

“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

“A Parenthesis in Eternity”

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 – June 30, 2018

“CHAPTER IV THE JOURNEY WITHIN

The person who is one with God is merely the transparency through which God is living Its life: he does not have a life of his own, a mind of his own, or even a body of his own. His body is the temple of God, and his mind is the instrument of God, the mind which was also in Christ Jesus. That mind can be attained only in silence, not with words or with thoughts, although words and thoughts may be used as a preliminary step in what we know as meditation, which plays a vitally important part in the development of our spiritual life.” ~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?

Rom 12:1-3 (KJV)

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

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.

3 For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

Father, I of mine own self, can do nothing - the Spirit within Doeth the Work.... I surrender Father, and See my Life as Yours to use.... Use me wherever You need me, however You will... All that I Am is You... Speak Lord, I silently and patiently await the Directions for Our next step.....” ~al.within

The Daily Lesson – July 1, 2018

“Without the practice of meditation, a spiritual teaching, whether pursued under the guidance of a personal teacher or through the study of books, descends to a purely mental exercise. Spiritual unfoldment cannot come that way. It is meditation that makes a teaching come alive, because meditation is the connecting link between our outer life and our inner Self, which is God.” ~Joel S Goldsmith

I Cor 2:9-11 (KJV)

9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

I Tim 4:15 (to 2nd ;) (KJV)

15 Meditate upon these things; give thyself wholly to them;

Spiritual Unfoldment is a Gift that Comes directly from the Source in the language of Inner Consciousness. And so, we Practice Loving God and Going Within with Open Ears. ~Al Denninger

The Daily Lesson – July 2, 2018

“It is true that in the first stage of our spiritual life the only way we can fill our consciousness with truth is through the mind. That is why in The Infinite Way we do not seek to stop the operation of the mind; we never tell anyone to stop thinking, to make any effort to stop thought, or to try to destroy the thinking mind because the mind is the gateway through which truth finds entrance to our consciousness. The mind is the instrument through which we can become aware of the spiritual wisdom of the ages— Scripture and spiritual literature and teachings. It is through the mind that we discipline the body and that we seek to discipline our thoughts; it is the mind that keeps itself stayed on God; it is with the mind that we think spiritual thoughts; it is with the mind that we ponder the deep things of the Spirit.” ~Joel S Goldsmith

Matthew 22:36-38 (KJV)

36 Master, which is the great commandment in the law?

37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

38 This is the first and great commandment.

Phil 2:5 (KJV)

5 Let this mind be in you, which was also in Christ Jesus:

Isa 26:3 (KJV)

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

I Cor 2:10 (KJV)

10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

Be still, and Open an Avenue of Awareness. ~Al Denninger

The Daily Lesson – July 3, 2018

“This pondering, these thoughts and words, we call contemplative meditation. The words may be spoken or they may be thought, but they are only a step leading to meditation itself. Since it is almost impossible for most of us to keep thoughts from swirling about in the mind and since it is difficult to bring about a complete cessation of thought, the practice of contemplative meditation helps us reach a state of consciousness in which we find ourselves ultimately in a complete silence. A weight goes off the shoulders, and perhaps for ten, twenty, or thirty seconds we are so still that not a single thought intrudes. That stillness at best, however, is a very brief period, but regardless of how brief it is, in those few seconds we have attained our contact with God, and that is all that is necessary for that moment. Then we resume our conscious thinking and are ready to go about our business.” ~Joel S Goldsmith

Ps 46:10 (to :) (KJV)

10 Be still, and know that I am God:

Communion happens at a time when you think not, but Know...you are Standing on Holy Ground. ~Al Denninger

The Daily Lesson – July 4, 2018

“When we sit down to meditate, we must seek to hear only the word of God, desire only the feeling of God's presence, only the re-establishment of ourselves with our inner Source, and nothing beyond that. Then, when we feel the assurance of the Presence, our meditation is complete: the Word becomes flesh, and the Spirit felt within us becomes tangible as individual experience.” ~Joel S Goldsmith

Luke 12:29-32 (to:)

29 And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind.

30 For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things.

31 But rather seek ye the kingdom of God;

Ps 62:5 (KJV)

5 My soul, wait thou only upon God; for my expectation is from him.

Ps 23:1 (KJV)

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

God's Assurance [the Presence] is Felt as we turn away from the purpose of healing, supply, or things of this-world as our objective - and strive only for that mind which was in Christ Jesus. ~Al Denninger

