

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

GENEROSITY MADE SIMPLE

Being generous creates an energy force of its own that draws generosity back to you. Most people equate being generous with doling out money, but that is only one fairly mundane way to be generous. Generosity is simply sharing openly. And sharing means offering to others whatever you have or whatever you do or whatever you are. Now the idea of generosity gets much broader. If you can change a tire, then when you offer to change someone's flat, you are being generous. If you have a garden of daisies, when you pick a bunch and offer them to someone else, you are alerting generous energy to be returned to you. Your motivation may simply be to see someone smile, not to get something in return, however, when you give, the universe gives back. The cycle is never broken.

So what can you give? What do you have an abundance of? What do you do with simple effortlessness that someone else could use? Who are you that by sharing yourself others would benefit? At the Post Office today, my favorite place to connect, I approached the counter with a broad smile on my face. Mike, at the counter, was already in full beam as I walked up to his station. He said, "What a great smile!" and I retorted, "You started it!" He started chuckling, thinking about what I said, then proceeded to laugh as he thought about it like that. He actually had to take his glasses off and rub the tears from his eyes. I told him we were just being generous with each other and that when he gave me a smile, I had to give him a bigger one back. He was still scratching his head, bemused and nodding when I left. True giving costs neither party anything.

Love is something that actually reproduces the more you share it. A lot like smiles, the more you offer, the more you receive in return. And it may not necessarily be coming from some person outside yourself, it may have its wellspring in your own heart. Do you have talents you can share, or creative ideas you can offer? Are you a comedian, a storyteller, an entertainer, a muse as part of your personality? Aren't there others who would feel empowered, uplifted, enraptured, overjoyed or entertained by who you are? Are you a hopeless romantic, a sensitive poet or a seasoned cynic? Everyone has something they can share, and strangely, opportunities always seem to arise in just the perfect timing to be able to share them. What about sharing your story with someone who can be inspired or feel courage as they struggle with a parallel story? What about your knowledge—for cooking, gardening, motorcycle riding, philosophy, sailing, or acting? Sharing what you *have* now seems less desirable compared to sharing who you *are*, which has infinitely more potential and is unlimited. Your ability to be generous is limited only by your desire to share yourself with others.



-Julie Hutslar

ENERGY ALLIES



As with any time in your life, but especially when you are consciously growing into your Highest Self, it is important to surround yourself with that which empowers and encourages you. Life will have enough challenges without consciously electing to surround yourself with experiences that drain your energy. Making wise choices about what to tell whom about your growth process is helpful too. Some people can be supportive, but do it best in the vocabulary they understand, and others are naturally skeptical about anything new. I am not suggesting that you may not be the one to open their eyes and minds, but if you are in an infant stage of owning your own highest potential, maybe another time would be more appropriate.

Any time is a good one, though, to make an assessment of your allies. Are they really allies? Do they support you and care about you? Do they encourage you to honor yourself and follow your dreams? Or do they want something you have, like your positive attitude and open personality? Are they happy to dispose of a sunny disposition for you? Once you firmly own the strength of your spirit, you can maintain your personal energy with much less effort, but be mindful of your own needs daily. If you feel precariously close to lethargy or depression, call someone you know who loves you and you know can see through the emotional mood. You need to call on someone who sees your highest potential and will remind you of it. You may be the one to do that for them the next week. If you find yourself forgetting what it's all about and feeling drained from too many mundane tasks, pop in your favorite DVD that lifts you up, that empowers you and has a powerful message. Don't watch movies that emphasize one's lowest nature when you are uncomfortably close to expressing that yourself. Be mindful also of the quality of the books you read. They are companions too and can uplift and inspire, or litter your mind with useless, impotent thoughts. If, however, you find yourself in the midst of those who are not empowering, remember, everyone has something to teach, which means there is always room to learn from anyone, even if it is the backwards method.

Think of your companions, whether they are people, pets or programs, they can tip the scale. They can send you up and over or down and under. You make the choices, and by doing so, you become your own best ally!

“God’s will for you is perfect happiness... Your joy must be complete to let His plan be understood by those whom He sends you. They will see thier function in your shining face and hear God calling to them in your happy laugh.”

“God’s messengers are joyous, and their joy heals sorrow and despair.”

-A Course
in Miracles





Diana's Rose



TODAY'S TOOL

A BLESSING GARDEN

Take three people you currently have some difficulty with and try the following:

At least once a day, three times is better, think of these people, one at a time. But instead of thinking about the things that make them challenges, bless them. That's all. Simply bring them up in your mind and bless them. You can be specific if you want, such as, I bless him to find the love he really wants. Or I bless her to find the courage to face the fear of being unloved or betrayed. But simply spend a short moment to bless them. Then go about your day.

You have planted a garden of blessings that one day you will reap. So keep blessing for a week and watch the results. I'll bet you start reaping before the week is out.



“One thing that separates people is the way they think. Not the way they think about other people, but the way they think about themselves.”

-Ronnie Calmes

“Procrastinating about your dreams won't make them go away. Neither will it make them happen. Indecision is the death of the soul's burning passion to improve, grow, and learn”

-Doreen Virtue

1. Encountering Life Issues with Soul Wisdom e-forum, accessible through www.jrhutslar.com, is available for discussions, questions, and as a method for connecting to others consciously on a committed spiritual path. Please feel free to share whenever you feel inclined.
2. As a method to support continuing self-growth and the integration of Core Belief Restructuring work, I am offering coaching/training. These calls or appointments will assess the work after several weeks or a month in a physical sense and will include practical tools and assignments. See www.jrhutslar.com for more details.



RESOURCES

READING SUGGESTIONS

1. *Sacred Geography* by Marco Pogacnik, healing ourselves through healing the earth.
2. www.jenslove.com A website dedicated to a lovely client of mine who passed away of a brain tumor at 26. Her sisters and mother have provided a site to assist others find the celebration of life after the grieving of death.



Luminous Epinoia
P. O. Box 2547
Sandpoint, ID 83864
(800)786-1090
www.jrhutslar.com