

Meditation on the individual
using George Fox quotations in modernised language

taken from Rex Ambler's anthology *Truth of the Heart*

selected and arranged by Diana Lampen

Be still. Sit comfortably. Breathe slowly several times. Relax and let your mind become quiet. Be still.

1. Wait and be receptive. Turn to the Light.
2. Let your real concerns be revealed by the Light.
3. Be cool, or keep a little distance, as you focus on something which is significant for you. Let the Light show you what is really happening there. If feelings or questions arise, hold them in the Light. Wait for clarity.
4. Open yourself to what is being shown. Wait. And trust the Light. Let the understanding come.
5. Submit to, or accept, what is being shown. Welcome it. Continue to wait in the Light.
6. Open to new possibilities. Accept and be thankful for your experience, whatever it has been.

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