

“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 – October 1, 2017

“CHAPTER XIII

FEAR NOT

Fear thou not; for I am with thee: be not dismayed: for I am thy God: I will
strengthen thee; yea, I will uphold thee with the right hand of my righteousness.
ISAIAH 41:10

Fear not: ‘There remaineth . . . a rest to the people of God,’ a rest from anxious
thought-taking, a rest from fear, a rest from doubt and concern. In this state of
rest, the power of grace descends and the presence of God flows into immediate
expression as our experience. Receive the gift of God without labor, struggle, or
strain. In quietness and confidence, in a resting from anxiety and fear, let God
reveal Himself. Let God express Himself. Let God live our lives. Let there be no more ‘I’
or ‘you’ separate and apart from the Father, but let the Father be our life.” ~Joel
S Goldsmith

“Resting

I wait, I watch,
attentive I sit.
In Peace, in Silence,
God has my heart.

No fear, no thought,
of things to come.
There is no other power,
only, Thy will be done.

~Al Denninger

The Daily Lesson – October 2, 2017

“In conscious union with God, the mind rests. The human mind is no longer concerned with the problems of today or tomorrow, because the Soul's union with God - the conscious realization of God - reveals God as the fulfillment of every need even before the need is apparent. Concern, fear, and doubt vanish in the midst of fulfillment; the true meaning of the words, ‘Fear not,’ is revealed. In conscious union with God, the mind of God functions as our mind, as our experience, and as our life. Then the human mind rests and performs its proper function as an avenue of awareness.” ~Joel S Goldsmith

Luke 12:31,32 (KJV)

31 But rather seek ye the kingdom of God; and all these things shall be added unto you.

32 Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

“Not by might nor by power but by my Spirit... You see? When we rest in Stillness we surrender our perceived separation from God. We begin to trust and unclutter the Access. This is the Opening for the Spirit to Flow.” ~Al Denninger

The Daily Lesson – October 3, 2017

“This state of rest is an inner peace which is not attained by anything in the realm of effect. Even a thought or a statement of truth is an effect, and that is why using the mind to repeat stereotyped statements about God often does not induce peace. It is not thoughts about God that result in answered prayer. Thought about God is not the creative principle of the universe: God, Itself, is the creative principle and God is known only when the human mind is at rest.” ~Joel S Goldsmith

Luke 12:22 (to 3rd ,) (KJV)

22 And he said unto his disciples, Therefore I say unto you, Take no thought for your life [effect],

Luke 12:31 (to ;) (KJV)

31 But rather seek ye the kingdom of God;

“When ye dwell in Me, ye are Included in My Peace.” ~Al Denninger

The Daily Lesson – October 4, 2017

“God is the consciousness of individual being; therefore, infinity is the measure of that being. Nothing can be added to you; nothing can be taken from you. No good can come to you; no evil can touch you: you embrace within your own being the infinity of good. ‘Son, thou art ever with me, and all that I have is thine.’ All that God is, is already established within you. You are that place in consciousness through which the infinite nature of God is revealing Itself. Therefore, good cannot flow to you: good expresses itself from within and pours out upon all who come within range of your conscious awareness of this truth. It is only necessary to refrain from taking thought, to relinquish all anxious, fearful thought - to be still.”

~Joel S Goldsmith

Luke 15:31 (KJV)

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

John 4:23,24 (KJV)

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

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

“All that God is, I Am...” ~al.within

The Daily Lesson – October 5, 2017

“Be still and know; . . . in quietness and in confidence shall be your strength, your peace, permanence, and security - not in bomb shelters, not in bank accounts, but in Thy kingdom, in Thy peace. In that quietness and confidence there is rest, protection, care, co-operation. In quietness and in confidence, fear not. Fear not:

I am with you, and I will be with you even unto the end of the world. Drop your burdens at My feet; drop your burdens in the assurance that all good is embodied and embraced within your being. I will never leave you nor forsake you. If you make your bed in hell, I will be there with you. If you walk through the valley of the shadow of death, I will be with you - only walk in quietness, in confidence, and in assurance; walk without seeking.” ~Joel S Goldsmith

Deut 31:7,8 (KJV)

7 And Moses called unto Joshua, and said unto him in the sight of all Israel, Be strong and of a good courage: for thou must go with this people unto the land which the Lord hath sworn unto their fathers to give them; and thou shalt cause them to inherit it.

