

“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 – October 26, 2017

“CHAPTER XIV

THE TABERNACLE OF GOD

How amiable are thy tabernacles, O Lord of hosts. . . . My soul longeth, yea,
even fainteth for the courts of the Lord: my heart and my flesh crieth out for the
living God. PSALMS 84:1-2

One thing have I desired of the Lord, that will I seek after; that I may dwell in
the house of the Lord all the days of my life to behold the beauty of the Lord, and
to enquire in his temple. PSALMS 27:4

Lord, who shall abide in thy tabernacle? who shall dwell in thy holy hill? . . . He
that hath clean hands, and a pure heart. PSALMS 15:1; 24:4

People of every faith have had their holy place of worship - a temple, mosque, or
church - where the earnest seeker could tabernacle with his God. The structure,
itself, and the objects of devotion within the sanctuary were all designed to lead
the Soul to God; but, in reality, meeting God face to face is not dependent upon
worship in a particular place or upon adherence to a prescribed ritual. The rites
practiced are but the outer symbols of an inner search for God, and each symbol
has its own deep meaning and significance. An illustration of this search for God,
and one replete with symbology, is the worship in the tabernacle of the Lord as
described in minutest detail in the Old Testament.” ~Joel S Goldsmith

John 1:17 (KJV)

17 For the law was given by Moses, but grace and truth came by Jesus Christ.

“The Old Promise is a wonderful rule and guide for building and maintaining the
foundation; The New Promise floods the structure of Truth and Love with Light.”
~Al Denninger

The Daily Lesson – October 27, 2017

'The Hebrew temple or tabernacle was in the shape of a parallelogram, with its sides facing north and south, and its ends east and west. It consisted of three parts: the outer court; the holy place; and the Holy of Holies.

The court was open to all for worship. In this outer courtyard was found a burning brazier, which was a great brazen altar, located near the entrance, into which offerings, voluntarily brought by the people, were burned. Between the brazier and the door of the temple stood a laver, constructed of brass, where the priests of the temple washed their hands and feet, preparatory to offering sacrifices or before entering the temple." ~Joel S Goldsmith

Ps 51:10 (KJV)

10 Create in me a clean heart, O God; and renew a right spirit within me.

II Tim 2:21 (KJV)

21 If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work.

"A vessel must first be emptied and cleansed before it can be Filled and be of Service." ~Al

The Daily Lesson – October 28, 2017

“The holy place was accessible only to the priests. On the north side of it stood a wooden table. This was the table of shewbread on which lay twelve loaves of unleavened bread divided into two separate piles. This bread was indicative of God’s abundance and grace, and every week a fresh supply was laid upon the table. The word ‘shewbread’ means ‘bread of the Presence’ and is interpreted by some biblical scholars as being symbolic of the presence of God. On the opposite side of the temple, across from the table of shewbread, stood the golden candelabra, a metal shaft with three branches on each side bulging into almond-shaped bowls, which formed receptacles for seven lamps. In these lamps olive oil burned continuously. Near the entrance to the Holy of Holies, and similar in construction to the brazen altar in the courtyard, was a golden altar in which incense, consecrated for this purpose, was burned by the high priest both morning and evening.” ~Joel S Goldsmith

John 6:35 (KJV)

35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

Isa 60:1 (KJV)

1 Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.

“The Bread of Presence represents Omnipresence. The seven Lamps represent Omniscience. Arise and Shine.” ~Al Denninger

The Daily Lesson – October 29, 2017

“The most sacred spot in the whole tabernacle was the Holy of Holies, located just beyond the holy place. In this enclosure symbols of the greatest value and significance to the ritual were deposited, and only once a year were the priests allowed to enter its sacred precincts. Here reposed the ark of the covenant, a chest of acacia wood, overlaid with gold. Here, it was believed, the very presence of God could be found; but only those with clean hands and a pure heart could find their way to this Presence.” ~Joel S Goldsmith

Matt 5:8 (KJV)

8 Blessed are the pure in heart: for they shall see God.

“The Awareness of God Consciousness is not possible when we are distracted.”
~Al Denninger

The Daily Lesson – October 30, 2017

“Now, through meditation, let us attempt to understand the spiritual significance of the symbolism of this temple worship. We begin in the courtyard. At the brazen altar, which greeted all those who entered, the worshipers delivered up their sacrifice. In those early days, the sacrifice usually consisted of consigning to the flames some material object of intrinsic value, thereby proving the sincerity of one's devotion and the willingness to give up all in order to reach God. The seeker had to rid himself of whatever it was that acted as a barrier to his communion with God and be willing to throw into the burning fire all those things which would impede his progress. This practice symbolized the sacrifice of personal sense, because no one can approach the presence of God without first giving up his faith and trust in human dependencies.” ~Joel S Goldsmith

