

“THE DAILY LESSON”

is an activity of the study group found at: 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

THE DAILY LESSON – FEBRUARY 25, 2015

“CHAPTER VII

MEDITATION

To him that hath shall be given . . . love the Lord thy God with all thy heart .
. . . love thy neighbor as thyself . . . I and my Father are one': These are
important principles for any aspirant on the spiritual path. But how are
these principles to be *realized*? It is one thing to state what is, but it is
another thing to achieve it or accomplish it. Granted that there is this Father
within of whom Jesus spoke, this Christ through which we can do all things,
how then do we individually achieve the experience of the Christ, that is,
how do we bring that divine Presence into our affairs? That is the important
point.

In The Infinite Way, the age-old theme of meditation and inner communion
is emphasized, the practice of which enables a person to come out and be
separate--whether he is sitting reverently in a church, whether he has retired
to some quiet corner of his own home, or whether he is basking in the
sunshine of a garden--and, forgetting the things of this world, to turn within
and make contact with his inner forces, with that which we call God, the
Father within, the Christ. The experience of the Christ is a present
possibility; the way to that experience is through meditation.” ~Joel

Luke 17:21

21 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you. [If you can read this – it means ‘you’ - forever]

Eph 3:14-21

14 For this cause I bow my knees [surrender in silence] unto the Father of our Lord Jesus Christ,

15 Of whom the whole family in heaven and earth is named [I],

16 That he would grant you [reveal to you], according to the riches of his glory [Grace], to be strengthened with might [Realized] by his Spirit in the inner man;

17 That Christ [Love] may dwell in your hearts [Consciousness] by faith; that ye, being rooted and grounded in love,

18 May be able to comprehend with all saints what is the breadth, and length, and depth, and height; [Infinity]

19 And to know [Feel] the love of Christ, which passeth knowledge, [man’s finite thought] that ye might be filled with all the fulness of God. [Omnipresence]

20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, [right here and now]

21 Unto him be glory in the church [current activity] by Christ Jesus throughout all ages, world without end. Amen.

“I Love this prayer of Paul’s given well over two thousand years ago. He Loves us all so much that he prays for us all in perpetuity, in a timeless promise, that will forever move the experience of the Presence of God from possibility to proven fact.” ~Al

THE DAILY LESSON – FEBRUARY 26, 2015

“Far too many aspirants to the spiritual way of life know the letter of truth and are satisfied to stop there. ‘I and my Father are one’ is the correct letter of truth. Does repeating these words or does an intellectual knowledge of them help us in any way? How often do we say: ‘I am God's perfect child; I am spiritual; I am divine’; and then find that we are just as poor as we were before, or in just as much trouble. These are only statements. It is similar to sitting in a dark room and saying over and over again, ‘Electricity gives light.’ That is a correct statement, but we shall still be sitting in the dark until, by turning on the switch, a connection is made with the source of electricity. So nothing is going to happen to us, regardless of how many affirmations of truth we know or repeat, unless we attain the consciousness of that truth and realize our oneness with our Source. Meditation is that way.” ~Joel

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.

“Jesus’ message was so very clear here in Matthew- Meditation is not an activity of effort, nor is it a training of oneself to blank the mind in a hypnotic attempt at non-activity. It is silently, joyfully and peacefully resting with a receptive ear, Divinely Opening a Way for the Imprisoned Splendor to be Felt. Find yourself coming to the end of all the words, thoughts and truths you know to a moment you think not, followed by a Loving, surrendering, feeling of – ‘Speak Lord thy servant heareth’.” ~Al

THE DAILY LESSON – FEBRUARY 27, 2015

“The kingdom of God is within us; the place whereon we stand is holy ground. Wherever we are, God is, in church or out of church. The Master says, ‘Ye shall neither in this mountain, nor yet at Jerusalem, worship the Father.’ God is not found in places; God is found in consciousness. God is where we are because ‘I and My Father are one.’ We cannot escape from God.

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.

