

The following are a collection of articles Julie wrote for
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Article for **Voice of Choices**, by Julie Hutslar

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The Earth School: Did I Really Sign up for This?

Have you ever said to your parents, “I never asked to be born?” or said to your child, “I didn’t ask for you, you know?” Maybe you have thought about it. Have you ever wondered why you ended up with a difficult spouse or a challenging boss? Do you lay awake at night dreaming up ways to disown a sibling? Or did you ever stop to think that maybe, just maybe, we are co-creators of our own lives? What does that mean? It means that we wrote the script, we composed the characters, we set up the dramas, all for some reason, possibly unknown to our conscious mind. If that is the case, these difficult and challenging characters we find littering our lives all got thrown there by *us*.

What if that *is* the case? What if we were involved in the conversation that took place somewhere over the rainbow before we came into this material body we currently inhabit? Well, I suggest that we might see things differently. Let me give you an example. We could see our decrepit and invalid mother we have to care for as a gift sent to teach tolerance, compassion and balance some karma. We could see our ADD child as a gift we sent ourselves to bring the message of youth, creativity and managing life outside the institutional boxes we have created. We could see the controlling husband we have drawn to us as a blessing, bringing the teaching of power versus force, along with the awareness of our own self and will and honor (albeit the hard way).

Do you get the picture? If you believe that our souls have existed before we were born and will continue to exist, is it not possible that they were somewhere meaningful when the contracts were being made about this present incarnation? Many of us joke that we were behind the door when the good stuff got passed out. But let’s assume you were aware and participating, it would be like making decisions for a new semester at college. There are some classes that are required for your major, some for general requirements, others you’d like to take and still other subjects that are considered electives or extra-curricular. I think it is like that with life. You have karma that must be balanced out (remember, what you sowed? Ready to reap?). Those are required classes. Classes you want to take are contracts you chose to engage in with the Universe, meaning, I would like to attempt this to advance my soul, do cool stuff, whatever. Then electives or extras are special subjects you’ve been wanting to learn, but never felt you had the time. But your heart tends you in that direction, maybe choir or karate (or compassion and patience).

Now you’ve got your semester planned. You feel pretty good about it and drop down into a body, complete with an ego, the personality that, by the way, has desires separate from the soul and knows *nothing* of the pre-birth plans you conceived. Oh, this is going to be more difficult than I thought. Then while looking at the class schedule, safe in the security of your apartment, dreaming of better things after you graduate with honors, you choose the classes you most need or desire. They all come with teachers, you know.

Remember that part? You may or may not recognize the names of your new teachers (seen them before in a previous semester/incarnation?) and when you enter their class you say, “Hey, this is not what I expected! This teacher is unfair and boring!” But he teaches the class you signed up for. Your ego balks, you drop the class. You slide by with a relatively easy semester. Next term, another teacher who is unfair and boring! Or is difficult and challenging! WHAT? This can’t be. I will transfer to another class. Next year, a counselor or advisor who is unfair and difficult. The theme continues long after college if you never ‘graduate’ and learn the lesson you sent yourself.

Does this sound familiar with relationships? Same guy, different name? We’ve all seen friends who go from one dysfunctional relationship to another, or even better, looks like that guy married his mom? Or same issues with grandpa and husband and boss? They are multiple teachers bringing the same lesson. How lucky can you get? And you don’t even have to pay out-of-state tuition. Essentially, you are taking responsibility and with it control over the aspects of your life that are challenging. You say to yourself, “I am missing a gift here, how do I see this in a way that could benefit me? What is my major theme?”

I believe that we learn our greatest lessons from the ones we have chosen to play central characters in our lives, i.e.: the ones we love the most, the ones that challenge us the most, the ones that push our buttons the most. These are our gifts. Maybe not gifts for our ego, but certainly gifts for the soul. To acknowledge first and foremost that we have brought these difficult people into our lives is a first step. To recognize a repeating pattern of response is next. And response is what you realize it is after you acknowledge that you have co-created your own life. Taking responsibility for your situation, for your failing grades, for your pain and suffering, is what it is about. It is how you reclaim your own power. To stand there and say, “Logically or not, I have participated in creating this life with these annoying people” is akin to standing up at your first AA meeting and saying, “My name is John Doe and I am an alcoholic.” It is a relief and a sickness in the stomach at the same time. After the initial shock, you start to view the whole world differently. It truly *is* what everyone has been saying it’s not. It is *your* world, they’re just living in it as you perfectly created, not as a utopia, but for optimum soul growth.

How you decipher what lesson they bring you is another article, or book or set of books, but to begin by saying, “I actually *did* chose my parents” you move closer to understanding. Ask why would I have done that? What was I thinking? If I *did* ask for this child, what is her gift to me? And as you unravel their gift to you, or lesson, you stop finger pointing that someone else is to blame. You bring the options of balance and harmony into your court now, not left idly in someone else’s to attend to or not. You turn any situation into one of soulful healing instead of victimization. You take the class schedule back in your hand and relook at what you were planning for yourself. What was your major again? And ask your heart, not your brain, so if you get lost on the campus somewhere, your heart remembers where you’re going. And don’t forget, this works both ways, your parents chose *you* too!

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The Earth School: Do we fix the school or just go to class?

The Earth School is a term I use to describe the place we attend while in a body to work out issues of our own whether they are karmic, egoic or spiritual. It represents not only the physical Earth herself, but also the various illusionary realities that exist for the express purpose of learning and growing to our highest selves. This does not exclude other learning avenues or different realms, planets, etc.

In an earlier article, I mused over the possibilities of participating in choosing our learning experiences, our teachers, venues, as well as our parents, siblings, children, color of hair, gender and so forth. If you can entertain this grand and empowering idea (no matter how crazy that makes you feel for making what now feel like dumb decisions) you may find it takes you out of the passenger seat and puts you directly in the driver's seat. You can look through the lens of co-creation and see every obstacle and challenging person in your life as a choice you made before your present mind started collecting data. A choice that hopefully has a purpose; to challenge you, force you, guide you or redirect you, but move you through a stuck or outgrown place spiritually.

That being said, what happens when you come into the learning arena you selected and the 'school' itself is in much need of repair? Is that your lesson? What if it seems like the roof falling atop you and your classmates while you are understanding personal power and compassion impedes your progress? Or does it? A confusing issue even *after* you understand what you are doing here (assuming you ever get that vital piece) is how do you learn compassion and then sit idly by while people starve in Bangladesh? How can you own your own power while other women are battered and beaten every day? How can you feel good about connecting to Nature while it is being polluted, dishonored and raped? What about your country? How do you personally honor and treat others with integrity when your country does not? What can you do, as one lonely soul? Not only what *can* you do, but what *should* you do?