The Daily Lesson – July 5, 2018

“It is when we think we know what things we have need of that we are making our greatest mistake because we are measuring our needs in terms of our previous or present experience, and are looking upon life as a continuation of our past, the same, monotonous, dull way of existence, except with possibly the addition of a little more health or money; whereas, when the Spirit of God takes over in our consciousness, It fulfills Itself at Its own level. That fulfillment may carry us off into a new country or into a new activity— business, artistic, professional, or social— because we have no way humanly of knowing the will of God any more than we know the ways of God. But God's will can work through us if we surrender ourselves and realize:

Thy grace is my sufficiency in all things. I take no thought for the form in which that Grace should appear; I take no thought as to how Thy will should work in me, or Thy ways. I seek only Thy grace.” ~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.

Father, I yield to Your All-knowing Presence. There is nothing I could ever need that doesn't come from You... ~al.within

The Daily Lesson – July 6, 2018

"I am content to relax in the assurance that Thou art omniscience, all-knowing intelligence, divine, infinite, all-love, and I can trust myself more to the infinite Intelligence that governs this universe than I can to my own judgment as to what I need, or what I would like to do, or how I would like to live. Certainly, I can trust myself more to the care of divine Love than I can to my own finite sense of love which is not even as a grain of sand in comparison with the nature of that Love which is God." ~Joel S Goldsmith

Matt 6:19-21 (KJV)

19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

20 But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:

21 For where your treasure is, there will your heart be also.

Isa 32:17 (KJV)

17 And the work of righteousness [Christ Consciousness] shall be peace; and the effect of righteousness quietness and assurance for ever.

I can of mine own self do nothing. The Spirit within Doeth All. And I will Dwell in the House of the Lord Forever... ~al.within

Eph 4:6 (KJV)

6 One God and Father of all, who is above all, and through all, and in you all.

God is Love Loving. Rest now... ~Al Denninger

The Daily Lesson – July 7, 2018

“With each meditation there must be this surrender of ourselves to the Spirit within, together with a realization that God's grace is our sufficiency and that we are in meditation for the express purpose of receiving the comfort of His presence. Nothing greater can come to us than the still small voice of assurance because then we know that all of Infinity is pouring Itself out for us, all of Omnipotence, and in that there can be no power apart from God.” ~Joel S Goldsmith

Psalms 84:12 (KJV)

12 O Lord of hosts, blessed is the man that trusteth in thee.

John 14:26,27 (KJV)

26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

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.

I Kings 19:11-13 (to 2nd ,) (KJV)

11 And he said, Go forth, and stand upon the mount before the Lord. And, behold, the Lord passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake:

12 And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice.

13 And it was so, when Elijah heard it,

II Cor 12:9 (to :) (KJV)

9 And he said unto me, My grace is sufficient for thee:

“The Voice is Still – we must be still to hear it.” ~Al Denninger

The Daily Lesson – July 8, 2018

“Once we know the nature of God, even in a measure, doubt and fear seldom enter our consciousness because to know the nature of God means to realize Omnipresence: God, here where we are now — here-ness, now-ness. Knowing that, we relax in it, and we have nothing more to do than to *let* there be light: let there be light in our life, let there be love, let there be health, strength, and abundance, just *let*. We do not try to make it so because, understanding the nature of God, we know that it is God's will to provide all good.” ~Joel S Goldsmith

Isa 26:2-4 (KJV)

2 Open ye the gates, that the righteous nation which keepeth the truth may enter in.

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

4 Trust ye in the Lord for ever: for in the Lord JEHOVAH is everlasting strength:

Open your Consciousness that the Kingdom of Heaven may be Recognized – actually Felt right Here and right Now. Once we get It and learn to Trust God – this Trusting becomes all we want to do. Why? Because, Harmony always prevails when we Let God Lead us in the Paths of Righteousness. Otherwise we are living like this-world does – sometimes Good prevails and sometimes it doesn't. ~Al Denninger

The Daily Lesson – July 9, 2018

“My customary method of entering contemplative meditation is to open my ears for a second for a subject to be given me, and if it does not come quickly, then I take the word *God*. In my first meditation early in the morning before I am out of bed, I attempt to align myself with the presence and power of God so that my day will be God-governed, and not man-governed: a day of spiritual fulfillment, not one filled with accidents, limitations, mistakes, and human judgment. And so the contemplative part of the meditation might follow some such pattern as this:

‘This is the day which the Lord hath made.’ God made the sun to shine today, giving us its light and warmth; God has provided the rain and the snow in their due seasons; God has regulated the incoming and outgoing of the tides. God has provided periods for sowing and for reaping, for activity and for rest. God governs this world with infinite wisdom, intelligence, and patience.

