

**“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 – May 4, 2017**

**“CHAPTER IV**

**THE INDISSOLUBLE UNION**

Very little progress can be made on the spiritual path of life until we have caught some vision of what God is, of what our relationship to God is, and of what God's function is in our life. This cannot be a vicarious experience; it must be individual and it must be approached in a completely relaxed manner. We must be unwilling to accept any authority other than our own interior revelation. So we ask ourselves questions about God, which will lead into a meditation on God: What is God? What does God mean to me? What is the place and function of God in my life?” ~Joel S Goldsmith

Matt 7:7,8 (KJV)

7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

“Truth comes to those who seek it. The Father Revealeth Himself.” ~Al Denninger

## The Daily Lesson – May 5, 2017

“How many people have ever had a God-experience? How many have felt the flow of the Spirit in their minds, in their souls, in their bodies? The number is small, only a few hundred or at the most a few thousand in a generation; and yet God is available to every man, woman, and child. God demands our entire love and devotion; we must give ourselves to Him in order that He may reveal the eternal givingness of Himself to us. We must love God supremely with our whole heart, mind, and soul; love God so much that our only prayer is: ‘I must feel God; I must let God fill my soul, my heart, my mind, my being, my very body.’” ~Joel S Goldsmith

Mark 12:30 (KJV)

30 And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

“We must all start with, and stay with, the first commandment. We can’t skip over or around it.” ~Al Denninger

## **The Daily Lesson – May 6, 2017**

“We speak of God as impersonal Intelligence, Mind, Principle, but God is personal, too. The relationship between an individual and God is closer than his relationship with his own mother. It is like reaching out and feeling a presence always there, gentle, reassuring in its very quietness; it is joy, peace, and warmth. The moment we have a God-experience, that gentleness is there, that peace is there, that warmth is there; and with it comes a love toward everything in this world, a sense of companionship and joy in one another.” ~Joel S Goldsmith

II Pet 1:2 (to ,) (KJV)

2 Grace and peace be multiplied unto you through the knowledge [intimate Experience] of God,

“Division cannot exist in an Experience of Peace.” ~Al Denninger

## The Daily Lesson – May 7, 2017

“The normal concept of God is that of a God separate and apart from us, who has within Himself all good but is withholding it from us. Usually, in praying to God, it is for the purpose of seeking or getting something from God - - health, supply, opportunity, companionship. Most of us believe that God possesses this good, but for some inexplicable reason is withholding it from us, and so we pray to God to bestow some of it upon us. Sometimes, if our prayers are not answered quickly enough, we make all sorts of promises in a futile attempt to bargain with God - promises which often we have no intention of keeping.

In a vain effort to reconcile a supposedly loving God with a God who turns a deaf ear to our supplications, we often censure ourselves, believing that some evil act of omission or commission is the reason God is withholding good from us. Some physicians contend that many of the ills of the world, both mental and physical, are the result of guilt complexes. Countless people live in a state of gnawing self-condemnation, consumed by a sense of guilt; sometimes for some serious offense committed in their past, but more often for some small or inconsequential act. If we believe that we are being punished by a vengeful God, our concept of God is entirely erroneous, because God has no memory of our faults and failings; God is too pure to behold iniquity; God has not punished and does not punish sinners. The sinner is punished by his own sin, not by God. Even the confirmed sinner knows that there are certain laws of God which must not be violated. He knows that if he violates these laws, punishment follows, but what he does not know is that that punishment is not God-inflicted, but self-inflicted.” ~Joel S Goldsmith

James 4:3 (to 3rd ,) (KJV)

3 Ye ask, and receive not, because ye ask amiss,

Hab 1:13 (to :) (KJV)

13 Thou [God] art of purer eyes than to behold evil, and canst not look on iniquity:

“What is it we are seeking? A concept to snuggle up to, make a deal with, or believe in like Santa Claus? Health, wealth or something in or of this-world? ~Al Denninger

## The Daily Lesson – May 8, 2017

“God is not a vindictive God; God is not a withholding God, but neither is He a giving God. God is Love and He neither withholds nor punishes; there is no love in withholding and there is no love in punishment. If God waited for us to be good or deserving, if He waited for us to find the right words with which to placate Him, if He waited for us to use a form of meditation or method of treatment which would be pleasing in His eyes before He was willing to bestow His blessings upon us, He would be a cruel and capricious God. God will never give more than He is giving us now. God is forever being God: God is being life; God is being love; and God is forever expressing Its life and Its love.” ~Joel S Goldsmith

Luke 15:11-24, 31-32 (KJV)

11 And he said, A certain man had two sons:

12 And the younger of them said to his father, Father, give me the portion of goods that falleth to me. And he divided unto them his living.

13 And not many days after the younger son gathered all together, and took his journey into a far country, and there wasted his substance with riotous living.

