

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.

MAY 2009 ISSUE TWENTY



# Encountering Life Issues with Soul Wisdom

## LOOKING FOR DEEPER FULFILLMENT

Seems like buried deep within everyone is a yearning, a distant longing, like the call of the wild. Could be a romantic lover in Paris or a solo escape to a far-away isle, but for me it is the call of the savage wilderness deep within the most remote and uninhabitable mountains. Something cellular calls me, as if within that pristine and wild landscape holds a part of my heart. It almost hurts, the longing is so powerful when I come close to those ancient beauties that seem to hold part of my soul. Seeing them is not enough, I need to be in them, a part of them, lost to them.

In my quest for satisfaction, I have sought out all the major mountain ranges of North America and Europe, visited Mt Fuji in Japan, volcanoes in Hawaii and Costa Rica and am just now returning from the "Crown of the Continent" ~the powerful and stunning mountains of Alaska. I flew over the fjords and glaciers of Prince William Sound, boated below the majestic snow-capped peaks of the remote Kenai Peninsula and circled the entire Wrangell-St Elias range. Never have I participated in such beauty, felt such an exhilaration, been stimulated through to every cell by connecting to the grandeur and wisdom of each peak and valley. And yet, it still wasn't enough.

As I pondered the meaning of my deep longing, I wondered, is this something from another life? A sense of joy and peace that I cannot remember, but only intuit? Or is this a very clever disguise of the ego once again? Holding out a carrot, "come here, no, it's deeper, not there, no, it's further in, no not yet, keep searching..." Then I hear the familiar voice of my inner wisdom. "True peace and joy are only found within. Use your exuberance and delight to guide you inward. There you will not be disappointed. There you already have found peace~ simply remember that."

So, recalling my spectacular trip, I bring the love of the mountains home with me and their wise message that what I seek, I already am. When I feel the longing, I close my eyes, recall the feeling of the grandeur of the mountains and I know that I am that mountain and am filled with the peace I was seeking.

-Julie Hutslar





*Wrangell-St Elias Range*



*Prince William Sound*



*Muncho Lake, Yukon, Canada*



*Halibut Cove, Alaska*



“Give each other  
faith, for faith and  
hope and mercy  
are yours to give.”

“All idols are the  
false ideas you  
made to fill the  
gap you think  
arose between  
yourself and  
what is true.”

“Within himself  
(you-the Child of  
God) he has no  
needs, for light  
needs nothing  
but to shine in  
peace and from  
itself to let the  
rays extend in  
quiet to infinity.”

-A Course  
in Miracles

## TODAY'S TOOL

### LET SOMEONE GO

The delightful captain of the C-Jeep tells me a story of something that happened 73 years previous, when he was a 10 year old boy in Fairbanks, Alaska. He was singled out by his glee choir teacher as having the most horrible voice imaginable and was vehemently instructed to "stop singing". He still remembered the way he felt, what he was singing, but especially the old battleax (as he called her) herself. For 73 years he has been carrying around the energetic connection to this woman and what it meant to him, as he never again sang or liked to go to school after that. He rejected my suggestion that it was time to forgive, so maybe he could at least let go.

Here is an effective method for cutting the cord. Choose someone who comes to your mind after reading this. Look them in the eye with your inner vision. Tell them exactly how you feel about them, how long you have carried their message for you and everything else you care to share. Get it all out ~ every crevice and corner of anger, resentment or sense of worthlessness. Try to see the situation through the eyes of a by-stander or as an adult now. Step into their shoes, what might have precipitated such behavior? If you can forgive them with renewed vision, all the better, but if not, then at least try this.

Set the person on a small boat tied up to a dock. With your mind's eye, bless them on their continued journey, wave goodbye and then take the line that you are holding in your hands which keeps them at the dock and throw the line aboard. You are no longer connected to it. Stand and imagine you are watching the boat with your memory of this person and all they represent to you sail or drift off into the ocean. Know that your energetic connection with them is no more as they recede further and further from your shore.



"There is no way to peace.

Peace is the way."

--A.J. Muste

"I saw the angel in the marble, then I carved and carved until I set him free."

--Michaelangelo

"If we have no peace, it is because we have forgotten that we belong to each other."

--Mother Teresa

1. This weekend is the yoga retreat "*Living on Purpose*" at the Alta Lodge in Alta, Utah where Julie will be offering a mini-workshop Saturday night (May 16) from 7-9pm. All are welcome for Julie's talk/workshop (*Releasing What Binds You*) at no charge. If you live in the area and want to stop by, we'd all love to have you!
2. June 13 from 10am-2pm is the workshop *Managing Negative Energy: Practical tools for bringing out the best in you and in others*. Connect with Julie to sign up or for details.
3. Watch for more details about the *Institute of Progressive Therapies*. We have many classes taught as intensives already scheduled for this summer available to the whole community. The first program will begin in September. Check out [www.InstituteOfProgressive-Therapies.com](http://www.InstituteOfProgressive-Therapies.com) for details.
4. Sunday May 31st, Julie will be the guest speaker at the *Gardenia Center*. Everyone is welcome. The topic will no doubt be *Course in Miracles* based, mark your calendar if you are local to Sandpoint. (10-11am)



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