

**“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 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 21, 2017**

**“CHAPTER VIII**

**YE ARE THE TEMPLE**

Know ye not that ye are the temple of God . . . that your body is the temple . . .  
of the living God.’ I CORINTHIANS 16:19

The body is the temple of the living God, a temple not made with hands, not  
mortally conceived, but eternal in the heavens; that is, eternal in time and space;  
eternal in life; eternal in spirit, in soul, and in substance. God made all that was  
made, and all that God made was made *of* God, partaking of the very nature of  
God which is eternality, immortality, and perfection. God made the body in Its own  
image and likeness.” ~Joel S Goldsmith

“The body is not conceived – it is Created.” ~Al Denninger

## The Daily Lesson – July 22, 2017

“God is life. An activity of God, operating in a seed, brings forth a child with all the potentialities of adulthood embodied in one tiny little form -- not merely a piece of matter, but an intelligence and a soul accompanying that body. The Spirit of God does this, but, in his vanity, man has arrogated to himself the role of a creator. Men and women have assumed that because they were fathers and mothers they were originators, instead of knowing that they are the instruments through which God acts to express Himself - not to perpetuate you or me, or my children or your children. God operates as love in our consciousness to produce His own image and likeness. This expression of God we have called your child and mine, forgetting that this is God's child, and not a personal creation or a personal possession. We pray to God to maintain and sustain our children; but they are not *our* children: they are *God's* children. It is not necessary to pray that God maintain and sustain His own children. It is God's prerogative to create, maintain, and sustain Its own image and likeness.” ~Joel S Goldsmith

Matt 23:9 (KJV)

9 And call no man your father upon the earth: for one is your Father, which is in heaven.

“There is One Source of all Good.

*I can of mine own self, do nothing... If I speak of myself, I bear witness to a lie... My Life is Yours, Father. Thy will be done... I am grateful. ” ~al.within*

## **The Daily Lesson – July 23, 2017**

“God is the creator of all that is. God, then, is the creator of man's body. ‘Know ye not that your body is the temple of the living God?’ We call this body your body and my body, but it is not ours. It is God's body, formed by Him for His pleasure, made in His image and likeness, governed by His law, and created to show forth His glory.” ~Joel S Goldsmith

I Cor 3:16 (KJV)

16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

“Ye are Included in Omnipresence.” ~Al Denninger

## The Daily Lesson – July 24, 2017

“On our Christmas trees there are lights of all colors red, blue, purple. Electricity transmits its light through these multicolored bulbs of all shapes and sizes. The bulbs, in and of themselves, are not the source of the light; they are merely the instruments through which the light shines. So it is that when we see human, animal, or plant life, we mistake their visible form for the life which animates and is the substance of that form. God is the life and the substance of all form, the creative principle of all that is. God is the activity governing the functions and organs of the body. It is God that animates all men and women. God is the wisdom, the integrity, and the purity of the Soul of man. God is the strength of man.” ~Joel S Goldsmith

Luke 17:21 for (KJV)

21 ...for, behold, the kingdom of God is within you.

*“All that the Father hath is mine.*

*All that I have is the Father’s...*

*Then - all that Flows to me and from me is without limit, condition or expectation...*

*Why?*

*The Source is Infinite and so is this Way of Life.” ~al.within*

## The Daily Lesson – July 25, 2017

“Let us not be deceived by appearances, not even by good appearances. Let us not call one person strong and another one beautiful. We must look behind the appearance to the invisible Life which makes all this beauty of form possible. Then we can enjoy every aspect of creation, every appearance, whether it is the human body, an animal species, or a plant. These are forms of life, but if we do not understand that Life which vitalizes these forms, they may appear as either good or bad, young or old, sick or well, rich or poor. A limited human sense of life relies on shifting values and invests the forms life assumes with power for good or evil; a spiritual sense of life, however, enjoys the form while recognizing the Infinite Invisible as the essence of that form. If we take our eyes away from the form long enough to look behind it into the Invisible and see God as the principle of all life, we shall understand the difference between material living and spiritual living. The truth entertained in our consciousness is the law of life, of harmony, and of resurrection unto our body.” ~Joel S Goldsmith

John 7:24 (KJV)

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

“We must look through the distractions of the imagination to the Form that the Great Architect designed. There is only Life as He Created it.” ~Al Denninger

## The Daily Lesson – July 26, 2017

*“God made this form, my infinite divine form, to show forth my true identity. My body is a manifestation, the image of the I that I am. My body is an expression of life showing forth all that I am, because my body is the I that I am formed, and formed spiritually, eternally, and immortally. I am true identity - eternal identity - and my body is the temple, the instrument of my activity and of my living.*