14 And when he had spent all, there arose a mighty famine in that land; and he began to be in want.

15 And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine.

16 And he would fain have filled his belly with the husks that the swine did eat: and no man gave unto him.

17 And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger!

18 I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee,

19 And am no more worthy to be called thy son: make me as one of thy hired servants.

20 And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him.

21 And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son.

22 But the father said to his servants, Bring forth the best robe, and put it on him; and put a ring on his hand, and shoes on his feet:

23 And bring hither the fatted calf, and kill it; and let us eat, and be merry:

24 For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry.

31 And he said unto him, Son, thou art ever with me, and all that I have is thine.

32 It was meet that we should make merry, and be glad: for this thy brother was dead, and is alive again; and was lost, and is found.

“All that the Father has is already thine - right here, right now. All we have to do is return Home, where we can Feel God’s Love and are Included in His Omnipresence.” ~Al Denninger

## The Daily Lesson – May 9, 2017

“James says, ‘Ye ask, and receive not, because ye ask amiss.’ Every time we turn to God for something, expecting to get something from God, we pray amiss. No one has to tell God to make the grass green or the roses red; no one has to tell God when to make the stars shine or when to change the tides. Shall we, then, presume to tell God that we are in need of anything? God *is* the infinite Intelligence of this universe. If our God knows how to produce a pearl in an oyster or petroleum in the earth, if our God knows how to direct the birds in their flight and to cover the earth with Its wonder and glory, is not this same infinite Intelligence sufficient to be the governing and guiding influence in our experience without our proffering any advice, information, or suggestions?” ~Joel S Goldsmith

Prov 3:7 (to :) (KJV)

7 Be not wise in thine own eyes:

Gen 1:31 (to .) (KJV)

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

“And so it is, we get still and open our heart to His Word.” ~Al Denninger

## The Daily Lesson – May 10, 2017

“The basis of all meditation and prayer must be an understanding of the nature of God and of our relationship to God. God is eternal Life, infinite Intelligence, divine Love, but ‘I and my Father are one. . . and he that seeth me seeth him that sent me.’ It is God, the Father; and God, the Son; forever one. As we relax in that realization, It takes over and It functions harmoniously, joyously, abundantly. The very moment, however, that we turn to God with any sense of getting, desiring, or even hoping, we prevent God's operation in our experience, because we are injecting our finite concepts and views which interfere with the flow of God. When we refuse to entertain any concept of what God's will should be, when we stand in the divine Presence, pure of heart, with no finite will, no personal desires, hopes, or ambitions; then, we go to God with clean hands and a pure heart and we can say, with conviction and trust: ‘Thy will be done in earth, as it is in heaven. I am Thine; Thou art mine. I am in Thee; and Thou art in me. Thy will be done in me.’”  
~Joel S Goldsmith

Matt 5:8 (KJV)

8 Blessed are the pure in heart [consciousness]: for they shall see [Experience] God.

*“Father, I wait on Thy Word with open heart... Speak Lord, Thy servant heareth... ..” ~al.within*

## The Daily Lesson – May 11, 2017

“Far too many people in the world doubt God's love or they would not be spending so much time praying for God's bounties. If they really believed that God is divine Intelligence and Love, why should it be necessary to try to advise or influence God? God *is*. What greater prayer is there than those two words? What could better lead us into the interior kingdom of our own being? Satisfactory meditation comes with the absolute conviction that God *is*: that God is Intelligence and Love; that there is no power apart from God and no power in opposition to God. There is nothing interfering with the expression of God's love for His children. Thy grace is my sufficiency in all things is the acknowledgment of the presence, the wisdom, the love, and the power of God in our experience. Watch what happens as we begin to accept this kind of God and no longer reach out to something outside ourselves, but merely stand still in being and say, ‘God is.’ ”  
~Joel S Goldsmith

II Cor 3:5 (KJV)

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

“Any doubt, fear, interference, distraction or lack of trust about the Omnipotence of the Kingdom of God comes from thoughts of man whose breath is in his nostrils. I think it is significant that Jesus is quoted seven times in the New Testament saying, ‘Take no thought’. Shall we follow and practice his teaching? It is a cornerstone of the practice of The Infinite Way.” ~Al Denninger



## The Daily Lesson – May 12, 2017

“God is a state of Being, a state of infinite Intelligence and ever-present Love. The life of God cannot be lengthened nor can it be shortened; the life of God cannot age nor can it change: God is a state of eternal, immortal, infinite Being. ‘ . . . God is light, and in him is no darkness at all. . . . And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work.’ That should be our attitude in entering into meditation.” Joel S Goldsmith

I John 1:4,5 (KJV)

4 And these things write we unto you, that your joy may be full. 5 This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all.

