

“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 DECEMBER 2012 is:

30.

“REALITY EXPERIENCED”

**Tape 124:
Side Two
1955 Kailua Study Group, Tape 15**

By Joel S. Goldsmith

THE DAILY LESSON - December 1, 2012

“Good morning, (*Class responds*). It came to me this morning that we should understand the meaning of a word which appears not only in The Infinite Way literature a great deal but in all mystical literature and which is but little understood. The word is “Reality,” capital “R”-e-a-l-i-t-y, Reality.

This word is a synonym for the word, “God,” and, in some cases and at some periods of development, may be a very satisfactory word to use for

God. The trouble with the word is that the opposite of the word is unreality and, of course, there is no such thing as unreality because there is no opposite to God. But the word, “unreal,” and the word, “unreality,” has come into metaphysical literature to such an extent that many people believe that this world is unreal or that this body is unreal. And so they have set up a state of unreality as the opposite of reality. And then they set about devoting their lives to overcoming unreality, which, of course, never existed to begin with, and so it couldn't be overcome.

Now please remember this. There is nothing unreal to be overcome. There is no state of unreality to be overcome any more than we would say that two times two is five is unreal and, therefore, it's to be overcome. No, no, no. It's unreal, but it doesn't have to be overcome. It merely has to be seen as unreal and that itself is whatever overcoming is necessary. Once you have said two times two are not five, you have overcome that belief. You no longer have the belief that two times two are five. Merely the recognition that two times two are not five is the overcoming, is really the healing because you no longer suffer from two times two being five after you've said two times two are not five. It's an unreal statement.” ~Joel

Isa 45:22

22 Look unto me, and be ye saved, all the ends of the earth: for I am God, and there is none else.

(Is our work dismissing the appearance - or simply basking in His Love? Behold the sustaining Infinite... ~Al)

THE DAILY LESSON - December 2, 2012

“So it is when you have said, “God is infinite” or “Reality is the only true being,” you have in that done all the overcoming of error that is necessary. Or, if you state it negatively, “the evidence of the senses is unreal,” that’s the overcoming. There is nothing left to do. Perhaps you have done this some times, been confronted with some physical condition, or mental or moral or financial, and then said to yourself, “oh I know it’s unreal,” and then either set down to do some work about it or called a practitioner when the work was done the very moment you said, “Oh I know this is unreal.” Had you just dropped it right there and then and gone about your business, that would have been the end of it. But the mere fact that you didn’t shows that you didn’t believe it was unreal when you said it. You were merely indulging in platitudes, clichés. You didn’t really mean it.

Now, if we say that “car tracks seem to come together in the distance, but because we’ve ridden car tracks for so many years, we know it never happened so I know that that appearance is unreal,” that’s the end of the work, isn’t it? That would be the end of the treatment. You could then get on your streetcar and ride as far as you wanted because having said, “Oh, I know that that’s unreal. It doesn’t exist that way,” you are no longer bound by the belief. Or supposing you wanted to go to sea and as you stood at the shore you saw the horizon and then you smiled at it and said, “ah yes, but I know that’s not real,” then you’d step into your ship and sail. But supposing you stood there and said, “Oh I know that’s not real,” and then said, “oh but I was going to call up my practitioner.” Do you see what I’m getting at?

Unreality isn’t a condition. Unreality is a nothingness which, for a moment, appears real until you have made the declaration, “it is unreal.” After that, even though the appearance remains, don’t do anything about it.” ~Joel

John 8:32

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

(When you know the Truth, you realize you were already free. Thank you Father... ~Al)

THE DAILY LESSON - December 3, 2012

“Now. If the mere statement that ‘all erroneous conditions and appearances are unreal’ were sufficient, then all classes in spiritual wisdom would end on the first day of class. Because it is just as simple a thing to say that God, or Reality, is infinite, eternal, omnipresent, omniscient, omnipotent, all-being, all-law, all-action, all-cause and, therefore, nothing else is real and then send the student home and that’s the end of spiritual wisdom.

But the point is that even after you have intellectually accepted that – and that’s quite a step forward, remember. There are probably not more than one million people in the whole world of four billion who are ready even to intellectually accept the fact that appearances are unreal, that discords have no law. So even that is a big step just to intellectually arrive at that point. You won’t find doctors, ministers, lawyers agreeing with you on that point, and you won’t find many college professors willing to accept it. So you see that it is a tremendous step in spiritual development merely to be able to read such literature as makes those statements.” ~Joel

Luke 13:23,24

23 Then said one unto him, Lord, are there few that be saved? And he said unto them,

24 Strive to enter in at the strait gate: for many, I say unto you, will seek to enter in, and shall not be able.

(We are gathered together here, to learn to follow the Master’s direction and example. And where two or three are gathered striving, listening and studying together in mutual love and support - I Am in the midst of them. Rest now and feel the blessings. Love and gratitude, ~Al)

THE DAILY LESSON - December 4, 2012

“But hearing it and reading it is not demonstrating it. There is yet the other point. And so I’m going to bring to you this morning the word, ‘Reality,’ in a different light. As you know, there was a day when homes were lighted by candle power. And nobody dreamed at that time that there was such a thing as gas power. Homes were heated with either wood fires or coal fires. Nobody dreamed that there was a power called gas that would do the heating better, cleaner, cheaper, less effort. And so gas power was absolutely unknown, and we had to be satisfied with our candle power, wood power, coal power.

