

“THE DAILY LESSON”

is an activity of the study group found at: 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 April 2011 is:

10.

‘HOW TO PRAY’

Tape 114:

Side Two

1955 Kailua Study Group, Tape 5

By Joel S. Goldsmith

THE DAILY LESSON – April 1, 2011
From the 1955 Kailua Study Group Series –
‘How to Pray’ by Joel S Goldsmith

“Good morning. (*Class responds*) There is a reason for all of the discords of the world. There is a reason for every discord of your experience or of mine. The discords of our experience disappear in proportion as we begin to fulfill the spiritual demands of life. And even though we have not at any particular period received the ability to say, ‘I have fully apprehended, I have fully demonstrated the Christ,’ yet we may say that we are bringing It into our experience, bringing the Christ, bringing harmony, spiritual

harmony into our experience proportionately to the fulfillment of these spiritual demands.

Now, there is no fault involved, no criticism, no judgment, no condemnation for you or for me, or for the world at large since that which is necessary to the fulfilling of the spiritual demand has been lost sight of, and so far as we are concerned, is as nonexistent as if it had never been known. Probably very much like the secret of the building of the pyramids. Evidently there was a time when this secret was known but is of no avail to us. We can't build pyramids because the secret has been lost. And so it is the secret of the fulfilling of spiritual demands has been known, and it has been lost, and it has been found again." ~Joel

Matt 18:11

11 For the Son of man is come to save that which was lost.

(You are also the Son, and we are all children of God, joint heirs in Christ. The secret lies within, ready to express Itself in, as and through you. ~Al)

THE DAILY LESSON – April 2, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“Beginning with the special work just done in Chicago and Seattle,^{*} and now being followed up here, I have said that I would take as many of the students as can follow from the letter of truth to the spirit of truth, to the consciousness of it, and thereby to its demonstration. Now this cannot be accomplished by just adding more words to the words of truth that already fill 20-odd books. Repeating some of those statements will be helpful, but the actual experience is going to come about through an attunement to consciousness.

That is the work that we are now starting. As a necessary step, I must ask you to give as many periods a day to specific meditation as you can. These periods need not be more than three or four minutes each, but there must be many such periods. That, of course, would be the indication of the degree of your own desire for attainment.” ~Joel

^{*} 1954 Seattle Closed Class, Tapes 103 – 106 and 1955 Chicago Private Class, Tapes 107 – 109

Luke 9:23,24

23 ¶ And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

24 For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it.

(The more often we practice, the better we'll get at it. If you are just beginning to meditate find something in your daily schedule to remind you to be still for a minute and let Love live. No rules or guidelines here please, you need to find what works for you. Here are just a few ideas: I found that on-the-hour works well, breaks at work, grace, every time you get in or out of your car, pass through a doorway, or turn on a light... etc. There are plenty of times we can easily stop and meditate with eyes open or closed in our day. See God in everything you do. Consciously thank the Father for everything you see & hear. Develop a habit of calming and stilling the mind as often as possible. Eventually, with practice, you will find that it becomes natural and normal to consciously be aware of our True Identity... And it will feel unnatural when you get distracted and coast. Scripture says to pray without ceasing, right? Grace is Infinite, it shouldn't be that hard. ~Al)

THE DAILY LESSON – April 3, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“The entire secret of spiritual living – or I might put it this way – the entire secret of harmonious living on the human plane is embodied in one scriptural passage. If we were to take that passage seriously, we could forget all the rest of the Bible. It would just be pleasant reading matter for us because it is all included in the one statement:

‘Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.’

This is the secret.” ~Joel

(Take it seriously. Live for the Word – watch it live your Life. ~Al)

THE DAILY LESSON – April 4, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“Men awaken in the morning, and women, and as fast as they can, they get to their shower or tub, breakfast, business, housekeeping, and if they are more religiously inclined, do a little passage of scripture or a reading of scripture. If they are more metaphysically inclined, they might read out of their metaphysical books for a while. But rarely do they fulfill the demands of this one statement.

The statement is, ‘every word that proceedeth out of the mouth of God,’ not out of the mouth of a book, not out of the mouth of a man – out of the mouth of God. Man shall not live by bread alone or man does not live by bread alone. By bread, we understand effect. Man does not live by material food and drink alone; man does not live by material houses or investments alone. It doesn’t say that we are to eliminate any of these, but that we cannot live by these alone. We have to live by the spiritual Word imparted to us from within.

Now, everything that you can think of is an effect. Everything that you can think of is bread, is form, and, therefore, while all of this may be helpful, normal, natural in our daily experience, this does not constitute that by which alone we live. There must be another added thing. There must be another ingredient of life besides that which we see, hear, taste, touch,

smell and can think about. I think that we came close to that the other evening in meditation when, all of a sudden, I said, 'I know now how to pray, and I know how to teach how to pray.' How? ~Joel

Matt 6:5-8

5 ¶ And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

(We enter into our silent closet (within) as many times a day as we can, to develop a sense, a Spiritual Sense that transcends world mind. In Stillness I Am. ~Al)

THE DAILY LESSON – April 5, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“Well, close your eyes now and pray for anything you want that is ‘not of this world,’ and I think that in that you will discover the secret of prayer since ‘*My Kingdom*,’ the Christ Kingdom, ‘is not of this world.’ Now what do we want? We want the Christ Kingdom; we want the Spiritual Kingdom; we want harmony. We want peace – not the peace that the world can give – but ‘*My peace*,’ the spiritual peace, the Kingdom of God. And since ‘*My Kingdom* is not of this world,’ and we are seeking ‘*My Kingdom*,’ then let’s pray for ‘*My Kingdom*.’” ~Joel

John 18:36

36 Jesus answered, My kingdom is not of this world... ..but now is my kingdom not from hence.

(There is only one demonstration to make, and that is the experience of the Presence of God. My Kingdom is included in that experience. ~Al

THE DAILY LESSON – April 6, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“Let us pray for anything we want that is ‘not of this world,’ and I think that you will find that as you take that attitude, you will be nearing that of the scripture that says, ‘we know not what we should pray for.’ We must let the Spirit bear witness with our spirit. We know not what things we should pray for, and it is true. If your prayer is to be limited to that which is not of ‘this world,’ then you don’t know what to pray for, and so your prayer would surely be listening for that ‘word which proceedeth out of the mouth of God.’