8 And the Lord, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.

“The Truth is the same today as it was 3,500 years ago when Moses spoke these words to Joshua. I will never leave you or forsake you. For in Stillness we Feel and Know: I, the I that I Am is within you.” ~Al Denninger

The Daily Lesson – October 6, 2017

“There is no peace; there is no rest for those who are seeking outside their own being. The kingdom of God is within. Accept My kingdom and be at peace. Accept My promise: Now are you the sons of God. Now are you My heirs, joint heirs with Christ, and all the heavenly riches are yours now - now, not tomorrow; now, not yesterday. There is nothing to be achieved tomorrow; there are no regrets for yesterday: there is only this living now, this moment of rest in Me, of confidence in Me.” ~Joel S Goldsmith

Gal 6:8 (KJV)

8 For he that soweth to his flesh shall of the flesh reap corruption [be distracted]; but he that soweth to the Spirit shall of the Spirit reap life everlasting [Now-forever].

“The Kingdom of God is within You since before Abraham was, right Now and Now-forever. Rest and be Present and try not to be distracted by the noise and baubles of this-world.” ~Al Denninger

The Daily Lesson – October 7, 2017

“All power is established within you. Do not look to man whose breath is in his nostrils; do not put your faith or trust in princes, no matter how high or how powerful. There is no power external to you. Never fear any effect; never fear that which is created: trust the Creator. Shall creation mean more to you than the Creator? Shall you love that which has been created more than you love the Creator? Can you fear that which God has created? Is there a creator other than God? Is there another creation, a creation apart from God? ‘Lo, this only have I found, that God hath made man upright; but they have sought out many inventions.’ Do not fear what man can think, say, or do. Do not fear the inventions or machinations of the human mind.” ~Joel S Goldsmith

Rom 8:5,6 (KJV)

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 [limitation]; but to be spiritually minded is life and peace [Infinite Being].

“Our Liberty is in Knowing the Truth of Being.” ~Al Denninger

The Daily Lesson – October 8, 2017

“The thought of man is not power. ‘For my thoughts are not your thoughts . . . saith the Lord.’ Never expect a blessing nor fear a curse from the thought of man. The evil that men do rises no higher than themselves. All evil is self-destructive. It destroys only those who contrive it, but never those toward whom it is directed. Evil is only a power to those who give it power.” ~Joel S Goldsmith

II Cor 10:7 (to?) (KJV)

7 Do ye look on things after the outward appearance?

“We stay in this-world consciousness in direct proportion to our acceptance of its appearance.” ~Al Denninger

The Daily Lesson – October 9, 2017

“Anything that you accept as a power apart from God may harm you, but of itself, it has no more power than a shadow upon a wall. If you believe that another can injure you or that you can injure another, then you will suffer, not from what someone else has done, or from what you have done, but from your belief that there is a power apart from your own consciousness. The harm comes, not from another, but from you, because of your deviation from truth. You must come out and be separate from the belief that good or evil can come to you.” ~Joel S Goldsmith

Rom 8:39 (to 4th ,) (KJV)

39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God,

“We can never be separated from God’s Omnipresent Love. So why would we ever come up with an idea that we are?” ~Al Denninger

The Daily Lesson – October 10, 2017

“Do not fear any evil thought or deed which is directed toward you or anyone else. Do not fear any person, and above all, do not resent or hate him, unless you would bind him to you by the loathsome chains of hatred. You must understand that evil can touch only that person who is entertaining it: therefore, never fear evil; never hate it; never resent it; but always respond with compassion.” ~Joel S Goldsmith

Matt 5:43-45 (KJV)

43 Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy.

