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I SAW THE

Light

by Dawn Mellowship

Author and Reiki teacher, Dawn Mellowship, discusses the out-of-body experience that transformed her life and consolidated her spiritual path.

Embracing our spiritual path is rarely easy and the most challenging transformations can initially cause us emotional pain and inner conflict as we question past patterns of behaviour, re-evaluate our lives and begin to experience a sense of freedom that brings constant change. As human beings we are typically terrified of change, regardless of whether we perceive the change as positive or negative.


I was at a point on my spiritual path where my intuition forced me to listen to its guidance. It had grown loud enough to be audible, but my physical and emotional bodies were keen to suppress it and keep me treading the same well-worn path that had failed me so many times before. Sometimes I wasn't sure if I knew the difference between right and wrong, but my pleas would soon be answered as signs or visions. I could no longer ignore my beleaguered soul.

In the past I had lived recklessly, with little regard for the consequences of my actions. My life followed the pattern of many others, living for the weekend, feeling lost, drowning out my intuition with alcohol, objectifying myself and wondering why the opposite sex also treated me like an object. I abused myself in various ways to the point where I had lost a connection with my soul and as I caught sight of her for the first time, I was tentative in my approach. Was she really me? Was my spiritual path right for me or should I succumb to my physical desires?

Most importantly, since setting foot on my spiritual path I had been reminded of my past belief in God that I blithely ignored

the instant I chose to steal an item from a local shop; a moment when I had said to myself, "You know this is the wrong thing to do," yet I charged ahead despite my better judgement. This time, eight years later and utterly distraught at the war of worlds raging between my physical, emotional and spiritual bodies, I looked up to the sky and said, "God, if you are real, please can I see you?" In truth I was not sure if anything would come of this.

The night of my request I rested my head on my pillow expecting to drift off into my usual dream-state, but instead something extraordinary happened. Staring at the mottled ceiling I felt my soul drift out of my body, float effortlessly out of the bedroom, down the stairs and into my back garden, where the rain drenched everything but the light of my soul. As my soul hovered above the sodden grass I felt it being drawn up into the sky, higher and higher, through space and beyond, until I reached a pure white light, so bright that no human eyes could ever bear witness to. Entering the light I was enshrouded in a sense of elation and an unconditional love so pure that no human could ever have for another living creature; a love that I had never before experienced in my life. All the pain and sorrow of my past dissipated as though it had never even existed. I felt light. I felt alive for the first time ever. I knew that I was being shown a glimpse of what it means and what it feels like to be with God, to be in heaven and I did not want to return to the earth.



Within seconds I felt the light gently urge my soul back down to earth, as if to say, "Your work here is not yet finished." My soul speeded back into the house as it was chased by something darker that seemed to want to steal my precious moment with God, but my soul would not be reprimanded and re-entered the house, floating up the stairs and sinking back into my body. I sat bolt upright in bed, feeling as though electricity was coursing through my veins and knowing that what I had just experienced was the most real thing that had ever happened to me in my entire life. After that experience I never once doubted the existence of God. Graciously I accepted my spiritual path, allowed my intuition to guide my existence and let go of my physical desires. They didn't seem so important. My primary focus became fulfilling my spiritual path, part of which is helping others to discover the voices of their own souls, to heal the pain that holds them back from being their true selves.

I stopped treating my body with contempt, instead nourishing it with healthy foods, giving up alcohol, cigarettes and any kind of recreational drugs, choosing to use natural products and dedicating myself to serving God. This was not the God of scriptures though. This was the God that spoke to me through my intuition; that I knew we could all communicate with; that loves us all unconditionally.

I saw the light and I have chosen to live my life by the light, because most of us barely exist in the dark, stumbling around, wondering why we lack direction and a sense of purpose, wondering why everything goes wrong. When we listen to the inner light within, our lives are enriched, flowing like a gentle river rather than rising and crashing like the stormy seas.

The greatest advice I can give to anyone is let that light inside of you glow as brightly as possible, until it consumes you and your soul shines through for everyone to see. Silence your physical and emotional desires for long enough to hear your intuition whisper words of wisdom. Allow right living and right thinking to be your tenets for life. Love yourself and others unconditionally. Accept all your experiences in life as precious blessings. Forget your body for a second and feel your soul. This might seem like an impossible task. Positive changes are rarely easy, but the outcome is more rewarding than anything a material world has to offer. Take one step in the right direction and soon you will be making leaps and bounds. I saw the light, I love the light and so can you, if you choose to.

Dawn Mellowship is an author, journalist, spiritual teacher and a Reiki practitioner and teacher based in the UK. Her latest book, You Can Only Achieve What is Possible (O Books) is out now and will be available from Amazon and all good book stores. For more information see www.dawnmellowship.com, email info@dawnmellowship.com.