It wouldn’t be any different than the writers, the painters, the artists, the musicians, the composers are up against every day of their lives. They want to bring forth something, but it must be something that had no existence before. There is no use writing a book that has been written before. There is no use painting a picture that has been done before. There is no use inventing an invention that has been invented before. And so how would these men pray?” ~Joel

Luke 17:20,21

20 ¶ And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation:

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

(Prayer must take place within our consciousness, without the human mind, because Spirit cannot be recognized there. The Word that proceedeth out of the mouth of God can only be felt in the heart; the Spirit and Soul of You. Spirit to Spirit. Be Still. Surrender every sense and desire. The ensuing Revelation will be unique to you. ~Al)

THE DAILY LESSON – April 7, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“They would have to learn to turn within for a revelation of something heretofore unknown, and that is an indication of us in prayer. What is the use of our praying for the same things that we have been having for the last 20, 30, 40, 50 years, which have not given us the satisfaction, or completeness, or perfection after we’ve gotten them? Of what avail would it be to have a little more of that which hadn’t satisfied to begin with? Probably would be a little more of dissatisfaction come with it.

Now, we know not what to pray for. We do know that that which we are seeking is already within us. The whole Kingdom of God is within us. The whole of the spiritual universe is within us. We know that, and we know that making statements about it and reading books about it does not bring it forth. It only leads us to a point where in the silence or where we are prepared to be in the silence to receive the Grace of God. Here is the secret. We really know what we are seeking. We don’t know what things we’re seeking. We don’t know what things to pray for, but we know what we are seeking. We are seeking the Grace of God since, ‘Thy Grace is my sufficiency.’ We know that.” ~Joel

II Cor 3:3-5

3 Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart.

4 And such trust have we through Christ to God-ward:

5 Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God;

“I am not so much concerned as to whether God is on my side as I am in being sure that I am on God’s side.” ~Abraham Lincoln

(Don’t try to draw God into our purpose. Instead, seek ye first to realize God’s presence and then be included in His purpose. ~Al)

THE DAILY LESSON – April 8, 2011
From the 1955 Kailua Study Group Series –
‘How to Pray’ by Joel S Goldsmith

“We know to begin with that we are seeking the Grace of God and nothing but the Grace of God, and we know we’re not going to get it out of the human mind, and we know we’re not going to get it out of a bank account. And we know we’re not going to get it out of the peace that this world can give. And so, since what we’re seeking is a ‘Word that proceedeth out of the mouth of God,’ or divine Grace, and since we know that it can only be attained by a state of inner silence, a state of inner awareness, receptivity, it will become necessary for us to prepare ourselves for the experience of receiving that Grace.

Grace isn’t received in the outer world. The things that come to us in the outer world only come because we have received an inward Grace. First must come receiving the inward Grace before the things of this world or the things are added unto us.

We do not receive the Grace of God in the outer picture. We receive the Grace of God in our inmost soul. The things that follow as a result of receiving the Grace of God inwardly are the tangible effects, such as happy relationships, abundant supply, successful business or art – whatever our field may be.” ~Joel

Matt 6:31-33

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32 ...for your heavenly Father knoweth that ye have need of all these things.

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

(That is why Thy Grace is my sufficiency. There is nothing I want outside of God. I surrender... ~Al)

THE DAILY LESSON – April 9, 2011
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“The preparation for receiving the inner Grace are those periods of silence, inner reflection or introspection, meditation or communion and even though in those three- or four-minute periods during the day, we seem to be getting nowhere, we seem to be receiving nothing, we seem to be making no progress – don't give up on that account. Because you have no way of judging any more than you can judge if you decided to take piano lessons and were told to do a five-finger exercise and then at the end of six hours of practice said, 'well, you know, I can't do it any better now than I did at the beginning.' Probably that's true. Outwardly it would seem so.

But from the first exercise of the scale, something started to take place in both mind and muscle. And it might take a whole year of this before what was inwardly taking place could manifest itself in the ability to do that: run right through that five-finger scale. But you see, it would take each one of those repetitions of that five-finger scale, even where outwardly there would seem to be no progress, until one arrived at that place where there was a small progress.

And so it is with meditation. From the first time that you close your eyes and realize that,

'I'm seeking the Grace of God; I'm seeking some word that proceedeth out of the mouth of God. I know not what to pray for, and so I'm not going to pray for anything of this world.' ~Joel

James 4:6 God,7 (to .)

6 ...God resisteth the proud, but giveth grace unto the humble.

7 Submit yourselves therefore to God.

(My personal sense of me must die daily... Thy will be done. ~Al)

THE DAILY LESSON – April 10, 2011
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“And you see, a minute has already gone by, but that minute has already emptied us of our human thought about prayer, and so for the next half minute, at least, we have nothing to say. And that's all, that's all there is to that period of meditation. That alone repeated a dozen times a day would change one's entire life inside of a month, or at least it would begin to show changes inside of a month because every time one turned inwardly that way, they would be declaring, 'I can of my own self do nothing,' even if they didn't think the statement.

They would be declaring, 'I'm seeking the kingdom within,' even if they never thought of those words. Their whole attitude will be, 'Father, I can of my own self do nothing; come to my rescue.' In other words, it would be humility. It would be acknowledging the nothingness of human wisdom, human strength, human power. It would be an acknowledging that there must come something from the Infinite Invisible. Something must come forth from the depths within if we are to be saved, and all of that is the true sense of humility and is the true sense of prayer.” ~Joel

John 5:30,31

30 I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me.

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

Matt 6:33 (to ;)

33 But seek ye first the kingdom of God, and his righteousness;

(Progress on this path all boils down to trusting God enough to let go. ~Al)

THE DAILY LESSON – April 11, 2011
From the 1955 Kailua Study Group Series –
‘How to Pray’ by Joel S Goldsmith

“Now, those periods of silence create an atmosphere. Every blanking of ourselves is a making room for our Self, and this creates an atmosphere of Spirit. It creates an activity of Spirit that, without our knowing it or having any awareness of it, it goes before us to ‘make the crooked places straight.’ You see it all, to human sense, sounds so impossible. It all, to human sense, seems ephemeral, intangible; but it isn’t.

The most tangible thing in the world is Spirit, or God. The most *real* thing there is in all the world is Spirit, or God. Once you perceive that, you will see how the things of this world are just the toys, just the marbles that we play with or the dollar bills that we use for exchange, or the homes that we use for shelter and to enjoy our companionships.” ~Joel

Isa 45:2 (to :)

2 I will go before thee, and make the crooked places straight:

John 4:31-35

31 In the mean while his disciples prayed him, saying, Master, eat.

32 But he said unto them, I have meat to eat that ye know not of.

33 Therefore said the disciples one to another, Hath any man brought him ought to eat?

34 Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.

35 Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.

