

“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 23, 2017

“CHAPTER II

THE PURPOSE

‘The purpose of meditation is to attain divine grace. Once this grace has been attained in a measure, it takes over our experience and lives our life, performs those things which are given us to do, and makes the crooked places straight. We no longer live by bread alone, but by this inner grace.’ ~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.

“And so, we find that our purpose is really His...” ~Al Denninger

The Daily Lesson – March 24, 2017

“Satisfying relationships, abundant supply, successful business activity, and creative endeavor are the tangible effects of grace. First must come the inner grace before the things of this world can be added to us; but we can never receive the grace of God so long as we seek it for the purpose of demonstration, that is, seeking God in order to possess some person or thing, or to achieve some place. That is the reason meditation can never be *used* to demonstrate an automobile, more money, or a better position: meditation is for the purpose of realizing God. In meditation God is revealed as the life of individual being. God is the embodiment of all good. In achieving the experience of God, our good appears as whatever the need may be. We fail if we attempt to gain any thing separate and apart from God. God, Itself, is the good. Prayer or meditation for material things and persons cannot be answered by a God of Spirit. Such an objective defeats the purpose of meditation.” ~Joel S Goldsmith

John 14:27 (to .) (KJV)

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.

“And so, we find that our Harmony is really His...” ~Al Denninger

The Daily Lesson – March 25, 2017

“Scripture tells us that the natural man receiveth not the things of God. Who is the natural man but the human being, the prodigal son, still deep in material consciousness, praying that his materiality may be made a little better, a little richer, a little more, or a little less? We pray to be stouter or we pray to be thinner; we pray to have more money, seldom to have less, although that might be a very spiritual prayer. The point is that we pray for an improvement or an increase of that very materiality of which God has no knowledge, and such prayer is not answered. Very often our human desires, if fulfilled, would leave us unsatisfied, because as human beings we do not possess the wisdom to know the things of which we have need. It is the Father within who is all wisdom and all love.” ~Joel S Goldsmith

Matt 6:8 for (KJV)

8 ...for your Father knoweth what things ye have need of, before ye ask him.

“And so, we find that our wisdom and love are really His...” ~Al Denninger

The Daily Lesson – March 26, 2017

“To be effective, prayer must be addressed to a God of Spirit, and, therefore, that for which we pray must be of a spiritual nature. Let us remember this every time we turn to God in meditation; let us measure the quality of our prayer by the degree of spiritual illumination we are seeking, and from that we shall know whether or not we may expect fulfillment. ‘I am come that they might have life, and that they might have it more abundantly.’ The promise is fulfillment, but let us be sure that the fulfillment for which we are praying is a spiritual fulfillment, and then we shall not pray to a spiritual God to improve our human-hood; but we shall obey the scriptural injunction to let the Spirit bear witness within us: ‘for we know not what we should pray for as we ought; but the Spirit itself maketh intercession for us. . . .’” ~Joel S Goldsmith

John 4:24 (KJV)

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

“Does it make any sense at all to remind God that His Creation is somehow lacking and needs correction, or is missing and needs finding?”

Be still and Watch... Watch the activity of the Spirit BE Its Present Self.” ~Al Denninger

The Daily Lesson – March 27, 2017

“It is not really we who pray or meditate at all; the Spirit meditates within us, and we simply open our consciousness to let the Spirit reveal our need and its fulfillment. Therein is the secret. How different that is from doing mental work, declaring or affirming that this or that shall come to pass -- and now, this minute. Rather, in going into meditation, our attitude should be that of the little Hebrew boy, ‘Speak, Lord, for thy servant heareth.’ That is the true attitude with which to enter into meditation -- opening our consciousness to God and letting God fulfill Itself within us. Let God utter Its Word within our being -- not our words, but the Word. We shall find that Word to be quick and sharp and powerful; it does not return unto us void. It does the work whereunto it is sent, but it must be the Word of God, not your desire or my desire. The true aspirant on the spiritual path has no desire other than the fulfillment of God, the realization of God, the experience of the Christ. How could there possibly be an unfulfilled need if the Christ is operating in our consciousness? The Christ must fulfill Itself. One desire alone is legitimate and that is the realization of this activity of the Christ in our consciousness.” ~Joel S Goldsmith