"Yes, our moments of stillness start with a smile of joy, an attitude of attentiveness and end with the Smile of Christ... My sufficiency is of Him. God Shines the Way for those who Seek Communion for the sake of Communion..."  
~Al Denninger

## The Daily Lesson – May 13, 2017

“The acknowledgment of divine grace is meditation. It is a recognition of the nature of God and of our relationship to God. That relationship is oneness. We are the children of God, coexistent with God: ‘And if children, then heirs; heirs of God, and joint-heirs with Christ. . . .’ Our heavenly Father knoweth our needs, but sometimes we pray as if we were poor insignificant creatures, who must prostrate ourselves before some great and terrifying deific being who holds our fate in his hands, and not very tenderly at that. At other times, we outline the manner in which our needs are to be met, believing that we can influence God to act in accordance with our desires. What we must do is to acknowledge God, acknowledge the all-knowingness of infinite Wisdom, the all-lovingness of all-encompassing Love, the all-power of that which knows no other power than Its own infinite nature and being - but let us not ask for a translation of this into human terms. Let our meditation be the recognition of God, Itself, and we shall find that that will suffice.” ~Joel S Goldsmith

Ps 147:5 (KJV)

5 Great is our Lord, and of great power: his understanding is infinite.

*“Father, I can of mine own self do nothing.... That does not mean I do nothing... I Am very busy acknowledging Your Presence as it appears in and As Your sheep. Thy Grace is my sufficiency. I cannot tell you how very grateful I am. Your will and Oneness is my Life... I rest in Your Omnipresent arms, and I thrilled to watch You Shine on my brothers, sisters and neighbors all... I am Loving you,”  
~al.within*

## The Daily Lesson – May 14, 2017

“God is one: one Power, one Law, one Substance, one Cause. This teaching of oneness is probably the highest spiritual teaching ever given to the world. The entire ministry of the Master, Christ Jesus, was based on the old Hebrew teaching of the idea of God as one: ‘Hear, O Israel, the Lord our God, the Lord is one.’ According to Genesis, in the beginning God created the world and all that therein is. Anything that God did not create was not created, was not made. In the light of this truth there is only one Substance and because there is only one Substance, there is no substance to be destroyed, to be healed, or to be improved. There is only one Law, and, therefore, we cannot use the law of God to destroy any other law or its effects. When we understand God as Life, there is only one Life and we can never have a life to save, or a life to heal or redeem. There is only one.”  
~Joel S Goldsmith

Eph 4:4-7 (KJV)

4 There is one body, and one Spirit, even as ye are called in one hope of your calling;

5 One Lord, one faith, one baptism,

6 One God and Father of all, who is above all, and through all, and in you all.

7 But unto every one of us is given grace according to the measure of the gift of Christ

I Cor 6:19 know (KJV)

19 ...know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

“God is Omnipresent.

God Is.” ~Al Denninger

## The Daily Lesson – May 15, 2017

“Now that we know all these things about God, let us look at them as landmarks along the road we have been traveling, but landmarks we have long since passed; and let us forget all of them. No one is ever going to find God until he is stripped of all his concepts of God, until he leaves behind every synonym for God he has ever heard and launches forth into the unknown to discover the Unknowable. There is no such thing as a thought about God or a concept of God that is correct, because a concept always remains a concept.” ~Joel S Goldsmith

Matt 6:27 (KJV)

27 Which of you by taking thought can add one cubit unto his stature?

“According to Dictionary.com the definition of ‘concept’ is:

1. a general notion or idea; conception.
2. an idea of something formed by mentally combining all its characteristics or particulars; a construct.

It seems to me then, that we will not find God in the mental realm, by reading or even studying, without first being still... ‘God is a Spirit: and they that worship him must worship him in spirit and in truth.’” ~Al Denninger

## The Daily Lesson – May 16, 2017

“How, then, do we arrive at a realization of what God is? After we have become well-grounded in the letter of truth, there comes a time when we must be willing to admit that all our knowledge about God has been in the realm of the intellect, and that nothing we can know with the mind is absolute truth. Nothing that we can think about God is truth; nothing we can read in a book about God is truth, because these represent merely limited, human opinions about God. To John, God was revealed as Love, but we cannot accept that as truth, because we do not know what love is in the sense in which John understood and used the term. To Jesus, God was Father, because the deeper meaning of that word was revealed within the consciousness of Jesus. The realization of God must come as an individual unfoldment to every aspirant on the spiritual path.” ~Joel S Goldsmith

Eph 4:23,24 (KJV)

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness.

“And we shall all be taught by God.

By Love Loving...

