

“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 – March 3, 2017

‘THE ART OF MEDITATION’

By Joel S. Goldsmith

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CHAPTER I
THE WAY

Most men and women are convinced that there is a divine Power of some sort operating in human affairs; but they are not sure what it is, nor do they know how to bring this divine Presence and Power into their daily experience. There was a time when many of these people were content to believe in a God dwelling in a remote heaven, a God whom they would not meet until after death. In this practical age, however, very few are satisfied with that limited concept of God.”
~Joel S Goldsmith

Matt 7:14

14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

“Dear friends,
You have been led straight through the gate,
to seek and knock and ask.
Shall we walk together a while,
to watch and dwell and Live?
~Al Denninger

The Daily Lesson – March 4, 2017

“The world is full of discord. The question is asked again and again: Why, if there is a God, does this God permit disease, war, famine, and disaster. How can all these evils be, if God is good, if God is life, if God is love. How can there be that kind of a God and the horrors of human experience. People throughout all time have attempted to solve this riddle, but there is no solution; there is no answer except that the world has not known God. We can never for a moment believe that if people in this world had a realization of God, they would have discord and inharmony, too. Discord and inharmony come into our life because of our ignorance of God. As we acquaint now ourselves with Him, we find the secret of harmonious existence.” ~Joel S Goldsmith

Matt 6:33 (KJV)

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

“Keep focused and dedicated to the Realization of God. There can be no lack, limitation or separation while Abiding in God’s Omnipresence. ‘Thou wilt keep him in perfect Peace, whose mind is stayed on thee’”. ~Al Denninger

The Daily Lesson – March 5, 2017

“People throughout all time have sought freedom, peace, and plenty; but their search has been primarily through the feverish activity of the human mind. Pleasure and satisfaction have been artificially created, and because of their artificiality, they are neither permanent nor real. Living out from the level of the mind, there must be a continuous round of new pleasures, new faces, and new scenes. There is rarely a truly joyous moment, nor are there periods of rest and relaxation. Freedom, peace, and plenty are not dependent upon circumstances or conditions. Men have been free in chains; they have been free under slavery and oppression; they have found peace in the midst of war; they have survived floods and famine; they have prospered in periods of depression and panic. When the Soul of man is free, it carries him through Red Seas and desert experiences to the Promised Land of spiritual peace.” ~Joel S Goldsmith

II Cor 3:17 (KJV)

17 Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty

“Our Freedom is not earned with effort, it is Revealed in Silence.” ~Al Denninger

The Daily Lesson – March 6, 2017

“Freedom is a condition of the Soul. As we turn to the kingdom of our inner Self, we find the reign of divine Power in the outer world. As we seek peace within, we find harmony without. We reach the depth of the Soul, and It takes over our existence, providing activity and newness of life, a peace and serenity, the like of which we have never dreamed. We then have achieved the freedom of the Soul, the freedom of grace.” ~Joel S Goldsmith

Isa 30:15 (to :) (KJV)

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:

“As we rest back into our Infinite Consciousness we appear back in The Garden of Eden state, where all that the Father hath is thine.” ~Al Denninger

The Daily Lesson – March 7, 2017

“All through the ages there have been spiritually endowed men and women the mystics of the world—who have known conscious union with God, and who have brought the presence and power of God into their actual experience. Always there has been a Moses, an Elijah, a Jesus, a John, or a Paul, but none of them had many followers. None of them was ever widely known or his teaching widely practiced, during his own time or for years afterward. These spiritual masters devoted their lives to giving us the truth which has brought us to our present state of consciousness. The light that we have today is the result of the light which has come down through all time. There are many spiritual teachers who have left no record, and about whom we have no knowledge; but there are many whom we can identify: Moses, Elijah, Jesus, John, and Paul, mentioned above; Eckhart, Boehme, Fox, and other mystics of the twelfth to the seventeenth centuries; as well as the great leaders and revelators of more recent years. No one person has given the light to the world, but each of these great spiritual prophets has been a beam of light contributing to the whole light.” ~Joel S Goldsmith

Matt 5:14-16 (KJV)

14 Ye are the light of the world. A city that is set on an hill cannot be hid.

15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

“Light, just like Love, must be a constant activity. We should never hesitate, withhold or postpone it. And so, we loose it upon the world, wherever there is a spark of receptivity. God perfecteth that which is given us to do, generation upon generation. Each Light, directed by its Source, beaming in its own individual Way, onward and upward.” ~Al Denninger