Luke 17:21

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

“And so it is, we find that it is God is Omnipresent, and therefore it is He that does the praying... Rest, Relax, Watch... Listen within.” ~Al Denninger

The Daily Lesson – March 28, 2017

“The Father within me, he doeth the works.’ The Father is within me and the Father is within you; then why is it that the works are not done? There is one thing needful, and that is our conscious realization of Omnipresence. The activity of God is within us, the presence of God, the power of God; but we have built up a state of consciousness consisting of layers and layers of material sense. We have not succeeded in breaking through these layers to reach the atmosphere and altitude of God within us and, until we do so, we shall fail in our meditation and miss the path to fulfillment.” ~Joel S Goldsmith

Ps 138:8 (to :) (KJV)

8 The Lord will perfect that which concerneth me:

“There is only one Presence and Power, and It is within you now, Flowing, and Loving, and Living your Life as Omnipresence. Stand up and root your feet on Holy Ground... Emanuel.” ~Al Denninger

The Daily Lesson – March 29, 2017

“Most of us come to the search for God with a purely material outlook on life: concerned that the heart beat so many times a minute, that the digestive and eliminative organs function in a prescribed way, that our supply consist of so many dollars; always believing that satisfaction can be found in the external world. Some believe that money will bring that satisfaction; some believe that fame is the answer; still others believe that fulfillment lies in good health. How often is it said: ‘If only this pain could be stopped, then I really could begin the search for God. I can't do it while I am in such pain,’ or ‘If only my rent were taken care of, then I could be at peace and would be able to search for God.’ In other words, these people are implying that the realization of God is dependent upon some physical or financial condition. Evidence to the contrary is the fact that there are people with millions of dollars who have not discovered God; there are people in perfect health who have not known God; nor have they found either completeness, peace, or fulfillment. That is the state of consciousness of most of us as we come to the search for truth. Let us reverse the picture: Let us begin the search for God; and in finding God, see the pain disappear; watch the lack, the limitation, and the sin vanish.” ~Joel S Goldsmith

II Cor 3:5 our (KJV)

5 ...our sufficiency is of God;

“We do not correct lack or limitations. We make nothing happen, or ask it be so... We are Beholders, and in stillness, watch our good take place.” ~Al Denninger

The Daily Lesson – March 30, 2017

“As long as we are merely trying to exchange physical discord for physical harmony, we can have no conception of what the kingdom of God is, of spiritual riches, or of spiritual health. We must begin our meditation with the recognition that neither health nor wealth is the object of our search for God. Any desire for things or persons will prevent or delay our entrance into the spiritual kingdom, but the steadfast remembrance that the goal we are seeking is God-realization will open the way and make a highway for our God. In that realization, we find all things added unto us, or to be more accurate, we find all things included within us.” ~Joel S Goldsmith

Acts 3:2-7 (to :) (KJV)

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:

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.

“Dear Son or Daughter, All that I have is thine, if so be, you dwell in My Kingdom.

Take My right hand, leave your nets, and follow Me.

[Accept My righteous promise, surrender the things of this-world, and Embrace the Consciousness of Christ]” ~Al Denninger

The Daily Lesson – March 31, 2017

“We must realize that we have no objective other than the achievement of the kingdom of God, that we have no demonstration to make except the demonstration of our spiritual Selfhood; but *that* we must demonstrate: first of all, for our own development; and secondly, as a witness to the world that God is individual Selfhood, and that this state of being may be attained by all those who are ready to give up the world, not by removing themselves to some remote spot, but by giving up their desires for that which the world can give.” ~Joel S Goldsmith

John 18:36 (to :) (KJV)

36 Jesus answered, My kingdom is not of this world:

Rom 12:2 (KJV)

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

II Cor 5:17 (KJV)

17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

“Are we tempted by personal needs, personal protection and personal glory? Sure, every moment we reside in the consciousness of personal sense.

