

“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 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 29, 2017

“PART THREE

MEDITATION:

THE FRUITS

CHAPTER XVI

THE FRUIT OF THE SPIRIT

“In the life of every seeker after God there comes a time when he feels the Presence and becomes aware, in one way or another, of an actual transcendental Presence and Power. Then he will have done with reading books about the God-experience or with hearing people talk about it. We do not know in what form that experience will come to us. To each one it comes in a different way, but this much is certain: When it comes, and the Spirit of the Lord is a realized Presence, ‘there is liberty’ - a liberty and a freedom from the thoughts and things of this world, its fears, doubts, cares, and problems. The very moment that the Spirit of the Lord touches a person, he is transformed. He begins to understand the meaning of rebirth or of being ‘born again.’ He senses a difference within himself and he knows that he is not the same person he was yesterday or last week. The degree of the transformation may not at once be apparent in the visible realm, but, bit by bit, it becomes evident to the outer world.” ~Joel S Goldsmith

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.

“There will be a moment in time, when each of us will give over his Life to God, to be of service as His Instrument.

Thank you Father, Thy will be done, in earth as it is in Heaven...” ~al.within

The Daily Lesson – November 30, 2017

“Sometimes in the very beginning it may become evident in negative appearances. Loss often precedes gain: ‘He that findeth his life, shall lose it: and he that loseth his life for my sake, shall find it.’ The present sense of life must be sacrificed that the spiritual sense of life may be gained. Before the full and complete realization of this new life has taken place, the breaking up of the old forms may appear as a problem of some sort, either economic, emotional, or physical. There is the sense of losing something, giving up or sacrificing something. Actually, this is not true. Once the Spirit of the Lord has really touched a person, he is not disturbed or affected by outer appearances, because he recognizes them as part of a transitional experience.” ~Joel S Goldsmith

Matt 10:39 (KJV)

39 He that findeth his life shall lose it: and he that loseth his life for my sake shall find it.

“He that findeth his Infinite Spiritual Life shall lose his sense of being without it. To lose un-consciousness is to be Conscious. Hardly a loss, right? We give up nothing but thought, and gain Awareness.” ~Al Denninger

The Daily Lesson – December 1, 2017

“The early Christian martyrs who turned from the pagan gods to the one God did not think in terms of a human sense of life. The persecution they were forced to endure was as nothing in comparison with the fulfillment of their spiritual mission. To the onlooker, it did not make sense that righteous men should be stoned, thrown to the lions, or burned at the stake. From the human point of view this never will make sense; but when the Spirit of the Lord has touched one, he understands that in reality nothing is being given up, lost, or sacrificed. It is martyrdom only to those who do not understand. To the spiritually illumined, it is the fulfillment of their spiritual destiny and experience, and that which is gained more than compensates for that which the world considers lost.” ~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.

“There is nothing lost or lacking, if so be the Spirit dwell in you.” ~Al Denninger

The Daily Lesson – December 2, 2017

“Today, the attitude of the man of the world is similar to that of the pagans of nineteen centuries ago. He views with amazement and distrust anyone who deliberately chooses to devote his time and money to the development of his spiritual nature rather than to the pursuit of pleasure, fame, and fortune - the gods of this world. Such a choice, in the eyes of the materialist, parallels the sacrifice of the Christian martyrs; but to a person who has even glimpsed the nature of the spiritual path, and more especially, to one who has experienced the Christ, what is gained more than compensates for that which has been given up.” ~Joel S Goldsmith

John 16:7 (to 2nd ;) (KJV)

7 Nevertheless I tell you the truth; It is expedient for you that I [personal self] go away: for if I go not away, the Comforter will not come unto you;

“The personal sense of man, and his delusion with his own self-sourced power, is dissolved in the Presence of the Comforter.” ~Al Denninger

The Daily Lesson – December 3, 2017

“In this life it is all highlands and lowlands - all mountains and valleys. Some days we look out on the world from the top of a pretty little hill, and all the world is gentle and kind; but before we know it, we have slid down into the valley. There are other days when we are way up on top of the highest mountain, only to find ourselves the following day giving way to discouragement and despair. These periods have no particular significance and are of no real importance; they are part of the rhythmic cycle of human life. The valley experiences are but a preparation for the mountain experience. There is always a valley between two mountains; one cannot ascend the next mountain without first passing through the valley lying between. In biblical terms, no man can find his life until he loses it. It is in the valley that he casts off the burden of the human self with its desires, wants, and wishes. Thus unencumbered, he is free to climb the next higher mountain. As the journey continues, the mountain experiences will be of longer duration and the valley experiences shorter. This will go on year after year, until a point of transition is reached when the heights remain his permanent dwelling place.”