In attempting to answer these questions, we have to look at the bigger picture of our soul's journey and also the bigger picture of the Earth's journey. Anybody got *that* map? Let's start with a view from outer space. It helps us step back a little, we can see Earth, but not the political boundaries and certainly not our little plot of land where Peyton Place airs. Can you feel a little less personal about it yet? It feels big in one way and awfully small in another. It contains billions of souls, all complete with their own personal dramas and illusions. Watching Earth from outer space must feel clean, you're not *in* any of those dramas. So as you step back you can feel a neutrality, the whole world either looks like it is in darkness or in light. Sand, mountains, oceans, rivers, tundras, ice, snow, forests, jungles, and deserts. Is the Earth a place to incarnate that contains *every* possible illusion you may wish to indulge in? I believe so.

Think about it. If you know modern or ancient history, it's all the same. There are tyrants and slaves, kings and serfs, industrialists and alienated workers. There are indigenous people, nomads, and hermits. There are pitifully poor people and decadently affluent rich people. There are a lot of middle class people who pay taxes for the

king/tyrant/industrialist. There are people who cannot read and those who are highly intellectual, those who feel too much and those who are aloof, those who are proud and haughty and those who are humble and meek. There are those whose whole life is their children and others who live to work. In other words, there is every kind of life any one could ever seek in order to live out their own personal story. If you have come here to grow through apathy and learn pride or even what anger is for, there is a reality waiting for you. If you have come here to embody sympathy and healing, or need know what it feels like to experience suffering and loss, there are lots of those realities custom-made.

What about lives of abuse and tragedy? What is that about? Why would someone choose that? Can't we just eliminate that from the curriculum? Does it serve any purpose? It must, it exists. And if it is a perfect universe, not utopian, but perfect in its form, then there must be those who need to choose that reality. Do you think that a soul can separate from the feeling personality and learn its lesson, even if it means the personality has to be plunged into the depths of human despair? I don't know, but I know that it is on the course selection schedule, so there must be people wanting to sign up for it.

How do you know what you can do? What should you do? What is part of your bigger plan? It is very much akin to high school. Most students went to class and did their homework and went home. Some played sports, not for profit, but to enjoy. Some participated in drama, again for enjoyment. Some volunteered for extracurricular tutoring of other students. Some felt called to participate in school politics, got involved in raising money for the new gym or more books, even went to the administrators to resolve conflicts with teachers. There is not a right or wrong way, everyone was doing what they felt called to do, but one thing was for sure. You could not go to someone else's classes and still attend your own. If someone else's class is meeting outside under a tree and singing, it is not your business to make sure everyone is on key. If someone else's class is carrying around an egg for a week to prove they can be responsible for something, you cannot hold their egg and have *them* learn the lesson of responsibility. Do you see where I am going with this? Each of us came here for a reason, and no matter how hard we try there will still be other classrooms that stink and feel sad and unbearable to us. They are there for a reason. That reason is not yours, unless that is your classroom. And no one but you is to say that it is or isn't. Also, realize there is no reason to criticize those who have selected other classes, or learning methods. And there is no reason to feel guilt if the chosen way of learning your soul's lessons aren't understood by others. We all chose our own realities, and no one's reality is more *real* than another's.

But you cannot find what you came here to do while being distracted by everyone else and their assignments. Your job is to assess what feels right to *you*. Do you work on Saturday repairing the roof of the Home Ec class? Do you participate in open space projects that preserve undeveloped land for our ancestors? Or do you go home and do your homework and by doing that understand some things that make your life and your children's lives more creative or effective? You do whatever calls you, and remember that the Earth School will always be here with every illusion you could ever dream of. Do not try to cancel those classes that are not appealing to you, they may be a very important part of someone else's journey.

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LIVING YOUR POLARITY: THE POSITIVELY POLED INDIVIDUAL

The concepts of positively and negatively poled people help us understand each other in a way that honors our pre-birth choices about the package in which we came to express ourselves. We usually attract the opposite into our lives for a balance, but invariably one of us will attempt to change the other. So what I have outlined are the attributes of both, not only so you can see what you are doing, but also to honor the other and respect their choices.

So let's look at the positively poled individuals first. They bring to this world a lighter outlook, another way of seeing a thing in a different light. "Look, I found my glasses, they only have one lens, but isn't that *great*?" The negatively poled balancing partner stands aloof remarking silently how entirely useless they are now. The positively poled person brings that feeling of hope, even in the light of catastrophe. They find joy in the mundane things of life, in the smallest, most obvious. They find the enthusiasm to begin again after many failures. They see a beautiful red sunset as a grace of nature, and not the pollution haze of man that created those vibrant colors.

I lived near the Ohio River when I was growing up and a friend of mine and I used to go there in the evening to just sit and enjoy the sound of the water and watch the boats. Well, I did, anyway, I think he just went with me. He would always point out all the trash that had washed up along the river's edge since we were last there. I had never noticed it before. The river was always so nurturing for me that I only noticed what felt wonderful to me. What would I have done if I had noticed the debris? Would I have seriously undertaken the task of cleaning the Ohio River, the second longest river in the United States? Probably not, as a teenager. This, as well as my response to the same pollution, was just a result of the way we were programmed. He couldn't help seeing it anymore than I could not see it.

Positive polarity individuals are more accepting, after all they see the sums, they see themselves in that sum. So, what's to judge? How much fun can one person have? Too much? Never! Positively poled people are the ones at the other end of the phone who promise they will get to the problem of your customer dissatisfaction, happily, and whether they do or not depends on if they have a negatively poled person actively participating in their life bringing responsibility and a healthy amount of skepticism. Still, you enjoy hearing the enthusiastic voice of the positive. These are the people who bring youthful enthusiasm to any project or idea, no matter how impractical it may seem, after all, dreams are the beginnings of things not yet discovered or still thought to be impossible. Perhaps these pertly poled ones laugh more and tell more jokes and find humor in more things, but maybe they are just more poised to be light. Either way, you can see that it takes all kinds to make the world go round. Essentially, if we honor who we have chosen to be, even if we aren't done yet, and we honor others, even if they are on a different journey than ours, we will have immensely more fulfilling relationships with others as well as with ourselves.

Next month, look for the article on the sensitive and caring negatively poled ones we love!

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A Tabula Rasa 2008

Christmas comes in furiously and leaves us feeling tired and confused. December felt like a whirlwind, and now January feels bleak and directionless in contrast. What happened to last year and do we ever even stop to ask that question?

We are plugged into time. That means, just like the geese flying south for the winter or whales migrating north for the summer, we gear many of our habits and processes to the passing of time. This can be a detriment or it can be used to assist and empower us, depending upon if we are conscious of this fact or not. Most of the time we feel pressured, there isn't enough of it when we need to get things done. Other times, there is too much if we are waiting for something wonderful to happen. But in either case, we feel that we are not in control of the 60 seconds that appear to inhabit a minute. But Einstein figured out time was relative, and we've figured out we co-create our reality, so what part of that gives time power over us? What if we consciously chose to dismantle time and use its parts, but not play by its rules anymore?

