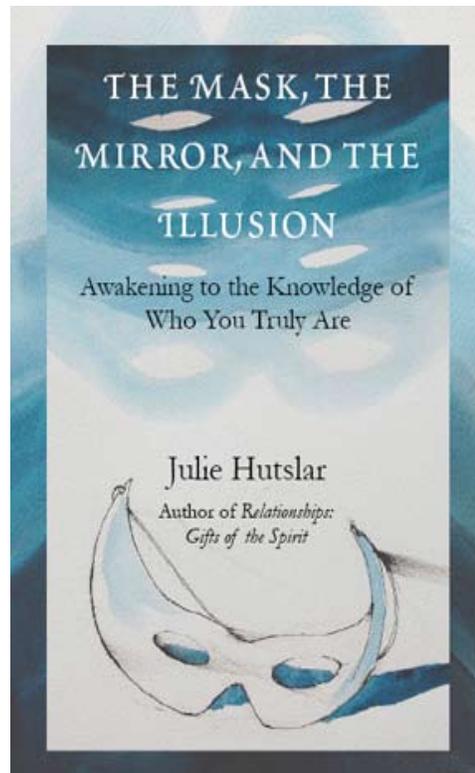


To provide encouragement and inspiration in a loving format that assists my soul companions and me to awaken to the memory and Truth of who we are in the shortest possible time with the greatest ease.

JULY 2008 ISSUE TEN



Encountering Life Issues with Soul Wisdom



IT HAS ARRIVED! I am so proud to present to you *The Mask, the Mirror and the Illusion*. Those of you who have interest in the subjects of this newsletter will certainly appreciate it most. Find and maintain that Divine Self we connect with during Core Belief Restructuring!

The book will not be available through distributors, bookstores or on-line merchants until October as it is going through its pre-publication review process. It IS available directly through me, the author, however. If you are ready for it to ship free to you, visit my web page www.jrhutslar.com and a link right on the front page will take you there! Thank you so much for your support—our journey together is what prompted writing it.

RETURNING TO CENTER

Everyone has a way of letting life get away with them; activities, obligations, deadlines, assignments, appointments, events, programs, projects--until the entire day is jam packed with things to *do*. Life feels like it needs more hours in a day, yet within two weeks we'd have them packed too. How do you find balance in a world that demands so much from you, in fact, a world that you want to wholly participate in?

One of the things I have found is that there is nothing that squelches creativity faster than stress. It closes down the oxygen to the brain and the remembrance that there might be another way. Take a deep breath. Already you are working with more oxygen. Even if you can't leave your office or job to go rejuvenate yourself, stopping to take a deep breath will bring a little more clarity to whatever you are doing. But finding a way to regularly bring yourself back to your center is highly recommended. That may be different for each person. Perhaps it is going to the gym, maybe it's yoga or meditation. Maybe your centering tool is playing the guitar or piano, or talking to your favorite person. It could be hiking, jogging or canoeing. Maybe it's just walking seven blocks around the neighborhood after dinner. Whatever it is, keep in mind that it is always there waiting for you to engage.

What happens is this. Centering for me when I am frazzled from too many commitments is a 5 mile loop hike behind my house up the side of a mountain. The first few miles is up, through a forest that is dense and wooded, then onto a gravel road that is fairly flat. So that first hour hiking straight up, I'm not thinking about anything except where to put my foot next. I can feel my body pull against gravity, but it feels healthy, so I keep going. My rattled mind starts to drop things off in the physical exertion. I forget more and more of what was concerning me. Pretty soon I start to notice new flowers since I was there last or a tree that had fallen in a storm. Then I hear the birds or squirrels chirping, the wind through the pines. By the time I get to the top, I feel relaxed, calm, happy to be alone in nature. Then I get a flat area of a few miles with a higher view, waterfalls along the side of the road, a breeze coming down the mountain, the sun direct above the road. Now I feel I belong again. What was I doing on this planet again? Oh yeah, I remember now. Peace, joy, love, inspiration! Right, those feel so good. I feel blessed, loved, grateful. Then by the time I start down the hill for the last leg, I feel like I'm not even part of gravity, after climbing against it for so long, going downhill feels so effortless, and it also feels like I deserve it since I got the uphill over with at the beginning. So my attitude once more lightens. Flowing, effortless, glad, silly, fun, singing, stopping at a mountain creek or to observe a rock shape. By the time I get home, even though I may not have thought I could have spared two hours, it has transformed my attitude. I now feel like anything is possible, I feel blessed and joyful, peaceful and relaxed. That is when the creative mind takes control. It likes those kinds of qualities to work with.

So even though you have ten hundred things to *do*, take some time to *be* who you want to be. Recreate your purpose for being here, rejuvenate your senses and enliven your mind! Treat yourself to whatever centers you!



“You will never learn that you are a co-creator with God until you learn that your brother is a co-creator with you.”

“You know from your own experience that what you see in dreams you think is real as long as you are asleep. Yet the instant you waken, you know that everything that seemed to happen did not happen at all. Is it not possible that you merely shifted from one dream to another, without really wakening?”

-A Course
in Miracles



TODAY'S TOOL

CREATING A LOVE BOMB

You want to start your day out on the right foot? Set off a Love Bomb! Seriously! And I doubt that your neighbors will call the police either.

Imagine that within you (and it IS) is the center of a great powerful amount of love. Ask for assistance from divine beings, angels, whatever you have an affinity to. Start with thinking of someone or many people that you love. See their faces smiling at you and then grab that feeling from each of them with your mind until your chest cavity is swelling with all the love you have collected.

Now imagine letting that powerful center of love out with a great force. Choose a color for the love bomb and watch it parachute out over your neighborhood.

It will go as far as your belief in it will take it. Sometimes you only have enough to plop a glob on the sidewalk, other times you can send it all the way to the Taj Mahal in India!

If you get good at sending the love energy far reaches, imagine a blanket of love that projects from within and falls down gently and peacefully over the whole planet. It feels awesome and it really starts your day expansively. You are setting the tone for what you draw to you and you are exercising your heart energy. Heart energy is what draws what you want to you, who you love and wards off negative energy as well.

Could we shift the energy of the planet if we all did it together?



“A sense of peace is the closest recognition that you currently have of being in alignment with your Self.

The choices themselves have no value, but the motivation with which you make the choice is where value lies.”

“The reason to choose peace is that it is not of the illusion. It is a reflection of Reality. Choices made that do not bring you peace validate the illusion and keep your attention on it.”

-Dialogue on Awakening

1. Encountering Life Issues with Soul Wisdom Forum is available for connecting on-line with others going through challenging issues, but looking for support and a greater wisdom doing it. Go to www.jrhutslar.com then to Forum and it will link you. There you can log on and participate, or simply read and muse.
2. Mark your calendars if you are local to Sandpoint. The Parks & Rec Dept is offering Julie's 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. The class will be two Saturday mornings--Aug. 16 & 30 from 10am -2pm. Register through the Parks Dept.



RESOURCES

READING SUGGESTIONS

1. *Dialogue on Awakening* Tom and Linda Carpenter
2. *The Unquiet Dead--A psychologist treats spirit possession* Dr. Edith Fiore



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