The Daily Lesson – March 8, 2017

“These great spiritual leaders are all in agreement on the basic principles and teachings with which most of us are acquainted: Thou shalt love the Lord thy God with all thy heart; thou shalt do unto others as thou wouldst have others do unto you; thou shalt not kill; thou shalt not steal; thou shalt not commit adultery. They did not teach that we all be of the same nationality, color, or creed; they taught the principle of love and cooperation. If this principle of love and cooperation were really practiced and lived by the millions of people who accept the teachings of the Christ, war would be an impossibility. It is a paradox that, thousands of years after these revelations of truth, strife and struggle continue to be the motivating force in the world. With this vast reservoir of mystical wisdom available, we should expect that after all these years the world would be enjoying freedom and abundance. But the principles of these teachings have not always been practiced as they were revealed; instead they have been crystallized into form, and gradually they were adulterated, sinking at times to the lowest level of human thinking rather than rising to the heights to which these truths ultimately lead.”

~Joel S Goldsmith

Rom 8:28 (KJV)

28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

“Harmony and cooperation is the activity of God multiplying Itself.

Self-ishness divides, drives apart and separates. It is ruled by karmic law - as ye sow, so shall ye reap – our fate is determined by our reaction. ~Al Denninger

The Daily Lesson – March 9, 2017

“The original principle taught by the Master Christian revealed that the kingdom of God, the presence and power of God, is within. Jesus called this presence and power ‘Father’ ‘the Father that dwelleth in me, he doeth the works.’ Paul, using a different term, said, ‘I can do all things through Christ which strengtheneth me.’ By whatever name It is called God, Father, or the Christ It is to be found within. The kingdom of God is within us; the whole of the Godhead is to be found within our individual being, not in holy mountains nor yet in the temple at Jerusalem, but within us. If we really believed this great wisdom, we should be willing to leave the world for a season, until such time as we could reach, touch, and respond to the Father within. As we begin to recognize our good as the gift of God, we let the reasoning, thinking, planning mind relax. We listen for the still small voice, ever watching for the angel of the Lord, the Christ, the Father within. It will never leave us nor forsake us. It is our permanent dispensation.” ~Joel S Goldsmith

Heb 13:5 and (KJV)

5 ...and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

“OK then, we’ve heard the letter of the Word, and we know where the Spirit dwelleth... Now we have to start practicing it and believing it. We must begin to let go of the distraction that seems to surround us and pokes at us to plug into it. Start gently and rest in an attitude of trust and receptivity. One split second of Assurance and our altitude of awareness will slowly and gently rise. Be patient. Keep practicing...” ~Al Denninger

The Daily Lesson – March 10, 2017

“This listening is the art of meditation, in the learning of which we come to a place of transition where truth leaves the mind and enters the heart. In other words, there is no longer merely an intellectual knowledge about truth; but truth becomes a living thing within our being. To illustrate: Everybody in the world knows the word ‘God,’ but there are few people in the world who know God. For most of us God has remained a word, a term, a power outside the self; God, Itself, has not become a living reality except to those few people who are known as mystics. Meditation leads us to an experience in which we know that there is a God. It leads us to a point where we are as convinced of the reality of God as we are of the fact that we are here reading this book. If all the newspapers in the United States carried headlines tonight saying that we were not in this place at this particular time, this announcement would not alter our knowledge of the fact that we are here. God is as much of a reality, as much of a presence, as much of a power, as much of an entity and individuality as we are, and God can be just as well known by us as we can know ourselves or one another.” Joel S Goldsmith

II Cor 3:3-6 (KJV)

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.

4 And such trust have we through Christ to God-ward:

5 Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God;

6 Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life.

“I of my own self am nothing. It is the Spirit within that animates me.” ~Al Denninger

The Daily Lesson – March 11, 2017

“From the moment that we know God through experience, life changes for us, because there is a relaxation of our personal selfhood. A feeling arises of something other than ourselves operating in us, through us, and for us something greater than ourselves. This has been the experience of all mystics. They have actually known God; they have felt God's presence; and God has become an active power in their lives. There are not many of such people in the world. If there were but a few more who really knew God, perhaps those few might be enough to save the world. According to Scripture, ten righteous men have saved a city. The mystics' conscious awareness of the presence and power of God is the product of experience: it is not mere conversation about God's availability; it is not only an affirmation or a statement; it is not merely a platitude or a cliché; it is a living fact.” ~Joel S Goldsmith

Acts 3:1-7 (KJV)

1 Now Peter and John went up together into the temple at the hour of prayer, being the ninth hour.

2 And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple;

3 Who seeing Peter and John about to go into the temple asked an alms.

4 And Peter, fastening his eyes upon him with John, said, Look on us.

5 And he gave heed unto them, expecting to receive something of them.

6 Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk.