What I mean is, if we recognize we have historically given a certain power over to time (as in, what being 44 years old means to you) then why not use that power to our own benefit? Take a block of time, let's say a year, and empty it out. Dump it upside down. Time only exists in our minds, so empty your mind of all the contents of 2007. Sift through them. Collect all the memories that made it eventful, joyful, conscious, learned, or peaceful. Don't take anything along that isn't yours. If you are now a grandmother, don't accept the mass mind's idea of how old and how sedate a grandmother should be. If your mind says you feel 33, then don't let time hold you to your chronological age of 56, act your *mind*, not your *age*! Unstick your mind from the passing of time, otherwise, you are going to be old when it is *time* to be old, and who really wants to do that? If you *believe* that each passing year brings wrinkles, pain, discomfort and less mobility, then aren't you setting that intention ahead of time?

Who you essentially are is not a body growing older with time. You are a divine and radiant being of godliness. What effect does time have on you then? None. So why not be more conscious of how you're responding to time versus how you are creating with time? Are you spending your time with your mind worrying over things that haven't happened yet (time you theoretically haven't gotten to) or feeling guilty about things in the past (time that has already gone)? Or are you unwrapping each present moment for the joys and miracles each one holds?

As the year opens a brand new calendar for you, complete with blank pages and infinite potential, choose what you want to write on those dates before they arrive. Set yourself intentions. Give yourself the power that comes from new beginnings and as you closed a year with the gratitude of Christmastime, let the freshness of a tabula rasa lead the way into a year of miracles instead of problems to solve. Use your mind to redirect your creation energy into the now, no longer the past or the future, but the blank slate that holds any form of possibility.

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A Work Ethic versus a Higher Vibe

by Julie Hutslar

It seems most people are looking for something to give them meaning in this life. Is it a family, a relationship, a career, a calling of some sort, fulfilling a dream? Most of the time, people seem to be content feeling moderately satisfied if, at the end of the day, they have done a good day's work. Whether they actually *like* that work, or received any enjoyment from it, or benefited in any way seems to be irrelevant. The effect of the actual work placates the mind and in fact, removes all guilt the Puritan work ethic has laid on for generations. For those of you unfamiliar with the Puritan work ethic, it is a way of thinking that many of America's founders and pioneers brought with them from the Old World that embraced the concept that God created man to *work*. And the harder one worked, the more they were blessed by God. And the corollary is, the less one worked, the more God looked down in judgment and contempt to find a lesser, more slothful being.

So after generations of living under the unspoken laws of our forefathers, who really weren't the ancestors of most of us, we strive to be successful using a measuring stick provided by people who left their own countries because they were getting bad press for being such prudes. And that measuring stick leaves most of us feeling pretty unsatisfied, working for someone we don't respect, doing a job we would rather not do, making a commute we really dread, but being comforted by the feeling of being a good citizen as we fall asleep at night.

Look at the Hippie generation, they rebelled against traditional 'good citizenship' and were labeled bums and lazy, dreamers and unrealistic, in addition to trying to undermine society. We all have experienced someone's judgment while trying to find ourselves, or spend some time not gainfully employed, or even just simply honestly out of work. Whether we are the voice of judgment ourselves, or it is father or older brother, our self-esteem is bruised when we are not working as a good citizen should.

If you looked at the success of your life in terms of what you actually have done for your fellow beings, or for the planet, it may be viewed differently. And I don't mean saving anyone or anything, I mean simply in terms of your *being*. I am speaking about how you affect the very planet you exist upon with the vibration that is you. Think of feelings as vibrations or frequencies, very much like radio waves.

When you go to a job you do not like, what is the feeling or vibration you send out? Is it angry, resentful, hemmed in, trapped, failure, overworked, feeling like a victim, dissatisfied, aimless, tortured, exhausted? Each of those emotions emits a vibration of its own. And it goes out into the Universe like a beam of light. It has energy, and no energy is ever lost. It just gets recycled. So think about your job or what you do to generate your strongest vibration, is it any of these, or worse? That is what you are offering the planet.

What if you were doing absolutely nothing? You were being what your good dad would term, a bum? But you loved it, you loved being free, smiling at passers by, walking to a

park for sun and sitting by the water to think. What sort of vibration would you be sending out to the world? Love, openness, freedom, happiness, contentment, joy? Those are the vibrations that the world receives. You have just raised the vibration of the world by some definable amount. Simple physics, energy generated is energy existing somewhere, without the ability to be destroyed.

So now think about it, what are the vibrations you are sharing with the world, much less your cubicle mate or co-workers? What are you dragging home to your family? What kind of vibrational energy are you generating? What about a tired and sad relationship that only brings feelings of depression and negativity to both partners? And judgment is another negative vibration too. So often the reasons for not following a dream are because we might be unemployed, or out of the norm of society, or might appear less driven than the Puritan work ethic allows. But if we looked at our lives in terms of what we bring to the world, we owe it to every one, *including* ourselves, to do something we absolutely *love*!! In doing that, we are filling the world with positive vibrations and generating joy and happiness, and that's really all we can do in this life. In the end, how do we account for what we did? We made some other people wealthy with our devoted years of work, we built fine machines, we sewed people's wounds up, we did the best we could. The question is *how* did we do what we did? Did we do it with love and joy and enthusiasm because we loved what we did, or did we do it with resentment, begrudging every moment? No one else's work ethic is going to account for you as you go over the gifts you brought your world as you review your life. What would you *really* love to do? You owe it to us all to *do* it!!

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Are We Lost if We Don't Know How?

by Julie Hutslar

There comes a point in everyone's spiritual journey when you reach a level of frustration, you almost wonder if what you have been working toward is even achievable. You have tried everything. You are earnest in your desire to become a better person, or reach your highest self or attain a state of peace that is worthy of who God says we are. But you just can't find that peace, or maintain it longer than for a few fleeting moments. You are sure it is there, and that along with it comes a sense of happiness, a sense of well-being and a wellspring of love. But it feels like it is just over the ever-present ridge, which upon reaching that, you realize is still another ridge away.

Meditation becomes trite and more like begging than serenity. Your spiritual practice feels like it is only more activities to provide fuel for how you're *not* who you could be. You long for the Peace of God so much, you want to fall down and cease to exist without it. And yet, you get up another day and you go at it again. You never give up, you put all your efforts into choosing with guidance, into listening for wisdom everywhere, into searching the internet for places and people that could offer something that might send you into that peace. You read a lot, things that are uplifting, but then when you can't successfully accomplish them as the author insists you can, you feel worse than better.

At some point, you stand alone on a ridge and say, "What? Am I missing something crucial?" Your mind is still scanning, seeking, researching, thinking. The moment of truth has arrived. *You don't know how.* You don't know how to get Home. You don't even know how you got here, much less how to return. You can't find the Peace of God. You don't know how to do it. You don't know how to live fully present in your highest self always. You don't know how to choose happiness always. And with that truth, you must feel initially like a failure. Like everything we use to judge our actions with, it says we have failed. That we have tried, and we have not succeeded. We have lost. We are then lost.

Or are we?

To take a moment in your spiritual search and stop and say, "I don't know how" is to say, "I trust *You* do." And is it possible to step out of an ego created illusion from within the illusion? Can you find a doorway that will let you out? How long have we scanned the walls for a fake door, or searched for a hidden passageway, that someone else knows about and can help us through? Stop. Stop the scanning and searching and seeking in vain. Admit you don't know how and let someone on the outside of the illusion, the Divine, Spirit, your own Highest Self, which they ultimately all are, open the door and show you that you have been Home all along.

