

Epistle

Love and Light to Friends everywhere from the Experiment with Light gathering at Glenthorne, Grasmere, 1-5 November 2004.

The Experiment with Light aims at connecting us with the Divine and at enabling us to find the truth of which George Fox said: "This I knew experimentally". Many of us have experienced the Light as a transforming power in our individual lives and in our relationships with others. It challenges us to face the reality about ourselves and the world and encourages us to live more mindfully and more adventurously. Our lives can become ongoing experimentations with Light.

The Light, as Fox put it, shows us all that is out of the Light, and such insights into the darker sides of ourselves or the world can be painful and challenging. We were reminded of how important it is not to shy away from such revelations. When we have faith in the process, the Light will show us a way out of the darkness and guide us into spiritual renewal.

The Experiment with Light must not be misunderstood as a form of therapy. It is a rediscovery of a spiritual process with which early Friends were familiar, enriched by the diversity of our present day culture. It is not a particular meditation, but has developed different forms in the few years of its existence.

It has been suggested to us that the Religious Society of Friends as a whole is an Experiment with Light or, to use the words of William Penn, "a spiritual experiment upon the soul". We are struggling to find ways of making our practice more widely known and better understood. We realize that words are inadequate to capture our experience and may lead to conflict and misunderstandings. Words are mere vehicles to convey what we know in our hearts and what is ultimately beyond words. This is what the Experiment teaches us.

We are convinced that the Experiment with Light should not be the special interest of a minority, as it is a practice that could immensely enrich the life of our Meetings. We invite all Friends who have not yet done so to share this treasure with us by embarking on the Experiment yourselves. May you be blessed with the same sense of healing and joy that we have found, and may we all grow together in listening more attentively to the promptings of love and truth in our hearts.