

# Seeds of Light

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The Newsletter from Mark Okita



## Love Beholding Itself

There is a great yearning within the Heart of each human being to connect deeply, openly and freely; to experience this great mystery of shared Unity called Love. This Unity can be

experienced with an individual, a family, a group or organization, all of humanity or with Life Itself. It can even be realized as the Ultimate Reality within one's Self.

This may be the supreme miracle of human life – that we have the ability to *consciously* and *openly* experience the Universal Flow of Life with its qualities of vibrancy, beauty and Oneness and to have it consciously and openly *reflected* back to us. We are deeply drawn, compelled even, to experience this profoundly satisfying Unity called Love.

And it is literally at our fingertips. Even closer – for it is the fundamental Reality of Life! However, because we live in an externally oriented society in an externally oriented age of human evolution, many of us, in varying degrees and in different ways, have tried to satisfy this deep yearning for Unity, Love and Wholeness through *external validation*; through trying to obtain love and approval from outside sources.

Oprah Winfrey calls it “the disease to please” but this doesn't tell us much about its origins nor describes the process of what is actually happening. Here is a simple-to-understand definition: **It is giving our sense of worth away to someone else (or group/society), then trying to manipulate that person (or persons) into approving of us. This is done in an attempt to regain that sense of worth that was originally given away.**

On a purely energetic level, what happens when we have the intention to please others in order to feel worthy and empowered is that energy literally leaves our being. Energy follows intention, so when our intention goes to pleasing others, that is where our energy flows. If we are energy sensitive we can actually feel the power draining out of us when we have the intention to gain other's approval (or avoid their disapproval).

Fear is both the cause of the energy draining out of us, as well as the response to having less available power/energy. There is both a contraction and a leakage of energy. (Think of the image of life being sucked out of someone – there is contraction and an outflow at the same time.) It is this vicious cycle – of feeling disempowered/unworthy and *trying to fill that need in a way that further depletes that sense of power and worth* – that makes it so challenging.

*Fear of judgment is synonymous with the need to please.* They are both based on the fear of lack (most often the lack of self-worth). The goal of gaining approval and the avoidance of disapproval is to mask, numb, avoid, compensate for and/or distract us from the inner pain of lack of self-worth. People pleasing actually *reinforces* that inner fear and pain rather than healing it or releasing it.

Furthermore, giving away our sense of worth to others automatically transforms the world into a scary and dangerous place because the very sense of being worthy of existence is dependent on how others perceive us. So while on the surface we might be all smiles and gracious, under the surface we are desperately fighting for our very survival. This is why we

can have deep seated, sometimes unconscious, anxiety or resentment or have bouts of rage and depression.

When we *need* others to like us in order to feel safe, relationships become based on a desperate and often sophisticated attempt to *control* the other's inner state. In other words, we need them to be happy and like us in order for *us* to be happy and like us – to feel okay inside.

Honest sharing, a Soul to Soul connection, and real love are *impossible* when the primary intention is to appease, please, gain approval or avoid judgment. On the surface we might say we value love and honesty, but that is stated primarily to get approval!

In fact many “spiritual” and “moral” and “good” people, that is, people who are attached to being *perceived* that way, are really concerned about controlling others. *Otherwise, they wouldn't be so afraid of what others think of them!* Comparison, competition, shame, envy, judgment and feeling inferior or superior are all off-springs of trying to get our *innate* worth externally.

Nevertheless, ***it IS a choice – an intention that can be changed!*** (The process of uncovering, identifying and challenging unconscious intentions, as well as how to create new intentions that are in alignment with our Soul, will be the subject of the next Group Meeting.)

The first step is clearly seeing and feeling the high cost we are paying in living a life of needing validation and fearing disapproval. This clear seeing and feeling can ignite a passionate determination *to be free of it!* Imagine how much more ease, energy and self-confidence we would have without so much of our attention and intention going out to others. How much more *open* we would be without the fear of judgment!

In fact, that deep yearning to openly share in a consciously awake Unity with another human being (and with All of Life) becomes entirely possible when our intentions are reclaimed and recalled from being placed on others and are redirected towards and aligned with the Truth of our innate Worth, Wholeness, Love and Power.

Actually, truth be told, not only is it possible, it IS our living Reality when our intentions align with the Universal Intentions of Unity, Oneness and Intimacy. Here, “Intimacy” does not mean closeness or familiarity, but rather, it means living with such absolute *openness*, that boundaries dissolve into a ever-existing shared literal Oneness.

This Joyful Openness can be seen in the sun shining fully and equally on all forms of life. It can be seen in the flower's openness to the sun's nourishing rays as well as in its openness to the bee who comes for its pollen. Through externally oriented eyes, it all looks like a complex series of give and take business-like transactions. But for those of us who see with

the Inner Eye (the Inner “I”), all is experienced as the Loving Dance of BLISS (“Blessings of Light Intentions Sourced in Spirit”). Who would not want to open completely to That?

When we *consciously* and *openly* awaken to Unity, that is Love. When that awakening is consciously *reflected* back to us from another human being, that is the blissful miracle of *Love Beholding Itself*. This is as yet a rare occurrence, but it is happening more and more, and it is happening with great intention among us!

In Loving Unity with You,  
Mark

***Soul Power: The How-To of Aligning Intentions with Our Soul*** will be the subject of the next Group Meeting scheduled for Saturday, November 11, 2017 from 2:00 to 4:00 p.m. To register to attend the meeting, respond to this email or call (808) 737-7525.