

# DOCUMENT ENDORSEMENT PROGRAM

for Michael Houghton's

*Soul Seeker: Reflections on a Spiritual Journey from Darkness to the Light*



Writers'  
BRANDING

# CONTENTS



**COMPREHENSIVE SYNOPSIS**



**DETAILED BOOK OUTLINE**



**QUERY LETTER**

# I. COMPREHENSIVE SYNOPSIS

This is the story of Perspectus and how he set out on a journey to find health, but instead, he found God's glory and quietly left all his pain behind.

Imagine yourself on the balcony of a luxurious cruise ship sailing to the Caribbean on a moonlit night, with the only sound you hear is the splash of the ocean against the sides of the ship. So relaxing and calm. Inside the cabin, your spouse sleeps soundly. A warm wind softly slaps against your face. You might think what a beautiful moment this sounds like, and how grateful you might be to experience such a serene moment. But on a winter night in 2014, when he stood in that exact situation, he wasn't thinking about gratitude. He was finalizing his plans for his suicide. In his hand was a bottle of Percocet. The plan was to take the pills and drink some vodka. This would make him groggy enough to ensure that he wouldn't have any last-minute thoughts of survival. It was so simple. He'd step up, jump over the rail, and plummet to the ocean below.

But thanks to his higher power, this story is about not suicide but rather a spiritual journey from the dark night of my soul to the dawning of a new day of light and hope.

It begins with an awakening, visionary experience that leads to his healing and fills him with a permanent sense of well-being and an appreciation for life. As a result, he begins a journey to understand his spiritual awakening and his connection to a Higher Power. He examines and reflects in poetry and prose, such things as mindfulness, meditation, spirituality, the soul, purpose and faith, messages of Mother Earth, love, truth, peace, blessings and sorrows, enlightenment, and more.

In January 2014, he was sixty-six and entering the sixth year of an autoimmune disorder that caused him to be in severe pain twenty-four hours a day, seven days a week. The illness had taken its toll on him. He could not sleep. He could not relax. He was sick and tired of being sick and tired. He became severely depressed. He self-medicated. He over-self-medicated. He gave up all hope. He gave up on prayer and turned away from God. His darkness had spread like cancer. It blinded him. Like ivy growing on the brick of an abandoned house, the darkness spread insidiously inside him. It goes on, but not until he finally hit his personal bottom. He had no idea that it was the beginning of the end of his pain. He did not only recover, but it was a turning point too that he would soon experience a vision that would open his mind to new possibilities and begin his journey toward spiritual enlightenment.

With his eyes wide open, he began realizing synchronous events were happening all around him. He started to perceive things beyond the normal ranges of experience. He also began to observe the energy field flowing within my body and saw how it connected to other energy fields. This led him to begin on his path to self-healing and ultimately was the start of his journey to seek his soul and spirituality. And once the journey began, he used his long-dormant pen to reflect his thoughts through poetry and prose along the way.

As he began to live in the now, he started to experience more moments of synchronicity that he now refers to as “God moments”—events and things that happened to him at just the right time that was far beyond coincidence. His focus is on the now because there’s nothing he can do about the past and nothing he can do about the future. After all, it hasn’t happened yet. Be mindful. Don’t miss a chance to look up at a clear blue sky and marvel at the majesty. Stand barefoot in the grass or sand, grounding yourself in the vibrations of the earth. Touch a tree and sense the life-sustaining oxygen emanating from its limbs. Be mindful of how everything and anything is connected.

His journey so far has led him to believe that we are souls who inhabit human bodies. If we are to evolve and ascend, our souls need to nurture the light of love, resonate with the frequencies of trust, respect, and compassion for others, and grow with the knowledge gained from the unknown realms of the cosmos. In truth, there is love.

He started this journey in darkness brought on by illness and pain and found his way to the light. He found God’s glory, compassion, and peace of mind. He had researched literature on subjects, such as mindfulness; enlightenment; transformational psychology; meditation; healing through human energy fields; religion; evolution and reincarnation; New Age philosophy; and New Thought and other spiritual movements.

Within a year, he reached a major mile point when his doctor said his disease was gone. He called it his “little miracle” because he was not in physical pain for the first time in five years. He opened contact with my inner consciousness and awareness of my soul. As he was about to finish writing this book, he was confident that the experiences would continue to come, and the journey goes on.

Soul Seeker: Reflections on My Spiritual Journey shares one man’s reflections on his personal journey to healing, redemption, and spirituality. Trapped in a deep depression, resulting from a five-year battle with constant pain from an autoimmune disorder, the author hit the “darkest night of his soul” and decided to end his life. But this book is not about suicide, but rather, redemption.

