

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 2009 ISSUE TWENTY-TWO



Encountering Life Issues with Soul Wisdom

JUICY JOY JOY

A subject that is often avoided in our society is how we feel about our bodies, especially when we are perceived as being overweight or severely underweight. But, guess what we are going to talk about, because do any of you go a day not distracted by the image of your body? We are going to look at this from a different angle, other than if you are overweight; eat less, work out and life will be good. Unfortunately, the more you focus on something, and in this case, negatively, the more energy you bring to its dysfunction, if that is what you are focusing on, which is what most diets do. It actually isn't weight that I care about at all, it is joy. Joy is something that can easily remind you of who you are and by doing so open your mind and life to miraculous experiences and responses. But the way I see it, the body is the biggest detractor to experiencing daily joy.

Did you ever see that poster of the kitten looking in the mirror seeing a full grown powerful lion with the caption, "How you see yourself is what matters most"? That's what we're talking about. And the way we're going to look at this is similar to a method I tried with a dolphin years ago. One of the funnest jobs I ever had was a tour guide at Sea World in San Diego. I was walking past the dolphin petting pool when one of my co-workers frantically called me over, panic all over his face. In spite of all the posted signs saying not to show keys, coins or shiny objects to the dolphins, somehow one dolphin had secured a quarter and had it in its mouth, throwing it up in the air and catching it. Being a mammal, they breathe air and if that quarter were to become lodged in its throat, it would not be able to breathe. I went over and tried all the direct methods of extraction. I was not quick or clever enough, but he loved the attention. Finally realizing the attention was what he craved, I turned my back on the dolphin, ignoring him totally which made him agitated and he began tossing the quarter higher and higher trying to get my attention. Just when I determined the quarter to be well above my head, I turned around and grabbed it in mid-air. The dolphin was pissed to say the least and gave us all a big splashing all around the pool, but the quarter had been removed.

So that is what we are going to do, we are going to turn our backs on the ego voice that beckons us to pay attention, pay attention, feel bad, feel guilty, feel pathetic, incapable, unsatisfied. No doubt you have spent a lifetime trying to placate this voice, never to satisfaction, so now its time to try a new approach. As the goal is to feel good enough about yourself to experience joy, all we need is a bridge from here to there, right? Once you get to joy, joy perpetuates itself, reminds you of your true self, your peaceful and loving self.



This bridge is your juicy, joy, joy self. What does that mean?

It means that today you have a body with certain qualities and in order to still feel good about yourself even though these qualities persist (as they have for some time), you simply need to shift your perception about them. For example, most common is the feeling (propagated by a perception that you are not perfect which is not the truth) is that you are too chubby. You have relegated body padding to areas that ought not to have them, according to mass media's image of a perfect body, which by the way, doesn't exist. I have worked with hundreds of clients for many years and every body type conceivable and even the most gorgeous, drop-dead beauties still have issues with not being good enough, so face it, the ego is insatiable. So we are simply going to turn our backs on the ego's assessment of who we are, for our own good. You are going to call your body a juicy, joy, joy body. It is gorgeous in its softness, it has lovely curves that create wonderful padding to cuddle children and adorable faces. It is sexy. You are a vehicle to be contended with, not a wimpy little Smart Car. Where you go, there you are, proud of your presence, elegant, colorful, regal. Don't hide that wild and wonderful self behind a pillow or frumpy clothes, be proud of it. Look at Queen Latifa, thank you very much, she is one sexy woman. She just knows she is sexy, and like I said, it's how you see yourself that matters most.

Ok, try it. Look at your body; thin, fat, short, weird or otherwise. Try this juicy, joy, joy title on it. Hang it over your neck if you need to, look in the mirror naked, strut your stuff, but embody the juiciness of it. You know someone who loves it. Love it the way they do, for all its delicious curves and folds, the delicate softnesses or bony elbows and knock knees. Turn your back on that voice. Do not argue, debate, or try to satisfy, but remember the dolphin, for its own good you have to simply ignore it. Now put your hands on your hips and rock those mammas back and forth, yeah, baba, come on get some juicy joy joy! You're going to have to be vigilant for awhile because depending upon how old you are, you probably have a few years of habitual giving in to the whiney ego voice of dissatisfaction. So either print this article out and cut out some key words to remember, or write the words juicy joy joy on a place where you can see them every day. Find your own words if you want. If you feel undernourished and anorexic, find something else that fits like a sweet and sour pixie stick! Be creative, your joy is what is at stake.

Incidentally, once you embrace the juicy joy joy bit, you will find yourself less focused on the dysfunctional part of your body. Get where I am going with this? You can bring awareness to the beautiful parts and that's what kind of energy you then draw to it, so watch out, America! Could we create a juicy joy joy revolution? Would the ego world let us? Or would it have any choice? Now promise yourself you will do or be something today that brings you joy. You're there. That's all there is, Joy-Joy!!

-Julie Hutslar



“To use the power God has given you as He would have it used is natural. It is not arrogant to be as He created you, nor to make use of what He gave. But it is arrogant to lay aside the power that He gave, and choose a little senseless wish instead of what He wills. “

“For a miracle is NOW. It stands already here, in present grace, within the only interval of time that sin and fear have overlooked, but which is all there is to time.”

-A Course
in Miracles



Pierre Auguste Renoir *The Great Bathers*

TODAY'S TOOL FILING MEMORIES

Since we spend a good deal of our thoughts in either the past or the future, we compromise and color the emotional experience we are having now. For example, if we have a shameful or guilty experience from the past; every time we think of it, those emotions spread into the present.

One idea to keep your emotions and thoughts in the present is to imagine all your experiences are being kept in an individual file inside a vertical filing cabinet in a central control center. Every time you find yourself rummaging through old memories, imagine watching yourself close the manilla file, file it back in the cabinet and shut the file cabinet drawer. Scan your central control center for files laying open, representing memories you often pull out and torture yourself with. Simply close them and file them away. Closing the file captures the emotions of that experience, even though it feels like once you have opened the file a monster has been set loose. Not so, you have the power to close the file and with it, recall the monsters. One note, do not ever lock a cabinet, you will certainly draw the energy of attention to resistance. Just close the files and give them no more power over you than that. Now continue having joy-joy today!!

“Our need to love and be loved is essential to the nature of our Oneness. It is actually the only real need we have”

-Tom Carpenter, The Forgiveness Movement

“Part of waking up is that you live your life as you see fit. And understand: that is not selfish. The selfish thing is to demand that someone else live their life as you see fit. That’s selfish. It is not selfish to live your life as you see fit.”

-Anthony DeMello

1. This Saturday, July 11th from 9am-12:30pm is the workshop, *Moving through the Chakras* with Terri Cotts at the Institute of Progressive Therapies, 801 Pine St. in Sandpoint. Terri comes from Walla Walla, Wa as a long time yoga instructor, student of Thich Nat Hahn and facilitator of Body Dialogue. She uses many fun and healing modalities to move us through the issues contained within each energy center, or chakra. Sign up with Julie (208)265-0743. A few spaces still left.



RESOURCES

READING SUGGESTIONS

1. *Ask and it is Given* by Ester and Jerry Hicks. An elementary read on the law of attraction, excellent refresher too.
2. *Excuse me, Your Life is Waiting* by Lynn Grabhorn is another excellent reminder about how we are constantly creating our own life.



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