Then the day came when it was realized that the gases coming up from the earth could be utilized for lighting and heating. And I can well remember the gas lighters coming around every afternoon and lighting the gas lamps out in the street. Each man had a mile or two of fixtures to go to and turn on the power and lights. And it was quite a miracle. You could go out at night in the dark and find all of a sudden there was a light in front of your house, and a dozen doors down the street another one so that there was light enough to walk from one to the other.

Now at that time none of us had any awareness of a power called electricity that would be 10, 20, 30 times more powerful than our gas lights. And instead of requiring gas lighters to walk up and down the street turning on individual gaslights, that one person down at a central headquarters could just throw a switch and a whole neighborhood was thrown into light – a powerful light, electric light. So, you see, we then had access to this greater power called electric power. And now, of course, we are going further with this atomic and hydrogen power.” ~Joel

Ps 119:105

105 Thy word [Christ consciousness] is a lamp unto my feet, and a light unto my path.

II Cor 3:5 our

5 ...our sufficiency is of God;

(Individual discovery or revelation is an experience of the Truth that was always available anyway - it simply had to appear in consciousness. In the big picture this experience continues into infinity.

Or, the “Central Headquarters” can throw the switch and the entire universe can be enlightened instantly... ~AI)

THE DAILY LESSON - December 5, 2012

“The world doesn’t realize that there is something called Reality, which is still another power. It is as concrete as gas power or electric power, or atomic power or hydrogen power. But, like these, a contact must be made with them. The mere fact that there is gas in the world will not give you the use of gas in your home. The mere fact that there is electricity in the world will not give you an electrically operated home. There must be an actual contact with that source of power so that it can be harnessed and brought into the home.

So it is with this power called God or Reality. God, or Reality, actually exists and it exists as concretely as gas, electricity, atomic force or hydrogen force but, like these, it must be contacted. Only but whereas the others are contacted through matter, this is contacted through the Spirit, or Soul energy, Soul forces.” ~Joel

John 4:23,24

23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

(So, if God is a Spirit, can we seek from a Spirit, things that are not Spiritual? Communion is a blissful marriage of your Soul and the Spirit of God. Thank you Father. ~Al)

THE DAILY LESSON - December 6, 2012

“Now because surgery has never revealed the source of Soul force in one’s body or the place where Soul energy exists within one, it is usually assumed that there is no such thing, that it is merely a religious term or a fanciful term that dreamers dream about. But that isn’t true. Reality, spelt with a capital “R,” is concrete fact, truth. It is an actual entity and identity which we can avail ourselves of – but not through the body. There is no kind of bodily exercise that will help one attain it. Nor is there any mental exercise that will help one attain it. Yet by virtue of the mind turning frequently in thought to this idea of Reality, eventually Reality breaks through, and probably by contemplating the Invisible and intangible, the Soul faculty is awakened.” ~Joel

John 15:4

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.

Isa 26:3,4

3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

4 Trust ye in the Lord for ever: for in the Lord JEHOVAH is everlasting strength:

(Our work is in making the Contact or Abiding in God. Don’t worry about the concert, practice the notes... ~Al)

THE DAILY LESSON - December 7, 2012

“In other words, we frankly declare that here before me is nothingness – nothingness, no presence, no power, nothingness. You see nothing, hear nothing, taste nothing, smell nothing, touch nothing. There is nothing here, and yet we already have enough developed Soul-sense – everyone in this room has it – as to enable us to admit, ‘ah yes, it’s true. I cannot hear anything, see anything, taste, touch or smell anything, but yet I know that there is something there because I know that if there is one amongst us who has contacted it, all the rest of us can be freed of this, that, or the other discord.’

Every one of us can drop from mental, physical, moral or financial ill if only one of us has access to that Reality, that consciousness of Reality. It is said that one Christ can lift a million people. Why, one Christ could live ten million people! One Christ could lift a billion people because the Christ is Itself that Reality. But one individual attaining the Christ – and that’s the meaning of that statement – one individual attaining a touch of that Christ can raise a million or two or three or five million.” ~Joel

John 12:32

32 And I, if I be lifted up from the earth, will draw all men unto me.

(Where the Spirit is realized, there is Liberty and there are no limits, no boundaries... Think of this study group as a branch on the One vine, when one individual is invigorated the whole branch is. Thank you Father... ~Al)

THE DAILY LESSON - December 8, 2012

“Now. This which we call the Christ, or God or Reality, is this Infinite Invisible. It is a Something with a capital “S” – an unknown Something, and something which you will never know. You may experience It – not only may, you probably will. Many already have. You can experience It and you can see Its fruitage, but you can never know It, Itself, any more than you can know electricity. You might get hit with electricity or you might see all the benefits of electricity, but electricity itself has never been seen. This is even beyond the realm of electricity.

