

# UNDERSTANDING THE JOURNEY

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A Bimonthly Newsletter from Healthful Energetics

<https://www.sheilajwood.com>

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**Everything that happens in your day is an opportunity to convey, express, or deliver Divine love.**

**WRITTEN BY SHEILA WOOD**

**This is one way to find, develop, nurture, and cherish joy within non-joyous situations.**

**It's about *moments* - not hours, days, or weeks.**

**When you are fully aware and know that your action or reaction was storied and provided positive energy, capture such moments for yourself. Take them home, write them down, cherish them for the growth they have provided and then congratulate yourself for modulating a positive growth outcome within your own soul energy. That soul energy will persevere, appear in other incarnations, and live within the cosmic consciousness.**

[https://youtu.be/NG2zeyeVRcbs?  
list=PLEAC7240CA48F4D70](https://youtu.be/NG2zeyeVRcbs?list=PLEAC7240CA48F4D70)

**IT'S THE CLIMB**



# Using Masculine and Feminine Energy

BY SHEILA WOOD

Often a situation benefits from using both masculine (my way or the highway-do it now) and feminine (help this activity to ground our souls for connection in community) efforts. The question is, can these energies co-exist peacefully as solutions appear to grind forward? It is important to step back when your input is complete, let all energies converge and allow the universe to complete the cycle of resolve; or sometimes to your chagrin, the universe may reign over continued conflict which is sometimes necessary. Remember that you can never completely control everyone or every situation.



<https://www.outofstress.com/crystals-to-balance-male-female-energy/>

***Step back from the situation, take a breath, count to ten and then decide whether masculine or feminine energy could best be used to change direction, affirm, or place needed controls on the circumstances surrounding the event. Stepping back and breathing become very important in most tense scenarios.***

*Often the best solutions come from a creative place inside you that is not influenced by your memory of past successes or failures, described as being “in the now”.*



# Book Review

BY SHEILA WOOD

## Living With Joy

by Sanaya Roman

---This book is about feeling good about yourself

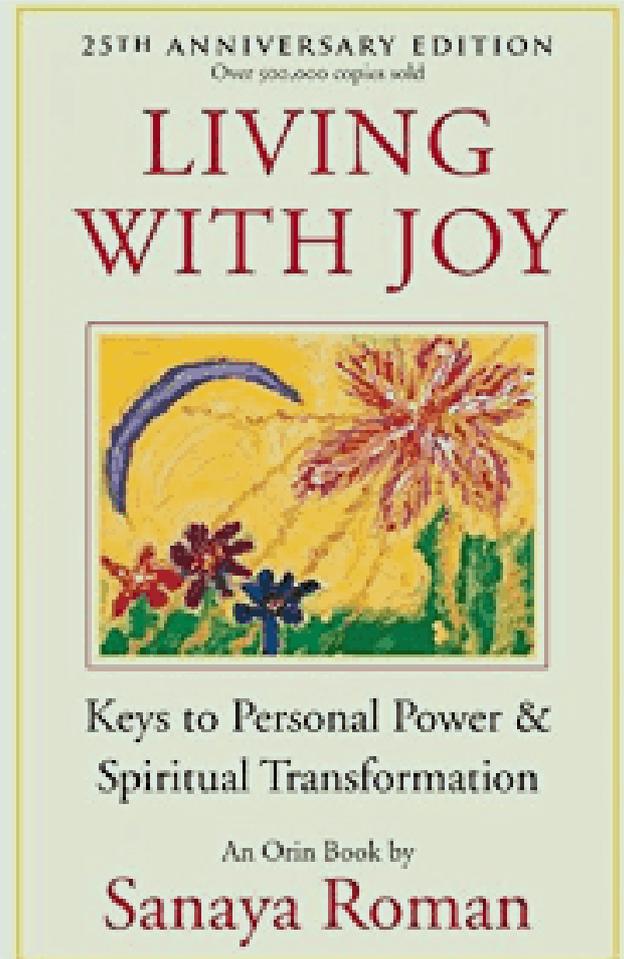
---Growing through joy stemming from self-respect

---Feeling alive every day by doing the things that resonate with your likes

---Knowing how to affect change in your behavior

---Creating space to be heart centered and open

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*"Make sure that your outlook is both functional and creative. Think outside the box and impress everyone!"*



# 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.**

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

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