

Seeds of Light

June 2017

The Newsletter from Mark Okita



Lightning at Cordon Caulle Volcano, Chile; photo by Francisco Negroni

The Earthshaking Shift to Authentic Power

Greetings this month of the June Solstice – the official start of Summer in the Northern Hemisphere and Winter in the Southern Hemisphere. A month of great transition on a cosmic and global level – sounds like the perfect theme for this month's newsletter!

Look around this world, and there seems to be much upheaval. In the United States alone many people are highly disturbed with recent changes. And on an individual basis I have been hearing people saying, “I feel on edge, easily triggered” or “People are really irritating (or selfish)” or “I don't know why I feel depressed (or fearful).”

This radical (at the root or source) transformation is happening on an individual level as well as in our collective consciousness, institutions and organizations. The tribulation is the result of trying to hang on to the old way that doesn't work. Or, seen from a different angle, the tribulation is necessary for us to *irrevocably and viscerally* get that the old way doesn't work – *it doesn't get us what we really want*.

It is the most essential version of “Looking for Love in all the wrong places” on a grand cosmic scale, experienced at an individual level!

We are in the midst of a tectonic shift from pseudo wholeness to true wholeness; from sentimental love to real love; from provisional peace to abiding peace; from Band-Aid solutions to true solutions; from conditional security to a sense of invulnerability; from false power to authentic power.

Real Love and Authentic Power is what we really want. And Real Love and Authentic Power will naturally create the external conditions that reflect that Reality, not the other way around.

Real Love and Authentic Power can only be discovered within. It cannot be found or created through external means. This is not a condemnation of an external focus. It is simply stating that external means are effective in attaining external things, but it cannot heal this core wound of “something is not quite right;” of missing Real Love and Authentic Power.

Looking for Love and Power in all the wrong places involves either *compensating* for, or *identifying with*, the core wound, the profound sense of lack. Either way, it is usually partially or totally unconscious.

In the *compensating* mode, false power is characterized by compelling *needs* – need for approval, validation, attention, prestige, security, superiority, judgment, external power such as manipulation, domination and control, insensitivity, selfishness, aggression and angry outbursts and all forms of craving and addiction which could revolve around all sorts of substances, behaviors, persons and experiences.

If *identifying with* the core wound, there will be all sorts of *fears* – fear of lack (in regard to just about anything), anxiety, insecurity, phobias, a sense of being a victim, jealousy, envy, guilt, brooding, withdrawal, disempowerment, procrastination, inferiority, easily offended, conformity, self-pity, self-judgment and the fear of being judged.

Authentic Power and Real Love is characterized by *oneness* – empathy, openness, respect, ease, joy, compassion, humility, natural confidence, equality, serenity, exuberance, vitality, clarity, sensitivity, easily pleased, uncontrived uniqueness, perception beyond the five senses, generosity and, ultimately, beyond any tradition, convention or description.

Every desire for success, health, safety and well-being can be traced to a fundamental yearning for Wholeness, Love, Power, or some such word pointing to a *complete* sense of “okayness.”

In fact, most of us spend our entire life either trying to fill this sense of lack or avoiding, covering up or managing this core wound rather than healing it in an essential way. If we look deeply with self-honesty, we may find that virtually *everything* that we do is motivated by this core wound. In other words, everything we desire and everything we try to avoid revolves around making sure that this most uncomfortable (but mostly unconscious) feeling does not get triggered.

The Irony of ironies (or the Great Cosmic Joke if you have a sense of humor!) is that by trying to use external means to attain Love and Power, we simply empower the pseudo love and false power. When we protect and avoid that core wound at all costs (which is entirely understandable given the great discomfort that resides there) it is never exposed to true Healing. It is like having a very painful splinter that we are so afraid to touch that it is left inside to fester; like having layers and layers of armor and sophisticated strategies to protect the splinter from exposure and contact, thereby making it impossible for true healing to reach there.

How do we realize Real Love and Authentic Power – I mean directly and tangibly experience it on all levels – emotionally, consciously, bodily and beyond?

The first step is to clearly see this dynamic; to observe the many ways in which we try to protect and manage this core wound, and thus unconsciously feed it. The ways are myriad – they can be subtle and sophisticated as well as potent and scary. Once we have that light bulb moment, we will see it everywhere. Once we see what is really motivating ourselves, we will clearly see what is really motivating our neighbors and our world leaders. Hint, hint: it is not politics and ideology.

There needs to be a clear recognition that *Real Love and Authentic Power is what we really want*; that Real Love and Authentic Power will *never* come from judging others or world events. It will *never* come from getting all our ducks in a row, i.e., getting what we want on an external level. This realization in itself is a tremendous awakening to the truth.

Then comes a true willingness to touch into and begin to work with that core wound. This sounds simple and obvious, but in the interest of the truth, I must say that it is almost never easy and involves facing our deepest fear and most essential pain. And no matter how consciously willing we may be, there are layers and layers of unconscious resistance.

But the rewards are immense. Beyond immense! There is an unburdening of fear and a pervasive Lightness of Being; a clear seeing of the way the world and human beings operate. There is an undercurrent of peace rather than anxiety and a vitality that is freed from the exhausting encumbrance of trying to manage life. There is a mysterious uncaused Joy and Beauty to life. There is a Love and reverence for ALL of life. And even all of that is simply a partial expression of an Infinite Reality . . . based on a whole new *identity*.

With Love and Reverence,

Mark

P.S. There are still some spaces open for the June 10th group meeting this Saturday. If you would like to attend, simply reply to this email or let me know via telephone. Thank you.

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