

## **“THE DAILY LESSON”**

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

The subject for our current study is the entire book

### **“The Art of Meditation”**

By Joel S Goldsmith

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

It appears here and in email format each day,  
together with the addition of corroborating scripture  
and inspired comments by the Practitioner and Teacher ~Al Denninger,  
to take into meditation and live with throughout your day.

Students note: There are words that are capitalized throughout this work.  
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 5, 2017**

### **“CHAPTER V**

#### **THE DIFFICULTIES**

“If we practice the foregoing meditations faithfully, undoubtedly many questions will arise as to certain procedures in meditation: What about the extraneous thoughts that race through the mind? Should we expect to see visions? Is there a definite length of time for each meditation? How much understanding is necessary? Does diet have any bearing on the effectiveness of meditation? Is any particular posture necessary or desirable?” ~Joel S Goldsmith

Ps 127:1 (to :) (KJV)

1 Except the Lord build the house, they labour in vain that build it:

“Thoughts, ideas, agendas, deadlines or effort don’t compose the elements of our Spiritual Being, God does.” ~Al Denninger

## The Daily Lesson – June 6, 2017

“Let us consider the question of posture first. Meditation is most easily practiced when we are not conscious of the body. If we sit in a straight chair, with feet placed squarely on the floor, the back straight as it normally should be, the chin in, and both hands resting in the lap, the body should not intrude itself into our thoughts. This normal and natural position we should be able to maintain for five, ten, or twenty minutes, without thought reverting to the body.

There is nothing mysterious about posture. In the Orient, few people sit on chairs; therefore, it is natural for them to meditate sitting on the floor with their legs crossed. In that position, they are comfortable; but we, of the Occident, would find such posture not only difficult to achieve, but, for most of us, very uncomfortable to maintain.

If it is remembered that in meditation our whole attention is to be focused on God and the things of God, it will be readily understood that in meditating it is wise for the body to be in a natural or comfortable position, so that the attention is not drawn to the body. The only reason for assuming any particular posture is to make it easier to center the attention on God and to become receptive to His infinite power. In meditation, a change within the system is noticeable. The spine is erect; the chest is high; the breathing becomes slower, and thoughts race through the mind less and less until they finally cease.” ~Joel S Goldsmith

Matt 6:33 (to ;) (KJV)

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

Matt 6:25 (to 2nd ,) (KJV)

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

“Be still. Surrender... Be receptive.” ~Al Denninger

## The Daily Lesson – June 7, 2017

“Meditation is a conscious experience. As suggested earlier, it is a great help to begin meditation with some question, thought, or specific idea on which we wish enlightenment. We begin with the idea of receiving an unfoldment from God. If we realize that meditation is a conscious activity of our Soul, there will be no danger of our falling asleep or becoming drowsy. Two or three minutes of meditation should be enough to drive away the weariness one sometimes feels at the end of a strenuous day's work. We cannot go to sleep with a mind open, waiting for instruction. Those who fall asleep during meditation fail to make it a conscious experience. At a certain stage of meditation, sleep may come, but such sleep is not a lapsing into unconsciousness. The activity of consciousness would continue during sleep. Meditation is not just a lazy sitting back and saying, ‘All right, God, you go ahead.’ It is a quickening alertness and yet it is the ‘peace that passeth understanding.’” ~Joel S Goldsmith

Matt 26:36-41 (KJV)

36 Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder.

37 And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy.

38 Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.

39 And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.

40 And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour?

41 Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

“Watch with Me now...

Be Still.

Behold the Spirit is within you - to bring it into Expression we must be conscious. Keep sharp and be attentive but without effort. It takes practice...” ~Al Denninger

## The Daily Lesson – June 8, 2017

“Let us be sure there is that peace. We must make certain that there is no strain in connection with meditation. We are not going to take the kingdom of God by force - by mental or physical power. When meditation begins to be an effort, stop it; or we shall defeat our purpose. It is not necessary to meditate for any specific period of time. If the meditation has been of only one minute's duration, let us be satisfied, because if we have been keeping our mind stayed on God for but half a minute, we have started the flow.” ~Joel S Goldsmith

Zech 4:6 saying, Not (KJV)

6 ...Not by might, nor by power, but by my spirit, saith the Lord of hosts.

“Our Realization is in direct proportion to our letting go of the needs and desires of our personal self.

