

## **“THE DAILY LESSON”**

is an activity of the study group found at: [www.iwso.org](http://www.iwso.org)  
It is a progression of excerpts from a transcript of a live class as it was recorded by Joel. It appears each day, together with the addition of corroborating scripture and inspired comments, to take into meditation and live with throughout your day.

Student’s note: There are words that are capitalized throughout this work. These words are used as if it were a synonym for, or as an activity of God. Also, the portions that are italicized are spontaneous meditations.

The subject of study for the month of January 2011 is:

## **7.**

## **“UNDERSTANDING THE BODY”**

**Tape 113:**

**Side One**

**1955 Kailua Study Group, Tape 4**

***By Joel S. Goldsmith***

THE DAILY LESSON - January 1, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Good morning. See that wasn’t said enthusiastically by me this morning because I was too eager to get started. I wasn’t interested in ‘good morning.’ Only once in a great while does a thing like this happen that I have been up virtually all night with the subject that we are going to take up today. It’s well-rehearsed in my thought, well-worked out, and it could be that this may be the most important lesson you’ve ever heard in the message of The Infinite Way. I know that it will be, if you understand it, if you grasp it. If you don’t grasp it, make some provision for studying it afterward because there is no subject more important.

I might say to you that there is no literature outside of The Infinite Way in all the world that I have ever discovered that covers this subject. It is one of the deep mysteries of philosophical and spiritual literature, and the reason is that trying to understand it with the intellect makes it an absolute impossibility to arrive at a satisfactory understanding because the subject deals with contradictions – not only contradictions but contradictions in scripture, as you will see. And nobody that has tried to figure it out with the mind, with reason, with the intellect, has been able to come to any satisfactory conclusion. Now before we come to that, we will lead up to it by going back to the book, The Infinite Way.” ~Joel

I Cor 2:14

14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

THE DAILY LESSON - January 2, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“As I watch the work unfold in this message, it seems strange to me at times (although I make very little comment about it) that so little actual study is given to the book, The Infinite Way. It is read, and it makes its impression, and students go back to it occasionally and read some more. But I doubt that there are many who know that practically every paragraph in this entire book is a metaphysical and spiritual text upon which a whole book could be written.

That this book, as small as it is, contains everything that we know up to date on the subject of spiritual unfoldment, spiritual living, and spiritual healing. Not a word can be added to this book or, perhaps I should say, not a word has ever been added to this book. There isn't a single word in all the writings that isn't originally in this one book. The only thing is that sometimes it is in this book in one sentence and then appears later as a 10,000- or 25,000-word book. But it's the same sentence. It's the same statement; it's the same truth which could have been found in its pure essence, and each one work out for themselves, instead of having to read another book about it.

Now you will remember as I call it to your attention that The Infinite Way writings declare that the secret of life lies in right identification, that is, in knowing our true identity, in knowing who I am or what I am. All of the error in the world, all of the sin, disease, death, lack, and limitation in the world is

based only on one ignorance, and that is, ignorance of our identity, not knowing who I am or what I am.

Now of course in this book, The Infinite Way, the subject is treated quickly, briefly, and with just a statement here and there. Because it becomes necessary for an individual, for a student, to follow that through to its ultimate conclusion – not for somebody to put it into words for them because then they'd be living on words instead of inner individual unfoldment.” ~Joel

Ps 147:5

5 Great is our Lord, and of great power: his understanding is infinite.  
(If infinite then there will never be an end to His Light. And, there will never be an end to His instrument's expressing It... Be-ing It... ~AI)

THE DAILY LESSON - January 3, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Also, as this book came through, it came through in such a manner so as not to shock the world into just disregarding it. And so you must naturally expect that ideas are softened here, which when you examine them, you say, ‘Do you really mean that that’s what it means?’ And I do. I mean exactly that.

Now here is a chapter, *‘Metaphysical Healing’*: **‘Healings are always in proportion to our understanding of the truth about God, man, idea, body.’** Well, of course, there is just one sentence, but as far as I’m concerned, I don’t know how you could spend less than a year on that one sentence. I don’t know how you could possibly not write that sentence out, put it up on the mirror, carry a copy in the purse and then, regardless of what you are reading for the next year, see what it has to say about God, man, idea, body.

You see if we knew the truth about God and man, the truth about idea and body would quickly reveal themselves because no one who hears these words will ever find their freedom until they know that they are not man. As long as the belief exists – consciously, or unconsciously or subconsciously – within you that you are man, you will be seeking a God, and there isn’t any to be found.” ~Joel

John 8:32

32 And ye shall know the truth, and the truth shall make you free.

Rom 8:9 (to 2nd ,)

9 But ye are not in the flesh, but in the Spirit,

THE DAILY LESSON - January 4, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“The search for the Holy Grail has been a search for God. Always it has been fruitless. Always it has been a failure until the individual came home broke in health, broke in mind, broke in body, broke in purse and there discovered it hanging right up on their own tree or buried in their own garden; in other words, within their own being.

Now, in the chapter, ‘*Supply*,’ in this book, I gave the secret. But evidently too few of our students have connected up that secret with the whole of being. In the illustration of the orange tree, I showed that the oranges do not constitute supply. I don’t care how many oranges there are; I don’t care how few oranges there are. That has nothing to do with supply.