James 4:7 (to .) (KJV)

7 Submit yourselves therefore to God.

“Father, I can of mine own self do nothing... Why? Because my life is really Yours to direct... I surrender all that I have, that I may be of service... Thy Will be done... Speak Lord, thy servant heareth... ..” ~al.within

The Daily Lesson – October 31, 2017

“Some of us may never enter a temple, church, or a holy place of any kind; but nevertheless, if we truly desire to reach God, there is a sacrifice which is required of all of us. And what is the sacrifice demanded of us in this modern world, if we are to reach the Holy of Holies? What is the barrier confronting us? What is obstructing our progress? Is it not above all the age-old practice of worshiping other gods, forgetting the first commandment, ‘Thou shalt have no other gods before me’?”

The gods we worship today are not graven images as of old. No; instead, fame, fortune, and position are idolized. We are continually looking to someone or something for satisfaction, expecting love and gratitude from people rather than looking to God as the source; or we are believing that our supply is dependent upon investments, bank accounts, and employment. This dependence on human means - *this* is the sacrifice required of us, one which is not offered in public, but which is delivered up in the sanctity and secrecy of our own being.” ~Joel S Goldsmith

Ps 37:3 (KJV)

3 Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.

“There is really only one sin - one distraction. It appears to show up in many forms, but they are all based on the same reasoning, and always start with the idea that we are somehow separate and apart from God.

The question that comes up is always the same: Who do you trust?

The answer is always the same: Trust the Lord thy God, with all thy heart, Soul, mind and strength. There will be no distraction.

Are you willing to give up man-made concepts for the Truth?” ~Al Denninger

The Daily Lesson – November 1, 2017

“We cannot come into the presence of God weighted down by our burdens. Even the desire to influence God to intercede in our human affairs must be abandoned. Remember, the ark of the covenant – God - is at the far end of the temple; but before God can be reached, every barrier must be removed. So we begin to make the sacrifice by figuratively casting into the burning brazier all worldly dependencies. We must give up our mortal and material sense of wealth and of health; and yet we do not renounce these. On the contrary, as these human concepts are relinquished in a complete dependence on God, they may be present in ever-increasing abundance and harmony.” ~Joel S Goldsmith

John 3:30 (KJV)

30 He must increase, but I must decrease.

Ps 23:1 (KJV)

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

“If so be I dwell in the Spirit and the Spirit dwells in me, then am I Included in Its abundance.” ~Al Denninger

The Daily Lesson – November 2, 2017

“Let us not misunderstand the nature of the sacrifice. We are not required to give away or to throw away our personal possessions; it is the belief that material wealth constitutes supply which must be sacrificed. Unless this belief is discarded, we cannot come into the realization of our self-completeness in God, in which supply is already established in us from everlasting to everlasting. Lack and limitation are experienced only in proportion to the acceptance of the materialistic concept that money is synonymous with supply or that money is the source of supply. The reverse is true: supply is the source of money; supply is the substance of which money is formed. Supply is the consciousness of truth, the consciousness of our relationship to God. Once this relationship, this awareness of true identity, becomes a reality and an integral part of our consciousness, never again will we suffer lack or limitation, because this understanding is the substance of our supply.” ~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.

“God Consciousness is fabric of Life – abundant, harmonious and everlasting.”
~Al Denninger

The Daily Lesson – November 3, 2017

“The same spiritual wisdom or understanding which forms the substance of our supply also is the substance of our health. The commonly accepted view of health is that of a heart beating normally, a liver secreting the proper amount of bile, lungs inhaling and exhaling rhythmically, a digestive tract assimilating and eliminating satisfactorily, and various other organs and parts of the body performing their natural functions. This concept, that healthy organs and functions constitute health, must be sacrificed. Health is the realization of God as the source of all activity and the substance of all form, of God as the law unto Its creation. This spiritual wisdom will appear as health.” ~Joel S Goldsmith

John 1:3,4 (KJV)

3 All things were made by him; and without him was not any thing made that was made.

4 In him was life; and the life was the light of men.

“Would a child of God ever be left lacking for anything? God is the Life of all form.” ~Al Denninger

The Daily Lesson – November 4, 2017

“The material concepts of health and of wealth are but two among many erroneous concepts which must be sacrificed. Let us begin where we are this moment in consciousness. In our innermost minds and hearts, we, ourselves, know what we are entertaining of a mortal, material, limited, or finite nature, whether it be of wealth, health, friends, family, social position, power, or fame. We give up our human concepts to accept in exchange a higher spiritual sense of being; we sacrifice the worthless to receive that which is divinely real. Those who have sought God for their own purpose have missed the way: God can be attained only by a complete surrender of every desire, except the desire to bask in His love and grace. In this meditation we begin to make the sacrifice:

