
UNDERSTANDING THE JOURNEY

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

<https://www.youtube.com/watch?v=QV9JJmSCiI8>



Viewing, Seeing, Knowing: The Path to Reconciliation

WRITTEN BY SHEILA WOOD

The many aspects of our continuing growth as soul journeyers leads us to reach. We reach for purpose, we reach for anchors, we reach for the motivation needed to pursue goals, we reach for love in every sense of the word. What we do not bargain for along the way can sometimes leave us in the lurch and stuck in the pause position. One of these events is sexual assault.



Part of my work as a healing coach has led me to investigate the bio-psycho-social aspects in this category of trauma. It is one of the most prevalent forms of harm in our society and one of the least talked about forms of abuse. The reasons for this are many and have lasting propensities. It is estimated that one in three will be sexually assaulted in their lifetime. Understand that these are the reported cases, and these events are direly underreported.

One of the positive indicators for reconciliation of feelings around assault is the immediate willingness of the survivor to speak about it. Surveys and studies have shown that 50% of survivors delay talking about it for five years or more after it happens. A direct, or indirect, corollary is that 50% of survivors have PTSD symptoms for the rest of their lives. (MJM 2006 9(2): 111-118.) The delay in speaking out results in delays in healing and sometimes disallows recovery.

There is a point in most of our lives where we know intellectually that we did the right thing. A partner to that is the question we ask ourselves, 'was it my fault'. When someone can find that pivot point, where they not only know, but truly believe that it was not their fault, that feeling leads them to a bright new perspective on life, and from that point on they can move mountains. It is a beautiful transformation. Below a link to my interview with Katie Koestner. It explains some of my efforts in this area. I will let it speak for itself.

<https://dearkatie.podbean.com/e/s6e24-root-chakra-alignment-for-healing/>

Katie Koestner who is a longtime supporter of survivors, Katie appeared on the cover of TIME Magazine at age 18 and was the first to speak out nationally as a victim of date rape. She talks with survivors of sexual assault, rape, and abuse about what they went through and how it impacted their lives afterward. Her co-host Claire Kaplan, Ph.D. is an advocate, educator, and activist .

Our guest Sheila Wood, an Intuitive Healing Coach with a PhD in Clinical Pathology, holds a distinct space in trauma healing. Her unique fusion of energy healing, mediumship, and Akashic Record insights, combined with her academic alignment, creates a prolific healing environment. Rooted in a mission to heal the generational echoes and lifetime impacts of sexual assault trauma, Sheila's method locates and liberates deeply ingrained, often physically expressed, emotions. Her integrative approach serves those plagued by remnants of harrowing experiences, offering them liberation from embedded traumas and a path to transformative healing. www.sheilawood.coach

References:

Some articles of interest:

1) This is an article that describes a comprehensive approach to the healing of sexual assault symptoms including PTSD from a bio-psycho-social standpoint. MJM 2006 9(2): 111-118.

2) We inherit emotions around trauma from our ancestral line and from our soul lineage. This link is to an article describing how unborn children of pregnant moms who witnessed the events of 9/11 presented with PTSD symptoms after birth that mimicked their mom's PTSD symptoms.

<https://www.theguardian.com/science/neurophilosophy/2011/sep/09/pregnant-911-survivors-transmitted-trauma>

Suggested books:

The Field by Lynne McTaggart

The Akashic Records by Linda Howe

It Did Not Begin With You by Mark Wolyn

The Myth of Normal by Gabor Mate

In the Realm of Hungry Ghosts by Gabor Mate



As an adjunct to the channelings from Yonck, someone once asked if I solicited wisdom directly for myself. My answer was no, I do not want to place limitations on the wisdom that comes through. This wisdom is for everyone. Recently, however, I did ask for guidance. I asked for clarity around stamina, vision, forward movement, and accomplishments as they are rooted in my psyche. This guidance seems appropriate for the information brought forth in this newsletter. Again, I will let the results of my inquiries speak for themselves. (see pages 6-7)

I wish you all the happiest of holidays and much comfort for those who are in need. It is always such a pleasure to touch base with you through this newsletter. Let me hear from you....



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 <https://www.medium.com/@swood13777> for channeling from Orion and other spiritual musings with AI simplification keeping the message and meaning intact

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



12/19/2024. Sheila J Wood. Channeled through Yonck from Orion with an AI simplification keeping the original message and meaning intact.

The multitude of regret that comes with visual clarity often subdues joy. Considering all points of light and choices that present to us, we must develop habits around choice. Give yourself over to joy in the process of taking care of yourself. Relinquish others' tools of manipulation of your psyche and rely on the gifts of Divine leadership. Avail yourself to the resources available for guidance but do not rely on them solely. The relationship between your inner self and the Divine is what will sustain you through challenges.

Subtle changes within lead to obvious changes without(externally). Lend yourself to what makes you joyous and follow that thread. Know from where dampening influences originate and clear them daily. Assume a vivid landscape of energy around your physical space and move the mountains necessary for the implication of your talents. What matters is how your soul evolves and what you leave for others. Appreciation abounds. Embrace it and let go of any residuals that do not apply to forward movement. Notice where your heart is drawn, what intrigues you. Elevate appropriately the proclivities that surround soul evolution. Notice that a point in your time is a point in infinity. Understand that time, especially your time, is allocated and is not infinite until your soul transitions. But be ready for infinite possibilities both in your earthly existence and in your soul passage. A fleeting glimpse of evolutionary gains is provided in your present existence and multiplies exponentially upon the release of earthly boundaries.

I am here to assume the appropriate passage of earthly time for you. Your recent encounter was in the upper echelon of training for ethereal passage. Although your understanding of 'why' is limited, the written context of it implies diligent attention to detail when working with people. This in turn prepares you for your next in person ventures attending hurt soul energies. Allow the workings of the universe to assist in this process. We know what we are doing.

Leave the written word for others to follow.

Yours in truth

Yonck

AI SIMPLIFICATION

Regret can overshadow joy, especially when we see things clearly. We need to build habits around making choices. Embrace joy while taking care of yourself, and let go of others' attempts to manipulate you. Trust in Divine guidance but also seek your own inner strength. Your connection with the Divine will help you through tough times.

Small internal changes can lead to significant external transformations. Focus on what brings you joy and clear away negative influences every day. Create a positive energy around you and work to unlock your potential. What matters most is your soul's growth and the legacy you leave behind. Appreciate what you have and let go of anything that holds you back. Pay attention to what captivates your heart and nurture those interests. Remember that your time is limited, but it's also a gateway to infinite possibilities. Your current experiences will expand when you move beyond earthly limits.

I'm here to help you navigate this time. Your recent experience has prepared you for deeper spiritual work. Even if you don't fully understand why, it's important to pay attention to details when helping others. Trust the universe to guide you, as we have a plan. Share your insights with others.

Yours in truth,
Yonck