

---

# UNDERSTANDING THE JOURNEY

---

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

---

## 200 Years of Meaning

WRITTEN BY SHEILA WOOD

In 1781, the last battle of the Revolutionary War was fought in Yorktown, Va as General Cornwallis surrendered to General George Washington. In that same year, 1781, a plantation home was built four miles outside of Charlottesville, Va. Adjacent to it was the kitchen, a small structure where all meals were prepared over a wood fire in iron pots. Approximately 200 years later, I lived in this structure which had been converted into a cottage.

No need for an alarm clock, the birds took care of that. No need to read about nature, I lived in the middle of it. I so vividly remember the feel of the moist, cold air on my face on winter mornings, the sunrises and sunsets, the nuances of light that accentuated the movements of horses, cows, squirrels, rabbits, groundhogs, skunks, snakes, red shouldered hawks and bears - yes - black bears. It was stunning, the beauty of the rolling hills, 100-year-old trees, lakes, barns, mown rolled hay, all this calling out to be loved and sustained by us. The seasons came and went every year, bringing more unimaginable brilliance, surprising everyone in nature's ability to surpass the previous year's palettes, and each season left a pinioned imprint on my brain and soul.

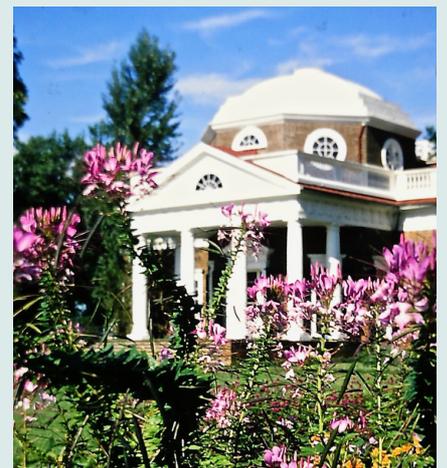
I often imagined what 1781 was like in this dwelling, the fireplace cranes still holding the original 'cookware' and the walls with stories to tell. The land supporting the plantation had certainly seen its share of turmoil. What was the other side of this beautiful picture? - soldiers streaming through hills that served as camouflage, the struggle for food and protection against the elements, protection from the enemy, homes and farms being disrupted, fear around every turn.



[https://www.youtube.com/watch?v=NVbPgBGv2to&list=RDNVbPgBGv2to&start\\_radio=1](https://www.youtube.com/watch?v=NVbPgBGv2to&list=RDNVbPgBGv2to&start_radio=1)



I think about my days in Charlottesville often, the most calming and centering time of my life, remembering of course that this gift was provided to me by a war that had taken place 200 years hence.



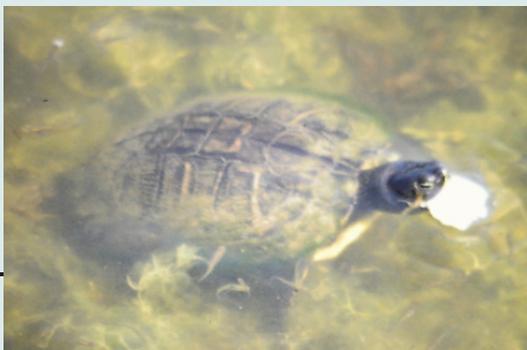
---

# Inherited Energies

WRITTEN BY SHEILA WOOD

Two very different types of energy were left embedded in the land and floating in the air. We know that nothing is created or destroyed, just changed or rearranged, and the energy around all remains. That every action has an equal and opposite reaction reminds us that we are not in complete control of the workings of the universe, yet our contributions are strong. The way settlers reacted to war, the way they aided, or in some cases, obstructed it, mattered. It matters how we feel about things because we are in the continual soup of karma.

