

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 2010 ISSUE TWENTY-EIGHT



# Encountering Life Issues with Soul Wisdom

## WHO AM I AND WHO IS FORGIVING WHAT?

There is the role~ or archetype~ we are playing and then there is our consciousness~ our never ceasing to exist, divinely-created Self. One of them is made for the stage, the other is behind the curtain watching. Each act we stand to gain something important through the experiences, interactions, responses and lessons, but we also stand to lose our identity in the role we are so effectively playing. The way we can return to who we truly are is by releasing the role, shedding the costume, props and extras of that play. What is left is our consciousness, or our Divine Selves.

A very effective hook our ego uses to keep us in the role (where ego is king) is non-forgiveness. This essentially locks us into the role and does not permit us to observe the play. When someone does something to you, or you feel you have done something unloving, mean or unforgivable, this keeps you bound to the deed. As long as you hold this against someone, especially yourself, you are unable to release the role and re-identify with your divine consciousness. The same goes for others in your mind. If you feel someone is being a certain way~ judgmental, unyielding, shallow, unkind or self-centered, and you won't release this identification then you are hooking them to their role (unbeknownst to you both). You are validating their role in your play. Who are you now holding to a limiting or outdated role? Yourself? Someone you say is dear to you?

What must happen? Release and forgiveness are the same thing. When you throw something away in the trash, do you lay awake at night and think about it? No, you don't give it a second's thought, it's gone, done, over with. This is the same with releasing or forgiving (which is really just a willingness to see beyond someone's role).

· Recognize the role and acknowledge that it is not who you are. This allows you to change the role if you have outgrown it. And it also allows you to identify the role others are playing. Do you want to take their role seriously or just watch their play? As long as you still remember that the real you is behind stage as consciousness, you have the ability to release and forgive painlessly.

· Now relook at the deed you have been harboring, either about yourself~ so you're an addict, a brow beater, a slut, a coward, an emotional mess or a self-loather. You can recognize these were parts in your play, integral parts of the experience of your incarnate life for the purpose of great personal growth. But if you can't release (forgive) these attributes, you're still carrying around that old script. Same with others, what role are they playing in your drama? You wrote them



in. Can you do a rewrite? It's your story. You are the writer, director, producer and main character in your own play~ no victims!

· Then relocate your own Consciousness, where is it? It is not the never ending critical, narrative voice in your head any more than it is your eyes, your body, your thoughts or deeds. It is the One who quietly, patiently, lovingly watches. It is your highest possible You. Remember this You and step into it, not a role, but your whole self. This is the way you can truly release, forgive and let go because this You has no reason to hold on to anything; it is observing, loving, being. Why would it want to remain hooked in a dumb play for eternity?

Bottom line, the ego wants you to hold on to grudges and hurts, not your Divine Self. Holding on to things~ about yourself or others~ that you refuse to release only keep you replaying the same role again and again and again, life after endless life. Releasing wounds, hurts, judgments and brutal deeds simply and beautifully allows you to move on~ to reconnect with your own higher consciousness and step out of an old, and probably by now, boring, story.

Will you be duped by the charismatic character or the willful authoritarian, sucked into the emotionally co-dependent or energetically draining? Those are only roles for the purpose of learning and expression, it's not who any of us are! Set yourself free!

-Julie Hutslar



“Nothing you have ever learned can help you understand the present or teach you how to undo the past. Your past is what you have taught yourselves. Let it all go.”

“The truth about you is so lofty that nothing unworthy of God is worthy of you.”

“Even the faintest hint of your reality literally drives the ego from your mind because of complete lack of investment in it.”

-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.





View from my deck  
winter mornings



## TODAY'S TOOL

### LOVE SANDWICH

Dr. Melvin Fish has a wonderful little book called *The Power of Unconditional Love* and in it is a tool much like the Love Bomb I have talked about only this is called a Love *Sandwich*. Its intention is to spread love and it is also executed in the mind. Whenever there is someone you are struggling with who is either distant, non-communicative, holds a grudge against you, doesn't understand you or any number of things that make you bothered when you think of this person, try the Love Sandwich. You imagine them in your mind and create a sandwich around them. First you say, "I love you. Please forgive me for everything I have said or done that has offended you." then "I forgive you for all perceived offences. I love you." That's it, they are placed in the middle of a forgiveness/love sandwich. You are wiping the slate clean in your mind. And even if you don't have anything particular you feel you need to be forgiven for, you don't know what someone thinks about you. They have created their own reality about you. This is your way to soften that reality even though you don't know what it is or why it is that way. You are communicating on the plane where souls hear and eventually that message will filter down through the ego to the physical self. Hungry for love? Try a Love Sandwich! (ok, that was really dorky!)



"Fear is just another object in the universe that you are capable of experiencing. You can do one of two things with fear: you can recognize that you have it and work to release it, or you can keep it and try to hide from it...

The purpose of spiritual evolution is to remove the blockages that cause you fear. The alternate is to protect your blockages so that you don't have to feel fear. To do this, however, you will have to try to control everything in order to avoid your inner issues."

-Michael Singer

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 Untethered Soul: a Journey beyond Yourself* by Michael Singer
2. *The Power of Unconditional Love* by Dr Melvin Fish



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