This day I am God-governed. God is the intelligence directing the activity of my day, the still small voice protecting and sustaining me.

This is my prayer— that I be God-governed, that I never forget to seek God every moment of the day. I pray that I may never forget to thank God for my daily bread, never forget to realize God as the Source of all, and that I am never unmindful of the limitless abundance of supply which God expresses through me to all those who come within range of my consciousness.

God's grace is with me throughout this day, and His presence goes before me and walks beside me. In this Presence there is harmony and fulfillment because where the Spirit of the Lord is, there is freedom from any and every limitation.
~Joel S Goldsmith

Matt 6:33 (to;) (KJV)

33 But seek ye first the kingdom of God, and his righteousness;

II Cor 3:16-18 (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.

Begin today with “God Morning”. Recognize God for the sake Loving God...

Today is the day the Lord hath made. Rest in the comfort of this Ongoing Gift that you are Included in His Kingdom, and All that the Father hath is thine.

Joel’s contemplative meditation is the perfect place to begin God’s Day. Continue on, and make it your own. Recognize it as God’s Prayer Living your Life today. Where this Freedom is Felt, God is Smiling. ~Al Denninger

The Daily Lesson – July 10, 2018

“Then, having established myself in this meditation of words and thoughts, I can now enter the true meditation or communion in which I invite God, 'Speak, Lord; for thy servant heareth...Thy will be done — not mine.' After a short period of listening, of inner communion, stillness, quietness, and peace, the awareness of the Presence is with me. And now I am free to go about my day's work.” ~Joel S Goldsmith

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:

“When we come to the end of our contemplative meditation, surrender to His Will and we Let the Father Show us the rest of the Way. He is a Lamp unto our feet. And so it is, we return to the Father’s Kingdom often and quietly, confidently Rest is His Harmony.” ~Al Denninger

The Daily Lesson – July 11, 2018

“The stress of the day, however, and the mesmerism of the world's animosity, jealousy, and intrigue have a tendency to enter my consciousness as well as yours, and with these come disturbing moments, so there must be another period of contemplative meditation, and this time it may take a different form.

‘My peace I give unto you’ is the promise of the Master, ‘not as the world giveth’— not the peace that comes from a pocketful of money or from a bankful of bonds, not the peace that comes from just a healthy body — but ‘My peace,’ spiritual peace, the peace that passes understanding. That peace is all I seek; that is all I desire. I do not ask for silver or gold, nor for the good or the peace of this world. I ask only that this ‘My peace’ be upon me.

Then I wait for those few minutes of inner communion, and again I have prayed the prayer of a righteous man because I have sought nothing but that which is the divine right of everyone: God's grace and God's peace, not only for me, but for all those who may be led into the realm of my consciousness.” ~Joel S Goldsmith

Isa 2:22 (KJV)

22 Cease ye from man, whose breath is in his nostrils: for wherein is he to be accounted of?

John 14:27 (to.) (KJV)

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.

Phil 4:7 (KJV)

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

John 5:30 (I seek) (KJV)

30 ...I seek not mine own will, but the will of the Father which hath sent me.

This-world prays for solutions, healing and comfort. Righteous prayer seeks only to be Led To and Led By God Consciousness.

The Daily Lesson – July 12, 2018

“Contemplative meditation, practiced faithfully, leads to a moment of silence in which all words and thoughts are stilled, a silence so deep that we become a transparency for the still small voice to speak to us. The contemplation of God's grace, of God as the One and Only, and the contemplation of scriptural passages which give the assurance of the divine Presence lead to an inner stillness, and then the second phase of meditation enters our experience. That is when something comes to us, not something that we have consciously thought, but something that was thought through us. These thoughts come out of the void, from the depth of the Infinite Invisible, out of that spiritual consciousness which we are.” ~Joel S Goldsmith

John 8:47 (to :) (KJV)

47 He that is of God heareth God's words:

How are we of God?