*I am content with Thy will, Father... Fill me...* ~Al Denninger

## The Daily Lesson – June 9, 2017

“Meditation is a difficult art to master. Were it not so difficult, the whole world would long ago have mastered its technique. In my own experience, eight months of from five to ten meditations a day were necessary, before I received the very first ‘click’ or sense of the Presence within - eight months of meditating day and night. Furthermore, I had no knowledge that such a thing as making a contact with God was possible, or that it would accomplish anything once it was achieved. There was, however, deep within me, an unwavering conviction that it was possible to touch something greater than myself, to merge with a higher power. Nobody whom I knew had gone that way before me; nobody had prepared the ground for me. There was only that inner conviction that if I could touch God, at the center of my being, It would take hold of my life, my work, my practice, and my patients. By the end of eight months, I was able to achieve one second of realization - perhaps it was not even one second. I do not know how to measure time when it involves less than a second, but it certainly was less than a second of realization. It was another week before the next second of realization came, and many days before the third one. A whole week intervened before the fourth moment of realization was achieved; then, it happened twice in one day. Finally, the day came when the realization seemed to last for an eternity and that eternity was certainly far less than a minute. It was probably three years before I learned that if I got up at four o'clock, sometime between then and eight in the morning, I would feel that ‘click’ or awareness that God is on the field. Some days the ‘click’ came within five minutes and some days it took the whole four hours, but never after that did I leave for my office until the Presence had been realized.” ~Joel S Goldsmith

“And so, here is our practice...

You are not alone. I Am with you, Loving you,” ~Al Denninger

## The Daily Lesson – June 10, 2017

“Now there are never less than nine or ten hours out of the twenty-four given over to meditation - not in one single period, but five minutes at a time, ten minutes, twenty minutes, thirty minutes. There is no regular schedule: Sometimes I go to bed at eight o'clock in the evening, get up at about ten-thirty, and meditate from then until three o'clock; then back to bed again until four or four-thirty, up again and in meditation until dawn. Moreover, whenever anyone comes to see me, after I have let him talk for a few minutes, we meditate. This is the way constant, constant meditation, a constant turning within so that the inner impulse is kept fresh.

As we advance in this work, if we permit ourselves to be deprived of our periods of contemplation, by the pressure of business or the demands of increasing responsibility, we shall miss the way. Once the Christ-center has been touched, it is possible that outer activities may increase to such an extent that they encroach upon the time which should be devoted to meditation. Too great an indulgence in the things of this world might soon take from us the spiritual gift which is infinitely more valuable than any material thing we may sacrifice. The Master withdrew from the multitudes to commune alone in the wilderness and on the mountaintop. We, too, must withdraw from our families, our friends, and our human obligations for those periods of communion necessary to our inner development and unfoldment. An hour or two of meditation or communion, with no purpose or desire of any kind, brings the experience of God to us in an ever deepening measure.” ~Joel S Goldsmith

Matt 6:6 (to ;)

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret;

I Thess 5:16-18 (KJV)

16 Rejoice evermore.

17 Pray without ceasing.

18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

“Go to the mountaintop... Be still... Patiently dedicate your life to dwelling in the secret Place of the most high.” ~Al Denninger

## The Daily Lesson – June 11, 2017

“Frequently the question of diet in relation to meditation is raised. Is there any special diet which, if followed, will enhance one's spiritual capacity? Are certain foods to be avoided by the aspirant on the spiritual path? Should one refrain from the eating of meat?

At every stage of our unfoldment we are tempted to believe that something we do or think in the human realm will help us in the development of our spiritual awareness. This is a false assumption. On the contrary, it is the development of our spiritual awareness that changes our everyday habits and mode of living. As the aspirant progresses along the spiritual path, he may find himself eating less and less meat and, ultimately, may reach the point of being unable to eat any meat at all. Let us not, however, believe that there is virtue in some act of omission or commission, that some form of material sacrifice will increase our spirituality. Spirituality is developed through the reading of spiritual literature, the hearing of spiritual wisdom, the association with those on the spiritual path, and through the practice of meditation. The kingdom of God is found by inner realization. The outer transformation in one's dietary habits is a direct result of an inner spiritual grace; it is a result of the spiritualizing process taking place in consciousness. Abstaining from the eating of meat is not a means of developing inner spiritual grace; but the development of inner spiritual grace leads to the renunciation of such things on the outer plane.” ~Joel S Goldsmith

I Cor 2:14 (KJV)

14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

“Spiritual Revelation is not intellectual knowledge, it is Felt Within in a Way beyond our words, thoughts or agendas. Nothing we can do or think can bring about this inner Awareness. It is Given us from the Source.” ~Al Denninger