How do you stop the appearance of these temptations from showing up at our door? Don't feed them.” ~Al Denninger

The Daily Lesson – April 1, 2017

“As students of spiritual wisdom, the important question is: What is the best way, if there is a best way, of achieving this realization of our true Selfhood? Is there a short cut? Is there a path that leads to God-realization, a path that can be trod here on earth? Can it be achieved here on earth? And the answer is yes. Not only is there a way of accomplishing this objective, but there is a short cut. That short cut, so simple and yet so very difficult, is to perform a bit of mental surgery on ourselves and cut away all our desires. Let us take a good sharp scalpel and cut out of ourselves all desire for person, place, thing, circumstance, or condition. Every desire must be cut away in order that only one remains: to know Thee, whom to know aright is life eternal.” ~Joel S Goldsmith

Heb 4:12 (to 3rd ,) (KJV)

12 For the word of God is quick, and powerful, and sharper than any two-edged sword,

Rom 14:11 (to 4th ,) (KJV)

11 For it is written, As I live, saith the Lord, every knee shall bow to me,

“A vessel must be emptied out before it shall be Filled.” ~Al Denninger

The Daily Lesson – April 2, 2017

“Let us set our whole heart and soul and mind on the realization of God rather than on the attainment of some form of good. As we attain that realization, we enjoy all the good things of life which come forth, without becoming slaves to them or becoming attached to them and without fear of losing them. No one can ever lose his wealth, his health, or his life once he has attained a touch of the Christ. Let our prayer be:

One thing have I desired, that I might know Thee. One thing! My heart cries out, ‘God, open Yourself to me, reveal Yourself to me. I care not whether You reveal Yourself in wealth or in health, in poverty or in sickness; only reveal Thyself. In Thy Presence is security, safety, peace, and joy.’” ~Joel S Goldsmith

Ps 23:1 (KJV)

1 The Lord is my shepherd; I shall not want.

*“Father, I feel your assurance... There is no question that I am seeking your Presence—not for things, but just for the joy of smiling and Being with You.”
~al.within*

The Daily Lesson – April 3, 2017

“In meditation we are seeking the grace of God and nothing but the grace of God. This grace is not found in the human mind, nor is it found in such peace as the world can give. Making statements and reading books about it do not bring it forth. These may be of assistance in leading us to a point where we are prepared in the silence to receive the grace of God, but it is meditation which lifts us to a state of spiritual apprehension where divine grace takes over. ‘If so be that the Spirit of God dwell in you,’ then are we children of God. As human beings, we are cut off from God and for that reason do not come under the law of God and do not experience the blessings of God's presence and power. It is the Son of God, the spiritual image and likeness, which is held in the bosom of the Father. We have wandered away from our Father's household and squandered our divine substance in a personal sense of ‘I.’ Now, in order to realize our sonship with God, we must take the path of return to the Father's house -- that same journey the prodigal son had to make -- that we may be clothed with the robe and receive again the jewel of adoption.” ~Joel S Goldsmith

Rom 8:8,9 (to .) (KJV)

8 So then they that are in the flesh cannot please God.

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

“Son, All that I have is thine—will you listen?”

