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# UNDERSTANDING THE JOURNEY

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A Bimonthly Newsletter from Healthful Energetics, LLC  
<https://www.sheilajwood.com/about-8>

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<https://www.youtube.com/watch?v=8liUOepA09s>



<https://www.youtube.com/watch?v=ln4AcFzxtDE>

## Artificial Intelligence Among Us

WRITTEN BY SHEILA WOOD

As I was trying to find topics that could be examples for the premise that we do not need to lose our decision-making abilities at this time due to “Brain Hacking” from influences that appear to us on our electronics, the great proselytizing and journalistic work of Jacob Ward presented itself. It is by absorbing his ideas and witnessing his reporting that I could solidify my own thoughts prior to writing this newsletter. [www.jacobward.com](http://www.jacobward.com)



Jacob Ward is a scientific journalist at NBC news with the qualifications of behavioral scientist and experience as editor of the magazine Popular Science. He brings into view the prominent scientific concepts that we as humans should be concerned with. His countless interviews with scientists and his understanding of how societal norms influence decisions for the collective, provide a perspective on the too fast-moving lunge into Artificial Intelligence that we now found ourselves enmeshed in without fully understanding its capabilities and cautions.

The line of thinking at the present time is that we cannot start over, we cannot slow this process down, and it has now become a race to the finish (an arms race at it were) that did not start in and does not reside in the public purview but that is funded by and controlled by those who have money for the purpose of making money.

The good things that come to us using artificial intelligent are magnificent especially in health care but often the critical truth may become obscured within the haze of fast moving “let the computer do it”. A concrete example of this can be seen in a recent development within EPIC software – electronic health records. A company built for them a ranking system that determined which cardiology patients should be seen first. This was based on their condition and determined by the computer algorithm that assessed their records. The staff loved it and said that it improved outcomes and resulted in 40% less emergency ‘codes’. When questioned about how these percentages were arrived at and how they were presented to the staff, the answer revolved around how there had to be a balance because if too high a percentage was given, it would cause the staff to overreact, too low a percentage, they would underreact. When physicians were asked about outcomes, only one doctor gave input. Aside from not providing statistics, their concept of math in general was weak and the information about percentages shewed.

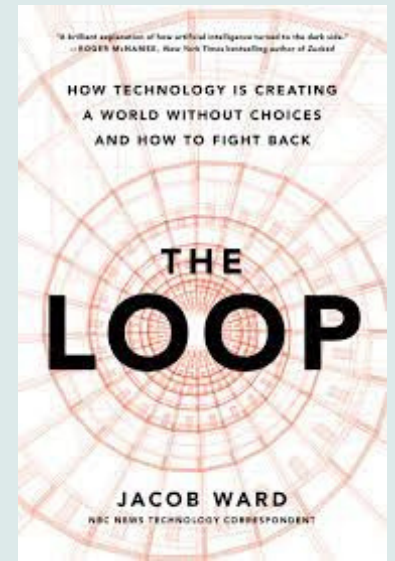
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Clearly the project had a dearth of statistical analysis and less than adequate input from staff. However, they were thrilled that they no longer had to choose the rank order in seeing patients and could wash their hands of this while letting the computers do the choosing.

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We are on the verge of not realizing that choosing the computer algorithm that will work best is out of our control. The tragedy is that we cannot go back and fix this once it is broken. And waiting until later to make valid decisions does not work because things are moving at Mach 4. Amidst the impossibility of consensus about what would be the least horrible outcome when choosing an algorithm, we give credence to the legitimacy of who made the decision to begin with – we leave it up to higher levels in tech companies because computer science is not in the public domain. It is owned by industry giants seeking to generate money. We are moving from the top of the loop (coined by Jacob Ward) where each person gets to make his/her/their individual choice to the bottom of the loop where no one gets a choice anymore.

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**Available  
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A measurement for assessing the cost of something being set loose with no way to handle it has been used in establishing the Hand Rule. This concept uses probability of loss times gravity of loss versus the burden of precaution. From the necessity around a disaster, licenses, rules, and regulations were formed. It is imperative that presidents of corporations spend time on decision making that is not bound to making money. Ordered choices are best and the question that should become ingrained in every decision is - can we build ethics into societal norms going forward?

