

## Reflections

*By a member of Okehampton Quaker Meeting*

### **Learn to live in the light.**

'All of us need to find a way into silence which allows us to deepen our awareness of the divine and to find the inward source of our strength.' (From the Quaker 'Advices and Queries').

Like many who read this column I try to make time in my day for a period of quiet in which to find the 'source of my strength'. Surely it is in my power to set aside the necessary time so why is it that often I don't succeed? It makes no sense given that I have so often experienced the benefit.

I found a passage recently which vividly describes this experience. In the book, 'Quaker Faith and Practice', Jo Vellacott describes 'desperately turning to the source' during an emergency but losing contact as soon as it is over..... when her 'everyday existence could be transformed by it' and that it is as if she 'only opened the blinds for an occasional hour to sweep up some broken glass'.

She continues, 'Most of the time I bumble around, do my housework in semi-darkness, strain my eyes trying to read.' Finally, she declares, 'More than anything I want to learn to live in the light. But perhaps I don't altogether want to take the demands involved, don't want to see all the dust in my life.'

Through self-questioning and contemplation, we may discover why we fear to leave the comfort zone in which we 'bumble around' and break through into a greater and more satisfying reality.

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