No man has ever seen the face of God and lived; in other words, no man has ever seen the face of God. No man knows what God is. No man knows what God is – not even the Son, but the Father. Only the Father knows the Father. Only God knows Its Self. And so in those moments when physically and mentally we are at peace, in that moment, God is experienced, Reality is experienced, this presence and power is experienced, and it exterminates error from our experience.” ~Joel

Rom 11:36

36 For of him, and through him, and to him, are all things: to whom be glory for ever. Amen.

(Experiencing Reality [Truth] leaves no room for any-thing else. ~Al)

THE DAILY LESSON - December 9, 2012

“Now, let us think of the word, ‘Reality’ as meaning this Infinite Invisible substance, presence, power or law. Let us not try to know It, but rather to experience It. So that as we sit in meditation and begin with the contemplation of Reality, of the Invisible – contemplate within your own mind; think of the fact that out of nothingness...Well, we’ll go back to vaudeville for a little while – for a minute anyhow – and ask the question, ‘which comes first the chicken or the egg?’ And if you like, you can contemplate that old bit of vaudeville – only do it seriously.

Which did come first? The chicken or the egg? If the egg, where did it come from since there was no chicken from which it could come? If the chicken came first, where did it come from since there was no egg from which it could be hatched? And so it is you can go through your garden and ask which came first, the seeds or the tree: If the seeds, where did they come from since there were no trees to drop them. If the trees were first, where did they come from since there were no seeds from which they could spring?

That’s contemplating the Invisible because, in the end, you will arrive at the right place where you ought to be and want to be: No place experiencing nothing, no thing. You will be suspended in the air trying to find the answer to these questions – contemplating Reality from the standpoint of where did creation come from. You know, scripture passes over it very quickly by saying that the crops were in the ground before the seed was made. That’s very beautiful. I wish you would take my word for that just as readily, but you won’t and you shouldn’t. But you should contemplate that original passage of scripture that the crops were in the ground before the seeds.”
~Joel

Gen 2:4,5 (to :)

4 These are the generations of the heavens and of the earth when they were created, in the day that the Lord God made the earth and the heavens,

5 And every plant of the field before it was in the earth, and every herb of the field before it grew:

(Spirit cannot be defined in the terms of man, with the reasoning mind or in the intellect. It can, however, be experienced within. It can be felt. Spirit

can open out a Way for Life, Love and Principal to be realized without condition.

We practice contemplating Principal in order to come to a place where we get enough assurance of Reality that we can stand stock still and trust God enough to surrender - and then to finally shut up and listen... Seek ye first the experience of the Kingdom of God, not the concept, explanations or man's beliefs of God. ~Al)

THE DAILY LESSON - December 10, 2012

“As a matter of fact, light came very late in the process [of Creation], didn’t it? You see if you ever try to explain a healing, you will be just in the same position as scripture trying to explain how the crops got here without seeds or if the seeds were first, how they got planted and raised without farmers, because man, you know, was the last thing created. Here we had no farmers, but we had crops in the ground – trees, fruit, everything that man is supposed to be responsible for we had before there was a man. And so contemplating that, you are contemplating Reality and you will ultimately be led back to a blank wall that is called nothingness.” ~Joel

(The [of Creation] was not said by Joel)

Prov 3:5

5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.

(What makes mankind think it is in control? God already created all of It, and us, in His Likeness. All we could possibly do is to realize our place in and as Reality. ~Al)

THE DAILY LESSON - December 11, 2012

“You will get to an actual place where the mind can’t get back any further. It will perhaps for a while be on the merry go round – of thinking of the seed being created without any tree to come from or the tree being created without any seed to come from. And as you contemplate that and contemplate, finally you’ll come to an absolute place of stillness where you’ll say, “There is no answer.” And then, in that very split second, the answer will appear and you will see how all things spring out of nothingness. You will also see why the word, “nothing” of old was considered the greatest synonym for God - nothing meaning “no thing.”

There couldn’t be any truer description of God than that. It is no thing that you can contemplate. It is no thing that you can witness. It is no thing at all except in the sense of an experience. But in experiencing It, you almost can see the sins and diseases and lack rolling right away from in front of you as if just by a miracle “poof” and they’re gone. Or you can see them gradually fade away and yet realize no material remedy has been applied. They’re just fading away here because it’s nothing, of no thing.” ~Joel

Matt 6:31 (to ,)

31 Therefore take no thought,

(Thought must be directed at some thing. Let go, Let God... ~Al)

THE DAILY LESSON - December 12, 2012

“In this way you will eventually get back to that place that we are trying to bring forth in consciousness in this work that we’re doing in this Kailua Study Group. You see, the object of what we’re doing is this: coming to a state of consciousness where you do not think healings into being, where you realize that no amount of taking thought is ever going to make a white hair black or add one cubic to your stature. No amount of taking thought is going to make you richer, and nobody else’s thinking is ever going to make you poorer – that all that you are and all that you demonstrate is an emanation of the nothingness that you receive at the center of your own being.

