

# Seeds of Light

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Spring 2018

The Newsletter from Mark Okita



## We Are the Spring of Eternal Life!

Welcome to Spring! The term “Spring” in reference to the season originated in the 14<sup>th</sup> century as “springing time” – inspired by the plants “springing” from the ground. It was shortened to “spring-time” in the 15<sup>th</sup> century, then further shortened to “Spring” in the 16<sup>th</sup> century. Another definition of spring is, “to be released from a constrained position.”

I'd like to dedicate this newsletter (and hey, why not the entire season!) to the release of

ourselves from any and all constraint; to spring forth from the inner darkness of the false self into the Light of Freedom; to be such a clear and open channel of Infinite Life that we would realize that we are, in fact, that Infinite Life Itself and not only the channel!!

As some of us know by now, I often emphasize the importance of self-identity above all else. Why is this? After all, there is a long tradition in spirituality both East and West to seek liberation beyond the limited, fearful and “not quite perfect” self.

However, *who* is the one that is seeking all of that? If the *what-we-are-not* (the false self) is looking for happiness, love, peace and enlightenment, then whatever is found will further reinforce the false self (the what-we-are-not). This is the primary reason why there are so many seekers and so few finders.

It is like trying to get from Siberia to Hawaii with the best maps, the best guides and the best technology. We follow it all carefully, sometimes with great zeal and dedication, all the while not knowing that we are already in Hawaii! *Leaving Hawaii to get to Hawaii will guarantee that we never get there!* (It is the *inner* exploration and realization that really matters.)

Another metaphor: If I believe that I am a separate wave journeying through a perilous ocean-world looking for love and wholeness, all I see around me are other waves, some friendly, some dangerous and most irrelevant. Even though the Love and Wholeness that I am looking for can be found by simply letting go of the constrained view of being a wave and thus realize that I AM the Ocean, the tendency is to fortify the false sense of self because it feels so insecure. Furthermore, it wants to run away from (or control) the Ocean because, as a wave, the Ocean appears to be just a huge mass of (mostly scary) waves!

We are assuming that this thing called “self” has a substance and power which it does not have. Can a mirage quench a thirst? Will reading a menu satisfy hunger? Can a mother give birth to a child that has not been conceived? Can *any* thought of who we are, really be who we are? It is only a thought! *Can the shadow of a human being do anything at all . . . other than indicate where the light is obstructed?*

We are so much more than who we think we are or could even imagine. We are the Source from which all imagination flows.

Rather than use all of our energy and intention to get what the separate self feels that it needs to be happy (because it *inherently* feels lacking), why not use some of that energy and intention to place our attention on the Real Self – the indwelling Energy, Life and Spirit?

## Ode to the True Self

My attention is not fully consumed by the perception of inner and outer objects and events  
I am aware that I AM the Infinite Wakefulness from which all perception springs

Relinquishing the deluded seeking of light in the shadows  
of cherished beliefs and prejudices  
I live as the Light of Truth which is unalloyed Love for ALL

I pledge allegiance, not to the divisiveness of “us” versus “them”  
but to the indivisible invisible Essence of Life that we Are

What use have I for fame, approval, being right, superiority, worldly power and riches?  
These all serve and strengthen the false self – the very source of fear and insecurity!  
I have realized my nature as Infinite Light. Candle flames are imperceptible and of no  
consequence awash in the sun's incandescence

Like the sun unaffected by day and night, winter and summer, “good” and “bad”  
I AM the immutable indestructible ever-present Radiance  
shining its Love upon ALL equally. (This is the true meaning of equality!)

Joy of all Joys here, now! – not in getting what the personality wants  
but in being attuned to scintillating Bliss  
the creative life force within both what is judged as “wanted” and “unwanted”

Even while I remain untouched by earthly life and death  
I AM the Life within what we call “life” as well as what we call “death.” (There is no death!)

I AM That which illumines and enlivens every body, every structure, every thing (and non-  
thing)  
What sublime beauty the world is! I AM the self-effulgent splendor of it all!

I AM is all of us, the Spring of Life Eternal  
“You,” “me” and “other” – the One Sun playing as multiple rays of Light  
Let the false self of the mind be confounded  
What use is there in figuring things out while I AM  
firmly established in incomprehensible Bliss?!

Love,  
Mark

**We Are the Spring of Eternal Life!** will be the subject of our next Small Group Meeting on April 14, 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: April 7, 2018.

[Link to previous editions of Seeds of Light](#)