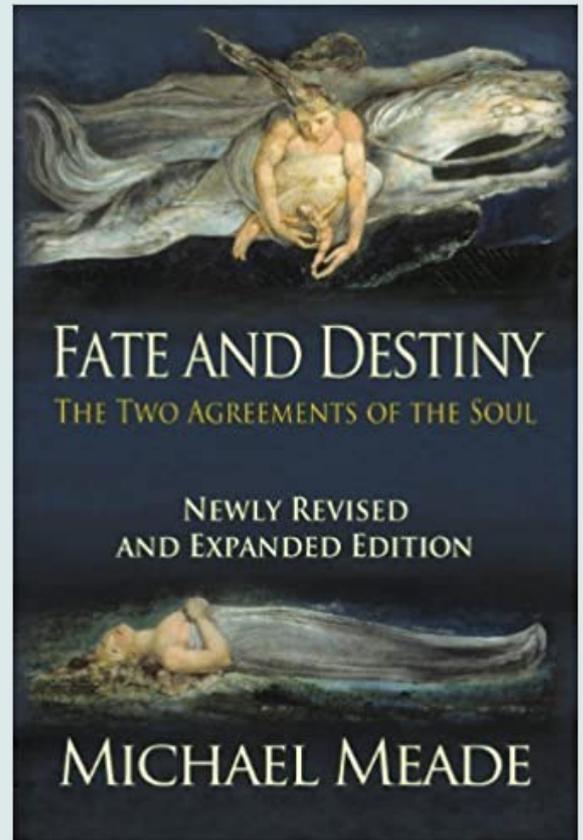
As energy workers, the part we can control is the part that is real, the part that remains after the outer trappings are removed and the underbelly of truth reveals itself. We are now in a position to expose lies to truth by honoring the natural laws that we choose to live by. Within our power is the willingness to call others to step forward and reconcile their untruths, the underpinnings of 'being good' which are so often misleading and cloaked in costumes. As we become open to the opportunities to step up, my hope is that as we show our faces to each other, truth is reflected. It is important to drop the mask and work toward harmony that serves the collective, while at the same time rejecting selective strategies imbued by and for the benefit of a few. This represents the act of moving toward 4th density, by thinking, feeling, acting, respecting and creating the community we live in, not to mention our soul's next existence.



# Fate and Destiny

**Michael Meade teaches us about:**

- **What fuels our destiny**
  - **Recognizing the call**
  - **Fear of responding to the call**
  - **Counterbalance in an unbalanced world**
  - **Modern stories that resonate with ancient stories and live in our subconscious**
  - **Cross cultural rituals**
  - **The ultimate storyteller within you**
  - **The ability to 'calm the beast' at the soul level**
- 



*Michael Meade leads us into knowing the many aspects surrounding our ‘calling’. He recounts his own experiences of movement through darkness, recognizing that it was, in fact, refracted light. The question that is asked of me quite often is ‘what is my purpose here?’ If you ask yourself that question often, this book will clear a path for your thoughts as you move in the direction of knowing. It is clearly a journey and a search that cannot be accomplished by anyone but you.*

---

# 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.**

---

*What contributes to ego awareness? Why is it important?*

*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."*

---



## **What is a twin flame? Why is a twin flame perhaps not the best choice for a long term relationship?**

Twin Souls are often described as the mirror to a person's soul, implying that one soul has been split into two, which is the foundational thinking around entanglement. When a person finds such another in this lifetime, it feels like a magnet is at work pulling them together. The feeling of recognition is keen, the finding that you have much in common with this person, the feeling that this is home. But wait. This person also has the ability to mirror your deepest foundations.

By mirroring you, it brings out the deep insecurities, fears, and shadows that you had hoped would stay safe within you and not require a need for healing. But this is exactly why this person is in your life, to purge hesitation and push you to grow from within. They may in time, ironically, play a role in helping you to get over them.

These connections are most often tumultuous as both individuals continue to reflect and expose the other's deep-seated shadows. After the intensity of first blush which comes with an extreme need to be with that person, things tend to cool when doors are opened and the most unattractive feelings that you have about yourself are brought to the surface. At this point, arguments tend to dominate the conversations.

However, good relationships can and do develop between such individuals. With constant nurture, care, understanding, support, maintenance of the individual as a whole person (not codependent), and good communication (fighting) skills, the world can be their oyster. This is a good thing. But understand that often these pairings will separate and then go back together many times. If either decides to leave for good, psychologists suggest that it is best to stand by your decision, even when tempted to call during low points in your life.

Good luck "Watching the River Run".

<https://www.youtube.com/watch?v=ErON-ZpqULY>