Eph 4:6 (KJV)

6 One God and Father of all, who is above all, and through all, and in you all.

You see? God is Omnipresent and within you now - awaiting Recognition.

John 14:26 (KJV)

26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

And, of course, the Promise from The Christ.

Be still, in the deep silence of My Presence, and listen within.... I Am with you Now.

~Al Denninger

The Daily Lesson – July 13, 2018

“At other times a message may come to us, and if not an actual message, a sensing that all is well, just a feeling of peace. Sometimes it is a feeling of warmth, gratitude, or of love— not *to* anybody, or *for* anybody, or for any *thing*. It is a feeling complete in itself with no object. If we are faithful in our work, this continues to occur more and more frequently until the day comes when we abide so much in the Word that we are more or less in It all the time, and need only a moment of stillness to bring forth some particular message to meet the need of the moment. In this stage we have risen above the thinking mind, and it is no longer our master: it is now our instrument. As long as we are on earth, however, we are going to need our thinking mind, and we should thank God for having given us one, but as we go higher and higher in consciousness, this thinking mind will play a lesser and lesser part in our spiritual life.” ~Joel S Goldsmith

John 14:27 my (to .)

27 ...my peace I give unto you: not as the world giveth, give I unto you.

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.

John 15:4 (KJV)

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.

What we Feel in this moment of God's Assurance is the Activity of Love Loving. As we become more Aware of this, and make it our steady practice, we begin to follow and Love for the sake of Loving too... Our worldly thoughts gradually turn from this-world and expand into Love Abiding – or God Expressed As. ~Al Denninger

The Daily Lesson – July 14, 2018

“In this stage of our spiritual instruction, the impartation of truth comes from within like an invisible Something pouring Itself out. We merely tune in, and It imparts Itself to us. This is where two enter the scene: I, myself, in meditation or contemplation come face to face with the Presence within me, with that Something other than myself. This may take the form of an inner glow, or at other times of a voice within which seems actually to speak.” ~Joel S Goldsmith

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.

I Cor 13:10,12 (KJV)

10 But when that which is perfect is come, then that which is in part shall be done away.

12 For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

God put His Spirit in me to teach Me – that I may Know as also I Am Known. ~Al Denninger

The Daily Lesson – July 15, 2018

“Sometimes we are not sure whether it really was a voice that we heard or only an impression that we received. But whatever the form, it is in this stage that we are in communion with God. An activity takes place that goes back and forth, almost as if it were from me to God and from God to me — a gentle flow backward and forward, in and out. Then I know that the Spirit is with me. ‘The Spirit of the Lord God is upon me. . . . Where the Spirit of the Lord is, there is liberty.’ It is an actual experience of release.” ~Joel S Goldsmith

Zech 4:6 Not (to 7th ,)

6 ...Not by might, nor by power, but by my spirit,

Deut 5:24 (KJV)

24 And ye said, Behold, the Lord our God hath shewed us his glory and his greatness, and we have heard his voice out of the midst of the fire: we have seen this day that God doth talk with man, and he liveth.

II Cor 3:17 (KJV)

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

Every God Experience is an Assurance of Love that Leads us deeper into His Arms. ~Al Denninger

The Daily Lesson – July 16, 2018

“The third stage, that of conscious union with God, is the ultimate, and in this stage the personal or separate selfhood disappears. It is as if one were not aware of himself as a person, but as if only God Itself were there. It must have been in moments like this that the Master spoke from the standpoint of the word *I*: ‘I will never leave thee, nor forsake thee.’ That was not a man speaking; that was God speaking, and at such times the man Jesus was temporarily absent from the body. Later that same man said, ‘If I go not away, the Comforter will not come unto you.’ That was God speaking when Jesus was absent from himself and only the Spirit of the Lord was present.” ~Joel S Goldsmith

John 8:58 (KJV)

58 Jesus said unto them, Verily, verily, I say unto you, Before Abraham was, I am.

John 10:30 (KJV)

30 I and my Father are one.

John 14:6 (to :) (KJV)

6 Jesus saith unto him, I am the way, the truth, and the life:

Within the Realm of God, there is none else... ~Al Denninger

The Daily Lesson – July 17, 2018

“There is a Presence that is as real as we are real to one another, and once It is felt and experienced, there is a relaxing from personal effort. When this Presence is realized, we shall find that It takes form as new organs and functions of the body, as our home, family, supply, and as our human relationships, even as a parking space.” ~Joel S Goldsmith

Phil 4:7 (KJV)

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Matt 6:8 for (KJV)

8 ...for your Father knoweth what things ye have need of, before ye ask him.