(Blessed are they that silently, humbly, rest in a receptive atmosphere, for they shall find their True Identity, and in doing so, their real work. ~Al)

THE DAILY LESSON – April 12, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“You will see how all of this picture of the things of the world fit in normally, beautifully, harmoniously, joyously and yet not too importantly because the Spirit Itself ‘beareth witness with our Spirit’ that if you were to destroy this temple, if you were to destroy this body, if you were to destroy this house, if you were to destroy this bank account, if you were to destroy all of the securities in the government, in three days I would begin to build it all up again. The Spirit would take over. Civilizations have been destroyed time after time, but the same Spirit that raised up Jesus Christ’s body from the dead always seems to have a way of raising up new civilizations, and each time a little better one than the one before. So it will be.” ~Joel

Rom 8:11

11 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

(I am the Alpha and the Omega without beginning, without end. Infinite promise. An Infinite Way. So mote it be. ~Al)

THE DAILY LESSON – April 13, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“We need no more fear the destruction of this civilization than that of the dark ages of the middle centuries or Rome or Greece or the Holy Lands, or India or China. All of these have been civilizations raised up and destroyed. Just as short a time ago as 1914 France was a most beautiful country, a most wonderful people, and a beautiful civilization, and today there are almost no traces of it left.

Travel the length and breadth of France to see if you can find anything but just a lot of sick men and women walking up and down the roads and streets in the big cities and the small towns – mentally sick, morally sick, financially sick – with no hope, nothing, just a broken, a destroyed civilization. It's as near complete wreckage as any civilization on the face of the globe at the present time. But there will be another renaissance. It will be revived – even better than the one before.

I saw the Germany after World War I and after World War II. It will be revived in a greater glory than ever before and just as I've known men and women right in our country who have been wrecked physically, mentally, sometimes morally and financially, and witnessed their rejuvenation, the

Spirit does all things and raises up every destroyed temple. We need have no concern at the broken forms that come and go as long as we have, and can bear witness to, the Spirit that is the Spirit of resurrection, of rejuvenation, of restoration, of renaissance. ~Joel

Rev 21:4,5 (to .)

4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

5 And he that sat upon the throne said, Behold, I make all things new.

(Having no concern for the forms of this earth, is not about not caring about them. It is about loving them in and as their True Identity, form and manifestation as Spirit. As Joel's said many times, "I know who you really are." This awareness is a rebirth of consciousness. Making all things new. Love you, Al)

THE DAILY LESSON – April 14, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

"As long as men and women live by bread alone, by human activities – whether it be business, family, commercial or art or literature or poetry or music – if they are living exclusively by the effect, by the thing itself that is in the external world, they must expect eventually to be consumed, to waste away, to become barren because you cannot live on externals alone without disintegrating. You see this as you walk about your cities, towns, villages. You can almost look into the faces of the men and women and see those who have some inner light that they live by, some inner hope, expectation or glory, and those who are merely good people or bad, as the case may be, living on effect, living on food, clothing, physical health, physical wealth, physical culture – on the things of this world.

Where there is a spiritual light, it is easily detected. You can see it in the eyes; you can see it in the body. None of these disintegrates as they do where there is only a living by, and through, and with the external." ~Joel

Matt 5:16

16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

(Thy will be done. Amen. ~Al)

THE DAILY LESSON – April 15, 2011
From the 1955 Kailua Study Group Series –
‘How to Pray’ by Joel S Goldsmith

“Now. When the Master was on earth and taught that ‘the kingdom of God is within you,’ so you must not live by external things alone but ‘by every word that proceedeth out of the mouth of God,’ every word of truth, the masses couldn’t accept that. But there were hundreds who did, and those hundreds perpetuated themselves for 300 or more years. And they set forth a wonderful example of life in the world to such an extent that ever since then, there have been revivals of those teachings, such as the 12th to the 17th century in Europe where Western mysticism had its tremendous growth where all the way from the English Channel up into Switzerland there were groups meeting just as we are here in homes, for one purpose only – making contact with the Father within.

Out of that came this Quaker movement, which also has for its object making the contact within. Wherever this contact is made within, you find a flourishing society within its scope, within its borders. Although a thousand outside this window and ten thousand out here may at the same moment fall, it ‘does not come nigh the dwelling place’ of those who make this contact, who achieve the realization of this invisible presence.

This Presence, although it's invisible, it's within you. It's within me. There is nobody in this world bereft of it. It is available to everyone who has ears to hear and eyes to see. It is not available to those whose ears are stopped. It is not available to those who cannot catch some vision that this is true. If it doesn't ring true within them so that it leads them on to the attempt to realization, then it's not yet for them." ~Joel

Luke 8:4-15

4 ¶ And when much people were gathered together, and were come to him out of every city, he spake by a parable:

5 A sower went out to sow his seed: and as he sowed, some fell by the way side; and it was trodden down, and the fowls of the air devoured it.

6 And some fell upon a rock; and as soon as it was sprung up, it withered away, because it lacked moisture.

7 And some fell among thorns; and the thorns sprang up with it, and choked it.

8 And other fell on good ground, and sprang up, and bare fruit an hundredfold. And when he had said these things, he cried, He that hath ears to hear, let him hear.

9 ¶ And his disciples asked him, saying, What might this parable be?

10 And he said, Unto you it is given to know the mysteries of the kingdom of God: but to others in parables; that seeing they might not see, and hearing they might not understand.

11 Now the parable is this: The seed is the word of God.

12 Those by the way side are they that hear; then cometh the devil, and taketh away the word out of their hearts, lest they should believe and be saved.

13 They on the rock are they, which, when they hear, receive the word with joy; and these have no root, which for a while believe, and in time of temptation fall away.

14 And that which fell among thorns are they, which, when they have heard, go forth, and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection.

15 But that on the good ground are they, which in an honest and good heart, having heard the word, keep it, and bring forth fruit with patience.

(Practicing the Presence is merely preparing the soil for sowing. It is developing its fertility, adding the elements to accept Life... Enhancing its ability to grow and bring forth good fruit. Be still and begin the practice...

~Al)

THE DAILY LESSON – April 16, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“It is an interesting thing to watch in my mail these days the amount of letters that are coming from ministers, ministers who are finding the books of The Infinite Way and then writing me and saying, ‘this gives us the one thing that has been missing – the actual contact with the Source Itself instead of just reading it or reading about it and declaring it and sermonizing about it.’ And some write and ask for help in making the contact because they haven’t been able to achieve that contact.

Now whether it is in the ministry or out is of no importance. The important thing is this that there is no spiritual ministry unless that contact has been made. And when it has been made, it makes no difference whether one is an ordained minister, ordained by man or not since the ordination that makes for this atmosphere, this presence and power, is of God and not of man.” ~Joel

Matt 6:33

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

(If you are experiencing an activity of Grace, (and you are right now) you're experiencing the Presence. If you have ever experienced Grace, you have witnessed the Presence. It always shows up at a time when ye THINK not... You see?... Don't make this so difficult. You have had this happen – I know it. You don't have to work so hard at experiencing the contact. Rest now and know that I am ever with you. Go ahead, I'm with you right now. ~Love)

THE DAILY LESSON – April 17, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“That is why every week answers go out to the effect that we do not ordain anybody; we do not authorize any practitioners or teachers. Why? Because I do not have the power to give anybody the necessary spiritual consciousness by issuing a diploma. That is something that is attained through these periods of meditation and contact, through these periods of association with spiritual teachers. And then when the ordination comes from within, then the Spirit of God bears witness with our Spirit and says, ‘You are my beloved child,’ then we are ordained; and there is no need for any legal ordination or human authorization.

