

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 2010 ISSUE TWENTY=NINE



Encountering Life Issues with Soul Wisdom

WHAT KIND OF SCREENWRITER ARE YOU?

We have talked a lot and made references to life being a stage, you being writer, director and producer (not to mention main actor) of your life, insinuating that we draw into our play those things that we have specifically written in at a non-conscious level. Now I want to investigate what can be done about it on a conscious level.

Do you remember watching *The Terminator* with Arnold Schwarzenegger? In the first movie, Arnie is the unstoppable terminator sent to kill the mother of the hero of the future. Then in the second *Terminator*, Arnie is now the good terminator, sent to protect the young hero, not kill him. The viewing audience has to adjust to seeing him in a role of protector because he looks exactly the same, only now he isn't trying to kill our heroine. That's what we can do as easily as that.

Imagine that you are arriving late at night at a small airport. As you stroll across the dark parking lot on the way to long term parking, you begin to feel nervous and vulnerable (thus setting the scene for what? A helpless victim needs a perpetrator!). Soon a car comes towards you going slower than you'd like. Your mind immediately grabs all sorts of scenarios from being abducted to having your money stolen and everything in between. Now your emotions in concert with your mind are sending out vibrations (energy) of fear, furthering your call for a perpetrator. CUT! Ok, the director stops the scene there and says, "No, this isn't the scene where you are abducted, this is the one where your best friend helps you out of a bind." Oh, sorry, wrong mood. Let's return to the same scenario. Walking from the airport terminal, you feel the night air, glad to be home, firmly planting each step deliberately on your home soil, you smile. You are sending out the vibration or energy of joy, love, expansiveness, gratitude. You go to your car which has been sitting idle for 2 weeks and it won't start. Dang. It is too late to call someone. Just then, a car comes driving quite slowly through the lot towards you. You instinctively know that this is someone who is going to assist you. Sure enough, it is your best friend, she recognized you crossing the cross walk and came around the lot to find where you were to say hi. What luck. Or not?

When we write our stories, we may not be cognizant of whether it is a tragedy or a comedy, a techno thriller or sci fi. But what would you prefer? After all, this is your story. Knowing what role you are playing will undoubtedly give you clues as to what other characters will present themselves in your play. A victim needs a perpetrator, a doormat needs someone to step upon it, a princess needs a prince, a fixer needs someone to fix and a control freak needs someone to control. Within our story, we write in the responses we have and the lines others serve us because they fit into our approved



scenarios, perhaps habitually, certainly non-consciously. What if we wanted to write a new screenplay? We would need new characters, new responses, new props, but we still have the same ol' us. Look at actors and actresses, we have seen many of them play many different roles convincingly, so the material we are working with is not the problem. It is the energy, which are emotions and thoughts together, that is doing the writing. What is the energy you are emitting? What is it naturally going to draw? What props have you collected that beg for usage? Why carry mace if you don't want to carry fear? Allow your emotions and thoughts, which can be controlled and channeled, to broadcast for you, not the other way around. Don't wait for someone scary to walk on your set that you then must be prepared to respond to, instead create a joyful scene. Would Lassie have attracted a serial killer? Hardly. What kind of screen play have you written and are still writing, and what kind do you want to be main player in now?

-Julie Hutslar



"If you fail to see beyond appearances, you ARE deceived."

"Do not be deceived about the meaning of a fixed belief that some appearances are harder to look past than others are."

"You will always attack what does not satisfy, and thus you will see you made it up. You always fight illusions."

-A Course in Miracles



Retreat



SPIRITUAL VISION QUEST YOUTH RETREAT

*enhance, nurture, describe, explore,
learn, discover, empower, enjoy, illuminate
and honor all aspects of the spirit*

Julie Hutslar and Terri McDonald

Ages 11-17 June 24-27, 2010
Caribou Mountain Lodge
Sandpoint, ID \$450.





TODAY'S TOOL

ADVICE FROM MY 14 YEAR OLD GRANDSON

Be responsible, but don't worry.

Don't be afraid to try something you *think* you don't like, you might have changed.

Be ok with taking risks, it could be very fun and usually is.

Let things go that you don't have any control over.

Who cares what other people think of you?

Don't worry about what time it is.

If you put your heart into something and practice it, you will be very good at it.

When you have a great meal in front of you, eat it!

If you get an opportunity, TAKE IT!!



“This is the root of Self. You are not your thoughts; you are aware of your thoughts. You are not your emotions; you feel your emotions. You are not your body; you look at it in the mirror and experience this world through its eyes and ears. You are the conscious being who is aware that you are aware of all these inner and outer things.”

-Michael Singer
“The Untethered Soul”

1. Check out the new guided visualization on You Tube. Don't hesitate to listen to it whenever you feel stressed or overburdened. In a few short minutes you will feel calm and confident that all is well and exactly as it should be. *YouTube.com* (type in Julie Hutslar)
2. This summer we are offering several spiritual retreats at the lodge on top of the mountain up here in North Idaho. The first one is the *Spiritual Vision Quest for Youth* (ages 11-17) and will be June 24-27. Limited space, so let me know asap if you have someone who is interested.
3. August 5-8 will be the *Women's Spiritual Retreat* also at the Caribou Mountain Lodge. The purpose of both retreats is to inundate your being in spirit, learn tools to manage and create consciously and experience life through the lens of the spirit. Rejuvenate and be inspired!



RESOURCES

READING SUGGESTIONS

1. *The Search for Truth* by Michael Singer



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