It is the most freeing thing you could possibly do. You don't have to figure anything out anymore. It's not all up to you, and when I say you, I mean the little you. The Big You is already there. So simply wake up one fine day and admit you don't know how to be what you want to be, to have what you want to have, to become one with the Divine, or to live

in Love. And instead of feeling defeated, ask Spirit to show you how. Do you realize how much extra time you're going to have, how the nature of your desperation will be eliminated, how your mind can stop scanning, seeking and not finding? Do you realize by this one act that you, in essence, become more of who you thought you couldn't find, just by resting in the trust of the Divine? It's different from turning a specific problem over, it is stopping a brain search. It is ceasing a seek-but-never-find cycle. It is ultimate trust.

Just this one thought will calm the mind, will release it from an obligation bigger than what it was built for. As it's easier to be patient with the Divine's timeline than with your own, your patience too brings you one step closer to who you thought you could not find. Accepting that you are able to merge intents with the Divine also steps you into the shoes you could not find to fill. Having the honesty to admit that you don't know how brings you more into alignment with your higher self. And having the openness of mind to allow for this redirection, as well as the faith that it will be done, both smell strangely familiar of the character you were trying to find.

You stop trying to live up to your Highest Self and you find that's who you always have been. What more is there for the mind to do then? Know it. That's all.

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Attracting All—What Now?

What now after the movies, *What the Bleep* and *The Secret*? The message is becoming popular that we can have whatever we want as we understand we co-create our world with our thoughts. Being on the forefront of a metaphysical change of thinking is exciting, but it also means we don't have a tried and proven pathway to follow. We, as joint consciousness, are the ones paving the way and the trial and error method might feel more like dead ends than a home run.

Books like *Anatomy of the Spirit* by Carolyn Myss show us that our thoughts create our biology, Gary Zukov with *Seat of the Soul* brings awareness that more spiritual thoughts create a more spiritual life. Eastern thinkers are making serious inroads into Western thinking as we merge philosophies; All is One. Neale Donald Walsch and James Redfield illuminate our celestial guidance. Writers like Richard Bach and Michael Roads give us a hint of another reality, beyond the Illusion we live in. Yogis are becoming revered as holders of ancient wisdom we are now ready to embrace and we are finally understanding that children, indigo or otherwise, hold a key to our evolution.

New Age thinkers and thinking have now ushered in the ability to entertain quantum thinking, and that's where we are. We are collectively staring at a human potential summed up in Quantum Thinking and we don't exactly know where to go. We don't know what is even possible, or rather, we are beginning to grasp the idea that All is possible. Quantum thinking is the opposite of linear thinking, which is what the human race has always done. Sunday has always followed Saturday which follows Friday. The attachment to *process* is also part of that linear thinking, in other words, everything takes *time*. But in quantum thinking, there is no time, there are only thoughts. The concept of process no longer makes sense. But how do we unattach ourselves from the historical biology and instinct of time to become what we are ultimately able to become? In other words, how do we evolve past this point and express the spiritual beings we truly are?

The Mayans believed that the year 2012 ends a cycle of over 5000 years of human history and that either mankind would evolve into a spiritually based reality or they would destroy themselves. It appears it is up to our collective group consciousness of quantum thinking that will determine the history of this present civilization.

In quantum thinking, your thoughts determine your physical reality, but it doesn't work as simply as, "I want a red bike" and you dwell on wanting a red bike and you have it. The energy is what makes up the thought. And the energy of "I want a red bike" is... *I want*. The energy of wanting begets more wanting, or longing. That is not the result we had hoped for. We want the red bike. So you can do like the Hopi Indians, when you want rain, you don't pray for rain, you *become* rain. Then your thought of being rain draws that exact energy to you: rain.

So what can we do? *Be* everything? Yes. That is exactly it. *You Are All. You Have All.* Simply remember that and remind yourself of it. I am not speaking of the physical vehicle you presently inhabit. I am referring to your Divine Self. Your Divine Self was

created by creation energy, the Divine Itself, and consequently you, as an offspring, have inherited creation energy. You also have inherited *everything*. To recall this, use this as your daily mantra, you will draw to you...Everything! I am All. I have All. Then if a bike is something you don't have that you'd desire, by the very nature of All, it fits into that energy parameter. If a loving relationship is what you don't have that is part of your All, here it comes. If rain, vacations, diamonds, inspiration, guidance are things you don't believe you consciously possess yet, be All, have All, and allow them to find their birthright. It's as simple as that: *I Am All. I Have All*. And hold that thought as often as you can, with no second thinking, no chaos, no interfering thoughts, no worries or concerns, no anxiety, simply enjoy the peace that comes from believing, I am all and I have all.

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Contentment or Resentment?

By Julie Hutslar

The other day I was hiking in the woods behind my house and got bonked on the head with a fallen tree trunk. This was in response to a question I was posing at that exact moment to my higher, or wiser self. Or should I say, it coincided with the *answer* that I spoke out loud. Conk. Right then. So after being annoyed and irritated that I didn't duck far enough to avoid this fallen trunk I had walked under umpteen times, I had to laugh. What a message, a swift blow to the forehead! I should back up.

Let's begin with you and with now. There is the you that you know you can be, and there is then (when that occurs). You are saving your joy to spend it all when you get to *there*, right? I mean, how can you spend your joy on things that are not worthy of it? But how do you get to *there*?

Usually you believe there is something in the way. Some people believe it is someone or something else outside themselves. But others have already tried that vain attempt to blame or feel victimized and have finally come to realize it must only rest within. So if there is something internal that we believe prevents us from our greatest joy, how can we get beyond it? Let's imagine you are A, B is the obstacle to joy and C is the end result of joy. What, pray tell, is B?

My understanding is that it is a belief. Good, I didn't even plan that, but **belief** starts with a B. Ok then, we know that the obstacle is a belief. So let's take a for instance. Say you're sitting with this idea, open to the growing process and you ask yourself. What do I want? Or better yet, how do I see myself next summer or a time when I can imagine living in my greatest joy? Imagine you see yourself in a house you have imagined, not a shabby one, but a real dream house for you. You look into your crystal ball and also see that you are very busy with your work. And look, it's not working for someone else, but it is doing what you have wanted to do for a long time. And you love it, like you suspected you would. You feel full of life, fulfilled, happy, surrounded by those who love you and you love and you even have a loyal dog (or cat if you're a cat person). What is the predominant emotion?

Think about it and let the feeling overwhelm you. What is it? Contentment? Joy? Happiness? Love? Abundance? This is C. Let's say C is for Contentment. B is for Belief. And A is for Anxious. Now, like in a math equation, I am going to make a hypothesis, except I am not sure my former math teacher would approve of my logic. If you desire C, eliminate B and go directly to C. As you proceed, you will bump into B and you can then see who or what it is and deal with it so as to properly find your way to C unimpeded. I can feel Mr. McIntyre win. It's metaphysical math, trust me. But if you always stay at A, waiting for B to identify itself and never proceed to C, guess what? You always remain Anxious, and not at peace.

