

INSPIRATION

H A W A I I ' S W E L L N E S S J O U R N A L

A JOURNAL
FOR THE
MIND, BODY
AND SPIRIT

ENLIGHTENMENT

Touch of Light
Howard Wills

Dr. John Demartini
on Wisdom

You Must Believe In
Spring!

Visionaries of Hawaii:
Styohpobia



FREE

March / April 2008

Although countless stories have been written about Enlightenment, Enlightenment defies all definitions of what it is. There is simply no clear definition of Enlightenment. The meaning is as elusive as the shape-shifting cloud blown across the sky by the wind. First it takes on one shape, then another, and then another. As soon as the cloud takes the shape of a horse, for instance, it shifts into the shape of a house, and then a bird, and then something else.

All one can say about Enlightenment is that it is subtle, takes on many different guises, and often eludes any clear definition as to what it really is. The most general thing that one can say about Enlightenment is that it takes place in awareness, and when one has a so-called enlightenment experience, they experience a shift in perception that results in a completely different way of seeing things . . . so different, in fact, that the person who has the experience is forever changed, or enhanced.

For purposes of this message, we will follow the path of one person, Howard Wills, who as a young man had an experience that has matured into a deeply alive and lasting inner relationship with God/dess, or "The Light."

Howard, can you give us a brief description of your experience with The Light?

I had this experience when I was 20 years old, 34 years ago. Even as a very young child, I had been interested in healing and prayer. I had poor health as a child which motivated me to study life and health. I studied the teachings of the Kahunas, as well as other indigenous healing systems. I eventually understood that a healthy body and life was the result of consciously directed positive thought, word and deed, and the dissolution of inner conflict in all relationships in life.

At the time of my experience with The Light, I was going to University of South Carolina in Columbia. It happened in the morning, as I was going to class. A powerful male voice spoke to me and directed me to go to a grassy hill across campus and lay down. Now, since I had never heard any voices speak to me, and since I was not into any kind of mind-altering substances. I decided to follow this guidance and see what happened. The voice told me to look at the sun with

A Light Touch:

Flowing Enlightenment With Howard Wills

by Richard Diamond

my eyes closed, and begin breathing light into every part of my body. I stayed with this process for around 20 minutes. I was then directed to allow the light to expand through my body until I became a cocoon of light. I continued breathing light into the cocoon for another 15 minutes and then fell asleep. I awoke over three hours later and had missed some classes.

I felt normal even though I noticed that people did not look like people anymore; instead they appeared as transparent forms of energy in the exact shape of the body. I could see through them as if they were cellophane. I must have been in an altered state because this all seemed natural to me. I did wonder, however, what was going on.

As I continued to observe, people suddenly appeared as translucent egg-shaped sacks of water, hovering about 18 inches off the ground. Inside the eggs were lights, like stars, floating in the water. It looked as if everyone was their own little universe, existing as their own star system. A little later, people changed again into what appeared to be an electrical circuitry, with impulses shooting through their bodies that coordinated with their thoughts and desires. These impulses, originating in the region of the heart, would shoot through their bodies and make manifest the intentions of their life processes. The area in the chest, between the heart and the navel, is where we hold our belief systems, complexes and the makeup of our master blueprint. I have since found that by defining and unwinding problems, and by clarifying belief systems, people become empowered and more free. When we undo stresses in life, we feel better. We overload ourselves with too much complexity, pushing ourselves too much. We need to simplify and do less. Less is better than more most of the time.

How did this experience change you?

Well, it opened my perception and gave me huge insight into life. I felt as if the veil was completely opened, and I could see deeply into the nature of reality. I underwent a profound transformation and, as a result,

discovered that I understood how to generate transformation within people, and, more importantly, I understood how to help people help themselves.

Do you consider yourself Enlightened?

I don't consider myself Enlightened, a teacher or a healer. I do know there is a flow, a connection with God/dess that all people can seek. This flow is a journey of self that often finds us bouncing off the walls of life with great highs and lows; yet with perseverance, we can calm the seas and experience the ecstasy and bliss of life. We feel the ecstasy and bliss because of our connection with The Light, God/dess. Enlightenment is a process of seeking the truth in life . . . to know rather than to believe. It comes through grace from The Infinite Light because of the intense desire to know truth. Enlightened beings are strong, gentle, loving, kind, respectful, appreciative and live harmoniously with all creation.

Enlightenment is "In Light In." The mind lives in two percent consciousness; that means that the mind has two percent light. The heart lives in 100% consciousness; that means the heart has 100% light and is fully enlightened. When we operate from our hearts, we are fully enlightened. When we don't pay attention to our hearts, we fall back into the dim light of the mind. So, it behooves us to pay attention and live from our hearts. The whole idea is to move consciously into greater light on a daily basis, from two percent to five percent to ten percent and so on, to continue turning up the light. I feel that humanity as a whole is becoming more enlightened, and the future for humanity will be extremely interesting and full of surprises in a very positive way. 🌟

Thank you, Howard.

Howard Wills lives, works and prays with his family in Kilauea, Kaua'i.

You can read more about Howard Wills or print out a copy of his prayers at:

www.howardwills.com, or www.howardwills.org