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## II. DETAILED BOOK OUTLINE

### **Preface**

On a winter night in 2014, while on a luxurious cruise ship, Perspectus was finalizing his perfect plans for his suicide. In his hand was a bottle of Percocet. The plan was to take the pills and drink some vodka. This would make him groggy enough to ensure that he wouldn't have any last-minute thoughts of survival. It was so simple. I'd step up, jump over the rail, and plummet to the ocean below. But thanks to the higher power, this story is not about suicide but rather a spiritual journey from the dark night of his soul to the dawning of a new day of light and hope.

He was raised in organized religion and believed in God and the teachings of Jesus Christ, but he had serious doubts and questions. He could see the hand of humankind in all religions, writing, interpreting, distorting, and shaping the presence of our higher power into human perceptions and assumptions. As a natural-born skeptic, he started seeking answers and rational explanations for how his disease had disappeared.

Soul Seeker: Reflections on a Spiritual Journey from Darkness to the Light embodies his reflections on such things as mindfulness, spirituality, the soul, faith, and enlightenment as he travels forward on his search for spiritual truth and purpose. He hopes that his journey and words will help you, and others, to find your true way as well.

### **Darkness to Light**

In January 2014, he was sixty-six and entering the sixth year of an autoimmune disorder that caused him to be in severe pain twenty-four hours a day, seven days a week. The illness had taken its toll on him. He could not sleep. He could not relax. He was sick and tired of being sick and tired. He became severely depressed. He self-medicated. He over-self-medicated. He gave up all hope. He gave up on prayer and turned away from God.

His darkness had spread like cancer. It blinded him. Like ivy growing on the brick of an abandoned house, the darkness spread insidiously inside him. It whispered seductively in his ear, like a deadly Siren, enticing him to believe that the only solution, the only way to stop the pain, was to end his own life. As crazy as it sounds to him today, he totally fell for the Siren's call for death. With a cruise to the Caribbean already planned, he developed a scheme to jump off the ship in the dark of night.

Several months later he nearly succeeded in killing his self. He was now drinking about half a gallon of vodka daily. Then on March 19, 2014, he finally hit his personal bottom. He had undressed to take a shower and turned on the hot water, and that's the last thing he remembered. He blacked out and woke up in a hospital bed with a near-fatal alcohol blood level and a concussion. He was wearing a neck brace and had stitches in his head. His wife and children were standing at the foot of his bed. He had absolutely no memory of what had happened or how he'd gotten there. While he had no idea then, this was to be the beginning of the end of his pain, as he does not only recover but also would soon experience a vision that would open his mind to new possibilities and begin his journey toward spiritual enlightenment.

## **My Vision**

As part of his journey to improve his health, he learned how to do breathing exercises to relax and how to meditate. He also had weekly acupuncture sessions, combined with mind-body energy work. During one of these sessions, he experienced an extraordinary event. He could see the illuminated energy flowing throughout his body, then exploding out from his sacral chakra like a flame, taking him with it. He was suddenly alone in the darkness of the universe. He was totally in awe.

He laid there stiff and rigid as they stared intensely up and down his body. While they never spoke, he knew they were evaluating his physical, mental, and spiritual condition. Suddenly, he was unsure of his identity. He felt that he was a wounded soldier, a pregnant woman, a beggar in pain, a philosopher. Faster and faster came split-second flashes of different human consciousness. Seconds later, he was swept back into my body, and he awoke, asking what the heck had just happened. Maybe it was a hallucination, maybe a dream. He still doesn't know what happened, but one thing he knew for sure was how he was feeling. He felt like he had awakened spiritually, but at the time he could not explain it that way. When he left and went outside to his car, he was amazed at how the trees, the grass, the sky, and even the air seemed to glow and come alive.

With his eyes wide open, he began realizing synchronous events were happening all around him. He started to perceive things beyond the normal ranges of experience. He also began to observe the energy field flowing within my body and saw how it connected to other energy fields. This led him to begin on his path to self-healing and ultimately was the start of his journey to seek his soul and spirituality. And once the journey began, he used his long-dormant pen to reflect his thoughts through poetry and prose along the way.

## **The Path**

Once he experienced his vision, he suddenly felt an awakening, an appreciation of all that he could see, feel, smell, hear, and taste. His vision opened his mind and heart to the possibility that there was much more than he could ever explain. Maybe there was indeed some extraordinary power or force that was running the show, one that he could not probably ever understand or comprehend. His very spiritual foundation had been shaken. Could a different mindful and spiritual path lead to a physical solution? He was determined to find out for himself.

Perspectus first step was in deciding to seek his soul. Did he really have one? If so, where is it located? What makes up a soul? How does he get in touch with his soul? Does his soul have a purpose? The questions seemed to grow with each answer. As he began his research, he read all about mindfulness and how it could help him in his journey. He learned how beneficial it can be to live in the moment and to be mindful of all that is around him. As a result, he was amazed to find himself progressively becoming spiritually awakened. His journey has been marked with discovery. He has found insight in literature, video, and the spoken word. He has discovered synchronicity in his life. He has found spirituality in his moments of meditation and prayer.

