

**“THE DAILY LESSON”**

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

The subject for our current study is the entire book

**“The Art of Meditation”**

By Joel S Goldsmith

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

It appears here and in email format each day,  
together with the addition of corroborating scripture  
and inspired comments by the Practitioner and Teacher ~Al Denninger,  
to take into meditation and live with throughout your day.

Students note: There are words that are capitalized in my writings.  
These words are used as if they are a synonym for, or as an activity of God.  
The portions that are *italicized* are spontaneous meditations.

**The Daily Lesson – December 23, 2017**

**“CHAPTER XVII**

**ILLUMINATION, COMMUNION,  
AND UNION**

Meditation leads to that illumination which becomes first, communion with God, and finally union. Illumination is an individual experience. In no way is it related to any outward observance or form of worship; it is entirely dependent upon the realization of our relationship to God. It is an experience which takes place within ourselves separate and apart from every other person. It cannot be shared with anybody - husband, wife, child, or trusted friend. It cannot be sought in the company of others. No two people can seek it together. Each must retire to the inner sanctuary of his own being and find his God-experience there. In a measure, it is possible to share our unfoldment with others who are either illumined or who are on the path of illumination, but let us always remember, a God-experience is an individual one. If it were to come to us in the midst of thousands of people, it would still remain a solitary experience. There can be no partner in this experience. We can share the unfolding truth which may lead others to the experience and, if we have a sufficient degree of enlightenment, we may help to lift them to the point where they also can experience God. Further than that we cannot go; the experience, itself, must take place within them.”  
~Joel S Goldsmith

Matt 24:40-42 (KJV)

40 Then shall two be in the field; the one shall be taken, and the other left.

41 Two women shall be grinding at the mill; the one shall be taken, and the other left.

42 Watch therefore: for ye know not what hour your Lord doth come.

I Cor 2:12-14 (KJV)

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.

13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

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

“The Experience of Spiritual Discernment is not of this-world. It is Within.” ~Al Denninger

## The Daily Lesson – December 24, 2017

“No one should attempt to teach or share the truth which has been revealed to him, until he has let it work within his own consciousness and has, thereby, achieved a measure of light. After that he will be directed as to how, when, where, and under what circumstances he should share this revelation. God will make known the part he is to play and the way in which he is to play it.” ~Joel S Goldsmith

I Pet 4:10,11 (to glorified) (KJV)

10 As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God.

11 If any man speak, let him speak as the oracles of God; if any man minister, let him do it as of the ability which God giveth: that God in all things may be glorified

Luke 10:1-11 (KJV)

1 After these things the Lord appointed other seventy also, and sent them two and two before his face into every city and place, whither he himself would come.

2 Therefore said he unto them, The harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest.

3 Go your ways: behold, I send you forth as lambs among wolves.

4 Carry neither purse, nor scrip, nor shoes: and salute no man by the way.

5 And into whatsoever house ye enter, first say, Peace be to this house.

6 And if the son of peace be there, your peace shall rest upon it: if not, it shall turn to you again.

7 And in the same house remain, eating and drinking such things as they give: for the labourer is worthy of his hire. Go not from house to house.

8 And into whatsoever city ye enter, and they receive you, eat such things as are set before you:

9 And heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you.

10 But into whatsoever city ye enter, and they receive you not, go your ways out into the streets of the same, and say,

11 Even the very dust of your city, which cleaveth on us, we do wipe off against you: notwithstanding be ye sure of this, that the kingdom of God is come nigh unto you.