7 And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength.

“Peter and John, at the temple gate Beautiful, were an example of an expression of Living fact. No longer could they give something as trivial as alms, but they were, by knowing God, changed into individual Expressions of God and now did His Work. God had become active in their Lives, and they became the Activity of His.” ~Al Denninger

The Daily Lesson – March 12, 2017

“Our search for God, our seeking the kingdom of God, is an evidence of our own faith in the presence and power of God, even though we do not yet have a knowledge of it through actual experience. Those who are not on the spiritual path do not have that confidence. Only those who have attained an inner conviction that there is a God are led to the search for God. These seekers may not necessarily have attained the realization of God, but at least there is that inner certainty: ‘This is the way; there is a God.’” ~Joel S Goldsmith

Matt 9:20-22 (KJV)

20 And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment:

21 For she said within herself, If I may but touch his garment, I shall be whole.

22 But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour.

“Few there be that seek Truth, but the ones that do are Blessed with Peace and Comfort. Jesus revealed the Truth to this woman that was in need in a way that she could hear it and feel it. Be ye also of such conviction.” ~Al Denninger

The Daily Lesson – March 13, 2017

“So the search begins, and it begins in different ways. How it begins depends upon our background; it depends upon where we happen to be at any given moment and what is going on in our particular world around us. There have been people whose search began in orthodox churches and some of them have found the answer there. They have discovered the kingdom within themselves, but have continued working in the church as a form of service and sometimes as a form of gratitude. Some have found God through an intellectual approach, and a few have found a purely spiritual way. Others have come through teachings that are a combination of the intellectual and the spiritual. There are those who have come to the spiritual path through books, and there are those who have come through living teachers, while others have made contact with the spiritual saints and seers who have never died.” ~Joel S Goldsmith

“Yes, dear friends and fellow students, we have all come from different places and past experiences. This is our Blessing. We are many individual expressions of God - and we are brought together here to study... To Listen. To learn. To Serve. To Bask in Omnipresence... What else is there on the Spiritual path? Really?

Are we each here to get something [healing, supply, comfort etc.] from an unknown [to us] God or are we here to Realize [yes, the R is capitalized] our True Being? Are we here to feast on the loaves and fishes, or are we here to Feed a few or a few thousand?

I am serious here; I did not just say these things to add fluff to a nice sounding bunch of words. We each must eventually decide what it is we are seeking and be honest about it with ourselves. Maybe we can coast a while. Or, maybe we can employ a hedge fund.

Seek ye first the Kingdom of God [Spirit within] with no purpose other than to Smile and Be.

It doesn't have to be now of course, all are welcome and free to browse or stay and rest a while, or freely go, it is up to you.

Any which way, 'I Am' with you, Loving you. I, (al.within), have been given orders to 'Feed My sheep'. And so it is, I will do my best while I am here.” ~Al Denninger

Matt 18:20 (KJV)

20 For where two or three are gathered together in my name, there am I in the midst of them.

The Daily Lesson – March 14, 2017

“To know the truth as so many words, quotations, passages, or theories is one thing; but it is an entirely different thing when, through meditation, the Word takes root in our consciousness and comes forth as spiritual fruitage. We are told that the fruits of the Spirit are ‘love, joy, peace, long-suffering, gentleness, goodness, faith.’ It is really true that when the Spirit has been touched or when It has touched us, then the fruitage comes forth in the form of harmony, wholeness, completeness, and perfection. The purpose of this book is to help students practice the art of meditation by which the Word takes root, so that they come into an actual awareness, an actual consciousness of living in the Spirit. Our object is to attain a measure of that mind which was in Christ Jesus, and then let It do with us what It will. It is to reach that consciousness in which Paul revealed, ‘I live yet not I, Christ liveth my life’; or ‘I can do all things through Christ which strengtheneth me.’ In other words, the activity of the Spirit comes alive in us, and It takes over: we are no longer good and we are no longer bad; we are no longer sick, but neither are we well. We are at a stage which transcends the pairs of opposites.” ~Joel S Goldsmith

Prov 3:5 lean,6 (KJV)

6 ...lean not unto thine own understanding.

