

"Be still and cool in thy own mind and spirit from thy own thoughts, and then thou wilt feel the principle of God to turn thy mind to the Lord God, from whom life comes; whereby thou mayest receive his strength and power to allay all blusterings, storms, and tempests. That is it which works up into patience, into innocency, into soberness, into stillness, into stayedness, into quietness, up to God, with his power...what the light doth make manifest and discover, as temptations, distractions, confusions; do not look at these temptations, confusions, corruptions; but at the light that discovers them and makes them manifest; and with the same light you may feel over them, to receive power to stand against them. The same light that lets you see sin and transgression, will let you see the covenant of God, which blots out your sin and transgression, which gives victory and dominion over it, and brings into covenant with God. For looking down at sin, corruption, and distraction, ye are swallowed up in it; but looking at the light, which discovers them, ye will see over them. That will give victory, and ye will find grace and strength; there is the first step to peace."

---- Letter from George Fox to Lady Claypoole, 1658

Know what it is that is to walk in the path of life, and indeed is alone capable of walking therein. It is that which groans, and which mourns; that which is begotten of God in thee. The path of life is for the seed of life. The true knowledge of the way, with the walking in the way, is reserved for God's child, for God's traveller. Therefore keep in the regeneration, keep in the birth; be no more than God hath made thee. Give over thine own willing; give over thine own running; give over thine own desiring to know, or to be anything, and sink down to the seed which God sows in the heart; and let that grow in thee, and be in thee, and breathe in thee, and act in thee, and thou shalt find by sweet experience, that the Lord knows that, and loves and owns that, and will lead it to the inheritance of life, which is his portion.

---Issac Penington, "Some Directions to the  
Panting Soul"