

## **“THE DAILY LESSON”**

is an activity of the study group found at: [www.iwso.org](http://www.iwso.org)

It is a progression of excerpts from tapes recorded by Joel,  
or from his books or writings.

It appears each day, together with the addition of corroborating scripture  
and inspired comments,  
to take into meditation and live with throughout your day.

Student's note: There are words that are capitalized throughout this work.  
These words are used as if it were a synonym for, or as an activity of God.  
Also, the portions that are italicized are spontaneous meditations.

The subject for our current study is the complete book  
**“Practicing the Presence”**  
By Joel S Goldsmith

## **THE DAILY LESSON - SEPTEMBER 19, 2014**

### CHAPTER 1

#### SPIRITUAL CONSCIOUSNESS

“The secret of harmonious living is the development of spiritual  
consciousness. In that consciousness, fear and anxiety disappear, and life  
becomes meaningful with fulfillment as its keynote. ~Joel

Rom 8:9 (to .)

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

“So then, we need to learn how to dwell in Spiritual Consciousness and let  
the Spirit Dwell in us and then As us... Walk with me a while, and in this  
book study a spark will appear and light the Way. Loving you, ~Al”

## THE DAILY LESSON - SEPTEMBER 20, 2014

“The degree of spiritual consciousness which we attain can be measured by the extent to which we relinquish our dependence on the external world of form and place our faith and confidence in something greater than ourselves, in the Infinite Invisible, which can surmount any and every obstacle. It is an awareness of the grace of God.” ~Joel

II Pet 1:2, (to,)

2 Grace and peace be multiplied unto you through the knowledge of God,

“The knowledge of God we’re talking about here is not knowledge attained in the reasoning mind of man, it is in the full and complete Knowing within. This Knowing is an actual feeling of touching Truth - A complete awareness of Omnipresence, which cannot be understood in man’s mind ... ~Al”

## THE DAILY LESSON - SEPTEMBER 21, 2014

“There is a specific practice which will aid in the attainment of this spiritual consciousness. It is a practice which can be carried on throughout the day as the world crowds in upon us, reminding us that we need this or desire that. To every such insistent demand, let our answer be: ‘No, no. This is not what I need or want. Thy grace is my sufficiency, nothing else--not money, not marbles, only Thy grace.’ Let us learn to hold to that resolutely. If the need seems to be railway fare, rent, clothing, housing, or health let us steadfastly acknowledge that our only need is His grace.” ~Joel

I Thess 5:16-18 (to :)

16 Rejoice evermore.

17 Pray without ceasing.

18 In every thing give thanks:

II Cor 12:9 (to :)

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

*“Father, I can of mine own self do nothing. So I place myself in Your arms to Love... Thy will be done in this very moment – for this very moment...*

*~AI”*

## THE DAILY LESSON - SEPTEMBER 22, 2014

“Our work may require greater strength, greater knowledge or greater ability than we seem to possess, or there may greater demands made upon our purse than we can meet. Instead of accepting this apparent lack, let us remember, ‘He performeth the thing that is appointed for me. . . . The Lord will perfect that which concerneth me,’ or some other scriptural passage. The human belief may be that there is a physical, mental, moral, or financial demand made up us greater than our ability to fulfill; but the very moment we turn to that He that is within us, recognizing that He performeth that which is given us to do, He perfecteth that which concerneth us, a weight drops off our shoulders, and the sense of personal responsibility lifts. All of a sudden, are given the necessary ability, which we discover is not our ability at all; it is His ability being expressed through us. Out of our weakness comes strength, but not our strength; it is His strength, and we perform the work through His strength. If it is rest that we need, we turn to Scripture a find: ‘Come unto me, all ye that labour and are heavy laden, and I will give you rest.’” ~Joel

Phil 4:13

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

“Take a step back and watch God perform His work. It is not important what Instrument He uses. ~Al”