An orange, or any other fruit on a tree, is the product of a life force at work. So the supply is the life force, and the orange is but the fruitage, or result, or product of the supply. You could have a year without oranges, but that wouldn’t mean you were without supply. You could give away your oranges, you could throw them away; and you wouldn’t be without supply because the life force is at work instantly reproducing so, at most, you would have a temporary absence of the result of supply, or product of supply or fruit of supply.” ~Joel

Luke 17:21

21 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you

Matt 6:25

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

THE DAILY LESSON - January 5, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Now coming back to our identity – who am I? What am I? And you will find that you are not that which can be supplied. You are supply. You are the law of life operating. ‘*I am* the life; *I am* life eternal; *I am* the life, the way, the truth; *I am* the bread, the wine, the meat.’ Do you not see that everyone, including our own students, have been trying to demonstrate meat, wine, water, house, health – when *I am* these?

*I am* the life of my body. I cannot get life; I cannot get health; I cannot get supply; I cannot get youth; I cannot get vitality. ‘*I am* the way, the truth, the life.’

Now, as man, we would have something to get, and we would have something to get it from. We would be eternally seeking a God somewhere to get something for us, to give something. But all the way back to Moses, it was realized, ‘*I Am* that very *I Am*.’ I am it. And because of Moses’ realization of *I Am*, or Moses’ realization that *I Am*, he was enabled to bring forth a cloud by day, pillar of fire by night, manna from the sky, water from the rock, safety and security for his people – all by the realization.” ~Joel

John 14:1-6

1 Let not your heart be troubled: ye believe in God, believe also in me.

2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

3 And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.

4 And whither I go ye know, and the way ye know.

5 Thomas saith unto him, Lord, we know not whither thou goest; and how can we know the way?

6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

(The Lord is my consciousness; I shall not want... ~Al)

THE DAILY LESSON - January 6, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“What set Moses apart from his people? They were seeking something from *I Am*, and he was knowing that *I Am* that *I Am*. What set Jesus apart from his multitude? They were seeking to be fed, and he knew he could feed them. They were seeking to be healed, but he knew that ‘*I Am* life eternal,’ and that that was their relationship to God. That was their true identity.

Well – there’s one tiny sentence in this book that says, ‘You must know that you are cause and not effect.’ I don’t see how anyone could spend less than three years on that one sentence. I don’t know how they possibly can because there isn’t a single discord within range of your thought that isn’t based on the belief that you are an effect and that there is a cause somewhere that can do something about it. The mystery of life is in the words, ‘*I Am*.’

Now. There is only one answer to the question, ‘What is God?’ and that answer is – **I Am**. Why is this true? Because if you say God is Life, you are still leaving yourself out of the picture. God is Life, and here am I back here looking up and declaring something out here. Oh, but you say, ‘God is Love. God is love.’ Where am I? Left out of that picture because up here is

God and over here is love. And here am I looking up there like Oliver Twist asking for a little more.” ~Joel

Matt 16:13-20

13 ¶ When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, Whom do men say that I the Son of man am?

14 And they said, Some say that thou art John the Baptist: some, Elias; and others, Jeremias, or one of the prophets.

15 He saith unto them, But whom say ye that I am?

16 And Simon Peter answered and said, Thou art the Christ, the Son of the living God.

17 And Jesus answered and said unto him, Blessed art thou, Simon Bar-jona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven.

18 And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it.

19 And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven.

20 Then charged he his disciples that they should tell no man that he was Jesus the Christ.

THE DAILY LESSON - January 7, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Well, I am going to leave it with you to ponder this idea of your Self (capital S-e-l-f) as being God’s Being – life, truth, love, and go from there to the next step which is man.

Now remember you are not man. You are life eternal. You are consciousness – you are a state of consciousness. What state of consciousness? Well close your eyes for a moment and now notice that if you are to know anything at all, you must know it through your consciousness, and that there is not a ‘you’ and consciousness – that that which is the state of awareness is you.

Now if you are aware of yourself as finite personality, that is your state of consciousness. If you are aware of yourself as infinity, that is your state of consciousness. All right.” ~Joel

Rom 8:5

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

(I know that only through correctly identifying who I really Am, can I

be included in the things of God. ~Al)

THE DAILY LESSON - January 8, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“How can you go from the belief of being a finite being to that of being an infinite being? Again you close your eyes, and you ask yourself this: If I want the answer to something that is back in memory, where do I get it? I go within my own being; I go down deep and memory gives back to me that which I want to know. Ah, supposing I require today some knowledge, the knowledge of driving an automobile or driving an airplane or the knowledge of sewing or cooking. Where do I go? I go down deep into myself, and I draw forth that knowledge. But now supposing I want a knowledge of something heretofore unknown.

Let us say now there are no automobiles on the road, no airplanes in the sky, no radios, no television; but we’ve decided there should be these things and there can be these things. Now what do we do? We go way, way back into our consciousness and gradually something begins to unfold to put us on the track of some knowledge. And we find more and more and more until ultimately comes forth the entire wisdom that appears as an automobile.” ~Joel

John 6:35 I am

I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

(In our meditations, keep the intent honestly directed to, “seek ye first the kingdom of God”. If something is imparted in this meditation, it will be something you have never heard before... And, you will know it with an ultimate everlasting conviction! ~Al)

THE DAILY LESSON - January 9, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Do you remember in this little book is the illustration of Marconi? All of these great scientists were spending lifetimes wanting wireless telegraphy but not going toward the invention of it because they first must find what will enable the message to break down the resistance in the air and get through, and Marconi comes along, and he knows that there is no resistance.

