

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.

NOVEMBER 2007 ISSUE TWO



Encountering Life Issues with Soul Wisdom

PAINTING A NEW FAMILY PORTRAIT

While motivated to grow in your spiritual awareness, it is often family members who either discourage that growth or who cannot seem to support it, creating an energy weight. Much of the time it comes from what we think others think of us as opposed to what they really do. So a suggestion is to consciously choose to upgrade the images we have of our family. And Thanksgiving time is a worthy goal, since most people dread the potential negative experience of being around so many family members in a tight space. So in order to put the zest back into your family gatherings and to be able to genuinely look forward to them, try this.

Start with the family member that first comes to your mind. It should be the one that holds the most negative attributes for you, or at least presently. Gather a list of negative emotions (there are two pages at the back of *Relationships: Gifts of the Spirit* as well as two pages of positive ones or compile your own) and ask yourself this question: *What emotions describe the way I feel about this person?* And be honest. Scan your list. (Putting the list together when you are neutral and just looking for recurring negative emotions helps when it is time to locate specifics) You will find some emotions still hanging in there from experiences generated a long time ago and difficult or challenging moments. Will you find resentment, anger, powerlessness or feeling judged? Remember you are looking for how you feel about them. Let them all out. Look at your list, some makes sense, others may be residual emotions, but now it's time to upgrade.

Look at who they are now. Look at who you are now. You have both changed. And most importantly, you are both doing the best you can with what you believe you have. Imagine them in a vulnerable situation, as a child, sick or somehow needing love and attention. Use this softened compassion to open your heart to allow them to grow and upgrade in your mind. Say whatever you need so you can release these antiquated images of them that keep you from connecting or feeling supported. Know that you do not know their specific contract in this life, but acknowledge you chose them. Now ask what images that same person has of *you*. This requires you be more neutral, you may be surprised. Maybe you find you threaten them and that is why they are defensive and closed around you. It changes the dynamic when you have inside information. But do not use that against them, talk to their Higher Selves like you did to yourself about releasing those out-dated images of them. Then go to your next family member and the next until you have a new mental picture of your family. If you are zealous, get the list of positive emotions and plant a few in there for each one. It is very empowering and you cannot imagine the results. I can tell you from first hand experience, it changes the very dynamic of your relationships and no one ever had to have an altercation, face up to your old junk or get a Dear John letter! Enjoy your Thanksgiving, with or without family present!

-Julie Hutslar

SATISFIED WITH DOING THE BEST YOU CAN

Do you ever evaluate an experience based on the perfect response, or the perfect outcome? You look at what could have been if you hadn't gotten angry or if you hadn't lost your patience or if you hadn't become overly-emotional. Then as you review the experience in your mind, you layer on guilt to the thing that has already transpired and is over. Now that it has guilt dripping all over the memory, your mind wants to pull it out and recall it as if it were a bizarre tabloid headline. And the more you recall it with the initial response which wasn't what you had intended, which means you failed, the more self-loathing will then find its way into the mix. Then what was originally an innocuous experience that challenged your peace has now become an energy bubble of blame, self-loathing and guilt.

How do we learn from the past without beating ourselves up? Does it help to review an experience and see how we might have done it better? It sounds like a good idea, the problem is, once we 'review' something we go into judgment. We then feel the need to label good and bad, right and wrong. And that system only sets us up for failure or success, and nothing in between.

Have you ever watched a parent disciplining an out-of-control child in a supermarket? If you have ever been a parent, you know that to judge that experience is to not have a clue what you can be driven to with children at times. But when it is you that is losing your temper and raising your voice, threatening and scolding, after you have calmed down, you silently berate yourself for allowing a small child to raise your blood pressure like that. You swear that you will not react with that kind of animosity again. Then when it happens again, you add more guilt based on your inability to change responses. Then there's the resentment that will accompany the guilt, that someone drove you to this. So the more you see this side of yourself, the more you don't like what you have become. Someone is bringing out the worst in you and you don't like them for it. Maybe it is best not to evaluate your past experiences?

One idea is this. If you know you are doing the best you can at the time, and I am assuming you are, since it is what you are capable of given this exact circumstance, then simply rest assured that that was the best you could do then. It was the best you could do. Period. End of story, end of review, no judgment other than that necessary. And then you simply close the chapter on that experience by saying you choose not to light the future with fuel from the past. You don't hate anyone, resent anyone, need to blame anyone or feel compelled to carry guilt. Doesn't that seem like you have grown and learned in a way that reviewing does not allow for? You have done the best you could. Period. Now light your future experiences with unimaginable possibilities!

Faith Walk Column by Julie Hutslar *River Journal* Nov. 7



"The only real mastery is through love, not in trying to master fear."

"Nothing you do or think or wish or make is necessary to establish your worth. This point is not debatable except in delusions."

"Preoccupations with problems set up to be incapable of solution are favorite ego devices for impeding learning progress."

-A Course
in Miracles



For me capturing a scene through paint is to bring a feeling with me long after the moment has gone. And then other people for a long time can feel that same feeling and allow it to bring them peace too.



TODAY'S TOOL

USE OF AFFIRMATIONS

Many people use quotes and affirmations to help them remember things they want to become or draw to them. Posting positive comments around are very helpful and can be nice reminders of a spiritual goal. For example, you can paste certain words like peace or abundance or non-judgment on your computer monitor, but one thing I have found is that if you leave them for longer than a week, they lose much of their punch. Try changing them every week. Pick a day of the week, say Monday or Friday, and vary the affirmation or change it. Allow your present mood and focus to direct you. Then you are being stimulated effectively and not simply staring at words that have long since lost their fizz.



“A pessimist sees the difficulty in every opportunity. An optimist sees the opportunity in every difficulty.”

Sir Winston Churchill

“A perfectionist is really an imperfectionist, since they only look for flaws and not really for perfection.”

Cheri Huber.
Zen Buddhist

OVERVIEW

1. Check out the *Forum* on the electronic bulletin board. There are a few strings of questions and thoughts that have been very helpful and encouraging. www.jrhutslar.com and click on Forum.
2. For those of you who are local to Sandpoint, don't miss our Wednesday evening *Encounter Group*. So far the people who have come on each specific Wed. were certainly divinely guided as the issues were either identical or some person present had timely guidance for another. The article on the front page was a result of one forum meeting. Bring yourself and your willingness, nothing else is required of you and connect with other people on a common journey.
3. If you want a friend to receive this newsletter, just e-mail newsletter@jrhutslar.com with their e-mail address and they will receive the next month's issue.



RESOURCES

READING SUGGESTIONS

Dialogue on Awakening
by Tom & Linda Carpenter

There is Nothing Wrong with You
by Cheri Huber

Feelings Buried Alive Never Die
by Karol Truman



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