

Managing Negative Energy:

PRACTICAL TOOLS FOR BRINGING OUT THE
BEST IN YOU AND OTHERS

Do you feel compromised by negative thinking, fears, doubts and are you easily influenced when others have emotional tantrums, falling into a trap with them? This workshop stems from years of energy healing sessions and the knowledge that negative energies compromise our lives, they sabotage our relationships, our successes and our joys. Julie shares stories and offers much needed tools on how to recognize, understand, manage and diminish the unwanted effects of negative energies in your life. Step into a place of control in your life through choosing responses versus being a cafeteria for negative energy, people and experiences. \$125. includes lunch and the book, *Relationships: Gifts of the Spirit*.

JUNE 13 Caribou Creek Studio 10am-2pm



Transforming Relationships:

TURN CHALLENGING RELATIONSHIPS INTO
BLESSINGS

How we understand and respond to our own relationships creates the fabric of our current lives, whether they are with parents, partners, siblings, children, bosses, employees, co-workers, or clients. We often find ourselves repeating the same relationship patterns, hitting the same frustrating walls. In this unique workshop, Julie offers new ways to view relationships that change the dynamic altogether.

See how the most challenging individuals

in your life are actually catalysts for soul growth. She offers techniques in understanding key differences in how people communicate, identifying bases from which people operate, and how to create a safe haven to draw out the best someone has to offer. Ms. Hutslar herself creates a fun and unthreatening environment to help others open up to creative ideas for managing relationships (including the self), for entertaining new ideas on the purpose and energetics of relationships as well as suggestions for letting go of outdated, limiting beliefs that block the path to our highest self and ultimately our own healing and success. \$125. includes lunch and the book, *Relationships: Gifts of the Spirit*.

FEB 7 Caribou Creek Studio 10am-2pm

SEPT 12 Caribou Creek Studio 10am-2pm



DIRECTIONS:

CARIBOU CREEK STUDIO is located 10 miles north of Sandpoint off Hwy 95. Turn west on Upper Pack River Rd. at the Conoco station. Proceed 5 miles, cross the Pack River, then look for left hand turn road called Caribou Creek Rd. Go about 3/4 of a mile and on the left is 700 Caribou Creek Rd. Up the driveway and to the right is the studio. Park anywhere along the driveway or side road.

Refundable workshop payment requested
upon registration.

PO Box 2547
Sandpoint, ID 83864
julie@jrhutslar.com

(208)263-1448 WWW.JRHUTSLAR.COM

2009 Workshop Schedule

Julie Hutslar

Author of *Relationships: Gifts of the Spirit*
How to View Challenging Relationships as
Opportunities for Growth
&

The Mask, the Mirror, and the Illusion:
Awakening to the Knowledge of Who You
Truly Are

Professional watercolor artist and previous
university art professor

Practitioner of Core Belief Restructuring

Unkinking the Creative Hose:

USING RELEASE TECHNIQUES AND
WATERCOLOR PAINTING TO IMPROVE YOUR
CREATIVE FLOW

What happened to the uninhibited child that you used to be; filled with curiosity, joy, spontaneity, wonder, enthusiasm and reckless abandon? Through criticism and judgment we begin to feel small and compare ourselves to others. Kinks begin to develop in our creative hose. Employing her skills as a Core Belief Restructuring practitioner, Julie assists in removing blocks in the belief system that then unkink that creative hose. She also adds years of passionate painting as a watercolor artist to draw upon many fun and adventurous methods to refine the creative voice.

Watercolor painting acts as a spontaneous way to begin letting that trapped creativity express itself. It has far-reaching effects, way beyond painting, as it changes the way you see yourself and your potential, from flower arranging, cooking, and musical ability to creative ways of solving business problems or relationship issues. It opens a flow of universal wisdom to connect with your own personality and desires and produces creative, fulfilling results.

If anyone has ever said (including you), “You’re not artistic” or that something you created was ‘bad’ or, “you don’t have a creative bone in your body” then you are a perfect candidate for this workshop. It requires no previous experience in painting or even drawing. It is about opening creative channels, and finding a fulfilling way to express yourself.

The process takes place in a safe environment of positive feedback and sincere encouragement to allow the vulnerable creative part of you to come out and be nurtured and loved. So leave your

internal critic at home and invest in something that could change your life forever. \$125.

2009 SCHEDULE FOR UNKINKING THE CREATIVE HOSE

AUGUST 28 & 29 at Caribou Creek Studio
6-9pm Friday night, 10am-1pm Saturday.
All supplies provided with palette, brushes,
paper and paint to take home. Includes re-
freshments.

SEPTEMBER 25 & 26 at Caribou Creek Studio
6-9pm Friday night, 10am-1pm Saturday.
All supplies provided with palette, brushes,
paper and paint to take home. Includes re-
freshments.



Watercolor Painting Techniques I

Explore more specific elements of watercolor as an expression of the self, using colors, brushes, surfaces, images, techniques and Julie’s years of painting knowledge. All supplies provided and lunch included. \$125.

MAY 9 at Caribou Creek Studio 10am-2pm
OCT 17 at Caribou Creek Studio 10am-2pm

Watercolor Painting Techniques II

Stepping further into the elements of watercolor, using watercolor to express impressionistic images, render portraits and represent nature. All supplies provided and lunch included. \$125.

NOV 7 at Caribou Creek Studio 10am-3pm



Turning up Your Inner Light:

USE YOUR OWN DIVINE NATURE TO GUIDE YOU
INTO GREATER HAPPINESS, LOVE, AND PEACE

We provide an overview of the themes of co-creating from the submerged mind, what life would feel like as a satisfied person, and how it is possible to live more in the bull’s eye of one’s greatest potential. We will use positive exercises and themes to inspire and locate the attributes of the Highest You on which to focus with clarity which then brings your highest potential to you! Choose to live up to who you have come here to be! Accept no compromises!! \$125. includes lunch and the book, *The Mask, the Mirror and the Illusion*.

MAR 28 at Caribou Creek Studio 10am-3pm
OCT 3 at Caribou Creek Studio 10am-3pm