

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 2010 ISSUE THIRTY-EIGHT



Encountering Life Issues with Soul Wisdom

GRATITUDE AS A VENUE FOR MANIFESTING DESIRES

You have heard me mention focused clarity as a way of bringing what you want into your life? *Focused clarity* is simply holding a thought or image consistently with detailed clarity. Quantum physicists tell us that at the very core of the atom, that which everyone previously believed defined itself, is only swirling potentiality. That, in fact, is what Wallace D. Wattles in the early 1900s calls the *formless form*, form awaiting its definition. Then how do things come into manifest form? *As an idea*. An intention held with purpose and clarity until the steps to form it unfold through a creative process. Everything begins as an idea first in the mind. The reason most of us are not able to create the life we desire, after all this is our co-created world, is because of the chaos in our minds. We see too many glittery, shiny objects that attract our attention and we lose whatever focus we may have had on any given day. There is nothing for the formless form to grasp onto long enough to manifest itself.

What do you think would happen if you elected to focus on one theme or desire for a month with clarity? Do you think the potentiality of all those atoms racing around being nothing might find manifest form? Do you think it might be worth the try?

The American Indians believe that if you do something from one Moon to the next, you own it. Whatever it is, you have etched it into your mind after a consistent month and you can call upon it at will after that. The problem is, the ever thinking, logical brain gets in the way. It tells you that you still do not have the thing you seek and dissipates the focused clarity. So affirmations of things you do not have often go by the way of dissolving in power because the brain is simply doing its job.

Here's an idea. Gratitude. Gratitude is an energy that draws forward powerful, flowing, connecting, open and available energy. To spend a moment in genuine gratitude is to open the door to feeling connected and loved. It shifts the stagnant energy of longing and waiting. It gets energy moving. What if we combined this powerful force that is gratitude with desire? Normally, we think of being grateful for what we have, but implementing gratitude ahead of time is an interesting concept. First off, it opens you up to the possibility of whatever you are being grateful for. You entertain the idea that it *already exists* in your life. You are planting a seed in the mind, *the idea*, that begins the process of manifesting. Secondly, stepping into genuine gratitude for something allows you to feel what it truly feels like having gratitude for something you do not have yet and that feeling ignites the manifesting process as well. Let's see how this might work.

Being the month of Thanksgiving will assist your goal. Every time you see something that has to do with Thanksgiving, remind yourself of your own inner desire and offer it up in gratitude. For example:

I am grateful for owning my home and belongings free and clear.

I am grateful for having a healthy, slender and fit body.

I am grateful for finding & living the livelihood that fulfills & supports me.

I am truly grateful for the miracles active in my life & being so miraculously supported and loved.

I am grateful for being so fulfilled by my loving companion.

When you wake up in the morning, begin your day with your gratitude. No one is keeping you from it, only your lack of focus or attachment to not having it. As you walk through your day, remind yourself frequently of this gratitude creating unmanifest potentiality into manifest form. You are not taking from someone else, there is no judgment in the Universe, only your own. The formless form is there waiting for someone with focused clarity. Before bed, repeat this focus with authentic gratitude in your heart, the exact same gratitude you would feel if you already had it. Settle into sleep with the knowing you are playing your part in this realm, ordering what you have every right to order up out of the formless form, with gratitude. Then at the end of the month, you will be eternally grateful for the ability to focus with clarity, because that was the only thing that ever stood in your way! Happy Thanksgiving!!!

-Julie Hutslar



Get ready for the **Women's Winter Retreat!** Not for babies! Snow shoeing, snowball throwing, invigorating and stimulating discussions, warm meals, cold noses, learning, asking, sharing, challenging, embracing, hot chocolate and melted marshmallows, offering, intuiting, believing, knowing, loving... get ready. **January 13-17, 2011**

Spots are already being reserved. Only space for 10 in this retreat. www.spiritvisionretreat.com



“Everything you perceive is a witness to the thought system you want to be true.”

“(The Divine) does not require obedience, for obedience implies submission. S/he would only have you learn your own will and follow it, not in the spirit of sacrifice and submission, but in the gladness of freedom.”

“Every loving thought that a child of God ever had is eternal. Those which his mind perceived in this world are the world's only reality.”

-A Course in Miracles



Canyon's Edge Winery in Kennewick, Wa is currently showing Julie's artwork through January.

YOUR WORD IS YOUR WAND

How often do you say, *I could never do that*, or *I'm not good with numbers*, or *That never happens to me*? Even though that might be your history, if you want to use history to create the future, keep in mind that your word is your wand. Florence Scovel Shinn wrote in the 1920s that you create your reality with your words. I certainly believe that you reinstate it. She believes that you can then change your reality with your words, accompanied by the belief that anything is possible.

Many times we find ourselves reluctant to do something or try something because of a history of failure, but what if we decided that today was a new day? Today has never existed before and it comes complete with infinite possibilities. Use your words as your magic wand. Instead of saying, *I can't do that*. Try, *This should be a wonderful challenge*. Instead of *I have never succeeded at that before*, try *Here is the long awaited success while experiencing this*.

The possibilities are infinite, but don't set yourself up for failure before you have even begun by affirming failure. *Affirm infinite possibilities*, which means something unexpected might just happen too!! Your word is your wand! Create anew!



"What would you do if you knew you would never fail?"

"What I do today is important because I am exchanging a day of my life for it."

"Today you are you, that is truer than true. There is no one alive who is Youer than you!"

-Theodor "Dr Seuss" Geisel

1. Plan ahead for the *Winter Women's Retreat* in January with snowshoeing (Jan 13-17), or the spring one in May (May 26-30). Also, two *Youth Retreats* are scheduled for next summer. (Beginning~ June 26-30, Advanced~ July 19-23) All at the Spirit Vision Retreat Center in Northern Idaho. www.jrhutslar.com/public/retreatpage.htm
2. Watch the calendar and plan ahead for a *Couple's Retreat* based on how to view challenging relationships as opportunities for growth, seeing others as a mirror for our own personal awareness and how to find joy by taking responsibility for it. If you are interested, connect with Julie to find out details. julie@jrhutslar.com



RESOURCES

1. *There is now help for those people who are looking to get organized, downsize or reorganize after a death.* Peggy Braunstein of Sandpoint, ID (208)263-7212 offers expert help with a compassionate heart.
2. *Just about everyone who came to the retreat center this year asked about where we got our fabulous yurts. Here is the web site for Shelter Designs and I highly recommend them.* www.shelterdesigns.net
3. *The Game of Life and How to Play It* by Florence Scovel Shinn



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