

Seeds of Light

February 2018

The Newsletter from Mark Okita



Comet Jacques; Heart and Soul Nebulae

The Universe is Loving And Everything is Unfolding As It Should

Seeds of Light is now a synergistic blend of announcing the subject of the next Group Meeting as well as a brief expression on that subject. This month's theme, *The Universe is Loving and Everything Is Unfolding As It Should*, is the sentiment within commonly expressed

sayings such as “God Loves you,” or “There is only Love,” or “It's all good.”

But do we *feel* Loved when we get a serious illness or a loved one dies? Do we *know* that we are Loved when we are threatened by, or are actually involved in, a major catastrophe? Do we *experience* the dismissive doctor, the rude customer service representative, the impatient friend or the insulting family member as expressions of Love?

As we read this, we may get a sense of the enormity of this subject, both in terms of how daunting it is in certain situations, as well as how expansive, liberating and empowering it would be to know that we are Loved so thoroughly, so unconditionally, so tenderly and mightily, that Love would be the predominant, if not the only, experience of every inner and outer event. What would life be like; who would we BE?

Here is a little something for those of us who want to begin exploring the possibility of realizing this Immutable Love in every moment. Whenever there is any kind of pain – it could be the pain of anxiety, or the pain of loss, or the pain of judgment – feel the *body sensations* of that pain directly. (Close your eyes, if it is safe for you to do so, to really focus on the feelings.)

As much as possible, do not focus on the mind with all of its stories, analyses or theories. Inhabit the body and *feel*. Then ask the question, “Can I sense the Infinite Life Force that gives rise to this feeling?” and let our attention go to that. Or “Can I sense that the Love that is giving rise to the whole Universe, is also giving rise to this feeling?”

What happens when attention is on the *Source*, the Larger Life, that is supporting that body sensation (and everything else)? We can train our attention to stay rooted in that reality.

By dealing with the feeling, we are addressing the situation, relationship or event in the most direct way possible. It may not seem like it, but if we look at it clearly, isn't the reality of any outer circumstance actually an *inner* experience?

Why not give yourself the Valentine's Day Gift of True Love? It *is* possible to experience a vaster, more reliable and deeply-rooted Love. **We *are* truly and deeply Loved by an all-knowing, all-powerful, caring and mighty Force. If we see that this must be true, why not begin to let go of all of the lies that get in the way of fully experiencing that Truth!**

In Universal Love,
Mark

The Universe Is Loving and Everything Is Unfolding As It Should will be the subject of our next Small Group Meeting on February 10, 2018 from 2:00 – 4:00 p.m. Limited to 6 participants. Fee \$80. To register, [email](#) or call 808-737-7525. Deadline for registration and payment: February 7th.