44 But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

45 That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

“Above all, there is no reason to react, just Be Love Loving.” ~Al Denninger

The Daily Lesson – October 11, 2017

“Your good may be ‘evil spoken of’; it may even be considered weakness; but do not let that concern you. You have no responsibility for proving anything and you have nothing to prove. Let the world entertain its own concepts of God and man, of religion and of prayer. ‘Bless them that curse you, do good to them that hate you, and pray for them which despitefully use you and persecute you.’ Pray for their awakening, but never fear them and never resent them.” ~Joel S Goldsmith

Mark 10:19 Do not bear (to 5th ,) (KJV)
19 ...Do not bear false witness,

“A form of bearing false witness is seeing any of God’s children as somehow separate and apart from God no matter what they do... See the Truth of their Individual Being and pray that they may see it too.” ~Al Denninger

The Daily Lesson – October 12, 2017

“No good can *come* to you, because you are already established in good; no evil can disturb you, because God is the measure of your good. God is the infinity of your consciousness; God is the purity of your Soul. Nothing exists outside your own consciousness.” ~Joel S Goldsmith

I Cor 3:16 (KJV)

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

“Christ Consciousness is established in you through your Inclusion in the Kingdom of God.” ~Al Denninger

The Daily Lesson – October 13, 2017

“If there is no evil in your consciousness, there is no evil operating in your world. How can you determine whether or not evil is operating in your consciousness? Do you accept or recognize a presence or a power apart from God? If you do, then evil exists for you. Do you see something to hate, fear, or resent? Then you are seeing an image which you have created within yourself. Hatred, resentment, and fear are but figments of thought, the result of a self-created image, and are, therefore, without power, presence, or reality. God is the fabric, the substance, and the law of your consciousness. Evil is but a suggestion or temptation to accept a creator apart from God. This suggestion you must handle within yourself, until you come to that place of rest in which the Word of God abides in you and you abide in this consciousness of truth.” ~Joel S Goldsmith

Rom 8:5 (KJV)

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.

“Our Freedom lies in intimately Knowing and ardently Dwelling in the Truth.” ~Al Denninger

The Daily Lesson – October 14, 2017

“Abide in the truth that God is the only power and you will discover that all blessings emanate from this truth maintained in your consciousness. Abide in the truth of God's kingdom established on earth. Abide in the truth that / am closer than breathing and nearer than hands and feet. Abide in the truth that your names are writ in heaven, that you are the Christed Son of God - the image and likeness of His divine Being, the manifestation of His glory. ‘I am come that they might have life, and that they might have it more abundantly.’” ~Joel S Goldsmith

John 15:4 (KJV)

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

“Abide in the Truth that You are Included in the Omnipresence of God. Rest in this secret place of Peaceful Abundance.” ~Al Denninger

The Daily Lesson – October 15, 2017

“Let your prayer be a resting from words, a resting from thoughts, a resting from desire. Take no anxious thought. The Spirit of Truth, the Comforter, will never leave you, even though every avenue or channel of good is closed. The Comforter is an activity of God within your own consciousness. As such it is as much an integral part of your being as is your own integrity, loyalty, or fidelity. The Comforter is within you; it is the ‘Peace, be still’ to every storm without and to every disturbance within. Open the door of your consciousness and let the Comforter speak; let the Comforter be your assurance; let the Comforter be your supply, your health, the harmony of your home, and the peace of your inner life.”
~Joel S Goldsmith

John 14:26,27 (to .) (KJV)

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

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

“Be still, open an avenue of effortless Awareness, and Know that I Am with you Now.” ~Al Denninger

The Daily Lesson – October 16, 2017

“To live the spiritual life means to live in an atmosphere of absolute fearlessness, regardless of the circumstances. ‘Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee . . . it is I; be not afraid.’ This is the greatest healing truth ever revealed to human consciousness. To the disciples a storm threatened death and disaster, but the Master saw only another opportunity to reassure them with those comforting words, ‘It is I, be not afraid.’ This same confidence enabled Jesus to stand before Pilate and say, ‘Thou couldest have no power at all against me, except it were given thee from above.’ It was this same power in Joseph that said to the brethren, ‘It was not you that sent me hither, but God. . . . God did send me before you to preserve life.’” ~Joel S Goldsmith

Mark 6:45-50 (KJV)

45 And straightway he constrained his disciples to get into the ship, and to go to the other side before unto Bethsaida, while he sent away the people.

46 And when he had sent them away, he departed into a mountain to pray.

47 And when even was come, the ship was in the midst of the sea, and he alone on the land.

48 And he saw them toiling in rowing; for the wind was contrary unto them: and about the fourth watch of the night he cometh unto them, walking upon the sea, and would have passed by them.

49 But when they saw him walking upon the sea, they supposed it had been a spirit, and cried out:

50 For they all saw him, and were troubled. And immediately he talked with them, and saith unto them, Be of good cheer: it is I; be not afraid.