~Joel S Goldsmith

Ps 23:4 (to ;) (KJV)

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil:
for thou art with me;

“Whether you find yourself high or low, take off thy shoes, for you have never left Holy Ground.

In other words – remove your mind-created concepts of protection, and walk with Christ.” ~Al Denninger

The Daily Lesson – December 4, 2017

“Today can be that day of transition for us. If we remember this day as the time when we made the decision to forget ‘those things which are behind, and [to reach] for those things which are before, [to] press toward the mark for the prize of the high calling of God in Christ Jesus,’ a year from now we shall have to admit that a transformation of our life is in progress. The human sense of life will never again touch us so deeply: we shall never again be able to hate or to love quite so intensely as before; we shall neither grieve nor rejoice with the same intensity of human emotion. The depth of our vision will continue to bring forth greater and greater spiritual light, wisdom, and guidance, so that every day will be a day of deeper discernment, a day of greater living in the atmosphere of God than the preceding day. This work will serve as a foundation on which we may build the temple of our body and home, the temple of our individual experience - a temple not made with hands, eternal in the heavens.” ~Joel S Goldsmith

Phil 3:13-15 (KJV)

13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

15 Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you.

“The depth of our vision is His... Look up!” ~Al Denninger

The Daily Lesson – December 5, 2017

“In this work we are at that place in consciousness where the Christ must be experienced. For years we have talked and heard about the beauty of the Christ, the power of the Christ, and the healing influence of the Christ - that Spirit of the Lord within us. Many of us also have been blessed through some other person's attainment of this Spirit of God. Now the time has come when we should no longer depend upon talk or upon the illumination of some other person. We must have the experience for ourselves, so that we can be in this world but not of it, walk up and down this world and yet not be a part of it, walk in and out of the discords and inharmonies, as well as the pleasures and harmonies of this world, and through it all maintain our spiritual integrity. We lose all sense of having to *do* something, or having to *know* something, or having to *understand* something. There is a relaxing of personal responsibility, and we rest in stillness and in quietness in the realization that where the Spirit of the Lord is, there is liberty. Let us be beholders, watching God at work in His universe, recognizing a transcendental Being as It performs Its work through our consciousness.” ~Joel S Goldsmith

Ps 23:2 (to :) (KJV)

2 He maketh me [every individual expression of God] to lie down in green pastures:

Isa 30:15 (to :) (KJV)

15 For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength:

Ps 46:10 (to :) (KJV)

10 Be still, and know that I am God:

“Be still and watch God Place you in and about His Garden.” ~Al Denninger

The Daily Lesson – December 6, 2017

“Some people have had an experience of God, but no outer transformation resulted. They have merely lived in the memory of it, because they did not know what it meant, how it had been attained, or how to maintain it. However, a student who has devoted his life to the study of spiritual wisdom and the practice of meditation finds that when the God-experience does come, he is not bewildered, because he understands its meaning. Although he accepts it with joy as an evidence of grace, he knows that it has been attained by the expenditure of much time and effort. Therefore, he does not live in outworn memories, because as receptivity increases through continued meditation, the God-experience will become more frequent, until the day comes when it can be attained at will.” ~Joel S Goldsmith

Rom 12:2 be ye (KJV)

2 ...be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

John 15:4

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.

John 6:45 (to .)

45 It is written in the prophets, And they shall be all taught of God.

“Practice Abiding without ceasing -

I Abide in you without ceasing...

Be patient, be steady -

I Am. I stand at the door to your Consciousness and knock - waiting for you to say, ‘come in’”.

~al.within

The Daily Lesson – December 7, 2017

“This spiritual Presence and Power, this Christ, which takes over the functions of life for us, is invisible, but none the less real for all its invisibility. It takes over the functions of the body, so that it becomes unnecessary to take thought for bodily activities. The Spirit within, the Christ, performeth that which is given us or our body to do. Gradually, as the Christ lives our life, the awareness of a physical body or of bodily activities as such is eliminated. Were it necessary to take thought to direct the circulation of the blood or the digestive tract, we would then be living by human means rather than by every word that proceedeth out of the mouth of God. No, the functioning of the body, without the need or help of any thought-taking, in fact, without any concrete knowledge of the operation of a blood stream or digestive system, is a direct evidence of Christ in action.” ~Joel S Goldsmith

Matt 4:3,4 (KJV)

3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

“Human thought enables distractions. Our Life is God’s to Direct.” ~Al Denninger

The Daily Lesson – December 8, 2017

“Health is of God, and in that recognition there is not my health or your health. If we accept this literally, we shall see miracles happen. Good is not personal, whether it is health or wealth. Health is really a quality and an activity of God, the essence and substance of God. To speak of ‘my’ health and ‘your’ health would indicate that there are degrees of health, good health and bad health. In the spiritual way of life this cannot be; it is an utter impossibility: there is only one health and that is God.” ~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.

