

“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 – June 28, 2017

“PART TWO

MEDITATION:

THE EXPERIENCE

Forward

‘THE MEDITATION OF MY HEART’

Let the words of my mouth, and the meditation of my heart, be acceptable in thy
sight, O Lord, my strength, and my redeemer.
PSALMS 19:14

*Meditation is an experience, and inasmuch as this experience is an individual
one, it can never be confined within the limits of any predetermined pattern.
Meditate; pray; dwell in the secret place of the most High in quietness and in
peace; and you will discover that the truth you are seeking already abides within
you.” ~Joel S Goldsmith*

“Be Still, and Know that I Am with you always.” ~Al Denninger

The Daily Lesson – June 29, 2017

“Christ, the great light, is within you. Christ is the healer; Christ is the multiplier of loaves and fishes; Christ is that which supports, maintains, and sustains; but It is already within you. You will never find health, supply, or companionship by searching for them. These are embodied within you and they will unfold from your within-ness, as you learn to commune with the Father. You can draw on your Christhood for anything, and it will flow out from you to the extent of your realization of this truth. You are self-complete in God. Christ is your true identity, and in Christ, you are fulfilled in all your completeness. In this self-completeness in God, there is only one thing for which to pray; there is only one thing needful - spiritual illumination. Knock, and the door will be opened to you. Ask for spiritual illumination, for the gift of the Spirit, and God will reveal Itself as fulfillment.” ~Joel S Goldsmith

Matt 6:31-33 (KJV)

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.

“So then, where do we seek?

Seek within yourself, because that’s where the access to the Kingdom is.

Be still. Don’t be still and do nothing –

Be Still and open your consciousness by a conscious act.” ~Al Denninger

The Daily Lesson – June 30, 2017

“In moments of uplifted consciousness, the ensuing meditations unfolded from within, revealing the gifts of the Spirit. These meditations follow no established or prescribed pattern, but each one is an expression of the spiritual impulse flowing into form. They are not to be followed slavishly nor are they to be used as a formula. Their only purpose is to serve as an inspiration, so that you may glimpse the beauty and joy of this experience and be encouraged to undertake the discipline required to discover the unplumbed depths of your own within-ness and, in so doing, launch forth into deeper and ever deeper experiences of awareness.” ~Joel S Goldsmith

Job 32:8 (KJV)

8 But there is a spirit in man: and the inspiration of the Almighty giveth them understanding.

II Cor 2:14 (KJV)

14 Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place.

“I have opened the door Father. Fill me...” ~al.within

The Daily Lesson – July 1, 2017

“Meditation is a continuous song of gratitude that God is love, that God is here, and that God is now. It is resting in God's bosom, holding God's hand, and feeling the divine Presence. Rest in the contemplation of the Father's love and the Father's presence. Then you will be able to say: ‘My meditation of him shall be sweet: I will be glad in the Lord.’” ~Joel S Goldsmith

Ps 100:1-5 (KJV)

- 1 Make a joyful noise unto the Lord, all ye lands.
- 2 Serve the Lord with gladness: come before his presence with singing.
- 3 Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.
- 4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.
- 5 For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.

*“And so it is, I Am Love Loving.
I can, of mine own self do nothing...
My heart flows from Spirit.
My Life is His.
My Joy is His song.
Thank you Father.
Loving you,” ~al.within*

This concludes our study of the “Forward” to Part 2 of the book “The Art of Meditation”.

Tomorrow we begin Chapter 6 “The Earth Is the Lord's”.