

**“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 – September 1, 2017**

**CHAPTER XI**

**“FOR LOVE IS OF GOD**

Beloved, let us love one another: for love is of God. I JOHN 4:7

That they all may be one; as thou, Father, art in me, and I in thee, that they  
also may be one in us . . . JOHN 17:21

Living, moving, and having our being in continuous God-consciousness reveals  
the secret of living with other people. And what is the secret of our relationship to  
other people? How do we achieve harmony in our interpersonal relationships?

From a human standpoint, satisfactory relationships between groups of people  
and between individuals depend upon the quality of communication. All too  
frequently attempts at communication result in misunderstanding and "confusion  
worse confounded." Often these unhappy effects are due to the prevalent belief  
that there are many minds with diverse interests: that we can get something from  
somebody, or that somebody may take something from us.

The Infinite Way, however, approaches this problem from an entirely different  
point of view. Our secret lies in a new concept of human relations: It is a  
relationship based on oneness, springing from a conviction that we are not beings  
separate and apart from one another; but that our oneness with God constitutes  
our oneness with one another.” ~Joel S Goldsmith

“Where two or three are gathered together in Loving Oneness, there Am I.”  
~Al Denninger

## The Daily Lesson – September 2, 2017

*“God is individual mind; the mind of God in me addresses the mind of God in you. The one infinite Intelligence, acting through me, communicates with the one infinite Intelligence acting through you. One Intelligence speaks; one Intelligence hears; we are one. We are in agreement, not because we agree with each other, but because God agrees with Itself. God is the only mind; so in this one mind there can be no misunderstandings. God speaks unto God. Life reveals itself unto Life. Soul speaks unto Soul. I am but an instrument through which infinite Intelligence and divine Love are being revealed to the infinite Intelligence and divine Love of those who come within range of my consciousness. In that flow of Love from you to me, and from me to you, there is no separation.” ~Joel S Goldsmith*

Matt 18:20 (KJV)

20 For where two or three are gathered together in my name, there am I in the midst of them.

Job 23:14 (to :) (KJV)

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

“Whether ‘to’ or ‘from’ or ‘through’, the Truth about God Consciousness is always the same. I AM! I Am Present. I Am All-Knowing. And there is no power but the One Infinite Me.” ~Al Denninger

## The Daily Lesson – September 3, 2017

“The pressures of the world not only would separate us from God, but they would separate man from man, man from wife, parent from child, friend from friend, employer from employee. The world has made us natural enemies of one another. One animal preys upon another, and the great animal, man, preys upon all the other animals. The way of the world is separation; the way of the Christ is oneness. Isaiah caught this vision of oneness when he said: ‘The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together. . . . They shall not hurt nor destroy in all my holy mountain.’” ~Joel S Goldsmith

John 12:32 (KJV)

32 And I, if I be lifted up from the earth, will draw all men unto me.

Ezek 43:12

12 This is the law of the house; Upon the top of the mountain the whole limit thereof round about shall be most holy. Behold, this is the law of the house.

“The Spirit of Oneness unites us and draws us up into High Consciousness where Peace and Love Abounds.” ~Al Denninger

## The Daily Lesson – September 4, 2017

“The essential ingredient of all satisfactory relationships is love. Our love for God is made manifest in our love for man. We are not only one with God, but we are one with the children of God: with our families and relatives; with our church members; with our business associates; with our friends. When we recognize God as our neighbor, we become members of the household of God, saints in the spiritual kingdom: there is a complete surrender of self into the infinite Sea of Spirit. The good of God flows to us through all who become a part of our universe. To those who live in communion with God, serving God through their fellow man, the promise is literally kept: All that I have is thine.” ~Joel S Goldsmith

Rom 12:5 (KJV)

5 So we, being many, are one body in Christ, and every one members one of another.

Col 3:23,24 (KJV)

23 And whatsoever ye do, do it heartily, as to the Lord, and not unto men;

24 Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.

*“Father, I can of mine own self do nothing. I Am Included in Your Love, and so grateful to be Love’s Activity.” ~Al Denninger*

## The Daily Lesson – September 5, 2017

“No longer is there a need or a desire for any person or any thing. Every thing and every person become part of our being. What we surrender, we have; what we hold in the grasp of possession, we lose. Every thing we release, we draw to us; every thing we loose, we have; every thing we set free, we bind to us forever. ‘Loose him and let him go.’ Let everyone be loosed in Christ. We trust everyone to the God of his own being. We do not hold anyone in bondage to a debt of love, hate, fear, or doubt. We do not demand even love from anyone. We agree that no man owes us anything. Only when we do not feel a debt of obligation and only when we hold no one in a debt of obligation to us, are we free, and do we set our world free.” ~Joel S Goldsmith

Matt 18:18 (KJV)

18 Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven.