Thank you Father.” ~Al Denninger

## The Daily Lesson – May 17, 2017

“During the years of my own unfoldment it was necessary for me to let these commonly accepted synonyms for God drop away one by one, because it was not possible for me to know what those who revealed them meant by their use of these terms. When every concept had been brushed aside, I was left with the term ‘the Infinite Invisible.’ Why ‘the Infinite Invisible’? Because the Infinite Invisible did not mean anything that I could understand. Neither you nor I can grasp the Infinite; neither you nor I can see the Invisible. The Infinite Invisible is a term that denotes something which cannot be comprehended by the finite mind. That does not mean, however, that the Infinite Invisible is the correct term for God. It is correct for me, because it provides me with a term which my mind cannot encompass. That satisfies me. If I could grasp the meaning of the Infinite Invisible, it would be within the range of my human comprehension, and I do not want that kind of a God.” ~Joel S Goldsmith

Rom 8:4 walk,5 (KJV)

4 ...walk not after the flesh, but after the Spirit.

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.

“For me it is about pondering Omnipresence. The I Am Presence that Includes me in the Kingdom of God. The Alpha and Omega, that is without beginning or end – I just Is... I Am with You always - beyond thought or reaction. Spirit as it is Experienced, Love as it Loves.” ~Al Denninger

## The Daily Lesson – May 18, 2017

“God cannot be known with the human mind, but if we listen and are still, in that stillness, God reveals Himself. Right where we are God is. ‘. . . Whither shall I flee from thy presence? . . . if I make my bed in hell, behold thou art there.’ The presence of God is within our consciousness. We do not have to reach out for God even mentally, or pursue God as if He were afar off or as if He were something difficult to attain. Many have found as they gave up their frantic search for God, learned to be still, and ceased the parrotlike repetition of meaningless words and phrases, that one day there came an awakening and they discovered that God had been right there beside them all the time, quietly whispering, ‘Wait why don’t you stop and let *Me* have something to say?’ How would that *Me* speak to us in a moment of helplessness, if we were out on a desert, lost, with no way for us to find human help, and no way for human help to find us? As we listen, we hear His whispered words:

*The place whereon I stand is holy ground. Whither shall I flee from thy Spirit? ‘Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me.’ Alone, yet not alone; helpless, yet not helpless; divine help is here where I am, and it does not have to find me, and I do not have to find it. God is here where I am. The kingdom of God is within me, for I and the Father are one. God is not lost, and I am sure God has not lost me. If I am here, God is also here.*

This is a powerful meditation. We have not asked, begged, or pleaded for anything. We have recognized the truth known to Jesus, John, Paul, Moses, and Elijah, the truth every one of them revealed, that where I am, God is. It is a universal teaching that has been known to every master and spiritual teacher throughout the ages, but it has been lost through the worship of a far-off God and through the belief that God and His beloved Son are separate beings.” ~Joel S Goldsmith

Ps 139:7-10 (KJV)

7 Whither shall I go from thy spirit? or whither shall I flee from thy presence?

8 If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there.

9 If I take the wings of the morning, and dwell in the uttermost parts of the sea;

10 Even there shall thy hand lead me, and thy right hand shall hold me.

“There is only one distraction – but it comes in a ka-zillion appearances and concepts. All boil down to the same flaw at the core: each one has within it the belief that there is a life that is separate and apart from God. The fact is - there is no place that is not included in the Omnipresence of God - only a lack of receptivity and Realization.” ~Al Denninger

## The Daily Lesson – May 19, 2017

“In this meditation we realize that God is within our own being, but not confined within the limits of our flesh. No surgeon can operate and find God, yet God is within our own consciousness, closer than breathing and nearer than hands and feet. If we are ever in a place of discord, let us never forget that our salvation is closer than breathing, because I and the Father are one.

Look at that statement, ‘I and my Father are one.’ Visualize a figure one and see contained in that figure one the Father, the Son, and the Holy Ghost. That one *is* God, the Creative Principle, invisible; that one is the Son, appearing as the figure one; that one is the invisible Holy Ghost, which maintains and sustains the Son throughout all eternity. That one never becomes a two; it never becomes a minus one, because there is something inherent in it that maintains its oneness.” ~Joel S Goldsmith

John 10:30 (KJV)

30 I and my Father are one.

“Omnipresence = I Am Included in the Kingdom of God = The entire Kingdom is within Me.” ~Al Denninger



## The Daily Lesson – May 20, 2017

“Just so every person is one with God. That oneness includes God, the Father; the Son, the individual identity; and the Holy Ghost, the activity of God, which maintains and sustains this oneness, the individual identity, called Ruth, Robert, or Joel. That which we see is not all there is to Ruth, Robert, or Joel; there is more than the eyes behold, because right where this form appears is the creative Principle, the sustaining Activity. There is an individual identity called Robert: Robert, the Son; plus Robert, the Father; plus the Holy Ghost - God, the Father; God, the Son; God, the Holy Ghost. This breaks down every sense of separation from God. The activity of God maintains each individual identity unto eternity, supports it, feeds it, sustains it, and bestows upon it Its abundance, success, and grace. Let us stand still and be fed, maintained, sustained, and directed by this invisible Force, whose function it is to be the Messiah.” ~Joel S Goldsmith

