

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.

December 2007 Issue Three



Encountering Life Issues with Soul Wisdom

THE END OF ANOTHER TIME SEGMENT

December marks the end of another block of time by which we organize our lives. Most of us are plugged into time segments whether we are aware of it or not. They create anxiety if we feel we are not doing enough, they can cause stress if we feel the pressure caused by procrastinating or approaching deadlines, and mostly there is the feeling of lack of control as time flows by like water under a bridge even if we aren't watching.

Since we seem to feel the negative aspects of time in things like our aging bodies, we may as well extract some positive ones too. You can choose to allocate a certain energy to the end of the year, as a way of closing out chapters of your life, or reviewing your successes and celebrating. For example, the end of the year can be seen as a time when you celebrate the people in your life you feel grateful for, instead of a time of year when you are obligated by tradition to exchange gifts. Think of Christmas as a time when you get to remember who accompanied you this last year and feel appreciative through gifts, words or genuine gratitude. Then after you celebrate these people, you celebrate your own life, on New Year's Eve. Choose the best way that expresses how you would like to honor yourself, either through a wild party or a quiet evening with candlelight. And after you celebrate and express joy for yourself and your loved ones, turn your attention inward. What was the main focus of last year? What did I accomplish that was my goal? What did I learn or embody that was unexpected, and may have come through challenges? Allow yourself to focus on the positive, those things that you can take with you as feathers in your cap, even if they didn't seem like it at the time. Discard the unnecessary. Keep the lesson, get rid of the memory of the effort of studying.

But here's where being plugged into time segments can actually benefit you. 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 gratitude, let the freshness of those positive acts lead the way into a year of miracles instead of problems to solve. The last day of December has a pair of scissors at the end of the evening, and all of 2007 gets cut off and left in what we call the 'past'. Let it go. Use your mind to redirect your creation energy into the now, no longer the past, but the blank slate that can hold any form of possibility.

-Julie Hutslar



WHAT IS YOUR QUESTION?

Years ago I read a book by Barbara Walters on public speaking etiquette. At one point she discusses attending a dinner where you are placed next to someone with whom you cannot find anything in common. For this eventuality she suggests having a question prepared, not just for an upcoming dinner, but for anytime you find yourself speaking with someone and the conversation is either dying or getting shallow. The question should be one that suits you, which means, you yourself have an interest in the answer and also it allows for more discussion.

So being a dutiful reader, I gave great thought to my question, should such a situation ever arise where I might need one. And finally I found one. "If you were to get a tattoo of only one word, and that word described what you most needed to remind yourself, what would that word be?"

It allows you to instantly get personal with someone, ascertain how they feel about themselves, and by sharing it you open a path to actually get to know them, if they choose to answer it. It's something you can use at holiday dinners when things are getting repetitively boring, visiting with the same folks year after year. You can pop your question when you have a bunch of friends around, to see how well you know each other. You can ask it to eliminate lots of time in developing a romantic relationship.

More than actually expecting to ask the question, I have used it to ascertain in my own life what that tattoo would say. Is it the same tattoo fading now for seven years because I have not paid attention to its message? Have I learned the lesson of which the imprinting reminded me and given myself a new one? To try to focus attention on only one word that would remind me of something I needed to remember has been a conscious task. It bypasses the glamour of thinking you don't have anything like that, and begets the effort required to look within. Sometimes I imagine what others would say about what I lack or fail to do consistently. Nonetheless, it is my own mental tattoo, and it is for me to decide how I want to grow and what I am ready to transform. But it's a great conversation piece.

So before your holiday get together, prepare your own personal *question à la Barbara* and see how spicy the visit becomes!



"Teach only love, for that is what you are."

"Your purpose is at variance with littleness of any kind. And so it is at variance with sin."

"Do not let little interferers pull you into littleness."

"Nothing can hurt you unless you give it the power to do so."

-A Course
in Miracles

RADIO INTERVIEW

In preparation for my new book, *"The Mask, the Mirror, and the Illusion"* which will be released in 2008, I have been invited to be a guest on the internet radio program, *It's a New Day*, December 18th. Featuring Dawn Stansfield, a gifted psychic, mystic, and medical intuitive, the Seattle based program airs every Tuesday at 12:00 noon PST- 1:00 on Contact Talk Radio. A compassionate healer, Dawn focuses on the self-empowerment of individuals by examining present day circumstances. She offers practical tools to help others overcome difficult situations and move forward on their life path. On the show Dawn will invite listener participation and host guests to explore life's challenges and find the joy of living each day as one filled with potential and possibility. She is going to set us up for listeners to call in, so I am excited to participate in some timely challenges. The number for calling in is (877)230-3062 so you can be prepared. To listen to the program, go to www.contacttalkradio.com. You are all personally invited to listen in, so if the mood hits, we'll be tuned in together on **December 18th**.



TODAY'S TOOL

AN INSPIRATION FILE

For the winter months, it's a nice idea to keep an inspiration folder in which you put inspiring quotes, affirmations, stories, or pictures that empower you, or make you feel joyful. Just stick a piece of paper with the words jotted down on it and stick it in the file. Keep the file handy on your desk. Then every so often, open it up and read or glance at your treasures. Sometimes a picture can warm your heart, or a saying can remind you of what you most needed to hear that day.



"One is wise to cultivate the tree that bears fruit in our soul"

"With all your science can you tell how it is, and whence it is, that light comes into the soul?"

"The cost of a thing is the amount of what I will call life which is required to be exchanged for it, immediately or in the long run."

-Walden,
Henry David
Thoreau 1854

1. Encountering Life Issues with Soul Wisdom Group, which has been meeting in Sandpoint on Wednesday evenings, will not regroup again until the spring. Difficult weather and dark evenings make it challenging, so I will alert you when we will be meeting together again. Please feel free to visit the e-Forum at www.jrhutslar.com for connecting with those of like-mind.
2. Mark your calendars if you are local to Sandpoint. The Parks & Recreation Dept is offering another two sections of my workshop, "Exploring Your Creativity with Watercolor". The course is about removing blocks to your creativity using exercises designed to unkink your creative hose and get the juices flowing. We use watercolor as a fluid medium to begin moving energy through the creative channels, sometimes long blocked. One class will be two Saturday mornings, Feb. 2 & 9, from 10am -2pm or March 1 & 8 from 10am -2pm. Register through the Parks Dept.



RESOURCES

READING SUGGESTIONS

1. "Tapping the Healer Within" by Roger Callahan, PhD
2. "Heal Your body A-Z" by Louise Hay



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