“Whoever and whatever we personalize, we bind to the laws of earth. God is the only Being, Life, and Law. Every appearance to the contrary is nothing more than a distraction or temptation to try to make us believe and personalize things that are not true in God’s Infinite Spiritual Universe.” ~Al Denninger

## The Daily Lesson – September 6, 2017

“If we maintain our relationship of oneness with God, consciously realized, there will always be those in our experience who are instruments of God, sharing with us as we share with them, drawing on the same illimitable Oneness. If we expect love from one another, we obstruct and limit its flow to us. But if we maintain our conscious union with God, through a constant realization that I and the Father are one, then we open the way for the activity of God to flow to us, through anyone and everyone receptive and responsive to the God-impulse. Our contact with God is our contact with every person or place that can, in any way, play a part in the unfolding of our daily experience, including not only persons and places within range of our immediate environment, but throughout the universe. Wherever there is good for us in the world, it finds its way to us.” ~Joel S Goldsmith

Luke 9:47,48 (KJV)

47 And Jesus, perceiving the thought of their heart, took a child, and set him by him,

48 And said unto them, Whosoever shall receive this child in my name receiveth me: and whosoever shall receive me receiveth him that sent me: for he that is least among you all, the same shall be great.

“Remain focused on God, no matter what the appearance is – good, bad or indifferent. The Christ is not interested in appearances, only in illuminating the Way...” ~Al Denninger

## The Daily Lesson – September 7, 2017

“Our good comes through grace. This grace will appear as normal everyday avenues or channels, if we do not interfere with its operation by planning how it is to be expressed. Understanding God to be the giver of all good, we do not look to one another even for those things which constitute our human or our legal rights. In circumstances warranting court action, we naturally would take the necessary human steps to obtain competent legal counsel and to present our case in the best way possible. Our faith and trust, however, would not rest in the technicalities of legal procedure, but in God as the fount of all justice. The judge, jury, lawyers, and witnesses would be regarded as instruments expressing the justice of God.” ~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.

“In order to Trust must feel the Truth deep within.

How do we learn to trust?

With rest and study, surrendering judgment, thought, reasoning and concerns for this-world.” ~Al Denninger

## The Daily Lesson – September 8, 2017

“The attitude of others toward us is strictly their own demonstration. If they act in accord with good, so it is to them; if their actions are contrary to good, the reaping of discord is likewise unto them. Only in proportion as we are looking to them for good is there the possibility of their doing evil to us. None can do good or evil to us, because we have submitted ourselves to the government and control of God. We look only to the Father within, and therefore the thoughts or deeds of man can never touch us. We are responsible only for our own conduct toward all, and that conduct must be in accord with the great command: love thy neighbor as thyself; love your enemies; forgive seventy times seven; pray for them which despitefully use you. Never fear or hate those who act contrary to the divine law of the one Self; but rejoice in those who let God use them as instruments for good.” ~Joel S Goldsmith

Matt 22:21 Then (KJV)

21 ...Then saith he unto them, Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's.

John 18:36 (KJV)

36 Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence.

John 18: 37 Every (KJV)

37 ...Every one that is of the truth heareth my voice.

“If we plug into the people, things and options of this-world then are governed by the people, things and options of this-world.

If we plug into God, we are Governed by God.

Your choice...” ~Al Denninger

## The Daily Lesson – September 9, 2017

“We are faced with humanity at many levels, some good, some bad, and some intolerable. As humanity, mankind is graded, falling into varying states of consciousness. Living merely as human beings, with their inner resources untapped, unaware of their true identity, life for some becomes a hopeless struggle against insuperable odds - ill health, small earnings, and high taxes. To cloak their failure and sense of inadequacy, some people assume a bravado or affect an exuberance of outer joy to conceal their disappointment and frustration. Yet these people, as do all people, hunger for love. And how do they want to be loved? As we do, first by being understood. Most of us are convinced that no one understands us; if our friends and relatives really understood us, they would forgive us more. Whenever we come in contact with differing degrees of humanhood, our attitude should be that of the Master: ‘Father, forgive them; for they know not what they do’; they have not been awakened to their Christhood. The measuring rod always must be: regardless of the appearance, God is their true being; God is the only law governing them; and their only qualities are God-bestowed.” ~Joel S Goldsmith