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**Our emotions contribute heavily to our decision-making toolbox. With the advent of social media, manipulation is not always obvious, and our minds can be literally and figuratively hacked through our feelings.**



**Optimistically, knowing that we can and do rely on our ancient decision-making systems that we share(d) with the animal kingdom, we can respond to external stimuli using our instinctive and emotional responses toward connection and caring. This ancient instinctive design seems at odds with the modern world where decisions can be made for us.**

**Creativity and reasoning are two higher functioning traits that have recently evolved, and we need to use both. Long-term thinking emphasizes human qualities that we need to nurture. Slowing things down so that decisions can be made among us unveils the ability for cohesion, a loyal trait that prevails against all logic. How we pass things on instinctively is important.**

**An example of this comes clear in the story of a blind person who has a mechanically functioning eye which has no connection to the brain. However, when things are shown to this person, they react correctly and positively. When shown a picture of smiles, even though faces are not technically visible, the facial muscles react in the sightless person by forming a smile. The cosmic connections transmitted and caught between us can be traced evolutionarily. We need to talk and physically connect to each other more today to strengthen them.**

**As we navigate these waters from a spiritual perspective, it has been received through channeling that we are called upon to revisit our journeys toward sovereign wholeness. Much appreciation for the wisdom of Yonck from Orion who seems to be preparing us for what is to come in AI. This series began in the previous newsletter.**

# 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.

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*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."*

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## Presenting a channeled message from Orion

Greetings from the basin of wisdom that is Orion. The pictures of today reveal a grave yet great opportunity for all to partake of and participate in the evolution of consciousness. Our first foray into strategies for this involved participation in the mechanistic building of avenues to reach a level of substantive supporting energy both universal and human derived to be used for investigative and growth (spiritual) purposes. This effort is ongoing and will encompass the generative seed of knowing that we all need to survive. Among us will be the powers that direct upcoming changes in outlook, those revelations within wisdom that withstand scrutiny from the highest of spiritual authorities.

Within your frame of reference, this means being able to contact the energies that relate to your sense of well-being and accomplishment. Layer these efficiencies to represent the scaffold needed to reach the plane of sovereign understanding. Approaches are individual, sustaining, relevant to the whole, and may change with growth. Core frequencies will become vibratory according to the validity and urgency of messages received. Allow this to happen within you. This is an acceleration of the growth ordinarily assumed following transition but needs to occur now on your planet for rational thought to prevail. This will redirect the winds of ominous change that you see happening before you.

Your instruments reign as the most powerful in nature. A harmonious song will emerge from efforts related to kindness. As other humans have taught as they have walked the Earth, love and understanding cannot be supplanted by other energies if you are to survive as competent spiritual beings. Separation from collective energy for periods of time may be necessary for the evolutionary tree of oneness to prevail. Do not underestimate the power of understanding toward re-thought. Re-think processes as well. Empower and allow reconnaissance of all pertinent energies in the framework of construction within you that precedes communal sovereign wholeness.

Resounding joy, much love, total compassion - all contribute to the fulfillment and evening out of our project to develop and nurture that plane of well-being called sovereign wholeness. This is where all wholeness toward revelations that feed evolution occur. Rewards will flow, love and understanding will return and flow outward as well.

**Convolutions have occurred in the ability to see what is beneficial. Straighten these folds and manipulations to a point of clear understanding equivalent to the wisdom imparted by human high frequency individuals who have walked the Earth. Layering of all high frequency beings in all lifetimes will occur. And such layering will provide structure of the resulting sovereign plane of full love and understanding. The location and function of this plane will serve as a communication/nurturing station to which all beings, but most importantly those who wish to work for changes within consciousness, remain. In your terms, it will be an alternative yet functioning reality.**

**As we strive to attain this, I am wholly in your service. Please do not hesitate to use my assistance.**

**Love to all,  
Yonck**