

## A View from the Edge, Diary of a Psychic (Sept 08)

Contributed by David Hand

Spirit of the Light In April of 2004, I was running on Hengistbury Head, a local beauty spot that is growing in popularity as a sacred site. It was a beautiful spring day and there was something about the light that morning which completely energised me and roused a sense of awe and wonder as I saw the colours of spring erupting from the earth wherever I looked. I often meditate while I run. The rhythm of my feet lulls my mind into stillness and, on that particular morning, the stillness I achieved was exquisite.

However, something happened that morning which changed the course of my spiritual life. For, within that void of stillness, I suddenly became aware that I was not alone. There was a presence with me and I had never known such strong contact before. The presence seemed to envelop me as if it was in the air I was breathing and radiating out of the glorious scenery I was passing. Yet, within the strength of this presence, I also felt a lightness, a playfulness almost, that provoked intense euphoria in me and made me want to laugh. My feet now seemed to move of their own accord as I was no longer aware that I was still moving. The contact was so intimate and familiar. All-knowing, very wise and extremely loving. The presence asked me to return home and wait in front of my computer keyboard. And thus an adventure began I duly sat at my computer and the first message pretty well wrote itself with little effort on my part. Strangely, although I was experienced at channelling, this process was completely unique. It felt as if this presence was totally interfacing with me on every level. It wasn't using me to channel but rather it was inviting me to be part of the process. It was sharing its wisdom with me and opening up a door inside me through which I could access my own wisdom that it then invited me to contribute to the work. I felt as though I was channelling my own soul energy as much as I was channelling this presence. It made me feel a part of it. For two years I "channelled" messages for the presence that became known to me as "Spirit of the Light". The messages were widely read and became very popular amongst the lightworker community of the new age. Spirit of the Light is a collective name for a community of higher-dimensional beings who have served Gaia, Mother Earth, and the spiritual interests of humankind since the very beginning of our planet. They helped weave the energies that created the physical plane of our planet and have been our unseen guides and helpers on our long journey through evolution. As I worked on each successive message, I was aware that their energy was being transmitted into the words, into the very fabric of the message. And from the feedback I received from readers, they too were very aware of the energy they were receiving and reported how loving, healing and transformational they found the presence in each message to be. Readers also described how things sometimes occurred after reading a message or after using the affirmation contained in some of the messages.

"Happenings", synchronicities, healings, resolutions, solutions and little miracles seemed to be generated from the Spirit of the Light messages. Yet, equally exciting for me was the content of the messages for they were describing how a cosmic plan was unfolding around us of such magnitude that it would change our perception of reality altogether. Within this cosmic plan was an evolutionary leap for humankind that would fully reconnect us with our souls and fulfil our original blueprints as cosmic "conscious, fifth dimensional beings". Spirit of the Light seemed determined to help humankind fulfil their potential and take their rightful place in the cosmos. Always encouraging and supportive, they requested me to set up new lightworker groups in 2004 and outlined energy work and meditation techniques that had astounding results when I used them in lightworker circles. They told me how imperative it was for lightworkers to work in groups to raise the vibrational frequency of humankind and bring about this promised evolutionary leap. They also predicted how difficult and traumatic the path ahead would be as we slowly disconnected from the artificial constraints of third-dimensional reality and slowly crossed into new realms of existence. For me, with the hindsight of the intervening years since their last public message, they have been very accurate at describing how the last few years would feel and at describing the challenges each of us would face in this on-going process of evolution. It's been over two years since the last public message of Spirit of the Light was sent out. I know that there continues to be a small following out there that still talk to and request help from them and, from what you tell me, Spirit of the Light continue to be of service. I've been asked on a number of occasions why the messages stopped. Well, the simple answer is that they had nothing to add until "well, actually, until now". Their final messages talked of a transition process: a journey across a bridge to the place beyond. A journey across the bridge between dimensions. I believe we are now reaching the last dramatic stages of this journey and that there are both challenges and wonders ahead of us. The following message was completed on 30th April 2005 and today, 15th September 2008, I was asked by Spirit of the Light to reproduce the message for you. I hope it resonates with you. Spirit of the Light

