

### **Meditation on the individual (March 2007 revision)**

*Seeing, Hearing, Knowing: Reflections on Experiment with Light.* edited by John Lampen. William Sessions, York, 2008, pages 98-99.

1. **Relax body and mind.** Make yourself comfortable. Feel the weight of your body on the chair (or the floor). Let all the tension go, in each part of your body. Let your immediate worries go, your current preoccupations. Be relaxed, but alert. Let yourself become wholly receptive.
2. In this receptive state of mind, let **the real concerns of your life** emerge. Ask yourself, 'What is really going on in my life?', but do not try to answer the question. Let the answer come. You can be specific: 'What is happening in my relationships, my work, my Meeting, in my own heart and mind?' And more specifically still: 'Is there anything here that makes me feel uncomfortable, uneasy?' As we gradually become aware of these things we are beginning to experience the light.
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. Deep down you know what it is all about, but you don't normally allow yourself to take it all in and absorb the reality of it. Now is the time to do so. You don't have to get involved in it again, or get entangled with the feelings around it. Keep a little distance, so that you can see it clearly. Let the light show you what is really going on here. 'What is it about this thing', you can ask, 'that makes me feel uncomfortable?' Let the answer come. And when it does, let a word or image also come that says what it's really like, this thing that concerns me.
4. Now ask yourself **what makes it like that.** Don't try to explain it. Just wait in the light till you can see what it is. Let the full truth reveal itself, or as much truth as you are able to take at this moment. The answer will come.
5. When the answer comes **welcome it.** It may be painful or difficult to believe with your normal conscious mind, but if it is the truth you will recognize it immediately. You will realise that it is something that you need to know. Trust the light. Say yes to it. It will show you new possibilities. It will show you the way through. So however the news seems to be at first, accept it and let its truth pervade your whole being.
6. As soon as you accept what is being revealed to you, you will begin to **feel different.** Accepting truth about yourself is like making peace. Something is being resolved. If none of this seems to have happened, do not worry. It may take longer. Notice how far you have got this time and pick it up on another occasion. In any case this is a process we do well to go through again and again, so that we can continue to grow and become more like the people we are meant to be.

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