Father, my path leads to You... I, with attentive ear will listen...no, I am listening for Thy voice. Thy direction... Speak Lord, thy servant heareth...” ~al.within

The Daily Lesson – April 4, 2017

“How do we become the Sons of God? How do we awaken the Christ, or Son of God, which always has been, is, and always will be our true identity, even though it has been hidden from sight during this period of mortality in which we are sleeping? To do this requires effort. We must abandon all our previous concepts of life ‘for my name’s sake.’ We must get up from the banquet with the swine, leave behind all thoughts, people, and activities of the swinish world, and return to the Father. It is the nature of the human being to love self-indulgence: ease, comfort, riches, intemperance, gluttony, indolence, and sensuality. These operate in our consciousness as a sense of separation from God. It is not actually separation from God, because we can no more be separated from God than a gold ring can be separated from the gold of which it is formed. Gold is the ring; gold constitutes the ring. There is no possible way to remove the gold from the ring without destroying the ring, because there is not gold *and* a ring; there is only a gold ring.” ~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.

John 3:7 (KJV)

7 Marvel not that I said unto thee, Ye must be born again.

“The Truth is that we never stopped being the Sons and Daughters of God. We cannot be separated from God—Omnipresence *Is*. Our goal in this work is to find the Way to Realizing that Principal deeply and feeling it within our Soul ... Our purpose then, is a transformation of the consciousness of what truly *Is*.” ~Al Denninger

The Daily Lesson – April 5, 2017

“So it is with us. We cannot be separated from God, because there is no *we*. Actually, there is no such thing in all the world as you or me as individuals standing alone. God being infinite, God is all there is. God constitutes you and me; God constitutes our life, mind, soul, and being, just as gold constitutes the ring. Gold is the substance; the ring is the form. God is the substance; the individual is the form *as which* God appears. God is the essence of our being—the life, soul, mind, spirit, law, continuity, and activity. God is the all and all of individual being, whether of saint or sinner. The degree of sainthood expressed by an individual is wholly dependent upon the degree of conscious realization of oneness with the Father. The capacity for sin in an individual is dependent upon the degree of his sense of separation from God. As a matter of fact, this sense of separation is all there is to human hood.

We are not human beings as we seem to be; we are pure spiritual being. It is not that there are two separate beings, the human being and the spiritual being; it is only that a human being is entertaining a sense of separation from God. We cannot be separated from God, but we can entertain a *sense* of separation from God. The moment that sense of separation begins to disappear, Christhood or divine sonship is revealed. The return of the prodigal takes place wholly within one's self as an activity of consciousness, and the moment one sets his feet in the direction of the Father's house, he has entered the spiritual path.” ~Joel S Goldsmith

Eph 4:4 (to 2nd ,) (KJV)

4 There is one body, and one Spirit,

Mark 2:6-8 (KJV)

6 But there were certain of the scribes sitting there, and reasoning in their hearts,
7 Why doth this man thus speak blasphemies? who can forgive sins but God only?

8 And immediately when Jesus perceived in his spirit that they so reasoned within themselves, he said unto them, Why reason ye these things in your hearts?

“When we reason, it is like we forget our birthright. We get distracted and start thinking we-of-our-own-selves, can do things outside the Omnipresence of God. We start thinking we are somehow capable of functioning outside of the Omniscience, or all-knowing Spirit of God. There is no way to leave the Father's house—but we can be entertained into thinking we have stepped outside... Turn ye an enter back Within...” ~Al Denninger

The Daily Lesson – April 6, 2017

“Let no one take credit for being on the spiritual path. Were it not for the grace of God, one would not be reaching out toward the realization of his divine sonship. In the experience of every person, there comes a certain moment when he is penetrated by a ray of God, when a touch of God breaks through into his consciousness, not because of himself, but in spite of himself. From the moment that ray touches him, the end is inevitable: he will find his way right to the throne of God.” ~Joel S Goldsmith

I Cor 15:50-52 (KJV)

50 Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption.