If I take the wings of the morning, and dwell in the uttermost parts of the sea;

Even there shall thy hand lead me, and thy right hand shall hold me.
PSALM 139:7-10” Joel

“Omnipresence includes us.” ~Al

THE DAILY LESSON – FEBRUARY 28, 2015

“Where we are, God is; where God is, we are because we are one, inseparable and indivisible:

I will never leave you, nor forsake you. I will never leave you nor forsake you wherever you are or whatever you are--Hindu, Jew, Christian, Moslem, atheist. It is My nature to be the very heart and soul of your being. Neither your stupidities nor your sins can come between you and Me.

You may temporarily separate yourself from Me, that is, you may think you have separated yourself from Me, and you certainly can separate yourself from the benefit of my Presence, but that does not mean that I have left you. You will find that at any moment, night or day, whether you make your bed in hell or in heaven, whether you walk through the valley of the shadow of death, at any time you like, you may turn and you will find that I am walking beside you. I am the everlasting arms underneath you. I am the cloud by day and the pillar of fire by night. I am that which sets a table before you in the wilderness. If you are hungry, I am the ravens that come bringing you food. I am the widow sharing a little cake and a cruse of oil.

I will never leave you. I will be manna to you in your desert experience. I will be that which opens the Red Sea for you, if no other way opens. I AM THAT which I AM, forever and forever. I have been That unto eternity and will be That, for I am I in the midst of you. Withersoever thou goest, I will go.” ~Joel

Acts 7:33

33 Then said the Lord to him, Put off thy shoes from thy feet: for the place where thou standest is holy ground.

“Can we be comfortable without our man-made concepts of protection? Yes, in a state of unconditional Love we can... So then, let us remove the man-created separating-substance that we think insulates us from inharmony, and strip off the limited thoughts that bind our consciousness, and then completely immerse our entire be-ing in God’s Kingdom.

We must ground our consciousness directly in Spirit Itself.” ~Al

THE DAILY LESSON – MARCH 1, 2015

“God is not found up in heaven--not in pilgrimages, places, or persons. God is to be found within us. The very moment that we can agree inwardly that this is true, we have accomplished half of our life's journey toward the experience of heaven on earth; the other half remains. Now we know where the kingdom of God is, but how do we attain the realization of it? The men and women who searched for the Holy Grail, their symbol of the kingdom of God, spent a lifetime only to discover that it was a mistake to seek outside for that which was already within them. They returned from their search exhausted physically, financially, and mentally, discouraged by the failure of their mission. Then all of a sudden, they looked around and found the golden chalice hanging up in the tree, or they heard the bluebird caroling its message of joy-right in their own home all of the time. That is what happens when we come to the realization that the kingdom of God is within us. One half of the journey is then accomplished.” ~Joel

Luke 17:21

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

“Father, I can of mine own self do nothing... So I am quietly abiding and watching with you... ..” ~al.within

John 15:5

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

THE DAILY LESSON – MARCH 2, 2015

“Hundreds of books have been written on this subject, but those that have been written out of the depths of experience all agree that the presence of God can only be realized when the senses are stilled, when we have settled down into an atmosphere of expectancy, of hope, and of faith. In this state of relaxation and peace, we wait. That is all we can do, just wait. We cannot bring God to us for God is already here, in this inner stillness, in this quietness and confidence.” ~Joel

Ps 46:10 (to :)

10 Be still, and know that I am God:

Isa 30:15 (to :)

15 For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength:

“Rest now with Me... Make no effort to seek or understand... Just rest and wait in Peace and in God’s Promise. For where the Spirit is Felt unconditionally Within, there is Liberty. ~Al

THE DAILY LESSON – MARCH 3, 2015

“Meditation is an invitation for God to speak to us or to make Himself known to us; it is not an attempt to reach God, since God is omnipresent. The Presence already is. The Presence always is, in sickness or in health, in lack or in abundance, in sin or in purity; the presence of God always and already is. We are not seeking to reach God, but rather to achieve such a state of stillness that the awareness of God's presence permeates us.
~Joel

I Sam 3:10 Then

10 ...Then Samuel answered, Speak; for thy servant heareth.