## THE DAILY LESSON - SEPTEMBER 23, 2014

“One of the most comforting passages in Scripture is: ‘My peace I give unto you: not as the world giveth, give I unto you.’ If we could spend a month with that statement, it would open a whole new world to us. We might ask ourselves what we know about peace. We all know the kind of peace that the world can give, but that is not the kind of peace that we need. Many of us think we would have peace, if had enough supply, or if we had our health, or if we had the right kind of companionship. That might be true, but having those things does not guarantee that we shall not be disturbed about something else. As long as we look to people and situations for peace, we shall fail to find either enduring satisfaction or peace: ‘My peace . . . not as the world giveth,’ but ‘My peace.’ ‘My peace’ is a gentle spirit which wells up within us and has no relationship to the state of our affairs, although, ultimately, it settles all our affairs.” ~Joel

Rom 12:2

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.

“We must give up my peace, my supply, my companionship, my finite personal self’s desires – and look not in this world for a demonstration of effect. Look beyond words, things and concepts to the Infinite Source of Peace that is Love Loving. Peace is Love, and just like gratitude, it must be given to be experienced.” ~Al

## THE DAILY LESSON - SEPTEMBER 24, 2014

“Faith in the Infinite Invisible deepens and increases, as we learn to depend consciously on the He that performeth that which is given us to do. That He, the Infinite Invisible, performs whatever is given us to do in the visible world. The Infinite Invisible perfects that which concerneth us. The Invisible Grace is our sufficiency in all things. The Invisible Presence goes before us to make the crooked places straight.

Gradually, as over and over again the temptation comes to say, ‘I need; I want; I haven't enough; I am insufficient’; we remember that our sufficiency is in the Infinite Invisible. This practice deepens spiritual consciousness. Brother Lawrence called it practicing the presence of God. The Hebrews called it keeping the mind stayed on God and acknowledging God in all ways. Jesus called it abiding in the Word. It is a practice that ultimately leads to a complete reliance on the Infinite Invisible, which in its turn brings the visible into our awareness as we have need of it.” ~Joel

Prov 3:5,6

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.

“As we practice the Presence of God throughout our days, all of a sudden we start to recognize the things we need appearing exactly as we have use for them. Our sufficiency is everywhere - it seems that sometimes all we need to do is bend down and pick them up. Our trust in this supply builds in time and eventually we will begin to trust the Lord in all ways. Practice, practice, practice...” ~Al

## THE DAILY LESSON - SEPTEMBER 25, 2014

“Material living puts its faith in forms of good. Spiritual living makes use of that which is in the world; it enjoys the form, but its reliance is on that which is the substance of the form, or that which has created the form, the Invisible. All spiritual revelation has shown that the substance of this universe is in us. Our consciousness is the substance of our world. Therefore, in the Master's words, ‘Destroy this temple, and in three days I will raise it up.’ If anything in the world of effect is destroyed, in a short period of time it can be rebuilt, re-established.

Great civilizations have been destroyed, and others have taken their place. Anything that has been built can be rebuilt, because everything that exists in the outer realm exists as an activity of consciousness. If we should lose our home, our fortune, or our family, we can be certain that the consciousness that built it could rebuild it.” ~Joel

II Cor 5:1

1 For we know that if our earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens.

“Our True form is Love. Our Substance is invisible. Our Soul is Infinite.”  
~Al

## THE DAILY LESSON - SEPTEMBER 26, 2014

“As consciousness becomes more spiritual, confidence in the Infinite Invisible increases, and our love, hate, or fear of the external diminishes. We see the Infinite Invisible as the law, cause, and activity of all that is and drop concern for the form, whether it be person, thing, or condition. The realization of the Invisible as the substance of all form is vital to the attaining of spiritual consciousness. The visible form is merely the natural result of the activity of the invisible law and cause.” ~Joel

I Cor 15:44-47

44 It is sown a natural body; it is raised a spiritual body. There is a natural body, and there is a spiritual body.

45 And so it is written, The first man Adam was made a living soul; the last Adam was made a quickening spirit.

46 Howbeit that was not first which is spiritual, but that which is natural; and afterward that which is spiritual.

47 The first man is of the earth, earthy: the second man is the Lord from heaven.

*“Raise me Father. I can of mine own self do nothing... Lift me and show me the Way that I may do Thy will on earth as it is in Heaven... My true being is Your Love expressed.” ~Al*