What happens when you bump into B (as I literally did with the tree) and how do you know you have located it? Well, if B represents what prevents you from your dream house and dream job and dream friends and love, then it must be some judgment you hold about yourself, or else you would already have or be those things. It is your world, remember that. And if that judgment were positive, you would have all those dream things and more, so let's eliminate positive. What does that leave? Negative. So we know you have a negative judgment of yourself acting as B. It is what and how you stored it as *real* for you that matters, not at all what you actually find.

Keep in mind, a judgment is not a fact, it is only an assessment through certain sets of guidelines, not at all factual. That is why it is called judgment, something is being judged, graded or qualified and quantified. And who did that? You? Dad? Doesn't matter, all that matters is that it is now keeping you from C, which is your desired goal.

Quite often a clue to locating B is fear. Stand quietly in your world and ask yourself what you fear. Listen for the wee answer. It will come. Track the fear back. Is it fear of losing your spiritual connection or healing skills if you are materially abundant? Is it the fear of facing why you don't believe you are worthy? Is it the fear that if you really looked hard enough, you might find the answer to B is that there is no God or a silent God who doesn't care what you want or need? What then? Trace the fear back and back and back. There will stand little mister B, like a spring crocus, poking his head colorfully out of the blanket of snow. Not that scary, really, now.

Everyone's journey back to the belief that acts as an obstacle is unique, it entails what it entails. And no one can live it for you or face those fears for you. Loved ones and guides can go with you and hold your hand and point to things, but ultimately it is you who must have the conversation with B as to why he is there. And it may not be so scary after all, but here's what you can do in the meantime.

Imagine as often as you dare what C (contentment) feels like specifically for you. Let the details of the feelings overwhelm you until it gets confused with memories. Did it happen? Did it not? And as this feeling becomes more a part of your waking life, guess what? You are enjoying a bit of the joy *now* that you were saving for later, and you are waking up B and bringing its meeting closer and closer. So *enjoy* and C what happens!!

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Giving is Great, For-Giving is Divine

by Julie Hutslar

Another holiday is upon us, another reminder to give, when we may have forgotten, in the bustle of our busy lives, those we genuinely care for. Then why are the holidays so stressful? Why do so many people dread their family get-togethers? And why is there so much more back and neck pain this time of year? Not to mention upset stomachs and headaches?

One of the hardest things to admit is that the people we are *supposed* to love may in fact be some of the people we most want to avoid. And I think this may be explained because they hold a great deal of unresolved emotion for us. That is to say, we carry unresolved issues, we feel, because of something they did or said that we have been unable to justify or forget. We have been wounded, hurt or perhaps abused or neglected, embarrassed, humiliated or laughed at. No doubt, we have attempted to put it out of our minds, knowing there really isn't anything we can do about it that won't appear childish. They probably don't remember anyway. Now they're coming to dinner and I am supposed to be joyful about giving them something, when inside I not only feel sick when they are around, I feel bad about myself too?

How do you deal with unresolved negative feelings towards a family member? Assuming you have already tried moving without leaving a forwarding address, or faking your own death, the answer would be *forgiveness*. Now first let me say this about forgiveness, it is **not** something that you do for someone else. And it is **not** about condoning what they did or said. Not at all, it is a gift you give yourself to find a sense of peace and joy at all times, even when family are present. It is a way to lighten your burden and release unwanted feelings that are poisoning you.

The second thing I need to say about forgiveness is that it is not about relooking at your big ledger with everyone's misdeeds on them and condescending to draw a line through one, only to come back later and squint through the scratch to remember again. It is about getting the big pink eraser out and rubbing it out altogether. You may want to come back later and hash through those old familiar wounds, but they won't be there. And condescending to forgive isn't forgiveness, it is condescension.

So in looking at forgiveness, you may have your own way that works fine, and if it does, you will be having a truly joyful holiday, but if you have tried many ways and still dread certain people for certain reasons, let me suggest this. Forgiveness is not a naturally occurring phenomenon for humans. The ego will convince you that until such time that you have a logical and acceptable rationale for this offensive behavior, you are given permission to never let go of the memory of it. And actually, it is very hard to genuinely forgive. You many have tried and tried, and still feel a twisted knot in the stomach when you think of this person. That means you have still not successfully forgiven. Let me help you. You don't have to.

You simply need to have the *willingness* to forgive. You take all the things you would very much like to forgive and you itemize each thing, go ahead, this may be the last time you see them. You allow yourself to feel victimized, but only this last time, knowing that we participate in our lives fully whether we are conscious of it or not. Now, step out of victimhood, own the responsibility of having experienced this and then hand it over to the Divine, to Spirit, to your Highest Self, or whatever divine entity you trust. Admit you cannot fully forgive by yourself, you may have attempted it for years, or you may just now be willing. But the key is your willingness. Do you really want to forgive and let go and forget? Do you still have a vested interest in not forgiving? Does it make you feel superior to another? Does it give you a rational excuse to never connect with this person in a genuine way? Is there something you would learn if you let go of this old wound that you are resisting? You decide. Willingness is the key. Once you have managed the way through your labyrinth of doubts and fears, turn the whole package of hurts over, truly let them go. That means you don't have to *push* the forgiveness out of your pores, or be more earnest than you can really be, or even find a logical and rational reason for the behavior like your ego demands. You simply have the willingness to forgive because you are sick and tired of carrying this any longer. The rest will be done *for* you. Later when you peek back inside the package, it will be empty, there will be no more stomach wrenching feelings, just peace.

Forgiveness lets you open a space back up in your heart for that person, or yourself, and lets the light of love envelop and heal. Forgiveness is the greatest gift you can give yourself as you feel an expansive love replace a constricted wound. As you genuinely forgive out of the compassion you feel in your heart for *yourself*, watch the peace return and the joy swell, then sit down to a pain-free meal of *true* giving, sharing and love this Holiday.

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LIVING YOUR POLARITY: THE NEGATIVELY POLED INDIVIDUAL

So much of my work centers around helping people understand their loved ones. One of the most important steps in this understanding is removing the judgment of good and bad when seeing others. People are a compilation of many complex options. I think people can also be seen in terms of their polarity. This means, how are they natively poled? Negatively or positively? It is like thinking of us as batteries. Batteries have a (+) on one end and a (-) on the other end. That does not make one end of the battery good or bad, each pole is a necessary component in the battery's function of storing energy. Some people operate energetically as either the negative pole or the positive pole. Our culture tends to believe that things *positive* equal good and things *negative* equal bad. I want to go beyond this way of thinking for a minute to see the (+) and the (-) as just two ends of a self-sufficient energy source. Not only does this take the judgment out of it, it helps us see that both are necessary. Just like in a battery.

If we can imagine that as souls we get to make some choices about who we are going to be in our physical incarnation, then choosing our polarity is one of our choices. I would assume that we make the choice that is consistent with our journey. Is it going to be light and fun loving or heavy and serious this time around? Either way, there are as many ways to express our true selves as there are souls that need expressing.

