

“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 – January 6, 2018

“CHAPTER XVIII

A CIRCLE OF CHRISTHOOD

Is it reasonable to expect that there can be a whole group of people in modern times so dedicated to the Christ-life that they will live by actual spiritual contact? Is it conceivable that a body of students or earnest aspirants on the spiritual path will evolve, who will seriously accept the hypothesis that they, of themselves, are nothing, but that God is all? Is it within the range of possibility that a *group* of people will appear on this earth, who have arrived at that point of realization where life is lived by the Spirit? Such a group would establish a pattern for the whole world.” ~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.

“Are we such a group? Everyone led here was led by the Spirit, an unexplainable beyond-words-and-thoughts impulse, to seek and Practice. By Grace alone this group has encircled the Globe – it was certainly through no promotion on my part. I just cast My Bread upon the waters every day, with no agenda in mind but to Be Love Loving. I have shared and poured what I have in My House and you have Come, with Ears to Hear. So now, dear friends, we have a lot more Practicing and Sharing and Pouring to do, so let’s get on with it!

I am willing, are you?” ~Al Denninger

The Daily Lesson – January 7, 2018

“Always there have been isolated individuals who have achieved Christhood by grace, but at no period in the history of the world has it been either realized or maintained by a group. No one has been able to impart it to a group, because up to this moment no effective way of transmitting the Christ-consciousness to large numbers has been found - at least none that has been effective. It was imparted by Jesus to the twelve disciples, and out of the twelve only three or four were able to maintain it. It was taught to several students by Buddha, but only two of them understood it, and of Lao-tse's disciples, only one was able to carry on.” ~Joel S Goldsmith

Phil 4:13 (KJV)

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

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

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;

“Don't take this the wrong way... Neither I nor any other individual can transmit the Christ. But we can communicate a Message of Love, Peace, Healing and Instruction to those asking, with Ears to Hear. Christ does the Work of Opening out a Way for Spiritual Realization to each One when they are Ready. There is no limit to what the Christ can do - it is beyond words and thoughts, and will always continue to be so.

You see, more and more people have access to God's message Appearing As every single day. Today it is possible to view any digital library of Scripture, anywhere in the world, and share it with hundreds of disciples in a heartbeat - and it can be digitally translated into most of the world's languages on the fly. I'd say that is a big change from 60 years ago when Joel wrote this message. What do you think will be possible in another 60 years? You see, it is beyond current thought right now, but it won't be then. We have the great gift of being able to Watch an 'age of Access for all' expand exponentially in our lifetime. I'd say that this is an activity of 'greater Works'... And there will be greater Works to come, always...

We have only just begun to bring Peace to the world. We must carry on.” ~Al Denninger

The Daily Lesson – January 8, 2018

“Today the wisdom of all ages is again coming to light in human consciousness: ‘Hear, O Israel: The Lord our God is one Lord.’ This teaching of oneness is the ancient secret of the mystics revealed throughout all time by every one of the great spiritual lights of the world. Every great religious teacher has caught this vision of oneness. This it is which enables us to unite in that selfsame realization that if I am in the Father, and the Father is in me, then, you are in me, and I am in you; and we are all one in the Father, united in one consciousness.” ~Joel S Goldsmith

John 14:10,11 (to :) (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:

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.

“Abide in Me,
and I in Thee.
And we shall be,
in Oneness -
Free.”

~Al Denninger

The Daily Lesson – January 9, 2018

“Despite the diverse forms of religious worship and teaching prevalent today, men and women of whatever persuasion should be able to unite in this age-old wisdom of oneness. The teaching of oneness is universal and in no way interferes with the continued practice of our present manner of worship. In reality, there is no cleavage between ‘your’ teaching and ‘my’ teaching. There is one Spirit and that Spirit is God, permeating human consciousness wherever human consciousness is receptive. This Spirit of God works through me for your blessing and through you for my blessing, since we are one in Christ Jesus.” ~Joel S Goldsmith

I Cor 6:17 (KJV)

17 But he that is joined unto the Lord is one spirit.

Rom 12:5 (KJV)

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

“A Receptive circle of Christhood is an activity of Spirit that is perfect and complete, but there is also room for an Infinite number of Individual Expressions gathered together in Oneness. Where the Spirit of the Lord is Active, there is Liberty. Let us Love without ceasing...” ~Al Denninger

