
UNDERSTANDING THE JOURNEY

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

<https://www.youtube.com/watch?v=-b8brVSAAQA>
Jazz - a process for creativity

The Processes of Life

WRITTEN BY SHEILA WOOD

When we consider the hows and whys of life, it comes to mind that it is one process after another, and we organize these processes depending on the strength of priorities. Many things influence how we set priorities, some fall to survival, some fall to pleasures with no regard to survival. So, running the full gamut of requirements for this lifetime, what windows of clarity can we actually control?

In the book *Waiting for Elijah: A Walk Through Time*, there is a point at which Eli pores through his father John's workbooks and learns. He learns about the detailed methodology given to the process of change. John methodically changed one thing at a time, one thing per run, one ingredient in the base formulation, then one concentration in the glaze preparation, and then one change in firing temperatures in the kiln. From this, Eli learns the necessity and importance of process, one change at a time.

Do we lend importance to the process of life? This metaphor can easily get lost within the matrix of priorities that have to be met in our own day to day existence. How much different are we that John and Eli? And how do processes enter into the mix of our survival?

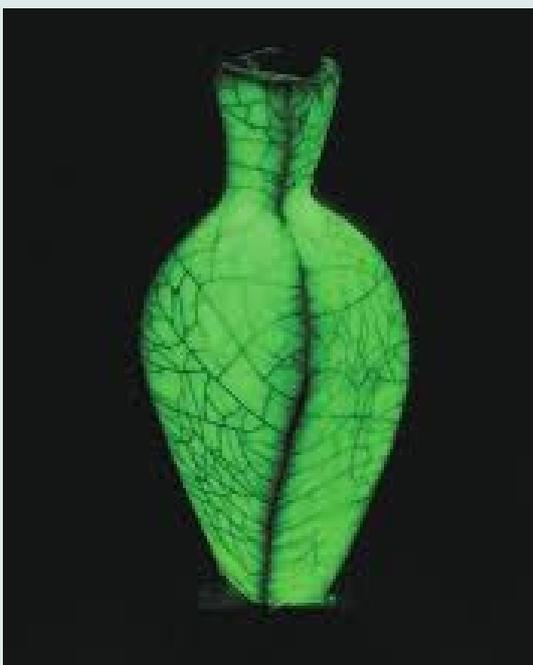


The secrets harbored within techniques served as an avenue to which lives were ultimately saved. And as Eli himself learned the "processes", his thoughts were never far from how his work could be tracked and used to move goods with the ultimate goal of saving a life.

Life is a process, start to finish. The awareness we lend to observing what happens when we change one thing at a time matters. When we make a change, the external influences changes within and we often forget to look at how we are affected. The opportunity to assess benefit versus harm gets lost in the business of life. If we pause and take a look after a change is made, it can affect our happiness, our future decisions and how we embrace life – or not. It is worth taking that pause, that look to see how the fit has changed and how the substantiation, by reflection, is working.



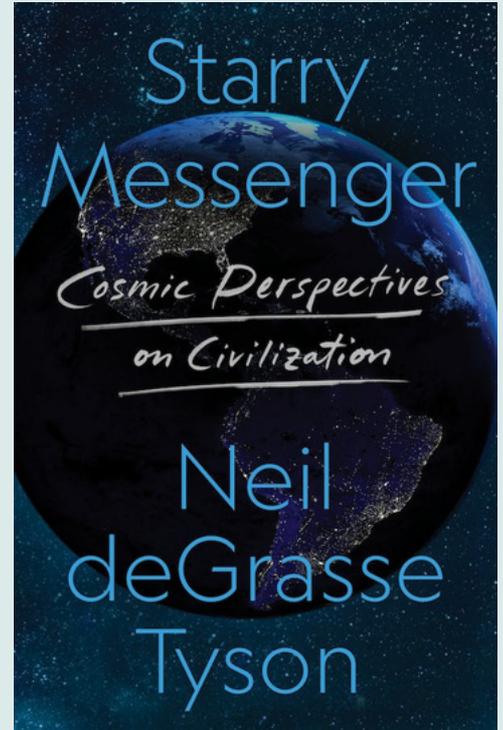
Incorporating change must not be without process. The more meticulously sought out processes will determine our most affable course and the most surety in next steps. Don't miss evaluating the process and take a thoughtful look at each change one step at a time.



As a tribute to time well spent and as we take each day as it comes, the treasures that contribute to our perspective can often be found in creative efforts whether it be painting, music, writing, poetry, ceramics, needle crafts, or jewelry making. This time away provides space to connect with our changes and appreciate them.

A practical guide to universal oversight Neil deGrasse Tyson helps us to understand

- Earth as a planet
- War -politics - religion
- Truth - beauty
- Gender - race
- How the human brain can recalibrate and reset life's priorities
- Our place in the universe
- A deeper sense of unity for us all



This book reminds us that understanding our place in the universe is all about how we look at things. From an astrophysicist/metaphysicist's *perspective*, we are treated to the broad look at how we fit in - or not - and how we can use the gift that allows us to discover how the world works and challenges us to remain fully awake in the process. We can look to the sky to see things that leave us in awe because we are such a tiny spark within the realms of eternity. We can look at the human side of conservancy and hopefully see glimpse of how important stewardship is. Neil deGrasse Tyson points out the it is all about how we prioritize in the midst of our perspective and where this lands for us as a collective remains to be seen.

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.

How will I know when grace carries me?

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."



Do our perspectives reveal the truth about ourselves?

Perspective is a combination of life experiences, inherited beliefs, acquired knowledge, and the degree of hope that we hold. Although many things influence our perspective, perhaps that which holds the greatest sway is how we ultimately feel about ourselves. So much of what we do is a reflection of who we become within our evolving existence. So....yes.....our ever changing perspectives determine who we are.

If we were to ask the question, ‘how do I become what I want to be?’ – the answer resides in how you perceive your capability to do just that – become who you want to be. A firm belief and directed thought towards that place - that satisfying realization that you are indeed in the driver’s seat - that sought after horizons are within reach, sets the momentum for fulfillment. Although other people’s perspectives play a part in your vision, perhaps the most salient gift of knowing who you are is what results in a loving smile upon seeing the wonder of creation reflected in you.

We cannot forget that the wonder of creation is reflected in everyone. From the words of Neil deGrasse Tyson, we are reminded that ‘Our visiting aliens see us segregate, stratify, and subjugate others among us based on features hardly noticeable.....which should not be relevant to the content of one’s character. From this, the alien phones home with the message – there is no sign of intelligent life on Earth.’

It is all about perspective.