

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 2010 ISSUE THIRTY-TWO



Encountering Life Issues with Soul Wisdom

WHAT IS LOVE?

The oldest question of time, usually precipitated by the oldest story of time is, "If s/he loved me, how could s/he do that?" So instead of looking at someone's motivation, how about looking at what exactly love is?

Love is a catch-all word that unfortunately includes many things that are not really love at all, but masquerade as love until the drug wears off. The most commonly misunderstood usage of the word love is actually lust. It is a simple biological simultaneous release of three hormones, called dopamines, creating a natural high for the purpose of procreation. Of course, when it's happening to you, it feels like everything you ever wanted in life, it feels like this other person completes you, like you have found Nirvana. After a certain amount of time has passed (a few female cycles), the drug slows down and eventually stops secreting its insidiously genetic purpose and you may be left wondering what you just did. During this state, which is the material of affairs, no logic works. Truly, the only thing that matters now is smelling, feeling, hearing or touching the Beloved. And let me stress here, this condition has nothing to do with the dumbfounded spouse. It is completely natural, chemically-based and part of the chain of human evolution, but it is not love.

Love is lasting, love is accepting, love is patient, kind, enduring. Love is caring for someone no matter what they look, smell, or feel like. Love is a state of mind. It actually has to do with the one who is loving as opposed to the Beloved. If you have the ability to love, to love unconditionally, which is the only kind of love there really is, it is you that finds love in all things. No conditions, no need for special love (if you love me, I'll love you back), only the open heart energy of acceptance and joy.

Other types of love include protective love, and this is a way of demonstrating love through taking care of others. Maternal love is the love of a mother, often unconditional, but reserved for ones of their own species, especially own off spring. Filial love is loving someone like a son or daughter, which is a combination of protective and maternal. Brotherly love is caring about someone like an equal, and erotica is having a love of something because of the way it looks and makes you feel such as a woman's body or a guitar or boat. Some people have obligatory love or dutiful or loyalty for someone, a team or a country. This again is not true love as there are always conditions.

Agape, or true love, has no conditions. *Because I love, everything and everyone in my world is worthy of love.* This is what one capable of love would know as a Truth. Love is the essence of the Divine, it is the vibration of the life force energy of the Universe, of all that lives. Love is bigger than any one individual, love is the antidote to all fear. Love overcomes all obstacles. Lust does not, obligation does not, erotica does not, but Love, with a capital L does.



So can you assess your various relationships according to this list of ways to feel about someone? How would they come out? Bottom line, we all want to be special to someone. With that as our motivation, we invariably create relationships that are conditional and then we are saddened when some condition is created that challenges that specialness. What if you knew you *were* love? If you knew that no matter what anyone else said or did, you would still always be unique, divine and god-like? It would help you not take things so personally, but it would also lay the groundwork for truly holy relationships based on mutual love, not special love. Then what someone else did or did not do would really not have anything to do with your perfect love at all. We could see the experience as something we participated in creating for some reason, perhaps a reassessment of the rules of the relationships, perhaps as a way to identify what is missing or what has been deleted long ago from the relationship that is still desired. There are many opportunities for learning and growth if we can step out of ego long enough to see them and the only way to do that is to understand what love really is. Love is what you are made of, so it is your birthright. Look no further than your own heart.

-Julie Hutslar

SPIRIT VISION RETREAT CENTER on its way!!

A fortunate situation created the impetus to get our retreat center underway! When we found out in April that the lodge we had always rented to do retreats and intensives was going to have the adjacent 40 acres logged during the time of the retreats, it forced our hand. Much thanks to my industrious husband, we have a little village of *yurts* going up on our property in a beautiful forest setting with a long view of the valley and mountains beyond. Clearing has just begun for the village, the bath house is underway and the natural amphitheater is also emerging. Stay tuned for pictures and news as it develops!



Yurt from Shelter Designs in Montana



“All uncertainty comes from a totally fallacious belief that you are under the coercion of judgment.”

“Questioning illusions is the first step in undoing them.”

“When everything you retain is loveable, there is no reason for fear to remain with you.”

“Know yourself in the One Light where the miracle that is you is perfectly clear.”

-A Course
in Miracles



There all Along (2010)



TODAY'S TOOL

A SWEET LITTLE GRATITUDE SONG

Feeling like you can't let something go, something is needling you, someone you can't get off your mind or forgive, mind filled with chaos or feeling anxiety?

One of the quickest ways to step out of that all encompassing energy is to step into gratitude, and the sweetest way is to make a song out of it. If you simply stop midthought and start your little gratitude song, it flows and you add words and things and people to keep the rhythm. Pretty soon, like in minutes, you feel on top of the world again, loving, open, expansive, grateful, joyful, blessed and abundant. Then what you were worried about doesn't really have a hook in you. It can be as silly or as elegant as you like, but when you take out your gratitude song, your heart instantly lightens! Try it!



"I believe that unarmed truth and unconditional love will have the final word in reality."

-Martin Luther King, Jr.

"In the middle of difficulty lies opportunity."

-Albert Einstein

"Life is eternal, love is immortal and death is only a horizon. And a horizon is nothing save the limit of our sight."

-Rossiter Worthington Raymond

1. This summer we are offering several spiritual retreats at our new center here in North Idaho. The first one is the *Spiritual Vision Quest for Youth* (ages 11-17) and will be June 24-27. It is filling up so please let me know asap.
2. August 5-8 will be the *Women's Spiritual Retreat*. 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! Only two spots left! \$100 refundable deposit holds your place.
3. Many thanks to all who turned out for my art show in the Bay Area last weekend. It was quite an event and a tremendous joy reconnecting with so many friends and meeting so many new faces! Thank you all so much!! My art work will be featured at *Studio 7 Fine Arts* in downtown Pleasanton, CA, stop by for a visit, it's a lovely gallery!



RESOURCES

READING SUGGESTIONS

1. *Attitudes of Gratitude: How to Give and Receive Joy Everyday of Your Life* by MJ Ryan



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