



Sheila J. Wood, PhD

Introduction

Dr. Sheila J. Wood is a retired scientist turned Intuitive Healing Coach who serves as a channeler and founder of Healthful Energetics, LLC. She blends her formal academic background (PhD) with metaphysical expertise to guide clients in releasing emotional blocks and uncovering hidden patterns in their lives. Using healing modalities like ancestral and soul work, karmic pattern clearing, energetic miasms remediation, and energy medicine, Dr. Wood helps individuals achieve holistic well-being. Her ethos is compassionate and visionary, aligning with Astrala's emphasis on symbolic intelligence and post-rational, layered learning that honors emotional and spiritual insight alongside logic. Now an independent intuitive consultant, Dr. Wood brings wisdom and inspiration to Clara Futura's advisory team under clear ethical guidelines and confidentiality, empowering others on their journey of self-discovery.

Education and Professional Background

Sheila J. Wood earned her PhD and spent a substantial part of her career as a research scientist before transitioning to the intuitive healing arts. Her scientific work included published research in genomic and microbiological science (e.g. examining cutting-edge CRISPR gene-editing technology). Now a retired scientist, she devotes her time to writing and studying metaphysics. This unique journey from academia to spirituality has enabled Dr. Wood to bridge evidence-based scientific inquiry with profound metaphysical insight. In founding Healthful Energetics, LLC, she established an independent practice to channel her dual background into holistic healing services. Her stories and writings often weave together scientific concepts and metaphysical threads – exploring ideas like genetic memory in DNA and the persistence of soul energy across lifetimes – reflecting a lifelong passion for understanding both the material and spiritual dimensions of life.

Intuitive Healing Philosophy and Modalities

Dr. Wood's healing philosophy is deeply holistic and integrative. She addresses well-being at the mind-body-soul level, examining how spiritual and emotional factors influence physical health. In her view, true wellness arises from aligning all facets of one's being. Accordingly, her work blends intuitive, spirit-led insight with established scientific knowledge to enhance daily health practices. This means she often bridges spirituality and science in her approach, providing a comprehensive foundation for integrated healing and personal growth.

In practice, Dr. Wood employs a variety of transformative healing modalities. These include soul and ancestral work – exploring family lineage and past-life events to resolve long-standing issues – as well as identifying and clearing karmic patterns and energetic miasms (subtle inherited imprints that can influence one's well-being). As an energy healer, she draws on techniques such as Reiki, Emotional Freedom Technique (EFT), and Akashic Records reading to catalyze change. She approaches the whole person energetically, assessing parts of one's essence and removing

residual emotions from past traumas that “no longer serve” the individual. By visiting a client’s ancestral line and soul lineage energetically and releasing stuck emotional energy, she helps alleviate persistent issues in the present that might have seemed irresolvable. This process often brings to light hidden emotional themes and systemic patterns, allowing clients to finally move forward unburdened.

Beyond her techniques, Dr. Wood’s practice is profoundly transpersonal and symbolic. As a spiritual medium and channeler, she frequently conveys guidance through metaphor, archetype, and storytelling – helping clients reframe and understand their life narrative on a higher plane. Modern therapeutic insight supports this approach: metaphor and symbolic language can express emotions and meanings that elude purely rational explanation. By tapping into symbolic narratives during intuitive sessions (for example, through imagery received in Akashic readings or channeled messages), Dr. Wood enables individuals to gain meaningful insight into their challenges and growth. Clients describe her as deeply intuitive, compassionate, and grounding in her presence, someone who creates a safe space for personal transformation. In summary, her ethos centers on empowerment through self-awareness, healing at the energetic root of issues, and guiding people toward a clearer, lighter sense of self.

Credentials and Honors

Dr. Wood’s interdisciplinary expertise is reflected in her credentials and recognitions. She holds a doctorate (PhD) and has earned **multiple certifications in the healing arts** – including Life Coaching, Human Design, EFT (Emotional Freedom Technique), Spiritual Mediumship, and Reiki. This blend of academic rigor and diverse training underscores her commitment to uniting evidence-based knowledge with intuitive practice. Her excellence in the field has garnered international acknowledgement. Notably, she received global recognition for impactful contributions to healthcare at the Health 2.0 Summit 2025, a distinction that highlights the positive impact of her integrative healing work. The same year, her debut novel *“Waiting for Elijah: A Walk Through Time,”* which artfully bridges historical fiction with spiritual awakening, **won an International Impact Book Award (2025)**. (This award-winning book exemplifies Dr. Wood’s ability to translate transpersonal insights into narrative form, further connecting readers with metaphysical ideas.) Additionally, she has authored three non-fiction books (available November 2025) entitled *“To Infinity and Back - The Power of Spiritual Mediumship and Akashic Healing”*; *“Understanding the Journey - Metaphysical Food for Thought”*; and *The Wisdom of Yonck - Messages from the Heartbeat of Cosmic Awareness*. She has also been recognized as a **top coach** in her industry – for example, **Coach Foundation honored her as a Top Intuitive Healing Coach**. In addition, Dr. Wood serves as an **Executive Contributor to Brainz Magazine**, where she shares knowledge on consciousness, symbolic intelligence, and holistic well-being with a global audience. These honors and roles speak to her stature as a thought leader who innovatively bridges realms of mind, body, and spirit.

Alignment with Astrala and Advisory Role

In her role as an advisor, Dr. Wood’s experience and ethos align closely with Astrala’s innovative frameworks for learning and personal development. Astrala’s philosophy of symbolic intelligence

and post-rational learning posits that true understanding comes from integrating rational analysis with emotional and metaphorical insight. Dr. Wood fully embraces this view – in her work, intelligence is not “just computation, it’s connection”. She embodies the multi-dimensional perspective of Astrala’s Layered Intelligence (LIT) model, which integrates multiple layers of knowing (logical reasoning, emotional insight, intuitive symbolic understanding, etc.) to yield deeper wisdom. Her ability to discern meaningful patterns in a person’s story and to surface emotional undercurrents resonates with Astrala’s symbolic profiling approach, wherein personal narratives, metaphors, and emotional themes are captured to create a rich, story-like profile of an individual’s growth. By highlighting hidden emotional themes and systemic insights that might be missed by conventional analysis, Dr. Wood adds a valuable layer of intelligence to the Astrala ecosystem’s understanding of well-being.

As a Clara Futura Well-Being Advisor, Dr. Wood contributes her intuitive and transpersonal insights to the team’s well-being and symbolic learning initiatives. She offers specialist guidance on spiritual and emotional health aspects, complementing the project’s scientific and analytical dimensions with her unique perspective. In practice, she participates in collaborative dialogues (virtually and in-person) to help Clara Futura/Astrala initiatives integrate symbolic meaning-making and layering intelligence considerations into their design and strategy. All of Dr. Wood’s contributions are provided under strict confidentiality per her NDA terms – with appropriate attribution for her healing-based insights and indemnification in place for the intuitive guidance she offers – ensuring that her expertise is integrated ethically and with clear boundaries. In essence, Dr. Sheila J. Wood brings a rare combination of scholarly depth, spiritual wisdom, and compassionate coaching to Clara Futura’s mission. Her presence on the advisory team inspires a more layered, heart-centered approach to innovation, one that honors the human soul as much as the human mind and helps unlock transformative growth for individuals and communities alike.

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Richard Dobson

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Richard Dobson
Clara Futura CEO & Innovation Consultant

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Dr Sheila Wood

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Dr. Sheila J. Wood
Well-Being Advisor Representing Clara Futura