

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.

OCTOBER 2008 ISSUE THIRTEEN



Encountering Life Issues with Soul Wisdom

WHAT ABOUT POLITICS?

On the eve of a very emotional presidential election it couldn't be a better time to have a look at how we can view politics through the spiritual lens. Two issues need attention. One is that as a spiritually conscious individual it is imperative that you do only one thing and that is remember that we all have higher selves. No matter what your opponent may say, do, or believe, the only thing for you to do to be part of the solution instead of the problem is to hold the constant image of the highest potential, the Divine Self of each candidate. Not only that, but of each person you find yourself frustrated with, given that their views do not coincide with yours. This country is on the brink of a civil war as the media has pitted red against blue, conservatives against liberals, race against race, gender against gender. This election has them all. To offer your energy to any fight is to empower the fight itself. Spiritually evolving individuals must be present now with a light much brighter than the fights. You must hold an image as radiant as a star that within each of us, no matter what our political persuasion, no matter who is expressing themselves as evil, or who is calling someone an Anti-Christ, the bottom line is we all carry the Christ Consciousness within. It is not possible to exist otherwise and even when no one else can see it, even when it doesn't seem to be evident, it is our job to remember that it exists. We must let it shine within our collective minds.

The second issue is this: everything that happens in this Earth experience is only for the purpose of our personal growth. You can use this political experience to either rise to the occasion or sink to the lowest. When you give something your energy, you empower it. So to validate evil or negativity, or whatever it is you wrestle with in your opponent, is to validate its existence. Remember, it is only an illusion, your job is to hold steady to the truth that we are simply here to use these experiences we manifest within this illusion to grow ourselves back to the memory of our Divine Selves. Anything else is a distraction and wasting valuable energy. It is simple, be part of the problem, encourage dissent and separation or be part of a well-needed solution by holding the truth of our Oneness and Divine natures as a constant beacon.

- Julie Hutslar

THE BUSINESS OF BUSYNESS

On a scale of 0-10, (10 being red-line, overload) where do you think you fall in being busy? Is that how you want it to be? Did you have 10 minutes today to sit and simply relax, have a glass of iced tea and read your favorite internet newsletter? Or were you going non-stop from the minute you got up? If you're like most people, your mind starts the moment you awaken and has a hard time shutting off when you go to bed at night.

I think it's epidemic and I don't know why, but I know it is another venue for the ego. There is this inherent belief that if we just get this one thing done, then we can rest, and if we accomplish this other thing, we can have a greater value on our lives. But in truth, there is always one more thing to do until the day you die. This became very apparent to me this last month while I was helping a good friend sort through the personal effects of her husband of 30 years. He and their daughter exited this physical incarnation through a plane crash in one violent instant. In one moment, all plans and projects came to a sudden halt. As I sorted through his unanswered mail and unopened bills, I came across an itinerary for a cruise that baffled me. I couldn't figure out how he had gone on this cruise and also been on the plane that crashed over Moab. My friend informed me that he had cancelled the reservation at the last minute, conscious of the money. She added he had always wanted to go on a cruise. We came across many unfinished piles, projects, half begun dreams, now laying lifeless and without the energy required to motivate them.

I came home intimately aware that each moment may very well be the last in this physical existence. But as soon as I got back to my own schedule; accumulated emails to return, calls to answer, sessions to schedule, commissions to finish and within a week, I was more harried than ever. It felt very wrong. I barely had time to access the valuable guidance that makes my life fulfilled. I went to bed at night exhausted. Finally, I stopped and asked myself: *If this were my last day, is this how I would have wanted to spend it?* I stopped. I sat down and pet the dog. I laid her head in my lap and chatted. I saw her beautiful smile. I called my sister and got my teenage niece on the phone and found out she got her nose pierced. Wow, what else had I been missing?

I left my crazy life in San Francisco years ago to have a life I could manage and enjoy. But I realize if you aren't diligent, no matter what you are doing, working or not, big city or small, the craziness of busy-ness will creep into your moments and steal them. What if today were your last day with your loved ones in this body as their friend/lover/mother? Why are you doing any of this? If it really is to establish your value, which is ultimately why we push ourselves so much, the Truth is there is nothing you need to do or can do to establish value on yourself. It has already been established by a Divine Creator the moment of your existence. You can sit down tonight snug in the thought that if you did nothing at all for the next 10 minutes or 10 days or 10 years, you would still be infinitely valuable to your Creator.



“The world can give you only what you gave it, for being nothing but your own projection, it has no meaning apart from what you found in it and placed your faith in.”

“Whatever you hold as dear, you think is yours. The power of your value will make it so.”

“Guilt makes you blind, for while you see one spot of guilt within you, you will not see the light.”

-A Course
in Miracles



TODAY'S TOOL

One way to keep your schedule what you would like it to be is to take on only things that feel right to you. Use your own personal integrity and trust your guidance to make choices. Even though someone else might suggest something, double check it with your own desires. Even if they have perceived authority over you, or if you feel they know more than you, always reserve the final choice as your own.

I took this picture to remind me of that very thing. Ready to disembark our kayak for the shore, I was placed next to an unstable, moss covered log sticking out over the water and told by my man who controlled the rudder to go ahead and get out. I refused. It did not feel secure and so to prove that it was a perfectly fine decision, he then proceeded to exit via the moss covered log.



Wet Socks ~ Glacier National Park



"I'll tell you everything I've learned and 'love' was all he said."

-The Boy with the Moon and Stars On His Head by Cat Stevens

"If you are irritated by every rub, how will you ever be polished?"

-Rumi

1. October 18th marks the date for a watercolor techniques workshop. It is a follow up to the workshop on *Unkinking the Creative Hose* and will be from 10am-2pm at my studio on Caribou Creek. It takes the next step in exploring watercolor as a method of expression. Contact Julie for details.
2. Mark your calendar if you live in the Seattle area. Dec 13th, East West Bookshop on Roosevelt Ave is hosting a talk on *The Mask, the Mirror and the Illusion*.
3. *The Mask, the Mirror and the Illusion* is now available on Amazon and can be ordered through your local bookstore. you can still order it through Julie's web site and get free shipping through October.
4. Look for 2009 schedule of workshops with Julie posted on her web site. They will include *Unkinking the Creative Hose, Turning up Your Inner Light, Managing Negative Energy, and Transforming Challenging Relationships*.



RESOURCES

READING SUGGESTIONS

1. *Power versus Force: The Hidden Determinants of Human Behavior* by David R Hawkins



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