Where did he discover there was no resistance? There wasn't such knowledge in books. Where did he discover that? Where did Moses discover that *I Am*? Where did the Master discover that ‘My kingdom is not of this world’? Deep down within themselves. You say ‘but there was no such knowledge.’ No, but you must acknowledge that it existed in Infinity. It existed in what we call the Mind of God, the Soul of God.

Well, dig down then into the Mind of God. How do you get there? Go into your own mind because that's the only Mind there is, and that is God, and you there will find all of the knowledge that is in this world and all of the knowledge that has not yet evolved in this world. There are secrets to be learned about the sun, moon, and stars and planets that man has never

encompassed. But when that knowledge comes forth, where do you think it is going to come forth from – from the consciousness of an individual. He is going to find it deep down within himself, and bring it forth and write it in a book for us to read. Don't you know that? Don't you know that all knowledge has been found within the consciousness of an individual? Then the consciousness of an individual is Infinity, and we call that God." ~Joel

I Cor 2:9-12

9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

Rom 8:16,17 (to 2nd ;)

16 The Spirit itself beareth witness with our spirit, that we are the children of God:

17 And if children, then heirs; heirs of God, and joint-heirs with Christ;

THE DAILY LESSON - January 10, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Truth is within ourselves,’ according to Browning. ‘We must open out a way for the imprisoned splendor to escape,’ but Truth is infinite. Well then our selves must be infinite. Now can you imagine Infinite Being sitting around trying to demonstrate supply, health, companionship, and home when Self is the source of these? So the secret of life, then, is right identification. Are you life or are you an effect of life? Are you the little oranges on the tree or are you the life force that produces oranges on your tree? That right identification changes your life the very minute that you begin to embody it.

The moment you begin to accept, ‘Why, I Am life eternal! I don’t have to go out and get knowledge in a book. That won’t make me life eternal. I don’t have to go to ‘man, whose breath is in his nostrils’ to learn something that will give me more life, use or vitality. No, if I must go, I must go only for one purpose, and that is to learn that I already am that which I am seeking. That which I am seeking, *I am*. All that God is, *I am*.’ Why? For ‘*I* and the Father are One,’ and *I Am* is that One, and when you say, ‘*I Am*,’ you are declaring that. Now, that doesn’t make your humanhood God. That makes your humanhood die, so that only God is left.” ~Joel

John 8:32

32 And ye shall know the truth, and the truth shall make you free.

THE DAILY LESSON - January 11, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Now then, the moment we realize that / am life eternal, that / am pure spirit, pure consciousness, we then come to the next great thing: ‘What about this body?’ And there we find a mystery that has heretofore not been explained. Nowhere in any literature of the world has it been explained. It came to light in my consciousness during a class in Portland, Oregon.

It just came flowing out by inspiration. I knew nothing about it until that minute when it poured out, and all of the passages of scripture that poured out with it I wasn’t consciously aware even of knowing. And the tape recorder didn’t work, but one of our students had made notes, and those notes I took to Seattle and spent a night in prayer, just as I did last night, and the next day the message came through. And we will have it in just a few minutes.

Now let us remember this. If I am at all, then I must be embodied, which means I must have a body. I cannot exist as just a cloud drifting in the air and even if I were a cloud drifting in the air, that would have form and body, too, but I do have body. I am embodied, and my body (we learn in scripture) is the ‘temple of the living God.’” ~Joel

II Cor 6:16 for (to 2nd ;)

for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them;

(The activity of Christ, must have an instrument for Its action. I am that. As are You... The Christ is embodied in our very being. ~Al)

THE DAILY LESSON - January 12, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Now think a moment of conception, conception of a child, and follow it along for three or four months until it becomes a perfect human form, infant form, but it has no life. It is just a dangling piece of flesh in the mother’s body. Whatever of life it has is the life of the mother, not its own life. But somewhere along in that fifth month, the form itself becomes imbued with life. There is a certain minute when it’s a lifeless form and the next minute when it’s a kicking, lively form, and it is in that second that it has life of its own.

Now which is the child, that body or that life? It couldn’t be the body because that body was nothing but lifeless flesh. It wasn’t any more life than an appendix is life. It was just an appendage in the mother’s form, but in a certain instant, life came. Now life is that baby, not the form, but life. But that baby had form before the physical form awakened to life because it had to have a form in order to transmit itself. And so the life of the babe was invisible, and its form was invisible, and then in a split second it took visible form, and upon birth, we could behold it.

Even before birth, the mother was aware of it as a living form, as a live body, as a live being, as a baby. But we only became aware of it after its

birth and then we beheld it as a living form. But, as life, it existed before conception. Where? How? That is not given to us to know at this present moment. But we do know that somewhere, somehow life existed, and that at a certain moment it became visible to our awareness.

Now. Then as we look at that infant form we can say, 'ah-ha, that isn't your life because I remember when life wasn't there. So this isn't you. This is your form. There is a 'you' separate and apart from this form, and there is a 'you' that has form invisible to my sight.' Now we have right identification because we know now that this infant actually is life, or life constitutes this infant, and that this life had form that could transmit itself." ~Joel

John 1:12,13

12 But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:

13 Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

(The child is an active individual instrument of God – it is the embodiment of the One Life... ~Al)

THE DAILY LESSON - January 13, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“And so we know now that that which we are viewing as body represents our view or our concept of that body, and mothers have been known to say that it was a beautiful baby, too. We know there are no beautiful babies when they are born, but the mother doesn’t know that because she is looking at it through different eyes than we are. So she is seeing her concept of her baby, and we are just seeing our concept of baby period. All right.