Positively poled people tend to look on the optimistic side of life, as we discussed in last month's article. The negatively poled person generally comes from "no." They are more skeptical, and are wary of those who are too optimistic. They can see the worst-case scenario in pretty much every situation and brace themselves for the worst that the world can throw at them. They consider themselves realists and don't find life too disappointing because they've already expected the worst possible outcomes beforehand. They can be easily depressed and judgmental, but with that also comes a nurturing and compassion born from experience.

All of us know people who fall, generally speaking, into one category or another. This does not make them bad or good people, it is just how they are, just as in the necessary two ends of a battery. The reason I bring this concept up is because in working with people having relationship problems, whether they are with teens or mates or parents or friends, it comes down to people wanting to have the other person see things from their own point of view. As the folksinger Ani DiFranco sings, "...and is it really the best we can do/to arm wrestle over whose world it's gonna be?/the one according to you/or the one according to me?"

In the case of my husband, his own life's suffering has greatly aided his ability to be a dynamic healer. Many of his patients know that he knows their pain without talking about it, because he has been there himself. He understands depression and the cycle of negativity that results. His genuine understanding and hopefulness at the same time give his patients much needed inspiration to overcome their own despair. So for him, the choice meant his own life would be less light or joyful, but his journey called for it. What he does for me is adds the contrast to my own journey's fabric. He casts the shadow behind the object to enhance it even more. He plays the devil's advocate quite naturally, ushering in another viewpoint that either forces you to see weaknesses and holes in thought processes, or allows the framework for strengthening your conviction. From this daily challenge I know that in the face of the worst storm, I will not capsiz.

With children and parents, there is a tendency of the positively poled individual to want to make life better for the other. I have seen this with children towards a parent or parent to a child. It is a natural tendency. The parent thinks that they somehow are to blame for the sad behavior and depressed sociability of the child, that they did something wrong as a parent, and they want someone, anyone to make their child more happy and socially accepted and joyful. Or the child who is positive and lighthearted who sees his mother as being sad or pensive more than not, also thinks that somehow his birth into her life has brought some sadness. That if only he could do or say the right thing, she would find internal happiness. But guess what guys, it's nobody's fault. It was a choice, remember? The sooner we can understand this, the sooner we can begin to honor each other's presence in our lives as exactly what it is, a gift, not an anchor.

When I look at young people, from a teacher's perspective, I have found some of the most profoundly creative students are negatively poled. They internalize and as they go inward come to face some very deep emotions, and if properly equipped (meaning, are encouraged and provided with a safe environment) the expression of this meeting can be very moving. Possibly our job in their lives, if we are the balancing positively poled, is to look at their choices and help support them. If they have chosen to be antisocial, don't close off any other options, but allow them a private space to be just what they need to be to feel at home somewhere. If they want to go inside, help them by providing the desired instruments of creativity for this endeavor, whatever those may be. Remember they just need your positively poled energy for balance, not to reform them or fix them.

That brings me to a question I get often. Can a person change? My thinking is that yes, since everything in the universe is changing, why not us? I think that if the original reason that you created a particular personality attribute has now gone, or you have sufficiently learned the lesson from that attribute, then the reason for it being there in the first place would be gone as well

However, to hold out that a person will change is not honoring their journey. Whether someone changes or not is part of their own particular destiny, but the form they show up in at your doorstep is the reason they are in your life. So I suggest not dwelling on getting someone to change, but instead learn to accept and honor that individual exactly as they are. It truly takes the weight off of you as the responsible party (in your mind at least) since it is not your place to bring the required joy or realism into another person's life.

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My Mother's Gift

The nature of my work is to walk things back, find the meaning, or rather, find the lesson in the things that hang us up. I was giving a workshop one weekend and was guiding the participants through the people and things that had blocked their creativity in early life. This one day we were dwelling on mothers, since it seemed like the majority of the group felt that they needed to release some negative feelings about their mothers. And one exercise we do together is imagine our own mother and ask the question, "What is *the* thing I learned from my mother?" You look at it karmically, which means, why did you choose that particular person to bring you into life and what was the reason, if you can ascertain, that you required this one specific woman?

It usually takes some serious thought, since it isn't always obvious, but does hold the key to releasing negative energy towards someone and facilitates the steps to forgiveness. It certainly aids in understanding we are not victims, that we chose our parents. I decided to give it a whirl while everyone else was trying to uncover the thing they learned from their mother, to do the same with mine.

I did think it was curious that through all the years I had done karmic work with myself and my siblings, I never found my mother present in any of our previous lives in any form, but believing we are co-creators of our lives, I began to look for the thread. At first, I thought of all the things she did *not* teach me, realizing I mostly wasn't open to it; like cooking, being a woman, shaving my legs, inserting a tampon, being coquettish, or even finding a job, typing or having a relationship. The more I thought about it, it didn't seem like my mother had taught me anything. Of course, this was my stubborn, 'I've done it all myself' mind talking, and so I probed further. I started looking in less obvious places, instead of the woman department, I started looking in life examples, and beliefs or thought processes. I immediately wanted to reject that whole area, because we have always had such different views on most things. Then I started looking at habits, was there something there?

Suddenly an image came to me, along with a little smirk from my mother, that if I was such a smarty-pants, why didn't I get this long ago? There she was sitting in her chair, reading a book. When she read, we all knew, all five of us children, that there was nothing, truly nothing, and I tried them all, we could do to shake her focus from that book. She would get this glazed over look, retreat into the pages of the book, and lock us out. We tried coming in the house yelling that the dog had been hit by a car or Jim's leg was broken, but none elicited even a minor response. Nothing. She was a magnet to that book; she was focusing her mind in a way I never knew possible. She was good. And I smiled to myself as I saw the power of that lesson. Of all the things I was indignant that she hadn't taught me, this one tool was more important than all the others put together. I would undoubtedly be the kind of woman I was going to be anyway, and cook my own way, but this one technique she showed me through example was the groundwork for the energy healing I have come to believe is the keystone to my life's work.

Amazing how something softened in my heart for her, which I never knew was even resentful. As each participant shared their discoveries, we all laughed that they were not what we expected. Even those with missing mothers, either physically absent or emotionally unavailable, the lessons were ours. We chose that woman, we had just been looking to make sense of it in a traditional way, and rarely is our soul's journey traditional at all. What is *your* mother's gift to your spirit?

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True Forgiveness, Not Righteous Forgiveness

Over the years and the course of many healing sessions, the one thing I have found to be consistent amidst all the varied stories of human healing is that forgiveness is always present, and in fact, required. I used to talk about forgiveness, assuming my clients knew what they had to do, but several times became aware that this concept of forgiveness has many other shades of shadow attached to it. In order to truly release the past and the weight it permits you to carry, forgiveness must do its miracle. Forgiveness, and by that I mean, true forgiveness, is the catalyst for incredible healing and tremendous soul growth. Forgiveness is what will free the creative spirit to uncoil itself and unleash upon an unsuspecting world all the life force energy of the universe. Forgiveness is the key to unlocking the room that holds our deepest fears and with it our greatest potentials. Forgiveness is the path to finding and living in our highest selves. Forgiveness is paramount to our soul's journey.

