

**“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 in my writings.  
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 – November 12, 2017**

**“CHAPTER XV**

**THE BEAUTY OF HOLINESS**

Give unto the Lord the glory due unto his name:

O worship the Lord in the beauty of holiness. PSALMS 96:8, 9

Behold, the heaven and the heaven of heavens is the Lord's thy God, the earth  
also, with all that therein is. DEUTERONOMY 10:14

The heavens declare the glory of God; and the firmament sheweth his  
handywork. PSALMS 19 : 1

Meditation is not an end in itself. That which we are seeking is a conscious  
realization of the presence of God, but in the realization of that Presence, before  
the experience of the full and complete illumination, there may be two of us - God  
and me. We do not want God *and me*: we want God *alone*. That is the final step  
on the spiritual Path.” ~Joel S Goldsmith

“Jesus said, ‘My Kingdom is not of this world – and I and My Father are One’.

I am neither separate nor apart from God.” ~Al Denninger

## **The Daily Lesson – November 13, 2017**

“God is unknown and unknowable to the human senses. One way, however, in which to bridge the immeasurable span between materiality and spirituality is to let thought drift from the cares and problems of the world to God's handiwork. In everyone's surroundings, there is always some object of beauty: a picture, a piece of sculpture, a plant, lake, mountain, or tree. We think of some one of these in meditation, considering the idea of God, the Invisible, expressing Itself through nature or through the mind of an artist or craftsman.” ~Joel S Goldsmith

I Cor 2:16 (KJV)

16 For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

“Every individual Expression of God is created, taught, directed and liberated by Him. I can of mine own self do nothing, the Spirit within doeth the work.” ~Al Denninger

## The Daily Lesson – November 14, 2017

“The presence and the power of the Invisible is that which is made manifest to us as the visible, the one inseparable from the other. Even a little understanding of God enables us to discern, in a measure, God's life, love, and joy embodied in man and the universe. In this understanding, our life and love expand and become more pure, joyous, and free, leading us into a higher dimension of life. We begin to live not so much in the world of effect as in the world of cause, discovering our good in the Cause of all that exists rather than in effect - in things, persons, or places. The more understanding we have of Cause, God, the greater is our enjoyment of all persons and things.” ~Joel S Goldsmith

Ps 100:1-5 (KJV)

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

*“Father,  
Thou art my Life,  
my Purpose,  
my Strength,  
my Abundance,  
and my Song.”  
~al.within*

## **The Daily Lesson – November 15, 2017**

“Only through penetrating the realm of the Invisible, this higher or fourth dimension of life, do we begin to perceive the law of love at work. To enter the fourth dimension, which cannot be comprehended by means of the physical senses, we visualize the invisible forces of nature which operated to bring into manifestation such a form as a plant or flower. With the eyes partially closed, look at a plant; look at its leaves, its buds, its flowers. What miracle of invisible activity has transformed a dry seed, a handful of earth, and a little water into a flower! The invisible life, operating through the moisture in the ground, touched the seed, broke it open, and caused little shoots to take root. This same invisible force drew from the elements of the earth the sustenance necessary to develop these shoots into a root system, which finally appeared above the ground as a plant. What marvel, what wonder, what miracle is this unfolding before our very eyes, unseen, unknown, inexplicable! Only God, the Infinite Invisible, could produce such beauty and grace.” ~Joel S Goldsmith

Rom 13:1 (KJV)

1 Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God.

“All that was made was made, sustained and maintained in Spirit. Stand ye Still and Watch...” ~Al Denninger

## **The Daily Lesson – November 16, 2017**

“All that appears is the form and activity of that which is invisible; the visible is but the appearing in form of that which caused it and gave it life and beauty. Because the form is inseparable and indivisible from its source, even the form is eternal. To recognize and understand the source of the outer symbols of creation is to love and enjoy them more keenly. The activity of nature is not something separate and apart from the plant. The invisible life of the plant takes form as its color, grace, and beauty.” ~Joel S Goldsmith

Luke 17:20 the

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

Gen 1:27 (to;) (KJV)

27 So God created man in his own image [Spiritual Being], in the image of God created he him;

I Cor 8:6 (to 3rd ,) (KJV)

6 But to us there is but one God, the Father, of whom are all things,

“The Kingdom of the Infinite Invisible is the reflection of Its Creator. Its activity is governed by unconditional Love.” ~Al Denninger

## The Daily Lesson – November 17, 2017

“In like manner, the soul, the mind, and the skill of an artist coalesce in a piece of stone or ivory to form a work of art in which the qualities of the artist are inseparable from the figure created. On the table before us is a tiny ivory representation of the Buddha. Let us try to visualize the artist seated before the piece of ivory, which he has painstakingly selected for its beauty and purity of color. Can you imagine how lovingly he fondled this inert mass as its ultimate form began to take shape in his mind? Can you see beyond the man, himself, and discern the beauty of soul, the purity of mind, the divine intelligence which guided and gave skill to his fingers? Remember, he was not merely carving the figure of a man: the Buddha represents enlightenment, a state of divine consciousness, that which the Occident calls the Spirit of God in man, the Christ, or spiritual Son. In the artist's mind is the desire to share with others his conception of this Spirit of God in man. Understanding the sculptor's love for his work arouses in us a deeper appreciation of the subject and the artistry expressed in this figure.

