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Turn on the light -- and wonder

by Ed Hays

Turn on the light -- and wonder

The next time you flip a switch and an electric light comes on, pause to wonder. As you turn on that light, what you are witnessing is matter being liberated into energy.



Einstein discovered that light sometimes behaves like a particle

and sometimes like a wave. Today contemporary scientists tell us that there is no such thing as a wave or a particle of light; we can only treat light as if it were a wave for some purposes and as a particle for others. Yet, actually it is neither. Rather light is something beyond the grasp of our minds, an unexplained mystery and a cause for wonder.

*As I touch my arm, open my mind.
This flesh I touch is matter patiently waiting,
not to return to dust again,
but to be freed into the Mystery of Light.*

From *A Book of Wonders* by Ed Hays

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**Prayer action suggestion:** As night approaches, turn off all lights around you. Sit quietly as darkness engulfs you. Sit a few minutes more in the darkness. Then turn on a lamp or light a candle.  
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