“All that God Has is thine. His health and His Spirit are within you. You are His Expression, individually manifest.” ~Al Denninger

The Daily Lesson – December 9, 2017

“With God as health - and God ‘is the health of my countenance’ - health is infinite, not because it is our health, but because it is God's health. Once we learn to give up the sense of personal possession as indicated by the words ‘I,’ ‘me,’ ‘mine,’ we begin to find the real meaning of spiritual living - universal, impersonal, harmonious living. God expresses Its harmony through our being. Every phase of harmony, whether it is goodness or good health, is a quality, an activity, and a law of God. When we recognize God as the essence of all good, we become instruments for the expression of a universal sense of good.” ~Joel S Goldsmith

John 15:5 (KJV)

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.

“Anything of a personal nature suggests separate individual beings. There is no separate I or ye or me – there is only impersonal Oneness. There is one omnipresent Good expressed and Abiding As. There is one Source, one Being, one Life, and It is harmonious and complete.” ~Al Denninger

The Daily Lesson – December 10, 2017

“With the spiritual sense of health comes the discovery that health is not dependent on digestion, on elimination, or on the functioning of any organ of the body. Health is dependent on God alone; it is a quality and an activity of God. Whatever is necessary in the government of the body is performed as an activity of God. Let us remember this in connection with the very food we eat: ‘The food that I eat has no nourishing value, no substance, no power to sustain or maintain life; but *I*, the Soul of me, the consciousness of me, impart to it, its substance, its value, and its nourishment.’ If we make that a conscious realization, we shall find that food will have an entirely different effect upon our bodies than it has had heretofore. ‘He performeth that which is given me to do,’ and, therefore, the activity of the body is performed by that *He* that is within us. We do not have to take thought about it. He performeth it. He perfecteth that which concerneth us. Let us be beholders of God appearing as our health, our wealth, our strength, and our life.” ~Joel S Goldsmith

Job 23:14 (to :) (KJV)

14 For he performeth the thing that is appointed for me:

Ps 138:8 (to :) (KJV)

8 The Lord will perfect that which concerneth me:

“I can of mine own self do nothing...”

Be still, rest back and Watch as God opens the Way for His Life to be fulfilled. It takes no thought, no effort - only the Activity of Love Loving.” ~Al Denninger

The Daily Lesson – December 11, 2017

“So it is with every phase of our human experience. If there is a sense of rightness about life - if the right words are spoken at the right time, if the right acts are performed at the right time, if harmony prevails in our experience - then, we feel, we see, we recognize that every phase of that experience is a direct result of the activity of the Christ. We do not do it; we do not take thought: It, the Christ, does it all, even before we have any awareness of what is transpiring. It, the Christ, is the activity of the body, of the purse, and of our relationships with one another. The Presence goes before us to make the crooked places straight and to prepare a place for us. The Presence does everything for us, and we live on this plane of existence as witnesses - beholders.” ~Joel S Goldsmith

Rom 8:9 (to .) (KJV)

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

“All things are done through Christ. So...Dwell in Him and Watch harmony prevail.” ~Al Denninger

The Daily Lesson – December 12, 2017

“There are innumerable biblical passages which reveal the importance of ‘waiting on the Lord,’ of being a beholder of life. This does not mean sitting idly by doing nothing. On the contrary, the more one waits on the Lord, the more is one a beholder of God working in him, through him, and as him, and the more active does he become.” ~Joel S Goldsmith

Isa 40:31 (KJV)

31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

I John 3:2 (to ;) (KJV)

2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him;

Phil 4:13 (KJV)

13 I can do all things through Christ which strengtheneth me.

“There is a moment in time when seeking comfort isn’t important anymore and We become The Comforter.” ~Al Denninger

The Daily Lesson – December 13, 2017

“If we are beholders, we do those things which require our attention and which lie nearest at hand. If we have a household to take care of, we take care of it; if we are entrusted with a business to manage, we manage it; if we have calls to make, we make them; but while we are engaging in these activities, it is with the attitude: ‘I wait on the Lord; I behold what the Father gives me to do.’ Always we hold ourselves in such a state of receptivity that we are ready and willing, at a moment's notice, to change any plans we may have made in order to follow the divine plan.” ~Joel S Goldsmith