In seeking his soul, he also wondered why a higher power would allow pain, sorrow, and tragedy to exist. The world seems consumed by blame and finger-pointing, rather than acceptance and forgiveness. To his surprise, this journey allowed him to realize how much in life he must appreciate and all the blessings he seemingly overlooks each day. He had been awakened to the power of love, truth, and peace in our world. If we each begin by filling the missing part of our souls and hearts with these qualities, we can spread the love of our higher power one day and one person at a time and make this a better world.

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## **The Soul**

One year after he started his spiritual journey, he started feeling dramatically better and went to the doctor to confirm what he was thinking. Indeed, the doctor told him there was no need to come back because his disease had totally disappeared. It was a minor miracle!

When he began to reflect on his life, he realized he had lived close to the edge without ever suffering any consequences. He might have died, been seriously hurt, or faced serious problems nearly forty times. Why had he been spared? Was it luck, fate, or something else? This is when he opened himself to believe in the real possibility of his soul, with its essence reaching out from inside him to the point where space touches earth's sky and intersecting with the ground and the sea. He embraced the concept of having a higher self, which is only a part of a greater soul, that serves a higher power, one that he eventually come to consider as God.

## **Mindfulness**

When Perspectus started this journey, he did not know where the path would lead. He certainly never thought it would end up in a personal process of self-development, self-discovery, learning, healing, and spiritual awakening. Given that it has, however, he now tries to live in the now by being fully present and aware of where he is and what he is doing, and not being overly reactive or overwhelmed by what's going on around him. He was introduced to the concept of mindfulness when he read the book *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* by Jon Kabat-Zinn.

As he began to live in the now, he started to experience more moments of synchronicity that he now refers to as “God moments”—events and things that happened to him at just the right time that was far beyond coincidence. His focus is on the now because there's nothing he can do about the past and nothing he can do about the future. After all, it hasn't happened yet.

Be mindful. Don't miss a chance to look up at a clear blue sky and marvel at the majesty. Stand barefoot in the grass or sand, grounding yourself in the vibrations of the earth. Touch a tree and sense the life-sustaining oxygen emanating from its limbs. Be mindful of how everything and anything is connected.

## **Messages of Mother Earth**

As he walks on the ground, wades in the waters, breathes the air, or looks up to the sky, he is in awe of the earth's power, majesty, and splendor. He feels a special connection and responsibility as a temporary steward of our mother planet, Earth.

As a soul seeker, he has learned to look to the divine power that flows within him, outside him, and throughout nature, earth, and the universe for his answers. He is fully aware that he needs to be open and mindful of what is seen and unseen on this plane of existence and to discover how he fits in with the universe and how the universe fits within him. He is also connected to the divine consciousness of the sky, the air, and the vibrations and frequencies of the cosmos, among the other forces of the earth and beyond. He is part of the whole, and the whole is part of him.

He has learned to listen so he can listen to learn. He hears the sound of Mother Earth all around him, waiting to guide and teach me. From the ground come the vibrations from the earth's physical and spiritual core. When he tunes in to nature, he can feel the heartbeat of the earth.

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## **Purpose and Faith**

To believe in a higher power is to have faith. However, his faith is not based on any religion. His faith is spiritual and nonsectarian. He has no proof or evidence of truth, but he had come to believe in a higher power and that we are all part of one eternal soul that exerts power and control over all things. When he experienced his vision, it opened his consciousness and made him realize that something much bigger than he was running the show, driving and directing his life.

As he proceeded on his journey, he became aware that the answers he had been seeking all his life were spiritual, not religious. He opened his eyes, mind, and soul to the possibility of something beyond human reasoning that was in control of all the universe. In his journey, the only certainty that he knows is that there is no certainty. He recognized that it all comes down to faith, and he has come to find that there is no correct path, but only the right path for him. He trusts his higher power will show the way.

Since he had been awakened, he believed he had discovered his true faith in a higher power, whom he calls God, and he can now see how and why events are happening to and around him. He realized that these things were beyond coincidence. It's synchronicity sending a divine message about what could be if he was mindful. He sensed that his purpose is the journey, not the destination, but his purpose is simple and pure: to be one, one with God, one soul connected to all.

At the end of the day, it is his soul's consciousness, in concert with my higher power, that gives him the hope, strength, and faith to overcome the challenges he faces on earth. This helps him fulfill the purpose and promise given him by his Creator and master the ability to ascend to a higher level of consciousness.