So it is with all of us. We look out upon each other and we see forms which we call bodies. Ah, yes. A husband or wife may see something entirely different than we see. Mother or father may see something entirely different than we see. Sister and brother see something entirely (different) and yet it’s all the same body, the same form. No it isn’t. No it isn’t. In each case what we are seeing represents our concept of that which is there, and in one case we are just indifferent to it as body and in another case we are vastly indifferent and otherwise, very otherwise than indifferent.

Now, once the realization comes that ‘I am life eternal,’ you can then look out and say, ‘well, I have form; I have body and my form and my body represents the instrument through which I walk the earth.’ I could walk the earth without a form or a body, but that would be invisible to you.” ~Joel

Luke 24:13-16

13 ¶ And, behold, two of them went that same day to a village called Emmaus, which was from Jerusalem about threescore furlongs.

14 And they talked together of all these things which had happened.

15 And it came to pass, that, while they communed together and reasoned, Jesus himself drew near, and went with them.

16 But their eyes were holden that they should not know him.

THE DAILY LESSON - January 14, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“That is why when you read these stories of the Orient and you read of the masters who could transport their bodies through space without any element of time, do not disbelieve that for a single moment because not only it was true, it still is true. But, that vision is not beheld by ‘man, whose breath is in his nostril.’ It is only beheld by those of his own state of consciousness.

In other words, if a master transports himself from northern India to southern India, you can bet that only another master is seeing him. The man in the street is saying, ‘That’s nonsense.’ Why? Because like Thomas, I must handle it. In other words, I believe only my own concept. That is the secret of the resurrection. Never doubt for a moment that Jesus rose from the tomb. Never believe for a moment that the multitudes that he healed witnessed it. We are told that only 518 witnessed it. Well 518 may have been 58 or 6,018 – we don’t know. We do know this.” ~Joel

John 20:26-29

26 ¶ And after eight days again his disciples were within, and Thomas with them: then came Jesus, the doors being shut, and stood in the midst, and said, Peace be unto you.

27 Then saith he to Thomas, Reach hither thy finger, and behold my hands; and reach hither thy hand, and thrust it into my side: and be not faithless, but believing.

28 And Thomas answered and said unto him, My Lord and my God.

29 Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed.

THE DAILY LESSON - January 15, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Nobody witnessed it except those of such a high spiritual atmosphere that they could perceive that which finite human sense could not behold. Now the lesson of the resurrection is this: The Master was no magician. He did no tricks for people, nor did he ever do anything to impress anyone with what a great fellow he was. Never. When the resurrection took place, a principle was revealed to mankind. You never die, nor does your body ever stay in a casket or in an oven. Never, never.

To gross material sense – to the gross material sense which has accepted this to be me – to them there will be a funeral, a burial or a cremation. But to those of illumined consciousness who never did believe that this was me, Joel will always walk the earth for them, and you will always walk the earth for me. Never, never will I consign you to a tomb or to an oven. As far as I am concerned, you will walk this earth within three hours after you seem to take your departure from it because I know who and what you are, and I won't be looking for you in the tomb of flesh. ‘He is not here in the tomb,’ the guard said. ‘He is risen.’” ~Joel

Mark 16:1-7

1 And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint him.

2 And very early in the morning the first day of the week, they came unto the sepulchre at the rising of the sun.

3 And they said among themselves, Who shall roll us away the stone from the door of the sepulchre?

4 And when they looked, they saw that the stone was rolled away: for it was very great.

5 And entering into the sepulchre, they saw a young man sitting on the right side, clothed in a long white garment; and they were affrighted.

6 And he saith unto them, Be not affrighted: Ye seek Jesus of Nazareth, which was crucified: he is risen; he is not here: behold the place where they laid him.

7 But go your way, tell his disciples and Peter that he goeth before you into Galilee: there shall ye see him, as he said unto you.

(Gross material sense, or the reasoning mind, thinks it has to move the great stone to reach the Christ (a barrier requiring great effort), but the work of the Christ continues onward effortlessly for, as and within its disciples. Omnipresence has no limits, no end... ~Al)

THE DAILY LESSON - January 16, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“That’s a principle. You are not here in the tomb of flesh. Now this is true not only when you’re dead to human sense; this is true now. You are not buried in this tomb we call a human body. You are not in it. No surgeon has ever been able to find you inside of a form, whether they operate from the brain to the toe nails. They cannot find you because you are not entombed in body. Body is embraced in you, and it is as much an instrument for you as your dollar bills are instruments. Dollar bills do not constitute your wealth. You constitute your wealth, the life which you are, and the dollar bills are the instrument which you use as activities of exchange, modes of exchange.

So with the body. As an infant you had one body, but you exchanged it like you exchange your dollar bills; and you exchanged it for the body of a child, and when you outgrew it, you exchanged that body for the body of youth. When you were through with that, you exchanged that body for the body of adulthood. In that body you found something that was in none of your previous bodies. You found the power to reproduce yourself.

That wasn't in your infant body; that wasn't in your childhood body. Now in this new body of youth and adulthood, you found this new power. Ahh, but as you advanced into years, you lost that power again. Why? – Because now you didn't need it. Now that was not a necessary function of your experience to be a parent. Now you go on to higher modes of life or different ones. If they're not higher, they're different. And so you leave behind yourself, your dolls and toys, then you leave behind the rattles and the marbles and school books; then you leave behind the parenthood.