## THE DAILY LESSON - SEPTEMBER 27, 2014

“Every issue of life is determined, not by external conditions and things, but by our consciousness. For example, the body, in and of itself, has no power, no intelligence, and is not responsible for its actions. A hand, left to itself, would remain right where it is, forever and forever. There must be something to move it, and that something we call "I." That "I" determines how this hand will be used; the hand cannot determine that in and of itself. The hand exists as an effect or as a form, and it responds to direction. As a vehicle or tool, it is obedient to us, and we impart to it whatever of usefulness it has. This idea can be applied to other parts of the body. The consciousness that formed the body in the beginning is the consciousness that maintains and sustains it. God gave us dominion through consciousness, and this consciousness, which is the creative principle of our body, must also be its sustaining and maintaining principle.

Once we catch this principle, we shall have caught the entire principle of life. Literally, the kingdom of God is within us; literally, the law of life--the substance, the activity, the intelligent direction of life--is within us. We have only to prove this in some one direction and we shall have proved it in every direction. If we can prove twelve times twelve apples to be one hundred forty-four, we can prove twelve times twelve to be one hundred forty-four, whether applied to apples or people or millions. If we can prove, in only one single way, that the kingdom of God is within us, and that the life, activity, substance, and harmony of our being are determined by the law of God within us, we shall have no difficulty in proving this in every phase of our life, in the health of our body, and in all the relationships of life.” ~Joel

Luke 17:21

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

John 18:36 (to :)

36 Jesus answered, My kingdom is not of this world:

“The entire kingdom of God is within us, so we are included in the Kingdom. God is Love, and so it follows, our consciousness is His expression. It also follows then that the hand moving or anything that is directed by His Consciousness is also His expression. Once we see this, we see the entire infinity of universe directed by One law, One Source, One Principal. Our Within is without limit or boundry.” ~Al

## THE DAILY LESSON - SEPTEMBER 28, 2014

“The whole secret lies in the word ‘consciousness.’ An intellectual knowledge of the fact that God is all is of no value. The only value any truth has is in the degree of its realization. Truth realized is spiritual consciousness. If we are conscious of the presence of the Lord, if we are conscious of the activity of God, then so it is unto us.” ~Joel

Rom 8:9

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

I Cor 2:4,5

4 And my speech and my preaching was not with enticing words of man's wisdom, but in demonstration of the Spirit and of power:

5 That your faith should not stand in the wisdom of men, but in the power of God.

“The Peace that passeth all understanding must be felt within. And then released without to animate God's Love.” ~Al

## THE DAILY LESSON - SEPTEMBER 29, 2014

“God is love; God is life; God is Spirit; God is all. That is true whether we are saints or sinners; it is true whether we are young or old, Jew or Gentile, Oriental or Occidental, black, yellow, or white. There are no exceptions to God; God is no respecter of persons. There is no way in which God can be left out of Its own universe, but we can leave ourselves out of it.” ~Joel

Rom 8:5-7

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

6 For to be carnally minded is death; but to be spiritually minded is life and peace.

7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

“We will find ourselves exactly where our consciousness is. There is only one sin, and that is when we think that we are separated from God’s Universe. Stop... Put down the distraction and Know [Feel] the Truth.”

~Al

## THE DAILY LESSON - SEPTEMBER 30, 2014

“God is; there is a God--never doubt that. This God is infinite in nature, eternal, universal, impersonal, impartial, and omnipresent. But how do we avail ourselves of that which God is? How do we bring this that we know about God into our individual experience? To illustrate, we can turn to the field of music. The principle of music is absolute. If, however, we fail to understand its principle and the sounds produced turn into a jumble of discordant noises, we do not rail against the principle. We apply ourselves more diligently to practicing the principle until we become proficient in its application. So it must be in our God-experience. God is, and God is here, and God is now, but God is available only in proportion to our realization and willingness to accept the discipline that is necessary for the attainment of that mind which was also in Christ Jesus.” ~Joel