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

“Our Spiritual growth is in direct proportion to our actual Practicing of the Presence.” ~Al Denninger

The Daily Lesson – March 15, 2017

“In spiritual wisdom there are no pairs of opposites. God is, and, therefore, there is no concern as to whether or not we can reach God, because there is nothing for which we need to reach God: the day is already beautiful; the fruit is already on the trees; the flowers are already blooming; the tides are flowing; the sun and the moon and the stars are in the heavens; harmony is. In this state of spiritual consciousness we come to that place where we rest and relax in the realization, ‘God's in his heaven all's right with the world!’ In that realization, we withdraw from the struggle for the things of this earth.” ~Joel S Goldsmith

Deut 4:39 (KJV)

39 Know therefore this day, and consider it in thine heart, that the Lord he is God in heaven above, and upon the earth beneath: there is none else.

“Emanuel. God with us, and all that He hath is thine. His Presence is Infinite. Harmony is Flowing. Love is Loving. Any distraction that we may temporarily plug into won't change that fact.” ~Al Denninger

The Daily Lesson – March 16, 2017

“Let this mind be in you which was also in Christ Jesus . . . he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.’ We must seek the attainment of that same Spirit that raised up Jesus from the dead, not by talking about it, or declaring it to be so, not teaching or preaching it but by having that mind. The attaining of that mind requires effort, plus the grace of God. The grace of God is the most important factor, because without it, no one would have the fortitude to continue on the path leading to God-realization. Without the grace of God, no one would have the desire even to begin the search, let alone to pursue the arduous steps which must follow.” ~Joel S Goldsmith

Matt 7:14 (to 3rd ,)

14 Because strait is the gate, and narrow is the way, which leadeth unto life,

“Yes, despite any so-called appearances, we must remain calm, focused and carry on. Keep Practicing the Presence. God never withholds His Grace.” ~Al Denninger

The Daily Lesson – March 17, 2017

“There is an area of consciousness revealed in meditation through which we are instantly one with God and with all spiritual being and creation, and through which we find all forms of good instantly available. This area of consciousness has been described as a Sea of Spirit, the universal or divine Soul, the Father within. In achieving conscious contact with this Sea of Spirit or the Father within, we find divine Love pouring itself into expression, so that we no longer live by personal effort alone, but by grace. Rather than seeking our good from persons or things, we tap this universal Soul and become beholders of its activity, pouring forth as the ideas which become the human forms of good necessary to our present experience. It is only as we learn to look within to this Infinite Invisible that we begin to understand the nature of grace.” ~Joel S Goldsmith

“So, how do we tap into this Universal Soul and become Beholders?
Yes, there something we can do. We Dwell in the Secret Place of the Most High.

And where is that?
Within you...” ~Al Denninger

Ps 91:1 (KJV)

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

The Daily Lesson – March 18, 2017

“Instead of seeking or desiring something already existing as form or effect, let us learn to turn within and let our good unfold from the divine Source, the Infinite Unseen. Let the business and professional man look to the Divine within; let the sick and the sinner seek healing and perfection from within. Let each one of us ever be alert, watching consciousness unfold as new and richer forms of good, experiencing the abundance of life by grace. To understand that Soul is the eternal storehouse of all good is to permit the activity of the Christ to function in our experience. Let us draw our good from the infinity of our own being, from the kingdom within. Touching that center, the Father reveals our heritage as ‘heirs of God and joint-heirs with Christ’ to all the heavenly riches. This is to live by grace, the gift of God. The children of God always live by grace.” ~Joel S Goldsmith

Rom 8:16,17 (to 2nd ;) (KJV)

16 The Spirit itself beareth witness with our spirit, that we are the children of God:

17 And if children, then heirs; heirs of God, and joint-heirs with Christ;

“Our birthright is intact, but we must be consciously aware of it and embrace it.”

~Al Denninger

The Daily Lesson – March 19, 2017

“The secret of grace is contact with the Infinite Invisible, the universal center of being within us. This is the experience of the Christ. In mystical literature, this spiritual experience is called Illumination, Cosmic Consciousness, or Christ-Consciousness; in the New Testament, it is spoken of as being ‘born again,’ or rebirth. Reading and studying inspirational literature and scripture, as well as frequent pondering and meditating on God and God's creation, lead to actual communion with the Father, which brings to our consciousness this touch of the Christ. Keeping the mind stayed on God leads to an awareness; sometimes, there is even a voice, and we know that ‘he performeth the thing that is appointed for me to do.’ Those who have attained this light have no further problems of existence, since now they are fed, clothed, and housed by the infinite fountain of life which we call the Christ. This moment of grace cannot be adequately described, since it appears in different ways to different people; but all who have received this light understand the experiences of the illumined of all ages.” ~Joel S Goldsmith

Isa 26:3 (to :) (KJV)

3 Thou wilt keep him in perfect peace, whose mind is stayed on thee:

The Daily Lesson – March 20, 2017

“The activity of the Christ, resulting in a life by grace, is by no means limited to the past. Today, many men and women are experiencing the Christ and are living lives of beauty, health, harmony, and joy by grace. With truth now available to all who can read, spiritual illumination is a possibility to every earnest seeker. ‘Acquaint now thyself with him and be at peace.’ The awareness of the Father within is the beginning of a life by grace.” ~Joel S Goldsmith

Mark 13:37 (KJV)

37 And what I say unto you I say unto all, Watch.

“We must learn to develop a habit of stopping often, no matter how busy we are during the day. Stop, if for only a moment...

