

**“THE DAILY LESSON”**

is an activity of the study group found at: [www.iwso.org](http://www.iwso.org)

It is a progression of excerpts from tapes recorded by Joel,  
or from his books or writings.

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 for our current study is the complete book

**“Practicing the Presence”**

By Joel S Goldsmith

**“Practicing the Presence”**

By Joel S. Goldsmith

1958

**CONTENTS**

	Introduction
I	Spiritual Consciousness
II	Demonstrate God
III	God the Only Power
IV	The Infinite Nature of Individual Being
V	Love Thy Neighbor
VI	To Him That Hath
VII	Meditation
VIII	The Rhythm of God
IX	A Moment of Christhood
X	The Vision to Behold

## THE DAILY LESSON - SEPTEMBER 3, 2014

### INTRODUCTION

“No one is going to pick up this book and read it unless it is someone who has already known quiet moments of inner reflection, someone who has been plagued by frustration, lack of success, or lack of harmony, and who has pondered long and seriously why life should be so unsatisfactory. Because this was my experience and because that experience led to the writing of this book, only those who have had a similar experience and have been goaded by that same unfathomable question will be interested in reading further to discover what I have found and how it has benefited me.” ~Joel

Matt 4:18-20

18 And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers.

19 And he saith unto them, Follow me, and I will make you fishers of men.

20 And they straightway left their nets, and followed him.

(Let us all leave the distractions of this-world behind and be led by the Christ. ~Al)

## THE DAILY LESSON - SEPTEMBER 4, 2014

“There have been many times in my life when I have had reason to be dissatisfied with the way life was going, dissatisfied to the point of quietly, inwardly wondering and pondering the possibility of finding a way out. Long periods of success and happiness, followed by dissatisfaction and unhappiness, finally led to longer and more frequent periods of introspection, cogitation, and contemplation of life, and what it was all about. In one of these experiences, while I cannot say that I heard a voice, I do know that I received an impression that was something like an inner being saying to me, ‘Thou wilt keep him in perfect peace whose mind is stayed on thee.’ I must admit that this was a startling experience because up to this time I had been almost totally unfamiliar with the Bible; it had not been a daily companion, but merely a matter of occasional reading.” ~Joel

I Cor 2:9,10

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.

(Spirit will Love us until we are ready to more deeply feel Its Presence. It will first appear in a way we can understand it. If we need words of Scripture then that is what we will hear. ~Al)

## THE DAILY LESSON - SEPTEMBER 5, 2014

“Later, more thoughts of this same nature unfolded, and I began to realize that throughout Scripture we are told to ‘lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. . . . He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. . . . in quietness and in confidence shall be your strength.’ As passage after passage unfolded and revealed itself, I was led ultimately to that grandest experience of all, in which the great Master, Christ Jesus, reveals that if we abide in the Word and let the Word abide in us, we shall bear fruit richly, and that actually it is God's pleasure that we prosper and bear rich fruitage. Always there was the reminder that the price is: ‘Abide in Me; let Me abide in you. Abide in the Word, and let the Word abide in you. Dwell in God; live and move and have your being in God. Seek Him while He may be found.’

Gradually, it dawned on me that all scripture was revealing to the world that ‘man, whose breath is in his nostrils,’ man separate and apart from God, is not to be accounted of, for he is nothing. I began to understand why Christ Jesus could say, ‘I can of mine own self do nothing’--of mine own self I am nothing; ‘the Father that dwelleth in me, he doeth the works.’ I could understand St. Paul when he said, ‘I can do all things through Christ which strengtheneth me,’ and then I knew what the missing factor was in my life. I had been and was living an ordinary, everyday life. All that God meant to me was an occasional reading of the Bible and an occasional attendance at church. Now I saw that the principle of life, the secret of all successful living, was making God a part of my very consciousness, something which Paul describes as praying without ceasing.” ~Joel

Eph 5:14

14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, [unillumined mind of man] and Christ shall give thee light.

