



Friends from Frome Meeting, the only LM within our Area Meeting that happens to have a Light group.

As I was reading out the steps of the meditation, I was refraining from getting too deep into it. In fact, I had to consciously stop myself at one point from getting too immersed in the Experiment.

One of the things that came to me was that having the time and leisure to contemplate on our privilege is a privilege in itself. This followed on from my previous realisation of having more time to meditate, contemplate, and relax than most other people. However, it leaves me disconnected with hard-working, low-earning people with families whose lives are void of any stillness - and who maybe wouldn't even know what to do with the stillness if they ever experienced it. How can I speak to their condition, if I'm so far removed from it myself?

The worship-sharing at the session reflected the multitude of different aspects in which our privilege expresses itself, with wealth and health being the dominant ones. Several Friends mentioned big life changes they were hoping to make or already making. One recurring question was the one of guilt. Should we feel guilty for being privileged? And if we feel guilty about it, how can we channel those feelings into something positive and constructive?

[...]

*[NB. For the published version in the Journal of the Experiment with Light Network, the picture was cropped just below the eagle on the passport.]*