I surrender; I surrender every material obstacle, every mortal and human obstacle, everything that stands between me and God. In Thy Presence is fullness of life. I surrender every desire that I have ever had. I surrender every desire but one: all that I seek is Thee. Let me be in Thy Presence. Thy grace is sufficient for me - not Thy grace and health or wealth, but Thy grace alone. I surrender the desire for person, place, thing, circumstance, or condition - even my hope of heaven. I surrender every desire for recognition, for reward, for gratitude, for love, for understanding. I am satisfied with Thy grace. If only I can sit here and hold Thy hand, I will never ask even for tomorrow's breakfast; I will fast the rest of my days. Just let me hold Thy hand and I shall never hunger; I shall never thirst. Only let me hold Thy hand; let me be in Thy Presence.” ~Joel S Goldsmith

Matt 4:1-4 (KJV)

- 1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil [distracted from the Truth].
- 2 And when he had fasted forty days and forty nights, he was afterward an hungered.
- 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.

“Do the baubles of this-world make us truly happy, successful or healthy? We can be so focused on getting, achieving, surviving and even helping others in this-world that we lose sight of the big picture [Omnipresence, Omniscience and Omnipotence]. Seek ye only the Kingdom of God and His Righteousness.

Thy Grace is my sufficiency.” ~Al Denninger

The Daily Lesson – November 5, 2017

“Having divested ourselves of human and material dependencies by throwing them into the burning brazier, we are ready for the next step. A short distance beyond the smoldering fire stands a large round receptacle filled with water. This is the laver or bath, where is performed the rite of purification. Here the worshiper was given the opportunity of cleansing himself externally as well as internally. The cleansing process at the laver, however, is no more a physical operation than was the throwing of our sacrifice into the fire. Now as we stand before the laver, this is our opportunity to cleanse ourselves within and without. No one needs to be told about the things in his own mind of which he would like to be purified, because each person knows his own inner being better than does anyone else. The entire procedure resolves itself into a symbolic internal and external cleansing, in which occurs a complete purification of our human sense of good.” ~Joel S Goldsmith

Ps 51:6-8 (to ;),10&12

6 Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom.

7 Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.

8 Make me to hear joy and gladness;

10 Create in me a clean heart, O God; and renew a right spirit within me.

12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

“This is a beautiful example of a meditation/psalm by David. What jumps out at me are the words: renew and restore...

Let us now be - pure of heart, open and receptive so that we may be renewed with Love, Peace and Light.” ~Al Denninger

The Daily Lesson – November 6, 2017

“The sacrifice and purification of a human sense of values prepares us for entrance to the holy place. There we stand before the table of shewbread, which is always maintained fresh and abundant, not for the purpose of feasting, but as an evidence of the omnipresence of supply and of all good. In the contemplation of this table, there arises within us a silent recognition, that just as this shewbread is always present in the holy temple, so the bread of life and all that represents self-completeness is here this moment. And where is here? Where I stand. Right where I stand is the shewbread. Right where I stand is the omnipresence of the substance of life, the staff of life, the harmony and the good - all this, the gift of God. This gift of God is omnipresent and infinite, because it is of God, the infinite substance of all life.” ~Joel S Goldsmith

John 6:35 (KJV)

35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

“The I that I am is the Bread of Life. The ever-present creator, substance and sustainer of all that is.

*Behold I wait,
for God's own gift.
When my heart is straight,
my Soul He will Lift.*
~Al Denninger

The Daily Lesson – November 7, 2017

“Sacrifice, purification, and the contemplation of the abundance of good serve as a preparation for the opening of consciousness to the ever-abiding presence of spiritual light, which is represented by the seven-branched candelabra, located on the left-hand side of the holy place. The priests of the temple used seven lamps, because seven expresses completeness. As we stand in the presence of this symbol of spiritual light, the unextinguishable light of the Christ begins to permeate consciousness. Now this seven-ness, this completeness of spiritual illumination, infuses our being; and gradually or suddenly, consciousness awakens to the truth that right where we are now in meditation is the omnipresence, the allness of spiritual wisdom, spiritual understanding, and spiritual life. Whether or not the manifestation of this spiritual completeness is visible is unimportant. The full light of God, the full spiritual illumination, is complete within us now, even though it may not be apparent. Standing in meditation before this seven-lighted candelabra, filling ourselves with the remembrance of our self-completeness in God and believing that it already *is*, we let this light pour forth into visible expression.” ~Joel S Goldsmith

Ps 119:105 (KJV)

105 Thy word is a lamp unto my feet, and a light unto my path.

John 12:46 (KJV)

46 I am come a light into the world, that whosoever believeth on me should not abide in darkness.

“The complete kingdom is within every word that proceedeth out of the mouth of God. Where the Christ is, there is no darkness.” ~Al Denninger

