow of our energy through every chakra center sans the challenges of confusion or negative emotion. Could it be possible that these sorts of fits and starts affect and manifest in such ways as sensitive empathic experience, or perhaps ADD, perhaps bipolar disorder, perhaps schizophrenia?! The optimal and correct flow of energy through body, mind, and spirit is for some of us a lifetime goal, not to mention the challenge of managing or modulating aberrant receptor function in the brain. In my work, I have seen how the release of unwanted energies can shift someone's mind, body, spirit into a 'Lightness of Being' that transcends the struggles to accommodate distressing energies. We are surrounded by energies – energies that we continue to hold onto that serve no purpose for us – energies from others that convey static, karmic urgencies, or layers of unresolved conflict from other lifetimes. Whether they are nonintrusive and contained, or whether they reintroduce trauma from other lifetimes, there is often the need to release them for optimal functioning.

I mentioned earlier a profound perfection in the meeting of energies. This perfection reflects who we are, not only in relation to others but in relation to the energy that was gifted to us when our soul was born. The hand of perfection from the Divine wields the power to imbue us with capabilities beyond our most profound dreams. And literally in dreams is where our true nature evolves; from our life with every level of its consciousness including its small but important part within the cosmic consciousness; from the shower we take in Angelic energy daily; from the reckoning of latent forms of once human guidance; from the witnessing and sharing of benevolent energies from star beings; from the ever present love and power of Source; from the internal storied but essentially changing energy we call us – it all contributes to our growth and evolution as soul beings.



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.

Messages from Orion may be finding a new home on Medium.com and will initially be replaced by an allegory.

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.



Presenting a channeled message from Orion

Allow progress, allow unity, and allow love to prevail. Choose your destinies with grace and foresight as they arise from within. The current framework of external resistant energy laced with fear makes a logical result untenable but love clearly changes the course towards a more representative outcome. Tumble into the vast canopy of knowingness to move toward love as a collective. Your mission drives our mission to review and placate.

Be vigilant. Do not discard messages of truth. Do not ignore the context with which we seek to assist in the 'becoming' of peace. With respect, supreme support for the sustenance of love is offered in order for the challenges that are delegated appropriately to succeed beyond measure.

The waves of impunity that you feel can be useful as an impetus toward resignation of those who threaten by invoking trepidation. Bring to the forefront of your awareness the importance of the need to feel and live your sovereign wholeness that continues to evolve at the soul level. Smile toward attempts at conflagration of truth and remain in deliberate disbelief that transgressions once past presently matter not. Move past the energies that hamper and kill wellness. Exhibit a willingness to expand your energies outward into a consuming matrix that can change the present trajectory toward one of peace.