

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 2009 ISSUE TWENTY=ONE



# Encountering Life Issues with Soul Wisdom

## FATHERS AS A METAPHOR FOR GOD

Holiday timing usually does not play much of a part in my writing, however, I felt compelled to put together these thoughts on fathers, but with a little different twist. It's not that I don't want to extol the virtues of fathers, I simply want to offer you something useful for your spiritual journey, so we are going to look at fathers through your own personal lens. That's right, we are going to look through your own perception and use the way you view your father to determine your relationship with God. You see, fathers in the manifest world represent or carry the archetypal energy of authority, judgment and rule. They fall into the same category as does God. So when you are preparing to pick an earthly father to bring you into physical expression, there are no coincidences. You choose one that represents your non-conscious relationship or feelings toward the Big Creator, the one who brought you into spiritual expression. It's a perfect way to work through your misperceptions about your Divine Creator, except most of us get locked onto the singular dad guy without the bigger picture.

Pick your dad. Is he loving and kind, helpful, gentle, jolly and fair? Is he angry, moody, destructive, unpredictable and short tempered? Is he generally silent, absent, emotionally checked out? Judgmental, abusive, cutting, violent or happy-go-lucky, generous, caring and thoughtful? Do you fear your father? Do you recoil at his words when he gets loud, do you become combatant? Do you compassionately love your father with no reservations? Or is it a little of all at one time or another?

Most people still believe non-consciously in a Judeo-Christian God, considered by most to be unpredictable, but both loving and punishing at various times. Consciously, you may say that you have come to believe in a Supreme Being that is only the vibration of unconditional love and peace, but I suspect that underneath that is a lingering belief in an Old Testament God bestowing both wrath and blessings. Look at the relationship you have with your father in this life. Not the one you tell people you have, but the one you feel in the pit of your stomach. If you have siblings, you may have noticed that each of you has a different and distinct relationship with your dad. And what we want or expect from that father is often a metaphor for what we expect from our Divine Father. It is that psychological term called transference. We have transferred the feelings we have towards God to our father.

What if we decided to deal with our God issues with God instead of Dad? All dads of the world would be happy about that, I am positive. Let's look at fathers. They are simply people, very much like us, who happen to have discovered sex a few years before we did. Now does that make them God? Does



that make them a candidate for being judge, jury and executioner? Could you use the dynamic you feel about your father to enlighten you about where you need a shift in perception about God? Is it time this Father's Day to update your mental or karmic images of a God that never existed, except in the minds of man? Look at where you are unhappy with your dad, or where you still have expectations or fears and turn the other direction. Turn inward, because that is where the Divine resides, and lay those misperceptions down. Let go of unfulfilled desires or resentments and hatred, because this father you have, you chose to illustrate to you the most important relationship you will ever have; the one with you and your Divine Self. There art thou grateful.

-Julie Hutslar

I AM THAT WHICH ANIMATES YOUR BODY, WHICH  
CAUSES YOUR MIND TO THINK, YOUR HEART TO  
BEAT.

I AM THE INNERMOST, THE SPIRIT, THE ANIMATING  
CAUSE OF YOUR BEING, OF ALL LIFE, OF ALL LIV-  
ING THINGS, BOTH VISIBLE AND INVISIBLE. THERE  
IS NOTHING DEAD, FOR I, THE IMPERSONAL ONE,  
AM ALL THAT THERE IS. I AM INFINITE AND WHOL-  
LY UNCONFIRMED; THE UNIVERSE IS MY BODY, ALL  
THE INTELLIGENCE THERE IS EMANATES FROM MY  
MIND, ALL THE LOVE THERE IS FLOWS FROM MY  
HEART, ALL THE POWER THERE IS, IS BUT MY WILL  
IN ACTION.