Now, we have something in the nature of a formula for prayer. We might try it now, and see what this formula does with us and remember that the formula is ‘pray for anything you like as long as it is not of ‘this world.’ That’s kind of limiting, isn’t it, when you are limited to praying for things that are not of ‘this world.’ Can’t pray for health; can’t pray for success; can’t pray for the peace of the world; can’t pray for honesty or integrity, can’t. I know, it’s very limiting, very confining, and at times, very painful. But that is what we are going to practice until we achieve a measure of success in it because the moment we no longer pray for the things of ‘this world,’ we will

automatically be praying for ‘My Kingdom, My Peace, the Kingdom of God within.’” ~Joel

II Sam 22:33

33 God is my strength and power: and he maketh my way perfect.

Rom 13:1 For

1 ...For there is no power but of God: the powers that be are ordained of God.

(I can do nothing without God. God is my Life, my health, my supply, my peace, my success, my heart, my Self, my Soul & my within. God is closer than breathing, nearer than hands and feet. I cannot move without first recognizing it is God that moves me. What more could I ask for but that I am aware of His presence within? If I have that awareness - I am... I surrender to thy will, and know it is Mine... ~Al

THE DAILY LESSON – April 18, 2011
From the 1955 Kailua Study Group Series –
‘How to Pray’ by Joel S Goldsmith

“You see this goes back to one of the principles of The Infinite Way in which we learned that supply does not exist in the visible world and that every prayer, or treatment in metaphysics, that has for its aim or object the demonstrating of supply must be a failure. It can’t be otherwise because there is no supply in the world. There are the fruits of supply, the effects of supply, the products of supply, but there is no such thing as supply.

Supply is within you because supply is Spirit, substance, in exactly the same way that the supply in your orchard, your ranch, is not on the tree. It’s the life operating as the tree. And so in order to have fruit on the tree, it would be necessary to demonstrate the life within the tree or which animates the tree. Then the fruitage on the tree would be a normal, natural result.

It would be as foolish for us to pray for roses, as it would be to pray for crops because there is no way of producing a rose in the external. A rose has to come up through from the ground, from the rain, from the sunshine, from the soil, up through the bush and then ultimately it appears externally as a rose. But think of trying to pray for a rose. Why separate and apart

from the sun, the light, the rain, the soil, there is no such thing as a rose! A rose is only the effect of sun and rain and soil operating in and through that bush. And so it is with all supply.” ~Joel

Luke 17:21

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

(Jesus didn't say the Kingdom of God was within him, he said without question, it is within YOU. If we have the Word of God within our consciousness, we have all we'll ever need. The Word is the invisible substance of all form. Our Essence. Rest in the quiet confidence of Truth. Thy Grace is much more than my sufficiency. It is All. ~Al)

THE DAILY LESSON – April 19, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“There is no such thing as a dollar bill separate and apart from the consciousness of an individual. The consciousness of an individual is the substance, the source and the activity of every dollar bill there is in this world, and nobody ever gets their dollars except through consciousness. And those who through purely external means do get them, seldom find it possible to hold on to them because they are not theirs. It would be like the rose bush trying to hold on to roses that we went out and pinned on them. They just wouldn't hold them very long.

Now, praying, then, for roses, dollars, homes or anything in the external world is foolishness because these do not constitute supply. Supply is that *invisible* thing that we call God, and so it is that prayer for supply is useless, but the same is true of health.

There is no such thing as health separate and apart from the consciousness of an individual. Remember that. There is no health separate and apart from the consciousness of an individual. An individual embodies the consciousness of health, and then it appears externally as the health of the body and if they do not have a consciousness of health,

they cannot have health itself. If we do not have a consciousness of supply, we cannot have supply itself. If we do not have a consciousness of peace, we cannot have peace itself.” ~Joel

Mark 12:30

30 And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

(There is nothing but emptiness, until we acknowledge God. And then, there is everything. ~Al)

THE DAILY LESSON – April 20, 2011
From the 1955 Kailua Study Group Series –
‘How to Pray’ by Joel S Goldsmith

“How do we attain this consciousness of supply, of health, of peace, of joy, of dominion? We acquire it through ‘every word that proceedeth out of the mouth of God.’ We acquire it through the acquisition of divine Grace. Thy Grace is my sufficiency of roses. Thy Grace is my sufficiency of dollars. Thy Grace is my sufficiency of health. Without ‘Thy Grace,’ which is the substance of all form, I cannot have thee forms. How then do we acquire ‘Thy Grace?’ Go within. Go within and acknowledge it:

‘Thy Grace is my sufficiency. Every word of God is my sufficiency, and so here I am, praying for none of the things of the world, awaiting for that which will assure me that Thy Grace is on the field;’

and that’s all there is to our outer form of prayer.” ~Joel

John 6:31-35

31 Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat.

32 Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.

33 For the bread of God is he which cometh down from heaven, and giveth life unto the world.

34 Then said they unto him, Lord, evermore give us this bread.

35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

(His Grace is Omnipresent. Yes, even when we seem to have an appearance of lack. Grace comes to us in the form we need when we are aware of this Ever-present sufficiency. I am the bread. I am the water. I am the Life. Rest in that. ~Al)

THE DAILY LESSON – April 21, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“Now there’s a 30-second or 60-second waiting just for that little interval of silence in which and through which we receive the assurance of the Presence. But if we do not receive it, do not be disturbed. This is only the first day of our five-finger exercise. We have to keep on 11 more times before we fall asleep tonight. And then again tomorrow and tomorrow’s tomorrow, and tomorrow’s tomorrow until ‘in a moment that ye think not, the bridegroom cometh,’ the feeling comes, that intuitive sense comes, that awareness comes, that consciousness of the Presence, that realization that David had, that calm assurance of God’s Grace. And that’s all that’s necessary because that Grace is our sufficiency. That Grace attained within becomes the roses in the without or the dollars or the health or the peace, and the joy and the dominion. Separate and apart from the attainment of divine Grace within, there is no permanent good achieved in the without.

Now that is the way the world has missed the mark.

They have thought that if we sit here and one or more of us talks about God, and tells about God's goodness, and asks God to bless us that in some strange way God will do for us today or tomorrow what It didn't do yesterday. And, of course, it has failed. It has failed throughout the years. It has failed throughout the centuries. Every bit of success that has come in individual living has come through an inner contact with the source of all good. And now again let us go back and pray, and let us pray for anything we want that is not of 'this world.'" ~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.