Be still right now, take a deep breath, let it out slowly and open an attitude of Watching and Listening to the Spirit within.

Not my will, but Thine be done... Speak Lord, thy servant heareth...” ~al.within

The Daily Lesson – March 21, 2017

“To live by grace enables us to do greater things and to achieve better results in all our activities. This spiritual impulsion and divine guidance permit us to drop all concern for our personal welfare, or for that of our families or nation. Freedom from fear, danger, or lack comes only as the Comforter appears. The voice of Truth utters Itself within us, and It becomes the ‘peace be still’ to every storm in our experience. It is as if there were a Presence always going before us to ‘make the crooked place straight,’ to make the desert ‘blossom as the rose,’ and to open the doors of opportunity, service, and welcome. As the activity of the Christ is manifested by greater and still greater deeds of spiritual power, our trust and faith grow by leaps and bounds. Secure in this inner conviction, the struggle against every form of discord ceases, and we live not by might nor by power, but by my Spirit by grace.” ~Joel S Goldsmith

Zech 4:6 (KJV)

6 Then he answered and spake unto me, saying, This is the word of the Lord unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the Lord of hosts.

“Who said these Words?

Was it the man of great power in his day named Zerubbabel who thought them up to inspire his people? After all he was a great governor, a Prince of the line of David who rebuilt the great Temple. They would have to listen and obey his temporal power, right?

This one passage in Scripture says it all. This is Omnipotence Itself speaking - Thundering Its Truth for all with ears to hear.

The Kingdom of Heaven [Grace] comes not by physical might, mental power, declarations of truth, by asking for it or reasoning it so, it comes as an activity of the Spirit Within. The Garden of Eden is not a place to be returned to physically, it is a State of Consciousness. The Peace Be Still Consciousness that IS, and Ever will Be is not accomplished, earned or achieved, it is Revealed Within that You are not separate and left wanting – You...are...Included.” ~Al Denninger

The Daily Lesson – March 22, 2017

“A few people are born into the world with some measure of Christ-consciousness, but anyone with sufficient perseverance, application, and fidelity may develop and cultivate a Christ-awareness, that ‘mind which was also in Christ Jesus.’ It does, however, require devotion, consecration, and a receptivity which recognizes and welcomes the Christ as It touches and awakens our Soul into newness of life. In the silence of our being the Christ speaks and we hear, ‘I will never leave thee, nor forsake thee. . . . I am with you always, even unto the end of the world.’ This consciousness of God’s presence is developed by patience and perseverance, in quietness and stillness, and by abstaining from the use of mental power or physical might, so that the Spirit may function. ‘Be still, and know that I am God.’ ‘For by grace are ye saved through faith; and that not of yourselves: it is the gift of God. . . .’ By grace are you saved.” ~Joel S Goldsmith

THE WAYS

To every man there openeth
A Way, and Ways, and a Way,
And the High Soul climbs the High Way,
And the Low Soul gropes the Low,
And in between, on the misty flats,
The rest drift to and fro.
But to every man there openeth
A High Way, and a Low,
And every man decideth
The Way his soul shall go.
--John Oxenham*

*From Selected Poems of John Oxenham, edited by Charles L. Wallis (Harper, 1948). Used by permission of Miss Erica Oxenham and Harper & Brothers.

End of Chapter 1

“When Jesus said, ‘I can, of mine own self do nothing’, he recognized the Omnipresence, Omniscience and Omnipotence of God. He knew he couldn’t be anywhere without God being present as well, he couldn’t know anything without the Mind of God filling his and he couldn’t do anything without God doing the Work. He took no credit, of his own self. He had no expectation or desires of his own self. He kept his heart stayed on the Father and let Him direct his paths, Be his Way and Live his eternal Life.

We get to decide the Way our Soul shall go. Shall we till the soil here on earth? Or, shall we ‘go and do thou likewise’ and *let* The High Way unfold Its Harmony into our Experience?” ~Al Denninger

This concludes our study of Chapter 1 of the book “The Art of Meditation”. Tomorrow we begin Chapter 2.