The Daily Lesson – November 8, 2017

“Step by step, we are making our way to the Holy of Holies, the very presence of God. Each act of consecration brings us closer to our goal. Only one thing more is required - a final proof of devotion. So we turn in thanksgiving to the place of worship, symbolized by the incense burner, and there offer up our praise and gratitude for the innumerable blessings of God. Here, in this hallowed place before the burning incense in front of the sanctuary, we bring to conscious remembrance our progress since entering the courtyard. All that we have found so far in the temple has been a revelation of that which is already established within our own being. For none of this are we seeking or praying. Our self-completeness in God *is*, and for this we give praise, thanksgiving, devotion, worship, and adoration.” ~Joel S Goldsmith

Ps 95:2 (KJV)

2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.

“And so, we bask in His Presence, reflect on our journey and let His Light shine forward as a beacon of great joy and gratitude.” ~Al Denninger

Col 4:2 (KJV)

2 Continue in prayer, and watch in the same with thanksgiving;

The Daily Lesson – November 9, 2017

“Each rite of consecration plays its own peculiar role in our spiritual unfoldment - the inner sacrifice thrown into the burning brazier, the purification of self at the laver, the contemplation of God's goodness before the table of shewbread, the recognition of the eternal light within symbolized by the lighted candlestick, and the offering of thanksgiving and praise at the golden altar. If each one of these rites has been performed faithfully, we stand directly behind the altar of incense, before a mistlike veil, which is finally withdrawn revealing the ark of the covenant.

If our meditation has been gentle and serene, bringing us into such a realization of our God-being, that our eyes are opened to spiritual reality, we shall behold the great mystery: the mist disperses; the curtain is withdrawn; and we find ourselves in the presence of God. There is no more mental or spiritual darkness. The presence of God announces Itself, reminding us:

I am ever with you. I was with you when you began your search, but the mist before your eyes so dimmed your vision that you could not see Me. You were so cluttered up with materialistic concepts that your awareness was dulled. The mist could not be dispelled until those things which caused the mist had been removed. Then, and then only, could you find Me, hear My voice, and feel My Presence.” ~Joel S Goldsmith

Ps 23:4 (to ;) (KJV)

4 Yea, though I walk through the valley of the shadow of death [perceived and limited material sense], I will fear no evil: for thou art with me;

“Our access to the Kingdom is never withheld, but human thought can be distracted.” ~Al Denninger

The Daily Lesson – November 10, 2017

“In whatever state or stage of consciousness the seeker, whether priest or neophyte, finds himself, there is a Way for him - a Way which will lead him ultimately to the very presence of God. This Way may be completely unique to the individual or it may take one of the established forms of religious worship, such as: journeying from the outer courtyard to the very Holy of Holies in the Hebrew temple; placing a flower before a statue of the Buddha; making a pilgrimage to Mecca; bathing in the sacred Ganges; pondering the enigmatic *koan*; or kneeling in the cathedral in holy communion, drinking the symbolic wine, and eating the sacred bread.

Whatever symbology is used, it is dead and fruitless until the inner meaning of the form is discerned. Meditation such as this in which we have just engaged, clothes the symbol with life and reality. The act of sacrifice, purification, and devotion must be performed by each and every aspirant, not as a ceremonial demanded by some outer rule, but as the dictate of the heart. Only when the heart has yielded and the Soul has paid homage to God can we come into the Presence.”
~Joel S Goldsmith

I Cor 2:12-14 (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.

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.

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 clicks in Consciousness when we are prepared and ready to receive... Christ is standing at your door and is knocking - open your Awareness and say, ‘enter’.” ~Al Denninger

The Daily Lesson – November 11, 2017

“No one can enter the Presence except in holiness. Of old, only the priests were considered sufficiently worthy to gain admittance to the Holy of Holies; but today in our enlightenment, any spiritualized man or woman who has an understanding of his true identity is a priest and can find the Way to the inner sanctuary. Everyone who attains some measure of awareness of God is a priest. Such a person not only serves God, but is maintained by God. The divine bread of life feeds him; the invisible robe supplies him; and the light of truth illumines him, making him the light of the world, the avenue through which spiritual wisdom, love, life, and truth flow to all those who do not know the source of their good.

Thou wilt show me the path of life: in thy presence is fullness of joy; at thy right hand there are pleasures for evermore. PSALMS 16:11” ~Joel S Goldsmith

John 1:16 (KJV)

16 And of his fulness have all we received, and grace for grace.

*“Thank you Father. You are truly the Source of my Good... Grace for Grace...”
~al.within*

This concludes our study of Chapter 14 of the book ‘The Art of Meditation’.
Tomorrow we begin Chapter 15, entitled ‘The Beauty of Holiness’.