

## 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

### “Consciousness Unfolding”

by Joel S Goldsmith

**THE DAILY LESSON**, an ongoing open class by Infinite Way Teacher [Al Denninger](#), is inspired by the message of Joel S. Goldsmith. In this Book Study we delve into Joel's books paragraph by paragraph, from cover to cover. I provide Scripture supporting his entire Work and an Impartation from my daily Experience. These classes appear daily [on my website](#) and by [email subscription](#) each day, for my students to take into their daily meditations and carry with them throughout their day.

**Students Note:** In my teaching, the words that are capitalized throughout the work are not capitalized for emphasis. Instead, the purpose is to Lift the student into the Awareness that these words are a Synonym for, or an Activity of God. The portions that are *italicized* are spontaneous meditations.

## The Daily Lesson – June 11, 2022

### “CHAPTER FOUR SCIENCE OF CREATION

We never attempt anything without meditation. We never begin any work without going into the depths of our being to make conscious contact with God. We are one with God—“I and my Father are one”—but that oneness is of no help to us, except in the degree of our realization of it. There must be a conscious awareness of our oneness. This does not mean merely declaring, “I and my Father are one,” stating or affirming it while we are grabbing our hat and coat to rush downtown. Something happens to us when we go within and make the contact for that *feel* of the Presence. It is an experience as vibrant and alive as an electric contact.” ~Joel S Goldsmith

Psalms 127:1 (to :) KJV

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

Matthew 6:33 KJV

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

Romans 8:9 KJV

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.

Our first step on every journey is with complete trust in God. Be assured in Conscious Awareness that He is on the field. In His Presence darkness is void and there in only Light. Put God first. ~Al Denninger

## The Daily Lesson – June 12, 2022

“In our humanhood, we are cut off from the Source. That is what constitutes humanhood: a selfhood apart from God, a selfhood separate from God. But humanhood is a dream. We are never really separate from God, even though the effect on us is the same as if we were. To rise above humanhood, that is, above the experiences of a human being and human events, it becomes necessary, actually, for us to feel that we have God within our own being—to make a God-contact.” ~Joel S Goldsmith

Romans 8:9 (Now) KJV

9 ...Now if any man have not the Spirit of Christ, he is none of his.

John 8:31,32 KJV

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

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

Romans 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.

Any sense that we are separate or apart from God is not the Truth, it is only an idea or stray thought. The Truth of our Being is always True, but we can get distracted and be unaware of that Truth for a moment. Thought never does anything... Knowing or Experiencing the Truth, that we are individual Expressions of God, shall make us Free.  
~Al Denninger

## The Daily Lesson – June 13, 2022

“For that reason, in all my writings, you will find that attention is called to the necessity of beginning with this conscious awareness in the morning and continuing with it throughout the day until sleep comes at night, abiding constantly in the consciousness of the presence of God. Heretofore, we have, for the most part, been satisfied to learn something of truth from a book, or to make some affirmations. From this time on, that will not suffice. At some time during the day and during the night, you must make this conscious contact with the inner Being, which we call God. Then, for the rest of the night, you can abide in that. But make that contact; make it a reality.” ~Joel S Goldsmith

Mathew 6:33 KJV

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

I Thessalonians 5:17 KJV

17 Pray without ceasing.

James 4:8 (to .) KJV

8 Draw nigh to God, and he will draw nigh to you.

Psalms 91:1 KJV

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

Begin your day with God and never lose the desire to acknowledge His Presence and to Abide with Him. Make the contact. ~Al Denninger

## The Daily Lesson – June 14, 2022

“In proportion as you consciously make that contact, your life will be rebuilt. In proportion as you learn to turn within before undertaking anything, whether it is writing, cooking, speaking, shopping—regardless of what it may be—if you actually practice this turning within and making the contact, your outer experience will be permeated with the Spirit, with divine wisdom, with divine guidance, protection, safety, and security.” ~Joel S Goldsmith

James 4:7 (to .) & 4:8 (to .)