The Daily Lesson – January 10, 2018

“The world has made great strides forward in religious and metaphysical teachings since those early days of Jesus, Buddha, and Lao-tse, but too much of this teaching has remained mere speculation in the realm of the intellect. Somehow, somewhere, a group known by their fruits must come into active expression, a group who actually live the Christ life. They must keep their fingers on their lips, not talking truth, not teaching truth, but living truth, their every act a demonstration of the presence and power of God. As discord or inharmony flash across their horizon, they will resist the temptation to affirm truth, and instead, turn to that center where the Christ is enthroned and let It make the crooked places straight. *It*, not they, will be the blessing.” ~Joel S Goldsmith

Luke 10:1-7 (to .) (KJV)

- 1 After these things the Lord appointed other seventy also, and sent them two and two before his face into every city and place, whither he himself would come.
- 2 Therefore said he unto them, The harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest.
- 3 Go your ways: behold, I send you forth as lambs among wolves.
- 4 Carry neither purse, nor scrip, nor shoes: and salute no man by the way.
- 5 And into whatsoever house ye enter, first say, Peace be to this house.
- 6 And if the son of peace be there, your peace shall rest upon it: if not, it shall turn to you again.
- 7 And in the same house remain, eating and drinking such things as they give: for the labourer is worthy of his hire.

Luke 22:35 (KJV)

35 And he said unto them, When I sent you without purse, and scrip, and shoes, lacked ye any thing? And they said, Nothing.

Gal 5:22,23 (KJV)

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

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

“An Inspired Consciousness must open out a Way to Bless Its neighbors. And so then, it must follow, through an activity of Divine Multiplication, that This Love increases into a Circle of Christhood fulfilling God’s Will.” ~Al Denninger

The Daily Lesson – January 11, 2018

“The answer, the solution to all problems, is the realized Christ; let us call It the Risen Christ. Christ buried in the tomb of the mind will not come forth and do wonders, but Christ risen in our consciousness, Christ raised up from the tomb through meditation and communion - that is the miracle worker of the ages. It may begin with us and express in the improvement of our health, supply, and environment. Then, as the Christ becomes active in our consciousness on behalf of those who are receptive to It, It will begin to be an influence in their experience. Thus, going from one to another, touching a few here, a few more there, eventually, it will encircle the globe.” ~Joel S Goldsmith

I Pet 1:22 see,23 (KJV)

22 ...see that ye love one another with a pure heart [Realized Consciousness] fervently:

23 Being born again, not of corruptible seed, but of incorruptible [Spirit], by the word of God, which liveth and abideth for ever.

I John 4:11 (KJV)

11 Beloved, if God so loved us, we ought also to love one another.

I John 4:12 If,13 (KJV)

12 ...If we love one another, God dwelleth in us, and his love is perfected in us.

13 Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit.

“This-world consciousness cannot supply, enlighten or expand beyond its limited reality.

The Realized Gift of Spirit is multiplies Itself forever.” ~Al Denninger

The Daily Lesson – January 12, 2018

“Every person who has prepared himself for the awakening of the Christ may become an integral part of this circle of light. It is not, however, an experience that is possible to every person at this present moment, just as it is not possible for everyone to earn a degree in engineering or law, without the required preliminary study. Much as all those who are interested in the deep things of the Spirit would like to include their friends and families as their companions along the Way, this is not always practicable. Often the members of one's own family or others closely related by ties of friendship, love, or association are the very ones who are the most antagonistic to truth. They are the rocky or barren soil to which the Master referred. It is not for anyone to judge or to know who is ready for Soul unfoldment. That is something between every person and his God. Eventually, every knee must bend, and ultimately, all will come into their spiritual heritage.” ~Joel S Goldsmith

Rom 8:9 (to .) (KJV)

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

Matt 13:3-9 (KJV)

3 And he spake many things unto them in parables, saying, Behold, a sower went forth to sow;

4 And when he sowed, some seeds fell by the way side, and the fowls came and devoured them up:

5 Some fell upon stony places, where they had not much earth: and forthwith they sprung up, because they had no deepness of earth:

6 And when the sun was up, they were scorched; and because they had no root, they withered away.

7 And some fell among thorns; and the thorns sprung up, and choked them:

8 But other fell into good ground, and brought forth fruit, some an hundredfold, some sixtyfold, some thirtyfold.

9 Who hath ears to hear, let him hear.

“Your Good Ground patiently awaits your unshod feet – just as though It has never left...” ~Al Denninger

