

RESOURCES  
for  
**Experiment with Light**

**BOOKS**

John Lampen (ed.), *Seeing, Hearing, Knowing: reflections on Experiment with Light*. William Sessions, York, 2008.

Quaker Life Study Materials, *Quaker identity and the heart of our faith*. Quaker Life, London, 2008.

(includes cd of Rex delivering a lecture on early Friends)

Rex Ambler, *Light to Live by: an exploration in Quaker spirituality*, English edition, Quaker Books, London, 2<sup>nd</sup> edition 2009

Rex Ambler, *Truth of the Heart: an Anthology of George Fox 1642-91*, with glossary, interpretive essay, and translation into modern English, Quaker Books, London, 2<sup>nd</sup> edition, 2007

Hugh Barbour, *The Quakers in Puritan England*, Friends United Press, Richmond, Indiana (out of print, try Meeting House Libraries, [www.abebooks.co.uk](http://www.abebooks.co.uk) or [www.amazon.co.uk](http://www.amazon.co.uk))

Hugh Barbour and J. William Frost, *The Quakers*, Friends United Press, Richmond, Indiana, 1988, esp chapters 3 and 4

Patricia Loring *Listening Spirituality: Vol. 1, Personal spiritual practices among Friends*, and Vol. 2, *Corporate practices among Friends*, Openings Press, Washington DC., 1997 (Vol. 1) 1999 (Vol. 2).

Eugene Gendlin, *Focusing: How to Open Up Your Deeper Feelings and Intuition*, Rider & Co, 2003

Kevin Flanagan, *Everyday Genius*, Marino Books, Dublin, 1998  
(out of print, try [www.abebooks.co.uk](http://www.abebooks.co.uk))

**WEBSITE:** [www.experiment-with-light.org.uk](http://www.experiment-with-light.org.uk)

(includes downloads of talks and readings, plus text of meditations and other information)

## CDs

There are five CDs available, obtainable through Quaker Book Shop, price £20 for the full set, plus postage.

1. Contains two talks, given by Rex Ambler at a Workshop held at Charney Manor in 1998. The first is on the early Quaker experience, the second is an introduction to the meditative practice.
2. Contains two versions of the meditation, for those new to the practice.
3. Contains two further meditations, one on the group or community, the other on the world.
4. (Two CD set) Contains an alternative meditation for those more familiar with the practice, loosely based on George Fox's words, plus a version of the meditation using bells in place of words as a reminder of the six steps. The second CD is readings from *Truth of the Heart* (as above).
5. Contains a version of the meditation, using entirely George Fox's words, taken from sections of *Truth of the Heart*, and a second version using very brief verbal prompts.

Quaker Book Shop, Friends House, Euston Road, London  
Tel 020 7663 1030 Fax: 020 7663 1001 Email: [bookshop@quaker.org.uk](mailto:bookshop@quaker.org.uk)  
Website: <http://www.quaker.org.uk/bookshop> (browsable and searchable catalogue)

## OTHER RESOURCES

Quakers in North-West England and the Politics of Space 1652-1653:  
<http://www.lancs.ac.uk/fass/projects/quakers/> (includes 1652-1653 pages of the 1664, 1675 and 1694 editions of George Fox's Journal)