Message Received 30th April 2005 by David Hand

The Place Beyond..... Walk with us for a moment. We have something to show you. Something new. On this path we are walking there is a bridge. The bridge is just ahead of us now. Can you see it? It really is much closer than you think. We would like you to visualise this bridge in your mind's eye. We are sure that you have crossed many bridges in your lifetime "both real and metaphorical". Just construct this bridge in your imagination and hold this image for a while. In many of your stories, the characters must first cross the bridge to pass from one land into another. They stand upon the bridge and wander what adventures are to be had on the other side. The bridge marks the end of one chapter and the beginning of another "yet, as the reader turns the page, he or she is certain that the story will continue and the best is yet to come. This is the bridge and you are now so close that you can count the number of steps it will take to reach it. Yes, it really is that close. As you look beyond the bridge you catch your first tantalising glimpse of the place beyond. Your new home. The place that has called to your heart throughout your life. Yet before we reach this

magical realm, there lies this final bridge to cross. Walk with us. Let us take a few steps together. As we approach the bridge, you notice it stands over a fast flowing river. We stand on the bank for a while and watch the powerful currents of foaming water sweep beneath the bridge. Only the bridge stands firm against this immense force of water. In your life right now you are aware of these powerful currents of energy flowing around you. Never before has the flow had such velocity and strength. For you, it feels like time is accelerating with each passing week. Daily now, your body tenses in reaction to unseen forces that buffet you as they pass. The currents stir your emotions and you try to cope with all that is bubbling up from within you. You watch as others react to these energies as they gush around them. Each day, a hundred dramas play out before your eyes. Fear, anger, prejudice, deceit. So many accusations and so much defensiveness. Strangely though, you are also aware of the growing detachment you now possess from all you see around you. Though you are being buffeted around like everyone else and sometimes your emotions seem just too big for you to release, there's an instinct deep within to allow and accept all that is unfolding. No matter how uncomfortable the experience, these powerful currents are important and necessary. Humankind has stifled this planet with an airtight lid of dense negativity. In ignorance of Universal Laws, humankind imposed its iron will on the natural order of this planet like a cruel child. Now all is changing. The pendulum must swing back and is now being carried with great momentum. What you are witnessing around you must seem chaotic and destructive but if you bring your perspective to where you now stand on the bridge, you can see how these powerful currents are moving with unity and speed in one direction. Barriers and obstacles need to be broken through, much needs to be cleansed, much will be washed away. This is the Great Outpouring that must be allowed to flow freely. The outpouring is flowing from the heart of Mother Earth whose power is finally breaking free from all that has imprisoned her. That same outpouring is flowing from the core of each being who allows it. This is where the pain and sadness you are presently experiencing is coming from. Allow all to freely flow. All the hurts locked in your heart will be let free. Many will not understand this process. Many have completely lost touch with their inner being. For them, this process will be confusing and frightening. They will seek ways to use their will and gain power over others in order to make themselves feel more secure in the chaos. Many will create dramas in order to enforce their will on others or gain the attention they want. Others will be seduced by or identify with all kinds of conspiracies, power plays, prejudices or new social orders in order to feel empowered. Others still will merely surrender to their addictions and desires and shut out all that troubles them. For those who are not aware of all that is unfolding, it will seem like darkness is falling upon the world. So now is the time to remember why you are called a Lightworker. You were created as a deep well of love, compassion and wisdom. As darkness gathers, each of you will burn brightly as guiding lanterns used by many to find their way forward. In order to guide as many as you can, burn as brightly as you can. Extend to all your loving kindness. Try to understand all and judge no one. Give all your compassion for they, like you, are beautiful, perfect beings of light disguised in physical form. Send blessings and healings to all you encounter for each soul now needs as much grace as possible to discern the right path for them. After the Great Outpouring will come the Great Healing. For the planet and for those who have allowed this process to flow freely through their being, peace will come to rest in each heart. Many, many people will need Lightworkers to facilitate and guide this mass healing process. Burn as brightly as you can and we will