Ps 91:1

1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

“The secret to dwelling in the ‘secret place’ is to learn to quiet the noise around us and still the thinking mind, then rest in a state of awareness through which the Ever-Present Mind of Christ flows. To completely surrender to God’s will and confidently rest in an attitude of ‘Speak Lord, thy servant heareth’.” ~Al

## THE DAILY LESSON - OCTOBER 1, 2014

“It will do us no good to sit back and plead, ‘O God, when are you going to act in my life?’ Let us rather realize, ‘God is good. God's part is done. Thank you, God, that this principle is and has been available throughout all time. Now show me what I must do in order to avail myself of this principle, this love, this life, this immortal body.’ When we have reached that state of readiness, we have begun traveling the road which leads to spiritual consciousness.” ~Joel

James 4:3 (to 3rd ,)

3 Ye ask, and receive not, because ye ask amiss,

“Can we inform God?” ~Al

## THE DAILY LESSON - OCTOBER 2, 2014

“Spiritual consciousness is attained through the activity of truth in consciousness. Dwelling on scriptural quotations or statements of truth helps to spiritualize thought. The more truth that we read and hear, the more active is truth in our consciousness. Thus we learn to abide in the Word. This is the first step on the Way.” ~Joel

Isa 26:3 (to :)

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

“Keep your focus inward and upward. Practice casting your net in God’s Realm and you’ll find you won’t need it anymore.” ~Al)

## THE DAILY LESSON - OCTOBER 3, 2014

“The second, and more important step, is to be able to receive truth from within, to be receptive and responsive to the truth that wells up within us. Then we do not think, read, or hear truth with the mind: We are becoming aware of the impartation of the Word of God from within because the inner ear and the inner eye have been developed through our knowing the letter of truth and dwelling on it.” ~Joel

Matt 6:24 Ye,25 (to 2nd ,)

24 ...Ye cannot serve God and mammon.

25 Therefore I say unto you, Take no thought for your life,

“Truth from Within is Infinite in nature and cannot be discerned with the mind any more than Infinite Mind can understand limited thought.

Seek ye first the Kingdom and when felt dwell there...” ~Al



## THE DAILY LESSON - OCTOBER 4, 2014

“The letter of truth is made up of statements, quotations, and words, none of which, alone, is power. The only power is God Itself. (1) It is very much as if the shades on the windows were drawn, and we sat all afternoon talking about sunlight: what it is, what it will do, and how to avail ourselves of it. Then, after several hours, someone very skeptically remarked, ‘But, it's still dark here. After all this talking about light, it is still dark.’ Yes, it is still dark, and dark it will remain until we roll up the shades. So it is that we can talk about truth; we can read truth; we can study truth; we can hear about truth and never once feel the light, never once feel the presence and power of God, unless and until we take the final step of opening consciousness to the very presence of God. When truth comes to our conscious awareness from within our own being, we have gone from the letter to the Spirit. That is the most important phase of the activity of truth in consciousness.” ~Joel

*(1) In the spiritual literature of the world, the varying concepts of God are indicated by the use of such words as "Father," "Mother," "Soul," "Spirit," "Principle," "Love," "Life." Therefore, in this book the author has used the pronouns "He" and "It," or "Himself" and "Itself," interchangeably in referring to God.*

II Cor 3:5,6

5 Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God;

6 Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life.

“So, what does it take to take the final step in God Realization? In my case – it took a lot of studying, a library full of books, listening to tapes, classes, friends, teachers, mentors... Working at it for decades, until one day I put it all away took no thought for myself and Listened Within.” ~Al

## THE DAILY LESSON - OCTOBER 5, 2014

“The second step, which leads to a state of consciousness where we are receptive and responsive to the still small voice, cannot be taken, however, unless the first step has been mastered, that is, knowing the letter of truth. All the years that a person has spent in reading truth, hearing truth, thinking truth, attending church services, lectures, or classes are fruitful in leading him to that point where inspiration flows from within his own being. This inspiration, however, usually comes only after a thorough grounding in the letter of truth.

