

Seeds of Light

July 2017

The Newsletter from Mark Okita



Intention: The Initiation into Real Love and Authentic Power

Welcome to July – the month of celebrating the birth of Real Love and Authentic Power within each of us. It *is* about Life, Liberty and the *attainment* of Happiness!

Even if some of us do not celebrate the Fourth of July (some of us don't live in the United States . . . either physically or otherwise), that's okay, because every month, every day, yes indeed, every moment is an opportunity to celebrate Authentic Love and Power!

In last month's Seeds of Light we explored the very heart of the cause of suffering, both individually and collectively. We looked at the deep and profound shift from the physical to the non-physical; from conditional love to Real Love; from pseudo power to Authentic Power. ([Click here for archives of previous months' Seeds of Light](#))

While Joy, Freedom, Vitality, Peace and Wisdom are also aspects of Love, Power is being especially emphasized now for a reason. If we look at our environment, our society, our governments, our relationships and our individual lives, what appears to be a misuse of power is really the result of trying to attain power through ineffective means – that is, trying to attain Authentic Power where it cannot be found.

In response to our deep desire to fully realize this truth in our lives, I came up with (or they came to me) Five Keys to Real Love and Authentic Power. Each month, for the next five months, I will share the essence of each of these Five Keys so that, beginning immediately, we will be more and more able to access and live from that Love and Power and, by the end of the year, we all will be more firmly established in that reality – that identity.

This month's Key is *Intention*. This is an apt place to start as Intention is the beginning, the seed, the “Word” of creation. It is the initial vibration that starts the creative process within the preexisting infinite potential. Although the route may be circuitous and imperceptible, ALL feelings and events proceed from an intention. *Non-physical intention is the seed; the fruits are the physical and non-physical manifestations.*

If Real Love and Authentic Power is our truest and deepest desire, then that intention must be kept in the forefront of our attention if that is to be our living reality. If we let past experiences, external events or what everyone else is doing determine our intention (such as judgment, disappointment, lack, fear, etc.), then we will inevitably experience the fruits of those intentions.

But we are not meant to focus on trying to manifest outer events. This is a very common mistake. Although intention is the most powerful determiner of manifestation, if we become obsessed with trying to create outer manifestations then we get caught in valuing *outer appearances* of love and power rather than the *essence* of Real Love and Authentic Power. Fear, insecurity and compulsive cravings will be the result – naturally, because we would be trying to get Love and Power in

the external world where it cannot be found.

It is like having seeds of a luscious fruit tree and seeds of a noxious vine. If we are paying more attention to the fruits and are not focused on what seeds we are planting now, we are likely to plant noxious seeds. Making our life about outer appearances will naturally result in insecurity (because Real Love and Authentic Power cannot be found there), and that insecurity (whether conscious or unconscious) is the planting of noxious vine seed-intentions.

Most of us are planting a mixture of seeds, in which case it is a matter of being very vigilant in those moments when we feel triggered. It is when the compulsion to plant non-loving, non-empowered seeds is strongest (such as when we are hurt, fearful or have a craving) that we have the greatest opportunity to shift things. Fortunately, it is not a matter of changing the outer event or person. *There is a way to respond which is much more accessible, effective and satisfying than that. All we need to do is reset our intention!*

This is a powerful practice that burns up past “karma” – i.e. the energy of past intention, that may have been started long, long ago. It has the power to transmute the negative energy of the past intention to one of Real Love and Authentic Power. What could be more liberating and empowering than that?!

Another way of saying it is that making life about intention rather than outer manifestations puts the locus of control within ourselves. In cases where we seem to be victims of our own emotions, such as being compelled to do something we later regret or being tormented by inescapable fear, pain or anger, intention is the first step in reclaiming our freedom and power.

There are no life events that inherently say “my intention is love” or “my intention is fear” or “my intention is to hate you.” It is entirely up to us what intention is created. It is about owning our Divinely-Inspired Power rather than giving it away.

In essence, we are shifting from unconsciously living from fear to consciously living from Love. If we could live with a constant intention of Real Love and Authentic Power then that would gradually or instantly be our reality, our very identity.

If something inside says, “That sounds good but it is so difficult,” or “it seems impossible,” etc., wouldn't those very statements be fear-based expressions of lack? What if we never believed or entertained such thoughts ever again (even if they were to continue in the background for awhile like a fan that keeps spinning even after the plug has been pulled)? What would happen if Real Love and Authentic Power was our highest priority and primary intention? What would reality be like? Who would we be?

This is not a philosophy. Practice of this intention will lead to directly tapping into, or *opening to*, the pure energy and infinite aliveness of the Universe. It means that we live from unconditional wholeness and Love rather than lack and fear.

When the intention of Real Love and Authentic Power is recognized as an end unto itself, then we are no longer easily distracted; our focus and objective becomes clear and unwavering. And when all the old habits of giving away our power have been burnt away, then that Real Love and Authentic Power becomes our Reality. We are no longer fooled by what is happening in the realm of appearances. We have awakened to the essence of Life.

In that moment we *are* That Love, That Power.

How does the saying go? “It's ALL You!”

In Loving Celebration of the Authentic Self,

Mark

P.S. Our next Group Meeting will be on Saturday July 8, 2017. The last meeting was very lively with much laughter. If you feel inspired to join us, please follow your inspiration ;-). You may register by either responding to this email or calling me at 808-737-7525.