Just as the artist has poured himself out as this little figure or as nature has poured itself out as a beautiful flower; so do we live by the grace of an invisible Presence and Power, which is forever pouring Itself out as creation. In this form of meditation, we not only delight in beautiful sunsets, towering mountains, or starry skies; but seeing them, we see beyond them to the love, the skill, and the integrity of the Invisible, manifest as God's handiwork. The ceaseless activity of divine Love guarantees the continuity of this magnificent creation called man and the universe.” ~Joel S Goldsmith

Ps 24:1 (KJV)

1 The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein.

“The only Creative Force is God Consciousness. We are but a channel, an avenue or an instrument, through It Flows.” ~Al Denninger

## **The Daily Lesson – November 18, 2017**

“Meditation on the activity of God appearing as natural phenomena or as any other form of beauty will teach us to look through man to his divine origin, taking no cognizance of his failures or successes. God has expressed Itself, Its own qualities, as every man, woman, and child. All the forces of the Invisible unite to form the visible expression of intelligence, life love, and joy. This is not discernible through a cursory observation of a person, any more than is the invisible cause of a plant or work of art perceptible to the senses. Only by looking through the appearance to the Invisible is Its essence discerned.” ~Joel S Goldsmith

I Cor 2:14 (KJV)

14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

“Spiritual discernment is seeing through this-world of limited expression directly to the Infinite Presence of God Appearing As...” ~Al Denninger

## The Daily Lesson – November 19, 2017

“In the light of such perception, every individual is recognized as an expression of the infinite divine Being pouring Itself into manifestation. Criticism and condemnation are transformed into a deep love for this universe and its people. With this transformation will come compassion for those who know not their true identity, for those whom we have considered the evil men and women of the world.” ~Joel S Goldsmith

John 8:1-11 (KJV)

1 Jesus went unto the mount of Olives.

2 And early in the morning he came again into the temple, and all the people came unto him; and he sat down, and taught them.

3 And the scribes and Pharisees brought unto him a woman taken in adultery; and when they had set her in the midst,

4 They say unto him, Master, this woman was taken in adultery, in the very act.

5 Now Moses in the law commanded us, that such should be stoned: but what sayest thou?

6 This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with his finger wrote on the ground, as though he heard them not.

7 So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her.

8 And again he stooped down, and wrote on the ground.

9 And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst.

10 When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee?

11 She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.

“Criticism and condemnation are activities taught in this-world. Love and patience are the Activity of Christ Consciousness Expressing Itself – in Oneness to Itself.”

~Al Denninger

## **The Daily Lesson – November 20, 2017**

“Only in the degree that we understand the nature of God can we understand the nature of individual being. In thinking of ourselves, as well as of others, we must catch some glimpse inwardly of the nature and activity of God, the creative Principle, which brought us forth into expression. God has incarnated Itself as the very mind, soul, substance, and life of our being - even the substance of our body. The Word has become flesh as individual you and me.” ~Joel S Goldsmith

Luke 17:21 behold (KJV)

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

“Well, the Kingdom of God is Omnipresent, so then how could the Infinite be within the body at one time, and now not...” ~Al Denninger

## **The Daily Lesson – November 21, 2017**

“Meditation must always have God as its subject and God as its object, because subject and object are one, not two. It should carry us from our three-dimensional life, the visible, to the Invisible, which is known as the fourth dimension. Those who live in a three-dimensional world live only in the world of height, width, and depth; in other words, they live in a world of form, completely separated from the essence of that which appears outwardly as the form. In the fourth dimension, in which God is the cause, substance, and the reality of life, all effect, whether appearing as thing or man, is revealed as but the showing forth of the infinite Being, God.” ~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.

“Christ Consciousness, realized in meditation, lifts us to the Infinite.” ~Al Denninger

## **The Daily Lesson – November 22, 2017**

“All individual being, all individual form, whether animal, vegetable, or mineral, is the invisible God, pouring Itself into expression, embodying Its infinite qualities, nature, and character. All of this earth is the Lord's and the fullness thereof [Ps 24:1]: God appearing as a universe and as man. All of it is immortal; all of it is eternal; all of it is ours. ‘Son, all that I have is thine [Luke 15:31],’ and / am ever with thee. ‘I and my Father are one.[John 10:30]’ How can we be separated from God? ‘Thou seest me, thou seest the Father that sent me [John 12:45].’ Can the love of the artist ever be separated and apart from that which it has created? We see the ivory figure; we see the state of consciousness that evolved it. How can the greatness or grandeur of the invisible life force of nature ever be separate from its form? We see the plant, we see the divine life force which formed it - they are one, inseparable, and indivisible. In the fourth-dimensional world, cause and effect, subject and object are one.” ~Joel S Goldsmith

“And God saw all that was made, and behold it was good. And so it is, the Source can never be separated from its creation. Love is reflected in Love.” ~Al Denninger

