

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

WHAT IS GOD ANYWAY?

Years ago I divorced God. We didn't get along. I was sure He didn't like me and I always felt judged and watched. So I said, "Let's part ways." But I still felt him watching me, silent and aloof. And I felt empty somehow. I didn't want that God back and I didn't really even want to think I was missing God, but now what I realize I was missing was a relationship with my Creator. It's like having a good relationship with your mom and dad, it makes life nicer. And in some cases, it defines your self-worth.

So anyway, I didn't really go searching for God, I went looking for a relationship to something greater than me, something that may not really be outside of me, but something that could act as a shining light, a ray of hope, an example of the best I could be. One day I realized God was not what I thought it was. God, or the Divine, as I prefer to call it, is a river. I use the metaphor of an energy river of pure love and infinite peace, and it flows continually. It does not judge who flows with it, it simply flows because that is the nature of the Divine. It cannot do anything else except flow in love and peace. If you want to experience God, go to the river of pure love and infinite peace, and you can experience God. But God cannot be something other than this divine river, even if you really need it to be. It cannot come out of this pure love to punish you, or send wrath down to your enemies or anything actually that does not involve pure love and peace. God vibrates in pure love and it cannot come out of that vibration to be something else, or it would cease to be love. And God is only love! Wrath, judgment, punishment and disappointment are all specific vibrations, but not love.

So I realized the responsibility fell upon me. I had to venture to the river, whatever that meant. I was not a victim, and delays were my choices and all obstacles to that river were mine. Then I realized I didn't have to go anywhere, the river was *inside* of me. It had been there all along, flowing like an underground stream. I could dip in it any time I chose. I could have a relationship with my own godliness. I could choose to allow that vibration to become more evident in my life, and I could share it with others. Suddenly, I found that emptiness was filled. Love started dripping out of my ears and my words were wet with loveliness. It was my own highest self filling me up and spilling out. So the days I cannot find my connection, I know the river has not hidden itself from me, I have simply chosen not to live in love and peace, that's all. God has not abandoned me. That isn't even possible, when we have always carried the Source of Divine waters within us. *Go with the flow!*

-Julie Hutslar



WELCOMING VERSUS RESISTING

What if you could take a metaphysical principle and apply it to your physical life? What good is a metaphysical principle anyway, if it can't help you feel better now?

You know that saying, "What you resist, persists?" Well, the corollary is what you welcome doesn't stay long. Think of company visiting. The ones you dread the most are the ones that stay the longest. Whereas friends that you really have fun with, they never stay long enough.

Let's look at things you don't want to happen. How can you welcome them so they don't stay long? Let's take a cold or this nasty flu going around. No one wants to get sick, not consciously anyway, so why would you welcome it? Only because you wanted it to leave early, like your relatives. It isn't about being sarcastic either, it is about generating the feelings of being warm and accepting. A client of mine was coming down with a cold. He gets very angry when he gets sick, which only makes matters worse if you look at the law of attraction and recognize what he is drawing to him. So I suggested he try this metaphysical principle on his cold. What did he have to lose? He kept a sick log and from his own statistics, the average length of every bout with a cold was two weeks. So it could be longer, and it would be annotated, or it could be shorter, which was his goal.

Day One: every tickle in the throat, every tiny dry cough was welcomed in. "I feel you there, Mister Cold. Come on in, I haven't seen you in a while. Welcome." I am sure it felt odd at first, since sickness thoughts had always triggered anger. Soon he was looking forward to little sickness feelings so he could think of creative ways to welcome them in. What then began to happen was he started feeling better before he ever really felt bad. He kept looking for the deep chest congestion that always followed the initial signs, but he must have welcomed it so much that it just went on out the other side. He was left annotating only two days of what he called 'moderate' (and he never exaggerates) sickness.

This concept can be applied to everything. As soon as you accept yourself (welcome who you are), your deepest frustrations with yourself disappear. Apply it to money; the more you give away, the more keeps coming back to you. Fears always seem so scary, but when you turn the energy of welcoming and acceptance on them, the fears begins to dissipate. What is happening is that you are creating your world with the energy of acceptance and warmth. Guess what you get back? The law of the universe says that energetically what you put out comes back to you. It may seem like you are welcoming a cold, but the energetics read: welcoming, loving, warm, accepting. Does that sound like a vessel for disease?



"When you seem to see some twisted form of the original error rising to frighten you, say only, "God is not fear, but Love," and it will disappear."

"There is no stone in all the ego's embattled citadel that is more heavily defended than the idea that sin is real."

"The body is a tiny fence around a little part of a glorious and complete idea."

-A Course
in Miracles





Walls of History watercolor JR Hutslar 2007



TODAY'S TOOL

A WELCOMING EXPERIENCE

Take this week and try to experience the welcoming energy I discussed on the previous page. Pick something that you are either consciously resisting, or that is bugging or irritating you. It could be a person, place or thing. As soon as you feel the first tugging of irritation or disappointment, or even fear, instead of closing down before it, open up. Say to it, "Welcome, I have been expecting you. What did you bring to teach me? How can I assist you in entering?" And again as you feel any negativity in your internal response, welcome the fear, welcome the message, welcome whatever it is, even if you have no idea what it brings with it. If you stand with arms wide open, you will be disarming the energy of attacking, defending or fear. Those things require resistance and welcoming energy holds no resistance. Welcome...and experience what transpires.



"BE the change you wish to see in the world."

-Gandhi

"Love yourself enough to say no to others' demands on your time and energy."

-Doreen Virtue's Ishtar Goddess message

"Take a risk, and put your heart's true desires into action!"

-Doreen Virtue's Aine Goddess message

1. I will be offering a workshop in Salt Lake City at the end of this month called *Turning Up Your Inner Light*. It is a one day workshop designed to hone your desired focus, identify where there is confusion in your mind, allow sabotaging fears to surface, and co-create with more conscious participation. Saturday, March 29th from 9-3 \$75. Let me know if you are interested. We can only accommodate 15 individuals and it is filling up.
2. My first book, *Relationships: Gifts of the Spirit* is now available on audio. It has not been released yet, but you can order it through me. It is a 7 CD set, read by the author with music between the chapters and an additional disc which contains an entire e-book. It was professionally recorded and edited and is finally ready for commuters and those who love to listen! \$28.
3. *The Mask, the Mirror and the Illusion*, my second book, is in the final stages of editing and will be ready very shortly! Thanks to all those who encouraged me to keep at it!!

RESOURCES

READING SUGGESTIONS

1. *Cracking the Producers Code* by Chad Wade (an exemplary client and dear friend). Designed to help you create a successful and thriving business. I have found great concepts to apply to many areas of my life!



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