

“THE DAILY LESSON”

is an activity of the study group found at: 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 throughout this work.
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 – July 2, 2017

“CHAPTER VI

THE EARTH IS THE LORD'S

The earth is the Lord's, and the fullness thereof; the world, and they that dwell therein. PSALMS 24:1

When I consider thy heavens, the work of thy fingers, the moon and the stars,
which thou hast ordained;

What is man that thou art mindful of him? and the son of man, that thou visitest
him?

For thou hast made him a little lower than the angels, and hast crowned him
with glory and honour.

Thou madest him to have dominion over the works of thy hands; thou hast put
all things under his feet.

PSALMS 8:3-6

In the contemplation of God's universe, the mind is centered in God. As we quietly, gently, and peacefully observe God in action on earth as It is in heaven, we are witnessing the glory of God. Practicing this form of meditation or contemplation, day in and day out, will bring us to a state of consciousness where discursive thought slows down and finally stops. One of these days, as we are engaged in this spiritual activity of watching God at work, a second of silence will occur in which there is no thought of any kind. In that split second, the activity or presence of God will make Itself known to us. From that moment on, we know that God is closer than breathing, nearer than hands and feet, and that the kingdom of God is within us. Out of the void and darkness, out of the stillness of our consciousness, the Spirit of God moves to create for us our world of form:

I have come to this quiet hour to contemplate God and the things of God. Every blessing upon this earth is an emanation or an expression of God and God's law: the sun that warms us and the rain that feeds our plants and trees. The stars, the tides, and the moon all fulfill functions of God and yet appear as blessings to man. It could have been no accident that God hung the sun up in the sky, millions of miles away from the earth, just far enough away to give us the proper amount of warmth and the right amount of coolness. God really is the intelligence of this universe - an intelligence full of love and wisdom. The sun, the moon, and the stars move in their respective orbits according to a divine plan that makes the moon and stars visible at night and gives us the light of the sun by day.” ~Joel S Goldsmith

“Be Still, and Feel My [God’s] Presence, and Know that I Am [His Spirit] with you actively on earth just as I Am in Heaven. All the I Have is thine – never withheld – always available – always harmonious - and always unconditional.” ~Al Denninger

The Daily Lesson – July 3, 2017

“God is the source of all that is. God's love is made evident in the fact that before man appeared on earth, everything was here necessary for his development, for his growth, and for his welfare. Even the minerals in the earth were given for man's use. The processes of nature that formed the iron, the oil, the gold, the uranium - all of these processes are of God. God must have known millions of years ago that these minerals would be necessary in the present age of industrialization and automation, because that long ago they were taking form in the ground. Millions of years ago God must have foreseen the billions of people who would inhabit the earth, because He created fertile ground, on which would grow trees, and shrubs, flowers, fruits, and vegetables:

And God said, let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth.” ~Joel S Goldsmith

Gen 1:12 (KJV)

12 And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.

"The Father knoweth that you have need of these things and it is His good pleasure to give you the kingdom. Stop and Look up! Spirit fulfills Itself [The Activity of Omniscience]." ~Al Denninger

The Daily Lesson – July 4, 2017

“God filled the oceans with fish and with elements not yet extracted from the sea which may someday support entire nations:

Let the waters bring forth abundantly the moving creature that hath life.

And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas. . .

All of this is God's gift to man.

This gift is grace, God giving Itself to me. That grace is my sufficiency in all things: the grace that created galaxies of stars, a solar system of sun, moon, and planets; that filled the mountains with trees; the valleys with crops; the waters with fish; the air with birds. All this good, planted in the earth even before the need for it was apparent, is the evidence of God's grace. The divine Love and Wisdom which has provided for every need of this earth is my sufficiency. Can I ask for more than to know that the Intelligence that governs this universe is governing my individual affairs? Should I ask for more than the realization that the love shown forth in the creation and the maintenance of this universe is governing my life, my world, my business, and my home? Thy grace is sufficient to fill the earth; it is sufficient for my every need.” ~Joel S Goldsmith

Acts 7:33 (KJV)

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

“Thank you Father, for Your beautiful Garden.

Where every seed is planted in diverse abundance.

Where Your Song blossoms into harmony and peace.

Where Your sheep hear Your Voice and lay down in Your green pastures.

Where I remain in Stillness, thanking you for Your Infinite Way of Life.

I am Satisfied....

Your grateful son,” ~al.within

The Daily Lesson – July 5, 2017

"I behold God in all things and, especially, do I behold God in Its law and in Its love. God loves the fish in the sea and provides for their food and for their propagation. God loves the birds in the air and cares for them. God provides the gentle breezes and the cooling waters. God loves me, and has evidenced that love by incarnating Its own being, Its own life, Its own wisdom, and Its own love as me. I need only to obey the law - the law of one power and the law of love - and then all these things will be added. They are God's gift, without price. The things of God are mine, given freely in the measure of my acknowledgment of God as their source. God is the great giver of the universe, the great giver of Itself to this universe, giving Its love, intelligence, wisdom, direction, and strength to all.