Each time you leave behind a function of your life, and you leave behind a part of your body, and you acquire a different body and a different function of life and you go on. Now because this is unknown, just about the time when we no longer have the faculty to become parents, we look on this as a horrible thing that has happened to us because it's old age and now we have nothing left but death or being a grandparent. But in spiritual wisdom, we find this is not true. That everything up to the period of being finished as parents has been only a preparation for our leaving behind the material sense of world with its cares and a preparation for entering the spiritual unfoldment of life.

That is why it is not as easy to interest the young in spiritual things as the older. Not because the older are just afraid of dying and want to know something about God, but because the younger still have functions on the human plane which they have not outgrown. It would be a wonderful thing if they could learn this spiritual wisdom as an adjunct to their physical lives, and it does happen in some cases. But very often it's necessary for them to outgrow the physical sense of life before they are ready to enter the spiritual sense of life." ~Joel

Rom 6:9-12 (to ,)

9 Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him.

10 For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

11 Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

12 Let not sin therefore reign in your mortal body,

(There is only one sin, and that is to believe the concept that you are separate and apart from God. It is that concept that must die, that you may realize the One Life everlasting... ~Al)

THE DAILY LESSON - January 17, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Now we come to this point, then, that you must understand your body, and you must understand that you are not this body, and this body is not you. This body is an instrument through which you are functioning. You are the life of the body; you are the soul of the body; you are the intelligence of the body; you are that which says up, down, left, right. You are that which writes, or paints, or sculpts, or composes. You are that which buys or sells. But the body is the instrument which is always obedient to you.” ~Joel

John 3:21

21 But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God.

THE DAILY LESSON - January 18, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Now, in the lower forms of life – the ignorant and very often the illiterate – the body is the master of the person, and the bodily functions control the person. And the person seems to have no control over their body. But the moment one rises into spiritual light, in some measure, they possess the body. They govern the body. They begin to use their bodies in the directions they wish to use them, which of course by then is always along the line of intelligence and so forth.

Now, the body itself is as spiritual as we are. This that we see is a mental concept of that body. It's only a concept because it isn't what it is. If this were what it is, then it would always be what it is. But because this is my concept of what it is, it changes. And one day it seems healthier, and one day sick, and one day young, and one day old – one day pretty and one day not pretty. All depending on what? It? No – on what my view of it is, so, therefore, we are never seeing the body; we are seeing a human concept of body.” ~Joel

Luke 11:34 (to ;)

34 The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light;

(Illumination is a Spiritual experience of the One infinite body, mental concepts dissolve in Its presence. There is no God and... ~Al)

THE DAILY LESSON - January 19, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“And so we come to this mystery of the body. And remember that all of this is in The Infinite Way in short sentences, even though here it takes a whole book to explain it. This is called, ‘*Flesh and Flesh*,’ and I hope that some day it will be the chapter of a new book, and it starts with a quotation from First Timothy: ‘And without controversy, great is the mystery of godliness.’ And after that ‘mystery of godliness,’ there is a colon: ‘God was manifest in the flesh, justified in the spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into glory.’

The mystery of godliness is what? God was manifest in the flesh. / appear as body; / function through body; I am seen in the world as body. / am not seen – I am seen in the world as body. I am seen in the world as flesh.

Now, the Master’s entire message and mission was to teach us that we are the children of God. ‘I and my Father are One. He that seeth Me seeth him that sent Me.’ And he was careful to include us in this relationship with God because always he said, ‘My Father and your Father.’ The Master knew that his teaching was of no value if it set him apart from the rest of the

world. Now what value would his teaching and example be if, literally, he was something that God sent to earth for the purpose of teaching something that we were unable to live up to? “ ~Joel

I Tim 3:16

16 And without controversy great is the mystery of godliness: God was manifest in the flesh, justified in the Spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into glory.

John 10:30

30 I and my Father are one.

John 20:17 I ascend

I ascend unto my Father, and your Father; and to my God, and your God.

(I guess I'm just going to have to take His Word for it... I surrender. ~Al)

THE DAILY LESSON - January 20, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“I came forth from the Father and am come unto the world,’ and therefore, we also are immaculately conceived, and ours is the birth and mission of the children of God. We are not mortal flesh as we seem to be. The mystery of godliness is in the realization of God incarnate as your individual being and mine, God manifest in the flesh, which means that God constitutes individual selfhood, that God is the life, substance and very form of our true being. Since God is the life of your being, you have no godliness of your own, no integrity, no purity, no loyalty or fidelity. ‘Why callest thou me good? There is none good but one, and that is God.’ Whatever your capacities, abilities and qualities may be, they are of God and not of yourself. ‘Be not wise in your own conceits.’

In this realization you gradually begin to lose the sense of personal selfhood and to indulge less in the personal ‘I,’ and as you consciously live with the idea that God constitutes your being and that God is responsible for your supply, your activity and success, more and more you realize that the responsibility rests upon God. Then it is that you turn to the source of

all good, the creative principle, the Father within that God may reveal Itself and Its plan.” ~Joel

John 5: 31

31 If I bear witness of myself, my witness is not true.

(I must work silently, and watch the activity of the Christ work through Me... Immaculately conceived... Without might.... Or power... Or effort. ~Al)

THE DAILY LESSON - January 21, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Everything has its basis in the Invisible appearing visibly and tangibly, and as you begin to comprehend that fact, you will see that creation is an act of an invisible principle visibly manifest. God incarnating Itself as manifest form, not the form you see with your eye, but form. The Master’s words were, ‘And call no man your father upon earth, for one is your Father which is in heaven.’