Jesus tells us to let "my words abide in you. . . . Herein is my Father glorified, that ye bear much fruit." To live in that truth, to abide in that Word, is to bear fruit richly, that is, to live harmonious, spiritual lives. But if we forget to live in the Word, to abide in it, and let it abide in us, we become as branches that are cut off and wither. How can we abide in this Word if we do not know it? We must know the truth. We must learn what the correct letter of truth is. Let us have a specific principle with which to work and let us stand on that principle, until the moment comes when we feel that spiritual awareness within us, which is realization. Then we shall know that we have attained the spirit of truth, the consciousness of truth, which is the Word of God and is power. Anyone with a sufficient desire for a realization of God can achieve that realization--the grace of God will guarantee it.?  
~Joel

John 15:4-7

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.

6 If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

“Abiding in the Word persistently practiced eventually becomes a Way of Life. We crave the Presence, wait patiently for the next Inspiration, gratefully appreciate each moment of Love and rarely move about without God’s Assurance. Thank you Father...” ~AI

## THE DAILY LESSON - OCTOBER 6, 2014

“It is possible to know all the truth found in the letter of truth and still be a branch that withereth, until we so abide in the Word and let this Word abide in us that the very Spirit of God dwells in us. There is a Spirit in man. There actually is a Spirit--the Spirit of God in man. No man is devoid of it, but most of us are as unaware of it as we are of the blood coursing through our bodies. God is with us. God's presence fills all space; the Spirit of God dwells in us. But how many people have felt that Presence? It is talked about, prayed about, theorized about, and sermonized about; but It is not experienced. It is the conscious awareness, the actual feeling or realization of the Presence which is necessary.

John 15:6 (to;)

6 If a man abide not in me, he is cast forth as a branch, and is withered;

Luke 17:21

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

“And so it is- God is included in us, and likewise, we are included in His Kingdom. All we need to do is tune in. Take no thought with the man-educated mind [the knowledge of the tree of good and evil], but the consciousness within is self-lessly, silently and attentively attuned.” ~Al

## THE DAILY LESSON - OCTOBER 7, 2014

“How do we know when the Spirit of God dwells in us? If we are letting go of hate, envy, jealousy, malice, self-seeking, self-glorification, prejudice, and bigotry, we are making room for the Spirit of God, for God cannot dwell in the midst of such qualities. As long as these qualities are present in our consciousness, we have more work to do abiding in the truth and letting the truth abide in us, until such time as the Christ has come so alive that such mortal thoughts no longer touch us. Then the Spirit of God dwells in us, ‘which is Christ in you, the hope of glory. . . . Behold I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.’” ~Joel

John 7:24

24 Judge not according to the appearance, but judge righteous judgment.

“Spiritual discernment comes at a time when we take no thought, have no judgment and no expectations. Trust the Truth and let the Christ open out the Way.” ~Al

## THE DAILY LESSON - OCTOBER 8, 2014

“In most religious teachings, we are told that the Spirit of God is everywhere, but that is not true. If the Spirit of the Lord were everywhere, everybody would be free, healthy, wealthy, independent, joyous, and harmonious. No, the Spirit of the Lord is present only where it is realized. Unless we feel the actual presence of God, then, as far as we are concerned, we do not have this Spirit. Again, it is a case of rolling up the window shades, or it is like saying that electricity is everywhere. That is true. Electricity is everywhere, just as the Spirit of God is everywhere. Electricity, however, will be of no value to us, unless it is connected in some way for our particular use. So it is with this Spirit of God. It is everywhere, in an absolute, spiritual sense, but It is only effective in our experience to the extent to which It is realized.” ~Joel

Rom 8:9 (to .)