II Cor 9:8 (KJV)

8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

Where the Spirit of the Lord is Realized, there is effortless Peace and Abundance.
~Al Denninger

The Daily Lesson – July 18, 2018

“‘I can of mine own self do nothing’ is the man Jesus speaking, but then as the Presence is realized, ‘I have meat to eat ye know not of.’ Later comes the third stage, when God speaks as individual being: ‘I am the way, the truth, and the life,’ This is the Word made flesh, God incarnate walking this earth, and that ultimately is the destiny of every individual.” ~Joel S Goldsmith

John 5:30 (to :) (KJV)

30 I can of mine own self do nothing:

John 4:32 (KJV)

32 But he said unto them, I have meat to eat that ye know not of.

John 14:6 (to :) (KJV)

6 Jesus saith unto him, I am the way, the truth, and the life:

And we shall be Taught of God – in a way we can understand and at a time when we are ready... We must first choose to diligently focus and seek ye The Kingdom and surrender - then comes Enlightenment and Lifting others – and then comes Christ Consciousness, God Individually Expressed As. ~Al Denninger

The Daily Lesson – July 19, 2018

“There is an overturning and an overturning and an overturning in individual consciousness ‘until he come whose right it is.’ That He is God. There will be an overturning in our consciousness, and it will appear to us as a warfare between the flesh and the Spirit, a warfare between disease and health, between lack and abundance, and finally between the two I’s: the I that we are as a person and the I that is God. And oh, the human being ‘dies’ so hard! He wants to perpetuate himself; he wants to be something, to do something, to know something. Thus, the warfare goes on until finally that human being is shaken so thoroughly that he awakens to the fact that of himself he is nothing, but that the I which is God is all.”

~Joel S Goldsmith

Ezekiel 21:27 (to 4th ,) (KJV)

27 I will overturn, overturn, overturn, it: and it shall be no more, until he [God] come whose right it is; and I will give it him.

Psalms 73:26 (KJV)

26 My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.

I Cor 15:31 I die (KJV)

31 ...I die daily.

John 6:63 (to :) (KJV)

63 It is the spirit that quickeneth; the flesh profiteth nothing:

Be patient. Be steady... Stay focused on Truth – not temporary appearances.

~Al Denninger

The Daily Lesson – July 20, 2018

“Then meditation takes on its final phase. When, in this nothingness of the individual, the Father speaks - takes over, heals, redeems, and instructs— then the Father lives that life.

Eventually, every one of us will come to Paul's state of consciousness in the realization, 'I live; yet not I, but Christ,' the son of God, the very Spirit and presence of God, lives my life.' Then, and only then, are we a state of humility that has in it not a single trace of virtue, but only the realization of the truth that we are nothing, that we can do nothing and be nothing of ourselves.” ~Joel S Goldsmith

John 5:30 (KJV)

30 I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me.

Gal 2:19,20 (to 2nd :) (KJV)

19 For I through the law am dead to the law, that I might live unto God.

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me:

Father, I am just sitting here Smiling and Knowing my life is not mine.... I am Included in Your Omnipresence, Your All-Knowing Consciousness and Its Activity. I am Your Function of Love as it Loves.... I am content to be Your willing Instrument. I am complete... ~al.within

The Daily Lesson – July 21, 2018

“It is true that this may bring with it a sense of emptiness, but strangely enough with that sense of emptiness, there comes a sense of completeness and perfection. Yet this is not in any personal sense; it is not that egotistic sense that claims ‘I am spiritual,’ ‘I am perfect,’ or ‘I am whole.’ It is more a sense of having no qualities of our own and yet feeling this transcendental Presence and watching It live our life.” ~Joel S Goldsmith

Ex 33:14 (KJV)

14 And he said, My presence shall go with thee, and I will give thee rest

John 15:4-5 (KJV)

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.

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.