God is the creative principle of this universe appearing as infinite form and variety, manifesting Itself visibly as individual being. And, therefore, the mystery of godliness lies in knowing that God is your selfhood; God is your self.

The subject of flesh or of body has always been a puzzle to the world, and great perplexity arises on this point. Where do flesh and body fit into the spiritual scheme? Even in scripture we find statements such as:

- ‘Flesh and blood cannot inherit the kingdom of God.’

- ‘There shall no flesh be justified in His sight.’
- ‘No flesh shall have peace.’
- ‘All flesh shall perish together.’
- ‘For if ye live after the flesh, ye shall die.’
- ‘All flesh is grass.’
- ‘The flesh profiteth nothing.’

On the other hand, we find such statements as,

- ‘Yet in my flesh shall I see God.’
- ‘I will pour out my spirit upon all flesh.’
- ‘All flesh shall see the salvation of God.’
- ‘Let all flesh bless His holy name forever and ever,’

And the greatest scriptural passage on this subject:

‘The word was made flesh and dwelt among us.’” ~Joel

John 1:10-14 (to 2nd ,)

10 He was in the world, and the world was made by him, and the world knew him not.

11 He came unto his own, and his own received him not.

12 But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:

13 Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

14 And the Word was made flesh, and dwelt among us,

(I am my father’s son, His creation. His Life, His Love, His Principle and His Word dwells within me. If One is my father, then so am I. ~AI)

THE DAILY LESSON - January 22, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“In order to understand the subject of flesh and body, we must understand the meaning of these seemingly contradictory passages, which are not contradictory at all. They are no more contradictory than when we read in *The Infinite Way* writings that God is the only power, and then as we advance in consciousness, we learn that God is not power.

When you ask, ‘what is power?’, the answer is ‘God or Spirit is power.’ But it is not meant in the sense that God is a power over some thing, circumstance or condition. In other words, God is the only operative power in consciousness. God is law. Spiritually, the word ‘flesh’ means embodiment or body. Therefore, God becomes manifest as flesh, as form, as individuality. The word ‘flesh’ can be used in thought – as for instance, a law of natural science, such as gravity.

The law of gravity was discovered when a scientist observed that every time an object was dropped or permitted to fall into space, it gravitated downward toward the earth and thus the law of gravity became flesh. It has

taken form in consciousness. The law of gravity, which has always existed, now has a tangible body. It always had a body because it always existed as an operative law. But now it has another body – a body of knowledge, awareness, in our consciousness. It becomes tangible. It becomes embodied within consciousness.” ~Joel

II Cor 4:6,7

6 For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.

7 But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

(When His Light shines in my consciousness it becomes embodied in my “earthen vessel”, or as an individual expression of Life. It animates my being to His service. ~Al)

THE DAILY LESSON - January 23, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“In the same way, the laws of aerodynamics and electricity have always existed, and because they always existed, they had form or flesh. They existed as the word, the invisible and unknown law, intangible, unwitnessed, until one day these laws took form in the human mind.

Long before the first airplane flew or the first bulb gave forth light, it had become flesh. It had taken form; it had become concrete. It was witnessed, evidenced and manifested. From then on, all that was necessary was to externalize it in another form of flesh. The moment a man knew about electricity and electric light, it had form, body. Then when he brought it into the external, it had that which we know as form and body, the form and body that we behold. But you see that it must have had form and body in the mind of Edison or the mind of Ford, or the mind of anyone else.

So with art or music. It has form in the artist’s or composer’s consciousness – definite form and sound and beauty, and then outwardly it has another form when it appears as sheets of music or paintings on earth, or sculpture.

Do you see the difference here? We are dealing now with the fact that we are embodied in the mind of God as spiritual form. Then we appear outwardly in some concept of form, and that concept is changeable; that concept is destructible because it is finite.

Those of you who remember the Model T Fords and now the V-8's can see how the outer form or concept changes, but the principle of automotive engineering is the same. The principle is the same. The only thing different is its outer form. And we have the same with everything there is, whether we send messages through wires or messages through air, the form in the mind is the same. It takes outer expression as wire or outer expression as going through air. Do you see the difference now?

Spiritually, the Word which is God, the un-manifest, becomes manifest as the Christ or Son of God and it is now a manifested idea in consciousness. And so Christ, the Son of God, is our invisible being, and this is its visible evidence. You and I individually, including our form, is the visible, outward evidence of our invisible Christhood. We exist in the bosom of God as Christ. We appear on earth as the son of man. We are the self-same Christ externalized as form, individuality, but finite because we change, not merely from infancy to adulthood; but we change as to quantity and quality. This is the relationship between God and your infinite, eternal individual being." ~Joel

Phil 2:5-8

5 Let this mind be in you, which was also in Christ Jesus:

6 Who, being in the form of God, thought it not robbery to be equal with God:

7 But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:

8 And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

(Take another look at this sentence from above:

"You and I individually, including our form, is the visible, outward evidence of our invisible Christhood."

