

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.

OCTOBER 2007 ISSUE ONE



Encountering Life Issues with Soul Wisdom

WELCOME!

Where do you go when you are looking for support for your spiritual quandaries? What I mean is, how do you glean wisdom from your highest self for answers to everyday problems if you have not yet found the trust necessary to access or listen to your own guidance on a daily basis? If you are fortunate, you already have a network of others who are encouraging and inspiring, but what if you are shifting paradigms and you have not yet grown this garden of fruitful friends? Well, look no further. This newsletter is a way to connect you with support in the form of articles, reading suggestions, inspiring quotes, feedback from our Encountering Life Issues with Soul Wisdom group and links to other resources.

One such resource is the electronic bulletin board that is up and running also called "Encountering Life Issues with Soul Wisdom Forum" which has been made available to those who are not local and cannot frequent the in-person, drop-in group meeting. It has been set up as a non-physical forum. Someone will post a comment or question and others have access to read them and either comment or not. You may wish to make your own contribution in the form of a positive encouragement posting, or you may need to get some support because you are going through some challenging realignments in your life. Either way, imagine that those who are accessing this forum are consciously on a spirit-centered path and are waiting and willing to assist as we travel this journey together. You can follow the link to the forum from my web page www.jrhutslar.com and scroll to the bottom of the first page, just above the buttons and click on the forum choice. It will take you to the front page of the forum. There you will see a welcome message as well as directions if you have never used an e-bulletin board before. If you have any questions or problems, there is a place to send a message to the board manager for help. I hope that you find it helpful and encouraging. I am very excited about the feedback I have gotten already just from the email I sent last month.

As a part of this monthly newsletter is an article I write for a local newspaper called the River Journal. It is an alternative media with its headliner "News Worth Wading Through". I contribute a column called "Faith Walk" and will include that as part of these resources. Enjoy and don't hesitate to offer your feedback so that this can best suit the needs of those who read it.

-Julie Hutslar



WHAT DO YOU FEAR?

Do you get to places in your life where you don't understand why certain things are happening and other things aren't? Do you feel like things seem random sometimes? Does it often feel like your convictions and beliefs don't really steer the ship?

As you shift and grow in beliefs and possibilities, you meet up with walls that have long been in place. If you are content with letting that wall remain, it will feel that even though you believe one thing with your conscious brain, another altogether opposite thing is happening in your life. These can actually be seen as opportunities to identify the walls and dissolve them, since they were mind created anyway.

A direct, yet commonly avoided way of locating the source of these walls is to follow this question, as you hold the problem in your mind, ask what it is about this that you fear. Are you afraid that if you truly embody the intuitive healer you believe you are, that you will be proved wrong and you aren't as gifted or guided as you think you are? Are you afraid that someone will discover that you are a fraud? Are you afraid of losing all your earthly belongings and be left destitute? Are you afraid of being left alone, that by embracing all you can be, you will alienate those who love you most, by believing something very different? For everyone the fears are unique, but there are always fears located somewhere way upstream from the wall and which helped create it. Identify the fear and you have found the key to dissolving the wall.

If you knew there were a scorpion living behind your stereo speakers, every time you dusted or vacuumed, you would probably be a little squeamish. You might even fear that the scorpion had moved its home to some other location and that would be scary too. How many years do you live in fear that the scorpion is going to crawl over the back of your chair and sting you dead? But locating a fear is like moving the stereo speakers and shining a bright light on the sleeping scorpion. It isn't that fearful now. It is actually rather small and very interesting looking. You study it and as you see it in the light of day, it really doesn't seem like the atrocious monster you allowed it to become. That is what you do with the fear you locate as a result of a non-physical wall or barrier you have become aware of in your life. You shine a light on it. You choose to look at it and it doesn't matter where it came from, you simply choose to dissolve it. You don't call out the cavalry to battle it, you don't ignore it, you don't punish it, you simply notice what it is, understand the power it was having and you choose to dissolve it. It is all happening in the mind anyway, and your mind has that choice. It can choose to unravel and disintegrate the thought or fear that created this wall. You will notice the change in your reality within the very day you choose to do this.

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Every decision you make stems from what you think you are and represents the value that you put upon yourself.

Your practice must therefore rest upon your willingness to let all littleness go. The instant in which magnitude dawns upon you is but as far away as your desire for it.

All healing is essentially a release from fear. To undertake this, you cannot be fearful yourself.

-A Course
in Miracles

Most of the fears are not conscious so you will need to keep being guided upstream until you reach the fountain-head of fear. Are you afraid of beaand mountain lions? Are you afraid of ceasing to exist? Are you afraid of hundred dollar bills? Are you afraid of making a mistake if you are entrusted with something of value? Are you afraid of being useless because you no longer work for a living? You will confirm the fear because it is the one that evokes emotion. If you have no fear of bears, that choice will pass by easily. If you have no fear of thousand dollar bills raining on you, you will not feel uneasy. But the one you do identify will no doubt have threads to your self-worth attached to it. Get yourself a 1000-watt bulb and light it up, watch it dissolve and then watch your world recreate itself anew!

River Journal Faith Walk Sept 26



TODAY'S TOOL

THE FIVE-MINUTE RULE

When you feel very far from factory setting and can't find what feels right, every five minutes take a census of where you are, what you are doing and most importantly, if what you are doing or thinking is bringing you joy. If it is not, rearrange the moment. Go in the opposite direction, don't go into that office, veer your mental course and go in the direction that brings you peace! Guess where you'll be at the end of the day?



The Divine Design of my life now comes to pass. I now fill the place that I can fill and no one else can fill. I now do the things which I can do and no one else can do.

I am fully equipped for the Divine Plan of my life. I am more than equal to the situation.

All doors now open for happy surprises and the Divine Plan of my life is speeded up under grace.

Affirmations by
Florence Scovel Shinn

OVERVIEW

1. Don't forget to check out the Encountering Life Issues with Soul Wisdom Forum at www.jrhutslar.com and follow the links from the front page to the electronic bulletin board.
2. Watch for recap next month of this month's Encounter Group. Learn useful tools and be a part of issues that are currently up for people.
3. If you want a friend to receive this newsletter, just e-mail newsletter@jrhutslar.com with their e-mail address and they will receive the next month's issue.
4. If you do not want to receive this newsletter, just send an e-mail to newsletter@jrhutslar.com and type REMOVE from the subject line.
5. If you have suggestions or comments for the newsletter, please don't hesitate to contact me at newsletter@jrhutslar.com or see the forum, whichever feels more appropriate.



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