

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.

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Encountering Life Issues with Soul Wisdom

FINDING THE BELOVED

I remember reading about unconditional love a long time before I had ever really experienced it, but I knew it was a worthy goal. I recall an incident that exponentially propelled me along the love path. I wanted to express love to everyone I met, but didn't know how. I began staring at a man in front of me in the post office, watching him move, watching his mannerisms, his odd idiosyncrasies and I remember thinking, how am I supposed to have unconditional love for *that* man? I don't know anything about him and I really don't care for his looks. I tried watching some more, hoping some spark of enlightenment would open a door and I could find a place in my heart to love him. Mind you, he had no idea what I was doing in my head or even who I was. He was simply my guinea pig.

Then it occurred to me, someone probably loves him just as he is. I imagined a spouse or dog or parent that lit up when he entered the room. He was their Beloved. I put myself in the shoes of this imaginary one who loved the man with the thinning hair and the missing chin. I reviewed the characteristics I had already judged as lacking, but this time through the eyes of the one who saw him as Beloved. Suddenly every strange throat noise and lip licking became a recognition of love. The smell I deemed as unpleasant, the Other recognized as comfort or friendship. The more I imagined myself in the shoes of this one who adored my guinea pig, the more desirable he became to me, not sexually, but as a human, a friend, a loved one. He suddenly became someone I knew. I imagined that when this Beloved dozed off to sleep, his lover would simply stare at all his features, but instead of finding them lacking, found them adorable, precious, priceless. She would stare, like me, but not out of curiosity, but to memorize every wrinkle on his face, every mole on his skin, every piece of scaly skin on his forearm. He was truly loved, unconditionally, no matter what smells he emitted or odd habits he exhibited, it didn't matter. My heart had genuinely softened towards him. I found myself expressing deep love for him, like the one who saw him as precious. I wanted to reach forward and hug him with all my might. I chose to direct my love towards another person and then a passerby and each one materialized in front of me as someone's Beloved. As I put my whole self into it, I realized I had found a way to genuinely love someone I didn't know.

It was my turn in line and I approached the counter wondering who loved this clerk. I smiled a smile of beloved recognition and the clerk lit up. I realized this loving without boundaries could very well be contagious!

-Julie Hutslar





TODAY'S TOOL OBSERVE & SERVE

Today's tool comes to us via my dear friend and engineer in SF. He's offering a handy tool to break the cycle of the ego drama. Quite often we get caught up in an interaction with someone whose ego is full blown and we take the bait. Pretty soon we are rationalizing, justifying and arguing; just what the ego loves best ~ attention! There is no way to come out ahead here since it has judgment and separation at its root. We seethe and come up with all sorts of thoughts and arguments to justify why we are right and they are so very wrong.

One day, while engaging in this mind game, my friend received a call from someone upstairs who needed his service, after all he is an engineer. He gladly ran up and took care of it, happy for the chance to take care of someone's need and that is when it hit him. He wasn't angry at his boss anymore, in fact, he didn't even care what it was about. This led him to understand his way out: **Observe** the ego is in charge, then take the reins and consciously choosing to **Serve!** Serving instantly removes the feeling of separation, creates a genuine way to connect and deflates the ego. One swift move, but amazingly divine results! **Observe and Serve!**



"All answers are available in this one precious now moment. We are always equipped with everything we need right now, for every now moment."

-Nouk Sanchez

"Take Me to Truth"

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

-A Course in Miracles

1. Check out the web page: www.jrhutslar.com for two new You Tube videos. One on *Core Belief Restructuring* and the other on *Spiritual Vision Quest*. You can also find more info on www.SpiritualVisionQuest.com. Also, watch for Guided Meditations on You Tube. The first one is available to anyone who has concerns they would like to release. Spend a few precious moments being guided to dissolve all current worries and concerns. I'll let you know as soon as it is posted.



RESOURCES

READING SUGGESTIONS

1. *A Course in Miracles Original Edition*
An easier to understand version than the more commonly available *Foundation for Inner Peace* version. Either version includes a text, workbook for students and manual for teachers. Their purpose is to teach the undoing of the ego and the restoration of reality.



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