

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

## REWRITING HISTORY

There's a tendency to relook at an expansive, open, joyful, loving and empowering experience later through the eyes of the ego. As if we missed something important, the ego says, "let's look at that again, with critical analysis~ something you forgot to employ in all your joy." It sounds logical, so you go with it, thinking it is self-awareness. But all you are doing is rewriting history, through the ego's perspective.

Let's say you had an experience that was very powerful or loving. You felt a sense of unity with someone else and love like you have never felt before. You identified a source of power inside yourself you didn't know you had. Perhaps you felt a true appreciation and love for yourself and the others in the experience. A few days go by, that feeling continues to rise in you but on wobbly legs. This new experience is shaking every belief you have about yourself that says you could be competent, powerful and loving. The ego voice enters at this point, using protection as its main reason to reframe the experience you just had. The ego is that part of us that wants to keep us separate, better and safe. What you do not know is that these new feelings of unity and love transform your whole internal structure and the ego's very existence. After all, if you were to live without separation, competition and fear, the ego would cease to have value or existence in your world. So really, it is for self-survival that it enters the story.

The ego says, "Let's look at that experience again. I am sure you missed some vital pieces. You must not have been listening to your guidance or else that you-know-what would not have happened. If you weren't guided then, what was the whole thing about? Was it a sham? And that power you felt, oh, that was arrogance. Please return to your god-like humility. (The ego uses your own terminology against you.) And the love you thought was welling up in you, that was mistaken expectation. It is not real, if it were, where is it now? Please don't set yourself up for disappointment like that again."

This voice goes on until the whole beautiful, joyful, life-changing experience has been rewritten into a dull, witless and misunderstood experience. The ego will sift through every word spoken to you and from you and reinterprets. This time, however, you are being slighted or diminished in a way you did not see at first. (You were so joyful you didn't see that, luckily you do now.) You now remember how you didn't shine as much as you thought, you drank too much, said too much, ate too much, didn't think of others' feelings, and were the object of scorn behind your back. And those other people that felt very genuine and loving, now you realize they were really jerks and fools. Now you are left with the memory of a very different experience. Why?

Essentially, the ego perceives the world through its lens of separation, competition and fear, so if you are experiencing life in wholeness, unity, love and joy, where does that leave the ego-self? What use do you have for it? Its influence and power

in your life have been diminished. So it uses its guise of 'critical analysis' as a way to reenter your life and resume its power. It plants these thoughts, *I wasn't as good as I thought I was, or as loving, as bright, as powerful, as joyful.* This constant yanking is a way we diminish our own light. It creates doubt instead of trust, uncertainty instead of clarity, self-loathing and self-criticism in place of self-love and acceptance. We have allowed our divine light to be dimmed or even extinguished.

Awareness is 90% of the solution. When do you rewrite history in your story to change the experience from a spirit-led one to an ego interpretation? *Do what you are guided to do, do the best you can and then let it go.* Let that be your reminder as you reinterpret. You DID what you were guided to do, you DID the best you could, now *let it go.* End of that story.

-Julie Hutslar

*Spiritual Vision Quest II began this last month with intensity, passion and infinite opportunities for unconditional acceptance.*



“Do not be afraid of the ego. It depends on your mind, and as you made it by believing in it, so you can dispel it by withdrawing belief in it.”

“Where God is, there are you. Such is the truth. Nothing can change the knowledge given you by God into unknowingness. Everything God created knows its Creator.”

-A Course in Miracles



Lynn and Lisa celebrate community and joy at the Women's Retreat in August.



## CREATE A LOVE BOOK

Often we lose our way and feel the pull of darkness or the ego's persistent call to see things from the lowest perspective. At times like that we forget. We forget we have help, we have tools and who we are. It is unfortunately part of the up and downs of the ego led experience of being human.

One thing you can do to ward off that downward spiral is to create a small booklet of things/people/places you love. Cut them out of magazines or take from your photo albums or post cards. Include inspiring quotes or poems that speak to your heart. Paste them or keep them in a folder or some where you can easily access them. Then when you start that spiral downward, pull out your Love Book and turn that energy around. If it is small enough, you can take it with you on trips to remind you of the abundant love in your life.



"What you seek for yourself, you must first find in others."

"How many activities can you count in your life that you engage in simply because they delight you and grip your soul? Find them out, cultivate them, for they are your passport to freedom and to love."

-Anthony DeMello

1. A few spots left for this small group Women's Retreat packed with loads of energy management and communication tools. This Wednesday starts the fall *Spiritual Vision Quest Women's Retreat* and goes through Sunday, Oct. 13-17. If you are looking for a short time to gain a lot of tools, guidance and wisdom, join Erica and me and this intense and powerful group of women. Call me or email. (208)263-1448 [julie@jrhutslar.com](mailto:julie@jrhutslar.com) [www.jrhutslar.com/public/retreatspage.htm](http://www.jrhutslar.com/public/retreatspage.htm)
2. 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) <http://www.jrhutslar.com/public/retreatspage.htm>
3. 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.

## RESOURCES

### READING SUGGESTIONS

1. *A Spiritual Approach to Astrology* by Myrna Lofthus



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