## **Blessings and Sorrows**

Perspectus is filled with gratitude for every aspect of his physical and spiritual life. Where he experiences pain, loss, or failure, he sees lessons to learn, hear messages to be heard, and gain a clearer vision of his purpose. Where there is good fortune, he sees joy, happiness, and love. He doesn't count his blessings; he cherishes them.

He personally believes in the power of positivity and happiness, and the first step to being happy is to feel happy. He tries to be mindful of the happiness around him. He doesn't shut it out. He opens the door to his heart and soul and sees the humor even in his misfortune or pain. Funny people make him laugh, and they can also be healers. Satire can be a change agent. Unexpected or funny missteps can be a lesson in humility. A child's laugh brings smiles to his heart.

Admittedly, with all that's going on in the world, it's hard sometimes to be happy. There's no question we are living in troubling times. As we grieve for the hundreds of thousands who die daily from war, terror, disease, pestilence, hunger, murder, and hatred, it is easy to fall sway to darkness. But this is not a time to extinguish the light. It is a time to ignite the flames of love, goodness, compassion, and peace. It is a time for us to stand up to evil.

## **Love, Truth, and Peace**

As my journey continues, he felt like he had experienced many unexpected twists and turns, and he is expecting more of the same in the future. Sometimes he actually feels he has crossed the borders of a new plane of consciousness. Passing beyond the intellectual plane, he was able to look backward and recognize the value of both mind and body, but he regarded them both as just instruments, tools, or servants of his soul with which he may work.

His journey so far has led him to believe that we are souls who inhabit human bodies. If we are to evolve and ascend, our souls need to nurture the light of love, resonate with the frequencies of trust, respect, and compassion for others, and grow with the knowledge gained from the unknown realms of the cosmos. In truth, there is love.

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The time to stand up for love and peace has come. He believed our purpose is not to hate, wage war, or forget those in need. We need to energize our collective consciousness to wage peace, love, and understanding. The solution to war and hate is peace and love. We can extinguish the flames of prejudice and vile diatribe if we use our knowledge, compassion, forgiveness, understanding, and kindness—one person at a time.

## **Afterword**

He started this journey in darkness brought on by illness and pain and found his way to the light. He found God's glory, compassion, and peace of mind. He had researched literature on subjects, such as mindfulness; enlightenment; transformational psychology; meditation; healing through human energy fields; religion; evolution and reincarnation; New Age philosophy; and New Thought and other spiritual movements.

In one year, he reached a major mile point when his doctor said his disease was gone. He called it his "little miracle" because he was not in physical pain for the first time in five years. He opened contact with my inner consciousness and awareness of my soul. As he was about to finish writing this book, he was confident that the experiences would continue to come, and the journey goes on.

In his humble opinion, if we are to evolve to a higher level of consciousness as a species, he believes it is time to stand up and restore balance by spreading love, peace, and serenity to our brothers and sisters on planet Earth. We need to become peace warriors by using our hearts and souls as both a sword and shield against hate and evil. This is the way to restore the harmonic balance of good vs. evil, light vs. darkness, and love vs. hate. It is time for us to truly believe and to have our actions match our words. Let's hope we can accomplish these ideals so the world will move forward, maybe some life will be made a little happier and we shall feel the glow of a heart at peace with itself.

## **About the Author**

Perspectus is the pen name of a veteran international communication and public relations professional with nearly fifty years of experience, who currently resides in the Washington, DC, metropolitan area. In addition, he is a published journalist, author, poet, blogger, and cartoonist. He has chosen to maintain a sense of anonymity so he may be candid and open in sharing his perspective on the spiritual journey he has undertaken in the hope that in some small way his reflections might help others.

## **Notes**

Contains the list of books, authors, and references used as an inspiration to fully bring enlightenment in every chapter.

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## III. QUERY LETTER

Dear:

It begins with an awakening, visionary experience that leads to healing with a permanent sense of well-being and an appreciation for life.

*Soul Seeker: Reflections on a Spiritual Journey from Darkness to the Light* focuses on my journey from the darkness of illness and despair to the joy of healing, redemption and the light of spirituality.

Suffering from an autoimmune disease for nearly six years that kept me in chronic pain 24/7, depressed and suicidal at the age of 66, two miraculous things happened. One was a vision that opened my eyes to the metaphysical world of spirituality and the second was the healing of my disease.

However, in the fall of 2019, my serenity and commitment to living in the light was put to the test when I was confronted with startling news that the person who murdered a custodian I worked for as part of my work/study loan in college 50 years ago had escaped punishment, was alive and free.

This book concludes with research into the half-century-old murder case and the moral dilemma I faced and subsequently resolved. I talk about the importance of not backsliding into the “dark night of my soul” while reinforcing my belief “that without darkness, we will never find or know the true value of the light.”

Thanks for your consideration.

Michael Houghton

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