

EXPERIMENT WITH LIGHT: version 5 (adapted)

This version was devised by Klaus Huber in August 2000 and adapted by Helen Meads in July 2013 for the Deepening the Practice: Retreat with Experiment with Light at Swarthmoor Hall. It has been further translated into modern English for Belgium & Luxembourg Yearly Meeting 2015 by Helen Meads and Anneke van Bostraeten. The prompts are based on extracts from Truth of the Heart (Rex Ambler's anthology of George Fox's writings)

Make yourself comfortable. Be relaxed, but alert. I'll allow you a few moments to get settled and feel centred, then I'll begin.

2 mins

1. Your teacher is within you, do not look elsewhere, and mind that which is pure in you which will guide you. Mind the light, that we may all be renewed with each other's help and with the power of the light. Look within. For understanding is within, and the light is within, and wisdom is within you.

5 mins

2. Let the light that shines in everyone of your consciences, search you thoroughly, and it will let you clearly see. As the light opens and works in your conscience, it will let you see previously unseen things, which are clearly seen by [the invisible eye within you. This invisible eye within you is] the Light within you. That will let you see your heart.

6 mins

3. Be still and cool in your mind and spirit from your own thoughts.

7 mins

4. What the light reveals and discovers: temptations, confusions, distractions, do not look at them, look at the light that shows you them, that makes you aware of them, and with that same light you will feel power over them. For looking down at distraction, you are swallowed up in it; but looking at the light that reveals the confusions, you will see over them and overcome them and you will find grace and strength; and there is the first step to peace.

7 mins

5. All you who love the light, if you love and obey it, it will lead you out of the darkness, into the light of life, into the way of peace and into the life and power of truth.

6 mins

6. Living in the truth you will find you live in love and in unity. In the light walk, and you will shine.

5 mins

When you feel ready, open your eyes, stretch your limbs, and slowly bring the meditation to an end.