It is almost like bringing yourself into the rhythm of the universe and finding that the rhythm carries you, and yet what is the rhythm of the universe since nobody has ever seen it, touched it, tasted or smelled it or heard it?

While you are contemplating this invisibility, this unseen reality, appearing as form, while you are busying yourself right up here gently with that contemplation, way, way in the back of you, you will be creating a vacuum of personal sense. And, all of a sudden, ‘in a moment that ye know not, in a moment that ye think not,’ that Reality will announce Itself, reveal Itself, and again you will know It by the experience and by Its effect. But even then you will not know It as of Itself.” ~Joel

Matt 24:44

44 Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh.

(Christ Consciousness comes in Spirit, and Spirit is not available in the mind of man.)

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.

(Father, I can do nothing. I am still and listening... and I await Your Assurance and direction... .. ~al.within)

THE DAILY LESSON - December 13, 2012

“It is literally true that ‘in the beginning was the Word’ or in the beginning was consciousness, awareness, the source of the Word. And out of that consciousness, all things emanated. So far as that consciousness is concerned, you will soon see that it doesn’t have to have a seed. As a matter of fact, the Master didn’t have to have a few loaves and a few fishes. He could have done just what Moses did: bring it forth without one single solitary seed to multiply. Moses, you remember, brought forth manna. But he didn’t even have a few pieces of manna to start with. He had only the consciousness of Omnipresence, and out of the consciousness of Omnipresence, all things emanated.

And so it is you will find that the cruse of oil had in it a few drops. But it wasn’t necessary for that prophet to have a few drops of oil. He could just as well have had an empty cruse and brought forth all of that oil. It had to be so in the beginning. There had to be a beginning of oil without even a few drops of oil to prime it. Consciousness is the source. Consciousness is the power of Reality. And that Consciousness, while it cannot be found in your body, that Consciousness is right present where you are.” ~Joel

John 1:1-3

- 1 In the beginning was the Word, and the Word was with God, and the Word was God.
- 2 The same was in the beginning with God.
- 3 All things were made by him; and without him was not any thing made that was made.

(There is no-thing we need to do. The Creator doesn’t need our words, thoughts or mental work to operate. Our job therefore is to establish the Mind of Christ or Christ Consciousness and quietly bask in the Father’s harmony. And so it is, I can of mine own self do nothing, the Father within me doeth the work. The fact that we are included in God’s Omnipresence is all we need to know... ~Al)

THE DAILY LESSON - December 14, 2012

“As the poet said, ‘closer than breathing, nearer than hands and feet.’ That Consciousness is right where you are. There’s no use of wasting time trying to find it; it is where you are because it is your consciousness. It is that through which you are even aware of being in this room.

How are you aware of being in this room? There is another idea of contemplation. Something invisible is the state of awareness or consciousness, and that is the activity through which you hear, by which you hear and see and know, and reason and think. And behind it all is this consciousness and it is called God or its called Reality. You can see why when Reality appears as form, you mustn’t call it unreality. It isn’t unreality; it is form. The way in which you see it may be unreal.” ~Joel

“The Higher Pantheism” By Alfred, Lord Tennyson

“The sun, the moon, the stars, the seas, the hills and the plains,-
Are not these, O Soul, the Vision of Him who reigns?

Is not the Vision He, tho' He be not that which He seems?
Dreams are true while they last, and do we not live in dreams?

Earth, these solid stars, this weight of body and limb,
Are they not sign and symbol of thy division from Him?

Dark is the world to thee; thyself art the reason why,
For is He not all but thou, that hast power to feel "I am I"?

Glory about thee, without thee; and thou fulfillest thy doom,
Making Him broken gleams and a stifled splendour and gloom.

Speak to Him, thou, for He hears, and Spirit with Spirit can meet-
Closer is He than breathing, and nearer than hands and feet.

God is law, say the wise; O soul, and let us rejoice,
For if He thunder by law the thunder is yet His voice.

Law is God, say some; no God at all, says the fool,
For all we have power to see is a straight staff bent in a pool;

And the ear of man cannot hear, and the eye of man cannot see;
But if we could see and hear, this Vision-were it not He?"

(Thank you, Father. Love you, ~Al)

THE DAILY LESSON - December 15, 2012

“In other words, if you see the sky sitting on a house over there, the way you are seeing it is unreal, but there’s no unreality out there. In other words, there’s no sky actually sitting on a house so there’s no unreal condition out there. The unreality is in your vision of the form that you’re witnessing since the form, sky, really exists and the form, house, really exists and each is in their own place. But the way in which you are seeing them, beholding them – that is a state of unreality, but out there is not a state of unreality.

In the same way, this form in front of me: pine tree, rock, is not an unreality. It is consciousness appearing as form. But the chances are that the way I’m seeing it is not the way it actually is there. I may entertain a distorted appearance of it. I can only illustrate that this way, but if there now appears to be a blur there, the blur isn’t out there. The blur is up here. Do you see that? The unreality isn’t out there; it’s in the way I behold the form. The form is consciousness appearing as form.