(Be lifted up... Be aware.... Be included in limitless Consciousness. ~AI)

THE DAILY LESSON – April 22, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

"Heretofore, if you watched the prayers and the metaphysical treatments of the world, you will find that they are aimed either for things, or persons, or conditions of the world, for safety, for security, for peace, for justice, for mercy, for forgiveness, for supply, for companionship, for home. And I say to you that all of this praying is ineffectual. All of this is just like praying to have roses hung on your rose bushes or coconuts hung on your coconut trees.

The only prayer that is effective is, 'Thy Grace is my sufficiency.' I live by every word that proceeds from the Father within me.'

If I am standing on a street corner, if I am riding in a car, if I am in the holy of holies in the most sacred temple, if I am in my garden or walking the beach, or swimming in the sea and there remember that every word of God is the substance, and activity, and joy of my life, I am in prayer. If the song in my heart is for the Grace of God to be established within me, I am in prayer. When prayer goes beyond that, it isn't prayer." ~Joel

II Cor 9:8

8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

Gal 2:20 I live; ,21

20 ...I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

21 I do not frustrate the grace of God: for if righteousness come by the law, then Christ is dead in vain.

(Sufficiency, Grace and Righteousness can only come from God. So why does mankind lean unto “its own understanding” and pray for things of this world to improve? If the laws of matter are accepted then how can it be that the Law of Spirit is omnipresent? Jesus proved that Life was everlasting by every example he gave us. We mistakenly put the veil back on his work when we are not aware of his true identity, or ours; completely ignoring our promised Divine inheritance. For right now are we the Sons of God.

The third paragraph (above) from Joel today is a very special gem. Take a look at it again.....

Write it out on a post-it note, or tuck it in your pocket, or stick it on your dashboard. It is what I call “active prayer”, or meditating with eyes open, but being just as still within. It is LIVING the Infinite Way... It is exactly how we can learn to pray without ceasing, by practicing our little five–finger exercise over and over again until it becomes automatic. Be in the practice. ~Al)

THE DAILY LESSON – April 23, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“At first you will find that it is easier to attain your peace and your harmony when we are praying together and that is because ‘I, if I be lifted up shall draw all men unto my state of consciousness.’ It means that you benefit by my degree of inner peace and the degree of others in this room who have attained, themselves, some measure of this contact.

All of that, ‘where two or more are gathered together’ in this uplifted consciousness, all the rest benefit by it and for that reason you may find it a simple matter, or at least a more simple matter, to attain your quiet and peace here than you will when you are doing it alone. But do not be discouraged on that account. The same experience will come to you that has come to us.” ~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.

(How would you like to have been with the disciples after the resurrection while they were within for those 8 days?...

We all have access to the same truth, or appearance of Christ. Whether we benefit from studying or meditating in a group of 2 or 3 or be still in a majority of One, the Christ will bless us in accord with our surrender and acceptance of His unconditional Love. We are blessed to have each other to walk with on this path, together as One... Thank you all. ~AI)

THE DAILY LESSON – April 24, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“Remember that it is true of us as was said of old that we are ‘just men as ye be.’ We are just of the same flesh and blood that was corruption, and through every state and stage of it we have been lifted up one step at a time until we are now nearly a whole step up, and so it will be with each other one. ‘God is no respecter of persons.’ It makes no difference whether your background of human life has been one of purity or one of sin. This has nothing to do with that.

There is no reward for your past goodness, and there is no punishment for your past sins. It seems very often that this is a difficult way of believing, but it is the truth. There are no rewards for past virtues, and there are no punishments for past sins. All that counts is what is taking place in your consciousness at this moment. ‘Now are we the sons of God. Though your sins were scarlet, ye shall be white as snow.’ When? Now. Why?

‘Neither do I condemn thee; go and sin no more.’ Neither do I have judgment on you, or your parents, or your grandparents, or your great

grandparents, and the 'I' that I am speaking of is the Spirit of God in man. It has no condemnation for the erroneous beliefs that we have heretofore entertained. 'But go and sin no more' means do not return to those erroneous beliefs lest a worse thing come upon thee. In other words, 'two times two is five' has always brought discord and trouble to us, but 'two times two is five' indulged in tomorrow can bring more trouble to us. But now that we've learned that 'two times two is four,' let us abide in that truth. And so it is with this." ~Joel

Acts 10:34

34 ¶ Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons:

John 15:4,5

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

(Personal sense or personal desires are just that – personal, and they have nothing to do with God. Can we pray to God and advise Him to be aware of some condition or lack that He is not already aware of?

As we quietly, willingly accept and abide in Spirit we begin to lose the personal and rise into the impersonal, unconditional Love and Life living without any of this world conditions or effort. The Christ takes over our Lives and dissolves this false perception of a separation from God. Nothing can be left but the One creative Source. Then our Life must already be His. ~Al)

THE DAILY LESSON – April 25, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“There is a spiritual integrity which has never been touched in us. It has never been violated. It is our true identity, and regardless of the human life we have lived of good or bad, it has never touched the soul of our being. It is just as is in the last chapter of Living the Infinite Way that the discords and inharmonies, the sins and the deaths that happen to us never have touched the integrity of our true being. And in the realization of that, we are made free from any seeming effect that our guilt complexes may have caused us.

This will lead you to see eventually why the chapter, '*New Horizon*,' emphasizes that the entire human experience is illusory in that there is no substance in it, no life, no continuity. It exists only while we perpetuate it in thought. When we've dropped it from thought, it's as dead as yesterday's newspaper, and some of today's, too." ~Joel

John 8:32

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

Dear Ones,
Here is the last Chapter of “Living the Infinite Way”, that is mentioned above for your full study on this subject of prayer and meditation. I’m pretty sure most of you have “The New Horizon”. Or, if you need it drop me an email.
Much Love,
Al

CHAPTER VIII

MEDITATION

Meditation is the way by which we attain the kingdom of God, and then life is lived by Grace. The ultimate of meditation is a state of complete silence within. The question naturally arises: For one who has not learned the art of inner silence, how is meditation accomplished? Certain it is that it is not a simple thing to achieve, because it is difficult to still the thinking mind. There is a way of meditating, however, which eventually will lead to a cessation of thought, leaving one in a sublime state of inner quiet. In this sacred and secret sanctuary of one’s own being, only those thoughts which are on God enter.

There are many ways of meditating, but it is important for the beginner to avoid trying to accomplish something beyond his immediate understanding. In order to meditate successfully and without having disturbing, extraneous thoughts intrude, the mode of contemplative meditation is simple and will lead the student, step by step, into higher forms of meditation.

