

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.

JUNE 2010 ISSUE THIRTY=THREE



Encountering Life Issues with Soul Wisdom

WHEN CAN YOU EXPERIENCE PEACE?

A commonly misheld perception is that in order to make everything alright and progress in the correct direction of your highest path, you have to go back and make sense of things, correct them, undo them, deal with them, finish them out and so on. The beauty of waking up is simply that you stop dreaming. Period. You don't have to interpret your dreams before you wake up, right? Most people don't even remember that they were dreaming.

Waking up simply means to remember who you truly are. This means that all the junk in the river below you is water under the bridge. At any given moment you can simply elect to choose peace, which is the quickest route from here to remembering. Perhaps you have a whole load of problems weighing you down, unpaid bills, personal relationship issues, or unruly family dynamics. None of those has to be *solved* in order to feel peace. This is a perfect hook that the ego will try and convince you is not true. Without fear and the anxiety that accompanies it, the ego has no foothold in you.

So what if you decided, just for now, just for this very moment that you were going to choose to experience peace instead of panic? What are the prerequisites of that option? None. Right now, in the midst of all your own personal, perfectly-constructed problems, you can simply choose peace. And why not? What is to lose? Let's see, you could lose the burdensome feeling that accompanies so many focused-on problems, you would then start to feel lighter, nothing external would have changed (yet), but you would see the light at the end of the tunnel. By having this lighter feeling, or attitude of positivity, you attract that same type of energy which might bring an ease of solving things. As things feel more fluid, pieces fall into place and you feel less worried. As you feel less worried, you exhibit the energy of confidence and calm, drawing...guess? The energy of confidence and calm.

Pretty soon the confidence will go before you, paving a path for your grounded and god-like self to follow. Physical things will bend to your consistent energy. Living like this is how you remember, "Hey, this is who I am, I am a part of god, of the powerful life giving aspect of this universe. Why worry??" Choose peace.

-Julie Hutslar





Retreat



Julie

SPIRITUAL VISION QUEST WOMEN'S RETREAT

As of May, the August Women's Retreat is full so with some persuasion, we have added a SECOND WOMEN'S RETREAT for the fall. Check your schedules and see if a rejuvenative, healing, inspiring and supportive experience awaits you ~OCTOBER 14-17 at the new Spirit Vision Center in the mountains of North Idaho. Three spaces are already taken!

Visit www.jrhutslar.com (retreats) for more info

SPIRIT VISION RETREAT CENTER update!!

As I mentioned last month, we are creating a retreat center on our property! It is rapidly coming along. The three bedroom yurts are almost finished and assuming it stops raining soon, can be installed. Grass is growing sweetly on the terraces of the outdoor amphitheater. The three bathrooms are almost finished, septic is in and the ground has been cleared. At the end of summer, we plan on an opening barbeque for locals who would like to check it out, either for future retreats, for music events, or to schedule their own program and rent the center. We welcome multi uses for all sorts of divine get togethers. Stay tuned for details.

Huge thanks to Ed, my husband, for his amazing, ceaseless work and creative ideas to make this center become manifest & my parents for their generous assistance!!



Selkirk Mountains to the north



View from Outdoor Amphitheater

Yurt from Shelter Designs in Montana



"When a mind has only light, it knows only light. Its own radiance shines all around it and extends out into the darkness of other minds, transforming them into majesty."

"Your minds are so powerful a light that you can look into theirs (others' minds) and enlighten them."

"The first obstacle that peace must flow across is your desire to get rid of it."

-A Course in Miracles



TODAY'S TOOL

HOW TO EXPERIENCE PEACE

For those of you who read that previous article and immediately breathed a sign of relief and felt peace, you can stop reading. This is for those who wonder, how *do* you choose peace? How do you just decide to experience peace amidst so many problems, illnesses, dramas, critical tragedies??

First, you decide you want to feel at peace. Next, take a moment and breathe in a very deep breath, exhale and another. Let some oxygen get to your brain. Already that feels better. Then, imagine that this is your last day on planet Earth. You can see yourself passing out of a body and moving so gracefully into your non-physical, unlimited, free self. There is no pain, no suffering, no limitations of time, space or matter. You have no earthly burdens anymore. Even if you wanted to, your time on those projects has come to an end. Any unpaid bills will remain unpaid. It doesn't matter anymore, you are walking off the planet. Let your mind take you to a place where you feel at ease, whether it is fictional or a place you have been before. Maybe it is a river, a meadow, a mountain vista or a cottage in the woods, but take yourself there. Allow yourself to feel the peace of that place, rest in it. Enjoy while your mind is healing your worries. You really are shifting the very vibration of your being, you are sending calming signals instead of panicking ones. You are finding peace. Enjoy it and stay with it. Then as you do your activities of the day, stay in that softer, calmer space. Watch the results.



“What or who could be more everything than this which is ME? Here is the god I seek- within.”

-Kim Ahlum

“If the mountain were smooth, you couldn't climb it.”

-Ann Goddard

“Whatever you focus on, you will experience.”

“When it is given freely and received gratefully, joy lives in every heart.”

-Maya Angelou

1. *The Spiritual Vision Quest Youth Retreat* (ages 10-15) has been changed to July 13-16. We still have a few spaces available, but let me know asap if you have someone interested. Lots of fun and inspiring activities planned!
2. Plan ahead with your friends for the beautifully colorful fall *Women's Retreat* planned for October 14-17. The purpose of both retreats is to inundate your being in spirit, learn tools to manage and create consciously, live lucidly and experience life through the lens of the spirit. Rejuvenate and be inspired! \$100 refundable deposit holds your place.
3. Art lovers, and those local to Sandpoint, *Redtail Gallery* (6th & Oak) is hosting my artwork from June 18- July 17 with a reception Friday, June 18. I will have my new Soul Collection available for viewing. I would love it if you'd come by!!
4. The second *Spiritual Vision Quest* 18 month intensive program dedicated to restructuring your life from the perspective of the spirit begins this Sept. Your spirit may speak to you about it.



RESOURCES

READING SUGGESTIONS

1. *The Untethered Soul: the journey beyond yourself* by Michael Singer
2. *Awareness: The Perils and Opportunities of Reality* by Anthony de Mello



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