

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.

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Encountering Life Issues with Soul Wisdom

YOU ARE THE ACTION VERB

This life has many distracting choices. Your human self also has many various options as to how to express itself. You can choose to allocate resources and energy to the intellect, or the mind of the personality. You can opt for sending vital energy to the body itself, sculpting, training, using physical goals as methods of achievement. There's also the emotional components of the self, feeling life and experiences as ways to grasp your lessons. And of course, the greater mind or spirit self is always in the background speaking its wisdom, gently offering navigational information.

Of all of these options for expression, the greater mind, not the intellect, is the component that has the greatest potential. The mind/spirit is that which distinguishes us from non-living beings. It is where our personal reality begins, through visualizing, unconsciously held beliefs, perceptions (true or false), passively creating with our thoughts.

The importance of our thoughts cannot be overly stressed, and most people are conscious that positive thinking brings positive results and negative thinking brings difficulty. The thing I want to stress is the importance of taking physical *action*. Many people believe that they can sit and think thoughts that will bring their desired world to them, but we have chosen a physical incarnation for a reason. And that reason includes contributing to our experiences in a way that a body was necessary. Otherwise, we could have just stayed in a spirit and not had to deal with all these aging, painful and limiting discomforts of occupying a body.

So the key to expressing yourself in a fulfilling way is to combine the attributes of the greater mind with the attributes of the physical body, emotional and psychological self by making the effort required to take action. If you are presented with an opportunity that you have been visualizing, grab the courage to take steps to manifest it. For all your efforts in drawing to you those things that you want to enter your life, when opportunity knocks, *answer the door!!* If there are personal attributes that you are lacking in order to fulfill your destiny, then challenge yourself to begin to nurture those. If you are lacking in commitment or strength or courage, offer yourself a method to encourage those. Take action, do not wait for an invisible savior to step in and catapult you to enlightenment. You have chosen a body, with a mind and emotions and a spirit, use them all to more effectively express yourself.

There is a greater purpose for you being here on Earth. If you follow the promptings of your own personal joys, you will be guided to see and know what those purposes are. But know that as you are met with decisions, if they require action, choose to be that action. What you will draw is, ironically, who you long to *be*, not what you want to *do*. In other words, don't procrastinate, become who you long to be by taking action now.



Julie Hutslar

THE MASK, THE MIRROR, AND THE ILLUSION:

AWAKENING TO THE KNOWLEDGE OF WHO YOU TRULY ARE

You have two choices: you can stall or you can consciously choose to awaken. It matters not which you choose, because you will eventually wake up from this dream of living in a tangible world of pain and suffering. We all will. To stall only means you take the long path, that's all. The goal of this book is to shorten that path.

The questions that begin your desire to return Home are the *whys*. Why me? Why here? Why now? Why not? These questions are healthy beginnings to a journey of seeking. The only problem with these questions is that the answers do not lie within the dream. You must look outside the dream, or illusion, for real answers. The *whys* can trap your mind in a circle of never-ending questions, answerable only through the logic of a mind inside a dream.

The key then, is to find a way to see what the dream is, and step outside it. The following (*The Mask, the Mirror, and the Illusion*) is a manual for students along this spiritual journey. It contains practical suggestions for change if that is what you need. It also contains philosophies or ideas that may stretch the mind allowing you to perceive your own illusions. Ultimately, you will find that you participated, in an impressively creative way, in manifesting the experience you consider your life and you will also find that you have the power to re-create it. First, you must come to understand who you are and why you are so powerfully creative. By doing this, we are going to dismantle who you are *not*.

If you could eliminate all the traits, habits and programs that are *not* who you are, but only the products of having bought into the dream, then what would be left? The essential you, that which you already are, but do not know. Awakening is simply knowing who you are. So you see, it is going to be much easier than you thought. It is not changing who you are, it is releasing who you are *not*.

Together we are simply going to discover who you *are*.

(excerpt from Introduction)



The Mask, the Mirror and the Illusion is currently at the printers and should be available through the author in a few short weeks. We'll send you an email notifying you of its release. October is when it will be available through on-line distributors and bookstores. Until then, don't hesitate to order your copy through Julie at www.jrhutslar.com. Sincerely hope you enjoy it!



“Every loving thought that the Child of the Divine ever had is eternal. Those loving thoughts which his mind perceived in this world are the world's only reality.”

“No one can escape from illusions unless he looks at them, for not looking is the way they are protected.”

“You will never rest until you know your function and fulfill it, for only in this can your will and the Divine's be wholly joined.”

-A Course
in Miracles



Shadows and Masks Paris 2007



TODAY'S TOOL

A GUIDANCE TEST

Just a note about receiving guidance. There is a simple way to tell if you are receiving authentic divine guidance, accessing organic wisdom, or developing genuine intuition. If you hear a voice, or get a feeling and it is fear-based, or it is in any way reprimanding you or chastising you, it is not the voice of your higher guidance, but the voice of the ego. Your higher wisdom may come through as prompt or requiring direct attention, but not based on fear. And as you hear a message of correction, if that is what you are asking for, it will not ever be rude, condescending or reprimanding. Again, there may be a certain confidence or clarity of content, but it will be in the manner that is gentle and kind. Sometimes my guidance is humorous, and I appreciate that, but never belittling. So now you can easily discount masquerading ego voices.



“Men acquire a particular quality by constantly acting a particular way...you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.”

-Aristotle

Everyone has something to teach and something to learn and you usually don't know what they are, but they are often the same.

1. Locals, mark your calendar for the following workshops: July 12th(10am-2pm) *Relationships Workshop* Aug. 16 & 30th (10-2 each Saturday)*Creativity Workshop*.
2. A friend of mine recently introduced me to a book called “The Presence Process” by Michael Brown. It is a healing journey into present moment awareness. One of the exercises he suggests is quite powerful. You begin each morning sitting with the thought “I consciously choose to experience each moment.” And you offer yourself that thought throughout the day. It has the effect of centering you immediately! Try it one day and see how it can bring you right home no matter where your monkey mind has taken you! You'll get addicted.



RESOURCES

READING SUGGESTIONS

1. *The Presence Process: A Healing Journey into Present Moment Awareness* by Michael Brown



Luminous Epinoia
P. O. Box 2547
Sandpoint, ID 83864
(800)786-1090
www.jrhutslar.com