In contemplative meditation, the student transcends the desire to tell God anything or to ask God for anything. He contemplates the sun, moon, stars, and tides, and all growing and living things, remembering that the heavens and the earth are filled with everything of which man has need. He beholds all things as emanations of God, showing forth God’s glory, God’s law, and God’s love for His children. In this quiet, peaceful state, the reassuring words of Scripture are fulfilled: “Thou wilt keep him in perfect peace, whose mind is stayed on thee. ..In all thy ways acknowledge him, and he shall direct thy paths.”

When we are in a peaceful, quiet, reflective mood in the country, in the mountains, or by the sea, we become aware of the wonder and beauty of the earth. "The heavens declare the glory of God; and the firmament sheweth his handiwork." Often in the evening, out on the lanai, I contemplate the number and brilliance of the millions of stars overhead, noticing particularly the constellation known as the Southern Cross. The perfect regularity of its appearance is evidence of a law, an order, and an activity governing this event. So it is with the regular and orderly rising of the moon, the ebb and flow of the tide, and the succession of growing things each in its own season.

Contemplating God and the nature of God's work reveals an infinite law governing this universe, filling us with a peace that eliminates anxious concern. How useless it would be to pray for the Southern Cross to rise in the sky, or to pray for the tides to come in or to go out. Would it not be sinful to pray for flowers to bloom, when, before our very eyes, the mystery of life is unfolding, disclosing, and revealing itself effortlessly? The great prophets of old saw that man need do nothing about these great miracles except behold, enjoy them, and be grateful that there is an infinite Wisdom and a divine Love that has created all these things for Its own glory. This really means of your glory and for mine, because God's only existence is as you and as me!

Certainly, if God has created the heavens, the earth, and the oceans, if God has stocked the earth with its good things, can we doubt for a moment that He created all of this for our use, for our pleasure and expression? The futility of praying or meditating for anything should at once be apparent when we perceive this invisible activity of Spirit, appearing outwardly as the harmonies of life.

As we engage in this spiritual activity of beholding God at work, day in and day out, we are brought to a state of consciousness where thought, of its own accord, slows down and finally stops. Then one day, in a second of silence, the activity or presence of God announces Itself to us, and we know that the kingdom of God is within us. From that moment, we no longer seek our good in the outer realm; we no longer feel compelled to depend on persons, things, or conditions.

Human experience takes place in a world of time and space, and this in itself precludes its being spiritual in nature. Therefore, let us remember that meditation may be about anything, so long as it is not of this world.

The universe of Spirit is an eternal activity of God. Anything that occurs in time or space, as we humanly understand it, should not be accepted at its appearance-value. Let us remember that every appearance of humanhood, good or bad, is a mental image in thought, actually without reality, law, substance, cause or effect. In this recognition, the limitations inherent in the five physical senses begin to drop away. We are enabled to “see” deeper into consciousness and behold that which is – eternity in what appears as past, present, and future. We find ourselves unlimited in terms of “here” or “there,” “now” or “hereafter.” There is a going in and a coming out without sense of time or space, an unfolding without degree, a realization without an object.

In this consciousness finite sense disappears, and the vision is without boundaries. Life is seen and understood as unfettered from and limitless beauty. Even the wisdom of the ages is encompassed in a moment. This is the reality of immortality seen and understood. It is a vision of life without beginning and without end. It is reality brought to light. In this consciousness, there are no barriers of time and space. The vision encompasses the universe: It bridges time and eternity and includes all being.

This meditation on the activity of God in our experience can be carried on while engaged in almost any human endeavor. Whether keeping house or going to business, an area of consciousness can be reserved for the contemplation of God’s presence and activity. It is not necessary to leave the world to contemplate God’s grace, but only to take a little time during the busy days and nights to be close to God. Let us lift our thought to God, open our inner ear to hear the still, small voice and with our inner eye behold the universe of Spirit, even while our physical eyes are engaged in human activities. Then we are in the world, but not of it.

The contemplation of God and of the operation of God’s law keeps the mind continuously stayed on God. Quietly, gently, and peacefully, the student is observing God in action on earth as in heaven; he is beholding the very glories of God; he is praising God, acknowledging God; and he is bearing witness to the fact that God’s grace is his sufficiency.

Once we come to the realization that God's grace is our sufficiency, we are living a life of continuous meditation. We pay without ceasing and yet never do we desire anything, tell God of any need, or try to influence God in any way. There is no strain, because we are not trying to accomplish or to acquire anything. In the realization that the grace of God, which has peopled this earth and has filled it with all good things for man's use, is our sufficiency in all things, we are in a state of continuous prayer. The wisdom which is of God is our sufficiency the love which is of God and which meets every need of this earth is our sufficiency.

Our only need is the realization of the nature of god and God's government. The contemplation of this leads to other and higher forms of meditation and on to higher levels of consciousness. Eventually, we are led to that place in consciousness where meditation is a total silencing of thought, a complete state of awareness, in which there is an inner alertness, an inner awakening, a state of receptivity and expectancy, into which flows the realization of the presence of God. Beyond that, we need nothing. It is far better to have that realization than to have the entire world of fame and fortune, because that realization is the source and multiplier of loaves and fishes, appearing as health, wealth, companionship, and recognition. Whatever the immediate need may be, the presence of god is the fulfillment of that need.

In our ignorance we, as individuals, have become separated from the actual experience of God, and so we must ask that God reveal Itself. We must ask for wisdom, for light, for grace; but that is all. This form of prayer is wisdom; but the prayer which is a petition beseeching God for supply, security, or peace is foolishness in the sight of God. Supply, security, and peace are free gifts awaiting only the bringing of ourselves into harmony with God's law.

To review the nature of God's work on earth and to realize that there is an infinite Wisdom and a divine Love governing this universe will bring such a great feeling of peace that we may well wonder what could have given us concern. The mere statement that God is infinite wisdom and divine love will not be of any great value. There must be the actual experience of an inner awareness which comes as a result of this contemplation of God.

As we persist in such contemplation, God will become an experience. We shall be living in the realization of God continuously flowing forth as our experience. With an unshakable conviction we shall know that the kingdom of God is within us. As a result of this higher state of consciousness, greater harmony of mind, body, purse, family, and community relationships appears in our experience. Let us rest in peace and quiet; let the grace of God fill our mind and soul, being and body, and with a smile, realize: thy wisdom is sufficient for me; Thy love satisfies me; rest in Thee.

The only legitimate desire is a desire for a greater realization of God – for the things of God and the thoughts of God. God's thoughts are not our thoughts, but God's thoughts can become our thoughts. If we learn to contemplate God rather than to desire or to expect anything. Expectancy, itself, can be meditation, however, if that expectancy takes the form of watching the tiny bud unfold until it becomes the full-blown rose, of beholding the darkness of the night suddenly illumined by the glittering stars and the soft light of the moon, of waiting for the sun to rise and the fullness of its light and warmth to envelop us. But when expectancy implies that god shall move outside Its orbit to obey our directions, supplications, or personal desires and wishes, then such expectancy becomes a sin. Through meditation, the beauty, activity, abundance, joy, and peace of God's grace reach us. In meditation we are enfolded in God.