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

“So then, rest now and Trust the Lord with all your heart and LET His Will be done in thee... Speak Lord, thy servant heareth... And watch as God’s Infinite Way is shown...” ~Al

Zeph 3:17

17 The Lord thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.

## THE DAILY LESSON - OCTOBER 9, 2014

“The student of spiritual wisdom cannot go through his day, satisfied that he has read some truth in the morning, or that he is going to hear some truth in the afternoon or evening. There must be a conscious activity of truth going on all the time. That does not mean that we neglect our human duties and activities; it means that we train ourselves to have some area in consciousness always active in truth. Whether we look out at forms of nature such as trees, flowers, or oceans, or whether we are meeting people, we find some measure of God in each experience. We train ourselves to behold the presence and activity of God in everything around us and to abide in the Word.” ~Joel

I Thess 5:16-18 (to :)

16 Rejoice evermore.

17 Pray without ceasing.

18 In every thing give thanks:

“Praying/meditating should not stop when you open your eyes and go about your daily activity. ‘In all thy ways acknowledge Him, and He shall Direct thy paths.’ [It does not say, ‘He might’.] Stay deeply focused and watch your day unfold in perfect harmony” ~Al

## THE DAILY LESSON - OCTOBER 10, 2014

“The goal is very close to us, but nevertheless, as close as it seems, it is far away, because with every horizon reached, another beckons beyond. As we go forward in our quest or search, we can measure our progress in this way: We see the horizon before us and we have the feeling, ‘Oh, I have just a short distance to go.’ Sometimes, it takes only a few weeks or months to reach that horizon, and the whole world of Spirit is spread out before us. Then we believe we really have entered the kingdom of heaven, and we have--for a few days. Suddenly, we become accustomed to this light and we are aware of another horizon that urges us forward, another advance that must be traveled step by step, and again, we press forward.”  
~Joel

John 8:31

31 Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;

Mark 10:21

21 Then Jesus beholding him loved him, and said unto him, One thing thou lackest: go thy way, sell whatsoever thou hast, and give to the poor, and thou shalt have treasure in heaven: and come, take up the cross, and follow me.

“The Way is Infinite. God’s Love must be continually expressed – we must continue this act of expression step by step - onward and upward.” ~Al



## THE DAILY LESSON - OCTOBER 11, 2014

“It is important to learn all that we can about the correct letter of truth, to understand every principle, and then to practice these principles until we go from an intellectual knowledge to an inner awareness of them. We build our foundation on specific principles. Some of these principles are found in scripture: Christian, Hebrew, and Oriental. Some of them are not found in any written form, but nevertheless, they are known to all the mystics of the world. The further we go in this work, the more necessary it is that we know every one of these principles. They are the foundation of our understanding and they must become so much a part of us that when we are faced with a problem, we do not have to think consciously of any of them.

After many years spent in study and practice, mathematicians can give the answer to many a problem the moment it is stated; they do not require even paper and pencil for their calculations. An architect can draw a sketch of a beautiful home in such a short time that one marvels at his ability. An experienced lawyer becomes so familiar with statutes and court decisions that he either knows the law as it applies to a case or knows where to find it almost immediately; but if he were questioned as to his knowledge, he would probably say, ‘It has taken me twenty years to arrive at the place where I can do this.’

So it is with us. Every time we are called upon for help, God puts the necessary words in our mouth. Sometimes there are no words at all, just a smile. To a person experiencing financial difficulty, it may mean, ‘Son, thou art ever with me, and all that I have is thine’; to one alone feeling the need for companionship, ‘I will never leave thee nor forsake thee’; to one struggling with a physical problem, "Thou art whole"; to one laboring under the weight of guilt, "Neither do I condemn thee. Go and sin no more."

If we solve enough problems and seek to understand the truth behind issues and situations, day in and day out for one, two, three, or more years, we shall have all the answers available for instant use. Years and years of contemplating God and the things of God, meditating and communing with

God, will have eliminated the necessity for taking thought for the things of this world. When a question arises, the right answer is immediately revealed. The listening attitude, the expectant attitude, developed through meditation, creates a kind of vacuum into which God rushes with those things of which we have need, whether it be wisdom, power, grace, or whatever may be necessary.” ~Joel

I Thess 4:10 but,11 (to ,)

10 ...but we beseech you, brethren, that ye increase more and more;

11 And that ye study to be quiet,

“Our daily Practice is to seek ye the Omnipresent Kingdom of God and realize your inclusion in It. The Grace of God is our complete sufficiency.

