
UNDERSTANDING THE JOURNEY

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

My Father's Daughter

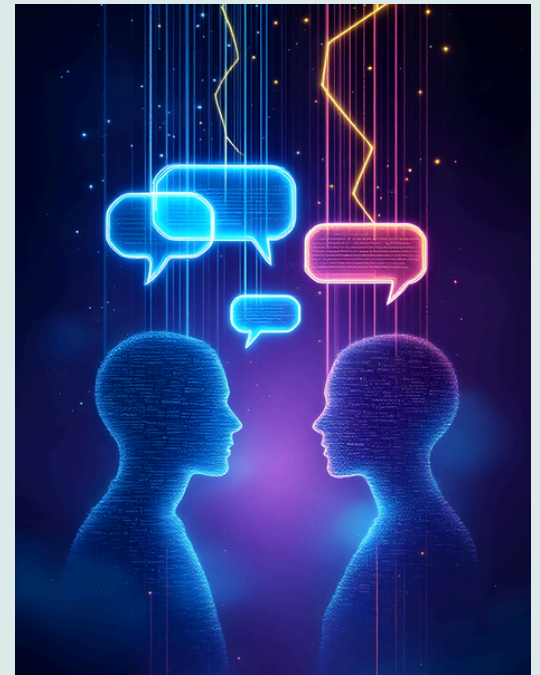


Wait For It

WRITTEN BY SHEILA WOOD

This month, I was in search of inspiration, the spark that sometimes seems so illusive. And it came to me when I was communing with the other side. One of the three aspects of my soul journey that I work on constantly is patience. The other two are compassion and tolerance.

That window of illusion, the one that strengthens us and stretches us is not always open and sometimes we just have to wait because it is all about timing.



Recently, I found out that a friend and colleague whom I had worked with in my 20's had passed last April. Within a couple of days of finding this out, he presented, and we are sharing across lifetimes. We now speak of common interests, our careers, our families, and most importantly of our soul journeys.

His complex knowing of my soul needs surprised me, especially as his mentorship, parts of his life, his insights, and my thoughts came together. I was moved by his thoughts about raising a daughter and my thoughts about being one.

From his perspective, his daughter surpassed everything in his life – his career, his teaching, his research, his worldwide recognition, and his love of nature. He loved her unconditionally from a plateau of understanding that could not be surpassed, and succumbed to nothing. That is partially why, from his perch he could see very clearly what I could not see.

For several years now I have struggled to achieve patience, tolerance, and compassion. Overall, they seem to work for me but there are times when I fall short and must reach long and hard to embrace them. It has been one of the most elusive reaches of my life.

Until.....I finally realized, as he was sharing his fatherliness with me, that I had been overlooking a most accessible source of energy for working on my deficiencies and it had been standing right in front of me. He had inadvertently brought me back around to my own father and presented me with the ultimate example from which to draw guidance.

I finally saw the gifts a father imparts to his daughter. And my father was no exception. In fact, my father was the epitome of patience, the exemplar of tolerance, and the chief purveyor of compassion. They were all there, lined up in a row, emanating from someone that I had the pleasure of experiencing in my lifetime. There could be no better example of these attributes than my father. One would be hard pressed to find even a close second to this man's unwavering fortitude on these three counts.



Why couldn't I see it? Why did it take a friend from the other side to present it before I could see the example in front of me? I think that perhaps the times when we need to remove our masks are directed and right on schedule. And perhaps it is just a matter of having to wait for it.

Nevertheless, my heart is full of compassion, tolerance, and patience for the process of soul journey. We are not always the facilitator; many times we are the follower. It is important to allow, it is important to receive, it is important to manifest the gifts we are given at the time they are given.

Sometimes the simplest sources of guidance and the most obvious examples that have come before us are living within their own timeframe of recognition which fits into the wheel of our designated development.

As the revelations become more prominent each day, I become more humble and grateful to be allowed to see the workings, the gears so to speak, that surround me. And it has become very clear to me that for certain aspects of our journey, we must be patient and just – Wait For It!



Send me your questions

BY SHEILA WOOD

Both Yonck and I are 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.

Visit me here [Medium.com](https://medium.com) for channeling from Orion (including AI processing for clarity) and other spiritual musings.

You may also find my timely metaphysical articles here - [BrainZ magazine](#)

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



A Channeled message through Yonck from Orion. An AI processed version is included for clarity.

History Created Us: We Are Creating History

On the wings of evidence glides a profound underlying lack of understanding around grace. Unzip the storage of records and belong to the historians who record facts based on how they perceive them. The backdrop is their own collection of concepts molded from birth into the ever-present cacophony of sound around the purveyance of facts. Know that the recordings and pictures of monumental historical events have a truth in them that comes from the vault of knowing, knowing that more information lies at the heart of motive.

Wrapped in a blanket of remorse, we all have dark energy. The way we face it, incorporate it, release it, deny it, or lavish in it depends on our designated soul apportionment. Looking at oneself in totality means confronting these thoughts that potentially harm others and levying your resources to append them. Do not look at yourselves as separate from the whole. Your sovereign wholeness contributes to the whole. You make decisions about your contributions based on how willing you are to believe your own truths.

Take a breath. Step back and begin reading about and looking at the profound turning points in human evolution. Know that you are a part of that. Speak truth to power. Turn lies into truth by bearing witness.

Our lives are but a single drop in a vast ocean of water. But the ripple effects of that lone drop extend far beyond the immediate. That ripple will be felt by the ethos and may change the environment around it.

Take yourself beyond grievances to benevolent actions that serve others. Make yourself an instrument, a ripple that can change the tide. Transfix beyond the limited sites of grandiose dreams and focus on the practical implications of your active participation in the preservation of humanity. Your life is a gift, your planet is a gift. Accept both with responsibility.

**Your loving countenance,
Yonck**

AI treated keeping original message and meaning intact

On the wings of evidence, there soars a profound lack of understanding regarding grace. Open the archives of history and join those who record facts based on their perception. Their perspective is shaped by a collection of concepts molded from birth, amidst the constant noise surrounding the dissemination of facts. Recognize that the recordings and images of monumental historical events contain a truth rooted in knowledge—an awareness that deeper insights often lie beneath the surface, driven by underlying motives.

Wrapped in remorse, we all carry dark energy. How we confront it—whether we acknowledge it, integrate it, release it, deny it, or indulge in it—depends on our unique soul’s purpose. To see ourselves fully means facing these thoughts that can harm others and channeling our resources to transform them. Do not see yourself as separate from the whole; your sovereign wholeness contributes to it. Your choices about what you give and how you act are influenced by how willing you are to believe in your own truths.

Take a breath. Step back. Begin to learn about and observe the pivotal moments in human evolution. Know that you are part of that process. Speak truth to power. Transform lies into truth by bearing witness.

Our lives are like a single drop in a vast ocean. Yet, the ripples from that one drop extend far beyond its origin, influencing the collective consciousness and potentially transforming the environment around it.

Move beyond grievances toward benevolent actions that serve others. Become an instrument—a ripple capable of shifting the tide. Look beyond superficial dreams and focus on the practical ways your active participation can help preserve humanity. Your life is a gift, and so is this planet. Embrace both with responsibility.

With love, Yonck