7 Submit yourselves therefore to God.

8 Draw nigh to God, and he will draw nigh to you.

Acts 6:4 KJV

4 But we will give ourselves continually to prayer, and to the ministry of the word.

Proverbs 3:6 KJV

6 In all thy ways acknowledge him, and he shall direct thy paths.

Stop,  
Surrender,  
Go Within,  
Dwell,  
and Acknowledge God.  
Now...  
~Al Denninger

## The Daily Lesson – June 15, 2022

“The human world finds safety and security in dollars, or in armaments. We find our safety and security in our contact with God. We find that contact manifesting itself outwardly in whatever form is necessary to our daily experience. It may appear outwardly as anything from dollar bills to houses or automobiles. But we take no thought for anything external. Our entire thought is on contacting this infinite Being, this infinite Reality, this divine Presence that is within us. Jesus called it, "the Father," and "the Father within." He told us very clearly that it is your Father as well as his Father. Therefore, if It was within him, It must be within us. What good is it to have a Father within, if we do not turn to It? Read the story of the Prodigal. He had a rich father, too, but he did not turn to his father; he turned to himself and ended up with the pigs.” ~Joel S Goldsmith

Psalms 91:1,2 KJV

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

2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

Luke 12:29-32

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

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

31 But rather seek ye the kingdom of God; 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.

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

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

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

The story of the prodigals son is in Luke 15:11-32 if you would like to study it further.

As long as we entertain this-world thought, we are having a lost [prodigal] experience. When we find ourselves distracted, stop in your tracks, refocus quickly and return to the Father's house. It is His Good Pleasure to Give You the Kingdom. ~Al Denninger

## The Daily Lesson – June 16, 2022

“Our entire faith, confidence, and hope must be in that Power which Paul called the “Christ [that] liveth in me.” Be assured, however, that merely saying that the “Christ liveth in me” will not bring It forth. You must contact It. Do not think that you can be in and of the world, and yet receive the divine Light flowing to you from within. But when you have made your contact with the Source, then, you can go about your business. As one approach to the making of that contact, try to meditate upon the reality of being. Then, turn within and rest; see what message comes to you from within. Never for a moment doubt but that you will receive an answer to your prayer or meditation. We look unto the hills, from whence cometh our help; we look to the hills, or to the heights of consciousness. We look up, within our own being. We look up to the highest point of our own consciousness for help in every circumstance. We never look outside or beyond the limits of our own being.” ~Joel S Goldsmith

John 4:10-14 & 23-26 KJV

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.

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.

25 The woman saith unto him, I know that Messias cometh, which is called Christ: when he is come, he will tell us all things.

26 Jesus saith unto her, I that speak unto thee am he.

Psalms 121:1,2 KJV

1 I will lift up mine eyes unto the hills, from whence cometh my help.

2 My help cometh from the Lord, which made heaven and earth.

We must Look up into the Heights of Consciousness, which is the Christ Consciousness, for whence cometh the Truth of Our Living Water [Everlasting Life]. ~Al Denninger

## The Daily Lesson – June 17, 2022

### *“Consciousness Forms the Body*

God created all that was made. That God is divine, infinite Consciousness, the consciousness of individual being. That Consciousness created your body, your home, your business. Everything of which you are aware is the emanation, expression, and manifestation of your consciousness, the Consciousness which is God.” ~Joel S Goldsmith

John 1:3,4 KJV

3 All things were made by him; and without him was not any thing made that was made.

4 In him was life; and the life was the light of men.

Colossians 1:15-17

15 Who is the image of the invisible God, the firstborn of every creature:

16 For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him:

17 And he is before all things, and by him all things consist.

God is Life, individually Expressed As. ~Al Denninger

## The Daily Lesson – June 18, 2022

“Now what happens to us in the human picture? We "feed" the body which was created by divine Consciousness. We feed it from the outside, and because of our acceptance of the universal belief that the body is fed from without, we feel that it requires vitamins, calories, or something added to it from without. Do you remember when we were talking about supply, we came to the conclusion that supply, even in the form of money, must be as spiritual as the supply of truth itself? We also concluded that we could go within our own consciousness and find truth. Then we turn around and accept the belief that we must go outside for money! If it were true that there is a material universe, or, in other words, that there is a spiritual universe, plus a material universe, then it would follow that we could go within our own being for the spiritual things of life, but that we would have to go outside for the material things. That is not true.” ~Joel S Goldsmith

Romans 8:5-9 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; 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.