Luke 17:20 The,21 (KJV)

20 ...The kingdom of God cometh not with observation:

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

Luke 15:31 (KJV)

31 And he said unto him, Son, thou art ever with me, and all that I have is thine.

“There is one Spirit, one Truth, one Abundance, one Life – all summed up as the Activity of God expressed As. As what? Individual Being [I Am].” ~Al Denninger

## The Daily Lesson – May 21, 2017

“The purpose of this meditation is to arrive at the real meaning of oneness, the inner meaning of the statement, ‘I and my Father are one.’ Let us center our attention on this statement. Sometimes we may find it difficult to hold our attention to one thread of thought for any length of time, but if we lose the thread, we can gently come back to it in this way:

*‘I and my Father are one.’ As a wave is one with the ocean, so am I one with God; as a sunbeam is an emanation of the sun itself, so am I one with God. Therefore, I can never be lost. I can never be alone. The presence of God is here where I am, in this very place where I find myself, even though I call it hell. In the valley of the shadow of death, I shall not fear, for God is with me.*

*I will never leave you nor forsake you. Before Abraham was I am. Before Abraham was, I was with you, and I will be with you unto the end of the world. I in the midst of thee am mighty: I in thee and thou in me and we are one. Whithersoever thou goest, I will go; whithersoever thou goest - east or west, north or south, in the sky above or the sea below - whithersoever thou goest, I will go. I will never leave thee nor forsake thee. If you walk through the waters, you will not drown, for I am with thee. If you go through the fiery furnace, the flames will not kindle upon you, for I am with thee.” ~Joel S Goldsmith*

Isa 43:2 (KJV)

2 When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

“In truth we can never be outside of God’s Realm, but we sure can be distracted into thinking we are... If we find ourselves ‘thinking’ we are separated somehow – STOP, settle down and get ourselves back on track with Reality, realizing Harmony and resting in Oneness.” ~Al Denninger

## The Daily Lesson – May 22, 2017

“The nature of God is *I*. Quietly, humbly realize that that *I* whom you have thought to be you, that *I* whom you have thought to have problems is God. How then can *you* - that *I* - have problems or know limitation? If you believe that God is your Father and my Father, and that that Father is within you, how far can you ever be from guidance, from protection, from supply? When you realize the nature of God to be *I* - from then on, I have no problems.” ~Joel S Goldsmith

Heb 13:5 for (KJV)

5 ...for he hath said, I will never leave thee, nor forsake thee.

Matt 28:20 and (KJV)

20 ...and, lo, I am with you alway, even unto the end of the world. Amen.

“The Lord is my Shepherd, I shall not want.’ With this profound assurance, can you now rest? Peace be still.” ~Al Denninger

## The Daily Lesson – May 23, 2017

“It is not likely that any of us will be faced with the unusual situation of being lost on a desert, but let us never doubt for a moment that at some time or other we shall find ourselves in some kind of a wilderness only to discover that God appears to us as manna from the sky, water from a rock, or the opening of a sea. From Genesis to Revelation, the Bible is the history of your life and of mine. In some degree, whatever happened to Moses will happen to us; whatever happened to Elijah, to Jesus, to John, to Paul, will, in some measure, take place in our experience. We may be in some wilderness only to learn that where we are God is, that the place whereon we stand is holy ground. The voice of the Lord will direct us in the way we should go. We shall not hear this direction if we believe that the voice of God was reserved for Jesus, Isaiah, Elijah, or Moses, two or three thousand years ago. We are able to hear it only if we can accept God as one: God, the universal Father; and God, the Son.” ~Joel S Goldsmith

Jer 23:23,24 (KJV)

23 Am I a God at hand, saith the Lord, and not a God afar off?

24 Can any hide himself in secret places that I shall not see him? saith the Lord. Do not I fill heaven and earth? saith the Lord.

