

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 2009 ISSUE TWENTY-FIVE



Encountering Life Issues with Soul Wisdom

RELEASING ALL JUDGMENTS

Judgment is one of the main tools of the ego world and it is packaged for us as wisdom. It keeps us very intelligent, informed and sophisticated, as well as separate, alone and alienated. What would things look like without the ubiquitous glasses of judgment? Shall we try? By the very fact that you are reading this, you are consciously or not leaning towards changing the world, one idea, one soul, one mind at a time. One of the ways you can do that is by changing the way you see, which then changes the way you feel, which changes the way you think...which changes your world. What if you could change your way of seeing for only two minutes a day for thirty days? You would certainly be participating in changing the world. I challenge you to do just that.

Releasing all judgment is like this: whatever you are doing, release any thoughts that it is better or worse than anything else you could be doing. Your body shape, size, and weight mean no more than the curious shape of an ant passing by. Brands, labels, species, means of categorizing lose all definition; a weed is the same as a flower while exercising non-judgment. Knapweed is no longer a noxious weed, it is a beautiful frilly purple presence and a mountain aster is equally a beautiful frilly purple presence. Or perhaps they are both simply a presence, not purple, not anything, simply a connecting energy. All sorts of ways to discriminate, such as by race, creed, color, genetics, size, age, height or social standing fall away. You observe everyone as beings of energy, or moving presences.

Nothing feels bad nor good. Imagine you are a newborn baby or an alien visiting earth for the first time. Everything feels wildly exciting, wonderful, curiously alive. Resist all urges to identify and label: a tree, a log, a rotten tree, a burned out tree from the '67 fire, a snapping turtle, a Ralph Lauren color, a Martha Stewart recipe, a delicious dessert versus a disgusting skin disease. Pain loses all sense that it is discomfort. Discomfort loses all criterion. Comfort has no meaning. Pain is simply an experience, like a newborn babe. Sounds are neither good nor bad, they are audible experiences.

For two minutes, can you try this? Are you ready to change the world by changing yourself? No recalling makes of cars as you see them on the road, no squinting to find the brand of a passing motorcycle, no feelings of success or failure if you are stopped in your vehicle or cruising at 80 mph. Only more experiences to connect you, and that is what will ultimately happen as you release all judgment. Everything feels strangely familiar and comfortable, nothing has been identified as being *out*. All of nature and your surroundings close in to bond with you as you suspend all judgment for two



glorious moments. And if you decide to suspend judgment for four minutes, do not judge that as being better, it is only another experience.

However you find yourself in these two minutes of the day, you have found home base, nothing can be used to judge against you. No thought is better or worse, no feeling is right or wrong, no action is correct or incorrect. There are only two moments of observing your world with new eyes, eyes that may see in ways you never imagined. Suddenly the boring, old categorized objects become treasures to entertain. A tree is now host to a fabulous amount of crawling creatures, peeling barks, stringy mosses, shadows and light. No judgment, even predetermined textures are free from judgment, they can be felt anew. Favorite colors, songs, actors, movies all are lost to the two minutes, everything becomes joyfully equal.

Thinking of your past without regret, sadness, sorrow or a sense of failure is part of the judgment-free zone. Ideas of the future, of success, failure and obligations cannot be judged either, only observed from the neutral position of an alien. This is freedom, this is life. And I challenge every one of you, yes, that means *you*, to take two exquisite minutes a day at any time for a month and release all judgment, all judgment...all judgment.

-Julie Hutslar



Cat and Pony Suspending Judgment!

REPORT BACK

We would love to hear responses from your month of two minutes a day of being judgment-free. After two weeks, or five days or whenever you feel compelled, email me some defining moments and I will share them in the Nov or Dec newsletter. Send in the reinforcements for our decision to suspend judgment, isolation, separation and loneliness. julie@jrhutslar.com



“Judgment always involves rejection. It is not an ability which emphasizes only the positive aspects of what is judged, whether it be in or out of the self.”

“You have no idea of the tremendous release and deep peace that comes from meeting yourselves and others totally without judgment.”

“In the presence of knowledge, all judgment is automatically suspended.”

-A Course
in Miracles



Divinity Awakens on a Calm Mind (2009)



TODAY'S TOOL

TRIGGERS

A helpful way to remind yourself this is only a journey and that you are as you were divinely created is to give yourself triggers. That means, identify things, symbols, smells, or words that remind you of your highest potential. For some people, they feel empowered by the color red, or they feel free when they see eagles or butterflies, or they feel eternal when they see rays of sun come out from behind clouds down to earth. If you have an idea about what your Divine Self is like, find images that connect that to this world. Locate as many triggers as you can and keep them around you. Also, after you have identified your triggers, your soul can get your attention by placing one of these images in your path.

Light on water, the sound of babbling brooks, the smell of pine trees, a green neon light, a sword, a celestial body, flowering red hibiscus, a sunflower, a wind chime, lavender smells, waterfalls, smiles, whatever yours are, declare them your triggers and remember your soul!



“Look at things as simply as possible.”

-Swami Emil

“Rarely do we see into someone’s heart and soul and simply love them, not for what they can give to us, but truly for who they are~ with no conditions.

-Nouk Sanchez
“Take me to Truth”

1. Nov 6 & 7 mark the last workshop until spring here at Caribou Creek in Sandpoint, Idaho, *Unkinking the Creative Hose*. Allow your powerful creative self out with a vengeance!! Friday from 6-9pm and Saturday from 10am-2pm. www.jrhutslar.com
2. Plan ahead for Sept 2010 for the next *Spiritual Vision Quest* 18-month program. Check out the new web page complete with You Tubes for non-readers (save your eyesight!) www.SpiritualVisionQuest.com.



RESOURCES

READING SUGGESTIONS

1. *Hypnotizing Maria* by Richard Bach examines what constitutes reality, contemplates what lies beyond the edges of our carefully constructed worlds and whether those edges are real or created by our own limitations.



Luminous Epinoia
P. O. Box 2547
Sandpoint, ID 83864
(800)786-1090
www.jrhutslar.com