Now this body is the ‘temple of the living God,’ but you’re not seeing it that way. But not because it isn’t – it is. This is, ‘the temple not made with hands, eternal in the heavens,’ but your eyes are blurred and so you see it as so many inches high and so many pounds heavy. It isn’t really your vision that’s blurred. It’s our mortal, material sense of things which is universal to all of us. But could you rise in consciousness to that place of no thing, nothingness, to that place of absolute attunement with the rhythm of the universe, you would then behold this body as it really is.” ~Joel

Eph 1:18-23

18 The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,

19 And what is the exceeding greatness of his power to usward who believe, according to the working of his mighty power, [Omnipotence]

20 Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places,

21 Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come:

22 And hath put all things under his feet, and gave him to be the head over all things to the church,

23 Which is his body, the fulness of him that filleth all in all.

(Be still and take a look within or better yet, with eyes open, take a look in the mirror... Do you see your form as made up of flesh, blood and bones or do you see the I that I am? You are the individual expression of the One Living God. You are included in the Fullness of Him that filleth all in all... Seeing your neighbors as they Really are is exactly the same thing. This is where the healing consciousness comes from... The experience of the Mind of Christ is the absolute attunement with the rhythm of God's universe. I see your form as Real and I know your Consciousness as nothing - as Soul, Spirit, Love... ~AI)

THE DAILY LESSON - December 16, 2012

“That’s what very often happens when practitioners are in treatment. Sometimes they catch, if they rise high enough, they catch a glimpse of the real body, and it isn’t a physical form, or a female form or a male form, and yet it is form. It is as tangible as that which we see with the eyes. Only we are seeing it with the Soul and we are seeing it as it is – as if somebody had great enough eye vision to look out there and see the sky up in the sky, and the house down on the ground, and all that space in between. Well, of course, our limited sense of vision doesn’t permit that. And so it is that our limited sense of Soul-vision only permits us to see the divine form – whether a physical form, bodily form or a tree form – as it is and only then in periods of enlightenment.” ~Joel

John 8:32

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

(The instant of knowing is the end of time... ...the step beyond time and blurry insight and into Infinity Vision. ~AI)

THE DAILY LESSON - December 17, 2012

“We are told that we will then ‘awake thou that sleepest.’ ‘We will then behold him as he is and we will be satisfied with that likeness.’ Yes, if we can ever see each other through the Soul-sense, then we will be well-satisfied with each other, and we do see each other through the Soul-sense whenever a healing takes place.

That’s what takes place in a healing; that’s what causes a healing. When one individual beholds Reality, any form of discord or distress then in range of that consciousness disappears. That is what constitutes healing: the attainment on the part of one individual of even one single second of Reality. In that single blink of an eye of beholding or witnessing Reality, the healing takes place.” ~Joel

Ps 17:15

15 As for me, I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness.

“Satisfied”

By Mary Baker Eddy

“It matters not what be thy lot,
So Love doth guide;
For storm or shine, pure peace is thine,
Whate'er betide.

And of these stones, or tyrants' thrones,
God able is
To raise up seed — in thought and deed —
To faithful His.

Aye, darkling sense, arise, go hence!
Our God is good.
False fears are foes — truth tatters those,
When understood.

Love looseth thee, and lifteth me,
Ayont hate's thrall:
There Life is light, and wisdom might,

And God is All.

The centuries break, the earth-bound wake,
God's glorified!
Who doth His will — His likeness still —
Is satisfied.”

(Thank you Father... I am satisfied. ~Al)

THE DAILY LESSON - December 18, 2012

“The tragedy is that no matter how often we attain these moments of Reality, we are not able to maintain them in their fullest extent. If we did, the chances are we would just walk up and down the street and half the people that we pass in the street would instantly jump into their health and harmony, but it isn't so. At a certain period of development there is a transition. You pass into it, and everybody who is receptive and responsive does receive some measure of good, of harmony, some contact or association with you – but not to the extent that you would like to see it. And the reason is that you are not able to hold that intense Soul-vision for long enough periods, and you have to keep going back into it continuously.

That is why those actively engaged in the work find it necessary to spend four, five or six hours during the night in meditation. First place, during those hours they attain more frequent periods of spiritual illumination. They only last a second or a minute, but in that second or a minute, some one who has turned to them for help receives it. And so if they can just attain it three, five, eight, ten, twelve times during that night period when everything else is quiet, they are doing good healing work. And then it so lifts them that it carries them through all the rest of the day in some measure so that everyone gets some benefit of good from the contact. But for the highest spiritual work, there must be frequent returns to this center of one's being for the attainment of this Reality.” ~Joel

John 15:4

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.

