
UNDERSTANDING THE JOURNEY

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

<https://www.youtube.com/watch?v=LKaXY4ldZ40>



Trauma's Role in Healing

WRITTEN BY SHEILA WOOD

Many healers that I interact with have shared aspects of their life paths with significant accounts of trauma - emotional, physical or both. Perhaps part of the motivation to heal others is the empathy that echoes when we hear others' stories. The energy that stems from traumatic experiences can serve as a basis for spiritual expansion and prompt the desire for outreach to others.

Reflecting back to the dark periods of our journeys, we hold provenance for those who need understanding. Important for stepping toward providing insight and healing to others lies the need to process and release our own previously experienced trauma. Residual emotions around trauma reside in our essence and can be stubbornly persistent when attempting to reconcile and release them.

When we, as individuals or healers, face actions that are meant to harm, disengage, distract, or punish us, our role is to observe the energy coming from another person, to stay firm in our self-compassion, and be able to expand our energy. This action can often cause reflection, realization, and a backdrop for healing within the other person so as to serve both sides.



On any given day, opportunities are placed in front of each one of us, opportunities that can slip away if they go unnoticed. A simple kind word, or a caring smile can lift and separate a depressed mood. A helping hand to those less fortunate can begin a cascade of healing. No gesture is too small, no extension of love too insignificant.

Equally as important as compassion is the development and implementation of structured boundaries. It is important to convey the framework in which your work is best delivered, and clarity also provides an effective way to lay the groundwork for the completion of goals.

As set forth in EFT energy work, it is best to lower the intensity of emotion to ≤ 4 (on a scale of 1-10, with 10 being the highest), before moving into energetic procedures. Intense emotion causes the energy to have static and talking points can be shifted out of focus which removes positive movement or flow. TFT procedures help with this but if repeated attempts to lower emotion fail, it is best to reschedule. An unrelenting tightness in the chest or solar plexus that is not relieved by heart centering signals caution.



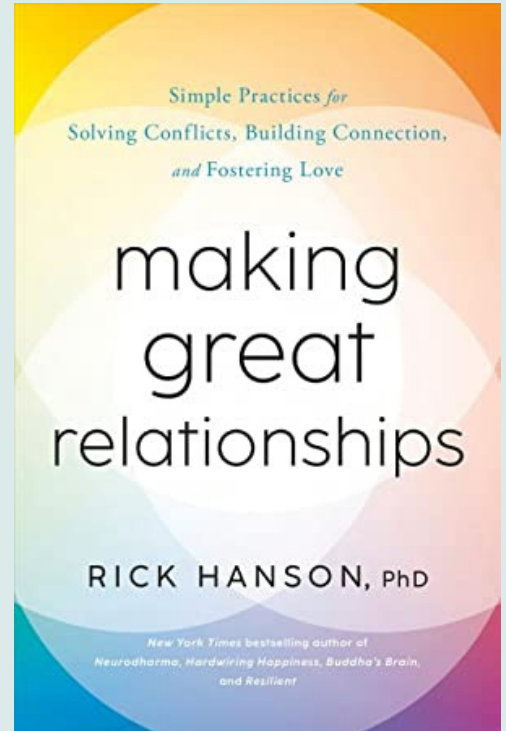
Healers are immersed in levels of client energy that can distort their own energy alignment. Best practice calls for healers to align their energy both before and after a session and always keep energetic boundaries in place. We all carry overlapping energy from other people and from other sources to include but not limited to electronics. (Electromagnetic frequencies {EMFs} can result in disruption of one's energy, the long-term effects of which are unknown at this time.) Spiritual hygiene and care from within are key factors when in the business of lending support to others.

Setting aside the seriousness for a moment, I wish to express my gratitude for the omnipotent influences bestowed upon the Eagles football team from Philadelphia and wish them the best in the Superbowl this year. There is something very healing in this. Philly loves parades so Fly Eagles Fly!



In Making Great Relationships, Rick Hanson urges us to:

- Convince yourself that you truly deserve to be treated well
- See the good in others
- Maintain healthy boundaries
- Express needs so that they can be met
- Communicate effectively
- Stay centered
- Let go of the need to win
- Take a break
- Replace argumentation with chocolate



The guidelines presented here remind us that if the results of a relationship are not good, it is the process that needs improving. Keeping respect at the center of any discussion is an irreplaceable part of the equation. A keen focus on goals helps to avoid letting excessive mis-directed emotion derail the positive movement.

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.

Are we influenced by celestial changes?

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 the foundation for spiritual expansion?

The foundation for spiritual growth is Divine compassion first and curiosity second. Compassion seeds the desire to learn more about how spirit moves within our day to day lives and curiosity leads the way towards spiritual expansion. The roots of expansion lie in gaining experience through meditation, the centering of self, the grounding of energetic downloads, and the influence of personal interactions with those who share similar spiritual awakenings. The exchange of information around eye-opening happenings provides the fuel for developing capabilities that seem outside the realm of human existence but are in fact achievable with study, practice, and excellent mentors.

The efforts put toward spiritual growth can result in rearrangement of priorities, refocusing toward possibilities, and motivation to share and expand knowledge across dimensions. Let us remember our mentor Bob Bens who laid the foundations for many of us to grow spiritually. His guidance remains apparent – free and unencumbered by the light imparted to us. As we choose to grow and find our path, Spirit continues to speak through Bob. As he always told us – TRUST SPIRIT.