

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.

JANUARY 2008 ISSUE FOUR



Encountering Life Issues with Soul Wisdom

FEAR OF CHANGE

Most people are afraid of what they are *not*. And between what they are and what they *can* be, most people believe there is a big, dark abyss. That big, dark abyss is simply *change*. It is not necessarily good nor is it necessarily bad, it just houses most of our fears. And fears are scary, by the nature that they are fears.

Why don't people pursue their dreams, travel to exotic lands, engage in a risky relationship, answer the call of adventure, or run for public office? What stops people from leaving a stagnant job or a lifeless marriage? Why don't people welcome strangers who have moved to their city? Why don't people sell things that weigh them down or remodel their house? What about responding to an ad, or sending resumes out to foreign cities? They all involve one thing: change.

And fear of change, which of course is to say fear of whatever our own personal fears are, keeps us locked firmly clinging to changelessness. Inside the big abyss of change lies the individual fears we placed there long ago and now that they've steeped inside the dark pit juices, they have taken on qualities of darkness. Those qualities are that they are cloaked, unknown, frightening and intimidating. That is why people fear change, that is why people accept mediocrity as a way of life instead of excellence, that is why people are so unsatisfied and unhappy.

But what part of nature never changes? What part of anything never changes, whether we choose to engage in it or not? *Everything* changes in this reality. You can choose to participate in change willingly or you can stay afraid of what you have thrown into the dark abyss. One way leads you across the abyss and away from fear and the other leaves you fixedly staring at your worst nightmare. We all eventually make it across the abyss, but why stall? Why let the fumes of our own backward thinking and misperceptions keep us frightened and afraid of stepping into who we not only *can* be, but who we truly *are*?

It's as simple as turning the light on. How do you turn a dark abyss into a meadow of golden wildflowers? Sunlight! And allowing the light to shine on your fears is as simple as dredging them out of the closet, talking about them, releasing the hold they have on you, forgiveness or just admitting you were wrong. It is not difficult at all, because you will find that as soon as you have the willingness to release fears, there will be synchronous assistance in guiding you through them. And the wildflowers will simply propagate themselves with the wind. Before you know it, the abyss will have no more hold over you and a bridge will miraculously appear that takes you across it to the You you've only dreamed of, the You that was created in the image of its Creator, the You that is a Powerful and Radiant Being of Divine Light and Love!



-Julie Hutslar

Fable:

a narration intended to enforce a useful truth, especially one in which animals speak and act like human beings.

LOTTIE THE SKUNK

Once there was a skunk named Lottie. More than anything in the world, Lottie desired blackberries. The summer had come and gone, and the wild blackberries of the forest had dried on the vine. Lottie never had her fill and she longed for some sweet and juicy blackberries. She imagined eating them, she pictured her best basket filled to the brim with them, and no matter how many roots or seeds she ate, she simply could not be fulfilled. One day she decided to go to see Wise Spirit Owl and ask what could be done about this insatiable longing.

Wise Spirit Owl told Lottie that she could speak to the fairies of the blackberries and if she believed, they would happily deliver to her an entire basketful of berries. She was delighted. She believed. She knew Wise Spirit Owl would not lead her astray. She went home directly, filled with hope for her beloved blackberries and joyous about the prospect. She sparkled with life as she connected to what she believed were the blackberry fairies. They told her that in 15 days they would come to a clearing in the forest she knew well and at noon, they would bring her a gallon of blackberries. Lottie was overjoyed.

She spent the next few days elated. She was pleased as punch. She planned what she would wear and what basket to take, but as the days wore on, Lottie began to believe that she had only heard the fairies in her head and because of her intense longing, she had imagined them. Some moments, she knew that the fairies existed and would meet her there, other days, she felt she was a fool. And as the days drew on, Lottie was confused. She no longer believed, but she also did not completely disbelieve either. The little skunk was beginning to hope and with that hope, she lost the knowing. She began to plead and with those pleads, she lost her confident belief. And on the 15th day, Lottie decided to wait until the evening, as she was nocturnal and felt that losing precious sleep over a whim was foolish, so she decided not to meet the fairies. She would go to the clearing upon awakening at 6pm and see if they had left her blackberries. If they had, she would snatch them up with relief and if they did not, well, she was not to be made a fool.

And as Lottie slept, the blackberry fairies arrived just as they had told her they would. They had expected Lottie to meet them with her basket, but she was not there. The fairies carried the berries in their aprons and had nothing to leave them in and no one to receive them, so they returned from where they came, together with their unspoken for blackberries.

Confident belief (trust) is strong enough to create a desired world, confusion (doubt) only brings disappointment as there is no image of an end result strong enough to power the creation of it.



“The world you see is what you gave it, nothing more than that. It is the witness to your state of mind, the outside picture of an inward condition.”

“The world you see but shows you how much joy you have allowed yourself to see in you, and to accept as yours.”

-A Course
in Miracles

TODAY'S TOOL

SPEAKING WITH THE HIGHER SELF

This is one of the most useful tools I can ever suggest. It has to do with going around the fixed or challenging ego personage of someone with whom you are dealing. If you run into dead ends in a certain relationship, or if you simply want to propel your connection to a more positive place, this is worth a try.

Simply hold the image of the person with whom you'd like to connect. Now allow your image of that person to raise a few notches. To do this, try imagining them either as innocent or watching them unobserved do something very kind or gentle. This will help you get there. Remember, you are not talking to their ego self, so do not imagine that aspect of them. Once you have that image, ask to speak to them. Then, just like with a phone call, speak to them. Also, like a phone call before answering machines, the line may be busy or disconnected. This means you need to try again later, as they are not in a state to receive messages from their own highest self, or they are in very negative place.

Speak what is on your mind. Say everything you would like to say to their physical selves, but remember, part of them is hearing you, so being honest is paramount. Then listen. Ask if there is something they wish to communicate to you. And wait. If you have a good connection, you will hear/feel/sense something back. Your spirit will not let this opportunity pass by without making the most of it.

The results are amazing. You will find a fluidity in the relationship that was not there previously, or you will gain an understanding that will allow you to perceive the person in a different light. It works with speaking to infants,



“Competition is simply a training ground for war.”

-Anonymous

“Let me say it this way: a peaceful, loving, unconditionally allowing attitude brings to your conscious mind a closer alignment of the recognition of your whole Mind.”

-Dialogue on Awakening

animals, those no longer in a body and those who are estranged from you. Don't be shy. Give it a try, you will use it often after you have connected once. It cannot be misused, or used to manipulate others, since you are speaking to the highest self, so don't worry that anything can be done wrong.



1. **Mark your calendars if you are local to Sandpoint.** The Parks & Recreation Dept is offering another two sections of my workshop: “Exploring Your Creativity with Watercolor”. The course is about removing blocks to your creativity using exercises designed to unkink your creative hose and get the juices flowing. We use watercolor as a fluid medium to begin moving energy through the creative channels, sometimes long blocked. One class will be two Saturday mornings. Feb. 2 & 9, from 10am -2pm or March 1 & 8 from 10am -2pm. Register through the Parks Dept.
2. **FEEDBACK ON NEWSLETTER:** This is our fourth newsletter and I would love to hear how it is being received. Please drop me an email and let me know what you enjoy, would like to see, what's helpful and any other suggestions you might have. Also, don't forget to check out the e-Forum, accessible through www.jrhutslar.com.



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