

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.

APRIL 2009 ISSUE NINETEEN



Encountering Life Issues with Soul Wisdom

THE POWER OF THE TRUTH OF INNOCENCE

How is it that we begin to see others as equal, or One, or even Children of God when their actions seem far less than that? Sometimes it seems so esoteric to try and imagine a Being that does not exist and we see no evidence of it, and yet that is exactly what is required of us. We are asked to see our co-humans and, in fact, all living beings, as sinless, guiltless and perfect, the hardest of those being our own self. How do we commence such a venture of trust? Where do we even look to begin this strange exit from a fun house of distorted mirrors? We see with our physical eyes a person who seems diseased or who suffers, we hear of atrocities, tragedies, cruelties, and we listen to others confess their most horrible thoughts. What of all that?

It is indeed difficult to begin simply seeing one's divine self above all that, the contradiction is so evident. If you could do that, you would be privy to the Truth of who they really are, but for most of us, that is a stretch. So what if you really wanted to see the Truth of everything under it all, where could you go? Nothing in the physical world upholds the Truth of Reality, so it is going to be up to you to initiate it. Chances are, you have had help and you have provided help at one time or another. But today, together, we are asking for assistance in seeing ourselves and each other as more than we witness with our eyes.

Innocence becomes the answer. Not in the way you may think, as one who has never known, but actually, *yes*, it is like that. If this is simply a dream or an illusion, then in Truth, we have never known this existence. But it is easier than that. The Truth says we are all innocent, no matter what we think we have done, or thought or said. We are innocent, guiltless, sinless. So let's try it on. Let's start with one person, someone who you have had negative thoughts about. You simply take the image of that person and you connect it with being innocent. Bill is innocent. Period. No ifs, ands or buts, Bill is innocent. Jane is innocent. The dog that messed the new carpet is innocent. The sweets you sneak because you think they are bad, *yes*, they too are innocent. Your husband's ex-wife is innocent, *yes*, it's true. Even she is innocent. Your body is innocent, it only responds to the promptings of your innocent Mind. In Truth, we are *all* innocent. It could not be any other way. We were created as sinless and perfect, and we are still as such. It is only this expression and experience created by a mind that thinks otherwise that allows us to entertain another idea.

Have a look at someone you know. You see all their faults and remember all their unfulfilled promises or foibles, but what if you were seeing them anew? What if you were laying eyes on them for the very first time? They would seem sinless in that moment to you, right? No experiences as of yet with them. Ever wonder why you can like a total stranger more than a



family member? They haven't lost their innocence to you. So imagine newness, fresh beginnings and no history as you remind yourself that everyone is innocent. And not generically innocent, but specifically innocent. Stare at that Easter candy. It is not inherently bad, it is not inherently good. It is nothing until you assign it something based on 45 years of Easter candy eating. So you can assign it to be poison for you and it will be since you are a powerful creator. You can assign it to be divine and it will be heavenly for you. Same with Bill and Jane and the errant dog. Assign innocence to them. Each person, place, thing in your life as you come upon it today, reassign it what it truly is—innocent. And that means you too. You are innocent! Don't just take my word for it, God's the one who said it.

-Julie Hutslar

ANNOUNCING:



INSTITUTE OF PROGRESSIVE THERAPIES
OF THE INLAND NORTHWEST

"Teaching the Healers of the Evolving Human."

A new learning experience that creates wellness practitioners capable of assisting an evolving population of humans, integrating self-awareness, higher principles of communication and understanding with practical tools for mind, body and inner well-being. Beginning the summer term, we are offering a series of options in healing instruction. A Certified Massage Therapist program with a strong practical focus on the workings of the body and an emphasis on understanding what energetic elements create disease, dysfunction and pain upstream of the body and how to release them. Also offered is an Advanced Body Worker program for those already in the healing arts, to complement their own gifts with deeper work and additional modalities.

We will offer many individual intensives, workshops, clinics, seminars and certifications available to anyone in the community that range from a few hour intensive instructional to a 10-week certification class. Drawing from a number of excellent healers in the area, our teachers are passionate about what they teach. Additionally, Julie will be introducing an 18-month program on Core Belief Restructuring Education and Certification, taught mostly as a distance learning experience with several on-site retreats. Any and all of these learning opportunities are designed to cultivate the highest modalities of healing, connecting with the more subtle energies and voices and are destined to change lives!

Watch for more info as we develop the web site www.InstituteOfProgressive-Therapies.com is available or request info from Julie at julie@jrhutslar.com. Look for an open house in May and more info in this newsletter next month.



"Oneness and sickness cannot co-exist."

"Wisdom is not judgment, it is the relinquishment of judgment."

"The one answer to sickness of any kind is healing. The one answer to all illusions is truth."

"Remember that no one is where he is by accident, and chance plays no part in God's plan."

-A Course
in Miracles



Lupine and Birdseed



TODAY'S TOOL

BLESSING YOUR FOOD

In keeping with the theme of innocence, it is a very powerful tool to bless your food before you eat it (or even afterwards if you forget). Many people engage in the ritual of prayer before meal and it began as a way to bless the food and also the preparer by giving thanks for it. To take a moment to stop and become aware that you are about to ingest food is bringing you into the present tense, but then to actually choose to direct your thoughts to the transformation of the energy of what you are about to eat is enacting your powerful creation energy again. You literally are changing the vibration of the thing you are eating by erasing its history (of whether you or society has deemed it less than healthy) and proclaiming its innocence!



“The irony of commitment is that it is deeply liberating—in work, in play, in love. The act frees you from the tyranny of your internal critic, from the fear that likes to dress itself up and parade around as rational hesitation. To commit is to remove your head as the barrier to your life.

-Anne Morriss

The Way I See It
#76 (Starbucks)

1. Watch for upcoming workshops. April 24th and 25th from 10-2 at Caribou Creek Studio in Sandpoint is *Unkinking the Creative Hose*. Using release techniques to begin allowing your creative, powerful self an expression.
2. Mark your calendar for May 15-17 and a yoga/growth retreat called *Living on Purpose* at Alta Lodge in Alta, Utah. Julie will be a guest presenter along with two yoga instructors who founded the *Off the Mat* methodology for taking your yoga practices into the world. Demi Langford hosts 3 days of growth, joy, friendship, food and deep introspection. Check out www.demilangford.com for more info.
3. Plan ahead for a treat, May 9th is a one day Watercolor Techniques workshop. Contact Julie for more details. It is time to get outside and paint and let yourself shine!



RESOURCES

READING SUGGESTIONS

1. *The Answer* by John Assaraf & Murray Smith Grow any business, achieve financial freedom and live an extraordinary life



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