II Cor 3:15-18 (KJV)

15 But even unto this day, when Moses is read, the veil is upon their heart.

16 Nevertheless when it shall turn to the Lord, the veil shall be taken away.

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

18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

“The veil here in scripture is describing a life living entirely in this-world and allowing ourselves to be distracted away from Spiritual Law. This blocks our view of the True Identity of every individual expression of God.” ~Al Denninger

## The Daily Lesson – September 10, 2017

“There is only One - only one infinite Being. There is only one Person, since God is one and God is infinite. Just as there is only one life, the God-life, permeating our garden, even though that life may appear as twelve different species; so it is, that even though our friends and acquaintances may be numbered by the hundreds, there is only one life manifested in individual expression. We can never fear a person if we remember that God is one, that there is only One, and that that one Being is God. In that oneness, there can be no discord, inharmony, or injustice to anybody.” ~Joel S Goldsmith

John 10:30 (KJV)

30 I and my Father are one.

John 14:6,7 (to :) (KJV)

6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

7 If ye had known me, ye should have known my Father also:

“If God is Omnipresent – how can there be more than One Infinite Being, Infinitely Expressed As?” Al Denninger

## The Daily Lesson – September 11, 2017

“Our sense of forgiveness is a realization that no one can harm us, because the grace of God maintains and sustains our relationship of oneness with the Father, under any and all circumstances. There is an invisible thread binding us all together: that thread is the Christ. If we are bound to one another by material ties of any nature, these ties soon become burdensome. Whether the tie be one of membership in an organization, some form of human obligation, or a tie of blood or marriage; as long as it is of a material nature, it will irk. Only when the love behind these material ties is so pure that it is devoid of all selfish consideration will the relationship be satisfying, permanent, and mutually beneficial.” ~Joel S Goldsmith

Matt 16:13-18 (to ;) (KJV)

13 When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, Whom do men say that I the Son of man am?

14 And they said, Some say that thou art John the Baptist: some, Elias; and others, Jeremias, or one of the prophets.

15 He saith unto them, But whom say ye that I am?

16 And Simon Peter answered and said, Thou art the Christ, the Son of the living God.

17 And Jesus answered and said unto him, Blessed art thou, Simon Bar-jona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven.

18 And I say also unto thee, That thou art Peter, and upon this rock I will build my church;

“Where Christ Consciousness is revealed and practiced – there is Liberty and Oneness. The foundation, structure and activity of church is built on unconditional Love and Truth.” ~Al Denninger

## The Daily Lesson – September 12, 2017

“There can be no real, enduring love in any relationship into which God does not enter. There is no miracle of love in any marriage unless God is the foundation stone. If we know the love of God, we shall know the love of man. That love for God is a complete surrender in the mystical union of Father and Son: God, all that I have is Thine, just as all that Thou hast is mine. My time, my hands, my life are at Thy service. If men and women have experienced a complete surrender to God, if they have become one with God, then when the time comes for human marriage, they will enter into that same kind of a relationship with each other, and the words of the marriage ceremony will become a reality - the two become one.”

~Joel S Goldsmith

I John 4:6-8 (KJV)

6 We are of God: he that knoweth God heareth us; he that is not of God heareth not us. Hereby know we the spirit of truth, and the spirit of error.

7 Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.

8 He that loveth not knoweth not God; for God is love.

Mark 10:9 (KJV)

9 What therefore God hath joined together [in Spiritual Oneness], let not man [of this-world] put asunder.

*“Father, I surrender to Thy will... How may I be of service?”*

*I feel Your Embrace of Peace and the Assurance it brings... I Trust Your Love to be without condition, and my Love for You is founded and built on the same promise. And so, I rest in the Spirit of Oneness and the Unfoldment of Love as it proves to be my sufficiency... This Bond cannot be broken in this-world, because it is not made in this-world. It is Within.” ~al.within*

## The Daily Lesson – September 13, 2017

“Home is the expression of the consciousness of the individuals comprising the household. It takes on the atmosphere of the consciousness of those who make it. In a house, as such, there is neither love nor hate, sin nor purity, disease nor health; but if the members of that household permit their consciousness to be filled with thoughts of sin, disease, lack, limitation, suspicion, or fear; then discord, inharmony, and impoverishment will reign in that home. On the other hand, if the consciousness of those who make the home ex-presses love, understanding, faith, courage, hope, and assurance, home becomes a sanctuary. The vision of the new Jerusalem is built into that home - one holy city governed by love.” ~Joel S Goldsmith

Ezek 43:12 (KJV)

12 This is the law of the house; Upon the top of the mountain the whole limit thereof round about shall be most holy. Behold, this is the law of the house.