## **The Daily Lesson – June 12, 2017**

“Another question that arises is in regard to psychic visions. Are such manifestations a desirable or necessary part of the experience of meditation? Psychic visions, such as seeing colors or being confronted with an apparition of a super-natural character, may have some relevancy to our human experience, but remember this: they are entirely on the psychic level or in the mental realm of consciousness. In spiritual literature, these visions are never referred to or considered as spiritual experiences. Psychic experiences have nothing to do with the world of Spirit. The psychic world of seeing visions, colors, or anything of that nature is left behind in the realization that right here and now we are spiritual beings, the manifestation of all that God is. For that reason, let us not linger in the psychic realm, but rise above it into the pure atmosphere of Spirit.” ~Joel S Goldsmith

Rom 8:14 (KJV)

14 For as many as are led by the Spirit of God, they are the sons of God.

“The human psyche is just that - human. Christ Consciousness is directed by God, so let God be God. Be still and Let Him do the praying.” ~Al Denninger



## **The Daily Lesson – June 13, 2017**

“Many times in meditation we attain a sense of peace or harmony - the realization of the presence of the Christ. These are inspiring experiences, but we must be willing to give up even that deep peace and rise to the next higher level of consciousness in which the attaining of that peace is of no significance or importance whatsoever. Having realized the ever presence of the Christ, is it necessary to have any kind of an emotional reaction? Whether we feel emotionally satisfied or emotionally starved will make no difference, since we shall have realized that the activity of the Spirit is an eternal thing, always with us.” ~Joel S Goldsmith

Matt 28:20 lo (KJV)

20 lo, I am with you always, even unto the end of the world. Amen.

“God is Omnipresent and not going anywhere – you have to be moved to STOP, Be still and Listen with ears to hear.” ~Al Denninger

## The Daily Lesson – June 14, 2017

“One of the greatest hindrances to meditation is the fear that we do not have enough understanding with which to begin this practice. The Psalmist forever disposed of such fear and doubt when, in the 147th Psalm, his heart and lips sang forth the praises of God: ‘Great is our Lord, and of great power: his understanding is infinite.’ It is *His* understanding, not ours, which is important. Let us give up all this nonsense about our not having enough understanding or about our having such a great understanding. We must remember, it is *His* understanding. In quietness and confidence, therefore, let us turn within to let truth reveal itself. There is no limit to understanding, if our dependence is on God's understanding rather than on our own. There is not a person reading this book who does not have sufficient understanding to begin the practice of meditation and, thereby, enter the kingdom of God. By grace, even the thief on the cross was enabled to enter paradise ‘this day,’ and we, too, by grace can enter the gates of heaven at this very moment. ~Joel S Goldsmith

Isa 30:15(to:); 18(to 3rd.); 18 blessed (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:

18 And therefore will the Lord wait, that he may be gracious unto you, and therefore will he be exalted,

18...blessed are all they that wait for him.

“Do you trust God enough to Trust Him with everything? ~Al Denninger

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.

“Let the Spirit Within, with effortless effort, be your Activity on earth as it is in Heaven.” ~Al Denninger

## The Daily Lesson – June 15, 2017

“The major difficulty with meditation is, of course, the inability to hold the thought in one direction. This is neither your fault nor mine, but is partially the result of the accelerated tempo of modern living. The infant is given a rattle, and as soon as he outgrows that he is given another toy. His entire attention from infancy through adolescence and into adulthood is centered on people and things, so that if he ever found himself alone, he would be overcome by fright. Most people have never learned how to sit down by themselves and be quiet; many of them have never learned how to be quiet long enough even to read a book. Our culture has focused attention on the things of the world to such an extent that we have lost the capacity to sit quietly and ponder an idea.” ~Joel S Goldsmith

Ps 46:10 (to :) (KJV)

10 Be still, and know that I am God:

“If we don’t have a natural knack of relaxing we must develop one. Make some time in your activities each day to turn off the many distractions out there. Two of the easiest times to set aside is: before retiring at night and before getting up in the morning. You can find some more times during the day if you want to... Tune out the noise of the world and tune in the Peace within. It helps if we can find the quietest place we can that we can visit frequently. It may just be closing our eyes on a park bench, or a quiet room in the house.

