

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

THE PAIN OF SEPARATION

After a week of genuine connection, heart felt love, raw emotions and affectionate hugging, I was left standing alone feeling like I had a long cord attached to my heart ripping it out. The further the women from the Women's Retreat got from my house, on their way to the airport or home, the more painful the yank in my heart became. There were some women there I had not seen in years that I love dearly, some I was getting to know better and others I had just met and I had not had my fill of. They could not be gone so quickly. Such joy, such love, where is it now?

I decided to take a hike, my tried and true method of accessing my deepest wisdom. I hiked up my beloved trail, but it did not nourish me. I was just feeling sadder and sadder by the step. I began to access my emotions, what was I feeling? Sad for sure, but also the *pain of separation*. Something we all feel whether we leave someone or someone leaves us, our hearts feel the inner yank. I began to wonder, if this is how I feel now, how will I feel if my husband Ed leaves this earth before me? I knew I needed to step into a different way of perceiving and thus feeling, after all, this is what we were just talking about earlier that day~ we are the spirit of life that inhabits the body, not the vessel itself. Yet that is not how it felt.

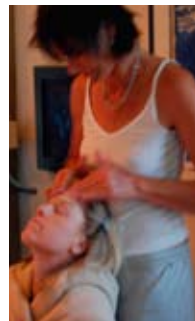
As I recognized the pain of separation, I was able to recognize where I was being confused. I offered to my brain the truth that I know which is that I have a genuine connection to each of those women, no matter where on earth or after they are. No one can leave another since we are not bodies, we are the beautiful essence that shines with radiance on all that is. How can you be separate from a light? Only if you close the door to your heart and choose to live in darkness. And I did not want to. I reminded myself again of who I truly am.

I felt the cord relax and soften for me. Then I realized I had taken responsibility for these 12 women for the last week and now I needed to release them. I needed to offer them to the story that they would return to, trusting that what they came for, they got. I was confident that seeds were planted that would ripen and bear fruit when it was perfect timing. I knew that each person was returning with a brighter light and a more expansive and loving version of themselves. I smiled. I knew this to be true. So I imagined each of them, including my sister, Jan who co-facilitated and myself, being laid in the open and nurturing arms of a Divine Mother as I saw her in my mind's eye. This felt wonderful. I knew I had done my part, but now my part was over. Their own divine journey would continue in perfection.

Then as if without warning, all 13 of these women began to file into my heart, smiling, giggling, spinning around with joy, filled with love, embracing each other and me. I felt so happy, so complete. They were where they wanted to be all along, in my heart, not in my sadness. We were not separate, we were connected in a more

genuine way than in tangible form anyway. The feeling welled up in me and truly completed the week. My heart was full, no longer being ripped apart. And I knew I could do this with those who live far from me that I love, with those that have vacated the premises emotionally or through mentally debilitating diseases, and with those that have left their physical vehicles. The pain of separation was my venue to whole heart connection and genuine love. I was glad I had the courage to face it and walk through it. And now that I see the path, it isn't that scary, it just requires willingness and openness and most of all the desire to feel love instead of pain.

-Julie Hutslar



“To forgive is to overlook. Look then beyond error and do not let your perception rest upon it, for you will believe what your perception holds. Accept as true only what your brother is if you would know yourself.”

“If you point out the errors of your brother's ego, you must be seeing through yours, because the spirit does not perceive errors.”

-A Course in Miracles



Inside Tinkerbell's Cottage Yurt



HEALING WITH THE HEART

One of the most powerful methods of shifting your reality is to recognize and employ the energy of the heart. As the human physical heart pumps much needed blood and nutrients to the rest of the body, so the energetic heart acts as the main pump for distributing love. And as strange as that may seem, it is what everyone who knows you wants from you and you want from others. It is the living nutrient of relationships and also of feeling whole and well.

A few ideas for enacting this heart energy: One is to *stretch with arms open wide* and back bent backwards as if inviting the world in and expanding the heart boundaries. Another is to *imagine your child self living in your heart*, playing, laughing, spinning and loving. When someone challenges you, be brave enough to *let them come into your heart* and play too. It truly changes the dynamic of the way you feel about someone. You lose all intimidation of them, you can see them as *their child self* too and you have a metaphysical experience that offers you a way to perceive them from a space of only love. Allow your heart energy to expand, breathe deeply and invite love to enter. It is like oxygen to the brain.



"We suffer when we believe a thought that argues with what is."

-Byron Katie

"You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. With it, there is accomplishment, without it there are only alibis."

-Henry Ford

"If and When were planted and Nothing grew."

1. Plan ahead with your friends for the beautifully colorful fall *Women's Retreat* planned for October 14-17 here at the *Spirit Vision Retreat Center* in Sandpoint, Idaho. The theme of this retreat is *Lucid Living*. To know you are dreaming within a dream is called lucid dreaming. So to know you are living while you are living would then be called lucid living, right? Erica Nizzoli is assisting while we plan to inundate your being in spirit, learn tools to manage and create consciously, live lucidly and experience life through the lens of the spirit. Rejuvenate and be inspired! \$100 refundable deposit holds your place.
2. The second *Spiritual Vision Quest* 18 month intensive program dedicated to restructuring your life from the perspective of the spirit begins this Sept. It is time to answer the call. www.SpiritualVisionQuest.com
3. This weekend and next marks the annual *Artists Studio Tour of North Idaho*. Julie's studio will be open Aug. 13-15 and 20-22. www.ArtTourDrive.org for more info. Stop by!



RESOURCES

READING SUGGESTIONS

1. *A Course in Miracle Original Edition* by A Course in Miracles Society



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