That being said, how does one enact true forgiveness? Who are these shadow monsters sitting atop it? What prevents us from truly forgiving? And what is true forgiveness? True forgiveness is the forgiving and forgetting whatever sins you think you have committed or you think someone has done to you as if they truly never even happened. You may say, but it did and I cannot forget it, it was so heinous, it perverted my life, it caused me to be all screwed up, or what I did was so terrible, I can never forgive myself for fear I will repeat it. As if to hold the guilt will somehow be the piece that keeps you in line. All that holding on to guilt and pain does is perpetuate self-hate and more suffering.

I once worked with a man in his late fifties who lived with a passionate hatred for his father. He believed that all the horrible abuse and trauma his father put their family through should never be forgotten, much less forgiven, because if it were, somehow that meant to him, that he condoned his father's behavior. Of course, since this was my client's deepest source of pain, it was not a surprise when the nature of our work took us to the relationship between him and his father. We did a significant amount of work together and then before we could break the tie between them, to allow his soul to be freed of this karmic repetition, he needed to reach into his heart and forgive his father for everything. Everything, all the abuse on him and all his sisters, on his mother, the pain, the sorrow, the neglect, the dishonor, everything. This is where the session came to an abrupt halt. He refused to forgive his father. He said he never had any intention nor would entertain any idea of forgiveness for a man like that. I was surprised actually, because I knew this man to be a kind and gentle soul, but he was adamant. This is when I remembered there are many things sitting on our willingness to move on. His whole life needed to let this man go who had passed away many years previous, but my client still held on to the injustice, the victimhood that bound them together.

I spoke of his religious convictions, hoping to find a doorway to forgiveness that way. I spoke of Christ's words about forgiveness. Nothing. I spoke about the results of forgiveness, the freedom, the release. Nada. I talked to him about being a co-creator, that he participated in bringing their relationship together for a reason, nothing. After a long

and fruitless attempt to bring my client to the doorway of forgiveness, I still felt he was stubbornly inside a walled fortress where nothing could penetrate.

I then lost my patience and raised my voice, maybe the focused and authentic energy jolted him, I don't know, but I said, "*Do you want to be connected to your father for ever and ever through all of time?*" And he assured me he did not. I said, "Well, you are. A huge black cord of negative karma holds you two firmly together. Only forgiveness will release it." Then something in his system let go and he found a place in his heart to let all his father ever did fall away from his mind and spirit.

He called me later to tell me that his family did not know what had come over him, because every time he had ever visited any of his siblings, his first act was to rush over to the mantle or desk and turn over any pictures that held his father. Now, he could see his father and only feel release and finally, nothing. That is when you know you have forgiven someone, when you can be faced with them, or the memory of an event you think they did to you, or you to them, and not feel emotional.

How do you get to *true* forgiveness? The *Course in Miracles* describes it by saying that the only way to truly forgive is to imagine that the thing never occurred. Not just to pretend, but to believe that this world is an illusion, and all the things that are happening to us we have contrived from some egoic projection of either our own consciousness or collective consciousness. And that in reality, what is *truly* existing in the universe, we are all perfect, sinless souls asleep in the loving, devoted arms of the Divine. Now if that is the case, even to entertain it, you could feel like you were watching a movie or retelling a dream. For example, if you had a dream wherein your husband killed you with a hatchet, you wouldn't wake up and call the police. You laugh about how you must be carrying some pent-up aggressions towards him or think he is towards you. But that's about it, you don't think more of it. The *Course* says the same thing. Imagine that this whole world, your *whole* life is a dream that you are having while sleeping in sinlessness. Now come from that place and approach forgiveness.

When you think of the perpetrator of the crime or the sin, abuse, whatever it is you need to let go of, now let your mind's eye see this person asleep as a precious child, or a divine light being in a place of infinite love. *How* could that being have done what it very much feels like you think they have done to you? You still have the memory of it. That you know is real. You still carry the scars from it, you can see those. But was it a dream? What difference does it make now? Because there is a part of your soul that needs to move on unburdened of this heavy weight of pain or anguish.

Now go into your heart with the intention of forgiving this person, or yourself, which can often be the hardest, and know in that inner core of you that in fact, this misdeed never really occurred in reality. Only in the sham this ego world presents to you to make you believe it is real. Whether you want to think of it as a dream or a training ground for soul work, it is imperative that you realize the only way to forgive is to come from a place of never having done it. It is not deluding yourself, it is succinctly taking yourself out of victimhood and placing yourself in control of your own destiny.

Many people forgive like this: (I find myself doing it all the time) “Ok, I forgive you, *even* though I did this and this and this for *you*, and you couldn’t even do *this* for me, I forgive you because I am a better person.” That is not forgiveness. That is righteousness, and you are wasting your time. If there is a part of you that believes you were victimized, you cannot forgive. If there is a part of you that still feels the memory is burned on your soul, you are not ready for forgiveness. Only when you are ready to see the dream and the dreamer as one, as all of us as fantasy actors in our mind-created world, can you truly let go and vibrate with your highest energy self. Only when you are ready to admit you may *never* understand why and what and howcome, can you allow yourself to let go. Each place of unforgiveness is an unhealed part of us. Each time we forgive, no matter how slight the infraction, we are healing ourselves and we are no longer victims of this illusionary world of insanity.

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Voices In Your Head

Voices of doubt, voices of reason, voices of fear and voices of inspiration; which ones are real, which ones should you follow and why do the *good* ones always get cancelled out by the *bad* ones? I am going to attempt to separate the origination of all your mental voices (including those of Napoleon or Alexander the Great, or whoever speaks to you personally) into two camps. One is the ego voice. And the other is the voice of a higher inspiration, whether you call it god, a guide, an angel, ascended master or your own higher self. They all boil down to these two sources.

It is really quite simple and there are NO exceptions. If the voice is compelling you to feel fear, anxiety, competition, anger or separation, it is coming from the ego voice. It shows up in your most vulnerable moments; those times that are either literally dark, or symbolically dark. That might be the middle of the night, the early morning hours while lying alone and waking from a disconcerting dream, a dark time of your mental state, feeling depressed or sad, or any other *dark* times. Its goal is to promote fear of one sort or another. This might be done through sending simple questions. Questions that generate potential answers that lead to your worst fears. “What’s going to happen now?” “What if he finds out what I’m really like?” “Why do I think I could do that, I never have had a lot of luck in that department before?” It could be done through statements of your own inadequacy, comparing you to someone more capable, throwing doubt and hesitation into a grand idea or personal goal. Separating, you versus them, creating fear, doubt, anxiety, confusion. Anything but clarity. Keeping you feeling small, alone, less about yourself, even just doubting. Doubting eliminates trust, and trust takes you to faith. Faith takes you to peace, and the ego is not found in places of peace. So you see it’s self-preservation for the ego.

