

The world

Experiment with Light meditation by Rex Ambler
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1. Relax body and mind. Start by making yourself perfectly comfortable. Feel the weight of your body on the chair, then consciously release the tension in each part of your body. Now let all your immediate worries go; in particular, let go of any images or stories of the world that have touched you recently from television and newspapers. We want to know the truth about our world. So let yourself become wholly receptive.

2. In this receptive state of mind, let **the real issues of the world** emerge. Ask yourself: "What is really going on in the world? What is happening in the world as I know it, as I experience it?" And be specific: "...in the world of work, of commerce, politics". Is there anything there that makes you feel uncomfortable? Don't try to answer yourself. Let the answer come. Let the light show you what is happening.

3. Now focus on one issue that presents itself, one thing that gives you a sense of unease. Try to get a sense of this thing as a whole. And ask yourself: "What is it about this situation, those events, those people that makes me feel uncomfortable?" Let the truth disclose itself. And when it does, let a word or image come that says what it's really like, what it is that touches you.

4. Now ask yourself **what makes it like that.** Don't try to explain. Just wait in the light till you can see for yourself. If you lose your concentration, simply ask why? Keep asking why, then wait for an image, a word, a memory. Be open to the truth, hard though it may be, and it will surely be revealed to you.

5. When the answer comes, **welcome it.** It may be surprising, even difficult to believe. It may not fit in with what you want to believe, or what you have seen and heard by others. But if it fits your own experience you will know immediately that it is true. And accepting that it's true will bring a sense of peace, and a freedom from the worry that has surrounded this issue.

6. Now finally, **consider how you need to act.** You won't need to weigh up alternatives or think through strategies. You will know in your heart what an appropriate response will be. What are you being called to do? How is the light leading you? Is it to do what you have already been doing for some time? Or is it to do something different? Only you will know, as you open yourself to the truth.

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