

EXPERIMENT WITH LIGHT: version 5 (adapted)

This version was devised by Klaus Huber in August 2000 and adapted by Helen Meads in July 2015 for the Deepening the Practice: Retreat with Experiment with Light at Swarthmoor Hall. The prompts are based on extracts from Truth of the Heart.

ref

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

F, J p143 1. Your teacher is within you, look not forth, and
F, Ep4,p9 Mind that which is pure in you to guide you.
2:3 Mind the light, that all may be refreshed one in another and all in One.
1:23 Keep within. For the measure is within,
and the light is within,
and the pearl is within you.

5 mins

1:82 2. Let the light that shines in everyone of your consciences, search you
thoroughly, and it will let you clearly see.
1:74 As the light opens and exercises thy conscience,
it will let thee see invisible things,
which are clearly seen by that which is invisible in thee.
That which is invisible is the Light within thee,
which he who is invisible has given thee a measure of.
That will let the see thy heart.

6 mins

1:61 3. Be still and cool in thy own mind and spirit from thy own thoughts.

7 mins

1:91 4. Do not look at the temptations, confusions, corruptions, but at the light
that discovers them,
that makes them manifest,
and with that same light you will feel over them
For looking down at distraction, you are swallowed up in it;
but looking at the light that discovers them,
you will see over them and you will find grace and strength;
and there is the first step to peace.

7 mins

1:128 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

2:79/2:66 6. Living in the truth ye live in the love and unity. In the light walk, and ye
will shine.

5 mins

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