51 Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed,

52 In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.

“We cannot lift ourselves out of darkness, we must be raised out of it... When we are ready and receptive, God illuminates our path right into His Life.” ~Al Denninger

The Daily Lesson – April 7, 2017

“To human sense, the spiritual way of life seems impossible of achievement, ephemeral, and intangible. But in reality, the most tangible thing, the most real thing in all the world is Spirit or God. Once this is perceived, the things of this world -- the dollar bills we use for exchange, our homes, and our relationships -- take their rightful place as outer symbols of grace or effects of Spirit. It is these symbols or effects which change. As long as men and women live by bread alone, by the strife and struggle involved in human activity; as long as they are dependent exclusively on symbols or effects, they will discover eventually that these worldly possessions waste away, are consumed, and become as nothing. We see the results of a dependence on material things as we look into the faces of the men and women who are living by these effects, placing their reliance on the health of their bodies, the wealth of their pocketbooks, and the things of this world.” ~Joel S Goldsmith

Luke 4:4 (KJV)

4 And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God.

Gal 6:8 (KJV)

8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

“Father, I surrender...and am learning to cease my sense of a dependence on the things-of-this-world... I give my life to Thee... The foolishness of self-reliance is fading away. You have proven to me, over and over again, that My sufficiency truly is of Thee... I accept Your Love as my song, Your Peace as my smile, and Your Grace as my sufficiency... Thank you Father.” ~your humble servant

The Daily Lesson – April 8, 2017

“In contrast with these people, a few stand out, here and there, who have an inner light by which they live, an inner hope, expectation, or glory. This spiritual light is easily detected: We see it in the eyes; we hear it in the voice; we observe it in the vitality and vigor of the body. Although this Presence is invisible, It is within every person; no one in the world is without It; It is available to everyone who has ears to hear and eyes to see, to everyone who is receptive to divine grace.” ~Joel S Goldsmith

Luke 11:34 (to ;) (KJV)

34 The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light;

“Dear One,
When I look at you, or talk you, or write to you, what do I see? I See what I Know.

I see the Spirit within.
I see your true Identity.
I see the Christ singing.
I see the actual Presence of God manifest As.

I see a Brother or Sister from the same Father.
I see the Creation of God shining in Its Glory.
I see Myself, because there is no separation from God.
I see the Word, made flesh.

I see an Expression of God, manifest As.
I see Spiritual Being.
I see God, fulfilling Itself.
I see Light, in the color of pure warm white.

I see God’s child.
I see His Life.
And what stays with me?
I see God’s face smiling back at Me.

You see? ...We see the Truth as we come to Experience it.” ~Al Denninger

The Daily Lesson – April 9, 2017

“The whole purpose of our existence is to be a fitting instrument through which God's glory may appear. We shall never fulfill ourselves in life by trying to express *our* individuality; fulfillment lies in letting the Infinite Invisible bring Itself through into expression. Then we do not strive and struggle to glorify ourselves but every time we meditate, it is as if we were to say:

Father, 'I can of mine own self do nothing. . . . My doctrine is not mine, but his that sent me.' I have no wisdom of my own, Father; I have no power; I have no judgment; I have no health; and I have no wealth of my own. I am sitting here to let infinity flow.” ~Joel S Goldsmith

Luke 12:25,26 (KJV)

25 And which of you with taking thought can add to his stature one cubit?

26 If ye then be not able to do that thing which is least, why take ye thought for the rest?

“I think this one paragraph of meditation from Joel was the first thing I ever highlighted and bookmarked in this, my first book of Joel's... It changed my life. The old bookmark and poem written on it by my friend and first IW Teacher, Walter, has been there as long as I can remember... I have referred back to it every time I get near this book. Thank you Father.

And so, our purpose is to Let Infinity Flow...

