

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 2010 ISSUE THIRTY=ONE



Encountering Life Issues with Soul Wisdom

THE WILL TO LIVE OR THE WILL TO DIE?

In looking for optimum health and happiness, there is an underlying river that may be polluting the groundwater of your thinking. This is the non-conscious desire for the cessation of life that undermines life-affirming choices. This does not mean specifically that you are suicidal, but only that somewhere in your belief system you think that the end of pain, chaos and problems happens when you exit the body. As you might imagine, this subliminal thinking sabotages your greatest happiness and total well-being.

If you recognize you have the will to *live*, what stands before you and total fulfillment may seem effortful, but building upon the skills you have already accumulated and ones you learn along the way, you can at least journey in a consistent direction. If you break your life experience down into three groups: body, mind and soul, you can address fulfillment questions to these groups and locate missing energy or attention. Perhaps you need to allocate more attention to your body, to attending to its changing needs as you go from a growing body to a mature or aging one. Maybe you need to spend more time or energy enhancing or challenging the mind, learning something new, actively increasing stimulation in this area. Or perhaps the spiritual aspect of yourself is empty or you are overwhelmed by a sense of loneliness. This is a sign that you need to connect; with others, with nature, with your own inner knowing or whatever and whomever it feels warming to connect with.

But what about those with the will to *cease* existing? Many people believe that returning to their Home would be so much more comfortable and genuinely blissful that their subconscious mind constantly sabotages decisions that would promote greater well-being and joy here in this body. There appears to be too much pain and suffering here in this life/Earth experience. If only this could stop, then they could return to that state of bliss and joy. If you recognize that this may be you, what hope is there, if the non-conscious mind is pulling the strings? One idea, as presented by the authors of *Healing with Mind Power*, is to take each opportunity for a decision separately. Every time you are faced with a set of options, consciously decide to opt for what would bring the greatest over-all health at that moment. You could stay at home and watch a movie or you could connect with a group of enthusiastic friends embracing the Solstice. At that moment, which brings you greatest health? Perhaps you are extremely tired and need recuperative and relaxing time, but another time you just feel bored and lazy. Take obligation and guilt out of the equation and you can feel the healthy response to both situations, can't you?



What would you gain if you overrode the non-conscious de-

sire to sabotage life? Surprisingly you would find that life does not have to be so painful and insane if you experience it in greater overall health and the attitude of wellness. You may find that the inner longing or self-effacing feelings you experience regularly are replaced with connecting and life-giving moments. So without trying to tackle the inner workings of your non-conscious, recognize you may be thwarting your own greatest happiness by not wanting to be here at all. Hit the manual button as often as your conscious mind remembers and override those sabotaging responses. Choose a response or decision that promotes and invigorates, even if it does feel like it may be going against the tide for awhile. Stay with it long enough and you will find that the non-conscious beliefs are soon under scrutiny and available for upgrading! It gives a new meaning to Choose Life!!

-Julie Hutslar



APRIL
24TH
&
25TH
in Sandpoint

Friday evening reception from 6-8pm with wine. Saturday all day.



“Oneness and sickness cannot coexist.”

“What the body’s eyes behold is only conflict. Look not to them for peace and understanding.”

“Where healing is given, it will be received.”

“Healing is accomplished the instant the sufferer no longer sees any value in pain.”

-A Course in Miracles

Jan and Julie

SPIRITUAL VISION QUEST WOMEN’S RETREAT

Create consciously~ live experiencing every gift, every joy, every delight. Learn how to honor the challenges you have created and heed their messages. Be available to release whatever stands between you now and your highest possible expression. Reallocate resources to the spirit as captain. Create new friendships that add to your companions along the journey. Allow yourself to bathe in the vibration of acceptance and love!

Do this for ALL of you!!

Julie Hutslar and Jan Hutslar

August 5-8, 2010

Caribou Mountain Lodge

Sandpoint, ID \$550. (room & board incl.)

Arrive at the Spokane, WA airport for prearranged pickup

Contact Julie for more details, or to reserve your space julie@jrhutslar.com



Goodbye Love 2010



TODAY'S TOOL

THE POWER OF TOUCH

Forget not that the human animal needs touch the same as your dog or cat. One of the most powerful gifts you can give yourself is touch. Touching fingers, ears, noses, lips or knees as you sit beside someone you care about. Hugging is a wonderful and life affirming choice you can make daily. Hug as much as your heart feels like it and as often. If there isn't anyone else around, hug yourself, or your cat or goldfish tank! The very act of opening the heart to release its juices activates a whole shift in attitude and perception! If you feel isolated and alone, or if you find yourself at a time where you have no one available to touch often, get in the habit of touching yourself. Massage your feet, your shoulders and your sore buttocks. Don't be shy about the other parts as well! Enjoy the sensation of touch, it releases a chemistry that makes you feel good! It sends the cells of your body the message that you care, which in turn fills them with welling up liquid health and vibrancy. If you feel uncomfortable about touching yourself, either embrace that fear or have someone else give you a massage and enjoy that touch! Be creative as you embrace the power of touch for optimal health!



“Recovery from an illness has basically more to do with a healthy attitude than with the intervention of outside forces such as doctors, drugs, or healers. In fact, the whole fabric of health is directly tied into the daily operation of the will to be well.”

“At any moment we can choose to withdraw energy from negative thoughts and focus on the positive aspects of life. This actually promotes healing and encourages the prevention of illness.

-Healing with
Mind Power

1. **ATTENTION ART LOVERS:** April 23 (6-8pm reception) & the 24th all day there is an art event at *Zero Point* on First Ave in Sandpoint featuring Julie's artwork with a local's discount! Also, if you are in the Bay Area, *Studio 7 Fine Arts* is hosting a show also featuring Julie's art. May 7th (evening reception)& 8th all day. 400 Main St in downtown Pleasanton, CA (925)846-4322
2. This summer we are offering several spiritual retreats at the lodge on top of the mountain up here in North Idaho. The first one is the *Spiritual Vision Quest for Youth* (ages 11-17) and will be June 24-27. It is filling up so please let me know asap.
3. August 5-8 will be the *Women's Spiritual Retreat* also at the Caribou Mountain Lodge. (www.cariboumountainlodge.com) The purpose of both retreats is to inundate your being in spirit, learn tools to manage and create consciously and experience life through the lens of the spirit. Rejuvenate and be inspired! It is already filling, so please let me know if you are interested. \$100 refundable deposit holds your spot.



RESOURCES

READING SUGGESTIONS

1. *Healing with Mind Power* by Chuck Sterin, PhD and Richard Shames, MD



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