8 So then they that are in the flesh cannot please God.

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 Corinthians 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.

*I Am the Bread. I Am the Wine and the Water. I Am the Source and Supply of Truth.*

*I Am Knows, thinking to ask is foolishness... I can of mine own self do nothing – the Spirit within Doeth the Works.... Dwell in the Spirit of God. ~al.within*



## The Daily Lesson – June 19, 2022

“The truth is that God is Spirit, and that God created this universe out of Its own being. All that God created is good. All that God created is spiritual substance and reality. Therefore, our body must be as spiritual as the consciousness of which it is formed. It must, therefore, be possible for our body to be fed from within, instead of from without.”  
~Joel S Goldsmith

John 4:24 (to:) KJV  
24 God is a Spirit:

Genesis 1:27 (to ;) & 31 KJV  
27 So God created man in his own image, in the image of God created he him;  
31 And God saw every thing that he had made, and, behold, it was very good.

In the beginning, God Created Man as Spiritual Being, sustained and maintained by Spiritual means. And where the Spirit of God Is, there is everything, and behold, it is Good. Spirit is Life. ~Al Denninger

## The Daily Lesson – June 20, 2022

“If mortal sense tells us that we are underfed and undernourished, or that there is a deterioration of this piece of body or that piece of body—even a bone of the body—it must be possible to renew it through consciousness, which is the substance of our being, rather than by adding to the body from without. The only thing which prevents this from happening is our individual acceptance of a "matter I" and a "matter you," which results in our accepting as law the human belief that we are fed from without.”  
~Joel S Goldsmith

John 14:17-19 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.

19 Yet a little while, and the world seeth me no more; but ye see me: because I live, ye shall live also.

There cannot be a separation from Spiritual Omni-Presence, Spiritual Power and Consciousness. Do not accept a noisome distraction attempting to get you to think you are separate from God. Spirit to Spirit, and Soul to Soul, *I Am* with you, from before Abraham was until eternity. Know the Truth and then Live It. ~Al Denninger

## The Daily Lesson – June 21, 2022

“Everything in the teaching of The Infinite Way is an unfoldment, a statement or restatement of the teaching of the Master, Christ Jesus. When the disciples came to him and said, "Master, we have food for you," he answered, "I have meat to eat that ye know not of." What he meant was that he was being fed from within. Consciousness, Spirit, Life itself formed this thing that we call your body and my body. That Spirit, that Substance, is the meat that nourishes it. When we reverse the universal belief that we are being fed from without, that the food we are taking into our system is nourishing the body, and when we consciously accept the truth that we are fed from within, that the consciousness that formed the body is feeding and maintaining and sustaining it unto eternity, then we shall find the body is responding to spiritual law.” ~Joel S Goldsmith

John 4:31-35 KJV

31 In the mean while his disciples prayed him, saying, Master, eat.

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

33 Therefore said the disciples one to another, Hath any man brought him ought to eat?

34 Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.

35 Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.

Matthew 6:8 for & 31-33 KJV

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

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

32 (For after all these things do the Gentiles [the not yet Aware] seek:) for your heavenly Father knoweth that ye have need of all these things.

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

The first sentence of Joel's paragraph today is an Echo of what I Heard Thundering to me twelve and a half years ago, when I was Directed to begin the Work of The Daily Lesson. I Knew that Joel's entire message had its origin in the Words of Christ Jesus and in Scripture, and so I set out to prove it.

I am constantly amazed that God's Message to us is Infinite. It seems to change when we grow, and gently, patiently changes again when we fall back and need a boost. God's Realized Word is Always the perfect fit for what we need to "Hear" in the moment. Everything we need for Fulfillment is Available Now, in the Present. Look Up. Look Up! The fields are already white with Harvest—You, right this very minute, can assuredly be Fed from Within. ~Al Denninger

## The Daily Lesson – June 22, 2022

“You may still go on eating, although of one thing I am certain: Your appetite will change; you will desire a different type of food, or less of certain foods. Why? Because no one can eat when he is filled and you will be filled when you are drawing on spiritual food from within, twenty-four hours a day. We require the amount of food we do, because we are not being fed from within.” ~Joel S Goldsmith

Luke 4:1-4 KJV

1 And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness,

2 Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.