*As against this spiritual truth, there is that form which I see in a mirror; there are the expressions of nature, such as trees, flowers, vegetables, and fruits. These are not spiritual being or body: these are the concepts that are entertained humanly of being and body.*

*If I look in a mirror, I may see myself as young or old, sick or well, stout or thin, but I am not seeing myself at all: I am seeing my body. That is my body, but I am invisible. Even this body which I see with my eyes is but a limited, finite concept of the body. That is the reason the body appears to keep changing. In reality, the body never changes; only the concept which I entertain about body changes.”*  
~Joel S Goldsmith

Gen 1:26 (to :) (KJV)

26 And God said, Let us make man in our image, after our likeness:

John 4:24 (to :) (KJV)

24 God is a Spirit:

Rom 8:5,6 (KJV)

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

6 For to be carnally minded is death; but to be spiritually minded is life and peace.

“Be not tempted to believe that which is not there...

Ye are the Temple of Life. The Individual Expression of God.” ~Al Denninger

## The Daily Lesson – July 27, 2017

*“Who am I? What am I? Where am I? Let us look down at our feet and ask ourselves: Is this I? Are these feet I or are they mine? Am I in the feet or do I possess these feet? Let us travel on up to the knee. Am I in the legs or are these legs mine? If they are injured, am I hurt; or is it my legs that are injured? Is there not an I, an identity which is not the legs? Let us go on up to the waist, to the chest, the neck, and finally the head. Am I in any of these or are these parts of the body mine? Is there not an I separate and apart from the body, an I which possesses the body? The body is an instrument for my activity, my movement, as much mine as is my automobile. Am I in the ears, eyes, mouth, tongue, throat, or are they mine? Am I in this body; am I this body; or is this body mine? Is it not a temple, an instrument given to me for my use?” ~Joel S Goldsmith*

Ezek 37:14 (to 2nd ,) (KJV)

14 And [I] shall put my spirit in you, and ye shall live,

“Jesus said the Kingdom of God is Within Me – so then I Am Included in His Omnipotence. My Instrument’s purpose and use is to Glorify Him. ~Al Denninger

## The Daily Lesson – July 28, 2017

*“Look at my hands. Can they of themselves give or withhold, or must I give or withhold using the hands as an instrument in either case? Can my hands be generous or miserly? Have my hands the power to give or the power to withhold; or does all that power reside in me? Is there not something called ‘I’ that gives through these hands or that may sometimes withhold through these same hands? Can the hands move up or down, left or right? Does the heart give me permission to live or does life animate the heart? If my hands cannot give and cannot withhold, how then can my heart give life or withhold life? If my hands are not self-acting, how can my heart, liver, lungs, or kidneys be self-acting? As material organs, can my eyes see or my ears hear? Can the organs of this body move of their own accord? Is there not something called ‘I’ which functions through this body? Is there not something called ‘I’ which walks the street through these legs or by means of these legs? Is there not an ‘I’ which functions through the instrumentality of this body?” ~Joel S Goldsmith*

John 6:63 (KJV)

63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

“The activity that animates My Being is His. I AM His Instrument....” ~Al Denninger

## The Daily Lesson – July 29, 2017

*“I am being; my being is not dependent upon body: my body is dependent upon my being. The I that I am governs my body. My body has no will of its own, no intelligence of its own, no action of its own. My body responds to me; it is governed by me. My body is the image and likeness of me; my body is the manifestation of me, the I that I am. There is a Spirit in me: the breath of the Almighty giveth me life. The activity of God in me governs my bodily functions, organs, and muscles. An invisible Spirit acts upon every organ and function of my body to maintain it and sustain it unto eternity. Nothing from without, to defile or make a lie, can enter this temple of the living God. Whatever is of God, God will maintain and sustain. Whatever is a mortal concept of my body may pass from sight, but the truth about my body will live forever because my body is the temple of the living God.” ~Joel S Goldsmith*

John 5:30 (to:) (KJV)

30 I can of mine own self do nothing:

John 2:19 (KJV)

19 Jesus answered and said unto them, Destroy this temple [body], and in three days I will raise it up.

“There is only one body - God Infinitely Expressed As.” ~Al Denninger

## The Daily Lesson – July 30, 2017

*“All power is in God functioning as the law of my body. God is the only law, just as God is the only lawgiver. All law, therefore, is spiritual, and my body is governed by spiritual law. Spiritual law does not overcome or nullify material law, but spiritual law reveals that the material sense of law is of no effect. ‘Stand still, and see the salvation of the Lord . . . not by might, nor by power, but by my spirit.’ This body is the temple of God. I need not struggle; I need not seek healing. The battle is not mine, but God’s, and rightly understood, it is not a battle. It is a revelation that this body is the temple of the living God and is governed by spiritual law. Every mortal or material concept which I have entertained about the body dissolves in the recognition that my body is the temple of the living God, ageless, timeless, diseaseless, deathless. God is the central theme of my being; God is the central theme of my body.” ~Joel S Goldsmith*

