

## **10. The Quakers and Doing Nothing**

August 2<sup>nd</sup> 2018

There is a religious community, though “religious” is probably not the right word, since they don’t consider themselves a religion, an international society of people who meet together based on the common belief that there is spirit, or Light, in every person. Every single person who has ever lived. And that because this light is in each of us, there is no need for priests or any other third party or ritual in order to commune with this spirit. Consequently, there is no hierarchy in this society, no leaders. Everyone is considered equal. Women are treated no differently from men, nor is there any discrimination based on class or race or any other human difference. Because this Light is in everyone, they acknowledge the validity of all religions. In fact, members of this society openly identify as Christian, Muslim, Jewish, and just about every other world religion, including atheist and humanist. You don’t have to believe in a god to be a member. All are welcome in this community, and insight and wisdom is accepted from any religion and no religion. Because this light is in everyone, society members are pacifists and are very active in social welfare and justice. Yet there are only about 210,000 members of this society worldwide.

Doesn’t this sound like a group of people who have figured it out? They’ve got something right. Any guesses as to who these people are?

I’ll give you a hint. When they meet together, they sit silently and do nothing. They wait. Sometimes someone will feel moved by the spirit to say something, but sometimes the entire meeting will pass in complete silence. They are waiting for the Light.

Here is a quote from a religious scholar: “If pressed to say what they are actually doing in a meeting for worship, many Quakers would probably say that they are waiting... Others would use more abstract terms: just 'listening' (though no voice is heard), or 'looking inward' (though no visions are seen), or 'pure attention' (though nothing specific is attended to).”

This sounds a lot like what we spoke about two weeks ago, about Auto-Think. You put your attention in Thought Space and watch passively to see if anything comes up. Sometimes it does, and sometimes it doesn’t.

It’s actually closer to a technique I’m going to teach tonight called Do Nothing. We are going to sit with open hearts and wait passively for the light. What is this light? If you are inclined toward the

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Abrahamic faiths, it is god-in-you. If you are more of a naturalist bent, it is nature, the universe, energy. If you are an empirical materialist, then it is the wisdom of the deep subconscious. I would call it the source.