3 And the devil said unto him, If thou be the Son of God, command this stone that it be made bread.

4 And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God.

John 6:35 KJV

35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

Does it seem possible in this-world consciousness to be able to stay alive for 40 days in the desert without something to eat? ~Al Denninger

Mark 10:27 KJV

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

When we are about the Father's Business He will provide us with everything we need along the way. I know that when I spend extended amounts of time in prayer and meditation, I am completely refreshed and exhilarated, and this-world is the last place I would Look for sustenance of satisfaction. God Perfects that which is given us to do and His Vessel is never less than full. Focus on God. ~Al Denninger

## The Daily Lesson – June 23, 2022

“God, Spirit, divine Consciousness, is the causative principle of our body, as well as of our business, of our home, and of our social activities. God is the divine consciousness of our being, the substance of our being, and the law of our being; but we must turn within in order to start the flow that we, as human beings, have reversed.” ~Joel S Goldsmith

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.

Psalms 91:1 KJV

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

II Corinthians 3:15-17 KJV

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.

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

Christ Consciousness is the Truth as it Operates In - And - As... Turn to the Truth, Dwell there and Live It. ~Al Denninger

## The Daily Lesson – June 24, 2022

“Humanly, the body goes on for three score years and ten, but long before the three score years and ten are reached, it begins to deteriorate. The food from without does not do quite a complete job of feeding, sustaining, and renewing it. Therefore, even though we attempt to renew it by means of the food we eat, the body responds only seventy or eighty percent, continuing to waste away until it is ready for the grave. That will always be true in the human picture. Only you, individually, and I, individually, can reverse that picture, so that our body will function eternally, if we so desire it, and in the same state of perfection in which it was at the height of our youth and vitality. We determine that in this moment. We do it by consciously reversing the belief that the body is being fed and sustained from without by the food we eat and by accepting the spiritual truth that the same consciousness that formed the body is now feeding it, nourishing it, maintaining it, sustaining it, and renewing it unto eternity.” ~Joel S Goldsmith

Romans 14:17 KJV

17 For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

John 4:7-14 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.

Colossians 3:15 KJV

15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

Every individual Expression of God is Fed, Sustained and Renewed by the Living Water of Christ, not from an earthly defined source. Drink in the Love. ~Al Denninger

## The Daily Lesson – June 25, 2022

“This must be a conscious process. It must become an activity of your consciousness, because consciousness is the creative principle of life. Immediately, the question arises, "Are you talking about the material body?" And the answer is that you do not have a material body. How could God create a material body? God is Spirit! God is consciousness! God is the creative principle of this universe! And God, the Infinite must create out of Its own Being That which you have been calling a material body, treating as if it were a material body—feeding, clothing, and bathing—is your spiritual body. The only thing material about the body is our erroneous concept of it, and that erroneous concept did not begin with you or with me. It is a universal belief, a universal concept that we, individually, have accepted.” ~Joel S Goldsmith

Matthew 5:6 KJV

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

John 4:24 KJV

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

Colossians 3:16 KJV

16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

I Corinthians 2:14 (to 2nd :) KJV

14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him:

*Awake thou that are fooled and distracted.... There is One Spiritual Consciousness and it is I... The erroneous concepts that seem to be shouting at us are only mental thoughts... Be still and Love God in Spirit and let the noisome pestilence dissolve into the nothingness it always was... You can't be hypnotized by this-world belief when you Know the Truth.... Smile in the Knowledge of Peace and Dwell in the Circle of Christ... Together in joyful Singing.... ~al.within*

## The Daily Lesson – June 26, 2022

“How could Jesus have walked through walls, or on the water? How could Peter have walked on the water? How could any of the miracles have been performed? And these miracles were not only performed by Jesus, but by many of the great prophets. Moses brought manna out of the sky and water out of a rock. How about Elijah and Elisha? What about Moses and the burning bush? How could there have been a burning bush that did not burn, if this were a material universe? In ignorance, we have accepted the universal belief, just as our ancestors accepted the belief that the world was flat. It was not flat. Yet the belief that the world was flat caused people to act as if it were and held them in bondage to a flat world just as if such a belief had been true.” ~Joel S Goldsmith