God must love His children because He created the whole of the heavens and earth for them – for you and for me. It is more comforting to know that God loves us than to know that we love God. God's love is expressed as our love. Without God's love for us, we could not love God, because there is only one love, the love of God, and all love is of God. This realization of God's love for His universe and for His children is a form of meditation in which there is no desire that God should love us more than He does, no feeling that God should be doing more than He already is doing.

If there is any desire at all it should be that we may more greatly appreciate God's love and what it is doing in our life, in our mind, in our Soul, in our body, and in our purse. Let us ponder the bounties that are on every hand and realize that none of these would be possible but for the love of god for His children. God has given us the sun that we may have light by day and the moon that we may have light by night. He has given us the earth and the seas that we may be fed; He has given us soft breezes that we may be refreshed. God has provided for our every need.

Meditation is a contemplation of the infinite ways in which God loves us and the infinite forms of God's love for His creation. We no longer turn to God for anything except for the joy of basking in His presence, in His grace, and in His love.

We need not be too concerned about our love for God; that will follow in a normal and natural way, and we shall find ways of expressing this love. It is not always those who speak most volubly of their love for God whose love is the greatest. The love of God, realized in silence and in secrecy, evidences itself in deeds of loving-kindness. In God's love, there is no criticism, no judgment, and no condemnation.

In God's love, there are no yesterdays. God's love is flowing now. It cannot withhold itself, nor can it give itself. God's love is a state of is, a state of being, and through the meditation and contemplation of God, this love of God permeates our consciousness. It is realized and felt to such an extent that prayer becomes the constant and continuing state of our being.

Prayer is a contemplation of God's love for His kingdom. It is a realization of God's presence filling all space, an awareness of peace, joy, and abundance, an inner stillness and silence, a refraining from thought and desire. Prayer is beholding and witnessing God's grace; it is a realization of is; it is the holy contemplation:

Where Thou art, I am; where I am, Thou art. "Son, thou art ever with me, and all that I have is thine." God's grace is my sufficiency in all things; God's love is enveloping me and this universe; God's peace is upon this world. "The Lord is my shepherd; I shall not want." Wherever I am, the Lord is.

Prayer is a contemplation of is. God is! Life is! Love is! Joy is! Prayer is an outflowing of gratitude that God has given us the heavens and the earth for our glory. Prayer is a heart full of gratitude for the still greater blessings in prayer yet to be revealed. "Thou wilt show me the path of life: in thy presence is fullness of joy; at thy right hand there are pleasures for evermore."

Within every individual, far, far within – deeply hidden behind the mask of personal selfhood – is that part of him which is in and of God. Actually, it is the God-Self unfolding as individual spiritual being.

This Self is never affected by any experience we may undergo – It is untouched by birth, age,, or death. Throughout the ages this Self of you and of me is about the “father’s business.” Unfolding and expressing in accordance with the divine plan. It never fluctuates or deviates from its eternal state of spiritual being and appointed work. This Self is our spiritual identity, through which the will of God is forever functioning. God’s grace is ever feeding and sustaining it. God is the wisdom, the very life and soul of individual spiritual being. God is our true identity and individuality.

The stillborn child, the young soldier killed in battle, the multitudes destroyed by plague or epidemic – none of these experiences ever touches you or me or them. Behind these untoward occurrences, the self, our true being, remains imperishable and imperturbable, unaware of the hypnotism of mortal sense. Under the spell of the hypnotism, the life of the subject continues undisturbed, untouched, and with no knowledge of the antics which the hypnotist induces his victim to perform. Awakening from the trance, the subject resumes his normal life with no awareness of what went on under the mesmeric spell. In just this way, awakening from the sense of illness, lack, or sin, the “I” of material sense is dissolved. I live, yet not “I,” not the human sense of “I”; now Christ lives my life.

Now our sufficiency is of God. No longer are we dependent upon any person or condition in the outer realm. God is our sufficiency. We look only to Him, to this “he that is in you,” for all that is necessary in our experience. Now we understand that I will never leave you, nor forsake you. Now we know that God is our sufficiency in all things.

The ability to commune with God is given us only by Grace, as the gift of God. Prophecy and divine healing are also gifts of the Spirit and come into expression as Grace quiets the reasoning faculties of the mind.

Under Grace, being is flooded with light, although not necessarily a visible light; the body is weightless and without sensation; there is a oneness with all life. This is not being a part of nature, or even a part of God, but rather being the very fabric of Life, Itself. Being flutters in the leaves of the tree and is the substance and flavor of its fruit. One feels himself to be the

essence of the sea – the actual rise and fall of the waves, the ebb and flow of the tides, the beauty of the rocks, stones, and coral beneath the waters.

All life is one. The one infinite divine Being surges through all being as one Life and one Love. One Soul unites all creation in Its embrace and is the life of all creation. This Soul is not separate or apart from any form of life. Soul is not in any being or form of being, nor is Soul separate from being, for Soul is Being.

I am not in the earth, or in the tree, or in the bird: I AM these. I AM the gentle movement of the clouds – yet more, the very fleeciness itself; I AM the brightness of the sun and its movement. I AM the breeze in the air, the swaying of palm fronds – yet the palm itself. I look out from the stars – but being also the sky, I hold the stars within me. Beneath is world upon world within my embrace – while I look out from these worlds to the stars above. I AM the life and color of the jade in my ring, and the consciousness of the organs of my body.

There is no place where I leave off as the life of one or begin as the life or mind of another, because all is one. I flow through all, in all, as all. I AM also the flow. I AM in musical sounds, yet I AM the sound itself. Of all creation, I AM the essence, the fiber, the fabric, the form, the action, the very mind and the very life.

The sun shines, and we say, “It is the sun” – it never says so – it is. The trees grow; the stream runs on; the rain falls; the child is born. We say so – they never do!

The immortality of being is so evident that we need not say it is so. The harmony of being is by the grace of the Invisible and is not produced or influenced by our saying so.

Not by our power of thought, nor our strength of will, but by the gentle Spirit, do the birds fly, the fish swim, and the dogs play. By It the moon shines, the tides rise, the couples mate, and the joyous being utters song.

Rest. By the still waters, rest. Lie down. In green pastures, lie down, nor say, “I am resting,” or “I am lying down.”

“My peace give I unto thee,” only do not say it – let it be. “Underneath are the everlasting arms,” only do not voice this thought – recognize it. “I will never leave thee, nor forsake thee,” but say it not with thy lips – acknowledge it.