“When you are ready, You will be Directed. Be Humble and Patient. Lean not unto thine own understanding, just Be His willing servant.” ~Al Denninger

## The Daily Lesson – December 25, 2017

“Illumination is possible to every individual in proportion to the intensity of his desire for it; but while he is striving to make the God-contact, he would do well to keep that first spark hidden from the world, until it is kindled into a flame. After the first glimmerings of illumination, the wise student holds this new-born Christ close within his bosom, secret from the world. Figuratively, he goes down into Egypt to hide the Christ-Child. He does not speak of It; he does not in any way reveal It to the world, because the world, in its ignorance and thoughtlessness, may attempt to damage It. The world may uproot It, may even destroy his own confidence and assurance in Its presence and Its power. For this faith, the world would unhesitatingly crucify one. Always the world seeks to destroy the Christ. Prophecies, from the earliest scriptures known to man down through the ages, indicate that whenever the Messiah comes, he will be sacrificed. There is that in human nature which does not wish to be destroyed, and it knows that the one Power that can annihilate human wickedness, arrogance, and egotism is the presence and the power of the Christ realized.” ~Joel S Goldsmith

John 15:5

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

Acts 17:28 (to ;)

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

“Complete Realization of Oneness [Illumination] eliminates the argument of anything but Oneness. The Way is Opened for Christ Consciousness to be born in Spirit and in Truth. Blessed Be unto all within reach of this Light.

And on this very day, and every day to follow, we are Blessed with Christmas Consciousness. ~Al Denninger

## The Daily Lesson – December 26, 2017

“It is necessary that we maintain secrecy. This is the one thing we dare not tell the world. The very moment the world senses in any person a pure devotion to the Christ, it would unhesitatingly speak evilly of him and attempt to tear him loose from his moorings. The Antichrist, or suggestion of a selfhood apart from God, enters with the subtlety of a serpent to arouse doubt and to undermine faith. It must be kept secret, therefore, until the time comes when the Christ-consciousness is so developed that It has become rooted and grounded in consciousness as the very activity of daily life. Then, we can stand before the world and reveal It and not be concerned or affected by any abuse or doubt the world may heap upon us. It is only when we are presenting the Christ to the world that we are in danger of losing It ourselves; when the Christ has taken over sufficiently, It presents Itself to the world silently, secretly, gently, and so quietly that no one in the world recognizes or knows what It is, but everyone feels Its influence.” ~Joel S Goldsmith

Matt 6:6 (to ;) (KJV)

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;

Ps 91:1,2 (KJV)

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.

“Ground your self deeply in Truth, the Truth than cometh without observation, but cometh from the Spirit Within. Let this Activity take over and Be your Life.” ~Al Denninger

## **The Daily Lesson – December 27, 2017**

“After the first glimpse of illumination many temptations beset us. Even Jesus was faced with the temptation of lack, the temptation of fame, and the temptation of personal power. All these he resisted and overcame. These same temptations come to all of us, but any temptation that a human being has ever had is multiplied many times as soon as he obtains even a degree of spiritual illumination. As he goes on to greater illumination, however, these temptations fall away one by one until only one temptation remains - egotism, the temptation to believe that ‘I’ of my own self can do something or be something. That, too, must finally yield to the risen Christ.” ~Joel S Goldsmith

Mark 14:38 (KJV)

38 Watch ye and pray, lest ye enter into temptation. The spirit truly is ready, but the flesh is weak.

“As we are Lifted, step by step, the flesh [a thought or sense that we are somehow separate from God] fades into the nothingness it really is.” ~Al Denninger

## The Daily Lesson – December 28, 2017

“There is no limit to the depth of Christhood. Illumination leads to communion in which there is a reciprocal exchange, something flowing out from God into our consciousness and back again from our consciousness into the consciousness of God. It is meditation carried to a deeper degree than has been experienced thus far, but *we* do not carry it - *God* carries it. It cannot be brought about by any effort on our part; it cannot be forced. We can only be patient and wait for It and then find that It takes over and there is a peaceful, joyous interchange in which we feel the love of God touching us and our love for God returning to God.” ~Joel S Goldsmith

John 5:30 (to :) (KJV)

30 I can of mine own self do nothing:

James 5:7,8 (KJV)

7 Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain.

8 Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.