The other voice is the voice of inspiration. It comes from all our highest potentials, from the great Oneness of Divinity, from infinite knowledge. Its object is love, forgiveness and unity. We all have access to this voice always. But usually we are being dramatized and entertained by the ego voice, which is much louder, more aggressive and hits us where it hurts, so we’re just too occupied by feeling it to hear that higher one. The voice of inspiration comes in moments of unexpected clarity. When you least expect it, when you are driving, when you are showering, when you are making the bed, (rarely in the dark because the ego owns the night) it offers something simple, something obvious and usually clear. This is the reason that we allow ourselves to be tricked by the ego voice to believe it was ‘fabricated from our own heads’, because it was *too* simple. Or in many cases, you already *knew* that on some level. Yeah, you did, it is called the nagging gut instinct. You weren’t paying attention, so it got nicely verbalized or a lovely image presented itself to be more graphic or impressive.

I have watched my clients convince themselves again and again that the inspiration that they believed, beyond a shadow of a doubt was divinely directed to them, was only gas or remnants of a dream or fabrications of a wild imagination. That, my friend, is the ego voice trying to redirect divine inspiration. Why should you let it? It will only send you around and around, chasing an illusive tail, with no peace and no gratification.

So, as you sit under a harsh light being scrutinized by the Grand Inquisitor - the ego voice - look up and grab the light hanging above your head. Take the fixture and turn it outward to point at the inquisitor. Identify it in the dark, see what you are dealing with, name it, call it. Say "Oh, I see you there again, my friend Egor," (or whatever you wish to call it). And ask some questions *back*. "What's in it for *you*? Why do *you* care if I burn and die in this one?" And get up and turn the light on. Once you turn the light on your fears or find the origination of your doubt, it dissipates as do all illusions in bright light.

Two sources: The great infinite pool of divine knowledge and the small and limited version brought to you by the ego. No other voices, no exceptions, not this one time. And simply knowing this will help you confront your scariest voices or the ones that feel the most real, just by knowing they were generated by a concept known as the ego which is an illusion created to keep us separate, alone and afraid. Know that the ego will disguise itself in 27 different and distinct voices, but if it generates fear or doubt, anxiety or separation, it is the same guy. So listen to your higher, quieter, kinder voice and know that it is truly guiding you no matter what the other voice tries to convince you. And anyway, what's wrong with being a little crazy, which Egor will invariable convince you when you listen to the voice of God?

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When Do You Accept Who You Really Are?

by Julie Hutslar

Chances are, if you have picked up this magazine, you feel you are on a spiritual journey. You believe in becoming a better person, you genuinely want to make a difference in other people's lives in a positive way, you want to live closer to the tenants you believe in. But what is keeping you from actually *doing* that? Not to say that you aren't advancing your process in everything you do, but what is *actually* keeping you from living the life you believe you can have? What is keeping you from stepping up to the plate and *owning* your divine inheritance? What keeps you personally from the life you want and were meant to live? Most likely, you have come to accept responsibility for your life, your relationships and what you draw to you. You know there probably isn't someone or something outside of you limiting or restricting your life. Then what does it come down to?

You're thinking, "yeah, I know - *me*", but I know you already know that. Why do you *let* yourself be limited? You may not believe in guilt, that your success does not preclude anyone else's. You may know you have limiting beliefs that stem from some ancient Puritan work ethic thing that you are consciously trying to step around. I know you have conscious goals, things you would love to do, and really want and believe you can have. And I am not just speaking materially, I am talking about what you desire in terms of relationships, well-being, physical attributes, talents, as well as material things. What is in between your conscious beliefs and your physical manifestation of those beliefs?

When you leave this body and are shown how the *system* operates, you're really going to be mad when you find out it was all a self-created illusion and you could have created whatever you most wanted and *no one* would have cared or stopped you. You're really going to be pissed. So, let's imagine that I am right. It is a dream, only thing is we believe it is real so much that everything feels dense. So we tell ourselves it is real because it *feels* real. Well, let me ask you, don't things feel real in your sleeping dreams? Don't they feel scary beyond belief or more colorful than just an illusion? In 1200 words, I cannot debate the whole 'this is an illusion' thing. I am operating under the premise that you have thought about this concept and heard its various arguments before. I simply want to say, what now? Ok, it *is* an illusion, how do I manage it to work for me?

You simply reach into the illusion and pull out what you want. You must avoid terms like *take*, since that activates those anxious thoughts about greed that we have judged wrong. But it is that kind of energy. Let me explain it like this. If you were incarnated specifically as you are, with your own set of attributes, karma, talents and gifts, wouldn't it be your obligation to offer those to the world that brought you here? And I don't mean that birthed you, I mean that drew you here. So it is your job to peddle yourself. We must also avoid the verb 'market' since it also has very negative connotations to the spiritually astute. You are not marketing yourself, you are placing yourself as the key player in the play you wrote. Why would you have written it if you did not fit the main role? Do authors write about things that do not interest them, or about characters that they know

nothing about? Not masterful writers. It is *you* that is the main character of your life. How do you see that person? If you had to write a list of descriptive words about this lively character, what would they be? They are *you*. So own them. No one has any vested interest in you *not* being that. You do not limit anyone else from being the main character in their own illusion, but until you take the lead role, you are always going to be less than satisfied, right? And I am not saying, point the spotlight on me, baby, bring it over here, illuminate the ego (another naughty word in spiritual lingo)! I am saying whoever you were born to be, *be* it. Reach into your illusion and twist it until it looks perfect to you.

What does that mean, practically? Good question, because there is definitely the practical aspect of every project. It is going to be different for everyone, since everyone's illusion is different. But your first step in this project (and I like to name my projects so I can accurately define them) is to become conscious that you are *not* taking anything from anyone else by living up to the who you came here to be. In fact, it is truly the *only* way you can empower and help others to your fullest extent. Those descriptive words you had to say about yourself (which you also cannot say out loud for some humble reason, also a misperception of who we are) are what others need for you to be. Look at those words. You would not desire to be them, you would not have love in your heart for them if there weren't a reason. You may not figure out the reason for a very long time, but to follow your heart, which *is* very acceptable in spiritual lingo but no one ever does it, is truly the answer. That's all, follow your heart, your dreams, your goals and then reform your waking dream to accommodate them. And in doing so, you have raised the vibration of this whole dang planet by living in love and you have done what you came to do here. Job well done.

Do not accept limitations of mind or matter. Just because no one else has ever done it means absolutely nothing. It may just be the programmer of the dream never heard of it before. We were all created from creation energy. What does that mumbo jumbo mean anyway? It means the energy that created all that lives and breathes and has a continuing divine soul, breathed this powerful stuff into *us*! And for *what*? So we could go around being nice and modest and mediocre? I don't think so. I think it was so we could pass that creation energy on, so that we could procreate creation energy in this universe. That means we must take our spiritual genetics and merge it with our creation energy and what manifests is out of this world. It is supernatural, it is beyond, it is real. Not an illusion.

And I am not saying to follow the voice of the ever-present ego, I said *heart*, there is a difference. The ego won't let you be happy until you are famous and rich, the heart will be delighted with the riches of bringing your perfect joy into those lives you touch, whoever and wherever they are. Start with your own. Do what makes you most joyful. That is practical step number one. Tomorrow do more of step number one. You're already there.

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