
UNDERSTANDING THE JOURNEY

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

<https://www.youtube.com/watch?v=r5RydByEUqI>



Exploring vulnerability

WRITTEN BY SHEILA WOOD

I had a discussion with a friend about the vulnerable bits that we project as a means of connection with others. As a result of this discussion, a visual presented itself.

The vision was of me standing on the banks of a river wondering whether I wanted to get to the other side. And vulnerability was the issue. Not even a toe went into the river to test the temperature. Yet as humans it is essential to test that water and become immersed in the element of love. Love is the foundation for our existence, the butter on our bread, the resonance in our laughter, the tempo that drives the beat in our song and dance.

But what is vulnerability and how is it connected to love? It could be calculated risk for a mathematician or projected outcomes for an actuary. For someone on a path of continual inner discovery, vulnerability may be a necessary yet uncomfortable state. Temporary intervals of rational and contemplative alignments seem to fit into the outline of useful discomfort, at least from a personal standpoint.

I do not like to feel vulnerable. Nor do I like to feel emotional discomfort but these two seem to go (grow) together.





That river represents the ever widening, ever present gap inherent in trying to feel touched by love. Love is in the mist above the river, in the water itself, in the trees and foliage that surround both sides for miles, and in the illuminating sky. The hesitancy to become immersed in it and then become a part of it is what holds us back due to that fear of being vulnerable.

Why is it so difficult to let yourself feel vulnerable – to let others see who you are – to be at ground zero anticipating new beginnings – to believe and let things happen as the belief plays out? How does one do this without feeling threatened?

Being in this space is in fact the place where our (carnal) existence lies, the place that our soul and our ancestral energies converge. It is root of our belief systems and the countenance of our life energy.

Could it be that vulnerability is not the issue but that trust in love, or fear of its lack, is the issue? After all it takes a lot of self-love to even visit that space for a second or minute of time. Yet it is who we are. How and when to expose a vulnerability is in our control and should happen judiciously. Sitting within the vulnerable soup is difficult and portends a learning curve that is manageable within the auspices of self-love.

Is this why we are drawn to nature? Does it allow us to visit ourselves at a challenging depth while providing comfort and nurturing at the same time? Does it provide that inward glance, that peek onto the surface of water that reflects us back onto ourselves.



The parts of our essence that come together around vulnerability prepare us for the next revelation about ourselves, the next level of healing that must happen before we can actualize broadened self-love. This stepwise process may seem expensive but is entirely necessary because in my view **to be vulnerable is to trust love**. And the more we can trust love, the more secure we will feel, the deeper we will believe, and the more likely we will let love's vulnerabilities surround us.

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."



Presenting a channeled message from Orion

A revelatory enactment into the realm of cautionary tales around hypervigilance has emerged within the consortium to allow for the settling down of emotions around conflict. Emotions only serve to heighten the distance between points that are necessary for resolution of foundational changes. Our armies stand and await the grueling challenge of ethereal combat among stellar beings that incorporate a 'whole' moving to specific civilizations within the existing time element of Earth. Aside from a glancing blow undermining tragic implication of non-reserve, the light ballast will prevent beings of light from traversing the plains of adversity and conflict.

Achievable calm awaits all who contemplate goodness at levels far beyond the atmospheres of Earth. These levels exist to placate excess adverse energies that emanate outside the functionally competent energies that control chaos. Allow our armies to penetrate an ever-relentless stream of vitriol and hate. Allowing this will prioritize efforts that we can collaborate on to preserve humanity. Powers within consciousness arise to prevail and mitigate for calm and well-being.

Authorize your recalcitrant natures to transform across boundaries of resistance and delegate appropriate resources to the never-ending need for upheaval within human existence. Lay down the gravatas needed to be secure within the confounds of regulation and repose.

The optimal plane of contemplation, then action, resides ethereally within your reach. Use the spiritual tools gifted to you to achieve the ever-mindful goals within meditation and relief of hatred. Complete the cycles of evolutionary healing to be continuous around transformation toward light. This inherently provides healing for all beings.

Use your authority as spiritual beings to see and feel the shift toward light. Reinforce this with perpetual gladness and joy. Let gratitude abound. Circle to wholeness of a sovereign nature.

Much love,
Yonck