“Row, row, row your boat, gently down the stream [take no thought, proceed without effort of your own self].

Merrily, merrily, merrily, merrily, life [this-world] is but a dream.

Life [capital ‘L’] is of God. Let us depart into a mountain [submit unto God’s will] and pray...” ~Al Denninger

The Daily Lesson – October 17, 2017

“The circumstances confronting you may appear terrifying and disaster imminent, but the Christ says, ‘It is I; be not afraid.’ God has strange ways of bringing you to Himself. Sometimes that which appears as disaster and the dissolution of that which you hold most precious is the very means of awakening you to the spiritual life.” ~Joel S Goldsmith

Mark 10:21-27 (KJV)

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.

22 And he was sad at that saying, and went away grieved: for he had great possessions.

23 And Jesus looked round about, and saith unto his disciples, How hardly shall they that have riches enter into the kingdom of God!

24 And the disciples were astonished at his words. But Jesus answereth again, and saith unto them, Children, how hard is it for them that trust in riches to enter into the kingdom of God!

25 It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God.

26 And they were astonished out of measure, saying among themselves, Who then can be saved?

27 And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible.

“Whether it be lack or abundance, focusing on the things of this-world is a distraction away from the Spiritual Life. Trust the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this do, and thou shalt Live.” ~Al Denninger

The Daily Lesson – October 18, 2017

“Never look upon temporary discord as failure, lack of demonstration, or the absence of spiritual vision and understanding. It was not lack of spiritual vision which drove Moses and the Hebrews into the desert experience; it was God leading them to a higher sense of good. It was not lack of understanding that sent Elijah into the wilderness to be so an hungered that ravens had to bring him food: it was God proving to Elijah that there remained seven thousand who had not bowed their knees to Baal and that even in the wilderness, there am I with thee and able always to set a table before thee, in the presence of thine enemies.

It was not failure that took Jesus up into a high mountain, there to be tempted of the devil, or that brought him to the wilderness without food: it was God's way of revealing that he was not to seek demonstrations of things, that man does not live by bread alone but by every word that proceedeth out of the mouth of God. It was not failure that placed the Master on the cross, that incarcerated Peter and Silas in a prison cell, that fastened an asp on the hand of Paul. No, these were God's opportunities provided to prove the nothingness of that which the world called an evil power, even a deathly power.” ~Joel S Goldsmith

John 18:36 (to :) (KJV)

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

Rom 12:2 (KJV)

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

“Be not distracted by temporary effect – but open out a Way for the imprisoned Splendor to escape.” ~Al Denninger

The Daily Lesson – October 19, 2017

“Never look upon the discords and inharmonies of your life as if they represented a lack of understanding or a lack of demonstration. Regard these unfortuitous circumstances as opportunities which will be dissolved when they no longer serve their purpose as spurs to your spiritual unfoldment.

Have courage to look at every person and circumstance that you consider harmful or destructive. In the silence, face the situation fearlessly; face the condition or the person and you will discover that it - or he - is an image of your own thought; and, therefore, there is no cause, jurisdiction, or law to support it. Recognize God as the Soul of every person and God as the activity in every situation.” ~Joel S Goldsmith

II Cor 3:14-16 (to .) (KJV)

14 But their minds were blinded: for until this day remaineth the same veil untaken away in the reading of the old testament; which veil is done away in Christ.

15 But even unto this day, when Moses is read, the veil is upon their heart.

16 Nevertheless when it shall turn to the Lord, the veil shall be taken away.

“If we focus our attention on the effects of this-world and its laws the Omnipresence of God can be obscured and easily unrecognized. As we Lift our focus we See more clearly. ~Al Denninger

The Daily Lesson – October 20, 2017

“Fear not what mortal thought can think or do, since mortal thought is self-destructive. Fear not the thoughts or deeds of man whose breath is in his nostrils. You are the temple of God, and God is in His holy temple now. You are the temple of the living God; your body is the temple of the living God; your life, your soul, your mind is the abiding place of truth, and if you abide in this truth and let this truth abide in you, no evil will come nigh your dwelling place. Fear not; rest in faith and confidence in the kingdom of God.” ~Joel S Goldsmith

Isa 2:22 (KJV)

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

“When man ‘thinks’ he is separate and apart from God – he can convince himself that he really is. If you feel a doubt coming on Stand Ye Still, resist the temptation to box with shadows and rest in some Truth you do know... Fear dissolves in Stillness.” ~Al Denninger

The Daily Lesson – October 21, 2017

“I will never leave thee nor forsake thee. Why all this struggle? I am in the very midst of thee, closer than breathing, nearer than hands and feet. Why struggle if you had to seek for Me and search for Me? Why struggle as if you had to hold on to Me? I will never leave you; I am with you always.” ~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.