“STOP to recognize what is True, not what you or somebody else ‘thinks’...
Be still, with a listening attitude. Just rest a while and absorb God’s Love.”
~Al

THE DAILY LESSON – MARCH 4, 2015

“We have been trained to pray with our thinking mind as if God could be reached through thought. God can never be reached with or through thought. No one can ever reach God with the mind; no one can ever reach God with conscious thinking: God can only be reached through a receptive state of consciousness. We never know when God will speak to us, but of this we may be assured: If we live in meditation, giving sufficient periods to maintaining our contact with the Presence, we shall be under God's government, and at any moment that there is a necessity or a need, God will speak to us.” ~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 after all these things do the Gentiles seek:) 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 [you shall be included in the Kingdom].

“Our Sufficiency [all we need to do God's Work] is Ever-present. Practice the Presence with Me now, in secrecy and silence, and let the noise of this-world dissolve... God's government [Divine Principal] includes us and is never out of touch.

Listen Up! [Upwards] ~Al

THE DAILY LESSON – MARCH 5, 2015

“It is within us that the contact must be made. Until it has been made, the Spirit of God in man is merely a promise; the Christ is but a word or a term. It must become an experience, but until it does become an experience, the question may well be raised: Is there a Spirit within man? Is the Christ real? Withinness is the secret.

Centuries and centuries of looking for our good in the other person's garden, centuries and centuries of thinking that our good must come to us by might and by power or by the sweat of our brow, have separated us from the depths of this withinness, so that it is as if there were a great wall between us and that Christ. It takes constant turning within to tear away the veil of illusion, that middle-wall of partition which seems to separate us. How speedily we shall pierce the veil has no relationship to our human goodness or to the depth of our sins: It has a relationship only to the depth of our desire to make the contact. When we make that contact, not only are our sins forgiven, but they are healed. It is not a question of a person's first becoming good before he can come under God's grace. No, it operates in reverse order: Let God's grace touch a person, and it will make him good. The Spirit within will change the outer life; the inner grace will appear outwardly. ~Joel

Zech 4:6 Not

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

“We have been taught all our lives to make things happen by our own effort. Well, we have to un-learn this process and surrender the ego to Christ Consciousness. With God, all things are possible.

Meditation is an un-learning practice - but in this practice we also learn to open an avenue of awareness. ~Al

THE DAILY LESSON – MARCH 6, 2015

“If we persist in the realization: ‘The kingdom of God is within me; the place whereon I stand is holy ground; Son thou art ever with me, and all that I have is thine’; and if we remember to do this two or three times a day, every day, one of these fine days something happens to us: An experience takes place--it may be a feeling of warmth; it may be a feeling of release; it may be a voice in the ear; but it is something that takes place within, and we, within ourselves, know that we have had the visitation of the Christ. Then we know that we have experienced the annunciation and the conception of the Christ; the Christ in us is awakened, and from then on we are able to say:

‘I can do all things through Christ,’ not through my human wisdom, not through my muscles, not because I know a lot of words and have read many books; but through Christ, I can do all things. The Christ within me strengtheneth me; the Christ within me is a Presence that goes before me to make the crooked places straight.

This will no longer be a series of quotations: This will be an experience.”
~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.

“When you establish the mind [Love] of Christ, [Christ Consciousness] you shall be included in Allness.” ~Al

Ps 127:1 (to :)

1 Except the Lord build the house, they labour in vain that build it:

THE DAILY LESSON – MARCH 7, 2015

“This inner experience will become the substance of our outer experience. It can pour out of our mouth as a message; it can pour out of our home as happiness; it can pour out of our business as success; but it must be a realized Christ, a risen Christ; it must be a Christ felt in consciousness. It must touch us; It must warm us; It must illumine us.” ~Joel

II Cor 3:3

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.

“As we embrace the Christ, so will It animate Us.” ~Al

THE DAILY LESSON – MARCH 8, 2015

“Then we can rest, but not for too long, because the mesmerism of the world forces itself upon us, and six hours later, sensational newspaper headlines and radio news impinge on our consciousness, and the Christ begins to slip into the background. So we learn to sit down again and renew ourselves, fill ourselves with the realization of this presence of the Christ, and six hours later we do it again.