(Every time I get to this section of this tape, all I can do is smile. It reminds me of a healing/realization I had - and apparently still keep having... I used to hate waking at night - I always thought my body needed my rest, let me sleep... My thought would try to think myself into being quiet and all I ended up doing was get more distracted, restless and more awake. I would think, “Let me be inactive and rest the body. I need this.” Ha... Was that inactivity My rest and peace? Or, is resting in the constant activity of Christ My Peace? Take the Word into your active Consciousness as often as possible and treat every waking, especially in the morning, as added opportunities to Rest and Abide in the Oneness of God's Presence. I now sleep less and less and feel more and more rested...

God morning all and thank you Father! Today is full with Blessings. ~Al

THE DAILY LESSON - December 19, 2012

It, It, Itself must come into activity, and then It wipes out the discordant appearances. Man doesn't do it. We don't do it. You don't do it; you never will. But as you attain that moment of Soul- realization, It, Reality, will do it, and It does it in the same way that intelligence removes two times two is five – merely by seeing that two times two is five isn't five. And that drops it. The minute that drops it, the word, "four" springs into being of its own accord, and you wonder where it came from. You say, "Why didn't I think of that before?" You didn't think of it before because you didn't know it before." ~Joel

John 14:18

18 I will not leave you comfortless: I will come to you.

(When the Omniscient Truth sparks from within, there is an elation of Consciousness. The feeling of the power of I AM is law. We actually experience Divine Principle. Words fall away... ~AI)

THE DAILY LESSON - December 20, 2012

"Now. Whatever discords and inharmonies remain in our experience, or in the experience of those who turn to us, is due only to our lack of attaining this experience or moment of Reality, because Reality dispels it. The attainment of the consciousness of Reality dispels any form of illusion."
~Joel

John 14:26

26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

(Father, I surrender to Your will. I seek only Your Kingdom, not for answers, signs or things. I quietly rest, in secrecy and silence and await your Presence. I open a way for your Voice. I accept and rejoice in Your direction and rest in the Truth... Thy will be done... Love you, ~al.within)

THE DAILY LESSON - December 21, 2012

“OK, let us then contemplate Reality which is no thing, and it’s no thought. It’s neither a thought nor a thing, and if you can get back there to where there is no thing and no thought, that’s it. I just want to illustrate this to show you another way of attaining it. We are taking now the illustration of ‘which came first the chicken or the egg.’ And, at first, of course, our thought goes to the egg because that’s the natural thing for us. We know that the chickens come out of eggs. But if it’s true, where did the egg come from?

Now our mind goes to the chicken because we know that eggs come from chickens. Yes, but there was no chicken; there is only an egg – eggs, chickens, chickens, eggs. And then you’ve come to a blank. You’ve come to a stop because you can’t go any further. You’re stumped right there. Thought can’t reason behind which is which, and so thought, reason, comes to a stop and you’re lost.

And it’s in that second when the realization comes, “Why, I can’t think this through because there is no reasoning process to reveal whether the chicken is first or the egg is first. Because there is no way of reasoning how an egg got into existence if there was no chicken - any more than there’s a way to reason how a chicken got into existence if there was no egg, and now I’m up against a blank wall.” And it is that blank wall that constitutes the split second in which the answer comes to you from within because there is an answer.

It has a perfectly good, logical reasonable answer which will satisfy you, but it won’t come through the reasoning mind. It will come in that split second when you come face to face with the fact that there is no answer in the mind than one can get from the Soul.” ~Joel

Isa 40:31

31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

(There are no absolute answers in this world, no matter how hard you look. If you hear the answer [Absolute Truth] Face to Face in Spirit, you are included in His Kingdom and everything is possible... We will be placed

beside the still waters, we will be made to lie down in green pastures. It won't matter whether the chicken came first - you see? If we need an egg one will appear, if we need a chicken one will turn up at a time we think not. Our sufficiency is provided for the work of the day.

We've come again to this great step in surrendering to Omniscience. A few months ago in these lessons we learned to say, "uh, uh, no answer to that." And then be still and listen for Thy voice. It is the same as, "I can of mine own self do nothing". The act of surrender, complete surrender, is a critical step that can't be skipped over in this work. The more we understand our Source the more Good is Realized in Spirit - and in this world. What happens is - we just pay no attention to the distractions and move forward without being unphased.

My experience almost all day today was one of appearing to work too hard - but then, in His perfect Way and at a time I thought not, I realized I was in the Perfect place all the while. The Blessings that appeared cannot be explained in a reasoning way, but they are True and I am Gratefully Loving God. Resting in Joyous Oneness with you now... ~Al)

THE DAILY LESSON - December 22, 2012

“So it is if you’re in healing work and if you’re thinking of consumption or cancer or paralysis or headaches or lameness, heredity – and you get to a place in your thought so you can’t think it through. There is no way to think a healing into existence, and you come face to face with that blank wall. ‘Why, there’s no thought that I could think that has influence out there. I’m absolutely helpless so far as thought is concerned.’ And when you reach that blank wall that is the split second in which the Soul-function comes through and gives you that feeling of Reality, of God on the field, and then is when the news begins to come that the change has come for the better.