(Yes, for most of us the awakening of consciousness is a gradual process. We need to constantly stay focused and practice as much as we can during the day. We must be still, listen attentively and let God do the praying. That way we are not easily distracted into thinking I of mine own self is doing something. ~Al)

## THE DAILY LESSON – SEPTEMBER 6, 2014

“At first, you may not understand why praying without ceasing or thinking about God has anything to do with your being happy, successful, or healthy. You may not even be able to see what connection God has with the mundane affairs of life. This, of course, you are only going to discover through your own experience, because regardless of any testimony I may offer you of what it has done in my life, or in the lives of thousands to whom I have taught this way of life, you will not be convinced until you yourself have had the actual experience.” ~Joel

John 16:7 (to 2nd ;)

7 Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you;

(We must, each of us, eventually come to a point where we no longer look to a teacher for the Truth. We must let the distraction of the pictures of the mind in this-world completely go and wait for the experience. It will come at a time when we think not. Once experienced, never forgotten... God becomes Real. Our Life will never be the same. ~Al)

## THE DAILY LESSON – SEPTEMBER 7, 2014

“The reason you are reading this book is because you are being irresistibly drawn to God. There is a compulsion within you to find the missing factor in your life, that which will restore to you your original state of harmony, joy, and peace. Your having read the introduction thus far is an indication that this is what you are seeking, this is the need which clamors for fulfillment in you; and be assured of this, that from now on your mind will turn again and again to God, until one day, whether sooner or later, it will be made evident to you that your life will only be complete when it is lived in God and has God living in it. You will never feel entirely separate or apart from God, because never again in your life will you be able to go for long periods without bringing God into your conscious awareness and in some measure abiding in Him.” ~Joel

I Cor 7:24

24 Brethren, let every man, wherein he is called, therein abide with God.

(So, you thought it was you that had a desire to know God? It is the other way around. It is God, Loving to be expressed As. The more we Dwell, the more Love Loves. ~Al)

## THE DAILY LESSON – SEPTEMBER 8, 2014

“Think for one moment of what is taking place in the mind of the person who awakens in the morning and realizes, ‘Without God, I am nothing; but with God, all the powers of harmony unite in me to express themselves’; or who ponders some scriptural passage such as, ‘He performeth the thing that is appointed for me. . . . The Lord will perfect that which concerneth me. . . . Whither shall I go from thy spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. . . . Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me.’ Think of what it means to a businessman, leaving for his office, or to a mother, sending her children off to school, to know that they are not alone--wherever they are, the Spirit of God is with them, and where that Spirit of God is, there is liberty. Never again can they feel alone or that their life is dependent wholly on what they do or what others may do to them, for good or evil, for never again can they forget that there is a *He*, closer than breathing, nearer than hands or feet; there is a Presence which goes before them to make the crooked places straight, a Presence and a Power which goes to prepare a place for them. Never can they be separated from the Spirit of God as long as the Spirit of God is kept alive within them.” ~Joel

Isa 26:3 (to :)

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

(God has already given us His Peace. If we focus on it long enough, and practice being included in His Presence, and are ever grateful, we will build up a Trust... It takes a lot of Trust to let go of our personal self. All of a sudden, at a moment we think not, the Presence takes over and performs our appointed work. Our supply to perform all these things is met with abundance. Why? Because the Work is God's we are but the Instrument. ~Al)

## THE DAILY LESSON – SEPTEMBER 9, 2014

“As you contemplate this, you will begin to discover that whether you are one of those who pray in holy mountains or in great temples in Jerusalem, or whether you do not pray in any particular place, the truth is that the place whereon you stand is holy ground as long as you are contemplating the presence and the power of God within you. That does not mean that you may not continue to worship in the church of your choice. This book is not meant to take you out of any church where, at the present time, you may be enjoying the association of those on your particular religious path, nor is it meant to put you into any church in which you may not already be worshipping. Its purpose is to reveal the kingdom of God--where it is and how to achieve it. The Master said that the kingdom of God is neither lo here! nor lo there! but is within you, and you will learn, through this study, that that kingdom is established in you the very moment that you begin to contemplate His presence and His power within you.” ~Joel

Luke 17:20

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:

Matt 6:10 (to .)