The day comes when this realization of the Christ is an hourly practice, and finally, it becomes unnecessary at all, because at that stage, the Christ takes over and lives our life, and no further conscious effort is necessary. But before this stage of development is reached, conscious effort is necessary to achieve that mind ‘which was also in Christ Jesus,’ to achieve the realization of the presence of the Christ; and this conscious effort requires hours and hours of meditation and contemplation. It is in these hours of meditation and contemplation that we open ourselves to the Christ. Words become unnecessary; thoughts become unnecessary. Thoughts now come to us from the Within. God's Word is spoken to us, uttered within us. We are no longer voicing words, but the Word.” ~Joel

II Cor 4:13-18

13 We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak;

14 Knowing that he which raised up the Lord Jesus shall raise up us also by Jesus, and shall present us with you.

15 For all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God.

16 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

17 For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

18 While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

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.

“And so it is, we learn to pray without ceasing, watch without distraction and thereby become the activity of Love, Loving.” ~AI

THE DAILY LESSON – MARCH 9, 2015

“How deep is our desire for the realization of God? How can we gauge the depth of our love for God? The answer is very simple: How much time and attention are we willing to give to sitting down in the silence until we feel God's presence? That determines how much love for God we have. If we do not have the time, if we do not have the patience, if we do not have the willingness to give our whole heart and soul and mind to the realization of this presence of the Christ, we do not have sufficient love for God. It is similar to having a mother living in a distant place. How hard are we willing to struggle, how great a sacrifice are we willing to make to obtain the money to visit her or to send her the money to provide for her comfort? That will determine how much love we have. We should use the same kind of measuring rod in determining our love for God. How much are we willing to sacrifice of time or effort for reading, study, or whatever may be necessary to arouse that sleeping, invisible Christ? That is the measure of our love.” ~Joel

Matt 22:37

37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

“Are you going to coast along today, or will you ‘leave your nets’ and follow the Christ? ~Al

THE DAILY LESSON – MARCH 10, 2015

“When we arrive at that place where we have no fewer than four periods of meditation a day, we are beginning to obey Paul's injunction to ‘pray without ceasing.’ The mystics revealed that in quietness and in stillness is our strength. In quietness and in stillness we find God, not in outside worship.

Jesus went a step further and told us that we must pray in secret: We must enter the inner sanctuary, close the door, and pray where men cannot see us. When we are alone, there is an opportunity for something to take place that can never take place in public. Why? Because when we are in public, the ego is on display. We cannot be ourselves, even in the presence of our loved ones. Anything that tends to display the ego destroys our spiritual integrity. The more secret and sacred we keep our relationship to God, never making an open display of it at any time, the more power there is in it.” ~Joel

Matt 6:6, 8 for

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.

8 ...for your Father knoweth what things ye have need of, before ye ask him.

“Don't be distracted to run down rabbit holes looking for answers – keep focused. God has your answer, and it will come in a Way that you can hear it. It won't be what I hear, that is my experience... It will be exactly what you need. Trust God enough to completely stop in sacred stillness and silently listen. ~Al

THE DAILY LESSON – MARCH 11, 2015

“The ego must be destroyed to make way for the one Ego, our Christhood. As human beings, we have a selfhood of our own which we like to glorify. The whole teaching of Jesus was the destruction of the personal ego: ‘The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works. . . . My doctrine is not mine but his that sent me.’ He overcame his ego and left a blueprint for us to follow: Pray in secret. He went even further and said: ‘When thou doest alms, let not thy left hand know what thy right hand doeth . . . and thy Father, which seeth in secret, himself shall reward thee openly.’ Every time we make our charities and benevolences a matter of public notice, every time we pray in public to be seen of men, every time we give expression to our religious convictions in public, we are glorifying our own ego, trying to show forth how much we do or how much we know. We forget that our Father, which seeth in secret, Himself shall reward us openly.” ~Joel

Matt 6:5 (to .), 7, 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.

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.

