
UNDERSTANDING THE JOURNEY

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

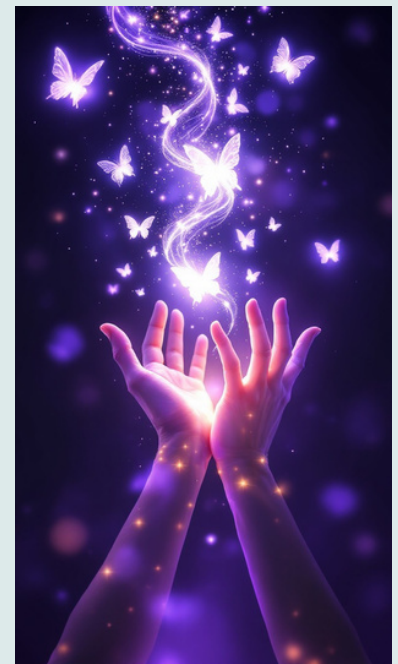
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Awareness Personified

WRITTEN BY SHEILA WOOD

It seems that whenever a door closes on a friendship, marriage, or relationship, a significant amount of unfinished business needs to be reconciled. Frustrations around irresolvable differences lead us to seek a means to soothe this discomfort. Having thought about this, the picture that appeared to me was of two half - spheres, one on the right and one on the left, coming near each other. As these spheres tried to touch and become a contiguous unit, they were stopped. This full stop resistance caused energy from each side to become stationary, not willing to proceed further.

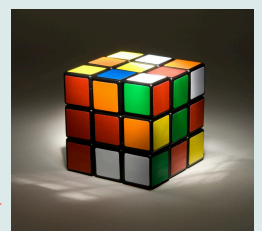


My thoughts went to the blackness filling the space between the two spheres. It was filled with unfinished business and untethered energy. It also presented as infinity - a vast, astounding, rich, limitless, and abiding resource from which all creativity emerges. We are aware of the infinite possibilities that reside in that space. When these two half spheres tried to connect and could not, perhaps a slight tilt of the head, a minor change in perspective, an imaginative glance at the immense possibilities at arm's length, could lead us to investigate ways to build a bridge of connection and foster wholeness within ourselves.

There are many things in life that cause us to ponder our position among others on Earth. Perhaps that dead stop, that inability to see any forward movement toward completeness with another person or an endeavor in life, deposits us onto the doorstep of immense possibilities. We owe it to ourselves to explore those possibilities and we must embrace the need to prepare for doors to reopen when obstructions are removed so that love, boundaries, high regard, and protection can once again flourish. I lift gratitude for the infinite nonphysical space that exists between those two half spheres.

As we explore tools that nurture our levels of consciousness, we must keep in mind the physics principle “matter is neither created or destroyed” when we ask the questions ‘where does discarded energy go when we clear it’ (hopefully sent to Source to be transmuted) and ‘what do we do with the discarded things that do not fit in our lives’? When we release the people, places, and things that no longer serve us, that energy remains in the cosmic consciousness and often leaves us with traces of guilt because we are not inclined to unconditionally love all things discarded.

However, when we encapsulate and compartmentalize these discarded energies, they are separated from our essence yet visible (in our imagination), and we can more easily have compassion for them. As an example, when I begin to get overwhelmed with remaining thoughts generated during negative circumstances, instead of re-releasing again and again, I put these thoughts into a three dimensional cube that has its place in universal energy but is separated from my essence. Then it becomes much easier to observe as separate from me and I can express compassion for it. It finds its place in that imaginary Rubik’s Cube-like structure, ever adjusting, ever adapting, ever contributing to the cosmic consciousness. It is safe there, fulfills its obligation to the universe with its constantly changing patterns, yet allows me the autonomy and satisfaction that I need to carry on. The energetic lightness that ensues is foundational to a renewed sense of self. Much gratitude



Yonck (see pages 5 and 6) delivers comments about sharing our energy in community while remaining whole. It is the first time in 20 months that he has expanded his messages to include others, confident in our ability to maintain newly developed sovereign wholeness. I feel that this is a significant progression.