10 Thy kingdom come.

Luke 17:21

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

(Thy Kingdom IS come. Right here, right now, within you. God is Omnipresent, and you are included in that. ~Al)



## THE DAILY LESSON – SEPTEMBER 10, 2014

“God *is*; of that you may be sure. This is only true in your experience, however, in the degree in which you contemplate, meditate, and keep your mind stayed on God, living, moving, and having your being in the conscious realization that God will never leave you nor forsake you. God's grace is your sufficiency, but this is only made practical in your life by your contemplation of that grace. Only in the degree that you live consciously in the realization of God and let this realization of God dwell in you does it become true that you do not live alone--that the place whereon you stand is holy ground, for God is with you and He will never leave you nor forsake you.” ~Joel

Acts 17:27,28 (to ;)

27 That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us:

28 For in him we live, and move, and have our being;

“God Lives In and Through and As individual Being. Omnipresent. Infinite.

As Alfred Tennyson said,

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

Thank you Father.” ~Al

## THE DAILY LESSON – SEPTEMBER 11, 2014

“Every person who has known dissatisfaction, incompleteness, and frustration will some day learn that there is only one missing link in his entire chain of harmonious living. That is the practice of the presence of God--consciously, daily and hourly, abiding in some great spiritual truth of scripture, and it makes no difference which scripture: Christian, Hebrew, Hindu, Buddhist, Taoist, or Moslem. The Word of God, given to man through inspired saints, sages, seers, or revelators--this is what we need, in any language, from any country, just as long as it is a universal truth.”  
~Joel

Eph 4:4-6

4 There is one body, and one Spirit, even as ye are called in one hope of your calling;

5 One Lord, one faith, one baptism,

6 One God and Father of all, who is above all, and through all, and in you all.

“God’s Love is unconditional. Man creates the labels and rules. ~Al”

## THE DAILY LESSON – SEPTEMBER 12, 2014

“I have been a traveler for nearly fifty years, and I have found peace, joy, and companionship wherever I have journeyed. In my opinion, the reason I have enjoyed such satisfying experiences around the globe is because I have carried with me the great truth given us by the Master, ‘Call no man your father upon the earth: for one is your Father, which is in heaven.’ This truth has been my passport and has been the open sesame to freedom and joy in all countries, for wherever I have traveled, I have consciously remembered that God is the Father, the creative principle, the life of all with whom I come in contact. No one can change the fact that whatever the name, nationality, race, or creed, there is only one God, one Father, and that we are all children of that one Father; but this truth serves only those who consciously remember it, realize it, believe it, and trust 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.

*(Father, I can of mine own self do nothing. You do the Work from within... I can stand at the door and knock, but You open the door... You give me work to do for You... You supply the means... You include me in Your entire Kingdom, and Your entire Kingdom is included in me... You watch over me as My Shepherd... I trust you 'till the end of time... Thy will be done... ... Speak Lord. Give me the next assignment... ... I am ready and willing... and grateful. Love You, ~al.within)*

## THE DAILY LESSON – SEPTEMBER 13, 2014

“In my lifetime, I have known abundance and the absence of abundance, but in every case, whenever there has been a lack of any kind, harmony, wholeness, and completeness have been restored through the realization that ‘man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. . . . I have meat to eat that ye know not of.’ Have you ever wondered what the Master meant by those words? Over the years, I have spent weeks and months pondering them, sometimes weeks at a time, and the next year more weeks, until I understood their meaning. I realized that he was talking about an inner substance, which made meat on the outer plane of comparative unimportance--not that he would not eat in due time, but when there were more important things to do, he had another kind of meat and bread to sustain him.

After the years that I have spent in this work, I can say to you that the inner meat, the inner water, the inner wine, and the bread of life--all these are brought into tangible experience through inner communion and in no other way. They cannot be brought from the outside into the inside. Not even reading the Bible will do this for you. It is taking the truths of the Bible into meditation and gaining an inner realization of them which changes the words that you read in a book into the Word of life, the bread of life, the meat, the wine, and the water of life.” ~Joel

Ps 23:3 (to :)

3 He restoreth my soul:

Mark 4:20 (to 3rd ,)

20 And these are they which are sown on good ground; such as hear the word, and receive it, and bring forth fruit,

(The Word is received by the experience of the Presence of God - Soul to Soul, Spirit to Spirit. I Am the Bread. ~Al)

