

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 2011 ISSUE FORTY= TWO



Encountering Life Issues with Soul Wisdom

A JOB WELL DONE

Sunday morning I woke up for the first time in over 18 months without the constant 24/7 thought of *what next?* It was bizarre. I felt...what? I didn't even know how I felt. A long awaited work of a lifetime was over. My first Spiritual Vision Quest had graduated. Finished. Completed. Totally and wholly given it all and they received it all. For all the constant guidance about what came next, how to guide the group, how to assist the individual, what to offer next that made sense, how to grow the awareness in an organic and sustainable way, it had worked. The group, or should I say, the unique individuals that comprised that group were not the same entities as when we started. What we all set out to do, we accomplished. I lay there in bed reveling in this fact and also the fact that I was *allowing* myself to revel in it. I wasn't hurrying off to the *next* what next.

That's when it hit me. This truly was a sense of completion I wanted to enjoy. It had changed my life and the lives of all those who are touched by the ones in this group. I had spent years developing the me to be able to facilitate something like this. I deserved to revel in it. The ego however doesn't like that. Why? Because then you might actually find value in yourself, you might see you did something worthy, you might see traits like courage and tenacity and be proud of yourself.

When was the last time you reveled in yourself? Have you made a change lately that took courage, whether it was leaving a relationship or taking steps to recreate yourself? It took courage to do that, didn't it? Even if you are still awaiting the effects, don't overlook the courage. Have you been the president or leader of a group this last year? Take stock. What did you do, how did you behave, what did you lead your group to? It took perseverance and integrity. Have you finished a project that you worked long and hard on? What has it made of you? Are you more open, creative, willing to collaborate or do you feel brazen and independent? Take stock. Revel. Congratulate yourself. Have you finished a program, a schooling, started a business or some other sort of undertaking that required diligence and hard work? Did you put in the work? Did you face the challenges, even though at times it was fearful? You did. You're alive. That is what life is. Facing challenges, braving the rough times and doing the best you can. So take a moment and acknowledge that. You have survived life.

After all, isn't what you are discovering is that behind all the *what nexts* is simply **you**? A courageous, unique, creative, effervescing, powerful, loving and divine being? Celebrate that. Don't let the ego voice erase that powerful truth. Underneath it all is a divine being trying to come out in all you do and are, *so let it and revel in it!!*

-Julie Hutslar

CONGRATULATIONS TO THE FIRST SPIRITUAL VISION QUEST!



(L-R) Erica Nizzoli, Julie Hutslar, Lora Hein, Craig Bivins, Terri McDonald, Ann Goddard, Liz Adkinson, Bonnie Wehle and Katie Smart~ making ripples in the world!

Last week the Maiden Voyage of the Spiritual Vision Quest 18-month program graduated! With plenty of tears, joy, celebration and sense of a job well done, here are some of the comments about our incredible spiritual journey together:

Although we all came to this course for different reasons, I came for spiritual exploration and enlightenment. What I never expected was the love, sense of acceptance, and belonging that I got, in addition to the self-enlightenment, and a box full of tools with instructions too!

I have met my original purpose for this program more than I dreamt possible.

I am eternally grateful to have been led to this program! My life has changed immeasurably, the daily grounding and balancing, the act of handing over the reins to spirit, the awareness of guidance available every moment..I will never be the same!

I feel like I have been through a metamorphosis. I am coming out of the cocoon with focus, openness, calm, joy, knowing and confidence. I am more in touch with myself and All that Is. This group has been key, by having confidence in me, I have learned to have it in myself. By being unconditionally loving of me, I have grown that within myself.

Congratulations on a job well done and many blessings as you all live your truths, changing the world one Divine Soul at a time!



“Every situation properly perceived becomes an opportunity to heal.”

“Vision or judgment is your choice, but never both of these.”

“To give is no more blessed than to receive, but neither is it less.”

“Do you not see that all your misery comes from the strange belief that you are powerless?”

-A Course
in Miracles



Katie Smart's gifted artistic rendition of a Divine Self

FAMILY HEALING

A conscious family is a group of people who realize they have come together for a reason, and even though they may not understand what that reason is still look for ways to communicate better, understand each other, receive their messages without killing the messenger and heal the past. I have found that family often represents some of the most challenging roles in one's story and so doing work with family can be some of the hardest. This month consciously decide to allow the messenger to offer the message and you receive it in kindness. Allow yourself to find a place of forgiveness for yourself and others in your family as you relook at childhood stories, not from the hurt little girl's or boy's eyes, but from the mature adult of now.

Several of my friends and clients are asking about family retreats and we are custom tailoring them to fit their specific needs with a mediator and someone who can hold the perspective of the spirit (or what you are teaching and learning from one another unbeknownst to the ego). Let your creative self gnaw on the family dynamic and see what surfaces. If you look at things from the heart perspective, what you will receive is healing and love.



“Only as high
as | reach can |
grow, only as far
as | seek can | go,
only as deep as
| look can | see,
only as much as |
dream can | be.”

– Karen Ravn

“Taking an interest in what others are thinking and doing is often a much more powerful form of encouragement than praise.”

–Robert Martin



RESOURCES

1. Many clients have asked me over the years if I could paint their Divine Self, a beautiful way to remember the powerful self you truly are, so easy to forget. Now Katie Smart has a unique and gifted way to remind you. Through the use of many media, sparkles, paints, pastels and papers, she now offers something that will benefit you your whole life: a personal expression of your own slice of divinity. Three sizes: \$150, \$250. and \$500. Contact her for more details. *Katie Smart (801)560-7433 smartkathleen19@yahoo.com*
2. The Spring Women's Retreat is starting to book, please connect with your friends and make sure you let Julie know if you are interested. Only 10 participants in this group, it will fill up fast. Contact *julie@jrhutslar.com* or visit *www.jrhutslar.com/public/retreatspage.htm* for more info.
3. The next class of Spiritual Vision Quest 18 mo. program begins this August 2011. Already half full, visit *www.luminousepinoia.com/SCS/SCS-SVQ.htm* for more info.
4. Check out the first class of Core Belief Restructuring practitioners! *www.CoreBeliefRestructuring.com*



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