

Experiment with Light

The following is a 9-step meditation based on Rex Ambler's outline of Experiment with Light (1997), adapted by Sue Glover Frykman for use at the Friends World Committee for Consultation (FWCC) World Plenary Meeting in Peru, January 2016..

1. Look inside

Sit comfortably. Breathe deeply and slowly. Be quiet. Be still. Become aware of the Light within you. It will show you the way.

2. Identify the Light

Turn to the Light. Open yourself to it. See your troubles, trials and temptations. Let the Light shine into all your dark corners and illuminate them.

3. Let the Light show you yourself

Mind the pure Light of God within you that shows you your sin, evil, how you have spent your time and how your minds have wandered. As the Light opens you up and exercises your conscience, it will let you see invisible things – things that are clearly seen by that which is invisible in you. Let the Light within you show you what is in your heart. Let the bright Light within wake you up to see where you are. Let the Light search you thoroughly.

4. Trace the Light to its source

The Light that lets you see sin and evil is a perfect Light of God. It reveals everything. It is your inner eye. The eye that sees and the ear that hears is of the Lord. Stand in this Light. Let it guide you into out of the darkness to that which is pure, that which is of God.

5. Trust the Light to show you the alternative

Stand still in the Light. Let the real truth within you unfold. Do not look at the temptations, confusions, corruptions and distractions that you are swallowed up in. Look instead at the Light that discovers them, and you will see over them. This is the first step to peace.

6. Feel the new life grow

Wait patiently in the Light, as a gardener waits for seeds to germinate. Let the Light break you open to the new life stirring within. Feel its power. Feel it grow. Allow yourself to be changed.

7. See other people in the Light

Submit to the Light. It will let you see one another and the unity we share. In this Light there is no self-will, no mastery, no ego. See the people in this room in this Light.

8. See the world in the Light

This Light, which is of God, lets you see the world and your place in it from a new perspective.

9. Learn to love in the Light

Trust the Light. It will show you how to love yourself. It will show you how to love others. It will show you the way. In the Light walk, and you will shine.