Interestingly enough I was led in 2005 to move my wife Beth & I to the rustic Ozark Mountains of Arkansas. We are very remote and surrounded by National Forest. There is no one close by but our family of wildlife. We can easily spend a week with no direct interaction with people except for electronic communications. It does help – and it is not for everybody. We love the peace and quiet. The more I am here the more quiet I crave. We definitely need to unlearn the normal uninterrupted distractions of this world or learn the peace that comes in stillness. Or, a little of both....

Many of you out there call, text or email me to do nothing but Be Still with them a while. It is my pleasure to practice the Presence with you a while and meditate. In fact, this proves the point that Peace finds Its Own Way to open Itself in our lives as it has for me in this way. You see? Christ Consciousness fulfills Itself in Its Own Way. The Peace that comes, comes to be still and Know.” ~Al Denninger

## The Daily Lesson – June 16, 2017

“When we close our eyes in an attempt to meditate, we are amazed to discover a boiler factory inside of us. All sorts of thoughts flash through our minds, simple things such as: Did I disconnect the electric iron? Did I turn on the refrigerator? Did I put the cat outside? Other thoughts, not so simple or unimportant, come in - thoughts of fear or doubt. Let us not be afraid of these thoughts; they are world thoughts. We are like antennas picking up all the broadcasts of the world. If we disregard these world thoughts, in a few days or weeks they will die for lack of feeding. Only as we accept them as our thoughts, do we feed them.” ~Joel S Goldsmith

Matt 6:6 (to ;) (KJV)

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret;

“Include only the Father; meet Him Spirit to Spirit, Soul to Soul. The monkey mind will fade away and disconnect... Joel once said, ‘Pray for anything you want, as long as it is not of this world’. Makes you get kind of quiet, doesn’t it?”  
~Al Denninger

## The Daily Lesson – June 17, 2017

“Although our object is to attain a quietness and receptivity, we should never try to still the human mind; never try to stop thinking or to blank out our thoughts. It cannot be done. When we begin to meditate and thoughts of an unruly nature come, we should remember that they are world thoughts, not our thoughts. Let them come. We will sit back and watch them, see them impersonally. Eventually they will stop, and we will be at peace. As often as our thought wanders in meditation, we gently come back, with no impatience, to the subject of the meditation. There will come a time, as we continue in this practice, when these extraneous thoughts will not impinge on our consciousness. We will have starved them by neglect. We will have made ourselves so unreceptive to them by not fighting them that they will not return to plague us. But if we fight them, they will be with us forever.” ~Joel S Goldsmith

Rom 13:1,2 (to :) (KJV)

1 Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God.

2 Whosoever therefore resisteth the power, resisteth the ordinance of God:

“The Truth does not try to convince us it is real.” ~Al Denninger

## **The Daily Lesson – June 18, 2017**

“In meditation we must be very patient in our endeavor to conquer any sense of unrest. No truth that we do not already know is going to be given to us from without, but the light presented on that truth from within our own Soul makes it applicable in our experience. Truth that comes from without is a mere semblance of truth; it is the truth revealed within our own consciousness which becomes the ‘light of the world’ to all who come within range of it. ‘I, if I be lifted up from the earth, will draw all men unto me.’ Meditation will lift us to the point where we apprehend the word of truth in its inner significance. The rhythm of the universe takes possession of us. We do not move; we do not think; but we feel that we are in tune, that there is a rhythm to life, that there is a harmony of being. This is more than peace of mind; this is the spiritual peace which passeth understanding.”  
~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.

“And so it is, we silently Open the Way beyond words and thoughts to the harmony of Christ Consciousness.” ~Al Denninger

## The Daily Lesson – June 19, 2017

“In order to enter into the mystical life, we must master the ability to remain in the silence without thought. This is the most difficult part of all spiritual practice. In no way is this a cessation or repression of thought, or an effort toward such; instead, it is such a deep communion with God that thought stops of its own accord. In that moment of silence, we begin to understand that the divine mind, or cosmic consciousness, is an infinite intelligence imbued with love, and it functions as our being, when conscious thinking has been stilled.” ~Joel S Goldsmith

Ps 91:1 (KJV)

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

“Abiding in deep communion, we Experience God Living our Life... There is nothing that we can say or do. God does the Work, the Being, all of it... It's not so much about taking no thought – but that no thought is taken...