“There is no need to re-establish the Son of the virgin birth – just Recognize His Ever-presence with us Now. He declares, right here, right now, for all who have ears to hear, ‘I will never leave you, or forsake you’. Emmanuel.” ~Al Denninger

## **The Daily Lesson – May 24, 2017**

“All meditation on God is fruitless, unless we realize that what is true of God is true of us as infinite individual being. Only as we establish the infinite nature of God's being as the nature of individual being, do we complete the realization that brings harmony into our experience.” ~Joel S Goldsmith

John 4:23,24 (KJV)

23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

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

“The key in the Spirit of the Word of John 4:23 is: ‘and Now IS’. There was no past Word or will there be a future Word – the Spirit is Now - infinite always-Now - God with us, the Great I Am. He goes before us to illumine the Way. And so, we humbly follow the bright Star, in peace, gratitude and abundance.” ~Al Denninger

## The Daily Lesson – May 25, 2017

“The nature of God is *I*, that *I* which dwells in the midst of us, that *I* which we recognize to be individualized as our own being. This *I* is not the body we see with our eyes; it is not the egotistical ‘I’ which believes that a human being has all power or that a human being is God; but it is that gentle *I* which looks out from the center of our being. The human self-centered ‘I’ must ‘die daily’ that the divine *I* may be born again in us, and our divine relationship be revealed.

God is individual being. God is your being; God is my being; God is the being of every form of life - human, animal, vegetable, mineral. God *is individual being*. God is the law, the life, the soul, the substance of individual being, and, therefore, all that God *is*, I am: ‘all that the Father hath is mine.’ That is beautiful scripture, but it is of no practical value unless we become living embodiments of that principle.

*God is my individual being; God constitutes my being; God is the life, the soul of my being, the spirit. God is the very substance of which my body is formed. God is the only law governing me - not laws of lack or limitation; not laws of food, climate, or digestion; not laws of medical belief or theological belief - God is the only law. God's law is a law of immortality, eternity, and perfection; it is self-maintained and self-sustained.” ~Joel S Goldsmith*

“I die daily – to recognize the ‘I’ that Lives...” ~Al Denninger

## The Daily Lesson – May 26, 2017

“Temptation to believe that we have a being separate and apart from God may come to us in one form or another. The temptation may come when a call for healing reaches us. Our first response may be, ‘Oh, I haven't enough understanding.’ If we are alert to recognize the truth of God as individual being, we shall realize:

*Of course, I haven't enough understanding and I never shall have enough understanding to heal anyone or anything. Health does not come through my understanding. This health must come as the activity of the Christ, not because of my understanding - not because of what I know, or do not know. I am a willing instrument, Father. I am willing to be still; I am willing to let the activity of Thy being be my being and Thy grace the sufficiency unto this individual or this situation. 'I can of mine own self do nothing. . . .' I, the Son, am but the instrument for I, the Father. ~Joel S Goldsmith*

Zech 4:6 saying, Not (KJV)

Not by might, nor by power, but by my spirit, saith the Lord of hosts.

“The Truth is without question, period.

If we saw a mathematical equation that claimed  $2 \times 2 = 5$ , would it do any good to react to it being in error and then try to do something about it, complain and make a fuss? Or, would we just look at it, smile, and know the correct answer of 4 as truth and move on? When a problem appears more complicated, we could react and start a complicated cyphering - but in the end, the Truth is still True.

*I can of mine own self, do nothing... I am seeking only the Kingdom of God – Harmony always shows up in a Way I can understand, appreciate and can rejoice in. Thank you Father... I am at peace.” ~al.within*

## The Daily Lesson – May 27, 2017

“God, alone, is the source and fount of all that is: of all supply, of all health, and of all relationships. If we use our money as if it were being taken from our own storehouse, we shall find our supply reduced by just that much; unless we have recognized that this money does not really belong to us - it belongs to God, because ‘the earth is the Lord's and the fullness thereof.’ All supply is in and of God. When we spend, therefore, let us spend as if it were God's abundance and not ours that we are using. Then we shall find that we do not have less - instead there will be twelve baskets full left over. This was the principle the Master was illustrating when he multiplied the loaves and fishes.” ~Joel S Goldsmith

Luke 9:10-17 (KJV)

10 And the apostles, when they were returned, told him all that they had done. And he took them, and went aside privately into a desert place belonging to the city called Bethsaida.

11 And the people, when they knew it, followed him: and he received them, and spake unto them of the kingdom of God, and healed them that had need of healing.

12 And when the day began to wear away, then came the twelve, and said unto him, Send the multitude away, that they may go into the towns and country round about, and lodge, and get victuals: for we are here in a desert place.

13 But he said unto them, Give ye them to eat. And they said, We have no more but five loaves and two fishes; except we should go and buy meat for all this people.

14 For they were about five thousand men. And he said to his disciples, Make them sit down by fifties in a company.

15 And they did so, and made them all sit down.

16 Then he took the five loaves and the two fishes, and looking up to heaven, he blessed them, and brake, and gave to the disciples to set before the multitude.

