

Seeds of Light

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The Newsletter from Mark Okita



Intuition: The Bridge to Love and Power

☼ Intuition is the bridge between the Head and the Heart, the longest and most important journey we will undertake

☼ Intuition is the bridge between having a personal relationship with the mental chatter in the head, and having a personal relationship with the Divine.

☼ Intuition is the bridge between a life circumscribed by the attachment to how we think life should be, and the life of the Soul, at peace with All That Is and free to respond in a inspired, spontaneous, powerful and Loving way.

☼ Intuition is the bridge between a life limited to the five senses of the material world, and a Life of many dimensions beyond the physical.

☼ Intuition is the bridge between the mind using Consciousness to create a pseudo-reality of thoughts, and Consciousness using the mind as a channel for its Infinite Wisdom and Love.

☼ Intuition is the bridge between decisions based on perception and thinking, and decisions based on a Knowing that is integrated with Universal Wisdom.

☼ When Intuition is the primary decision making faculty, human life becomes a channel and expression of the Divine.

☼ Intuition is the bridge unto Itself – Knowing One Self as Infinite Love and Awareness.

Many of us have discovered the beauty and power of Intuition when making decisions, from little details, such as which route to take while driving, to bigger life decisions regarding work, home, health and relationships.

However, beyond using intuition to serve the goal of “How can I make my earthly life better?,” Intuition can become a bridge to being rooted in a different way of life and, ultimately, an expanded sense of who we are.

If we make life only about the material world then the intellectual powers of the mind and the five senses are used to serve basic instincts. Reality and self-identity then becomes circumscribed by this preoccupation. Universal Life with all of its dimensions and wonders becomes contracted to a very narrow experience.

Intuition helps to see Oneness and Freedom because the five senses are precisely what fools us into believing that there are separate entities competing for a limited amount of separate things, events and persons. The five senses and the dualistic mind act like a veil obscuring a clear seeing of Truth, Reality and the Light which is the real “substance” of physical manifestation.

Intuition is absolutely necessary to awaken spiritually. We could even say that Awakening IS the transition from a thought- and perception-based reality to a Reality of Knowing Itself as Infinite. Otherwise spirituality becomes just a series of extraordinary experiences that serve and entertain the contracted sense of self.

Once Intuition opens the individual to what is beyond the perceptual world, then

Intuition can serve the Whole Being far better than focusing only on the material world.

Additional Principles of Intuition to Contemplate

- ⊛ Clearing of emotional charges and triggers is necessary for Intuition to be at its optimum.
- ⊛ Intuition is free of duality – right/wrong, superior/inferior, good/bad, etc. Playfulness, ease and acceptance allow Intuition to blossom . . . and visa versa.
- ⊛ Intuition allows receiving Guidance/Assistance directly from the Divine, or from non-physical beings of Love, Light and Wisdom. When we ask for Guidance it is given, but Intuition is required to receive/discern Its message.
- ⊛ Intuition is beyond a thought and perception-based self. YOU are not merely a thought or a perception. If Intuition is direct knowing (Being the Knowing Itself), then total intuition is total enlightenment!

Intuition Exercises

Treat yourself to an intuitive form of meditation by finding a quiet time to close your eyes and do the following exercises. Be still and take a few conscious breaths to focus attention away from thinking. Feel the breath and the aliveness in the body. Breathe, relax and open . . . breathe, relax and open. Then ask the following questions and allow Intuition to show up in that openness:

- 1) How does your Intuition see aspects that you judge in others, such as personality traits, physical characteristics or behaviors? Think about someone that disturbs you and ask Intuition for It's unique viewpoint.
- 2) How does Intuition see yourself in terms of the things that you judge about yourself?
- 3) There are two ways of going through life on “automatic pilot.” The first way is going through the day basing choices and behaviors on thoughts and emotional reactions to everything you encounter. The second way is to be connected with, or even rooted in, something beyond thoughts. You sense something vaster and more intelligent operating *through* the body and mind. Things are done that may seem utterly illogical or may not even feel right on the surface, but at the end of the day, you recognize how everything flowed together synchronistically.
Recall instances of each type of being on automatic pilot.
- 4) What are some of the most significant beyond-the-five-senses experiences that you

have had? Some people call these “spiritual” or “mystical” experiences. What did you learn from them? How did it change you?

5) When you breathe and feel the Aliveness in the body, could it be that that energy is awake with Loving Intelligence and is the source of Intuition?

6) Are you a Body with a Soul within . . . or are you a Soul with a Body within?

It has been delightful connecting with you in this way. I look forward to continuing to share in this ever-expanding field of Who We Are.

Soul to Soul,

Mark

It's ALL About Love . . . and Fun! will be the subject of the next Group Meeting on Saturday October 14, 2017 from 2:00 to 4:00 p.m. If you would like to attend, simply reply to this email or call 808-737-7525. We would LOVE to see you there!