Ephesians 5:14,15 KJV

14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

15 See then that ye walk circumspectly, not as fools, but as wise,

Genesis 3:8-11 (to ?) KJV

8 And they heard the voice of the Lord God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden.

9 And the Lord God called unto Adam, and said unto him, Where art thou?

10 And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.

11 And he said, Who told thee that thou wast naked?

Who told you that You were limited to world belief? Awake from the dream and Christ will Be Your Light. ~Al Denninger



## The Daily Lesson – June 27, 2022

“The same sort of thing is operative with us. We are in bondage to the belief that we have a mortal, human, material body. That is why we are not walking through walls; but it is not for us to try to walk through walls. We can make higher demonstrations than that. To illustrate, there is a story concerning a Hindu who had been trying for many years to become spiritual. Finally, he came running to his master, saying elatedly, ‘Master, I have done a marvelous thing! I have walked all the way across the river on the water. And just think, it took me thirty years to accomplish it!’

The master's dry response was, ‘You could have crossed on the boat for two pennies.’ Such a feat was no miracle. In like manner, do not study for the purpose of learning how to walk through walls or on the water. No, there is something far more important that we should do. We should live to be ninety or one hundred years of age, looking as if we were twenty five. That is one thing we can do. But we will not do this by sitting around, hoping, or by looking at the person who has accomplished it, and saying, ‘I should love to be like that!’” ~Joel S Goldsmith

Proverbs 19:21 ESV

21 Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.

Ephesians 2:8-10 KJV

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

9 Not of works, lest any man should boast.

10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

Romans 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.

Proverbs 16:3 KJV

3 Commit thy works unto the Lord, and thy thoughts shall be established.

Does God work for our purpose and pleasure – or do we exist for His? Ask God. ~Al Denninger

## The Daily Lesson – June 28, 2022

### *“The Body Is Maintained by Consciousness*

You must begin to understand the law of creation. God is your individual consciousness and, therefore, it is your individual consciousness that is creating, feeding, nourishing, supporting, and maintaining your body in its health, harmony, and beauty unto all time, if you so desire it—unto all time, if you will but consciously realize that you are being fed, maintained, and sustained from within. If you do this, so will it be unto you.” ~Joel S Goldsmith

Romans 12:2 (but) KJV

2 ...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.

Romans 8:9 (to .) KJV

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

Isaiah 48:16 (to :) KJV

16 Come ye near unto me, hear ye this; I have not spoken in secret from the beginning; from the time that it was, there am I:

The Law of Creation is “There Am I”. There Am I—is the Creative and Sustaining Spirit that Is and Was and Ever will Be. The Lord is my Shepherd, because the Spirit of God Dwells in Me. I am His Individual Expression. Our ongoing Practice is to consistently, and better yet, constantly be Aware of the Presence of God Shining through the mist and distractions of the so-called world that man seems to love to hold on to. If You Love God with all your Heart, and all your Mind, and all your Soul—there Am I. ~Al Denninger

Also Know the Circle [Oneness] of Christhood:

Matthew 18:20 KJV

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

## The Daily Lesson – June 29, 2022

“You may be inclined to ask, ‘Is that important?’ Yes, it is the most important part of your entire development. There is only one thing important in this world, and that is showing forth God as our life, as our substance, as our safety, our security, our immortality, our eternity, proving that God is the only law unto our being. If it is true that God is the only law unto our being, and that we are God-governed, God-maintained, and God-supported, then we should show it forth as youth, beauty, vitality, strength, intelligence, health, and all the other divine qualities. In other words, is there any virtue in preaching this truth, and then showing forth the opposite? There is none. None. Students have no right to go to the rest of the world and say, ‘You ought to study metaphysics; you ought to turn to God,’ and themselves show forth such a lack of awareness as to cause the world to retort, ‘Why?’ By their fruits, you shall know them.’ ~Joel S Goldsmith

Matthew 23:1-3 KJV

- 1 Then spake Jesus to the multitude, and to his disciples,
- 2 Saying, The scribes and the Pharisees sit in Moses' seat:
- 3 All therefore whatsoever they bid you observe, that observe and do; but do not ye after their works: for they say, and do not.