So... You and I are the Word made flesh. Don't hide this light under a bushel. Let it go... Let it loose upon the world, for it is this flowing out that is the greatest work. ~Al)

THE DAILY LESSON - January 24, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“God is your selfhood. In the mind which is God, you are flesh manifest, evidenced, witnessed. You are God incarnate; you are form; you are individuality. Thus it is that all those who have ever lived, who now live and who will live, exist now in the flesh in spiritual form and integrity, eternality and immortality. And it is of those whom we read, ‘yet in my flesh, I shall see God; in my spiritual consciousness, individuality. I will pour out my Spirit upon all flesh.’ In other words, we, in our spiritual identity, we can know God. We can be as gods. We can think it not unseemly to do the works of God in our spiritual identity, which we are regardless of this thing here, which we are in our inner being.

Now, the word ‘flesh,’ as it is referred to in scriptural passages – ‘flesh and blood cannot inherit the kingdom of God’ – ‘there shall no flesh be justified in his sight’ – ‘no flesh shall have peace’ – can be translated into the word, ‘concepts.’ These earthly and human concepts will never be spiritual, and they will never reveal God. That body which is observed by the human

senses is not body. It is a universal concept of body. It has no existence except in the mind.” ~Joel

Rom 8:9

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

(We can realize God in our Spiritual Body (Consciousness) if the human intellect, belief in concepts, ego or personality “dies”; or in other words, when the source of distraction is simply understood as the root of illusion. Only then will we be still enough to dwell in the Conscious awareness of the Spirit of Christ. Shhh – rest now.... ~Al)

THE DAILY LESSON - January 25, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“The body is the ‘Word made flesh,’ but because the physical sense has intervened, all you can see is the concept of body. That concept must die. Even the concept that you entertain of yourself must die. For that concept can never know God. As you entertain a concept of yourself as man, as effect, as sinful, as sickly, as human, that concept of yourself must die until you become aware – ‘no, I am that I Am, and that is what I Am.’ When that realization comes, your old concept of yourself has died, you have fulfilled Paul’s statement, ‘You must die daily. You must be reborn of the Spirit.’ That concept must die, even the concept that you entertain of yourself must die, for that concept can never know God; it can never know reality. It is only as you refrain from judging by appearances and through a transformation of consciousness – ‘Be ye therefore transformed through the renewing of your mind.’” ~Joel

Rom 12:2

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

(May we be reborn of the Spirit this very day, without even a trace left over of the visible finite. May this Illumination change us forever. Not my will - but THY will be done. Amen. ~Al)

THE DAILY LESSON - January 26, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Let God define what you are and who you are that the answer will be, ‘This is my beloved son in whom I am well pleased.’ In reality, you are the beloved son, the ‘word made flesh.’ But that flesh is an infinite individuality, and an infinite body that is eternal. In this spiritual realization of your individual embodiment, you can truly say, ‘Yet in my flesh I shall see God.’ Flesh beheld through the senses is our concept of our real identity. Flesh apprehended spiritually in meditation is our spiritual form, not only of body but of being. God, in individualizing Itself as your being and mine, has been made flesh, evident and tangible, ‘the Word became flesh.’ That which you behold with the senses is the world’s concept of flesh. That concept is changeable, and it must die either through acceptance of the world’s judgment and belief of age and disease and death, or by a transformation of consciousness. The decision lies with you.” ~Joel

Rom 8:13

13 For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

(When you really come down to it, it really is - All... or nothing.....  
~Al)

THE DAILY LESSON - January 27, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“God has no pleasure in your dying; turn ye, and live.’ If you accept the world’s concept of age and disease, that concept will know death; and nothing can save it. On the other hand, you can bring about its death yourself in a painless way by outgrowing it.

As you realize more and more the nature of the word made flesh, you drop the mortal concept of flesh and ultimately find yourself with a disease-less, ageless and painless body. As you live in the conscious realization of God as the source and creative principle of your being and of your body, and as ‘ye abide in *Me* and *My Words* abide in you,’ you will die to the flesh through transformation. The body will show forth ever better appearance—youth, vitality and strength. Outwardly it will appear as an improved concept, but it will not be. It will be your realization made manifest. ‘For if ye live after the flesh, ye shall die; but if ye, through the Spirit, do mortify the deeds of the body, ye shall live.’ Take the word ‘consciousness’

there instead of Spirit – if ye through your consciousness of truth do mortify the deeds of the body. In other words, if you live by that which has externalized form (that is a concept), that concept must die. For instance, one who lives and depends solely upon money and the externals for his supply, must eventually die for this is the ‘flesh that is as grass’ and all the glory of man as the flower of grass. Man shall not live by reliance upon matter, by forms, but ‘by every word that proceedeth out of the mouth of God.’” ~Joel

Ezek 33:11 turn ye from (to 2nd ye)  
11 turn ye

Luke 12:22 Take  
22 Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on.

I Cor 15:31 I die  
31 I die daily.

John 15:4 (to .)  
4 Abide in me, and I in you.

(Turn ye... Take no thought... Die daily... Abide. ~Al)

DAILY LESSON - January 28, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“In his great wisdom, the Master teaches us that we need have no concern for anything that has outer form:

- ‘Lay not up for yourselves treasures upon earth where moth and rust doth corrupt, but lay up for yourselves treasures in heaven.’
- ‘I am the bread of life. He that cometh to me shall never hunger, and he that believeth on me shall never thirst.’
- ‘I have meat to eat that ye know not of.’