John 5:30 (KJV)

31 If I bear witness of myself, my witness is not true.

John 1:17 (KJV)

17 For the [material] law was given by Moses, but [Spiritual] grace and truth came by Jesus Christ.

“Our awareness of good and evil is known as our conscience, but our Good is Spiritually Discerned in Christ Consciousness. Be Still and Know...” ~Al Denninger

## The Daily Lesson – July 31, 2017

*“God is the substance and strength of my body. ‘I can do all things through Christ which strengtheneth me. . . . The Lord is my strength and song. . . . God is my strength and power: and he maketh my way perfect. . . . the Lord is the strength of my life; of whom shall I be afraid?’ If I look to my body for strength, I find disease, death, and weakness. If I agree that Christ is my strength, that my divine sonship is my strength, that the word of God in the midst of me is my strength, my youth, my vitality, my all in all, I find life eternal.” ~Joel S Goldsmith*

I John 4:12 God dwelleth, 13

12 ...God dwelleth in us, and his love is perfected in us.

13 Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit.

*“I can of mine own self, do nothing... But Dwell with Me now, in the secret place of the Most High – And so it is and ever will be that He Doeth the Works....”  
~al.within*

## The Daily Lesson – August 1, 2017

*“I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.’ I have water. If you ask of Me, I can give you water, a water that springs up into life eternal. I do not live by bread alone. Every Word of God that comes to my consciousness is bread, wine, water, and meat to my Soul, my spirit, my being, and my body. Every Word of truth that I permit to fill my consciousness is the meat the world knows not of. Every Word of truth I maintain in consciousness is a wellspring of water, springing up into life everlasting.” ~Joel S Goldsmith*

Matt 4:1-4 (KJV)

- 1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.
- 2 And when he had fasted forty days and forty nights, he was afterward an hungered.
- 3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.
- 4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

“We must continue to actively Practice no matter how loud the appearance of temptation. All that the Father hath is thine...Always available, always active. Never a lapse, never withheld and never, never, never with a condition.” ~Al Denninger

## The Daily Lesson – August 2, 2017

*“When I am empty of the Word of God, I am empty of sustenance. The most palatable food is like so much sawdust - mere bulk in my system - unless the Word of God accompanies it to act as a law of digestion, assimilation, and elimination.” ~Joel S Goldsmith*

John 1:1-4 (KJV)

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.

4 In him was life; and the life was the light of men.

*“The Lord is my Shepherd...I shall not stray and be lost. I will stay in His Presence and follow His Direction. He Lights my path and Feeds me my supply. Thank you Father...” ~Al Denninger*

## The Daily Lesson – August 3, 2017

*"I am the wine, the inspiration, the spiritual wisdom. I am that which enlightens and uplifts. God it is that enlightens and uplifts; God it is that inspires; God it is that illumines. I can know all things through Christ which is my wisdom: the Son of God in me is my wisdom. The Word of God in me is bread, wine, water. The world knoweth it not; I keep it hidden secretly within me, because if the world knew, it would not understand. The Word of God in the midst of me is mighty, revealing the perfect temple of God - my body, the body not made with hands, eternal in the heavens.*

In this type of meditation, (including the last 9 days of Lessons) we drop all form and go beyond the visible to the Invisible. Then, we shall behold the Invisible upholding the visible. We must live and move and have our being in God-consciousness. Let us live, dwell in the secret place of the most High. Then we shall see the body as it really is: the temple not made with hands eternal in the heavens. 'Behold the tabernacle of God is with men, and he will dwell with them. . . and there shall in no wise enter into it anything that defileth, neither whatsoever worketh abomination, or maketh a lie.'" ~Joel S Goldsmith

Matt 6:6 (to ;)

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;

Rev 21:27 (KJV)

27 And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life.

I Cor 3:16 (KJV)

16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

"Christ Consciousness is beyond words and thoughts.

Let us rest now and Be Still... ..and Dwell in this Secret Place of the most high."  
~Al Denninger

This concludes our study of Chapter 8 of the book 'The Art of Meditation'.  
Tomorrow we begin Chapter 9, entitled 'The Silver Is Mine'.