The Daily Lesson – January 13, 2018

“Spiritual unfoldment must begin with one - always one. It has to begin in the consciousness of one person. That consciousness could just as well be yours; that consciousness could just as well be mine. It all depends upon the degree in which we come into the realization of the Christ. The realized, risen Christ, active in one person, becomes a potent force in the entire world. At any given moment there may be a receptive person in some hospital, in a prison cell, on a battlefield, in high political office or low, someone anywhere in the world crying out, ‘O God, can you help me? Is there a God to help me?’ Wherever or whenever there is a reaching out to God, there the realized Christ is, in Its fullness. No one can fully apprehend the widespread effect of the realized Christ when It is loosed in the world. There is no way of knowing how many people have had healings - mental, physical, moral, and financial - by the very act of reaching out to the Unknown, and, thereby, touching this very Christ, which has been released in meditation by you or by me.” ~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.

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

“It all starts with One individual being Realizing the Christ - the Source of Truth Within. And then this Realized Truth must be let Loose to Live Its Life wherever It wants to Be. This is the Way of Infinite Being.

This is what I mean, when I say, ‘I Am with you’.” ~Al Denninger

The Daily Lesson – January 14, 2018

“It is for this reason that I have been asking our students in The Infinite Way to devote one meditation period each day to God alone - not for themselves, their families, their business, their patients, or their students, but for God alone. In other words, we reserve one period for a meditation in which we go to God with clean hands:

Father, I seek nothing. I come to You in the same spirit in which I would go to my mother were my mother available, for communion, just for love. You are the Father and Mother of my being. You are the Source of my life. You are the Soul of me, the Spirit of me. I have no favors to ask of You. I come to You for the joy of communion, to feel the assurance of Your hand in mine, the touch of Your finger on my shoulder - just to be in Thy Presence.

The realized, demonstrated presence of God is the Savior of the world.” ~Joel S Goldsmith

Matt 6:31-33 (to ;) (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;

“Father, I can of mine own self do nothing. I surrender...and seek only to Be with You. In Stillness and confidence I rest and take no thought of my own... I have come to you to Rest back, Watch and Be Present and Included. I am here to Feel Love Loving and nothing more... To Realize that I am Included in Omnipresence is my Bliss. I am Satisfied...” ~al.within

The Daily Lesson – January 15, 2018

“The time has passed for any one individual to set himself up as the sole representative of the Spirit of God on earth. Every person must show forth that same Spirit. If this book can bring to a few the experience of the Spirit of the Lord, then they, in turn, will be able to go out and help others reach this same experience. The Saviour is the Spirit of the Lord - not a man or a woman. The Saviour is the Spirit of the Lord, and the Spirit of the Lord must be realized by you and by me individually.” Joel S Goldsmith

John 16:7 (KJV)

7 Nevertheless I tell you the truth; It is expedient for you that I [the personal sense of me] go away: for if I go not away, the Comforter will not come unto you; but if I [personal sense] depart, I [Impersonal Spirit] will send him unto you.

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.

“Christ Jesus, in John 16:7, is telling us to not focus on the personal sense of healer/teacher and what he can do for us in this-world – but to re-focus on the Impersonal Spirit of The Lord, and be Taught, Supplied and Comforted by Him. When we Open the Door and Let Him enter, we will be, with open face beholding, Changed. (‘Changed’ is also known as: Saved, Enlightened or His Instrument).”
~Al Denninger

The Daily Lesson – January 16, 2018

“The most that any spiritual teaching or book can accomplish is to lead the student to the realization that there is a kingdom of God within him and then inspire him with the desire to achieve it. The most that a spiritual teacher can do is to open the consciousness of those individuals who look to him, so that they may attain the realization of the Spirit of the Lord. But one teacher, as we have seen in the case of Jesus Christ, could not do this for the entire world - not even for his own disciples, except for the few who were receptive and responsive. Judas is an example of one who did not respond to the Christ. Only those with a deep spiritual hunger can be lifted by a spiritual teacher into the God-experience.”
~Joel S Goldsmith

III John 1:4 (KJV)

4 I have no greater joy than to hear that my children walk in truth.

Matt 5:6 (KJV)

