

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.

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Encountering Life Issues with Soul Wisdom

UNMASKING THE MANY FACES OF RESISTANCE

What is resistance? The dictionary says it is the act of exerting force in opposition or acting as an opponent so as to counteract or defeat. Steven Pressfield from *The War of Art* says, "It is a repelling force, it's negative, its aim is to shove us away, distract us, prevent us from doing our work."

It prevents us from doing our work, it distracts us?...then it is important, is it not? Yet how many of you even know where resistance hides in your life? Is it where you push on things or people or ideas? Is it where you hold tight to a belief that you are right and someone or others are wrong? Is it the parts of others you don't like? Can it be found in emotions that you find offensive? It is anything you cannot tolerate. It isn't just biases and judgments, like religious or political or racial, which seem perfectly normal to have (which by the way is simply another way resistance hides), it is every place in your life you push against. Resistance is another word for the ego at work.

Steven Pressfield says that resistance shows up, "when we involve ourselves in any act that rejects immediate gratification in favor of long-term growth, health, or integrity, or expressed in another way, any act that derives from our higher nature instead of our lower." If that is the case, and I have seen it at work enough to know it is, then why not use this arrow to our benefit? Why not follow the trail and use the ego's sidekick, resistance, to *assist us* instead of hinder? No reason, other than awareness.

Awareness is 90% of the solution, so identifying where you are resisting in your life is a major ah-ha! Take a moment now and assess. Where do you get most frustrated? Always feel too busy to ever really get done what you came here to do/be? You feel there is someone always thwarting your progress? Some unspoken social rule? Some hereditary handicap? People will often show up to show us our greatest spots of resistance. What do you resist in others? Do you accept parts of them while rejecting certain behaviors? And what does this resistance look like? It could be as simple as always trying to convince someone of your way. It could be a closing down of your heart when someone brings up a subject that feels conflictual. It could mean procrastination to avoid what someone has asked of you that you might fail at. It could show up also as fear of success. It is infinitely easier, in our ego-controlled minds, to fight or defend than to dismiss that futile game and *succeed*.

Do you resist certain tasks? Why? Do you resist commitment? Why? Do you resist someone disagreeing with you? Why? Do you resist doing something healthy, fun, joyful, or creative for yourself? Why? Do you resist beginning something that would change your life forever? Why?

One reason: because the ego would lose you if you did those things and the ego cannot afford that. Its very existence depends on you engaging in its games, fears and distractions. But who do you work for? The ego? Who made the ego? YOU did. The ego did not make you. It is not your god, which it likes to tell you. You made it from your single thought of separation from God eons ago. That puts YOU in charge. So the arrow is vitally important because it shows us where the ego is afraid of losing you. When you feel resistance in your life, instead of delaying, embrace it. What do you need to embrace? Someone else's evil antics? No, you embrace your *own* evil antics mirrored by them. Embrace the part of you that keeps showing up in others. Are *you* stubborn to change? Are *you* afraid of being challenged? Are *you* unwilling to hear another point of view? Where is resistance showing up? Are you afraid to surrender to spirit?

One client I've worked with for several years has had a recurring theme in his dreams of slipping off something very tall, falling, something falling on him, being out of control essentially. He wakes up feeling anxiety and lingering fear. Finally I suggested, Fall. Slip. Let go, be out of control. Let go in your dream. I could feel his release as I suggested this, as no other solution had deterred the repeating theme.

So embrace, fall, let go, be out of control, be wrong, be dumb, slip out of the thwarting hands of the ego. Find your walls and don't waste another minute trying to tear them down, simply walk around them, dissolve them in your mind, they are only there to keep from traveling down the path to your greatest and highest expression. Need any more incentive?