Do not seek harmony or health, or even God. These are not to be found; they already are. “Be still.” Only in deep silence, only in refraining from taking thought, only in the giving up of the struggle for God, for peace, for plenty, for companionship, can these be experienced. Do you “see” what I am saying? God, health, abundance, freedom, friendship – these are not entities or identities – but experiences. And this experience of God is what comes to us only through the process known as meditation.

THE DAILY LESSON – April 26, 2011
From the 1955 Kailua Study Group Series –
‘How to Pray’ by Joel S Goldsmith

“Now let us embark on this work with a specific purpose, motive, hope and also with confidence that you are not entirely on your own resources, that our being united in this work is giving us a more potent assistance than if we were engaged in it alone. Not that anyone couldn’t attain it all alone, indeed they can. The only thing is that it’s more difficult. Sometimes it takes longer and drives one harder until it’s achieved, but it can be done.

The purpose, the motive of this work is attaining divine Grace, not attaining peace, prosperity, health or home – attaining divine Grace because once we attain it even in a measure, it takes over our experience and lives our lives, performs those things that are given us to do, ‘makes the crooked places straight.’ Now we will learn the meaning of not ‘living by bread alone but by this inner Grace.’” ~Joel

Matt 6:33,34 (to .)

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself.

(We are all joint-heirs of The Kingdom. There is nothing to acquire it is already ours. When we are consciously aware of this promise we are included. Isn't it wonderful to know that we never have to walk alone again? I am with you. ~Al)

THE DAILY LESSON – April 27, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“We must not speak of this, even among ourselves. Keep this not as a subject of conversation, not as something we want to give others. I may say this to you very honestly. We really have nothing to give others, except in the attainment of it ourselves. What we haven't yet attained ourselves, we cannot give to others and when we merely give them the letter of it, we give them husks. It is only as we give them a measure of our attained realization that we give them the 'bread of life, the meat, the wine and the water.'"

It is somewhat like giving good advice to people. It's giving them husks. Worse is if it were this when you try to give people spiritual truth without having attained it. Do not make this subject one of conversation even among ourselves, and certainly do not try to impart it to anyone. Wait; wait patiently until the time comes when you can, yourself, say, 'Ah-ha, I have clicked. I have at will entered the divine Shakina, the presence of His glory.

I can walk in and out at will, and no man can take it from me because I have attained it.'

Then you can, first of all, recommend it to others and then secondly, should they desire it, teach it and demonstrate it for them and with them – but surely not until your own life bears witness, at least to some extent, that the Spirit has been touched and has touched you, and that It is the essence of your experience. That is why in all spiritual matters it pays never to discuss these things, never to discuss them and to share them only where there seems a readiness for receptivity.” ~Joel

Mark 7:16

16 If any man have ears to hear, let him hear.

(An important part of Living the Infinite Way is to have infinite patience and an unconditional Love to wait for an individual to be ready to be receptive. When his/her consciousness or “ears” are ready to listen for the Word made flesh, you will just “know” by divine impulse or they will ask. There must be a certain readiness for the message or it will be rejected. Be ready to share what you have in your “House”. Be generous but reserved and wait again for the next question from them. I waited for more than 25 years for my wife to be interested in My work and ask. Boy, am I glad I did... Love is always Present waiting to be found and cherished. ~Al)

THE DAILY LESSON – April 28, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“That is why we may, when we see others in distress, we may offer them a pamphlet or a book, but then we must ‘loose them and let them go’ to make their own demonstration from there on in. Anything further than that is meddling in our neighbor’s business rather than ‘loving our neighbor as ourselves.’ And so it is even though we have ‘the pearl of great price,’ we have no right to expose that pearl except to connoisseurs who can enjoy it. It’s a hard saying; it’s true, but no one yet has ever been benefited by spiritual work except those who were, themselves, ready for the spiritual experience, and they showed their readiness by their degree of reaching out.

Whenever it has to be urged on anyone a second time, whenever we have to keep at anyone, we are wasting our time. We would be better off, even as a blessing to them, to keep our gem locked up within ourselves, keep it polished, keep it active in consciousness and then probably, through the

miracle of silence, it may penetrate their consciousness where words may deprive them of it. Very often the miracle of silence will do more for our friends, our relatives, our students than speech. Speech can antagonize.”

~Joel

Matt 6:6

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

(Unconditional Love already knows who you are. No need to enlighten the Light. ~Al)

THE DAILY LESSON – April 29, 2011
From the 1955 Kailua Study Group Series –
‘How to Pray’ by Joel S Goldsmith

“Some of you may have had the experience of being in intense pain or trouble and asked someone for help metaphysically, and they said, ‘Oh, it isn’t real. It doesn’t hurt. You know pain isn’t real.’ You know how you have felt about that? If you have felt as I have felt, it was pretty rebellious. I never want anyone, if I ask you for help, don’t tell me it doesn’t hurt because if I believed that, I wouldn’t be asking you for help. If you know that it doesn’t hurt, keep that gem to yourself.

Know it in silence, and what you know in silence will be demonstrated publicly and bodily by me. But don’t, don’t ever indulge metaphysical platitudes and clichés because – not if I ask for help because I can tell you they don’t interest me. What interests me is your consciousness of truth.”

~Joel

Prov 3:6

6 In all thy ways acknowledge him, and he shall direct thy paths.

(There is a complete surrender required for God alone Is. ~Al)

THE DAILY LESSON – April 30, 2011
From the 1955 Kailua Study Group Series –
'How to Pray' by Joel S Goldsmith

“In the same way when you ask me for help, I don't think you care much how much truth I know and can quote to you and I don't think you have too much faith, hope or confidence in it unless it achieves something for you, and the words won't. But if I have the consciousness of it, I never have to voice the words. The consciousness of it in silence does the work. That which is known in silence appears outwardly as demonstration.

Well, I think we have arrived at another phase of our work and unfoldment and a great degree of benefit, demonstration, revelation will come to us if we remember this formula for our prayer work: pray for anything you like as long as it isn't of 'this world.'

Thank You.” ~Joel

Mark 13:35-37

35 Watch ye therefore: for ye know not when the master of the house
cometh, at even, or at midnight, or at the cockcrowing, or in the morning:
36 Lest coming suddenly he find you sleeping.
37 And what I say unto you I say unto all, Watch.

Matt 6:6-8

6 But thou, when thou prayest, enter into thy closet, and when thou hast
shut thy door, pray to thy Father which is in secret; and thy Father which
seeth in secret shall reward thee openly.

7 But when ye pray, use not vain repetitions, as the heathen do: for they
think that they shall be heard for their much speaking.

8 Be not ye therefore like unto them: for your Father knoweth what things
ye have need of, before ye ask him.

(If God really is Omniscient, and knoweth what things we think we have
need of, then why would we pray for the things of this world? Pray for the
Presence of God to be realized and to be aware of our being included in
His Life. Peace be still and know that I am. ~Al)