

# Seeds of Light

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The Newsletter from Mark Okita



## Emotional Awareness: The Clearest Guide to Authentic Love and Power

Who is the clearest, most loving and evolved spiritual teacher? It is our very own emotions. Our emotions are our Soul's way of calling us Home to Authentic Love and Power. What we call “emotions” can more accurately be referred to as our impeccable *Inner Spiritual Guide*.

This Inner Spiritual Guide is constantly and lovingly communicating profound and personalized Wisdom to each of us through physical sensations in specific areas of the body with specific qualities. Being attuned to these physical sensations is

receiving that sacred communication.

*The most important and useful information that emotions provide is whether we are processing the pure energy of the Universe with fear and lack or Love and Abundance.*

For example, Universal Energy is constantly sustaining and streaming through the body. When this pure energy goes through the filter of fear it produces certain bodily sensations that we might experience as anxiety, resentment or jealousy. When this same pure energy passes through the filter of Love, it produces corresponding bodily sensations such as trust, exuberance or kindness.

*Emotional Awareness* is the ability to heed the precious messages that emanate from our Inner Spiritual Guide. Emotional Awareness involves three qualities:

The *willingness* to connect with our emotions (rather than avoid, deny or suppress them), the ability to *discern* its precious and potentially empowering message and third, knowing how to *respond effectively*.

Emotional Awareness does not mean simply being aware of how we feel while we act out, or run away from, those emotions. Nor does it mean trying to get rid of “negative” emotions. Rather, it is being *constantly* aware of all of the nuances and subtle contrasts of fear versus Love; contraction versus Openness. Emotional Awareness involves becoming very intimate with and attuned to our feelings so that we may discover the *purpose and meaning* of those emotions.

The first purpose of emotions is to call us home to ourselves. Like physical pain, emotional pain is an emphatic call to *pay attention to the source of pain*. If we accidentally cut our finger with a knife, do we obsess about the knife or attend to the finger? The pain says, “take care of the wound!” not “blame the knife with elaborate stories!” Emotional pain is saying the same thing – “take care of *me!*”

Have you noticed that the more intense the emotional pain, the more the mind tends to become obsessively focused on outer events or persons? Just when our Inner Spiritual Guide is emphatically and insistently calling us home, we often do just the opposite and focus outwardly, often with great zeal!

*The pain is not caused by an outer event* (although it definitely seems that way since we have practiced that perspective countless times). *The pain is caused by an inner fear and that is what needs attention and healing, not the outer circumstance.* The outer event or person is just a trigger that brings a fear (usually unconscious) to the surface. A “trigger happy” person lives in a world full of triggers – not a very happy way of living. A person in alignment with their Soul lives a triggerless life of Authentic Love and Power.

For example, if we feel hurt or angry in response to what someone says or does, our

emotions are strongly calling attention to the *inner pain and underlying fear*. It is not a call to try and heal an *inner insecurity* through external attack, defense or elaborate stories. Remember, emotions are our *Inner Spiritual Guide* (the emphasis is on *Inner!*). Once we have the security of our Soul's Love and Abundance, then the appropriate inspired action will come, not the other way around. Which brings us to the other essential purpose of emotions . . .

The second purpose of emotions is to bring us into alignment with the Universal Love and Power of our Soul. The more painful and disturbing the emotion, the more out of alignment we are. It is the pain of tearing ourselves away from our Soul, as well as the pain of aligning with fear and lack.

*The degree of the discomfort is in direct proportion to the degree to which we are believing in (and therefore experiencing) lack of Love and Power. The farther away we are from ourselves and the Truth of our Soul, the greater the emotional pain.*

An in-depth description of how to respond to this misalignment, once it is seen for what it is, is beyond the scope of this newsletter. However, suffice it to say that *Intention*, the subject of last month's newsletter, is the first crucial step in reclaiming the power that we have been giving away through unconsciousness, blame, judgment (including self-judgement), denial and distraction. ([Click here for archives of previous editions of Seeds of Light](#))

This is an invitation to end the suffering of seeking love and power where it cannot be found, and to choose the path of freedom through Emotional Awareness and Loving Intention. Working with emotions in this way is a direct means of connecting with our Soul, the embodiment of the Ultimate Love and Power of the One Infinite Creator.

Emotional Awareness allows us to evolve quickly and consciously through intention, rather than slowly and unconsciously through mere survival instincts.

*When we consciously align with the Love and Abundance of the Universe, we move from victimhood to Self-mastery; from a limited human being to a multi-dimensional expression of Infinite Being.*

Soul to Soul,

Mark

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There are still openings for the next Group Meeting on August 12th from 2:00 to 4:00 p.m. The tentative subject for that meeting is ***Discovering Real Love: Being Free of Trying to Please and Control People***. If you would like to attend, respond to this email or call me at 808-737-7525.