James 1:22 KJV

22 But be ye doers of the word, and not hearers only, deceiving your own selves.

Titus 1:15,16 KJV

- 15 Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled.
- 16 They profess that they know God; but in works they deny him, being abominable, and disobedient, and unto every good work reprobate.

John 15:4,5 & 8 KJV

- 4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.
- 5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.
- 8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

Matthew 5:16 KJV

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

We must first learn the Truth of Being, and then willingly Be Its Activity. We are denying our birthright as Children of God if we profess the Truth and do not put it into Practice. Being Love Loving Glorifies God. ~Al Denninger

## The Daily Lesson – June 30, 2022

“Ask yourself, ‘Am I showing forth the highest demonstration of which I am capable?’ If not, is it not true that it is only because you are not sufficiently bringing this truth into conscious expression? In other words, are we not all sitting around believing there is a God somewhere, who is going to do something for us. ‘Let God do it!’ In proportion to our lack of demonstration, do we indicate that we are not consciously bringing this into our experience, that we are not consciously renewing the body day by day. And we never will, so long as we think of nourishment as entering the body through the mouth. ‘Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth.’ It is not that which goes in that feeds us. It is that which comes out of the issues of the heart, the Soul, or consciousness, which is our food. Our demonstration is in proportion to our conscious awareness of the truth of being.” ~Joel S Goldsmith

I Timothy 4:14-16 KJV

14 Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery.

15 Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.

16 Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.

II Corinthians 3:4,5 KJV

4 And such trust have we through Christ to God-ward:

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

John 8:31,32 KJV

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

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

Don't coast along and ignore the Truth. Diligently open an Awareness to It and Be an Instrument of Sufficiency to those you Share your Experience with. The Workers shall be Known by their Fruits. And so, we continue in His Word As His Infinite Individual Expression. ~Al Denninger

## The Daily Lesson – July 1, 2022

“Health is not accidental. Harmony is not accidental. It may be out in the human world, where there are some human beings who are healthy all the time, or most of the time. Actually, though, such human beings are few and far between. Furthermore, we know nothing of what goes on in their consciousness to account for it, or what their preexistent consciousness may have brought forth for them. This we know: If we want harmony, peace, jurisdiction, or dominion, we shall have to bring it into our experience through the conscious knowing of the truth. We must fulfil the words of the Master: ‘Know the truth, and the truth shall make you free.’ We must not depend on the *truth* to make us free; we must depend on our conscious *awareness* of that truth.” ~Joel S Goldsmith

John 8:32 KJV

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

James 4:3 (to 3rd ,) KJV

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

Matthew 8:5-13 KJV

5 And when Jesus was entered into Capernaum, there came unto him a centurion, beseeching him,

6 And saying, Lord, my servant lieth at home sick of the palsy, grievously tormented.

7 And Jesus saith unto him, I will come and heal him.

8 The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof: but speak the word only, and my servant shall be healed.

9 For I am a man under authority, having soldiers under me: and I say to this man, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it.

10 When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel.

11 And I say unto you, That many shall come from the east and west, and shall sit down with Abraham, and Isaac, and Jacob, in the kingdom of heaven.

12 But the children of the kingdom shall be cast out into outer darkness: there shall be weeping and gnashing of teeth.

13 And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour.

II Corinthians 3:15-18 KJV

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.

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

18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

The Roman centurion Realized that he was having a Spiritual Experience, so there did not need to be a laying on of hands or a spoken word to heal his servant. He turned to the Consciousness of Christ to do the Work, and the veil of this-world dissolved. Where the Spirit of the Lord is Realized, Face to Face, there is Harmony, Health and Oneness. Know the Truth of Being, take no thought for the things of this world. The Father doeth the Works. Spirit to Spirit, I Am. ~Al Denninger

## The Daily Lesson – July 2, 2022

“We have embarked on a mission: the realization of God as divine consciousness unfolding as our individual being. We shall have to take the next step and realize that this body is maintained and sustained by the infinite Consciousness that formed it, the divine Consciousness of our being. We are eternally being fed, not three times a day, but twenty-four hours of every day, from within.