Isa 26:3 (to :) (KJV)

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

“Remain focused on the Father’s Business as you live your life and you will observe your activities Included in His Harmony.” ~Al Denninger

The Daily Lesson – December 14, 2017

“There are duties to be performed and obligations to be met every day of our lives. That which is given us to do must be performed; but in being a beholder, we discover that there is a divine direction, a divine power which guides us. This is the state of consciousness achieved by Paul: ‘I live, yet not I, Christ liveth in me.’ It is as if the man Paul were stepping to one side saying: ‘The Christ is on the field; the Christ is acting in me, through me, and as me. Christ lives my life for me.’ That is the attitude that we maintain as a beholder, almost as if we were saying: ‘I am not really living my life at all. I am watching the Father live Its life through me.’” ~Joel S Goldsmith

Gal 2:20 nevertheless (to 2nd :) (KJV)

20 ...nevertheless I live; yet not I, but Christ liveth in me:

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.

“Father, I can of mine own self, do nothing. The more I let You take over my business, the more I realize that is was never my business in the first place...It was Yours.” ~al.within

The Daily Lesson – December 15, 2017

“This is the ideal way of living; this is the spiritual way of life, the way in which we meet with the fewest obstacles, the least opposition, the smallest number of misunderstandings. There is always a Presence, the Infinite Invisible, which goes before us to make the crooked places straight, and to make every detail of our experience perfect. It is only when ‘I’ do things, say things, and think things that the outcome may be wrong. Our entire experience of frustration comes from our reluctance to wait long enough for It to take over.” ~Joel S Goldsmith

Matt 6:33 (KJV)

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

“We must practice, persist and practice some more until it becomes our natural way of being - to continually hold ourselves in an attitude of willingness to watch, listen and wait upon the Lord. And then act according to His will.” ~Al Denninger

The Daily Lesson – December 16, 2017

“Most of us are unwilling to wait until the moment in which a decision is necessary; we insist on knowing the answer in advance, the day before, the week before, or the month before. We want to know what is around the corner; we want to know today what is going to happen next week or next month, and even what decision should be made for next year, instead of waiting until the actual moment when the decision is required, and then letting God put the words in our mouth and reveal what action should be taken. Day by day the manna falls; day by day the wisdom, guidance, and direction necessary for that day are given to us. God does not often advise us a week in advance; we receive the direction as we need it. We have acquired the habit of impatience and the result is that instead of waiting for God's decision to be made manifest, we let fear creep in and then, afraid of the possibly unfortunate effects of indecision, rush in and act on the basis of our own best human judgment.”

Luke 12:32 (KJV)

32 Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

“The Good Shepherd always provides for the sustenance and security of His flock. We must learn to trust His Righteous judgment above our fears and reasoning. If we seem to step outside His Realm for a moment, that doesn't mean He is not, or was not Present.

Speak Lord, thy servant heareth. Lead me Father, I will follow...” ~al.within

The Daily Lesson – December 17, 2017

“In spiritual living we do not depend upon our correct human evaluation of situations. Regardless of how good our judgment may seem to be, we turn from it to the Father: ‘Father, show me when to move; show me whether or not to take the next step and when to take it.’ With patience and with practice, we develop the consciousness of a beholder, of waiting on the Lord, which leads us to the miracle of life, in which we discover, not only that there is a God, but that It has become the governing factor in our life: It has taken over our experience. We have prevented the activity and operation of God in our affairs by not waiting, by not being a beholder, by not sitting, as it were, a little to one side of ourselves until we feel that the Father is taking over. If only we could do that, we would find the miracle of a divine Presence going before us to make all things new. When we make a decision, very often we find insurmountable obstacles in the way; but when *God* makes the decision, God goes before us and removes every obstacle. Everything necessary to facilitate the undertaking is provided.” ~Joel S Goldsmith

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.

“Learn to trust,
learn to let.
Learn to Watch,
and Son-shine get.”
~Al Denninger

The Daily Lesson – December 18, 2017

“Let us make a daily practice of being a beholder:

Father, this is Your day, the day You have made. I will be glad and rejoice in it. Reveal to me the work of this day; show me Thy decisions, not mine, but Thine. Let Thy will alone be the motivating and activating principle of my life.” ~Joel S Goldsmith

Prov 3:5,6 (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.