17 And they did eat, and were all filled: and there was taken up of fragments that remained to them twelve baskets.

“Be not distracted by appearances. Look up, look up! The Kingdom of Heaven and all of Its abundance is at hand.” ~Al Denninger



## The Daily Lesson – May 28, 2017

“The Bible teaches that the earth is the Lord's and the fullness thereof. Even while we are repeating such words, however, many of us still believe that God's abundance is something separate and apart from us, and that at some point or other there is a transfer action where that which belongs to God becomes ours. This is as ludicrous as thinking that the beautiful flowers growing in our garden belong to us. All nature would laugh at such an idea. God is the source of every flower that blooms in a garden. God is the source of everything. What difference does it make whether the fullness of the Lord blooms as a flower or as a dollar? There is no point of transfer between that which is in God and that which is in us. All that is in God is in us at this very moment, because ‘I and my Father are one’ - God, the Father, the creative Principle, invisible; God, the Son, the visible; and God, the invisible Holy Ghost, the maintaining and sustaining influence.” ~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.

“There is no: all that I have will be thine – or all that I have is thine, if some conditions are met. The fullness of God is here and now, and will always be here and now. Either Omnipresence is or it isn't – it does not have to transfer from God to someone or some place.” ~Al Denninger

## The Daily Lesson – May 29, 2017

“This is the teaching of the Master: to ‘deny thyself’ or to ‘die daily.’ This is the teaching of Paul: to let mortality be dropped so that we may be clothed with immortality and God be revealed in all Its glory as individual being. As long as there is a personal ‘I’ attempting to achieve anything, accomplish anything, get anything; there is a selfhood struggling to maintain itself, separate and apart from God. But it *is* possible to die daily; it *is* possible to deny self, because the only denying of self is a denial that I can of myself be or have anything: that I can of myself be good; that I can of myself be spiritual; that I can of myself have spiritual power; that I can of myself have health; or that I can of myself have wealth. That is the only denying of self there is, and that is dying daily. It is ceasing to try to gain something for ourselves. The lesson itself is easy: Let us not desire to add more fish, bigger fish, or better fish to our nets. Let us deny that we have any need of fish, because all the fish in the sea belong to God, and everything that belongs to God belongs to us. In denying the personal sense of self, we glorify the Self which we really are -- the God-Self. The God-Self is our true being, and the measure of our Selfhood is infinity.” ~Joel S Goldsmith

Luke 9:23 (to 3<sup>rd</sup>,) (KJV)

23 And he said to them all, If any man will come after me, let him deny himself,

“There is One Life and It is God’s. Could there be something of God’s that needs correction? Could we know better? Be still and let God be God... Let Him build your house, your life and let Him supply it.” ~Al Denninger

## The Daily Lesson – May 30, 2017

“In recognizing God as individual being, we are recognizing infinity at the center of our own being, an infinity which we can permit to flow out from us to the world. The very moment, however, that a thought of getting, acquiring, demonstrating, or achieving anything enters our thoughts, we block or prevent this infinity from escaping. When we recognize that we are but the instrument for Its entrance into human consciousness, then, we carry with us the spiritual, holy atmosphere of the allness of God within our very being. Without a trace of egotism, with no desire for personal glory or profit, we realize that anyone, anywhere, who in sincerity comes to us for God's grace, can receive it. God's grace is a sufficiency unto the situation - not our knowledge or possessions. Then in peace and in quietness the flow begins to pour out from us as warmth, as release, as joy. To be able to be still and know that the 'I' of us is God, that that God is our individual being - interior selfhood, internal nature, character, and quality - and that all that God is, is flowing out from us into visible manifestation and expression as us, automatically sets us free.” ~Joel S Goldsmith

II Cor 3:3-5 (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;

“Fill your hearts so full of the Spirit of Love today that it spills over and out into the Universe about you. This expanding atmosphere will be unconditional, unlimited and impersonal. Where this Spiritual atmosphere is there is Liberty to all those within Its embrace.” ~Al Denninger

## The Daily Lesson – May 31, 2017

“When our relationship to God is established, we can travel the world over without purse and without scrip. We can begin each and every day anew with nothing and in a short time find our every need fulfilled. We, humanly, shall not be desiring to acquire or achieve it, but we shall be living the principle:

*God is my individual being. All that the Father is, I am; all that the Father hath is embodied within my consciousness. It does not come to me; I am but the instrument through which it flows to those who are not yet aware of this great truth of their relationship to God.” ~Joel S Goldsmith*

John 15:4-8 (KJV)

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

6 If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

“In Consciousness Abiding,  
I wait and watch and See;  
Light filling up my heart and Soul,  
and coming out through Me.”

~Al Denninger

## The Daily Lesson – June 1, 2017

“Wherever the need is, there is fulfillment. Fulfillment exists in consciousness as the consciousness of individual being, and that consciousness is God. Fulfillment involves a transition in consciousness. It may require days, weeks, or months of meditation before we come to the realization that God is individual being and that the place whereon we stand is holy ground. Never again can there be a need or desire, without its being instantly fulfilled from within, as the fulfillment of consciousness. God is our consciousness; God fulfills Itself, daily and hourly, in every form necessary. The basis of this realization is God as individual being.”  
~Joel S Goldsmith

I Cor 2:12 (KJV)

12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

Rom 12:1,2 (KJV)

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

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.

