

**An outline of the experiment, according to George Fox
(with a little help from his friends)**

*Experiment with Light meditation by Rex Ambler, January 1997
using quotations from George Fox's writings and a passage each from the
writings of Francis Howgill, Samuel Fisher and George Keith*

1. Look inside

Your teacher is within you, look not forth.

Mind that which is pure in you to guide you to God. Mind the Light, that all may be refreshed one in another, and all in One.

2. Identify the Light

Now this is the Light which you are lighted withall, which shows you when you do wrong; and you know with that when you have wronged anyone, and broken promise, and told a thing that is not so, there is something riseth in you that is a witness against you, and that is the Light.

But oh, then did I see my troubles, trials and temptations more than ever I had done! As the Light appeared, all appeared that is out of the Light, darkness, death, temptations, the unrighteous, the ungodly; all was manifest and seen in the light.

3. Let the light show you yourself

Mind the pure Light of God in you, which shows your sin and evil, and how you have spent your time; and shows you how your minds go forth.

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 thee see thy heart.

Therefore all now awake from sleep and see where you are. Let the Light of Jesus Christ, that shines in everyone of your consciences, search you thoroughly.

4. Trace the light to its source

The Light which lets man see sin and evil is a perfect Light of God.

This which shows you sin and evil is in you, and makes manifest all that you have acted contrary to it. It is the eye that sees the deceit in all its transforming of you and it will let you see. The eye that sees, and the ear that hears that is of the Lord.

Ye query, What God really is in himself? My counsel to you is, to stand still in his counsel, namely, his Light in your own consciences, that in that you may be led forth into his life and likeness. Wait for his appearing in his own spirit and power to restore his own image in your hearts. God, as he is really in himself, is beyond all definition of ours at all.

5. Trust the light to show you the alternative

That which lets you see your sins, in that stand, and you will see your Saviour.

In the Light that shows you all this, stand, neither go to the right hand nor to the left; here patience is exercised, here is thy will subjected, here thou wilt see the mercies of God made manifest in death. For the first step to peace is to stand still in the Light (which discovers things contrary to it) for power and strength to stand against that nature which the Light discovers: for here grace grows, here is God alone glorified and exalted, and the unknown truth, unknown to the world, made manifest.

For looking down at sin, and corruption, and distraction, you are swallowed up in it; but looking at the light that discovers them, you will see over them. That will give victory; and you will find grace and strength, and there is the first step to peace.

6. Feel the new life grow

He who follows the Light comes to have the Light of life.

The Lord hath a Seed that ways, if ye in patience all of you wait, and not matter the weather, the storms, the winds, the hail, the rain, when ye are to sow the seed, nor the rough ground that is to be tilled. For the husbandman waits patiently after the seed is sown. There is a winter before the summer comes. And there must be a great work before the misty heathen be cleared in their understandings (that are so naturally) and the dark air be driven back, and the Prince of life and Light be witnessed.

So the Light shineth forth in the Darkness, to visit the Seed shut up therein, and the Light breathes Life into the Seed.

7. See other people in the light

Abiding inwardly in the Light, it will let you see one another and the unity one with another.

Now, all loving the Light here no self can stand, but it is judged with the Light; and here all are in unity, and here no self-will can arise, no mastery; but all that is judged out.

8. See the world in the light

This Light, which is of God, lets thee see all the works of the world, and draws thee out of the worships of the world, and keeps thee in the fear of God.

9. Learn to love in the light

I stood up again in the eternal power of God and stretched out my arms amongst them all, and said again with a loud voice, "Strike again, here is my arms and my head and my cheeks" and I was in the love of God to them all that had persecuted me.

"Here is gospel for thee, here is my hair and here is my cheeks and here are my shoulders", and turned them to him, and the Truth came so over him that he grew loving.