As we contemplate the glories of God that already exist, we are acknowledging God and bearing witness to Its grace, which has provided all this good without our having asked for it, begged for it, or petitioned for it. We become witnesses of the activity of God on earth." ~Joel S Goldsmith

Gen 1:31 (to .) (KJV)

31 And God saw every thing that he had made, and, behold, it was very good.

Matt 6:10 (KJV)

10 Thy kingdom [is] come. Thy will be done in earth, as it is in heaven.

"I Am with you always..." ~Al Denninger

The Daily Lesson – July 6, 2017

“At night, looking up at the starry sky, no one is ever anxious about tomorrow's sun. Not one of us will sit up tonight to pray that the sun will rise tomorrow. God requires no supplication, information, or advice from us in regard to the government of Its universe, and even should we pray all night in an attempt to change the hour of sunrise, there is no doubt but that the sun will rise tomorrow at its appointed time. Tomorrow night the moon and the stars will continue to move in their orbits; the tides will rise and ebb twice in every twenty-four hours. Praying to God, petitioning God, or begging God will not change God's law. God's work is done; God's law is in operation.” ~Joel S Goldsmith

Gen 2:1-3 (KJV)

- 1 Thus the heavens and the earth were finished, and all the host of them.
- 2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.
- 3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

“And here, as in the daily lessons proceeding, there appears a seeming paradox. On one hand, Creation is complete – literal thought would look at the stuff that was created. It would think in a personal [earthly law] way and say, ‘How can creation be complete but yet still expands’.

But the Truth is that there is a Divine Activity, and that Law was Created by God, and is in place. This Divine Activity is Infinite. You see, the Law is set in motion, as in Heaven, so in earth. Even current science has proven, and agrees, that the universe has been, is now and will be ever-expanding [Infinite]. This all sounds like God being Infinitely Expressed to me...

And so it is, God's Law is in operation. And if so be, we Abide in this Word, all that the Father has is Included in our experience. The Truth is the same, whether on a large scale or in the small. ‘Our sufficiency is of God.’ II Cor 3:5 (KJV) All of it.

Let us Rest this day, and let God's Activity show up in us as a Smile...” ~Al Denninger

The Daily Lesson – July 7, 2017

“In the contemplation of the wonders of God's universe, we transcend the desire to inform God of anything or to ask God for anything. Such contemplation lifts us to the heights of the Psalmist's vision that the earth is the Lord's and the fullness thereof. In a quiet, silent walk in a park, by seashore, lake, or river, in our aloneness, we catch that vision. We look up to the hills, to the mountains, to the heights of consciousness, and behold only that which God beholds and know only that which God knows. Anything that lifts us in consciousness above the clamor of the senses and the noises of this world will serve to bring us into the presence of God. When we reach the divine heights of inspiration, we find God. God is a deep silence; God is a stillness, the stillness of all that is human.

Aloneness has been granted me.
Whether on Bishop Street at noon,
Or Kalakaua;
On Waikiki at sunset,
On the sands at Kailua
Before dawn,
I am alone.
I walk alone in crowds
And feel the solitary Self
In the moonlight on the beach.

Aloneness has been granted me.
To walk with men,
To fly the skies,
And sail the seas,
Wherever heart is raised to Him –
I walk alone.
At heat of day,
Or cool of eve,
On shore or city street,
The yearning Soul receives my Aloneness.

The sick are healed;
The restless are forgiven.
Alone, yet in the hearts
Of those who long for peace,
The restless feel my Aloneness;
The hungry eat it;
The thirsty drink it;
It washes the impure minds
Of those who do not know,
Touching the mind with Light.

Aloneness has been granted me,
Alone I sit behind the prison wall;
Alone I pace the sickroom floor;
Whatever danger threatens,
My aloneness breaks the spell,
Where misery craves company,
My Aloneness they may share.

Alone, I wake, and walk, and sleep -
Alone, I sit or stand.
Alone, I travel sea and sky
Alone, I walk and talk with men
Or stroll along the shady lane.
Aloneness has been granted me
Wherever I may be.”
~Joel S Goldsmith

Luke 17:21 (KJV)

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

“The Master set the example - When tempted with distraction, be Still, go within and Rise to the mountaintop Awareness. Light from Above will Shine the Way.”
~Al Denninger

The Daily Lesson – July 8, 2017

“When through spiritual insight, we see through the appearance, all that we behold in this world is showing forth God's glory, God's work, God's law, and God's love for His children. The heavens and the earth were made for us; we were given dominion over them: ‘Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet . . .’ We are God's greatest creation: God, the Soul of this universe, is manifesting Itself and sending Itself forth into individual expression as you and as me.” ~Joel S Goldsmith

Matt 5:8 (KJV)

8 Blessed are the pure in heart: for they shall see God.

John 7:24 (KJV)

24 Judge not according to the appearance, but judge righteous judgment.

“When Consciousness opens to Discernment [the Mind of Christ] - all there is left to see is God Expressed As... The earth really is the Lord's and the Fullness thereof.” ~Al Denninger

This concludes our study of Chapter 6 of the book “The Art of Meditation”. Tomorrow we begin Chapter 7 “For God So Loved the World”.