guide them to you. Some will be preparing to take the evolutionary leap with you, others will be preparing for different realities where they will continue to grow and learn. Others still will be preparing to leave their physical bodies to journey to other realms of existence. All need the grace from this healing to speed them towards their destinations. We have mentioned grace and some may wonder what we mean by this. To us, grace is the dynamic power of healing love which can be channelled from the Source of All to transmute and transform all into higher states of being. We wish you to see love as dynamic and powerful energy, not just an emotional state. We, Spirit of the Light, assist the Creator in manifesting, creating from the power you call love. It is wondrous and oh so beautiful to work from this energy source. Grace is the healing aspect to this energy. It is the energy each soul craves to fulfil its purpose upon your planet. We tell you, there is no greater blessing you may ask for than to request that a person receives the grace he or she needs in order to fulfil their divine purpose. The bridge is so important. It is the last preparatory stage before the evolutionary leap you are about to make. You will quickly realise that it is also a different state of being. This period will prepare you for higher dimensional realities and anyone on the bridge will recognise that they are now living between dimensions. You will feel an even greater detachment from the increasing chaos of third dimensional reality as you find the centre of your being quickly bloom into an increasing state of peace and serenity. Amid the fear and drama, you will respond to all with love and healing, guiding people forward with your light and aiding them to go within and listen to their inner voice. Once on the bridge, you will truly start to bond with your powerful, knowing soul and a great clarity of purpose will be achieved. Doors within you will be flung open and all kinds of inner gifts will manifest. However, the first important gift that any Lightworker receives on reaching the bridge is the calm inner knowing that will lead you forward to the place beyond. For many of you, you will be walking this bridge for only a few short years before the evolutionary leap we have talked of. Strangely, during this stage in your development, though you may feel detached from all that must unfold around you, you will start to see a greater beauty in your world and feel a deeper connection, a greater affinity with all your brothers and sisters. From your core of strength, wisdom and inner clarity, you will see so clearly how fear distorts the true state of being, of humankind and from this core it will become far easier to respond to all with compassion and love. As we have mentioned, some around you, perhaps some close to you, may decide to pass out of body in this coming period. It is their choice and they must be released with love and respect. They have experienced all they wished to experience in this reality and will now move on to other realities to progress and further their education. Bless them with the grace they will need to carry them to their destination. We promise you, it will not be long before you have the ability to communicate fully with them again. Once you are on the bridge, a glorious dialogue with Mother Earth will commence. The Earth will talk to you through each of your senses and every environment you encounter will become part of a vast sacred landscape connecting you to the Source of All. As you bond with your soul, you will give yourself over more and more to the intuitive inner knowing that will guide your daily

life providing you with a happy, rich, fulfilling existence. New friends shall also start to reveal themselves to you. This will be a most exciting and pleasurable experience for you. As you walk the bridge between dimensions, you will become aware of all those angelic and higher dimensional beings who walk beside you. This will be such a surprise for you and we are smiling now at the surprises that are to come. Stepping onto the bridge is where this new adventure really begins. We ask you now and in the weeks, months and years that follow, or whenever you are drawn to this message, to actively welcome the Light into your life and into your very being. Be open and remain open to the Light. Invite it in to all you now do. Consciously bring the Light into every environment you find yourself in. Consciously bring the Light into the lives of others. Surrender all that troubles you and hurts you to the forces of Light for healing and transformation. We, Spirit of the Light, would be delighted to aid you in all this, if you would call on us. Light a candle, call on us, use our affirmation and we will connect you with the higher realms of pure light in which we dwell.

Through the power of the Spirit of the Light,

I now connect to the source of love within me.

From the power of the source of love within my being,

I transform myself and my life. We are Spirit of the Light. Ask now that Divine Will be done. Much love from Spirit of the Light.

© David Hand 2008 David Hand is a psychic consultant and spiritual teacher. For more information on David's services, workshops and courses, please visit <http://www.mysticklight.com>