

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.

SEPTEMBER 2008 ISSUE TWELVE



# Encountering Life Issues with Soul Wisdom

## EVERYTHING IS OKAY

A strange, but common occurrence is to wake up with anxiety. You go to bed feeling happy and well and wake up feeling like something heavy is about to happen or a sense of ill-boding. At this point you can then allow this unwelcome anxiety to spread and to begin to let your fears talk you into feeling dread, insecurity or vulnerability. I am not going to try to engage in the whys, maybe it's the nature of sleep to feel alienated. What I want to suggest is that it is a hook, that's all.

The ego part of us, that part that so very much wants to be in charge and can only do this through fear, is tugging the strings, nothing more. It could be as simple as that. What I am suggesting is to disengage. Don't take the bait. The bait goes like this; first comes the anxiety upon becoming conscious, then feeling worried that it could be real. You then begin searching the mind for reasons, solutions, and ways to defend your right to be healthy and happy. You want to find the right thing to say to counter the feeling of anxiety and your bad feelings will then be sucked back in from where they mysteriously came. But you are fully hooked, because in this state of anxiety, every thought you think that you believe will *extricate* you from the sense of anxiety is colored with anxiety. Do you understand? What that means is, you will be looking at things from a place of fear, and guess what you will find? More fear or anxiety. When you start looking for reasons and solutions, you are being set up. Your only solution is to stop the mental game. If you begin to feel anxious or vulnerable, stop your mental dialoguing right there. Remind yourself of one thing only: Everything is Okay. And it is. No matter what is happening in your world, who you're being challenged by, what may await you this day or how you feel about yourself, everything is perfect. That does not mean it is utopia, it simply means that the universe has conspired itself exactly as you needed it to in order to grow toward your highest self.

That means everything really is okay. As soon as you remind yourself of that, the anxiety will release you, since it was not real anyway. It was the precursor to an ego hook. But you did not take the bait. *Everything is okay*. So no need to go seeking for the source, it does not exist. *Everything is okay*. You can even fall back to sleep like a baby for another 20 minutes. *Everything is okay*. You can let your stomach unknot. *Everything is okay*. Now shower yourself with gratitude that you remembered that and again say, *Everything is okay!*

-Julie Hutslar



## CHANGE ONLY YOUR PATTERN OF THINKING



The belief has become too cemented in your mind that there is something which you need to do to change who you are, as opposed to just allowing yourself to recognize what already is. When you believe that there is something that you need to learn in order to, for example, manifest an adequate income, that perception, I will tell you, is backwards. Direct your attention again to what we have said many times before: there is only one thing going on and that is the process of the recognition of your Self. That process is best recognized by adjusting your simple day to day thought patterns to be more in alignment with who you are.

Let me say it this way: *a peaceful, loving, unconditionally allowing attitude brings to your conscious mind a closer alignment of the recognition of your whole Mind.* If it were this process only that you were concerned with, you would find all the other things which you perceive to be necessary to maintain your physical life would be met, and they would be met in a most natural way without a sense of effort, without any sense at all that there was something that needed to be changed other than your pattern of thinking.

Excerpt from *Dialogue on Awakening* by Tom and Linda Carpenter



“GIRL JOY” J.R. HUTSLAR

“Within yourself you have no needs, for light needs nothing but to shine in peace and from itself to let the rays extend in quiet to infinity.”

“Exempt no one from your love or you will be hiding a dark place in your mind where the Spirit is not welcome. And you will exempt yourself from that healing power, for by not offering total love, you will not be healed completely.”

-A Course  
in Miracles



## TODAY'S TOOL

### CLEANING UP OLD ENERGY

Something most people don't take into consideration while physically cleaning the dust and dirt from their house is the old, tired energy that still lingers on. It is just as important in helping you genuinely relax and unwind as physically cleaning, maybe even more so.

Think about energy as something tangible. Imagine being able to see energy. What would you see around your house? What kind of energy lingers around your dinner table, your bed, your desk, your bathroom? Is there a place where you fight constant frustration? Are you insomniacal? Do you have negative thoughts often in one area of the house, in front of the full length mirror, watching the nightly news, trying to fall asleep? All these areas build up piles of negative energy, exactly as you would build up grease on your stove top if you never wiped it off. Places where you or your partner have engaged in a shouting argument hold fierce energy that does not dissipate quickly.

You can easily clear it away though. And you would be surprised at how much lighter and better the place feels.

Simply see the room with your mind's eye (you can do this at a distance too) and sweep it with your mind or your hand. Place your intention on cleaning any unwanted energy from an area. Grab all the energy/space from around an area and gently sweep it out a window. Kindly ask Mother Nature to recycle it and consciously choose to fill the room with love/kindness/openness or whatever you choose and can manifest. Old houses and antiques can really use a cleaning too! It's so much easier than house cleaning and you can really feel the difference.



Unbending belief and unshakable faith are the essential elements in bringing your vision into physical reality.

"I am available to Divine Inspiration!"

"You are a magnet for what you are thinking and feeling"

-Abraham Hicks Law of Attraction

1. 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
2. Thank you so much for the amazing response to my new book, *The Mask, the Mirror and the Illusion*. I have had many orders and awesome feedback. After its official release in October I will begin to tour with the book. A planned stop is Seattle at the East West Bookshop on Dec. 13th. More details for events in other areas. Free shipping on the book and discounts for multiple copies, go to [www.jrhutslar.com](http://www.jrhutslar.com). And thank you AGAIN!



## RESOURCES

### READING SUGGESTIONS

1. *Dialogue on Awakening* by Tom and Linda Carpenter
2. *The Writings of Florence Scovel Shinn* by Florence Scovel Shinn



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