

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.

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Encountering Life Issues with Soul Wisdom

BELIEVING IN YOURSELF

When my niece was about 4 years old, I was giving her a bath and we were talking about many things. I asked her, as we mused about what the future might bring, what she wanted to be when she grew up. She stopped and glared at me, put her hands on her hips and said confidently, "I already *AM* what I want to be. I am an *ARTIST!*" She put me to shame! That is believing in yourself. How many people can say I already am what I want to be?

Believing in yourself means that you can fathom a result that maybe no one else can, that if you put your mind and efforts to something, you can imagine accomplishing it. It is answering the question, "do you believe in yourself?" Ask yourself that. As you ask that, there may be something that presents itself that gets in between you and believing in yourself. What is it? Is it a fear, an insecurity, a doubt? Allow that misperception, whatever it is, to speak to you so that you can greet it, meet it and dissolve it. Believing in yourself means you have to face those fears and step through them. It means knowing that no matter what comes, you will find the courage to face it.

It doesn't matter if someone else believes in you, but only if you have the courage to put confidence and faith in yourself. And if you can't, how can you ask someone else to?

In your mind you could imagine asking others if they believe in you. What do you think they would say? *Yes, sometimes, maybe, no, unequivocally yes!* Then think to yourself why they would believe in you. What reasons have you given them to believe in you, to trust your word, to know that you will succeed or turn a failure into a learning situation? Now look at your own successes. We often keep track of failures way more astutely than successes. As with hiking down hills, you don't stop to think, oh, how nice, a moderate downhill, this is so easy. But when you start going up hills, especially steep ones, you make a mental note, and if you are traveling with someone else, a verbal one, *THIS* is hard! So let's count the down hills, the times when you have tried and succeeded, the times when you attempted to do something and learned a great deal from it. Count the moments where you have lived according to your beliefs, have aligned your integrity with your actions, have stood up for something, or for someone you believed in. These are the reasons people believe in you!

Don't look to others to validate you, to believe in you before you give them reason to. Don't look to others to find what you think is missing in you. Avail yourself to your own authentic self, your divine self, the one you can believe in!

-Julie Hutslar



EXCERPTS FROM THE MASK, THE MIRROR AND THE ILLUSION



Willingness is a key to awakening and awakening is what remembering is about. Since we are already Divine, and all we have to do is remember to embody that again, waking up to that reality is all that is required. Unfortunately, the illusion in which we all live is so amazingly convincing that most of us are not willing to wake up simply because we don't know we are asleep. We have no impetus. We believe that the illusion is the world and we accommodate it unknowingly. So to admit or encourage willingness is to stand up in an illusionary world of sleeping beings. Are you willing to stand up? Are you willing to loosen every fiber that hangs on who you believe you are to become who you already are, but are afraid to manifest?

FROM CHAPTER ONE: 'WHAT DO YOU FEAR AND JUDGE?'



The maturity of the ego is a necessary part of awakening. To understand the power and control the ego has over you, you have to become familiar with how it controls you and take back some authority until eventually all the decision making power is in the capable hands of the spirit. Warring or attacking the ego only engages it even further. Allowing it to control your thoughts, actions, responses and desires simply keeps you in an endless game. To step out of the repeating pattern and leave behind the tiresome dissatisfaction the ego affords gives you control of your life and you begin to Awaken.

Bringing the ego to maturity makes all your lessons easier to learn and makes the whole journey far less painful. If you assume that you balk at your lessons because they are hard, painful or unpleasant, maturing the ego makes the experiences more palatable, thus ensuring that you will pass your tests easily and be ready for the next assignment.

FROM CHAPTER SEVEN: 'MATURING THE EGO'



To those who have already sent me feedback on the book, *The Mask, the Mirror and the Illusion*, thank you. It is truly greatly appreciated. And to those who have already ordered the book or bought it in person, thank you so much for believing in ME! The response has been awesome!!

Free shipping until October, check it out on www.jrhutslar.com.

“What is healing but the removal of all that stands in the way of knowledge? And how else can one dispel illusions except by looking at them directly without protecting them? Be not afraid, therefore, for what you will be looking at is the source of fear, but you have surely learned by now that fear is not real.”

-A Course
in Miracles

TODAY'S TOOL

RULES FOR DECISIONS

A Course in Miracles outlines a method to assist us in making decisions for our greatest good. You begin the day with an outlook that starts with:

Today I will make no decisions by myself.

This means you are choosing not to be the judge this day. You remind yourself that you do not know how to judge the situations of the day and allow for your mind to reflect on the kind of day you would like to have. Ponder what that would feel like and the experiences you would like, given your own choices. Put yourself in a feeling of allowing, allowing for whatever happens to be for your greater good, without the judgment and anger that follows when things do not turn out the way you expected.

Then throughout the day, when you have a moment to reflect, say:

If I make no decision by myself, this is the kind of day that will be given me.

Do not let your prejudgments (and we all have them) set your mood for you. Let yourself be neutral in your thinking that a presupposed result is negative or another is positive. Allow yourself to be guided in all decisions even if it does not appear to be the most direct route to your desired goal. Make sure you make decisions of goals with guidance as well and then try to observe these two rules throughout the day and if you forget or are challenged, say to yourself:

I want another way to look at this.

You will be happily surprised and if at the end of one day you feel disappointed, awake the following day with the same mindset, today I will make no decisions by myself.



"I say you need no mediator between you and Me, for we are One already. If you can but know it, you can come directly and at once to Me in consciousness."

-The Impersonal Life

"Training controls our thoughts, thoughts control our emotions."

"We are what we think. All that we are arises with our thoughts. With our thoughts we make the world. Speak or act with a pure mind and happiness will follow you as a shadow, unshakable."

-Buddha

1. Mark your calendars if you are local to Sandpoint. The Parks & Rec Dept is offering Julie's workshop, "Exploring Your Creativity with Watercolor". The course is about removing blocks to your creativity using exercises designed to unkink your creative hose and get the juices flowing. We use watercolor as a fluid medium to begin moving energy through the creative channels, sometimes long blocked. The class will be two Saturday mornings--Aug. 16 & 30 from 10am-2pm. Register through the Parks Dept.
2. September 19 & 20 mark the first workshop in my new studio at Caribou Creek. It is awesome, thanks to Ed's labor of love in building it! Creativity workshop: removing kinks in the creative hose and letting the vital life force energy of the divine flow effortlessly. This workshop is almost full, so if you are interested in attending, let me know asap! Friday 6-9pm and Sat. 10-1



RESOURCES

READING SUGGESTIONS

1. *The Presence Process* Michael Brown
A healing journey into present moment awareness.
2. *Journey Into Oneness* Michael Roads
A spiritual odyssey



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