But it’s when you reach the point that the Master gave us: ‘I can of my own self do nothing.’ “Who by taking thought can add to his stature one cubit?’ ‘Take no thought for your life.’ When you get to that blank wall where all thought comes to an end, it is in that second that Reality comes to the rescue. Let’s go back again.” ~Joel

Rom 8:9 (to .)

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you.

(If we judge by the appearances of this world, we are always going to see the pairs of opposites, good, bad - well, sick - lack, abundance... When we see with Spiritual Discernment, there is no judgment to make. There is no place where God is not Present. We are included in His Omnipresence. ~Al)

THE DAILY LESSON - December 23, 2012

“What does scripture mean when it says, ‘they have only the arm of flesh, but we have the Lord God Almighty?’ What does scripture mean when it says, “carnal weapons” for we have the sword of the Spirit? Do you think for a moment that these are just fancy words in a book? No, no. The world has weapons of flesh; they have weapons of physical strength and mental strength. But we have this Invisible Reality. That is, we have it when we have left off using physical and mental force and let this Soul presence into expression.

And so it is about carnal weapons, the weapons of physicality, and the weapons of mentality, but the sword of the Spirit is an absolute No-Thing. It is a presence and a power that is only achieved in the absence of thing and thought. It is attained only at that moment of Grace, at that moment of no thing and no thought. So in contemplating, take also ‘they have only the weapons of flesh, the arm of flesh, we have nothing, no thing. We need nothing, no thing. We need a state of no thing, no.’ And in this state when we require no thing and no thought, It, Consciousness, springs into form.”
~Joel

Zech 4:6 Not

6 ...Not by might, nor by power, but by my spirit, saith the Lord of hosts.

(When we set aside the mental work, logical reasoning and seeking for solutions we are leaving behind what we know and leaving it up to the “Feeling” of the Spirit to take over. God’s Grace comes at a time when we think not. Lay down thy sword and LET Spirit lead thee beside the still waters. Christ Consciousness opens out a way for our imprisoned splendor to Live our Spiritual Lives. ~Al)

THE DAILY LESSON - December 24, 2012

“If you cannot explain how a crop grows in the ground before the seed is planted there, if you cannot explain how a sun and moon can get into the sky, then you can understand why, in healing work, you must eventually come to the place of no explanation, of no affirmation, and of no denial because you are virtually expecting to do the same thing in healing work as making a crop grow without seeds. You are going to make harmony appear where there isn't any harmony. You are going to make health appear where there isn't any health or you are going to make abundance appear where there is a complete lack. And you are going to do it all without 'the arm of flesh.' You are going to do it all without physical means or mental means.”
~Joel

Hab 2:20

20 But the Lord is in his holy temple: let all the earth keep silence before him.

(What makes us think we can do something other than witness the One power operate? Our work then must be performed as we recognize our inclusion in the Allness of God. My Father worketh hitherto; and I work. I AM is not separate, but One. Thank you Father... ~Al)

THE DAILY LESSON - December 25, 2012

“Now you can’t explain that, and since you can’t explain it you can see also that no explanation, and an affirmation, or denial would do anything for you. And so you will come to the place in healing work that we are trying to develop in this particular work, to where you realize that:

‘Nothing that I could do will do anything. Nothing that I can think will do anything. So the best thing for me to do is to be still and let God announce Itself, let Reality appear, let harmony appear, let good appear.’

And then you will see that you are at that place where you are not to come in on physical means or mental means, where you are actually waiting for the Spirit Itself to bear witness with our spirit. You are actually waiting for the Christ.” ~Joel

Isa 40:31

31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Eph 5:14

14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

(Father, I of mine own self can do nothing... On this Christmas morning, I wait for the Christ Consciousness to be born in me today - and every day... I know that where the Spirit is born, there is Liberty. May the Mind of Christ Live, and Move, and have It's Being in and as Me. Use me Father, for Thy will be done, on earth as it is in heaven. I wait in humble silence for your Light and Love and Truth... al.within)

Happy Christmas All!

THE DAILY LESSON - December 26, 2012

“You don’t know what the Christ is. All the affirmations and denials in the world do not let – no explanation that’s ever been put in print can explain what the Christ is. You’ve merely got one more explanation to tell you about what the last explanation didn’t make clear. And so we could go on giving more and more and more explanations and at the end you will still say, ‘yes, but I still don’t know what the Christ is.’ And, of course, you never will know what the Christ is by explanation, by reading, by analysis or by definition.

You will only know by experience, and you can just as well know in the beginning as in the end by going to the same place of getting It where every seer has gone to and found It – that is Withinness. That is in letting Reality voice Itself, express Itself by knowing, ‘I can of my own self do nothing. I can of my own self know nothing.’ And now let us sit in this contemplative silence until It, capital ‘I-T,” reveals Itself.

Let’s do it again.” ~Joel

Isa 9:6

6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

I John 5:20 (to 4th ,)

20 And we know that the Son of God is come, and hath given us an understanding, that we may know him that is true, and we are in him that is true,

(Let the experience of the Christ be born in you today and every day. ~Al)

THE DAILY LESSON - December 27, 2012

“Do you see why your ordinary prayers are unproductive, or why the prayers of the world are unproductive? They are just statements that issue from the mind. Behind them there is no actual faith, confidence or belief that they are going to be productive. There may be a hope. There may be a vague, vague hope. Sometimes it may be a very desperate hope, but no actual substance is behind the words – in other words, no consciousness behind the words, no power behind the words. It is lip service or vain repetitions.

