

# UNDERSTANDING THE JOURNEY

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

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<https://www.youtube.com/watch?v=yv5xonFSC4c>



## One Love

WRITTEN BY SHEILA WOOD

From The Redemption Song by Bob Marley

**“Emancipate yourselves from mental slavery.  
None but ourselves can free our minds”.**

While watching the recently released movie Bob Marley: One Love, I found myself caught in an emotional vortex as I observed his life-long soulmate saying goodbye to him. The last song he wrote – The Redemption Song – was performed for the first time to his wife Rita, the force in his life. After hearing it she asked, “When did you write that”. He replied – “Last night”.

She paused, thought about it, and then turned to him and said,  
“You are ready”. You are ready...

I was a mess. The dam opened and I burst into a flood of tears. Those three words carried so much weight, held such a deep sense of ‘knowing’ and gave support to him at many levels. She had also just ‘let go of him’ herself. These are the things we know and do when we love someone - the freedom that we impart to ‘be’ and ‘become’ at will throughout our time together - the strength to let go when it is best – affording them the privacy and space they need to process their own thoughts about mortality in their own time. The Redemption Song was in essence his goodbye song, and she knew it... because she knew him.

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**Rita, Bob Marley's wife, was and remains a force beyond measure for his dedication toward societal change in daily perseverance, in the embodiment of Jamaican culture, by his art, within his heart, and in his creativity. Of the two of them, I see in Rita as the symbol for two approaches to life relationships, one tinged with conventionalism, and one based in metaphysics.**

**Conventionally, she buoyed him, made a home around family, wrote music, and fought with him. Not one of these aspects was without passion.**

**Metaphysically, she knew who he was at the soul level. She knew his needs, struggles, passions, and urges. She also knew that she could not sever the gift of connection with him that was bestowed by Spirit.**

**Rita's words 'You are ready' brought a culmination of knowing, seeing, and communing with a soul that would probably never realize the depth of their connection but at the same time needed and cherished it. Space was necessary for these two souls and space happened, yet respect always remained. Other relationships happened, yet respect remained. Fighting happened, yet respect remained. Hardships abounded and this enhanced respect. Separation from family happened, yet love remained.**



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Bob Marley was/is a unique soul. His energies went into helping people realize themselves. He fully supported and advocated for people in all walks of life, through every struggle. He experienced government oppression in Jamaica and relocated to another country away from family. He labored for years and then turned his focus completely to music.

Although rebellious, his music was also uplifting and infused one's desire to join in on the dance floor. Marley smiled often and lit up audiences with joy that emanated from his heart. He was an ambassador of love but what may get lost in translation is the love force that supported his efforts – Rita.

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## March 8 – International Women’s Day

**This relationship reminds us that women are forces and are successful at relationships no matter how fraught with indignation they might become at times.**

### From The Redemption Song:

**How long can they kill our prophets  
While we stand aside and look  
Some say it’s just a part of it  
We’ve got to fulfill the book (Akasha)**



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Actively loving someone often requires the granting of space (with respect) without losing site of the strength of connection at deep levels. It is that strength that sustains, sets the example, and bolsters the family at all levels, within and around other people’s lives. The strength these two souls were able to put toward peace, both individually and worldly came from within themselves. Their common goal was to create peace within and share it with the world.

It is difficult to smother the flame of light and love emitted by these two and it shines today. After Bob’s untimely death at 36, in 1981, Rita has continued to bring both legacies forward. Their music continues to be used to instill heart-centeredness in people, communities, and nations.

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### **Accomplishments by Rita Marley:**

Mrs. Rita Marley's musical career has seen the production of four successful albums: Who feels It Knows it, Harambe, the 1992 GRAMMY nominated album We Must Carry On, and Spectacle For Tribuffalos, as well as the classic reggae album Beginning, with the I-Threes.

In 1996 the Jamaican government awarded her the Order of Distinction (OD) for her outstanding works and accomplishments, which are numerous. In 2004, Mrs. Rita Marley was awarded Personality of the Year in Ghana in recognition of her work through the Rita Marley Foundation. In November 2011 Mrs. Rita Marley O.D was awarded the prestigious Honorable Marcus Garvey Lifetime Achievement Award at the Caribbean American Heritage Awards in recognition of her outstanding contributions. Mrs. Rita Marley O.D was bestowed the Living Legends Awards at the 2012 African International Media Summit (AIMS) in Malawi. The International Women's Forum honored Mrs. Rita Marley O.D in May 2012 with the Leading Light Award for her work in music and charity. In August 2013 Mrs. Rita Marley O.D. received an honorary Ghanaian citizenship from the government of Ghana, West Africa for her philanthropic work with assisting the poor and needy.

Founded and runs the Bob Marley Foundation which is committed to helping those in need.

### **Accomplishments by Bob Marley:**

1978: Peace Medal of the Third World by the United Nations

1981: Jamaican Order of Merit

1994: Inducted into the Rock and Roll Hall of Fame

1999: Album of the Century for Exodus by Time Magazine

### **Reference:**

[Biography.com/musicians/bob-marley](http://Biography.com/musicians/bob-marley)



# 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.

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**As we all know, often answers to questions birth more questions.**

**So in a word - this is the "Don't Be Shy" page.**

*An allegory reflecting current times*

*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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## Elephant Calamity : An Allegory

One day an elephant named Nast, steeped in full self-aggrandizement, told all fellow zoo members that he could escape. In disbelief they watched him as he plotted and planned his escape. “How will you survive?” they asked. “I am king” he replied.

Much to their surprise, Nast did manage to leave the zoo. As he again plotted his course, he found himself walking down a road lined on either side with bluegrass. Hidden within this bluegrass were hunters with rifles pointed in his direction. ‘Oh my’, he thought, ‘this looks like fun’

He thought back on his existence and could only wonder why any real human would want to shoot him. After all, he was wonderful, and he was king.

He came upon a clearing surrounded by steep cliffs and much to his surprise another elephant was on the other side of the clearing. He stood back and thought ‘I do not want this elephant to see me. What can I do to prevent having to explain myself? I will just stay on this side of the ravine.’ It did not occur to him that if they worked together, perhaps a plan would emerge that could save both.

Suddenly a gaggle of jeeps surrounded the clearing and men with rifles jumped out. Nast was confused, the other elephant was confused. They both hastened to find shelter from the coming onslaught. But alas, in doing so they ran headlong into each other and without being mentally clear, fell over the steep cliffs to their deaths. YIKES!

The men with rifles quickly ran to the cliff’s edge and looked down. Hovering on top of the two carcasses was a banner that read SAVE OUR NATION, possibly placed there by an angel. The men looked at each other and said, “Is this chaos entirely necessary?”. The resounding answer was YES – but no one seemed to know why.