Abiding is Inclusion. ~Al Denninger

The Daily Lesson – July 22, 2018

“Once we are united with our Source, we discover that our life is really the life of the Life-stream, the life of the Source of life which is now flowing as our life. We are being fed by the Stream, by the Waters falling from the clouds above, by a Source greater than ourselves which is now flowing as our life.” ~Joel S Goldsmith

Job 33:4 (KJV)

4 The spirit of God hath made me, and the breath of the Almighty hath given me life

John 4:13,14 (KJV)

13 Jesus answered and said unto her [the woman at Jacob’s well], Whosoever drinketh of this water shall thirst again:

14 But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.

In Communion there is One Life - Living, Moving and Be-ing... ~Al Denninger

The Daily Lesson – July 23, 2018

“Knowing this truth is a freeing activity. No longer do we feel cut off and alone, nor dependent only on ourselves: we are united with the Life-stream, no longer limited to our own wisdom, strength, or longevity, to our education, our social or economic status. Now we have access to Infinity: infinite Wisdom, infinite Love, infinite Life, the infinite Source of all good. No longer are we limited to our immediate surroundings, to an island or a continent, and not even limited to a whole planet. There is no limitation except that which man places upon himself by believing that what he sees of this world is all there is to it, or that what he sees in the mirror is all there is to him. What he is aware of with his senses is a part of him, but certainly not the whole of his being, just as his little finger is a part of his hand, but not the whole of it.” ~Joel S Goldsmith

II Cor 3:17,18 (to 3rd ,) (KJV)

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,

Ps 147:4-5 (KJV)

4 He telleth the number of the stars; he calleth them all by their names.

5 Great is our Lord, and of great power: his understanding is infinite.

Where the Spirit is Realized [Experienced] there is no need, no limitation - only God's complete Understanding and infinite Harmony – and in that moment, we are Included in It. ~Al Denninger

The Daily Lesson – July 24, 2018

“When we attain this contact with our Source, we have also made contact with the Source of every person's life and are now one with all spiritual life. The same life that flows in one of us is flowing in all of us because there is only one Life-stream, only one Source of life, one creative Force in life. Whether that spiritual life appears as a human being, as animal, vegetable, or mineral form, we are now one with it through the act of meditation which has united us with the Stream within us, and we are one with the Stream which was in Christ Jesus.” ~Joel S Goldsmith

Gen 1:31 (to .) (KJV)

31 And God saw every thing that he had made, and, behold, it was very good.

John 1:12 (to 2nd ,) (KJV)

12 But as many as received him, to them gave he power to become the sons of God,

Rom 8:16,17 (to 2nd ;) (KJV)

16 The Spirit itself beareth witness with our spirit, that we are the children of God:

17 And if children, then heirs; heirs of God, and joint-heirs with Christ;

Acts 17:28 (KJV)

28 For in him we live, and move, and have our being;

Conscious Awareness of Life includes all Life. ~Al Denninger

The Daily Lesson – July 25, 2018

“The mind which was in Christ Jesus is your mind and my mind, and when we have broken through this human exterior of mind and, through meditation, have contacted the Source, we are then one with the spiritual mind of the universe, which is the mind of the Buddha, of Jesus, of Lao-tse, and the mind of every spiritual saint and seer. We have become one with it when we have become one with the Source of our own life.” ~Joel S Goldsmith

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.

Phil 4:7 (KJV)

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus

There is One Mind, Infinitely Expressed as Love. ~Al Denninger

The Daily Lesson – July 26, 2018

“The Spirit that is flowing through us is now consciously flowing through all those who are attuning themselves to that One— those who may be praying in orthodox churches or those who may be praying a paganistic prayer. We are a blessing unto all of them because, regardless of their form of worship and while they may not know it, they are turning to Something beyond the human, and in turning to that Something, they are turning to the Christ, and all who reach out to the Spirit in any way are blessed.” ~Joel S Goldsmith

Matthew 13:43 (to 1st .) (KJV)

43 Then shall the righteous shine forth as the sun in the kingdom of their Father.

I Sam 22:23 (to 2nd :) (KJV)

23 Abide thou with me, fear not: for he that seeketh my life seeketh thy life:

Matt 6:31-33 (KJV)

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

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

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

Will you stand with me Oneness and Light the Way for those seeking?

All will be Blessed. ~Al Denninger

The Daily Lesson – July 27, 2018

“Often people in the last stages of illness who may not be religious or may not even have thought of themselves in spiritual terms reach out to God in their extremity and receive healing. Doctors report that many times patients have had sudden healings without any known reason, but this was perhaps because within themselves there was a reaching out toward God, and they probably tuned in and made contact with someone in the act of meditation, and thus their prayer was answered. As long as we succeed in making contact with our Source, anybody, anywhere in the world, who is turning to Something greater than himself, tuning in to God on any level — a false or a right concept of God— may benefit from our meditation.” Joel S Goldsmith

James 5:16 The (KJV)

16 ...The effectual fervent prayer of a righteous man availeth much.

