

## EXPERIMENT WITH LIGHT MEDITATION, based on the MOWS process.

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This version of the meditation is based on the early Friends' practice and is summed up by the acronym MOWS: **M**ind the Light; **O**pen your heart to the truth; **W**ait in the Light; **S**ubmit to the truth.

**1.** First make sure you are sitting comfortably, with your back well supported and feet flat on the floor. *[pause]*

You might like to go through your body bit by bit, tensing each part for a moment and then letting it go. *[pause]*

Now focus your mind on your breath. Just watch the breath come and watch it go. If the mind wanders bring it gently back. Keep returning to this focus until the mind is still and you are ready to begin.

**2.** Mind the Light. That is, pay attention to the kind of awareness that arises when you are still and silent.

**3.** Open your heart to the truth. *[pause]*

Be open to whatever is shown to you of the reality of your life, even if it is unfamiliar or uncomfortable. Just be open.

**4.** Wait in the Light. *[pause]*.

If what you are being shown is unclear or causing you unease, wait until you see the whole picture. If there are questions, don't try to answer them; trust the Light and continue to wait.

**5.** Submit to the truth; that is, accept it.

Say 'yes' to the reality that has been shown to you and you will then find peace and the strength to know how to act.

**6.** When you feel ready, open your eyes; stretch and maybe yawn and gradually bring the meditation to an end.

