

“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 – September 18, 2017

“CHAPTER XII

FOR HE IS THY LIFE

For I have no pleasure in the death of him that dieth, saith the Lord God:
wherefore turn yourselves, and live ye. EZEKIEL 18:32

. . . for He is thy life, and the length of thy days . . . DEUTERONOMY 30:20

In my Father's house are many mansions: if it were not so, I would have told you.
JOHN 14:2

He that believeth on me hath everlasting life. JOHN 6:47

And this is the will of him that sent me, that every one which seeth the Son and
believeth on him, may have everlasting life. . . . JOHN 6:40

Immortality is the realization of our true identity as God-being, an identity without beginning and without end, eternal and everlasting: It is a recognition of God as the Father and God as the Son. To those on the spiritual path, this is not a new idea. It is the foundation stone upon which rests every great spiritual teaching known to man. But the essence of this teaching has been buried in the prevalent concepts of immortality as a Methuselah-plus existence in this world, or as an eternal existence of bliss after death. The first is merely a gilded notion of longevity. The second is based upon the faulty premise that death is a part of God's creation, whereas the Master clearly stated, 'The last enemy that shall he overcome is death.' ~Joel S Goldsmith

“In the Kingdom of God there is only His Life and His Peace. I Am Present, and therefore Included.” ~Al Denninger

The Daily Lesson – September 19, 2017

“It is true that, at some time or other, we all pass from human sight. Each, in his own time, will leave this plane of consciousness. Those who have no knowledge of God and their relationship to God may be forced out of their bodies by disease, accident, or old age; but those with a right understanding of God will make the transition without struggle, pain, or infirmity. All eventually will leave this plane.

‘In my Father's house are many mansions.’ We pass from infancy to childhood, childhood to adolescence, and adolescence to maturity - each state of consciousness, one of God's many mansions. Those who accept the transition from one state of consciousness to another as an activity of God, not looking back in a vain attempt to cling to states of consciousness which should have been outgrown, do not experience the infirmities of old age. Resisting the advancing years, as if they were something to be feared, produces many of the discords associated with age. Accepting the normal, natural change, which accompanies the transition from one stage of life to another, will enable us to look forward to the experience of the middle years and the advanced years with joy and confidence rather than with fear and dread.” ~Joel S Goldsmith

Ps 40:8 (KJV)

8 I delight to do thy will, O my God: yea, thy law is within my heart.

“I can of mine own self do nothing, Father. I am so Blessed to know that as in Heaven so on earth, Thy will is Omnipotent and supreme... There is no greater pleasure than to Be an Instrument of and for your Good. I accept Thy will joyfully, no matter what it is. My Life is complete to Know this... Comfortable and content at every step of the Way... And so it is – all that is left is a Smile... ..”
~al.within

The Daily Lesson – September 20, 2017

“There is no difference between the flow of God this minute or a hundred years from now. Actually, the life of God will never age or end. God has a spiritual work for each one of us and He has given us His ability with which to perform it. As long as there is work for us to do on what is called this plane of existence, God will maintain us in vitality, strength, youth, health, and wholeness. In such assurance, we no longer mistake longevity for immortality. Longevity is not immortality: it is merely a continuation of the present physical sense of existence. We are not concerned with the visible span of our years on earth, but rather with the demonstration of our eternal Selfhood, forever about the Father’s business.”
~Joel S Goldsmith

Luke 10:25-28 (KJV)

25 And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life?

26 He said unto him, What is written in the law? how readest thou?

27 And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

28 And he said unto him, Thou hast answered right: this do, and thou shalt live.

John 5:17 (KJV)

17 But Jesus answered them, My Father worketh hitherto, and I work.

John 14:10-12 (to 2nd ;) (KJV)

10 Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works.

11 Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake.

12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do;

“Never lose focus of the Father’s Business. He is the Business of the constant existence of Life, unconditional Love and their perpetual activity.