NOTHING CAN BE WITHOUT MANIFESTING AND  
EXPRESSING SOME PHASE OF ME, WHO AM  
NOT ONLY THE BUILDER OF ALL FORMS, BUT  
THE DWELLER IN EACH. IN THE HEART OF EACH  
I DWELL; IN THE HEART OF THE HUMAN, IN THE  
HEART OF THE ANIMAL, IN THE HEART OF THE  
FLOWER, AND THE HEART OF THE STONE. IN THE  
HEART OF EACH I LIVE AND MOVE AND HAVE MY  
BEING, AND FROM OUT THE HEART OF EACH I  
SEND FORTH THAT PHASE OF ME I DESIRE TO  
EXPRESS AND WHICH MANIFESTS IN THE OUTER  
WORLD AS A STONE, A FLOWER, AN ANIMAL,  
A HUMAN.



“Let nothing in  
this world delay  
your remember-  
ing of Him, for in  
this remembering  
is the knowledge  
of yourself.”

“Your value is in  
God's mind and  
therefore not in  
yours alone. To  
accept yourself  
as God created  
you cannot be ar-  
rogance because  
it is the denial of  
arrogance. To  
accept your little-  
ness is arrogant  
because it means  
that you believe  
your evaluation of  
yourself is truer  
than God's.”

-A Course  
in Miracles

*The Impersonal Life (1941)*

## TODAY'S TOOL

### TRAINING CONTROLS OUR THOUGHTS, THOUGHTS CONTROL OUR EMOTIONS.

Many people suffer from anxiety and feel that a problem needs to be solved in order to alleviate the panic, but in fact, that only engages the energy of anxiety as valid and increases it. Solving problems from the perspective of anxiety won't draw to you much of a solution, but only one based on fear as that is the basis of anxiety. So a handy tool to have ready is a basketful of antidotes to anxiety, worry or fear. Instead of becoming embroiled immediately in the problem, select one of the antidotes and simply swallow it like a pill. Here are a few antidotes:

*"I consciously choose to experience this moment,"* and then allow your physical senses to bring you into the moment and actually notice and enjoy it.

*"I am a radiant, joyful, kind, brilliant being of light and love,"* and simply remind yourself of that occasionally.

*"I am a spirit having a human experience,"* and note that the energy you are expressing does not suit your divine intention.

*"Whether or not I am aware of the bigger picture, no doubt the Universe is unfolding exactly as it should,"* and then spend a moment trusting that your part in the bigger picture is as important as any other and you are being prepared, cared for and supported. Allow.

*"I do not know how to solve this problem ahead of me,"* and simply let yourself stop searching for the answer. Stating you do now know will stop the search pattern. Now ask for divine guidance to come in a form you can recognize and act upon. Then let it go as you remind yourself that your brain does not contain the answer.



"To bring to life, to the greatest possible extent, those characteristics, abilities and talents bestowed on you by God is to accomplish your own divine missions."

-The Golden Key to Happiness  
Masami Saionji

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

-A Course in Miracles

1. This Saturday, June 13 from 10am-2pm is the workshop, *Managing Negative Energy*: Practical tools for bringing out the best in you and in others. If you are tired of constantly being bombarded and compromised by negative thoughts and responses, connect with Julie to sign up or for details.
2. Watch for more details about the *Institute of Progressive Therapies*. A one year program is available for those looking for a new career in healing. Hands-on, learning experiences in intimate classes offering powerful healing tools here in Sandpoint. The first program will begin in September. Check out [www.InstituteOfProgressive-Therapies.com](http://www.InstituteOfProgressive-Therapies.com) for details.

## RESOURCES

### READING SUGGESTIONS

1. *A Course in Miracles* (Original Edition) Course in Miracles Society- order from Community Miracles Center on the web.
2. *The Mask, the Mirror and the Illusion: Awakening to the Knowledge of Who You Truly Are* by Julie Hutslar is an excellent companion to *A Course in Miracles*.
3. *The Forgiveness Movement-Freeing the World to Love* by Tom Carpenter is an advanced read for Course followers.



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