## THE DAILY LESSON – SEPTEMBER 14, 2014

“Spiritual truth in a Bible is only a power in proportion as it is brought alive in your consciousness and kept alive. This is not my word to you; this is the word of the masters who have told us that we shall be kept in peace by keeping our mind stayed on God and that if we abide in the Word of God and let the Word abide in us we shall bear fruit richly. We shall then have an inner water, an inner wine, an inner meat, and an inner bread to bring to the development and the growth of the fruit that is to appear in the without. You can only feed the tree of life from within, not from without.” ~Joel

Isa 26:3 (to :)

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

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.

John 15:7,8 (to ;)

7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

8 Herein is my Father glorified, that ye bear much fruit;

“The Spirit of God is Within – so stay focused Within. Watch with a grateful heart as our supply is given by the hand of Grace.” ~Al

## THE DAILY LESSON – SEPTEMBER 15, 2014

“The bread of life, the meat, the wine, the water--these are formed inside of us through the contemplation of God, the things of God, and the Word of God. These are formed within us by communion with the Spirit. Always remember: The Spirit of God is within you, but it is only the few today who seem capable of spending hours with spiritual literature, and more hours in inner communion--only the few. Their earnest desire to know God will insure their success on the spiritual path.” ~Joel

Matt 7:14

14 Because strait is the gate, and narrow is the way, which leadeth unto life [God's Life], and few there be that find it.

“Be committed. Be focused. Be consistent. Be constant. Be Love Loving.”  
~Al

## THE DAILY LESSON – SEPTEMBER 16, 2014

“The message of this book is not a personal message. It is an age-old wisdom that man shall not live by bread alone but by every word remembered in consciousness, by every word and thought of God held within us. By this we live. When we try to live without God, we are living only with the carnal weapons of this world. When, however, we take this great truth into our consciousness and let it abide in us, then we are clad in spiritual armor, and the only sword we need is the sword of the Spirit. And what is the sword of the Spirit except every word that proceedeth out of the mouth of God?” ~Joel

Luke 4:4

4 And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God.

Heb 4:12

12 For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

“The Word cuts through to the Truth leaving only God’s Life to live and move and have our Being in. ~Al”

## THE DAILY LESSON – SEPTEMBER 17, 2014

“I have learned, and so I endeavor to pass on to you: Keep the Word of God alive in your mind, in your thought, and in your experience, and you will never know lack or limitation. Keep consciously before you the truth that no man on earth is your father--there is only one Father, the creative Principle of all mankind--and you will never know anything but love from the men and women of this world.

As you keep the word of God alive in your consciousness, you are practicing the principles of spiritual living. In this book, you will find an exposition of these principles, which I refer to from time to time as the letter of truth. In and of itself, this is not sufficient “for the letter killeth, but the spirit giveth life.” ~Joel

Zech 4:6 This

6 ...This is the word of the Lord unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the Lord of hosts.

“Practicing the Presence of God is focusing on The Spirit of Truth. Watching Love operate and then actually Being that activity of Love as It operates. Where the Spirit is Realized and lived, there is Liberty. ~AI”



## THE DAILY LESSON – SEPTEMBER 18, 2014

“This book is my personal life revealed. This book, *The Art of Meditation*,(1) and *Living The Infinite Way* (2) reveal all that has happened to me in my entire spiritual career, and not only to me but to all those who have been taught in this way, whether by me or by any other spiritual teacher on this particular path. For it is not I alone who have learned this secret of the Master; it is an ancient wisdom lived many times by many men. Throughout all centuries this way of life has been practiced, but it has been lost except to those few who live the mystical life.

The world's troubles in these past generations have driven men to seek that which will restore the lost years of the locusts, that which will establish peace on earth and good will to men. I have found it--and in this book, you will find it.

(1) By the author (New York: Harper & Brothers, 1956).

(2) By the author (London: George Allen and Unwin Ltd., 1956).” ~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.

“In other words: Realize the Presence of God - and you will be included in all things. You see?

Tomorrow we start Chapter One ‘Spiritual Consciousness’ in Joel’s book ‘Practicing the Presence’. Loving you, ~Al”