Spiritual Work does not accomplish health and harmony or correct errors. The Spiritual Worker continually dwells in the secret place of the Most High and is lifted onward and upward into the Father’s Business.” ~Al Denninger

The Daily Lesson – September 21, 2017

“Every transition is for the glory of God and for the development of our individual Soul. Those of us who are approaching the middle years, and beyond the middle years, must learn to ask the Father, ‘What have you for me to do now?’ Then, just as the flower blooms, fades, and then blooms again, so do old experiences give way to new. We pass through many transitional experiences, but death is never a part of any of these experiences.” ~Joel S Goldsmith

Prov 12:28 (KJV)

28 In the way of righteousness is life; and in the pathway thereof there is no death.

“Father, what have You for me to do now?” ~al.within

The Daily Lesson – September 22, 2017

“Sooner or later, everyone on the spiritual path reaches the place in his development where he realizes that as one state of consciousness is exchanged for another in the progress from birth to death, so the experience of what is termed death is merely another transition in the ongoingness of life. Death is our interpretation of what we are witnessing; but those who have caught the first tiny glimpse of God understand that God is life eternal, life without beginning and without end, ‘for he is thy life, and the length of thy days.’ This vision can only come to those who have risen above the selfish desire to hold themselves and others in bondage to a familiar form. The worm must emerge from its cocoon in order to become a butterfly. Everyone and everything pass through transitional stages; but through spiritual evolution and development, each one ultimately finds himself sitting at the foot of the Throne of God, returned to the Father's House.

This does not mean the immortality of the Soul and the death of the body as it is usually understood. The body will die daily: the fingernails and hair are cut off and grow again; the skin sloughs off; the cells in the body are constantly changing; and yet despite these changes, the consciousness which is our true identity remains. Our training from infancy has instilled in us the idea that the body which we see in the mirror, or of which we are conscious, is I. We have identified the body as ourselves; whereas the body is an instrument for our use, just as an automobile is a vehicle which we use to transport us from one place to another. At no time are we identified with or as our automobile. We are always separate and apart from the automobile, but we utilize it as a means of locomotion. The automobile is no more ‘I’ than the body is ‘I,’ because ‘I’ is consciousness.” ~Joel S Goldsmith

Eph 5:14 (KJV)

14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

Deut 30:20 (to 2nd :) (KJV)

20 That thou mayest love the Lord thy God, and that thou mayest obey his voice, and that thou mayest cleave unto him: for he is thy life, and the length of thy days:

“I Am Consciousness Transformed – the Life of the Infinite Invisible.” ~al.within

The Daily Lesson – September 23, 2017

“At some period or other in our experience, we must give up our concept of the body as constituting the sum total of our being and accept the truth of our spiritual identity as consciousness. There comes a time for us to cease living as human beings. This does not mean that we must die or pass on to obtain our spiritual estate. This is not the death of the body, but the transition taking place in consciousness, referred to by Paul as dying daily in order to be reborn of the Spirit. Every day we must consciously remove ourselves from the laws governing human experience and acknowledge the grace of God in the conscious realization that we are living in the Invisible, on the Invisible, and by the Invisible. In this reliance on the Invisible, we die daily, until one day we die completely and are reborn in Spirit. From that moment, life is lived on an entirely different level in which we are not subject to the laws of physicality but live under divine grace.”
~Joel S Goldsmith

I Cor 15:51 We,52 (KJV)

51 ...We shall not all sleep [be distracted by mortality], but we shall all be [Consciously] changed,

52 In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead [finite] shall be raised incorruptible [Infinite], and we shall be changed.

“I surrender Father, that I may be animated by the Spirit Within, not by personal effort or belief.... I acknowledge Your Infinite Grace as my sufficiency, my law, my livelihood and Life Itself.... Thank you Father, that I may be Your servant today.” ~al.within

The Daily Lesson – September 24, 2017

“Transition is not primarily physical; it is an act of consciousness. The worm is transformed in the metamorphosis of the caterpillar into a butterfly. The caterpillar state of consciousness drops its worm-self and rises into its butterfly-self. Transformation takes place in consciousness and externalizes itself as form. As we begin to understand this new and startling idea, we will then perceive that this / which I am, is permanent and eternal:

In the beginning God: the nature of God, Consciousness, is a continuous state of eternal being; and God manifests Itself as you and as me. God maintains the continuity of Its own existence in Its infinite, individual form, forever and forever and forever. All those who existed in the beginning exist now, and those who exist now will exist forever.” ~Joel S Goldsmith