~Al

## THE DAILY LESSON - OCTOBER 12, 2014

“An understanding of the principles of spiritual living, that is, a knowledge of the correct letter of truth, is necessary. That is the foundation upon which we build, so that we understand where we are going and why, and what our relationship to God and our fellowman is. It is necessary that we know these things so that we do not stumble into a blind faith that at some time or other may desert us. We need to know the correct letter of truth in order that we do not find ourselves in a state of mental chaos, relying on one thing today and on another tomorrow, never coming to an understanding of that which is. A spiritual life cannot be built without an understanding of God--the nature and character of God, the nature of God's law, and the nature of God's being.” ~Joel

John 10:9

9 I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.

“So, where do we get this True understanding? Not from man whose breath is in his nostrils, but directly from the Source.” ~Al

John 6:45,46

45 It is written in the prophets, And they shall be all taught of God. Every man therefore that hath heard, and hath learned of the Father, cometh unto me.

46 Not that any man hath seen the Father, save he which is of God, he hath seen the Father.

## THE DAILY LESSON - OCTOBER 13, 2014

“Take scriptural passages which embody spiritual principles and live with them. Hold them up as a banner in the presence of any and every form of discord, until such time as these principles become automatic. This is dwelling in the secret place of the most High, living, moving, and having our being continuously in the consciousness of God, not just for a few minutes while reading a book or listening to a lecture. Despite the demands which are made upon us by the world, we must pause at frequent intervals during the day and during the night for the practice of the Presence. This need not interfere with our daily activities, nor does it mean that we must stop what we are doing. We can be standing right over the cook-stove or running a lawn mower and all the time keep our consciousness open to God, remembering that ‘My grace is sufficient for thee’; we can be out on the street, in the shops, or driving our car, always remembering:

*The Spirit of the Lord God is upon me, and that Spirit is peace and joy to me and to all those who come within range of my consciousness. (2)”*

~Joel

(2) The italicized portions of this book are spontaneous meditations which have come to the author during periods of uplifted consciousness and are not in any sense intended to be used as affirmations, denials, or formulas. They have been inserted in this book from time to time to serve as examples of the free flowing of the Spirit. As the reader practices the Presence, he, too, in his exalted moments, will receive ever new and fresh inspiration as the outpouring of the Spirit.

Isa 26:3 (to :)

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

“This is the key to praying without ceasing. Keep focused on the Truth of your Reality all throughout your day. Staying in the light keeps us from being distracted into looking down an un-illuminated rabbit hole.” ~Al

## THE DAILY LESSON - OCTOBER 14, 2014

“It is important that we let no hour of the day go by without some conscious reminder within us that the goal of life is to attain that mind which was also in Christ Jesus. The goal of the spiritual life is to attain God-consciousness- to live and move and have our being in an eternal awareness of God's presence.

Understand clearly that all spiritual wisdom is made up of two parts: first, knowing the truth, and secondly, having that mind in you which was also in Christ Jesus. Take certain of these specific principles which you will find stated in this book and live by them. Take them one by one. Carry one of them with you day in and day out for a week or a month. Then take another and live with it, using it as a yardstick with which to measure every experience.” ~Joel

John 8:32

32 And ye shall know the truth, and the truth shall make you free.

Phil 2:5

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

“In other words: Take no thought in this-world and seek ye always the Kingdom of God and you will find yourself Included in It.” ~Al

## THE DAILY LESSON - OCTOBER 15, 2014

“It is possible for anyone to change the trend of his life, not by hearing or reading truth, but by making it an active part of his consciousness in daily experience, until it becomes a habit every moment of the day, instead of an occasional thought. Let these principles operate in consciousness morning, noon, and night, until gradually the actual awareness comes. Then we make the transition from being hearers of the Word to being doers of the Word. Then we shall be abiding in the Word and shall bear fruit richly.”  
~Joel

John 15:4

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.

“Abiding is not just sitting still with folded hands and closed eyes – there is a time for resting in the Presence with attentive ear – but then get up and function in the Oneness. BE the activity of Love Loving... Go now and Live your day in Peace, and in harmony, and within God’s Sufficiency.” ~Al