Rom 11:36 (to .) (KJV)

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

*“I can do nothing, Father, but patiently wait and listen for thy Direction - and watch for Thy Blossoms to bloom.” ~al.within*

## The Daily Lesson – December 29, 2017

“In communion the activity of the Christ becomes a continuous experience - one realized not only at rare intervals but ever present. Eventually, a transitional point is reached in which a radical change takes place. We no longer live our own life; Christ lives our life for us and through us; we become nothing more nor less than an instrument for this divine Activity: we have no will of our own; we have no desire of our own; we go when and where we are sent; we have no supply of our own; we do not even have health of our own. God is living Its life as us. When God lives our life, the robe of Spirit envelops us. Then, whenever anyone touches our consciousness, He touches the robe of the Christ, and if but the hem of the robe is touched, there is healing and redemption. Enfolded in this robe, it is unnecessary to go anywhere to carry the Christ-message to the world; the world will reach out for It wherever we are - but we must be robed with the consciousness of the Christ.” ~Joel S Goldsmith

Job 29:14 (to :) (KJV)

14 I put on righteousness [Christ Consciousness], and it clothed me:

Phil 4:13 (KJV)

13 I can do all things through Christ which strengtheneth me.

*“Father, I trust thee and surrender... I Watch as Thine arms encircle me as a Shepherd does to His flock... I have Felt Thy Love in the darkest night...Thy Warmth in the brightest day, and Thy Comfort in my heart.  
Speak Lord, thy servant heareth. Thy Will is my will - It will be done.” ~al.within*

## The Daily Lesson – December 30, 2017

“Communion, carried to its ultimate, results in the final relationship which is union with God. In communion, such a high state of consciousness is reached that it is possible to turn within at any time of the day or night and feel the presence of the Lord. It is as if It were saying, ‘I am walking beside you’; then again It may say, ‘Heretofore, I have walked beside you, but now I am within you’; finally, you hear It say, ‘Heretofore, I have been within you, but now I am you - I think as you; I speak as you; I act as you; your consciousness and My Consciousness are one and the same, because there is now only My Consciousness.’” ~Joel S Goldsmith

John 14:6 (to :) (KJV)

6 Jesus saith unto him, I am the way, the truth, and the life:

“There is no walking beside the Truth. There is only Truth. There is no separation at one time – and then joined. There is only One Omnipresence.

Before Abraham was - I Am.” ~Al Denninger

## The Daily Lesson – December 31, 2017

“When that stage is reached, there is no longer communion, because there are not *two*. There is only *one*, and that one is God expressing Itself, revealing Itself, fulfilling Itself. It is the mystical marriage in which we witness ourselves being wedded to the Christ - we become that which God hath joined together in the indissoluble union which has existed from the beginning. ‘I and the Father are one’ - that is the divine union. In this mystical union, every barrier is dissolved, and even our intellectual opinions melt into the universal wisdom. There is a complete surrender of self into the universal One: All that I have is Yours, my hands are Yours, my very body. I have no need of any person, place, or thing; within me is the bread, the water, the wine. I have only fulfillment.” ~Joel S Goldsmith

John 10:30 (KJV)

30 I and my Father are one.

John 10:38 the Father (KJV)

37 If I do not the works of my Father, believe me not.

38 ...the Father is in me, and I in him.

“In Oneness, there is only Love – Expressing Itself As.” ~Al Denninger

## The Daily Lesson – January 1, 2018

“This is the height of spiritual experience. In the Song of Solomon this is the experience which is described almost as if it were a story of human love, but of course it is not that at all. Always there are at first the *two*. It is in the communion stage that it is the two who love each other - the Father and the Son. Jesus said, ‘As the Father hath loved me, so have I loved you.’ In this relationship of communion we feel our love flowing out to God and God's love flowing to us, as a mother's love enfolds her beloved child.” ~Joel S Goldsmith

John 15:9 (to :) (KJV)

9 As the Father hath loved me, so have I loved you:

“Omnipresence encircles and includes you. Abide with Me - and I in You.