If we begin our meditation with this “attitude”, and Let it Flow into an Experience of Truth—the Peace that follows this humble and complete surrender can only Come from one place...God.” ~Al Denninger

The Daily Lesson – April 10, 2017

“Our function is to abide in that inner realization and let harmony appear. As our vision is on the unfolding of the Christ, It appears outwardly as a better, healthier, or wealthier human being. But we are not deceived by appearances, because we are not looking for a change in the human picture. Meditation is not an attempt to turn sickness into health or lack into abundance. The vision always is on the one invisible Christ at the center of our being, here and now.” ~Joel S Goldsmith

John 7:24 (KJV)

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

Ps 138:8 (to :) (KJV)

8 The Lord will perfect that which concerneth me:

“Jesus was being very consistent here with his message... Yes, judge not according to any distracting earthly appearances. All the bad, yes, but even the good things of this world must go too. All of the human judgment, perception and intelligence must fade away—so that we can let God fill us with His overflowing infinite Christ-Good. ~Al Denninger

The Daily Lesson – April 11, 2017

“Any meditation that has within itself a single trace of a desire to get something from God or to acquire something through God is no longer meditation. Good is to be realized, yes, but not to be achieved: the infinity of good is already where I am; the kingdom of God is within me. Locked up inside of our being is the presence and power of God, the whole of the Godhead, just as perfume is locked up in a flower. As the flower opens the perfume or the fragrance escapes. Everyone has the allness of the Godhead locked up within his own being -- not just a part of it. God cannot be divided; God is indivisible. God is infinite, but God is indivisible. The allness of God is in one tiny leaf -- in every leaf: the allness of God is in every individual on the face of the globe. Were this not true, there would have been less of God on earth when the population was only 10 per cent of what it is today, and, by the same token, there would be twice as much of God on earth when the population is doubled. No, there was just as much of God in the world a million years ago as there will be a million years hence. The infinite allness of God is wherever one individual is. That is why it is said that one Christ Jesus can lead a million people into heaven, because one Christ Jesus is the infinite individual Son of God and shows forth all that God is. ‘Son, thou art ever with me and all that I have is thine’ is not addressed to a group but to an individual. God, in Its infinite allness, is embodied in the Son of God, in whom is our spiritual identity. As we learn to turn within and let this imprisoned perfume escape -- this activity of the Christ, this beauty of God -- then does it come into visible being.” ~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.

“Where the Spirit within is Realized, there is Liberty, completeness and fulfillment—where it is not there is a sense of separation, distraction, ego and lack. Stand ye still for I Am with you, in you Now.” ~Al Denninger

The Daily Lesson – April 12, 2017

“When we no longer search for the peace that the world can give, but seek only ‘my peace,’ the gates of consciousness open to admit the spiritual light which becomes the life of our being and our body. Many people desire spiritual power in order to enjoy more harmonious experiences. Their purpose in seeking God usually is to enjoy more and better earthly things, to catch larger fish in their nets - - bigger fish, better fish. But the basis of our work is to ‘leave your nets,’ to leave this search for more and better human good and open consciousness to the spiritual realities. Then the things which come to us in the outer world are the fruits of an inward grace. Grace can only be attained by a state of inner silence, a state of inner awareness and receptivity; therefore it is necessary for us to prepare ourselves for the experience of receiving that grace. This is the whole purpose of meditation.” ~Joel S Goldsmith

John 14:27 (to .) (KJV)

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.

John 18:36 (to :) (KJV)

36 Jesus answered, My kingdom is not of this world:

Matt 4:18-20 (KJV)

18 And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers.

19 And he saith unto them, Follow me, and I will make you fishers of men.

20 And they straightway left their nets, and followed him.

“If we continue to cast our net into the sea of material acceptance we will miss the opportunity to access the Spiritual Realm. And so, in our meditation we practice leaving behind the worldly picture we have developed during our physical effort here on earth - and straightway follow the Christ, with effortless effort, into the Infinite Invisible Kingdom of God.” ~Al Denninger

The Daily Lesson – April 13, 2017

“The amount of illumined force and power that flows through us is determined by divine grace. Whether or not we reach the final goal of illumination is not our problem. Some will seek and strive until they exhaust themselves and yet will not attain it; others will go along easily and steadily; and a few will spontaneously burst out all over with the springtime of the Christ-consciousness. The experience of the Christ is one that is achieved purely through grace. In whatever degree it comes, it comes as the gift of God. It does not come because we earn it; it does not come because we deserve it; it does not come primarily because we are good men or women -- in fact, it is often likely to come to the sinful one, because the inner struggle of the sinner may be greater than the struggle of the good man, and such a struggle is often highly rewarded.