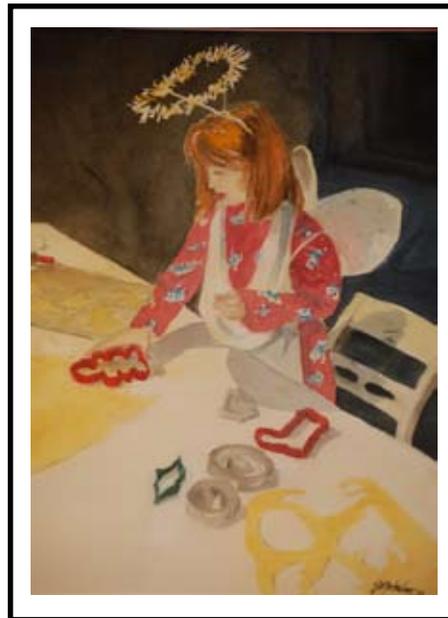
-Julie Hutslar

Christmas time

*The time of year is drawing near
Candles grace the mantle deer
Snowflakes land on green tree boughs
While holly wreaths adorn the house.
The cookies spiced, the apples mulled,
The chestnuts in the bowl are hulled.*

*The time of year is drawing near
To make a space for all that's dear.
To give your gifts way above
The normal ones you always love,
To open up your heart of hearts
Uncensored by your many smarts.*

*And if you feel you've lost your way
Hang around another day
Cause the time of year is drawing near*



“The holy instant is a time in which you receive and give perfect communication. It is a time in which your mind is open, both to receive and give. It is the recognition that all minds are in communication. It therefore seeks to change nothing, but merely to accept everything.”

“Think not you understand anything until you pass the test of perfect peace, for peace and understanding go together and never can be found alone.”

-A Course in Miracles



CONNECTING WITH DISTANT FAMILY

This summer after visiting a sister I rarely see, I was saddened to leave her. I wanted to stay in touch, but both our busy schedules and a 3 hour time difference seemed to keep us from connecting very often. So I decided to put my conference call line, which I use for my Spiritual Vision Quest weekly calls, to a different use. I asked her, along with my other two sisters if they would be interested in a 10 minute conference call set at a specific time just to laugh and hear each others' voices. No pity parties, no complaining, no arguing, only laughing. Everyone readily agreed and it was so fun, we decided to do it once a month with a different sista (we call them our Sista Calls) who called the date and time and also set the theme. This was important. We either had an assignment to prepare (my favorite was recalling 4 important defining moments in our life) or something to share (a poem or thought). The idea is, raise the bar for the vibration of the call. Connect on a higher plane. Offer a venue for connecting with loved ones in a joyful, loving and growing way. We are all getting to know each other in a totally new way, ancient history doesn't apply as we listen to each other with new ears and find a totally new being there. Is there someone or someones you don't want to lose connection with? Connect with them together, it is totally fun! Use this one rule: **Don't make anyone wrong!**

Check out www.freeconferencecall.com to sign up for a free conference call number. It will be long distance, and you simply pay your normal long distance fees. Enjoy!



"To truly grow in soul you must surrender to love and you have to dissolve the self that keeps that love contained."

-Rumi

"If the mountain were smooth, you couldn't climb it."

-Beth Giacomo

"May your dreams defy the laws of gravity"

-Jackson Brown

"One life to live, it will soon be past. Only what is done in LOVE will last."

-Anonymous

1. Plan ahead for the *Winter Women's Retreat* in January with snowshoeing (Jan 13-17), or the spring one in May (May 26-30). Also, two *Youth Retreats* are scheduled for next summer. (Beginning~ June 26-30, Advanced~ July 19-23) All at the Spirit Vision Retreat Center in Northern Idaho. www.jrhutslar.com/public/retreatspage.htm
2. Watch the calendar and plan ahead for a *Couple's Retreat* based on how to view challenging relationships as opportunities for growth, seeing others as a mirror for our own personal awareness and how to find joy by taking responsibility for it. If you are interested, connect with Julie to find out details. julie@jrhutslar.com
3. Don't miss Julie's new You Tube guided visualization taking you into your own Open Heart Space. www.youtube.com/watch?v=X_unB9vpvE0



RESOURCES

1. *The War of Art* by Steven Pressfield is a concise little book walking you through the resistance that attempts to stop us from our creative expression!



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