That bread and that meat is the inner flesh that is in and of God. ‘In my Father’s house are many mansions’ – many states of consciousness, many embodied forms, and these will externalize themselves in infinite forms and varieties of what we call flesh.” ~Joel

Matt 6:20 (to ,)

20 But lay up for yourselves treasures in heaven,

(What are these treasures we are to lay up? Your attained Spiritual Consciousness. It's the only thing that can't be taken from you – and the only thing you will take with you wherever you go. ~Al)

DAILY LESSON - January 29, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Enjoy all good that comes to you, but do not cling to it or depend upon it. Be willing to see it come and be willing to see it go, always making room for greater unfoldments from within. The inner flesh is unchangeable, but it keeps externalizing itself in ever new, higher, finer forms. ‘Except a corn of wheat fall into the ground and die, it abideth alone. But if it die, it bringeth forth much fruit.’

A transformation is taking place in your consciousness, and it is breaking up the old patterns in order that the new life may come forth. This may be a painful process, but the pain comes because of wanting to hold and cling to the old. You must be willing to undergo that transformation of consciousness and let go your old thought patterns and body forms in order to emerge into the flesh, which is seen and understood as your real, eternal and infinite individuality. This flesh will continuously externalize itself in

newer and finer forms of body, and bodily functions, which will be the externalization of your higher state of consciousness.” ~Joel

John 12:23,24

23 ¶ And Jesus answered them, saying, The hour is come, that the Son of man should be glorified.

24 Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit.

(As the ego falls away it becomes less and less important. It no longer desires to be heard, but only to listen intently. Shhhhh... Speak Lord, thy servant heareth. ~Al)

DAILY LESSON - January 30, 2011  
From the 1955 Kailua Study Group Series –  
“Understanding the Body” by Joel S. Goldsmith:

“Our work is not to get rid of the body but rather to be clothed upon with a new concept of body. And some time we will all put off this outer envelope and step out into a higher heritage, for we know that if our earthly house of the tabernacle were dissolved, we have a building of God, ‘a house not made with hands eternal in the heavens.’ Some will die after the flesh, and some will voluntarily lay down this form for a higher one, that mortality might be swallowed up of life.

Do you see now that it is absolutely necessary that we not ignore subjects like body and flesh and turn away from them as if they were something to be hidden or covered up or ashamed of, but must be taken into our consciousness and transformed until we see that body is the ‘temple of the living God’? And then this outer form becomes more nearly like it in appearance.

Now, if I know that I am consciousness, then I know that that constitutes this form. Now I have no concern for body. And so if you pluck out an eye, the next one can grow again because you are not losing anything of immortality, only a concept of our existence.” ~Joel

John 8:12-23

12 ¶ Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.

13 The Pharisees therefore said unto him, Thou bearest record of thyself; thy record is not true.

14 Jesus answered and said unto them, Though I bear record of myself, yet my record is true; for I know whence I came, and whither I go; but ye cannot tell whence I come, and whither I go.

15 Ye judge after the flesh; I judge no man.

16 And yet if I judge, my judgment is true: for I am not alone, but I and the Father that sent me.

17 It is also written in your law, that the testimony of two men is true.

18 I am one that bear witness of myself, and the Father that sent me beareth witness of me.

19 Then said they unto him, Where is thy Father? Jesus answered, Ye neither know me, nor my Father: if ye had known me, ye should have known my Father also.

20 These words spake Jesus in the treasury, as he taught in the temple: and no man laid hands on him; for his hour was not yet come.

21 Then said Jesus again unto them, I go my way, and ye shall seek me, and shall die in your sins: whither I go, ye cannot come.

22 Then said the Jews, Will he kill himself? because he saith, Whither I go, ye cannot come.

23 And he said unto them, Ye are from beneath; I am from above: ye are of this world; I am not of this world.

(Jesus sets the example Joel is talking about here perfectly in this passage from John, Chapter 8. In it, Jesus clearly and patiently stated the Truth of his real Identity, time and again. Plain as the light of day...

The world mind, ego and perceived power judged “after the flesh”, and they attempted to silence the Word made flesh by trying to kill the concept with their belief in corporeal power. But the I that I am never dies... How could

matter kill Light? Jesus didn't even blink when this "trial" at the temple was finished – he just walked out of the temple right through the crowd and mortal mind didn't even notice him pass by...

Knowing you shall have the Light of Life, ~Al)

DAILY LESSON - January 31, 2011  
From the 1955 Kailua Study Group Series –  
"Understanding the Body" by Joel S. Goldsmith:

"And so it is, if I think that there is a 'me' and that there is a 'God,' I lose my demonstration. But when I know God is my being, my selfhood, my consciousness, then I know that I, myself, am the law, or the life, or the truth that appears visibly as my daily experience. Do you see that? It is right identity. It is when I realize that all cause is embodied in my own being and that that cause is forever appearing as effect. Therefore, effect can 'die daily' in order that the new form can be born, can be formed and expressed and revealed.

Well – thank you, thank you, thank you." ~Joel

Gal 2:19,20 (to 2nd :)

19 For I through the law am dead to the law, that I might live unto God.

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me:

And, from "Practicing the Presence":

"God is working out Its life as our life. God is individual life. God is working out Its life in what appears to be the form of our lives. God is working out Its life as our individual consciousness. God is working out Its plan in us and through us. In this knowledge we relax and become beholders. It is no longer our life: It is God's life unfolding individually. God appears on earth as individual you and me, and as we step aside, we begin to see God shining through. The harmonies that we experience are in the degree of our knowing that this is God's life. It is only your life or my life when we take hold of it and try to manipulate it or do something with it or try to make something of it. Rather should we become beholders of God fulfilling Itself on earth, God appearing individually on earth, God incarnate on earth. God actually is living on this earth as you and as me." ~Joel