

# Seeds of Light

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The Newsletter of Mark Okita



Yes, It Is Actually True!

We are *innately* beautiful, loving and whole. We are self-effluent, the very source of joy and light. Doesn't this sound amazingly wonderful, and perhaps even intuitively true? Haven't we all heard this message, or variations of it, so many times before? Yet, how can it be true when there is so much that seems contrary to those positive proclamations?

Nevertheless, those beautiful messages are all true. And if you are receiving this newsletter, then you are probably one who will not give up until it is clearly seen and fully LIVED!

If this Love and Wholeness is closer than our own breath – the very nature of who we are, then why is it not always clearly apparent . . . or at times even remotely apparent?

The answer is devastatingly simple. We are under a spell or mass hypnosis. We have been brain washed and possessed (ooh, that sounds so sinister) by a misapprehension that has

preempted and incorporated our consciousness. It is the simplicity of the delusion that makes it so hard to see. It is the assumed reality of who we think we are. And when I say “assumed” I mean that not only is it invisible because no one questions it, but that it is also actively, automatically and persistently reinforced by the very language and thought processes in which we are immersed. It is “the world that has been pulled over our eyes.”

Remember, we are *inherently and totally* whole, free and joyful. *We Are Perfected Love Itself!* Hence, seeing and living this truth is not facilitated by trying to change ourselves or attaining more information and experiences (spiritual or otherwise). In fact, It is the other way around. What needs to happen is a dismantling of the misapprehension. Or, more accurately, *a clear seeing of the false as false*. That’s it! But it is so easy to get caught up in trying to improve the conditions of the prison cell rather than being free of it.

Since all of humanity is so utterly immersed in this grand possession (couldn't resist the drama), we need to be regularly exposed to an alternative if we are to break the spell, remove the brain washing, wake up from the trance and exorcise the possession (okay, now I'm really getting into it!).

I lovingly offer that alternative to you, either through regular individual sessions or group meetings. The pull to the “dark side” is very strong (here I go with the drama again!), but that darkness is not even real. It is seeing that unreality that results in living in and as the Light

Comforting, supporting and healing the so-called ego can sometimes actually assist in letting go into a vaster, more satisfying reality. And opening to that vaster, truer reality can actually bless and assist the human ego concerns much better that it ever could on its own. It works both ways!

I thank you for reading this and being open to considering its message. Most of all, I hold you in the loving embrace of clearly seeing and honoring the real You with wondrous awe, heart-felt gratitude and joyful celebration. My prayer, intention and blessing is that you discover the indescribable living truth beyond your wildest dreams that will satisfy and empower you in completely fresh and unique ways. May you fully enjoy all the Gifts of Life . . . including being a sublime gift to the rest of us. Thank you for your essential and glorious part in making the universe, The Universe!

In Loving Celebration of You,

Mark