That is why the Master says that all who call themselves Christ will not get into heaven. In other words, all your Christly prayers, or the word “Christ” on your lips or “Jesus” or “God” – all the supplications that come out of the heart, and most of the affirmations and denials, are nothing more nor less than mental exercises and have nothing to do with that actual Soul faculty, that place within us which is called Reality.” ~Joel

Matt 6:6,7

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.

Luke 21:8

8 And he said, Take heed that ye be not deceived: for many shall come in my name, saying, I am Christ; and the time draweth near: go ye not therefore after them.

(The self that speaks and makes claims in this world is just noise. Understand it as such. The Christ is the Way to recognize the One Reality, The Father, the Source, Omnipresence. It is felt Soul to Soul and expressed as the activity of Life, Truth and Love. ~Al)

THE DAILY LESSON - December 28, 2012

“Now. When you go into meditation or prayer for the realization or ‘establishment of harmony in human affairs, it can be made productive only if you can get so far within yourself as to feel that emanation of God, that unfoldment of Reality from within yourself so that you actually can say to yourself, “Oh it happened. I felt it.” ~Joel

Rom 8:9 (to .)

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you.

(If so be the Spirit dwell in you, you are included in, as and of Its Omnipresence. You’ll feel it. You’ll know it. It is as if you were touched by the finger of God. You are, at that moment, that Living stone, cut out of the mountain, without hands. You become the instrument of the emanation. The Spirit flows out through and as You. You become the inspiration, the message and the Light Itself pouring out to where It wants to be heard. Soul to Soul... Spirit to Spirit...

Thank you Father, I love you. ~Al)

THE DAILY LESSON - December 29, 2012

“Now, these prayers that come out of the lips formed with the mind – and very often not even formed with the mind, just read out of a book – they have no more relationship to God than a speck of dust spread over an open wound to cause healing. It won’t work. There is no power in these mental exercises or vain repetitions. There is no power in them, no spiritual power whatsoever.

There is in mental process a degree of hypnosis called auto-suggestion or suggestion in which the mind is temporarily hypnotized and can be made to say, ‘I am well’ when really there is no wellness. Sometimes just these vain repetitions will act hypnotically on us to make us give up some of our forms of ignorance and sickness or sin, but that has no relationship at all to spiritual well-being or to a spiritual life lived through prayer and meditation, or through an harmonious life brought about by living in prayer and meditation.” ~Joel

Matt 6:7,8

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.

(In other words: God is Omniscient, shut up and listen... God is Omnipresent, who told you that you were separate and apart? God is Omnipotent, can you notify God he needs to do something? It is done... His Grace already is your sufficiency - stop now and rest in His abundance. ~Al)

THE DAILY LESSON - December 30, 2012

“You see prayer and meditation have to do with this spiritual realm – the kingdom of God which is within you. And harmony, spiritual harmony, wholeness, perfection in your experience, in your human experience, must come forth from the kingdom of God within you – often what the Master called, “the Father within me,” or what Paul calls, “the indwelling Christ,” the Christ within, the Christ in me.

Now this you must remember is not lip service. It is not vain repetition. It is not a form of mental exercise. It is an actual experience that must take place deep down within yourself, that area of your being which is consciousness or Reality. And when you have that deep inner experience, you have touched God or you have been touched by God, and then it is that the Son of God takes command of your life and brings forth harmony, wholeness, completeness, and perfection.” ~Joel

Luke 17:21

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

Gal 2:20 nevertheless (to 2nd :)

20 ... nevertheless I live; yet not I, but Christ liveth in me:

(When we come Face to Face there is One Reality - Absoluteness, the Truth of Being, the Infinite Presence. The experience is felt beyond words and thoughts... ~Al)

THE DAILY LESSON - December 31, 2012

“Please do not be satisfied while your prayers or meditations are on the mental level. I do not mean to give them up. But do not believe that that part of your prayer or meditation is effective. It is only effective in helping you to reach the experience of the Soul. But until you actually reach it, you have not brought forth the presence and power of the Father within to do these mighty works on earth.

So that when you say, “ah yes, this world has only the arm of flesh to use against me,” don’t rest satisfied unless you have actually felt that you have the Lord God Almighty. And that has to come to you with feeling. That has to come to you as an actual sense of reality. You must have it as clear, as clearly expressed within you as you have your home address or multiplication tables. It must be an actual experience – not just a mental exercise or lip service.

Thank you and that is that for today.” ~Joel

I Cor 2:9

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.

I Cor 15:58 (to 5th ,)

58 Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord,

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.

(Practice correctly, practice without ceasing and dwell in the secret place of the most high. Experience Reality. Loving you...

And Happy New Year! ~Al)