## The Daily Lesson – November 23, 2017

“Gradually we go deeper and deeper until we find ourselves centered in God. We are not thinking any more: thoughts are being thought *for* us, ideas are being crystallized *through* us, impartations of the Soul become apparent to our awareness. Then we find God revealing Itself, uttering the Word, which is quick and sharp and more powerful than a two-edged sword: that Word of God which separates the Red Sea when necessary, which produces the cloud by day and the pillar of fire by night - the miracles in our experience. This meditation is a revelation of the Infinite Invisible declaring Itself within our own being.” ~Joel S Goldsmith

Zech 4:6 (KJV)

6 Then he [an angel] 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.

Prov 3:5-7 (to :) (KJV)

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

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

7 Be not wise in thine own eyes:

Matt 6:31-33 (KJV)

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

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

“The Infinite Way is not result oriented. That is what this-world’s mind does...

Surrender, take no thought. Seek Ye the Kingdom of God with only one purpose: to Love Him, to Glorify Him and Commune in His arms... This opens a Way for God to fill us with His Purpose. You see? All that the Father hath is thine; He is the very Source and Activity of Love Loving and you are His heir... Let Him direct your Way.” ~Al Denninger

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

“Meditation is the art of divine appreciation, through which we learn rightly to appraise man, his achievements, and the universe. Our appreciation of the outer forms is increased, because meditation gives us an understanding of the divine Love which produced the form. When we understand the mind and the soul that has produced any form of good, we can better appreciate the good itself. To know the author of a book makes the book more meaningful; to know the composer of a piece of music makes the music more enjoyable. If we could only know God, if we could only taste or touch one drop of God, creation would appear in all its wonder and glory. Meditation develops the insight which carries us from the object to its creative principle, and then, with this new insight, the world is revealed as it really is.” ~Joel S Goldsmith

John 8:32 (KJV)

32 And ye shall know the truth, and the truth shall make you free.

“Be still now, and open and avenue of Awareness.” ~Al Denninger

## **The Daily Lesson – November 25, 2017**

“Through meditation, a new dimension of life will unfold. No longer will we be limited to time or space, to height, width, or depth, because instantly the mind will leap from the three-dimensional form to the fourth dimension, which is its origin, cause, and source. In this higher dimension, we are not dependent on things which do appear, whether it is person, place, or thing: we do not love them too much, hate them, or fear them, because if we look through them, we perceive, in every instance, that the source is God.” ~Joel S Goldsmith

Acts 17:28 (KJV)

28 For in him [the Omnipresent Source and Spirit of all Being] we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.

“The Source of all Being is God. His face is yours, His face is mine, and the face of every one of the infinite number of His expressions, when Seen from Within.”  
~Al Denninger

## **The Daily Lesson – November 26, 2017**

“When we hear the words ‘I will never leave you nor forsake you,’ let us remember the little ivory figure. The love, the artistry, the skill, and the devotion of the artist can never be removed from that figure. So it is with us. That which formed us will never leave us nor forsake us. Its essence is our very being.”  
~Joel S Goldsmith

Heb 13:5 I will (KJV)

5 ...I will never leave thee, nor forsake thee.

Luke 17:21 (KJV)

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

“The I that I am can never leave you, It is built right in.” ~Al Denninger

## The Daily Lesson – November 27, 2017

“Meditation on God's handiwork is one way of bringing the Soul-faculties into active expression and of understanding the higher wisdom. We must learn to look not only at sunsets, gardens, or any beautiful appearance, but to look beyond them and catch a glimpse of that which brought them into expression. Then we shall always have permanent forms of beauty and permanent forms of harmony, because we shall have that perfect divine Essence which is ever forming Itself anew. If we try to see perfection in the form, we lose it. Material sense sees the form and enjoys it; spiritual sense sees the underlying substance and reality of the form. The form, then, is always perfect, complete, and whole.” ~Joel S Goldsmith

Prov 3:6 (to ,) (KJV)

6 In all thy ways acknowledge him,

“Close your eyes with me now, and meditate on God as the Source and substance of all form...

Ok, now open your eyes and your Soul and See God's Creation the same way. You see? Nothing is added or missing.” ~Al Denninger

## **The Daily Lesson – November 28, 2017**

“The object of our work is to elevate ourselves to that divine apprehension where we see God appearing in all of God's glory - not in man's glory, but God's glory as the glory of man - showing forth the infinite perfection of God's handiwork. We are lifted into a state of divine illumination in which we behold God's world already perfect and complete, God manifesting Itself in all Its glory. ‘The heavens declare the glory of God,’ and the earth showeth forth His handiwork. And now ‘my meditation of him is sweet, and I am glad in the Lord.’” ~Joel S Goldsmith

Ps 104:33,34 (KJV)

33 I will sing unto the Lord as long as I live: I will sing praise to my God while I have my being.

34 My meditation of him shall be sweet: I will be glad in the Lord.

“Join with me in Singing.” ~Al Denninger

This concludes our study of Chapter 15 of the book “The Art of Meditation”.  
Tomorrow we begin Chapter 16, entitled “The Fruits”.