

UNDERSTANDING THE JOURNEY

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

<https://www.youtube.com/watch?v=94DZvLlwGjM>



The Akashic Records

WRITTEN BY SHEILA WOOD

The Akashic Records, or "The Book of Life," can be equated to the Universe's super-computer system. It is this system that acts as the central storehouse of all information for every individual who has ever lived upon the earth. More than just a reservoir of events, the Akashic Records contain every deed, word, feeling, thought, and intent that has ever occurred at any time in the history of the world. Much more than simply a memory storehouse, however, these Akashic Records are interactive in that they have a tremendous influence upon our everyday lives, our relationships, our feelings and belief systems, and the potential realities we draw toward us. The Akashic Records contain the entire history of every soul since the dawn of Creation. These records connect each one of us to one another.

Excerpted from Edgar Cayce on the Akashic Records: The Book of Life by Kevin J. Todeschi, ©1998. Used with permission.



Cayce expressed that the Akashic Records of the mental world might be compared to a movie theater of the physical world. This movie can be replayed to understand what has occurred in an individual's experience in any period, at any time, or while in any place in history. Also within this data is a record of lessons learned, opportunities lost, faults acquired, and experiences gained.

When there is the thought or the activity of the body in any particular environ, this very activity makes for the impressions upon the soul...As to the records made by such an activity, these are written upon what is known as time or space, much in the form or manner as are the messages that are of a familiar nature to the body in its present activity. As the instruments of recording are used, so does the activity of ENERGY expended leave its imprint upon the etheric wave that records between time and space that DESIRED to be put, as to that impelling or producing. Just as the figures or characters make for communications between individuals, so does the soul upon the pages or records of time and space. ...Edgar Casey

The soul's journey can be explained by saying that we are not physical bodies with souls but spiritual beings who happen to be having a physical existence. If this is true and we are fundamentally spiritual beings, then we might ask, "So, just what are we doing here?" The answer proposed by the Cayce information is that we are essentially gathering experiences. The soul gains firsthand knowledge not only about its own identity but learns how choices made result in certain experiences. In time, soul experiences and acquired knowledge will lead to wisdom. Inevitably, wisdom will lead to compassion and eventually love will be the end result. At this point, the soul will know its individual identity as well as its true relationship with God. The soul will have come to understand that its primary essence and God's are one and the same, and that is love.



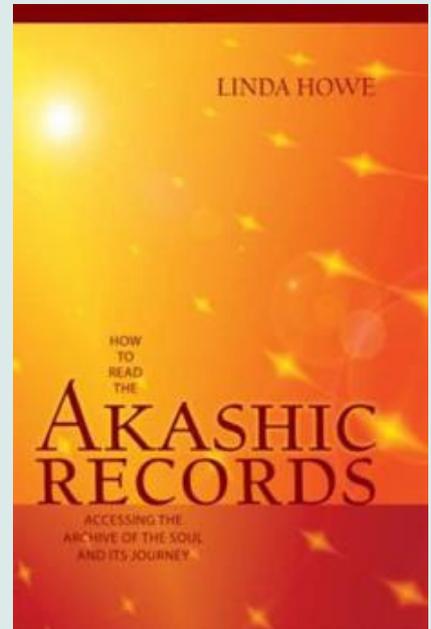
From a practical standpoint, I find that information from the Records provides detail and therefore clarity around the issue(s) at hand. It is a more in-depth process than a normal mediumship read as it gets to the core of the issue at hand by retrieving information from past life energy that has not yet been but can now become a conscious awareness and it allows release of specific energies as requested by the subject. In this regard it can be more effective than a general clearing. These types of reads can be deeply personal. The variety, intensity, and nature of information obtained is broad.



For my complete article on The Akashic Records which includes FAQ, Performing and Akashic Read, and Akashic Experiences, please go to <https://www.consciousness-cafe.com/articles>

Linda Howe presents a practical guide to

- understand purpose
- navigate to more complete understanding
- connect to Divine messaging
- respect Masters, Teachers, Loved Ones
- remove ego from facilitated reads



This book provides a basic scaffold upon which to structure readings and clarify expectations and of the facilitator/reader. My approach is to go to the Records for help and guidance on issues that may plague a life and find those events from all incarnations about which emotions need to be cleared. We have no reasonable idea that they happened and are affecting us until revealed in the Records. The Masters (librarians) are appreciative of this and confirm that help can arise as needs arise.

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.

What is an antidote for overwhelm?

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 are some different types of meditation?

<https://www.healthline.com/health/mental-health/types-of-meditation>

- **Mindfulness meditation**
- **Spiritual meditation**
- **Focused meditation**
- **Movement meditation**
- **Mantra meditation**
- **Transcendental meditation**
- **Progressive relaxation**
- **Loving-kindness meditation**
- **Visualization meditation**



I am referring you to the website above for definitive explanations about the types of meditation. That said, I feel that the type and duration of meditation that you choose for a daily practice is influenced by your particular needs and your approach to life or how you feel about it. Personally, I consider going to the Records as my prominent source of wisdom and comfort. But there are times when I move to concentrating on a particular frequency/wavelength provided to me by one of my spirit guides. This provides calm, centers me, and aids in sleep. On other days, I feel embraced by nature and lighter after a walk or period of being outside. Meditation during yoga is effective for whole body awareness and connection.

Others meditate by communing with the Divine and listening for guidance that comes during a meditative session. If your mind is "too busy" let the thoughts float and as long as you are not connected to them, you can connect to your core consciousness. Whatever you choose as your means to rejuvenate, connection with your inner self or higher consciousness is an important part of wholeness.

It is worth the time and continued dedication.