

To provide encouragement and inspiration in a loving format that assists my soul companions and me to awaken to the memory and Truth of who we are in the shortest possible time with the greatest ease.

APRIL 2011 ISSUE FORTY=THREE



Encountering Life Issues with Soul Wisdom

KILLING YOU SOFTLY

Did you ever wonder why the things you love to eat the most are bad for you? Did it ever occur to you that you always seem to get in trouble one way or another for doing the things you love the most? Why can't you eat till your heart's content? What is wrong with a contented heart? Why can't you play till you are satiated? Why do you get chastised for doing what comes naturally? Does this world seem sensible~ does it seem logical that some items placed in your story would be poisonous or addictive or *bad* for you? Whose story is this anyway? Are you a victim? Then how could you come here with some props already assigned to be negative for you personally or us societally?

Is there another way of perceiving what is killing us all? There is. It is insidious and so ingrained you don't even see a world without it. It has been your friend and addiction since you were born. Your parents and lovers offer it to you regularly, with no knowledge of what it really is. You share it without even thinking about it. You do it to yourself with the voice in your head. And the crazy thing is, it goes totally unchecked because you believe it is GOOD for you, it makes you a better person. What is it then?

It is guilt. You may sigh and think, oh, *that's all*, that's for Catholics and Jews, but do not pass it off so quickly. All of us are addicts for it. Everything you do, every relationship you perpetuate, just about every morsel of food you put in your mouth is laced with it. It is poison. And yet, even though guilt is the vibration of poison, we live with it like it's a blanket.

Do you have any idea what happens to your life when you discover where guilt is making itself home in your world and release it? Nothing is poison anymore. Everything you eat is whatever YOU decide it is, however much you eat is up to you, whatever you smoke or do or think has whatever repercussions *you* decide. How is this possible?

Let's look at relationships first, it is a little easier to identify the guilt. Guilt, blame and shame travel together in most all relationships and help us manipulate others, get what we want and basically survive. I doubt that anyone is malicious about intending guilt and the consequential poisoning, but nevertheless, pay attention, how often do you insinuate, change your intonation to indicate disbelief or doubt, share things or accuse only for the purpose of having someone see where they went *wrong*? Do you often offer where someone strayed in their thinking or behaviors? What is the point of saying to someone, "Why did you leave the oven on again?" Do you think the answer is going to somehow create a sudden dawning of awareness on your spouse or child and they will forever be mindful? Think again. How many of your interactions are poisoned with guilt? Not intentionally, but because we do

it as often as we breathe. Pay attention. I double dare you. Uncloak the master of unhappiness. Pull back the curtain on what is killing us all and we are willingly participating. Awareness is 90% of the solution, so become aware. Decide you are going to see if what I am saying has any validity for you. Pay attention to yourself in your interactions with your people. At work, at home, at play, do you joke in ways that imply guilt? Do you get yourself off the hook thinking it is your job to correct, to create good citizens, to censor behavior? Have you yourself become a better person because you were guilted into it? Or just suppressed and resentful? Poisoned.

What about your relationship with *you*? How often do you hear your own internal critic say you have eaten too much, or eaten something at the wrong time, or too much of a good thing, or in the wrong way, or said the wrong thing, or felt the wrong feeling, or allowed someone to upset you when you knew better? All the time. Poisoning our own thinking, poisoning our own hearts. This is what guilt is doing and no one even knows what's going on, we just think this is life. This isn't life, this is living death. Where is awe and wonder and joy and elation when guilt is present? Nowhere to be found. Watch a child having unabated enthusiasm and then see the change of energy when a parent or teacher scolds them (poisons them) for doing something *bad*. Joy just went out the window, guilt sits firmly on the throne.

This month, choose to simply watch and be aware of your relationships. Monitor for guilt. You are finding the source of your own internal poisoning. Choose freedom. Be part of the solution and not part of the problem. Next month, assuming you have seen how insidious guilt can be, you will be ready for guilt and what it is doing to your body and why America is obese.

Please email your responses, stories and questions! Don't pretend you didn't just read this. Validate yourself!

-Julie Hutslar

The Spiritual Vision Youth Retreats are more than just a summer camp. Not only do the participants learn much needed tools for emotional and energy management, open creative channels, expand self-awareness and improve self-esteem, they learn how to take responsibility for their story and those in it. They learn experientially that they are either writers, directors, producers and main actors of their own lives, or they are playing the role of powerless victims. They also learn impactful tools for true communication and are treated with respect and dignity. Treat your child and your family to a shift in the family dynamic. And listen to them when they come back, they are wise ones!



PRIMER YOUTH RETREAT

JUNE 16-30, 2011

CONTINUING YOUTH RETREAT

JULY 11-15, 2011

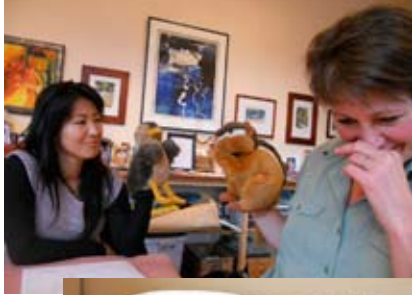
www.jrhutslar.com/public/Retreats



“What if you looked within and saw no sin? That “fearful” question is one the ego never asks.”

“Faith can keep a Child of the Divine in chains as long as he believes he is in chains. And when he is released from them, it will simply be because he no longer believes in them.”

-A Course
in Miracles



Spiritual Vision Questers use art, puppeteering and partnering to uncover hidden truths and saboteurs.



CHALLENGING GUILT

Don't pack those bags, no need to ever go on a guilt trip again. Identify that guilt has no purpose whatsoever and so set an internal alarm to notify you when you happen to fall into the murky waters of guilt. It is as simple as saying to yourself, it doesn't matter what I just did or said or thought, I do not need to feel guilt about it. Even if someone is encouraging the guilt, say to yourself, I may be sorry that I did that, but I do not need to feel guilt about it. Guilt is serving no purpose in my life anymore. Period. Pay attention, do not fight it, simply do not entertain it. Feel the freedom!



"Sickness is a schoolmaster bringing us to God."

- Mary Baker Eddy

"Imagine the Universe beautiful, just and perfect. Then be sure of one thing: The Is has imagined it quite a bit better than you have. The original sin is to limit the Is. Don't."

-Richard Bach, "Illusions"



RESOURCES

1. The Spring Women's Retreat is starting to book, please connect with your friends and make sure you let Julie know if you are interested. Only 10 participants in this group, it will fill up fast. Contact julie@jrbutslar.com or visit www.jrbutslar.com/public/retreatspage.htm for more info.
2. The next class of Spiritual Vision Quest 18 mo. program begins this August 2011. Already half full, visit www.luminousepinoia.com/SCS/SCS-SVQ.htm for more info.
3. Visit www.CoreBeliefRestructuring.com
4. Katie Smart (801)560-7433 smartkathleen19@yahoo.com Visionary Artist paints brilliant representations of your Divine Self.
5. Visit the retreats page to find the dates for the Youth Retreats (Primer or Continuing). Fun, insightful, promoting self-awareness, tools and creativity. www.jrbutslar.com/public/retreatspage.htm



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