

# Seeds of Light

---

December 2017

The Newsletter from Mark Okita



## Wide Open: You Are the Portal Through Which Love Comes Into This World!

Welcome to this Special Holiday Edition. Being the last newsletter of 2017, it is the perfect time to appreciate all the ways that we have grown and all that we have learned, and to let go of all that would encumber us as we prepare for even greater vistas of Freedom in 2018.

I decided to fill this newsletter with little sayings and brief insights that express some of the essential points that I have encountered while traversing this path with all of you this past year. But before I do, I'd like to give voice to what I see occurring with humanity from a over-the-forest view. This will give a context for, and inspiration to apply, the principles and energies expressed in those little sayings.

As shared in previous editions of Seeds of Light, humanity is going through the growing pains of an unprecedented shift of immense magnitude and depth where we are being initiated into a Life, Love and Power that is sourced in the Non-physical and Unmanifested rather than in manifest appearances.

This is potentially hugely empowering, harmonizing, reassuring and revitalizing because the Non-physical is indestructible – it is free of the inherent fear which is the result of placing ones faith in, and basing one's very identity on, impermanent objects which are subject to decay and dissolution.

But as we have seen on the external global theater, there is tremendous resistance to this shift. If anything, the past 10+ years has seemed to be a movement “backwards” to a fear-based way of being. This is totally understandable if we recognize that most of humanity has tried to attain Love and Happiness through external means throughout history. And we don't want to give it up – not just yet!

Have you noticed that the ones with more external power are often the ones with the most resistance to this evolutionary shift to an internally (and eternally) based power? This is the cause for virtually all of the aforementioned drama and resistance.

What can we do about all this drama and resistance going on in the world now? Give up *our own* resistance and drama, of course! Be willing to look for, intend, choose and eventually be rooted in, a life of REAL Power. This is the Life of merging with and *being* Love-Energy-Bliss.

This makes life very simple: The more externally based we are, the more we experience fear. The more we place our attention and intention on inner Love-Energy-Bliss, there is a growing sense of Ease, Trust, Joy, Natural Confidence, Compassion, Serenity, Vitality and being in the Universal Flow. This is Real Power, which is not beholden to the rise and fall of the things of this world.

The funny thing is that the ultimate Loving Source of all-that-is has *always* been Unmanifested. So what is the big deal? Maybe there is none. Maybe everything that is offered as healing and awakening, including all the Great Teachings, including what little is expressed here, is about simply finally being ready to *open* to the Life within us, just as it is, right now, without reservation.

Try it now. See what happens. Open fully. Then open even more. How much and how long can we remain wide open? *This is how Love is brought into the world: total openness to ourselves.*

As promised, what follows are a few little sayings. These sayings are about a variety of topics, many covered in previous editions of Seeds of Light. However, I wonder if we can read them in a different Light – as invitations to this absolute openness to ourselves rather than in terms of something we have to fix or heal or understand about ourselves. In other words, what happens when we completely let go of judging and assessing ourselves? What

happens when we feel, we sense, we intuitively know that we are already living a much bigger, more empowered Life of Love-Energy-Bliss, and that all we need to do is to finally and completely OPEN to it ALL?

I suggest reading these brief sayings one at a time, perhaps taking a break between each. It might be a little intense as this is meant to be entertaining and supportive *as well as transformative*. While reading them, allow for a greater openness to occur or allow for fresh and spontaneous insights to emerge through that openness. Here they are:

- ∞ Someone once said: “If you are unhappy when alone, you are in bad company!”
- ∞ The path to The Ultimate Love and Freedom: It all begins with an intention and ends in a choice
- ∞ The power of free will is that we can choose how much of ever-present Infinite Life we allow into our life, our experience
- ∞ If we feel like a victim, that means that we are *choosing* to relinquish our power to choose
- ∞ All judgment is a futile attempt to end the pain and fear. Only Love heals.
- ∞ No matter what fears of the future or regrets of the past we may have, the Life within us *now* is as fresh as a ever-renewing mountain stream and as pure and powerful as the Light of the sun.
- ∞ Being right, having it all figured out and being “spiritual” is really not necessary. They all solidify the illusion. And they don't add a thing to our Infinite Self.
- ∞ Are we living Life or are we living mind? Mind is made up of thoughts. Life is Light-Energy-Bliss.
- ∞ Perfection, Peace and Satisfaction can never be found in the intellect
- ∞ Whether it is worldly happiness or authentic spiritual Realization, being aware of and healing emotional pain is absolutely necessary
- ∞ Healing addiction is the most leveraged way to realize happiness and Liberation because addictions are reactions to our deepest emotional pain and fears of inadequacy
- ∞ Does our sense of belonging come from the outside – from family, gender, race, religion, culture, creed, or nation? Or does it come from a sense of absolute Unity within?
- ∞ Surrender does not mean passivity. Surrender means surrendering to Divine Life. And Divine Life can move vigorously toward total Freedom.
- ∞ Truth is not concerned with being right or wrong. Truth is the Love-Energy-Wisdom infusing all of creation.
- ∞ Faith is openness to the Truth no matter the consequences
- ∞ The Non-Physical is the source of the physical; the Inner manifests the outer

- ∞ Absolute responsibility is Authentic Power
- ∞ Abundance is the inherent state of the Universe
- ∞ God is Life. Life is ever-present in our body. Feeling this Life we feel the Presence of God. Knowing that this is Who We Are, we Realize what God is.

I would like to express a special prayer, intention and initiation that we all experience the quiet joy and heart-warming love of being intimately connected. Whether we are busy with friends and family or spending the Holidays in solitude, may we facilitate this quantum leap into a unifying Love and Power by sensing our belonging and connectedness, not only with family and friends, but with all of humanity and beyond, all the way to our unity with Divine Spirit.

After all, family gatherings (or being alone) will be a lot less stressful and a lot more fun if we realize our belongingness to Divine Spirit and are free of the need for others to treat us in a certain way in order to feel worthy and that we belong.

Finally, a cute little story: Mary and Joseph are at a Christmas party with friends and relatives in Nazareth and they are all playing the approval and comparison game. One mother casually slips into their conversation, "My son was valedictorian." Another mother says, "Oh how fantastic!" then adds nonchalantly, "My son just graduated from Harvard Medical School." Mary sits there quietly for moment and then says sheepishly, "My son is God."

In Divine Unity with You,

Mark

**Openness: The Key to Love** will be subject of our next Small Group Meeting on Saturday, December 9, 2017 from 2:00 to 4:00 p.m. (which is in only one week!). If you would like to attend, simply respond to this email or call 808-737-7525.