*“Thy will be done, Father, in earth as it is in Heaven...
Speak Lord, thy servant heareth... ..” al.within*

The Daily Lesson – December 19, 2017

“Let us be willing to wait until the very second before a decision must be made; even if it is a minute later than necessary, we wait and wait. Let us be patient, very patient. It will come, and once we have had this experience, we shall have witnessed the miracle of watching God operating in our affairs. When this awareness has become an actual experience, we shall never again know what it is to be without a consciousness of God's government, because we shall have discovered that God does respond, that God does take over. In the 23rd Psalm we read that we are to dwell in the house of the Lord all the days of our life, *all* days: forever and forever I will dwell in this recognition of God's wisdom, and God's government. Once we have had the distinct feeling of being led by God, of Christ impelling us to act, we shall never again be satisfied to make a decision without recourse to spiritual guidance.” ~Joel S Goldsmith

Ps 25:4,5 (KJV)

4 Shew me thy ways, O Lord; teach me thy paths.

5 Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.

“You are Included in Omnipresence, therefore, you are an individual Expression of His Activity. Be steady and let the Consciousness of Christ flow through you today.” ~Al Denninger

The Daily Lesson – December 20, 2017

“Many successful people testify to the importance of periods of quiet in which to draw on their inner resources for inspiration and direction. They have discovered that ordering their day, so as to permit short but frequent intervals of rest and relaxation from the cares of the world, releases them from a sense of pressure, refills their reservoirs, and they go forward with renewed vigor and interest. There is a limit to what the human mind and body can accomplish in twenty-four hours. The person on the spiritual path, however, who has learned to open himself to the activity of the Christ through meditation, knows no limitation. There is no limit to what *the Christ* can perform through a human being in twenty-four hours. The Christ does not measure Its activity in terms of individual capacity. It operates through Its capacity, for which we are but the instruments.” ~Joel S Goldsmith

Ps 37:7 (to :) (KJV)

7 Rest in the Lord, and wait patiently for him:

Phil 4:13 (KJV)

13 I can do all things through Christ which strengtheneth me.

Job 23:14 (to :) (KJV)

14 For he performeth the thing that is appointed for me:

“Be patient. Be steady. And Let the Infinite Way Flow in, through and out...” ~Al Denninger

The Daily Lesson – December 21, 2017

“There is nothing which cannot be brought forth from the depths of our own inner being, because God is the mind of individual man. Everyone has the full capacity of the Godhead, and in proportion to the stillness and quietness of the thinking, reasoning mind does infinity flow through into expression. Both mind and body are instruments of God. Just as we use the arm and hand for writing, so does God use our minds and bodies for making Itself visible and tangible in human experience. As God reveals to us Its harmony, the mind and body serve as instruments to bring God's harmony into visible form and expression. Any inspiration received from God carries with it fulfillment. For example, if an inventor realizes that his work is the activity of God, all that is necessary for the fulfillment of the idea embodied in his invention will be available - the financing, the advertising, the buying, and the selling. This is true of any God-created idea. The source of its inspiration is the same activity which brings it to its full fruition.”
~Joel S Goldsmith

I Cor 2:16 But (KJV)

16 ...But we have the mind of Christ.

“When we Dwell in Christ Consciousness, we are Included in the Kingdom of God and His Omniscience, therefore we have access to everything we need to know for the fulfillment of harmony.” ~Al Denninger

The Daily Lesson – December 22, 2017

“Nobody could earnestly follow for any length of time the instruction in meditation as set forth in this book without noticing a change of a radical spiritual nature. From the moment that there is a turning away from material reliances to an invisible, humanly unknown way of life, it is inevitable that this change will follow. ‘The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.’ Such fruit does not come to those who have not yet learned to value the Christ - Its presence, power, and jurisdiction. Years of consecration and devotion in which one has, in some measure, left all for Christ must precede the harvesting of this fruit. But when that time comes we shall never again be alone. We shall never again fear. We may go through the valley of the shadow of death, but even there the Presence is with us. We rest in the center of our being while the storms pass overhead. We are beholders of God, guiding, maintaining, and sustaining Its own, God fulfilling Itself as individual being. Then we ‘see Him as He is’ and God appears as the wholeness, the abundance, the harmony, the peace, and the joy of our experience.” ~Joel S Goldsmith

Gal 5:22,23

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

I John 3:2 (KJV)

2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.

Gal 5:25

25 If we live in the Spirit, let us also walk in the Spirit.

“Walk with me, dear friend, along the Way.

We step aside, we watch and wait.

We stop, and listen for The Voice.

And so it is, the Father Speaks, and points us to the Light.

Thy Kingdom come, Thy will be done,

On earth this very day.

The Way is clear, there is no fear,

We See Him Face to Face.”

~Al Denninger

This concludes our study of Chapter 16 of the book “The Art of Meditation”.

Tomorrow we begin Chapter 17, entitled “Illumination, Communion and Union”.