*“You are invited to My Home.  
I stand at your door and Knock.”  
~Love*

## The Daily Lesson – September 14, 2017

“It is true that many of us cannot take our entire household with us into the kingdom of heaven. We may not succeed in making of our home that holy city, but we can resolve to remain steadfast in our realization of the Christ-identity of every person in our home not outwardly voicing or preaching it in a multitude of meaningless words, but in silence maintaining our spiritual integrity, letting our life stand as a living testimony to the truth realized.” ~Joel S Goldsmith

Ps 46:10 (to:) (KJV)

10 Be still, and know that I am God:

“Every individual has his own experience, but there is never an *I* that is separate or apart from the *I* that *I Am*.

We must each open out a Way in which the Christ Within may be Revealed. Be still, be steadfast and watch it Be so...” ~Al Denninger

## The Daily Lesson – September 15, 2017

“The Master made his demonstration for himself and for his followers in the silence of his own being. He did not hesitate to retire from the throngs pressing about him in order to have his days alone. We, too, can find our quiet periods of renewal, early in the morning, late at night, in the middle of the night, or at intervals during the day, by seizing brief respites from the demands of family life. Our realization of truth externalizes in the harmony and peace of our home. The Word is made flesh.” ~Joel S Goldsmith

Matt 6:5-8 (KJV)

5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

“TRUTH is within ourselves; it takes no rise  
From outward things, whate'er you may believe.  
There is an inmost center in us all,  
Where truth abides in fullness; and around,  
Wall upon wall, the gross flesh hems it in,  
This perfect, clear perception – which is truth.  
A baffling and perverting carnal mesh  
Binds it, and makes all error: and, to KNOW,  
Rather consists in opening out a way  
Whence the imprisoned splendour may escape,  
Than in effecting entry for a light  
Supposed to be without.”

~Robert Browning

“There you have it directly through 3 Instruments of God: Be still and Let it be Revealed that you are Included in My Omnipresence. Well, 4...” ~Al Denninger

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

“Unless, through these periods of silence, God enters into our relationship with our family, all our efforts and work to build home may come to naught. The material water, bread, or wine we may give the members of the family - the service - does not satisfy, and the next day they will hunger and thirst again. It is only in proportion to our recognition of our Christhood and the true identity of the members of our household that we are able to give the living waters: ‘Whosoever drinketh of the water that I shall give him shall never thirst.’ Then God fulfills Itself through us, as we fulfill our part, by bringing peace to individual consciousness.”  
~Joel S Goldsmith

John 14:27 (KJV)

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

“Will you accept the Gift?” ~Al Denninger

## The Daily Lesson – September 17, 2017

“When we are consciously aware of our union with God, turning to the Father within as the source of all good, our relationship with one another is pure and completely free of any desire to get, to have, or to possess anything or anyone which someone else has. A spiritual relationship is a giving one, a sharing one, and a co-operative one. It is like giving gifts to our children, to husbands, wives, brothers, sisters, or friends: not for any return; not for any reason; not because they have earned or deserved them; but just for the joy of expressing love. When our relationship to one another is based, not on what we deserve or have earned from one another, but on what lies within our hearts to give or share with one another - not only money, but all the courtesies of life: cooperation; forgiveness; understanding; mutuality; trust; and helpfulness - then, and then only, will that relationship be permanent, a pure gift of the Spirit, a pure offering of ourselves. ‘For love is of God.’ ~Joel S Goldsmith

John 13:34,35 (KJV)

34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

35 By this shall all men know that ye are my disciples, if ye have love one to another.

“And so it is, I am Loving you. Freely ye have received, freely give.” ~Al Denninger

This concludes our study of Chapter 11 of the book “The Art of Meditation”. Tomorrow we begin Chapter 11, entitled “For He Is Thy Life”.