

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 2009 ISSUE TWENTY=SEVEN



Encountering Life Issues with Soul Wisdom

EM=POWERING ISN'T OVER=POWERING

As you become more aware and accumulate a basketful of tools to manage your life, it stands to reason that you then would like to share your experiences with others to spare them the difficulties you have had to go through. And as you gain a more spiritual perspective no doubt you would also like to offer that perspective when others are struggling with a lesser response. How to do that without disempowering another? How do you offer advice or even a different perspective unsolicited? More times than not, when someone doesn't ask, they don't really want to know. But say you have a driving desire to be of service and offer your valuable lessons to others. How could you do that in a way that can be heard?

Let's begin with what doesn't work. When you offer correction in the form of criticism, it is never embraced. The first response when someone begins to criticize is to defend and when someone goes into a defensive position, they are no longer available. So no matter how much you think you are helping someone by suggesting that the way they are behaving is drawing to them the very thing they are complaining about, this is not the effective method. Think about it. Do you remember the last time someone criticized you and you gladly received their advice and changed your way of thinking? Right. That's my point.

It really isn't so much a matter of how you say something, but where you are coming from. If you perceive a person has a much greater potential than they are living up to, in other words, you recognize their Divine Self, what you can offer is wisdom regarding what they already are, but are not expressing. If you see someone as lacking or incorrect, you are perceiving them as broken or needing repair. This is the viewpoint that people will recoil from if offered suggestions.

Ok, so let's look at the Divine Self: perfect, sinless, expansive, powerful, loving, kind, peaceful, confident. It clearly needs no correction. But in your compassion, you see someone you care about expressing themselves as much less. We've all tried this: "Listen, Susan, you really ought to be more positive and grateful," to which Susan just wants to dig in and be irritated just to annoy you. But have you tried this? "Susan, I am amazed at the natural gifts of empowering others with your positive outlook you have. When you let those shine, it truly is a blessing to everyone who knows you." Now Susan is standing up tall, remembering the times when she has allowed her higher self to shine through and how that felt. Now you have just reminded her of what she already knows, but sometimes forgets, that we are all Divine and radiant. She just needed a friendly reminder. It urges her to live up to what she thinks you think of her. One way is focusing on the negative or the lack, the other is focusing on the positive. Which way would you prefer? For someone to recall your beautiful



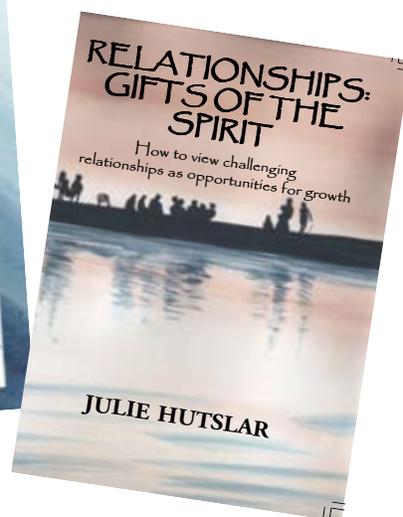
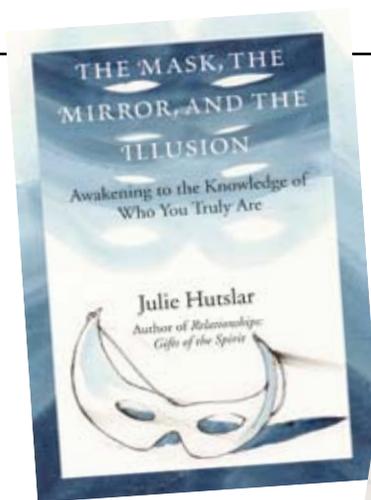
traits or point out your errors? Same result, you have brought to their attention a misperception or lower way of expressing themselves. One empowers, the other overpowers. It allows you to take the better position, while they must take the lesser one.

Last minor detail, family. We tend to think this kind rule does not apply to family, that we can be brutally honest and that's just how it is with family. Wrong. Family is by far the hardest to do this with, because we have bought into their manifest role for so long and seen and responded to their lower expressions that we probably forgot they had a Divine Self, but I challenge you this holiday season to practice on your family. If need be, compile some thoughts beforehand of those you may be visiting with and their finer traits so you can focus on those. Sometimes when we are caught in a defensive position, we feel unarmed and attack. Don't let yourself get in this place, take the high road. And shine your light for others to see that road is available as well. Be the example of the message you bring. Walk your talk, live from love! Express yourself in your highest potential possible, offer the gifts that are uniquely you, let your light shine!

-Julie Hutslar

THANK YOU

Thank you to so many of you. People must be buying for their Christmas list, because my books have been selling like crazy lately. There are also quite a few *Course in Miracles* groups across the country working through *The Mask, the Mirror and the Illusion*. I am delighted about that. I just want to express my gratitude and hope that those who receive the books will find what was written specifically for them! Thank you again for your support.



“Refuse to be a part of fearful dreams whatever form they take, for you will lose your identity in them.”

“You cannot wake yourself. Yet you can let yourself be awakened. You can overlook your brother's dreams. So perfectly can you forgive him his illusions, he becomes your savior from your dreams. And as you see him shining in the space of light where the Divine abides within the darkness, you will see that the Divine Itself is where his body is.”

-A Course in Miracles



Winter on the Pack River (2009)



TODAY'S TOOL

TODAY I LIKE MYSELF

Seriously, this is the theme for this month. Choose a morning, open your eyes and say, "Today I like myself." No particular reason, you're not proud of yourself for anything, you didn't accomplish anything Earth shattering, you simply have decided that the way you show up today is who you like. Simple. Neat. So throughout the day, remind yourself, "Today I like myself."

If you do something that usually makes you unhappy with yourself, call your trump card today, "Today I like myself." Just the way I am, a little extra poundage, a few pimples, more than a few gray hairs, some unruly behaviors, it doesn't matter. Today you are going to relish in the joy of simply liking yourself because you can!! Trust me, it changes your perspective on everything. And you may enjoy it so much, who knows, you might want to do it again the next day!



"We are and always will be 100% responsible for the quality of our life experience."

"Our ego is allergic to present moment awareness and therefore will literally do anything to distract us from having such an experience."

"The Presence Process works from a standpoint that it is impossible to change who and what we really are because we are a Presence that is eternal."

-Michael Brown

The Presence Process

1. For those who read even these little informational ditties, I did mention last month that I would have a You Tube ready for you soon. And that is happening as we read. My web page will have several inspirational guided visualizations designed to take you in just a few short minutes to a place of relaxation, peace and confidence. So stay tuned, and check out the web pages www.jrhutslar.com or www.SpiritualVisionQuest.com.
2. This summer we are offering a *Women's Spiritual Retreat* up here on the mountain in North Idaho. Stay tuned for that as well as a *Spiritual Vision Quest Retreat for Youth* in late June. More details to come.



RESOURCES

READING SUGGESTIONS

1. *To Heal a Princess Heart: A Story to Awaken Consciousness and Healing* by Margaret and Meredith Campbell A lovely story weaving myth, non-fiction and karmic healing experiences all which ultimately lead the reader to look at their own healing and connectedness to All.



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