

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.

MARCH 2010 ISSUE THIRTY



Encountering Life Issues with Soul Wisdom

NOURISHING THE SPIRIT?

Q: Julie, you mention that nourishing the spirit has value. How is that value translated into someone's life?

Julie: Every time you spend energy, time or money on your spirit self, or any part of you for that matter, you are sending the message that it has value for you. You are increasing its role in your life. And why wouldn't you want to do this with the spirit? It means you have a constant companion that has a higher perspective of everything that happens, wisdom to respond in ways that make you proud of yourself and creativity to enhance the joy, love and richness of your life.

Q: So that would be the premise then of the spiritual retreats you are offering this summer?

Julie: Yes, very much. There are many establishments helping us to give value to all the other parts of ourselves, but the spirit self often gets relegated to the ether because we cannot see it. But this is equal to living next to the Library of Congress which houses every book ever written in the US and never going there for resources. What are you thinking, man?? Get in touch, get connected to your wildest and most creative self. The sky isn't even the limit, since the spirit is not constrained by time, space or matter!! How cool is that?

Q: OK, convinced! Tell me about your retreats then. Who are you facilitating with?

Julie: The Spiritual Vision Quest Youth Retreat in June is with Terri McDonald of Sandpoint. She is a spunky, vivacious and joyful woman who dreamed of this retreat 15 years ago when she was working with troubled teens in outdoor camps. She had hoped to bring about camps with young people who wanted to be there and stimulate their spirit, not just teach camping and wilderness skills. And here it is. We are looking to offer young people the tools to interpret their world more through the lens of the soul versus the ego.

The Spiritual Vision Quest Women's Retreat in August is with my sister, Jan Hutslar. She and I have had parallel spiritual journeys for probably many lifetimes and have wanted to work together, but we have always lived across the continent from each other. Now is no exception. Jan lives in Upstate NY, but is coming out to bring her skills in poetry, her gift in creating a safe and sacred space, and her enthusiastic joy to complete the retreat. She has worked as an education director for years, focusing on spiritual needs and has a rich and genuine practice of her own. The Women's retreat is designed to give women a venue to enrich their own practices, create loving relationships, but mostly to enrich the spirit as we honor and uplift our highest selves.



Q: What if someone wanted to go deeper than just a four day retreat? If they wanted to make a commitment to their spiritual journey?

Julie: The Women's retreat offers many tools which you could put into practice daily that would certainly change the focus of your life if you committed to doing them, but if someone wanted more, then I would suggest the Spiritual Vision Quest which is an 18-month program created exactly for the one who wants more from life than the ego provides. It is about as total as you can get and the group I have now is a walking testament! They are beaming from the inside, sparkling eyes, loving hearts, in touch with their highest selves and learning to listen, heed and act on that wisdom.

Q: How does that work? Does someone have to live here to participate in that program?

Julie: Oh, no. This is a long distance program, the next group beginning in Sept. We meet every 6 months for a week with conference calls every week, sessions and coaching monthly and practically daily emails. It is certainly intense, but gratifying beyond my wildest dreams. That is part of the reason for the retreats, I have seen the shift in this group from these simple tools and awarenesses. It is the joy of my life.

Visit www.jrhutslar or www.SpiritualVisionQuest.com for more info.



“Dream your brother's kindnesses instead of dwelling in your dreams on his mistakes.”

“It is not difficult to change a dream when once the dreamer has been recognized.”

“But who reacts to figures in a dream unless he sees them as if they were real?”

“You are the dreamer of the world of dreams.”

-A Course in Miracles

Jan and Julie

SPIRITUAL VISION QUEST WOMEN'S RETREAT

Create consciously~ live experiencing every gift, every joy, every delight. Learn how to honor the challenges you have created and heed their messages. Be available to release whatever stands between you now and your highest possible expression. Reallocate resources to the spirit as captain. Create new friendships that add to your companions along the journey. Allow yourself to bathe in the vibration of acceptance and love!

Do this for ALL of you!!

Julie Hutslar and Jan Hutslar

August 5-8, 2010

Caribou Mountain Lodge

Sandpoint, ID \$550. (room & board incl.)

Arrive at the Spokane, WA airport for prearranged pickup

Contact Julie for more details, or to reserve your space julie@jrhutslar.com

TODAY'S TOOL

AN OPEN HEART CREATES AN OPEN WORLD

If there were only one thing I could offer in a way that would change your life forever, it would be this: *Keep your heart open.* Everything stems from this. Think about it like this, everyone just wants to be loved, right? When your heart is open, it is like a giant doorway that invites with no resistance. So when someone pushes on you or attacks you, energetically, where do they end up if there is no resistance on your part? They end up on their butt right inside your heart, which is actually what they wanted all along. It is a very strange win/win situation. I say strange because the ego boss would say this is not possible nor permissible because of the nature of the very vulnerable and tender heart. That is the strange part. Where did we get that idea? Because of broken hearts? Because when we open up to love we are betrayed and so on? Of course. But if you watch that scenario energetically, you would see that the problem arises not when the heart is *open*, but when it invariably begins to close. Most of the responses we elicit come from the closing and disappearing inside that heart structure.

To live openheartedly is to invite *All*. It is to say, I am part of this vast cacophony of the expression of life and I resist nothing. What does that mean according to the Law of Attraction? That from the very genuine, powerful, creative, loving and godly part of you draws that ALL in return. I dare you to try just one day and witness the difference for yourself. As ancient fears reveal themselves, simply wrap them in that beautiful loving heart self and embrace them as you would a fearful child. As other people threaten you and your inner peace, invite them in the heart, do not close the door. You will also find that having company in the inner heart is long overdue!



“All that we are is the result of what we have thought.”

-Buddha

“Better keep yourself clean and bright. You are the window through which you must see the world.”

-George
Bernard Shaw

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.”

-Albert Einstein

1. This summer we are offering several spiritual retreats at the lodge on top of the mountain up here in North Idaho. The first one is the *Spiritual Vision Quest for Youth* (ages 11-17) and will be June 24-27. Limited space, so let me know asap if you have someone who is interested.
2. August 5-8 will be the *Women's Spiritual Retreat* also at the Caribou Mountain Lodge. (www.cariboumountainlodge.com) The purpose of both retreats is to inundate your being in spirit, learn tools to manage and create consciously and experience life through the lens of the spirit. Rejuvenate and be inspired! It is already filling, so please let me know if you are interested. \$100 refundable deposit holds your spot.
3. For those art lovers, this spring I will be participating in two one woman shows. One here in Sandpoint at Zero Point, April 23 & 24 and the other is in the San Francisco area May 7 & 8. Look for details on that next month.



RESOURCES

READING SUGGESTIONS

1. *Journey Into Nature* by Michael Roads
Step into the metaphysical world of the physical, experience inside a rock, a tree and other beings.



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