

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 2008 ISSUE FIFTEEN



Encountering Life Issues with Soul Wisdom

A DOWN TURNING ECONOMY – OR NOT?

To truly own the fact that you are a co-creator of your world, you must recognize that you are the writer, producer, director and main actor in your own play. What this means is; no victims, no one to blame, only a play to produce. So then if circumstances you don't want begin to occur in your play, it means it is time to make a choice. Do you have a reason for the unfolding drama? Every character who shows up on the stage is someone you cast, every experience is something you wrote in. By stepping into the role of co-creator it means you must now determine how you choose to interpret these experiences. What I am insinuating is that every scene you have written into your life drama provides an opportunity. You can either rise to the challenge and move on to the next scene, or call "cut" and get angry at your actors.

What I actually want to address is how to experience a downward turning economy with the spirit in charge, as the director. The ego director, or mass consciousness, wants us all to experience lack right now. That is what a depressed economy is about. Nothing is booming, exploding, no free rides to the top. It is the *natural* fall of an out-of-control ego director: up, down, high, low, back and forth and so on. What if we have made a choice to no longer go with what the ego has convinced us is natural, but to stay with the consistency of a reality generated by Spirit?

Several things need to be present in your awareness. First of all, you have to determine if there is value for you in attaching your energy to the consciousness of lack. If there is, perhaps you still have lessons you could learn from lack experiences. If not, you make a conscious choice to stay with your script of experiencing the manifest world as your spirit would have you; in peace, joy, love, power and wisdom. Next, you choose to rise to the occasion. Without investing in lack, you employ the gifts that are naturally yours and you become part of the solution. You use the mass experience of lack, or a down turning economy, to provide an opportunity for you to rise to your highest potential. You allow your spirit to guide you into doing, seeing, thinking, and feeling what is truly available to you, which is all the creativity of the universe and you transform an experience that the mass media is telling us we should be very worried about into a challenge!

There are no rules other than you create your own reality with your greater mind and so that means a country's economy is no different than a broken toenail in energy. You can choose to be affected by it negatively and call "cut" and yell at those who you think might be responsible, or you can meet the challenge with your greatest gifts. Then what everyone told you to fear will turn out to be a tremendous opportunity for growth and expressing your innate gifts.



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But the director is not your conscious mind, it is your greater mind, so you must watch your thoughts, monitor your fear levels. Change your vocabulary from depression to transformation, from debts to opportunities to become responsible. When someone tries to include you in a conversation of doom and gloom, shift it into infinite possibilities. Do not invest a penny into the experience of lack. Redirect your greater mind into the freedom of living more fully in your highest self and by doing so, you do not add to the down turn, but you and your energy (your thoughts and actions) become the solution!

~Julie Hutslar

RESPONSE FROM NOVEMBER'S NEWSLETTER

There was so much enthusiastic energy and response to last month's newsletter, I thought I would share some of the emails with you. The energy of change, transformation, openness, unity and possibility is contagious! Thank you everyone for taking the time to read the newsletter and respond. Many people indicated they passed it on to many friends and co-workers. Also, it was suggested by quite a few people to send it to the paper for an editorial and so I did. It came out on Nov. 20th and I got a lot of response in my community from that too. Others suggested I send it to Obama's staff and so I did that as well. I expect it will land wherever it needs to be. It is thrilling to be in a time with such magnificent and powerful energy of unity! Thank you for your part in it!!

Julie, I truly believe Obama has the opportunity and the quiet wisdom to be a Lincoln who is so needed by America these days... I truly believe it is time to set aside the "us" and "them" and come together as you have so well said. Keep saying it. ~Ann

Thank you for such an inspiring and empowering newsletter - here's to us all building a better world step by step, hand in hand. With love and profound gratitude ~Jennifer

Thank you for your inspirational words in all of your newsletters-esp. this last one. I forwarded it on to my yoga students. I know they will resonate with the words and guidance. With Heart, ~Juli

It is my deepest hope and prayer that our new leader will bring us together in a peaceful and loving way. But as you say, we are all in this together and that is what it will take. Even more to the point of this email is the sweetness I felt while reading the November issue. Thank you. ~Ginny

Your newsletter has given me positive thoughts to ponder. I am so grateful for that. Lots of negative thoughts swimming thru my mind. Alas, I must put those thoughts behind me (like in my rear view mirror) and dwell on the tools you have brought to my attention: trust, honesty, gentleness, defenselessness, generosity, patience, faithfulness and lastly open-mindedness and JOY!!! ~Sheryl

Awesome newsletter. What an awesome election! What an awesome leader! The outcome speaks so highly of the mindset of a majority of Americans. We do have an opportunity to become better than we ever have been! ~Cori

Thank you for the reminder to ALWAYS be mindful. What you penned touched my heart and soul at the core of my very being. Being a teacher I have always hoped beyond hope that in all my years of teaching that I have touched at least one child and helped mold them in a positive manner, helping them to become a more loving and mindful adult. The light in me celebrates the light in you. ~Cynthia



“Salvation lies in the simple fact that illusions are not fearful because they are not true. They seem to be fearful to the extent to which you fail to recognize them for what they are, and you will fail to do this to the extent to which you want them to be true. And to the same extent you are denying truth, and so are making yourself unable to make the simple choice between truth and illusion.”

-A Course
in Miracles



TODAY'S TOOL

CREATING A NEW YOU

Want something fun to work on during the winter months? How about your new image? Choose something about yourself that frustrates you; it can be a body part, your weight, voice, an addiction to something you think is not benefiting you. It's essentially a two part process. You choose the thing you want to address. Acknowledge that you are not experiencing your physical self the way you would prefer. Now make a decision for two days to address it (not fight it). Two days, that's all. So now every time your mind wanders to think of the negative aspects of this body part or pain or whatever it is, you quickly shift your thinking at that very moment to the things you are grateful for about yourself like a great chin, beautiful eyes, good teeth. Transform the energy of the consistently negative monologue to one of searching for parts of you that are exceptional, healthy, strong, beautiful, delightful, whatever you can think of. At the end of two days, if you follow this line of thinking as best you can every time your mind wanders into negative territory, you will have broken a habit. Now continue to do it for two more days. Now you will have created new thought pathways. If you are brave, try it for two more days and see what happens! A whole new you, one thought at a time!!



Have a wonderful holiday!



"To lift the veil which seems so dark and heavy, it is only needful to value truth beyond all fantasy and to be entirely unwilling to settle for illusion instead of truth."

-A Course in Miracles

"Thoughts themselves are but mental forms, but when you think them with feeling of any kind you fill these forms with life and they become as living things which ever return to you, their parent, to be fed with more living power."

-The Way Beyond

1. Encountering Life Issues with Soul Wisdom E-Forum will discontinue in the format of an electronic bulletin board at the end of this year. Look for a blog-type page on the web page www.jrhutslar.com where responses, comments, questions and sharing will be able to be posted. Also watch the web page as new user friendly, video clips replace antiquated text. There will still be text for 'readers', but now there will be personal interaction too!
2. If you have not received Julie's 2009 Workshop Schedule and you would like to, visit the web page, www.jrhutslar.com and click on workshops. There you can download a pdf of the new offerings, times and locations.
3. If you are in the Seattle area, make note of Jan. 24th and East West Bookshop talk on *The Mask, the Mirror and the Illusion*. 7-8:30pm



RESOURCES

READING SUGGESTIONS

1. *Jen's Love* by Carol Shepard, Jessica Caron and Jackie Rigby~a journey of grieving that turned into a celebration of life! www.jenslove.com



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