“The Spirit within Jesus spoke of is the Omnipresent I. Where the Light is, there is no darkness.” ~Al Denninger

The Daily Lesson – October 22, 2017

“I will give you water. I will give it to you, so do not struggle for it; do not strive -- just be still. Let Me feed you. Do not try to live by bread, at least not by bread alone; live by every word, every promise of Scripture which is fulfilled in you. As I was with Moses, so I will be with you. Believe only, and I will give you of the hidden manna which is invisible to the world, incompatible with common sense, and incomprehensible to human understanding, hidden in the depths of your own being. I have meat the world knows not of. If you ask Me, I will give you water. Leave your dependence and faith in people, circumstances, and conditions. Deep down within you, there is a meat that the world knows not of; there are hidden springs of water and hidden manna: all this is embedded and embodied within your own being.” ~Joel S Goldsmith

John 4:7-15 (KJV)

7 There cometh a woman of Samaria to draw water: Jesus saith unto her, Give me to drink.

8 (For his disciples were gone away unto the city to buy meat.)

9 Then saith the woman of Samaria unto him, How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria? for the Jews have no dealings with the Samaritans.

10 Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.

11 The woman saith unto him, Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water?

12 Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle?

13 Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again:

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

15 The woman saith unto him, Sir, give me this water, that I thirst not, neither come hither to draw.

“The Infinite Invisible and always-available Christ Consciousness is the Source of our Good. We must do as the woman of Samaria did – we must surrender our dependence on this-world with its conditions and ask the Spiritual Source of all Being, and therefore open out a Way for the hidden springs of Living Water to flow forth...

I surrender Father, speak Lord, thy servant heareth...” ~al.within

The Daily Lesson – October 23, 2017

“Your heavenly Father knoweth that you have need of these things; it is His good pleasure to give them to you -- not to make you struggle and strive for them, but to give them to you, through grace. Whenever an appearance of discord looms upon your horizon, relax, rest, be at peace in the assurance of My presence within you.” ~Joel S Goldsmith

Luke 12:32 (KJV)

32 Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

Ps 24:1 (KJV)

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

“You were created with The Kingdom of God and Its infinite Grace within. Our journey is developing the Awareness of this fact.” ~Al Denninger

The Daily Lesson – October 24, 2017

“Listen to Me, the still small voice at the center of your being. I will never leave you; I will never forsake you. Even in the valley of the shadow of death, I will be with you. You will never know death; you will never die. I give you living waters that spring up into life everlasting. If you listen for My still voice, if you rest in the everlasting arms, if you relax in Me, if you let My every word feed you and be your bread of life and your staff, you will never die. My Spirit is with you; My presence goes before you; I go to prepare a place for you.” ~Joel S Goldsmith

Prov 3:6 (KJV)

6 In all thy ways acknowledge him [The Spirit Within], and he [The Still Voice] shall direct thy paths.

“Listen to Me...” ~al.within

The Daily Lesson – October 25, 2017

“Stop fearing; stop doubting. Rest in My bosom; rest in My arms; rest in My love and be at peace. Trust the I at the center of your being. Believe that I can do these things. Believe that there is a Presence at the center of your being whose only function is to bless, to be a benediction, and to be the instrument of My grace. Trust Me; believe only in Me; fear not.” ~Joel S Goldsmith

Mark 6:50 Be (KJV)

50 ...Be of good cheer: it is I; be not afraid.

John 14:17,18 (KJV)

17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

18 I will not leave you comfortless: I will come to you.

“I don’t know about you, but these promises from Christ Jesus leave me feeling pretty unafraid, comforted, assured...and ready to open a Way to be God’s Instrument. *Speak Lord thy servant heareth...*” ~Al Denninger

This concludes our study of Chapter 13 of the book “The Art of Meditation”. Tomorrow we begin Chapter 14, entitled “The Tabernacle Of God”.