

UNDERSTANDING THE JOURNEY

A Bimonthly Newsletter from Healthful Energetics
www.sheilajwood.com

This edition has an international flair with the theme of energetic connections with leanings toward positivity.



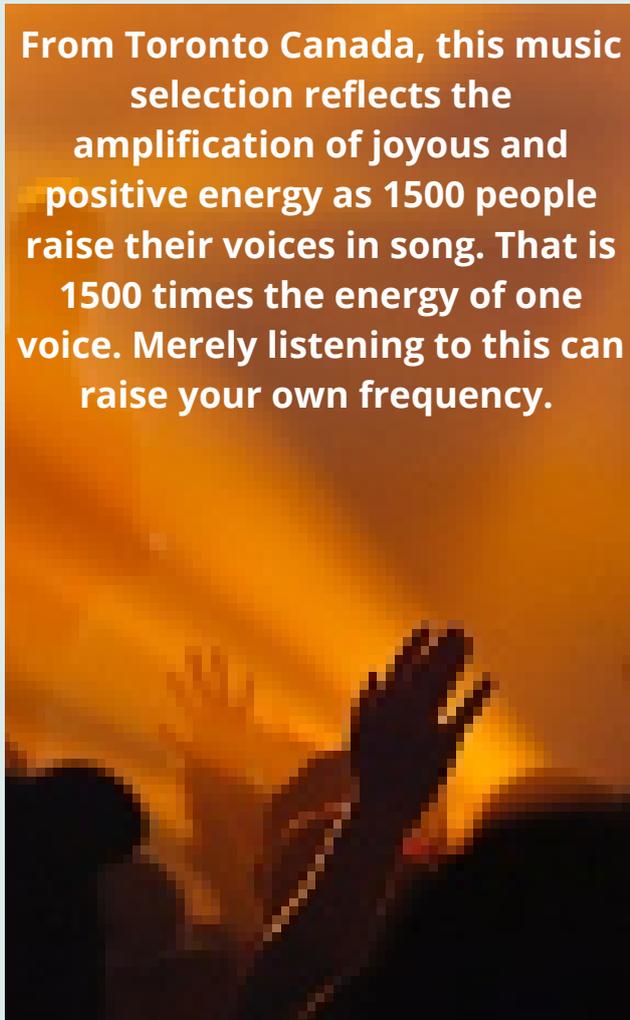
<https://www.youtube.com/watch?v=AGRfj6-qkr4>

WRITTEN BY SHEILA WOOD

At every level, no matter what you are doing, you are contributing to the cosmic consciousness. Your journey among millions of others is reflected back to everyone in the color that it is projected. My thoughts this week have rested within the struggles of the Ukrainian people. Although we have no control over the horrors of war, it is obvious that our energies can influence by staying in the positive. The population of Ukraine is around 43 million and the population of the planet is around 7.7 billion. As Wendy Kennedy (<https://higherfrequencies.net>) brings messages from the Pleiades, we are informed that that it only takes one-tenth of one percent of the population on Earth to turn the tide toward positivity on our planet. If there was ever a time to send positive energy, it is now.

Samaritan's Purse is a good Place to donate.

From Toronto Canada, this music selection reflects the amplification of joyous and positive energy as 1500 people raise their voices in song. That is 1500 times the energy of one voice. Merely listening to this can raise your own frequency.



Pockets of Inspiration

BY SHEILA WOOD

Shout out to the effort exhibited by the people of Dubai that have patiently waded through the necessary orchestrations of COVID restrictions to be able to bring us the wonderful World Expo. Slated for 2020, it was postponed for a full 12 months but finally opened on October 1, 2021 and is now coming to a close on March 31. Congrats to the 127 countries that were represented with such impressive exhibits.



Van Gogh Exhibit in Raleigh through June 12th.



From the USA, part exhibition, part festival, FUTURES presents nearly 32,000 square feet of new immersive site-specific art installations, interactive stations, working experiments, inventions, speculative designs, and “artifacts of the future,” as well as historic objects and discoveries from 23 of the Smithsonian’s museums, major initiatives, and research centers. Of the nearly 150 objects on view, several are making their public debut: an artificial intelligence (AI)-driven rover from Alphabet’s X that could transform agriculture; a Planetary Society space sail for deep space travel; a Loon internet balloon; the first full-scale Buckminster Fuller geodesic dome built in North America; the world’s first controlled thermonuclear fusion device; and more. Through July 6, 2022

Book Review

BY SHEILA WOOD

Daring Greatly by Brene Brown

Brene Brown in this wonderfully motivating book, urges us to set boundaries, find comfort and cultivate spirit by

- Learning how to actually feel feelings
 - Staying mindful about numbing behaviors
 - Learning to lean into the discomfort of hard emotions
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-All necessary steps to avoid the accumulation of trapped emotion from psychic trauma the release of which can restore health, as the war in Ukraine brings to mind. Brene tells us that we cannot control the behavior of individuals but we can cultivate organizational cultures where certain behaviors are not tolerated and people are held accountable for protecting what matters most: human beings.

And one of my most favorite renumerations by Theodore Roosevelt ends the book, so apropos for what is going on today at every level of society.

**“It is not the critic who counts;-
the credit belongs to the man who is
actually in the arena, whose face is
marred by dust and sweat and blood;
who strives valiantly; who errs, who
comes short again and again,.....-
who spends himself in a worthy cause;
-who at the best knows in the end the
triumph of high achievement, and who
at worst, if he fails, at least fails while
daring greatly....”**

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.

"Make sure that you project from your heart and listen to others. It is the best way to grow."



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

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

