
UNDERSTANDING THE JOURNEY

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

Holding Space for Spirit

WRITTEN BY SHEILA WOOD

Festering feelings do nothing for either your pores or the aging process.

Things happen that make you angry and sometimes you have a hard time letting go of that anger. What do you do with all the emotion? At higher levels of learning in metaphysics, it is projected that since we are all derived of Source energy and that we are all walking our path, then we cannot deliberately hurt anyone or be hurt by anyone, obviating the need for healing or forgiveness. That said, the fact remains that we are human, and we have feelings, feelings that occasionally get in the way of progress.

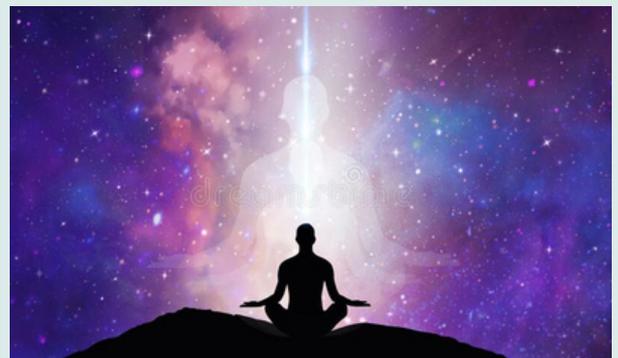
I like the idea that when two people in a relationship sit across from each other and hold space for full expression within a blanket of safety and containment, it builds connection and trust. Let's imagine doing the same with Spirit. When emotions begin to surface and churn without a means of release, sit across from Spirit. Let the negative energy go to the Divine receiver and know that it will be transmuted into energy for the highest good.



https://youtu.be/KSuB4t3q_dA



At that point you can be assured that the negative emotions cannot come back because they have been changed. This does three things, it relieves stress in your energy, it ensures that the energy is transmuted for the highest good, and it allows only high vibration energy to be sent out into the cosmic consciousness. Another residual from all of this? - a more frequent interaction with Spirit.



Cultivating a Garden of Thought

BY SHEILA WOOD



Every day that we live, we are presented with an alternate route in returning to, or discovering, who we are as individuals. We can go back the way we came, or we can stop and cultivate new approaches. Each course is valid in its own right. I had a dream. The dream led me to search deeper for an answer to something that confused me. I was going back to where the first answer was harvested, driving on a two-lane road, could not find an end point, and turned around to come back. As I was driving back, my lane was blocked and in the middle of the lane was a raised bed for plantings. Two apparent choices had been presented to me - to continue going back the way I had come by using the other lane - or to stop. I stopped and realized that the planting bed was fresh and fertile. It was a metaphorical opportunity to plant seeds, cultivate, and tend a new garden of sorts. Some people call this free will. Some call it Divine intervention. Some call it free will influenced by Divine intervention. As I awoke from this dream, I realized that the importance of the answer is not always literal but resides in the understanding that everyone's garden, should they choose to plant it, will not look the same. Mine would be highly organized, placed in meter squares with groups of plants that relate to each other in various ways (yawn). Others may have a haphazard array of mixed flowers with happy colors. Others would possibly arrange by color or size.

My question was answered, the message was clear. Understand that you can arrange your garden, plant it, watch for growth, nurture that growth, and then care for it by season. Also understand that you can be just as content and happy going back the way you came, because free will (for change) is a gift, not an obligation.



Book Review

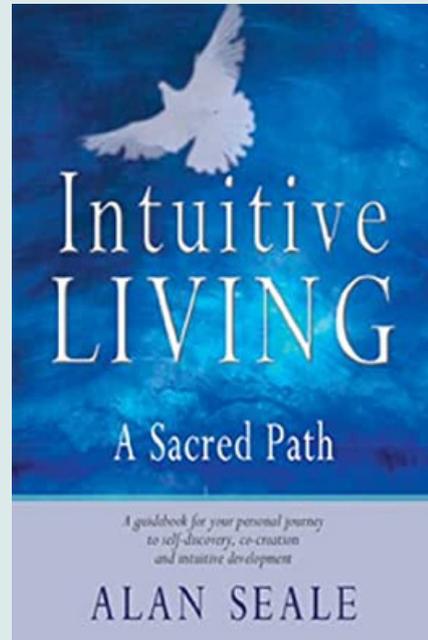
BY SHEILA WOOD

Intuitive Living

Alan Seale teaches us how to do the sacred dance by:

- Balancing Chakras
 - Understanding natural laws
 - Separating ego from soul
 - Interpreting pain as an energy pattern
 - Meditating for health
 - Being in the moment
 - Opening up to Spirit
 - Intuitive readings
 - Grounding your energy
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-All steps toward awakening. For those beginning a spiritual journey and for those who have long known the advantages of looking within for guidance, Seale brings us a dedicated look at the whole person using the scaffold of chakra energies and how they play among all the other energies we embody. He introduces us to spirit guides and the role of angels in our lives. This is an excellent first book as well as a go to book for veteran travelers.



This was the second book I picked up as I started my journey. (You will probably hear about the first in a later newsletter). It has stood the test of time, as so many spiritual revelations are timeless, and today it continues to remind me of the principles of discovery. Even though these principles coalesce, there is always the pearl of wisdom that comes forward just at that right moment. We generally learn in sequence as we are ready to turn the next page. This book is gentle, it is informative and it is thorough from the standpoint of knowing yourself, especially around chakra energies.

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.

How do we reconcile human behaviors as we move forward spiritually?

Are our chakra energy channels always open?

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."

