

# Resources for Experiment with Light

## Introductory booklets

Rex Ambler, *What is Experiment with Light?*, Experiment with Light Network 2014  
A short introduction to Experiment with Light that is available in many Meeting House libraries or online at <http://www.experiment-with-light.org.uk/whatisewl14.pdf>

*What is a Light Group? Guidance, questions and counsel*, Experiment with Light Network 2014  
Available online at <http://www.experiment-with-light.org.uk/whatislg.pdf>

## Books

John Lampen (ed.), *Seeing, Hearing, Knowing. Reflections on Experiment with Light*, Sessions of York 2008  
A compilation of contributions from around the world

Rex Ambler, *Light to live by. An exploration in Quaker spirituality*, Quaker Books, London 2002 (2nd edition 2009)  
English version of Rex Ambler's 2001 Cary Lecture presented to German Yearly Meeting of the Religious Society of Friends (Quakers) in Bad Pyrmont, this book sets out the ideas underlying Experiment with Light and how Rex came across them

Rex Ambler (ed.), *Truth of the Heart. An anthology of George Fox*, Quaker Books, London 2001 (2nd edition 2007)  
Includes translations of Fox's writings into modern English, a glossary, and an interpretive essay

All books are available from the Quaker Centre Bookshop, Friends House, 173 Euston Road, London NW1 2BJ, phone 020 7663 1030 or 020 7663 1031, Email [quakercentre@quaker.org.uk](mailto:quakercentre@quaker.org.uk), Website <http://bookshop.quaker.org.uk/>

## Journal

The *Journal of the Experiment with Light Network* is published 4 times a year. Electronic copies are free of charge. To be put on the mailing list, contact [experimentwithlight@gmail.com](mailto:experimentwithlight@gmail.com) - alternatively, copies can be downloaded from the website at <http://www.experiment-with-light.org.uk/resource.htm#honk>

Paper copies are available for £12 per year (for UK subscribers - please ask for overseas prices) from Peggy Hardcastle, 21 Gardner Road, Warton, Carnforth LA5 9NY

## **Meditation CDs**

4 CDs have been produced in 2015, each with a guided mediation being read in a choice of female or male voice. The CDs are:

CD1: Meditation on the individual (modern language)

CD2: Meditation on the individual (using George Fox's words)

CD3: Meditation on the individual (MOWS version)

CD4: Meditation on the world

The CDs are available at £3.50 each from the Quaker Centre Bookshop, Friends House, 173 Euston Road, London NW1 2BJ, phone 020 7663 1030 or 020 7663 1031, Email [quakercentre@quaker.org.uk](mailto:quakercentre@quaker.org.uk), Website <http://bookshop.quaker.org.uk/>

MP3 versions of these and other meditations (as well as older recordings of some of the same meditations) are available on the website at <http://www.experiment-with-light.org.uk/medits.htm>

**Website** <http://www.experiment-with-light.org.uk/>

The website has the following pages:

- <http://www.experiment-with-light.org.uk/about.htm> : a brief summary of what Experiment with Light is all about, with documents for further reading, and links to the Experiment with Light Network's annual reports and accounts
- <http://www.experiment-with-light.org.uk/events.htm> : details of forthcoming workshops, retreats, and gatherings, and selected epistles of past gatherings/conferences
- <http://www.experiment-with-light.org.uk/medits.htm> : a list of Experiment with Light meditations, with their texts as PDF, and - in many cases - MP3 versions to listen to
- <http://www.experiment-with-light.org.uk/resource.htm> : links to many printed resources and all issues of the *Journal of the Experiment with Light Network*, information on CDs, and several MP3 files to listen to:
  - Rex Ambler: *Early Friends and the Light* (1998)
  - Diana and John Lampen: *Readings from Truth of the Heart*
  - Catherine King Ambler: *Spirit-led Eldership* (2011)
- <http://www.experiment-with-light.org.uk/news.htm> : a list of recent changes to the site, so that you don't have to wade through the whole lot to see if anything's new
- <http://www.experiment-with-light.org.uk/contacts.htm> : contact details for the Experiment with Light Network and the website

*This list was last updated on 30 October 2017*