His introduction to the importance of sound presents the analogy of vibrations (sound waves) that obviously connect all beings. As we see the relationship of our vibrational signature to the vibrational energy of others, he uses music as an example of that connection. As in music, we all contribute to the whole by being part of it but at the same time, our separate instrument of being should provide a competent and polished part of the whole.



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 (including AI processing for clarity) and other spiritual musings.

"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 is included for clarity.

The Sounds of Conscious Evolution

The depths and breadth of our associations dictate among us the suitability of convergence within. Make provisions to assume from within a cacophony of sound, the inevitability of resonance. As the cocoon emerges into light, mix a variation of sound to designate the internal journey. All are connected. We are the biology of ourselves, we move to see, and are relieved when emerging to recognize the form and function of knowing. Harvest all senses. Be all receipts that punctate reality. All senses pave the way toward realization.

Coming upon a grappling of wisdom is the convergence of gifts, open to creating understanding beyond what we expect. Connections made in the ethos begin to unravel and extend into the reality of being on Earth. Make time to connect to the everlasting community of talents conveying the sounds of love, the sounds of experiences, the sounds of knowing one to another. These innate, inbred common chords serve to connect as waves record growth within the ethos. Make room, move over, embrace, experience, and engage in this wonderful awakening.

No one can be distracted or distressed when participating in the evolution of time converging with sound. Sounds transplant our being into realms meant to seed energy that expands awareness. We grow into communication levels heretofore unexplained and untouched in our essence.

Believe in the importance of touching, through vibration, the seeds of greatness, the basis for learning, knowing and enriching territories that connect us on an energetic level. Accept the vibrations and sounds that bring joy, harmony, and light. Being a vessel means more than simply living day to day. It means becoming an instrument and a conduit for Spirit, a direct channel to the everlasting vibratory blessings through connection that you can have. The growth here is beyond expectations within journeys and can only happen among you as shared experiences. Know that the mixing of beats with harmonies creates the pathway to receiving Divine messages through energy movement. Come to know yourself and others more deeply, more fully, and more historically through a process of sound intake that washes, cleanses, and replenishes those parts of your essence from which you originated.

Therein lie the secrets to complete your wholeness, the keys to a complete understanding of sovereign wholeness. The gates are open, the joy pours forth. Open to receiving and know your energy is shared, touches others, and remains yours for the duration of your soul's journey. The more inspired it becomes, the more effective your contribution from Earth will be. Come to know and feel your energy as an instrument of peace that resounds beyond original boundaries. Know and understand the importance of this element of spiritual growth both alone and in community. I will be your guide with much love and abundance,

Yours, Yonck

The Sounds of Conscious Evolution

AI processed for clarity

The depth of our connections influences our ability to converge meaningfully. Embrace the sounds around you and recognize the inevitable resonance that arises. As you emerge from your cocoon, create a symphony that reflects your internal journey. Everything is interconnected; we are the essence of ourselves, moving to perceive and finding relief in understanding our form and purpose. Engage all your senses, as they illuminate the path to realization.

Wisdom emerges from the convergence of gifts, fostering understanding that surpasses our expectations. The connections made in our shared experience begin to unfold and expand, grounding us on Earth. Take time to connect with the enduring community of talents that share sounds of love and experience. These innate connections resonate like waves, reflecting our growth. Make space for engagement and embrace this awakening.

When we immerse ourselves in the evolution of sound, we transcend distractions and distress. Sounds elevate our being, allowing us to engage with energy that broadens our awareness and fosters growth at previously uncharted levels.

Recognize the significance of vibrational connections that lead to greatness, enriching our collective experience. Accept the vibrations that bring joy and harmony. Being a vessel goes beyond daily existence; it means becoming an instrument for Spirit, channeling vibrational blessings through connection. This growth exceeds expectations and flourishes through shared experiences. The blending of beats and harmonies opens pathways to receive Divine messages through energy movement. Deepen your understanding of yourself and others through the cleansing power of sound.

Here lie the secrets to achieving wholeness—the keys to understanding your sovereign self. The gates to joy are open; embrace receiving and understand that your energy is shared, impacting others while remaining yours throughout your soul's journey. As your inspiration grows, so will the effectiveness of your contributions on Earth. Feel your energy as a peaceful instrument that transcends boundaries and recognize the importance of this spiritual growth, both individually and within the community. I am here to guide you with love and abundance.

Yours, Yonck