Gen 1:1 & 27 (to ;)

1 In the beginning God created the heaven and the earth.

27 So God created man in his own image, in the image of God created he him; male and female created he them.

“God is Infinitely Expressed as Individual Being. I Am forever Included in Omnipresence.” ~Al Denninger

The Daily Lesson – September 25, 2017

“The body is the temple of life. This temple is life itself formed, Spirit formed. Just as the brain is the avenue as which intelligence expresses, so is the body the avenue as which life manifests. Can life be separated from its temple? Life is the substance of which the body is formed; therefore, the body is as indestructible as life, and as ageless.” ~Joel S Goldsmith

I Cor 3:16 (KJV)

16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

“The Life of God is the infinite invisible spark within all form.” ~Al Denninger

The Daily Lesson – September 26, 2017

*“Within me is the spiritual life force, which is functioning from the within to the without. I do not **have** a life force; **I am** the life force. That life force constitutes my true being and flows into harmonious and infinite form. Consciousness is the law and the activity unto the body. Nothing can ever stop the being that I am, because I exist independently of what the world calls matter, confinement, or embodiment. The nature of my being is eternity.” ~Joel S Goldsmith*

Luke 17:21 (KJV)

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

Ezek 37:14 (to 2nd ,) (KJV)

14 And shall put my spirit in you, and ye shall live,

Ex 3:14 I AM THAT (to :) (KJV)

14 ...I AM THAT I AM:

“The Spirit of God constitutes and animates our Being. He Is My Life. All we need do is Let It Be...” ~Al Denninger

The Daily Lesson – September 27, 2017

“The invisible activity of Truth, operating in my consciousness, is renewing me physically, mentally, morally, and financially. Day by day this inner Selfhood, which is my invisible being, is manufacturing whatever is necessary for the fulfillment of my earthly experience.” ~Joel S Goldsmith

Ps 23:1 (KJV)

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

Ps 24:1 (KJV)

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

“Let us Dwell now, in the Recognition of Divine Grace.
And all that's left is a smile...” ~Al Denninger

The Daily Lesson – September 28, 2017

“I may watch the body pass from infancy to youth, from youth to maturity, from maturity to middle age, and from middle age to old age; but through every change of the body, I remain as an observer, ‘impenetrable, unentered, unassailed, unharmed, untouched.’ At nine, nineteen, or ninety, I shall be watching every change of the body, every change of expression. I will never leave me nor forsake me. I cannot leave me nor forsake me, because I is ‘me.’ I will always govern and protect me.” ~Joel S Goldsmith

I Cor 6:19 (KJV)

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

Heb 13:5 for (KJV)

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

“I surrender my life to you Father.... Thy will be done....” ~al.within

The Daily Lesson – September 29, 2017

“The only moment I can know is this minute. A minute ago has no existence; a minute from now will have no existence. To me, the past, the present, and the future are now: it is this now in which I am living; it is now that I have always lived; and it is now that I shall always live. It is purposeless and pointless for me to look forward to a life one hundred or two hundred years from now. The only time I can live is now; and now, in this moment, God, the one Life, is expressing Itself. I do not express life: Life expresses Itself as my infinite, individual, indestructible being.” ~Joel S Goldsmith

I John 3:2 (to 2nd ,) (KJV)

2 Beloved, now are we the sons of God,

“Yes beloved One-in-Christ, we are Included in His Omnipresence, now and always-now.” ~Al Denninger

The Daily Lesson – September 30, 2017

“Yea, though I walk through the valley of the shadow of death,’ Thou art there. Death is not annihilation; death is but a shadow that looks like death. Even through the valley of the shadow, I shall stand there watching myself pass through it, because I can never be separated from I: I can never die.” ~Joel S Goldsmith

II Cor 3:16-18 (to .) (KJV)

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.

“Where the Spirit of the Lord is, there is no shadow, no veil and no distractions, there is Life Eternal - For He is Thy Life.” ~Al Denninger

This concludes our study of Chapter 12 of the book ‘The Art of Meditation’.
Tomorrow we begin Chapter 13, entitled ‘Fear Not’.