Happy New Horizon.” ~Al Denninger

## The Daily Lesson – January 2, 2018

“All this ends with union. When union takes place, there is no longer any ‘I.’ There is only God, and as we look out on the world, we see only what God sees; we feel only what God feels, because there is no other Selfhood. There is no you; there is no I; there is only God *being*.” ~Joel S Goldsmith

Rom 8:9 (to .) (KJV)

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

“Spiritual vision is Seeing the Truth and Realizing that you are Included in Its Activity.” ~Al Denninger

## The Daily Lesson – January 3, 2018

“These moments of union are priceless. They are few, but they are precious, because they reveal the world as it *is*. If it is possible to experience this union for a few days or even for an hour, it is possible to experience it forever. There is only one necessity: getting ourselves out of the way. The day will come when the earth will be so full of the presence of the Lord that there will be no mortal or material sense of existence left. Illumination will have dissolved every shadow cast by the individual who has thrust himself between the sun and its beam of light.” ~Joel S Goldsmith

Zech 4:6 saying, Not (KJV)

6 ...Not by [reasoning or intellectual] might, nor by [physical] power, but by my spirit, saith the Lord of hosts.

John 14:15-17 (KJV)

15 If ye love me, keep my commandments.

16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; [because it will dwell Within]

17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

“We are Illumined and Comforted in direct proportion to our surrender to and our Abiding in the Light of Truth. When we grab onto our Beam of Light, we become Included in Its Purpose and Operation. Our grip gets stronger with Practice...”  
~Al Denninger

## The Daily Lesson – January 4, 2018

“When illumination comes, we no longer need anything found in the outer world. Everything and everyone become part of our being. Never again is it necessary to take thought, because now God lives our life. There is always the consciousness of a Presence; It sings within us over and over: *I will never leave you nor forsake you.* It lives our life and we become beholders of It, watching It unfold as our very experience. There is that within which draws to us all that is required for our fulfillment. In the silence of our consciousness the creative power of God comes forth. When we feel that answering response, we are not only one with God, we are one with every spiritual being in the universe. Wherever or whatever there is of good for us in the universe, finds its way to us.” ~Joel S Goldsmith

Eph 4:4 (to 2nd ,)

4 There is one body, and one Spirit,

Eph 4:5-7 (to grace)

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.

7 But unto every one of us is given grace...

Gal 2:20 nevertheless (to 2nd :) (KJV)

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

*“And so, I sit in secrecy and in silence and wait upon the Lord.... I take no thought for the things of this world...and have no desire to be entertained by illusion... The dream of my own importance is foolishness... I know that I of mine own self, can do nothing...so I wait for You, Father.....*

*My sense of being tied to earth dissolves. Thy Kingdom is come. My Kingdom is come... In Oneness, I watch thy will being done, in earth as it is in heaven. There is only Grace... An Infinite Way...By, to and for Good.” ~al.within*

## The Daily Lesson – January 5, 2018

“It is the goodness of God which pours through us to the world. No longer do we of ourselves own anything. It takes from us all sense of personal possessions, personal acquisitiveness, personal powers, and in their place bestows upon us *Allness*, the abundance of God in its infinite fullness. The whole glory of God is revealed in and as our life: as the harmony of our relationships, as the abundance and satisfaction found in our affairs, as the radiance of our countenance, as the buoyancy and strength of our body, as the very garments with which we are clothed. All the joy and fulfillment which surge through our being is a silent testimony that / in the midst of thee am mighty.” ~Joel S Goldsmith

Luke 15:31 (KJV)

31 And he said unto him, Son, thou art ever with me, and all that I have is thine.

“The Father’s Presence and Love is Infinite and Unconditional. He gives us His Life, His Abundance, His Peace and never leaves us lacking for anything – unless of course, the supposed lack is of our own thought and doing. So then, will you pour out His Good to all those that find you? Pour all you want from His Endless Source – you won’t run out...” ~Al Denninger

This concludes our study of Chapter 17 of the book “The Art of Meditation”.  
Tomorrow we begin Chapter 18, entitled “A Circle of Christhood”.