“So, how do we destroy ego? We can’t destroy something that is nothing, but the appearance of ego will dissolve when we see the self/ego/mind of man as nothing, no-thing. We may ‘think’ we can act alone, but Jesus said, ‘I of mine own self can do nothing’ what makes us think we can do what he couldn’t? The Divine Spirit doeth All Work. We are the Instruments of Spirit, individually expressed. The Father’s Work is done Spirit to Spirit, Soul to Soul – no ego present...

So now then, what shall be our reward? Well...Is there anything you really want or need beyond being Included in God’s Kingdom? ~AI

THE DAILY LESSON – MARCH 12, 2015

“There is a great spiritual mystery in all of this. It is a very strange thing that as we draw closer and closer to God, and the more that we keep everything locked up within ourselves, the greater is our spiritual unfoldment. When it is a secret deep within us, God, in His own way, makes it known outwardly to those who may have any interest in knowing about our benevolences or our relationship to God.” ~Joel

Ps 91:1,2

1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

“When we silently and secretly dwell deep Within, the Sanctuary of Spirit unveils to reveal our Infinite Identity. ~Al

THE DAILY LESSON – MARCH 13, 2015

“The secret of meditation is silence: no repetitions, no affirmations, no denials--just the acknowledgment of God's allness, and then the deep, deep silence which announces God's presence. The deeper the silence, the more powerful is the meditation. The things that are holy, keep holy; keep them sacred and keep them secret. There is nothing of a sacred nature that we need to share with anyone. Everyone is free to search for God in his own way and must himself make the effort to find that for which he is seeking. There is no occasion for sharing the deeper things, for sharing the more sacred things in our relationship with God, because each one is free to go and do likewise. The deep things and the sacred things must be hidden within our own consciousness. The more we keep secret and sacred within us, the greater is the power.” ~Joel

Luke 22:42 nevertheless

42 ...nevertheless not my will, but thine, be done.

John 6:44 (to :)

44 No man can come to me [Christ], except the Father which hath sent me draw him:

“Our Awareness [Christ Consciousness] cometh not from man, whose breath is in his nostril [the mind of man], It cometh from Within. Stop trying to figure this out, be still, surrender and Listen.” ~Al

Prov 3:5,6

5 Trust in the Lord with all thine heart; and lean not unto thine own understanding. [or, anyone else's]

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

THE DAILY LESSON – MARCH 14, 2015

“Continuous inner meditation, continuous reaching toward the center of our being, will eventually result in the experience of the Christ. In that moment, we discover the mystery of spiritual living: We do not have to take thought for what we shall eat, what we shall drink, or wherewithal we shall be clothed; we do not have to plan; we do not have to struggle. Only Christ can live our life for us, and we meet the Christ within ourselves in meditation. The degree to which we attain the experience or activity of the Christ, the presence of the Spirit of God in us, determines the degree of individual unfoldment.” ~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?

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you [you will Realize you are included in The Kingdom].

I Thess 5:17

17 Pray [Practice the Presence] without ceasing.

“STOP... [often]

Surrender... [I can of mine own self do nothing]

Open an Avenue of Awareness within [have attitude of: speak Lord, thy servant heareth]...

Listen...

... ..

Experience!

Joy & Gratitude.

(repeat often)”

~Al

THE DAILY LESSON – MARCH 15, 2015

“When, through meditation, we have attained this realization of the Spirit of God, and abide in it, retire into the center of our being, day in and day out, so that we never make a move without Its inner assurance; the activity of the Christ feeds us, supplies us, enriches us, heals us, and brings us into the fullness of life. Then, of a certainty, we know, ‘I am come that they might have life, and that they might have it more abundantly.’” ~Joel

II Cor 3:15-18

15 But even unto this day, when Moses is read [letter of the word], the veil is upon their heart.

16 Nevertheless when it shall turn to the Lord, the veil shall be taken away.

17 Now the Lord is that Spirit: and where the Spirit of the Lord is [Realized/Felt/Experienced], there is liberty [Infinite Peace, Assurance, Love and Abundance].

18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord [I AM].

“Praying is Practicing the Presence.

Meditation is peacefully resting, abiding, and Opening to Receptivity/Awareness.

Christ Consciousness is Knowing/Feeling/Experiencing that you are Included in the Divine Activity of Love Loving.” ~Al