Prov 3:5 (KJV)

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

Matt 18:20 (KJV)

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

The Peace that Passeth understanding is Felt when your greatest unconditional Trust in God is given. ~Al Denninger

The Daily Lesson – July 28, 2018

“When we are filled with the Spirit, then everyone who is attuned receives that Grace, each in accord with his need at that moment. One receives God's grace in a physical or mental healing, another in a moral or financial healing, and still another in greater joy in his household. The degree of dedication of our individual lives and the purity of our consciousness and motives have an effect on the lives of all who come in contact with us. Our individual conscious oneness with God becomes a blessing unto all those who are receptive. Every time God is released into this world through us, It has the opportunity of going out into the world and neutralizing some of the carnal influences in government, the courts, business, and industry, even in the arts and professions.” ~Joel S Goldsmith

Matt 5:14-16 (KJV)

14 Ye are the light of the world. A city that is set on an hill cannot be hid.

15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

God is the Light.

I am pointing at It,
and resting in It.

Will you Watch one hour with me?

~Al Denninger

The Daily Lesson – July 29, 2018

“Every time that we meditate— and we meditate only for the attainment of this conscious awareness, this ‘peace, be still’— we are at that same moment lessening the evil and selfish influences in the world. The degree to which evil seems to be lessened may be of minute proportions—it probably is— but once the Spirit is loosed, there are no limits to Its far-reaching effects because there is no such thing as a little of Spirit or a little power in this Spirit.” ~Joel S Goldsmith

Matt 6:33 (to ;) (KJV)

33 But seek ye first the kingdom of God, and his righteousness;

Rom 8:4 (KJV)

4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

Luke 1:79 (KJV)

79 To give light to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace.

Let yourself loose to the Spirit – and the Spirit will be Loosed within You as Peace. Your Realization of this Peace will Beam as Light to those who ask. ~Al Denninger

The Daily Lesson – July 30, 2018

“The Spirit Itself is infinite, and It is just as infinite through one as It is through a million. This is proved in the lives of the great mystics: the Spirit of God in Jesus Christ became the release unto a whole Christian world; the Spirit in Gautama the Buddha became the light and the illumination to all of India, China, and Japan for a long period of time. We cannot measure the effect of the Spirit, even when the Spirit finds entrance to this world through, or as, the consciousness of one individual.” Joel S Goldsmith

John 4:23 (KJV)

23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

The hour is always Now.

Luke 12:37 (to :) (KJV)

37 Blessed are those servants, whom the lord when he cometh shall find watching:

Luke 12:43 (KJV)

43 Blessed is that servant, whom his lord when he cometh shall find so doing.

One in a million shall be found doing...

The Consciousness of that One about the Father's Business shall Bless the world forever.

~Al Denninger

II Cor 4:6,7 (KJV)

6 For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.

7 But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

The Daily Lesson – July 31, 2018

“The ultimate of spiritual living is to live so completely in attunement with the Source, God in the midst of us, that the influence of God which is flowing through us will flow out and be a law of good unto all who come within range of our consciousness, thereby lifting them up and increasing their desire for the spiritual.*” ~Joel S Goldsmith

*For a complete exposition of the subject of meditation, see the author's: *The Art of Meditation* (New York: Harper & Row, 1956; London: George Allen and Unwin, 1957).

You can also find our complete Book Study of *The Art of Meditation* in “The Daily Lessons” at: <http://www.iwso.org/archives.htm>

Heb 9:24 (KJV)

24 For Christ is not entered into the holy places made with hands, which are the figures of the true; but into heaven itself, now to appear in the presence of God for us:

I Cor 2:12,13 (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.

Titus 2:7,8 (to ;) (KJV)

7 In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity,

8 Sound speech, that cannot be condemned;

Spiritual Living is a Life of multiplication.

Emmanuel - God with us, now and forever, Amen. ~Al Denninger

This concludes our study of the Chapter 4 of the book ‘A Parenthesis in Eternity’. Tomorrow we begin Chapter 5, entitled ‘Sowing and Reaping’.