*I can of mine own self do nothing... I Live yet not I... Christ Liveth My Soul.  
In this great confidence – I Rest and smile... ~al.within*

## The Daily Lesson – June 20, 2017

“In our everyday life, we may have one plan in mind and the cosmic mind may have another, but we shall never know its plan so long as we are busily engaged in thinking, scheming, and reacting to the activities and distractions of the world. To receive the divine grace of the cosmic mind, there must be periods when the human mind is in a state of quiescence. The individual who is master of his destiny has reached the state of consciousness where nothing in this world is of any importance to him. Only that is significant which takes place when he has risen above the sea of thought. In that high place the divine thought, the divine activity of consciousness, reveals itself. This does not mean that our mind must or will become a total blank, but it does mean that throughout the day and night we must have several periods of time in which there is no desire other than the joy of communion with God. It is in this complete stillness and respite from thinking that the Father takes over in our experience.” ~Joel S Goldsmith

Matt 26:36-40 (KJV)

36 Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder.

37 And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy.

38 Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.

39 And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.

40 And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour?

“Yes, being Still is not a state of inaction – it is an Activity of Being Conscious. It is an Activity of seeking, listening and letting - but it is effortless.” ~Al Denninger

This activity is most wonderfully revealed in (The Gospel According to Thomas: Log 48-51)

“Jesus said: If they say to you: ‘From where have you originated?, say to them: ‘We have come from the Light, where the Light has originated through itself. It [stood] and it revealed itself in their own image’. If they say to you: ‘(Who) are you?, say: ‘We are His sons and we are the elect of the Living Father’. If they ask you: ‘What is the sign of your Father in you?, say to them: ‘It is a movement and a rest”.

*“A movement and a rest.”*



## The Daily Lesson – June 21, 2017

“Before we can enter the mystical life, the habit of continuously thinking and talking must be transformed into the habit of continuously listening. Our Master spent much of his time in silent meditation and communion, and we may be assured that he was not asking God for anything of a material nature. He was not talking; he was listening. He was listening for God's direction and instruction, for God's guidance and support.” ~Joel S Goldsmith

Ps 23:1 (KJV)

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

Luke 12:37 (to :) (KJV)

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

*“I can of mine own self, do nothing, Father... As I watch and listen, I Realize Your Infinite Way of Omnipresence and I feel Included in It... In this Communion there is nothing to ask for, nothing to want – I only Smile and bask, and Watch some more... Is it me Watching, or is It You?...” ~al.within*

## **The Daily Lesson – June 22, 2017**

“It is in developing that listening ability and receptivity that the human mind is quieted and becomes stilled to such a degree that it is an avenue or instrument through which God manifests and expresses Itself. This human mind, this reasoning, thinking mind, is not to be put off or destroyed. It has its place. It is not consciousness, but it is a facet of consciousness, an avenue of awareness through which we receive knowledge and wisdom from consciousness.” ~Joel S Goldsmith

Mark 4:9 (KJV)

9 And he said unto them, He that hath ears to hear, let him hear.

“And so our practice is to develop an avenue for Spiritual Perception.” ~Al Denninger

## The Daily Lesson – June 23, 2017

“Thinking is an initial step leading toward meditation. Let us suppose that we are not advanced to the place where we live in a constant state of receptivity. True, God is always uttering His voice, but we are not always listening. Thought may be used to help us reach that exalted state of listening consciousness, but in meditation no thought should be used in the sense of an affirmation or denial.

Let us suppose that we desire to meditate, but the human mind is in such a turmoil that we do not find ourselves immediately in a state of quiet and peace. Instead of attempting to blank the mind and blot out these disturbing thoughts, we use the mind and turn to scripture or to some other book for inspiration. Now let us see how this operates in the use of such a quotation as ‘Be still and know that I am God.’ The student who has learned to rely on affirmations would repeat over and over again, ‘Be still and know that I am God. Be still and know that I am God. Be still and know that I am God,’ until he reached a point of self-hypnosis and, in that state, temporarily found himself still. To repeat continuously, ‘Be still and know that I am God,’ is nothing but suggestive therapy, nothing but affirmation and denial used to hypnotize oneself. It is not spiritual practice; it is not spiritual power. Some people have become so hypnotized through the use of such an affirmation that they actually believe that they, as human beings, are God.” ~Joel S Goldsmith

Matt 6:7 (KJV)

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

“Still your self with the comfort, peace and recognition of Truth – do not blur it with hypnotism. Feel the Spiritual impulse of the message within the Scripture. Let it expand Within and light your Way.” ~Al Denninger

## The Daily Lesson – June 24, 2017

“Now let us take that same statement, but instead of using it as an affirmation, let us discover its real meaning through meditation:

*‘Be still and know that I am God.’ What does that mean? Of course, you know, Joel,\* that you are not God. So what does this mean? It says, ‘I am God,’ not that Joel is God. That is quite different. I, yes, ‘I and the Father are one. . . . God in the midst of me is mighty. . . . I and the Father are one.’ Yes, Joel and I, the Father, are one. The Father and Joel are one; right where I am, God is - closer than breathing, nearer than hands or feet. Be still, Joel, because the I in you is God. You do not have to seek protection, help, or healing anywhere. I am with you. Be still and know that that I is your protection, your salvation, your security.*

In the contemplation of this scriptural passage, peace enfolds us and we are at rest in a divine stillness.” ~Joel S Goldsmith

\*(The reader may insert his own name in using this meditation.)

Luke 15:31 (KJV)

31 And he said unto him, Son, thou art ever with me, and all that I have is thine.

“I am [and you are] Included in Omnipresence. Be still and Know that I Am with you.” ~Al Denninger

## The Daily Lesson – June 25, 2017

“A few on the spiritual path achieve this stillness quickly and easily, but for most, the Way is long and difficult. It is not for any of us, however, to boast about the rapidity of our progress nor to decry its slowness, but to pursue the way with steadfastness and unswerving purpose. Most of us have periods of gradual progression, punctuated by interludes of desolation, when we feel that we have lost the way and are wandering in a maze of conflict and contradiction. Often we find that, after these valley experiences, we go forward to new heights where unsuspected vistas spread out before us.” ~Joel S Goldsmith

Matt 16:24,25 (KJV)

24 Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.

25 For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.

“We must eventually let loose of the laws and distractions of this world. Nobody said it would be easy, or without initiation... With focus and an open avenue of Awareness, we shall all be Lifted up.” ~Al Denninger

Homework for today: Take another look at the chapter ‘The New Horizon’ in the book ‘The Infinite Way’.

[If you don’t have a copy, I’ll be happy to email you the Chapter, for the asking. It’s only a few pages.]

## The Daily Lesson – June 26, 2017

“There are a few gifted individuals who, because of previous experiences, have been so well prepared that their way seems to be much easier than others'. The purity of consciousness which they have developed makes the ascent into spiritual consciousness a beautiful, gradual, and harmonious journey beset with very few problems.

For most of us the path is up and down, but by the end of a year or two there is usually a feeling that we are a trace ahead of where we were the year before. The prerequisite for the hearing of the still small voice, for the actual experience of the Christ, is to prepare ourselves by study, meditation, and by mingling with others on the spiritual path. When we hear the still small voice within us, we have received God's grace, and the purpose of meditation is being achieved.” ~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.

“And so it is, we Work together daily...

Be steady... Be patient... Look up! The kingdom of heaven is at hand! It is closer than breathing, nearer than hands and feet.” ~Al Denninger

## The Daily Lesson – June 27, 2017

“We dare not be satisfied with anything less than the experience of God Itself. It is the pearl of great price. It is for each of us to decide how much time and effort will be given over to meditation: to determine whether we will spend a few spare minutes now and then or so arrange our lives as to permit prolonged periods of uninterrupted quiet in which to contact the inner Presence and Power. The years necessary to the study and practice of meditation are not years of sacrifice to the aspirant; rather are they years of devotion to that which is his goal in life. It requires patience, endurance, and determination, but if the realization of God is the motivating force in our lives, what the world calls a sacrifice of time or effort is not a sacrifice, but the most intense joy.” ~Joel S Goldsmith

Matt 13:43-47 (KJV)

43 Then shall the righteous shine forth as the sun in the kingdom of their Father. Who hath ears to hear, let him hear.

44 Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.

45 Again, the kingdom of heaven is like unto a merchant man, seeking goodly pearls:

46 Who, when he had found one pearl of great price, went and sold all that he had, and bought it.

47 Again, the kingdom of heaven is like unto a net, that was cast into the sea, and gathered of every kind:

*“The Lord is my shepherd, so He cannot leave me wanting.... I am Included in all that He hath.... His Kingdom is come... And so I rest now and bask in the smiling son-shine in the secret place of the most High....*

*I am steady, and patient and will always keep onward and upward.... ~al.within*

This concludes our study of Chapter 5 of the book “The Art of Meditation”. Tomorrow we begin “PART TWO - MEDITATION: THE EXPERIENCE, Forward - THE MEDITATION OF MY HEART”.