

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.

SEPTEMBER 2009 ISSUE TWENTY-FOUR



Encountering Life Issues with Soul Wisdom

WHAT IS SHIFTING PERCEPTION?

Shifting perception is choosing to see differently. If it hasn't come to your awareness yet, everyone *sees* the world, or experiences their reality differently than another. To shift perception is one of the most powerful tools you can offer yourself to bring peace, understanding and unity into your world. It also allows you to make choices that connect instead of divide, that bring abundance and prosperity instead of lack and sacrifice, that bring wisdom and guidance instead of loneliness and ignorance. Shifting perception is simply choosing to see differently.

But if you have never *seen* out of other eyes, how do you know where to begin? Imagine there are two menus to choose from, one is prepared by the **ego** for us. The other is prepared by the **spirit**. Choosing from the spirit menu shifts perception instantly. It offers a wider viewpoint and more loving understanding. Here are a few indicators so you can gauge whether or not you are choosing from the spirit menu:

The thought, action or word unites, connects, brings love, finds the similarities, allows and invites, sees the expansiveness and possibilities.

In contrast, the ego menu offers fare of separation, competition, us against them, judgment (different than discernment), lack, scarcity and sacrifice.

In reading the lists, it is obvious which one feels better, however, how often is your order up before you really have a chance to consciously decide what you want and how you want to create it? Let's take an example:

Your friend asks you to go shopping with her to a chain mega-store that you habitually avoid because you feel the buying practices of the store are destructive to the planet, but you also wouldn't want any of your other friends seeing you there judging you as being a lower-evolved human. You prefer to shop at the local health food store and in doing so, feel superior. What is your response (assuming you want and need to go shopping)? Choose from either menu. If you choose from the ego menu, you stay at home, not risking the judgment from others that may see you and your own internal boundaries of clearly demarcated Us and Them. You have added to the energy of separation that already exists in abundance on this planet.

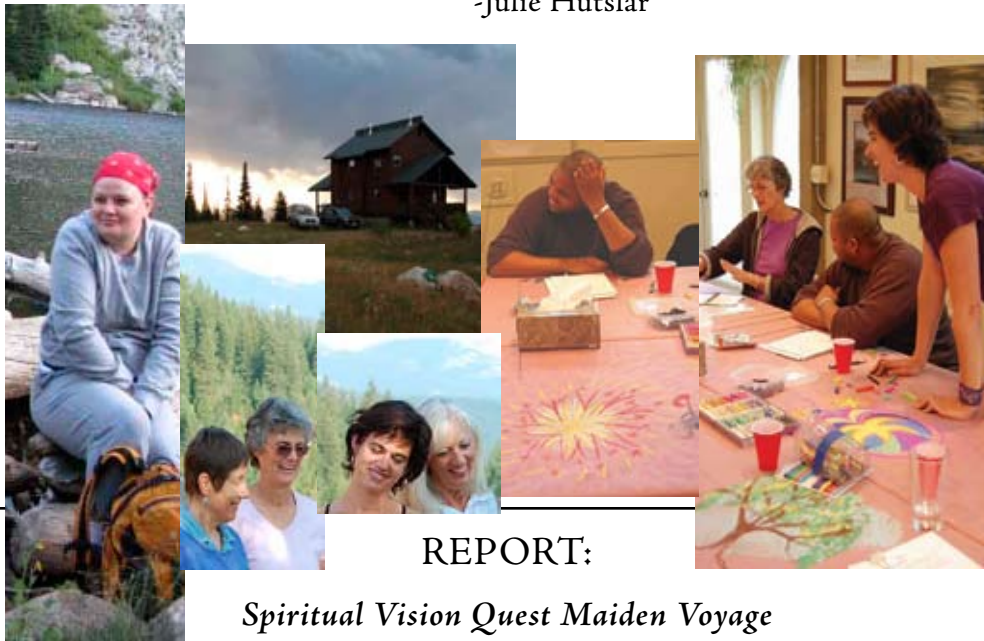
If you choose from the spirit menu, you openly and joyfully accompany your friend. You bring with you your inner light, your smile, and the genuine truth that we are all no different than one another. You see someone you know and you openly face them with that smile and feeling of oneness. You neither impose nor receive any unspoken judgment or guilt. Whether you purchase anything is your choice according to your belief (does it separate or unite?), but by the fact that you have faced that internal judge, you have lessened its power over you. And perhaps your



presence and enough like you in this mega-store may actually shift the buying practices to accommodate new and discerning shoppers! You have brought the energy of unity and oneness to a world that does not actively promote that. You have shifted your perception.

