

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.

FEBRUARY 2009 ISSUE SEVENTEEN



Encountering Life Issues with Soul Wisdom

WHAT ARE YOUR THOUGHTS DOING TO YOUR LIFE?

Do you want to revolutionize your life in *one* week? Try participating in your thoughts. In other words, don't just *observe* your thoughts, *choose* them. It may seem that the mind has a mind of its own, but it actually responds to your will. Most of the time our actions reflect what our mind has served us, but if we decided to participate in making healthy choices about what we think about, our actions would reflect more of what we'd actually like, instead of just what we get served.

Thoughts are powerful energy and we have been allowing that energy to go mostly untapped. If you have had times in your life where you have chosen to focus and fix your thoughts on something specific for a desired outcome, you know how powerful the mind is. But the rest of the time, we simply allow the mind to run amuck. Imagine harnessing this powerful resource to serve you. Try switching the horse for the carriage. The mind really could be the servant of divine will, or your will, since you are divine, not the other way around. Thoughts are significant power waiting to manifest. Who would allow a chaotic mind to order their life, or rather, allow it to be disordered and unfocused?

This is not about *monitoring* your thoughts. This is about realizing that you are the captain, and your highest self truly is the wisest. So what kind of choices in thoughts can you make that will shift your manifest reality? Here are just a few: whenever you feel depressed or out of control, change your thoughts. Do not wait to 'solve' the problem in your mind before you go on, simply choose to think of something else. Think of something that makes you feel empowered, loved, happy, joyful or inspired. If you are sitting in traffic and starting to fume, take your thoughts away from the immediate frustration and think of someplace that makes you feel free, expansive, liberated (the opposite of what you are feeling in the traffic) like a mountain top, a river, a meadow. Before long, your vibration will begin to shift as your thoughts usher in a new type of energy. Whether the traffic opens up or you simply don't care, what difference does it make? You have effortlessly chosen to take your thoughts somewhere that serves you instead of making you feel restricted and small.

You choose. Choose loving thoughts, empowering thoughts, thoughts about people you love, about food you love, about things you love to do, what you'd love to have, about a way you'd like to be, about attributes you appreciate and would like to embody. Think what you'd like and above all, think *big*. Think what you want to think, not what you ought to think. Just because 97% of people think they are frustrated when they are stuck in traffic does not mean that is the only choice. Rearrange your life starting with your thoughts first.

-Julie Hutslar



CREATE A NEW NAME FOR YOUR DIVINITY

I have read and reread the excellent metaphysical book called *Journey into Oneness* by Michael Roads. The other day, I finished it for the third or fourth time and found a section in the back that I never remember reading, but struck me as highly appropriate for this place in my journey.

He says that to assist you in having a more intimate relationship with your highest or most divine self, if you could refer to it with a familiar name it would bring it closer to your awareness. Michael says:

Focus on yourself as a divine Being of Light, perfect in every way possible. Think about your Lightness and talk about it. Stop referring to yourself as "me" or "I", and choose a description that uplifts and honors you. This will be challenging and changing. For example, refer to yourself as this Beautiful Being, this Radiant Person, or this Infinite Self. This is your Truth, and it will become your reality. As a metaphysical, multidimensional Being, you will be reprogramming your metaphysical universe/reality. We all have this inherent power of creation. Try it and persist!

I personally like Sparkling Inspiration of Light! What do you think about your radiant and powerful Self?



“There is no separation. There is no sacrifice, no guilt, no loss-- only love and what grows from love.”

“Giving and receiving are impossible to distinguish between. Imagine a brilliant light giving/shining its light on to another brilliant light. Who is receiving and who is giving?”

-A Course
in Miracles



Bruce Lee says:

Empty your mind, Be formless, shapeless. If you put water into a cup, it becomes the cup. If you put water into a bottle, it becomes the bottle. If you put it in a teapot, it becomes the teapot. Be water, my friend. Flowing water never becomes stale, so you've got to just keep on flowing.



TODAY'S TOOL

THE BUNNY PILL

A handy tool to have when you are looking to shift your attitude or thoughts into a more loving place is what I call the Bunny Pill. Years ago, while working with a 10 year-old boy, we went through everyone and everything he knew before we came up with his bunny. What we were looking for was someone or something that he loved and when he thought of it, he felt all warm and fuzzy. It can be an experience you recall, one that brings you an overwhelming sense of love, acceptance and warmth, or it can be something you always love to eat or a special drink. You choose this *pill* and think of it when you are feeling angry, depressed, negative, upset or just out of sorts. The idea is you identify it when you are feeling positive so that when you are not feeling so up, you can take this pill (or recall the loving feeling) to instantly remind you of what love feels like again. All it requires is the desire to actually step out of the negative space you are in.



If you wait for evidence before you change your mind, you will never change your mind and thus your life. That is why faith is a necessary component to spiritual growth.

OWN your divine self. Don't just look, observe, touch, regard~OWN it, KNOW it!

1. Julie's latest radio interview with Dawn Stansfield on *It's a New Day* out of Seattle can be heard in the archives via the internet. Go to www.dawnsvision.com and look under interviews. This one was on love & relationships dated Feb. 16, 2009.
2. Watch for upcoming workshops. Feb. 28th from 10-2 at Caribou Creek Studio in Sandpoint is Transforming Relationships: Turn Challenging Relations into Blessings. Includes a book Relationships: Gifts of the Spirit and lunch. Don't miss this great opportunity, not offered again until September.
3. Sandpoint Parks and Rec still offer a Creativity Workshop March 7 and 14th from 10-2 each Saturday for uncovering and unkinking the creative hose. Contact Julie for either workshop. A complete list of workshops is found on the web page www.jrhutslar.com.
4. March 1st at 10am, Julie will be the guest speaker at the Gardenia Center in Sandpoint. All are welcome.



RESOURCES

1. Those local to the Salt Lake area are fortunate to have a new community bookstore and metaphysical center, The Crystal Ray 661 W. State Rd in Pleasant Grove. (801)785-8855. In Everett, WA there is a new spiritual bookstore called A Gathering Grove at 2820 Oakes Ave (425)512-8845. www.agatheringgrove.com. Check them out!



Luminous Epinoia
P. O. Box 2547
Sandpoint, ID 83864
(800)786-1090
www.jrhutslar.com