*“Father, I can of mine own self do nothing... Fill me, that I may know thee aright... Give me to drink, that I will never thirst again... Feed me that I might Live... Thy will be done, Father, not mine... Speak Lord, thy servant heareth, I will follow...” ~al.within*

## The Daily Lesson – June 2, 2017

“Since God is individual consciousness, we can, with faithfulness, persistence, and perseverance, reach the kingdom of God within us and bring it forth into our experience, so that it takes over our entire life. This God-consciousness can fulfill itself only in proportion as we nullify the personal sense of ‘I.’ Going to God without a single desire eliminates the ‘I’ in large measure, because it is only the personal ‘I’ who could have a wish, a desire, or a will. We turn to God to receive a spiritual blessing or benediction, and no one knows what will be the nature of his particular spiritual blessing or benediction. ‘Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. But God hath revealed them unto us by his Spirit.’” ~Joel S Goldsmith

The above quoted passage from I Cor 2:9-10 (KJV) continues as follows:

I Cor 2:11-13 (KJV)

11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

“We cannot manipulate God into our world-being with conditions and thoughts. Seek ye first the Kingdom of God only to be *With*... Practice the Presence... (you can't Practice the Presence while holding on to this-world thoughts) In the Mind of Christ you will find your individual being included in Spiritual Being beyond words and thoughts.” ~Al Denninger

## The Daily Lesson – June 3, 2017

“When the Finger of God touches us, It may place us in a completely different life - if that be Its destiny for us. For each of us there is a destiny; we are not all intended to engage in the same kind of activity:

Now there are diversities of gifts, but the same Spirit. . . .

And there are diversities of operations; but it is the same God which worketh all in all. . . .

For to one is given by the Spirit, the word of wisdom; to another the word of knowledge, by the same Spirit;

To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues;

But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.

For as the body is one, and hath many members, and all the members of that one body, being many, are one body; so also is Christ.

God works as bridge builders, coal miners, teachers, salesmen, lawyers, artists, ministers; and it is God, the infinite Intelligence, at the center of our being, which determines our special form of expression. To know what Its destiny is for us, we must touch this center within us in meditation.” ~Joel S Goldsmith

I Cor 12:4-14 (KJV)

4 Now there are diversities of gifts, but the same Spirit.

5 And there are differences of administrations, but the same Lord.

6 And there are diversities of operations, but it is the same God which worketh all in all.

7 But the manifestation of the Spirit is given to every man to profit withal.

8 For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit;

9 To another faith by the same Spirit; to another the gifts of healing by the same Spirit;

10 To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues:

11 But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.

12 For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ.

13 For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.

14 For the body is not one member, but many.

*“Thank you Father, for Your gifts and Graces, that Led me to Feed Thy sheep. Here we are, One body studying and keeping alive every Word you gave through our Brother Joel. Your Work continues... Our Union is indissolvable. Great Blessings abound every day...” ~Al Denninger*



## The Daily Lesson – June 4, 2017

“The degree of fulfillment experienced is in proportion to the degree of consciousness unfolding. Wherever we are at this moment in life represents the degree of God-life unfolded in conscious expression, and we can change that expression by opening our consciousness for a greater flow. Those who open themselves to God through meditation are at one with the Infinite Invisible. God uses the mind, soul, and body as instruments for Its activity and unfoldment, and the grace of God flowing through them is a benediction to the world:

*‘My grace is sufficient for thee.’ Thy grace is not only my sufficiency, but Thy grace is the sufficiency of all those who come within range of my thought. Father, I am an instrument through which this invisible blessing may appear in the world for those who seek Thee. The kingdom of God is within me, the kingdom of righteousness; it is Thy kingdom and Thy power and Thy grace. Thy grace is a blessing and a benediction to all who are in the world. It is my joy that this blessing - this benediction of God, this grace of God - shall flow equally to friend or foe, near or far, that it shall flow to those of any nationality, race, or faith who lift their hearts to God. It is my joy that all those who honestly lift their thought or voice to God shall find their benediction and blessing through Thy grace which flows through me.” ~Joel S Goldsmith*

Matt 6:10 (KJV)

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

“Truth is within ourselves.

There is an inmost center in us all,  
Where the Truth abides in fullness; and to know  
Rather consists in opening out a way  
Whence the imprisoned splendor may escape  
Than in effecting entry for a light  
Supposed to be without.”

~ Robert Browning

This concludes our study of Chapter 4 of the book “The Art of Meditation”.  
Tomorrow we begin Chapter 5 “The Difficulties”.