The only responsibility that we have is that our desire be for the Christ-experience, and that that desire be shown forth by the sincerity of our study and the depth of our meditation and devotion. That is the extent of our responsibility. The Christ-experience is purely the gift of God. No one earns it; no one deserves it; and no one knows why it comes to some and why it does not come to others.”
~Joel S Goldsmith

Eph 2:8 (KJV)

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

Prov 3:5,6 (KJV)

5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.

“Father, I know I can, of mine own self, do nothing... I trust you with all my heart... My heart smiles as Yours. My Life is Yours. My Work is Yours. My understanding is Yours. My breath is Yours. My Spirit is Yours... Thy will is my will. I rest in Your arms... .. I am willing and content.” ~al.within

The Daily Lesson – April 14, 2017

“In the experience of every earnest student, there comes a period of initiation; that is, there comes a period of the opening of the soul. It may be achieved through something that is heard, something that is read, or it may come through direct contact with the consciousness of a spiritual teacher. When it comes, the student needs no further help from sources outside of himself. His entire teaching is received from within: his entire illumination, healing power, and regenerative power come from within. From that moment on, he becomes a blessing to others along his way, bringing healing and comfort to them. As he goes deeper into the Spirit, he awakens in them this same Christhood: ‘I, if I be lifted up, shall draw all men unto me.’ In proportion as any individual receives spiritual light, that light becomes a law unto those who are within his orbit. Everyone who has ever brought about a healing through spiritual means has been the light, and it was the light in his consciousness that brought about the healing. Whatever degree of light we realize, automatically makes us, in that degree, a light to all those who touch our consciousness. That is the purpose of meditation: that each one may attain a higher degree of that light through the experience of the Christ.” ~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.

“Yes, the Source of Being is Within. The Christ Experience is not to be found ‘out there’ some place. It is Felt within... Within You. It is the ‘I’ that makes the crooked places straight. The ‘I’ that will never leave you or forsake you – the same ‘I’ that appears ‘As’, is the one ‘I’—the One ‘I’ that is within... There is never a separation from this ‘I’ – ‘I’ Am with you always.

To quote Lorraine Sinkler: ‘Always, the message in all Scripture is Seek Me. Seek that I within you that is the Master in your heart. Seek Me with your whole heart and ye shall find Me. To each who seeks, the way opens.’

And so our pathway opens... With you, Loving you,” ~Al Denninger

The Daily Lesson – April 15, 2017

“Once we have achieved this contact with our inner Being, we are free: we are in bondage to no man, no circumstance, no condition. We are free in Christ and we can then say:

Christ liveth my life. What difference does it make whether or not there are periods of depression or periods of prosperity, floods or droughts? Christ liveth my life. It leadeth me beside the still waters; It maketh me to lie down in green pastures. A thousand may fall at my left hand and ten thousand at my right hand; still it will not come nigh me. I have made that contact. I am dying daily to my human-hood; I am being reborn of the Spirit; I am being guided, directed, fed, maintained, sustained, healed, and saved by this inner light - this inner illumination.

The secret is the awakening of the sleeping Christ, and that is the purpose of meditation.” ~Joel S Goldsmith

II Cor 3:17 (to .) (KJV)

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

Rom 8:9 (KJV)

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

“If so be the Spirit Dwell in me, I Am Included in the Kingdom of God.
Awake thou that sleepest, and arise from corporal belief, and Christ shall give thee light.” ~Al Denninger

This concludes our study of Chapter 2 of the book “The Art of Meditation”.
Tomorrow we begin Chapter 3 “The Practice”.