6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

“Plenty there be that hunger and thirst after knowledge and things, but few there be that hunger and thirst after Righteousness [The Kingdom of God]. Those few will find The Way to walk in Truth. We are very Blessed.” ~Al Denninger

The Daily Lesson – January 17, 2018

“Every mystic throughout the ages has succeeded in opening the consciousness of students to the experience of the Spirit of the Lord. In some cases, hundreds received it through their teacher. But the world went on its merry way to destruction, because those who reached this high state of consciousness set up a worship of the teacher rather than a practice of the teaching. Everyone who through this work is touched by the Christ should dedicate himself to opening the consciousness of others in the same way as has been done for him. This he can do by being a witness to the activity of the Christ in his own consciousness, demonstrating to the world that anyone with sufficient interest and devotion may be led to the same experience.” ~Joel S Goldsmith

I Cor 3:10,11 (KJV)

10 According to the grace of God which is given unto me, as a wise masterbuilder, I have laid the foundation, and another buildeth thereon. But let every man take heed how he buildeth thereupon.

11 For other foundation can no man lay than that is laid, which is Jesus Christ.

Luke 9:23 (KJV)

23 And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

John 12:32 (KJV)

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

“Christ’s Love is impersonal, and if we follow in the same footsteps, we must leave behind all personal distractions - and carry only the same Truth to those with Ears to Hear.” ~Al Denninger

The Daily Lesson – January 18, 2018

“Wherever there is a realized God-consciousness, it becomes an instrument through which God functions in human consciousness. The activity of the Christ can function through my consciousness, reaching and touching yours to illumine, heal, and supply. In the same manner, as you are attuned to the Infinite Invisible in meditation, Christ finds an outlet through your consciousness, touching the lives of others, awakening their consciousness, and bringing what the world calls healing to their bodies and affairs. The activity of the Christ, with no human intervention, flows into whatever human consciousness is opening itself to God's grace.” ~Joel S Goldsmith

Rom 8:28 (KJV)

28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

“Love is always about the Father's business.” ~Al Denninger

The Daily Lesson – January 19, 2018

“The day will come when there will be a band, a circle of spiritual wisdom around the entire globe. The fabric of this circle will be formed throughout the world by the realized Christ-consciousness of teachers and students. When this circle has been developed sufficiently, then everybody who seeks spiritual light will be able to reach out and touch the realized Christ-consciousness of anyone in this band of illumined Souls. Then the world will be uplifted, not one by one, but by the millions. When this consciousness is released through individual realization in meditation and communion, it can no longer be localized in either time or space and anyone in the world who touches it can attain it in some measure.” ~Joel S Goldsmith

John 15:9 (KJV)

9 As the Father hath loved me, so have I loved you: continue ye in my love.

“John 15:9 says it all. Need we ever wonder what our Purpose is...

And so it is, we Gather together in Oneness, and shall be Found Watching.” ~Al Denninger

The Daily Lesson – January 20, 2018

“Illumination dissolves all material ties and binds men together with the golden chains of spiritual understanding; it acknowledges only the leadership of the Christ; it has no ritual or rule but the divine, impersonal universal Love; no other worship than the inner Flame that is ever lit at the shrine of Spirit. This union is the free state of spiritual brotherhood. The only restraint is the discipline of Soul, therefore we know liberty without license; we are a united universe without physical limits; a divine service to God without ceremony or creed. The illumined walk without fear -- by Grace.” ~Joel S Goldsmith

Acts 20:32 (KJV)

32 And now, brethren, I commend you to God, and to the word of his grace, which is able to build you up, and to give you an inheritance among all them which are sanctified.

2 Corinthians 1:12 (KJV)

12 For our rejoicing is this, the testimony of our conscience, that in simplicity and godly sincerity, not with fleshly wisdom, but by the grace of God, we have had our conversation in the world, and more abundantly to you-ward.

John 1:16 (KJV)

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

“Christ Consciousness is the gift of Awareness, the acknowledgement of complete Trust and the Activity of unconditional Love Loving. The Inspired and Lifted are Included in the Kingdom of God as His Children walking together on the path of Oneness and Infinite Grace.

Thank you Father. Thy will be done in and As Me...

Thy Grace is abundantly sufficient.

Your grateful and willing servant,” ~al.within

This concludes our study of Chapter 18, the final chapter of the book “The Art of Meditation”.

Tomorrow we begin another book by Joel S Goldsmith, entitled “A Parenthesis in Eternity”.