How about your response to a friend or family member? Does it reek of only your miniscule perception? Can you reply after you have shifted to see another view, either theirs (uniting your energy with theirs) or the spirit's? Can you find a way to see how the experience you are having has a more powerful lesson or purpose, one you cannot clearly see at the time, but one that is directed by the spirit? What about an action in your job or towards yourself? Can you find the higher path, can you feel what the spirit would say, can you give it a chance and risk the response? *Shift your perception, change your reality and in effect, change the world.*

-Julie Hutslar



REPORT:

Spiritual Vision Quest Maiden Voyage

This last week was the first intensive of the first 18-month long Spiritual Vision Quest which is part of the Consciousness Studies Program of the Institute of Progressive Therapies. That's a mouth full, but the title pales in comparison to the fullness and community we created together, united to shift perception from ego-centered to spirit-guided. We identified tools to assist in taking responsibility for the stories we created, the individuals we wrote into it, and the lessons we tasked ourselves to learn through it.

Beyond my greatest expectations, this group of seekers, who now refer to themselves as Ripple Rangers signifying the effect their combined light will have all over the world and the Universe, offered their unique snowflake gifts with such grace and love, it inspired us all week for many more possibilities for recreating our world~ the personal ones and the mass consciously created one.

We are making preparations for creating a lodge/retreat center here on the property at Caribou Creek and imagine our next group of Seekers to begin next September when an overlap of this group with the second will provide an opportunity for greater sharing and mentoring.



“You see what you believe is there, and you believe it there because you want it there. Perception has no other law than this.”

“Perception rests on choosing; knowledge does not. Knowledge has but one law because it has but one Creator.”

“And when he chooses to avail himself of what is given him, then will he see each situation that he thought before was means to justify his anger turned to an event which justifies his love.”

-A Course in Miracles



Divine Light during last week's Spiritual Vision Intensive from the Lodge



TODAY'S TOOL

SETTING INTENTIONS

One way to assure that you are consciously creating your world is to consciously set intentions. Many of us go through life reacting to experiences and ultimately feeling like the victim. Bring the ball back into your court! You choose what game you want to play and you keep control of the ball.

Set an intention for the day. You don't have to create it moment for moment because we cannot create as grandly or as expansively as our divine counterpart, so by simply setting the intention for the day, you draw that energy to you. Decide how you are going to respond, or from what menu~love or fear~you will order from. Choose to feel positive about any experience that day. Choose to have confidence that you will be divinely guided that day. Do not *hope, wish or want*, but actively choose your intention first thing in the morning and the rest of the day unfolds with such grace and power that it will inspire you to begin each day with a positive intention.



"Where there is love, there is life."

"He who does not see God in the next person he meets needs look no further."

-Mahatma Gandhi

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

-Helen Keller



September '09 Spiritual Vision Questers

1. Sept 25 & 26 mark the next workshop here at Caribou Creek in Sandpoint, Idaho, *Unkinking the Creative Hose*. Friday from 6-9pm and Saturday from 10am-2pm. www.jrhutslar.com
2. Mark your calendar for Nov. 6 & 7 for the last *Unkinking Your Creative Hose* workshop until spring. The Sept. one has more people who want to take it than spaces. Reserve your spot with a \$25 deposit for either workshop now.
3. Plan ahead for Sept 2010 for the next *Spiritual Vision Quest* 18-month program. See InstituteOfProgressiveTherapies.com for more details.



RESOURCES

READING SUGGESTIONS

1. *Take Me to Truth; Undoing the Ego* Nouk Sanchez, Tomas Vieira A Course in Miracles centered book exposing the traps of the ego.



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