I have meat to eat that ye know not of. John 4:32

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. . . .  
John 4:14

The words that I speak unto you, they are spirit, and they are life. John 6:63

The Word—Consciousness—is life eternal. It is your consciousness. It is your consciousness as life eternal, since God is the universal consciousness of immortal being.” ~Joel S Goldsmith

I Corinthians 13:10-12 KJV

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

11 When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.

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

There is only One Wellspring. One Source. It is Constantly Flowing, Infinite and Refreshing.

*Sit on the Well and wait... Drink ye the Gift of Living Water and you will never thirst because You will Know as You are Known... Thank you Father.... Amen. I will do as You ask... And You will show Me Life.... ~al.within*

## The Daily Lesson – July 3, 2022

“When we dispel the universal belief in the deterioration of organs, functions, or bone structure, we are renewed. Why? Because we do not have a physical body to be patched up, and the realization, that that consciousness which we are, constructed the body, functions as a renewal of the body. That consciousness will continue to keep the body in its original form, substance, youth, and beauty.” ~Joel S Goldsmith

Romans 8:9 KJV

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 John 1:1-5 KJV

1 That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life;

2 (For the life was manifested, and we have seen it, and bear witness, and shew unto you that eternal life, which was with the Father, and was manifested unto us;)

3 That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ.

4 And these things write we unto you, that your joy may be full.

5 This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all.

This-world thoughts and beliefs in are dissolved into nothingness the instant we Dwell in Conscious Union with God. In God there is no darkness, lack or imperfection. ~Al Denninger



## The Daily Lesson – July 4, 2022

### *“Spiritual Healing: The Mission of the Master*

The ministry of the Master was spiritual healing. It did not make any difference whether it was a person with deformed bones, or a person whose organs had ceased to function in what we call death. His ministry was to restore consciousness, just as the Christ of your consciousness is present to restore even ‘the years of the locusts’ That part of the body which already is dead or dying must be renewed by the Christ, by the state of consciousness which has been revealed to you as the substance of your being.” ~Joel S Goldsmith

Proverbs 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.

Romans 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.

Psalms 23:3 KJV

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Be Aware that the Christ says his Presence is with You Always. He will restore Your Soul and Lead You in the Paths of Righteousness. ~Al Denninger

## The Daily Lesson – July 5, 2022

“Let us go back to the beginning of this chapter to the statement that we never undertake anything without first going within, without that contact, that is, without meditation. If we truly expect that contact to come forth in the form of whatever is necessary for our demonstration, can it not come forth in the form of a body, organ, function, or bone? If it can come forth in the form of transportation or companionship or supply, why should it not come forth as body? It will come forth in every conceivable form necessary to the fulfilment of the Messianic mission, which is life eternal. The mission of the Master was to reveal life eternal to you and to me. Through what process? Through the process of a conscious awareness of truth, knowing the truth.”  
~Joel S Goldsmith

Matthew 6:33 KJV

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

I Corinthians 3:16 KJV

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

John 1:17 KJV

17 For the law was given by Moses, but grace and truth came by Jesus Christ.

II Corinthians 3:15-17 KJV

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.

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

Stop and ask for Directions, and you will find The Way. ~Al Denninger

## The Daily Lesson – July 6, 2022

“So must we, through that same Christ consciousness, renew and restore the organs and functions of our body. We can do that only in the degree that we realize that Consciousness, God, is the substance of our form, and that we are fed, nourished, supported, maintained, and sustained from within. That is true of our body; it is true of the substance of our business and of the substance of our home. We can be ever renewed, ever fresh, ever refilled with divine energy, if we knowingly contact the Source of our being, which is God, our individual consciousness.” ~Joel S Goldsmith

Philippians 4:13 KJV

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

II Corinthians 3:4,5 KJV

4 And such trust have we through Christ to God-ward:

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

Romans 8:9 (to .) KJV

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

*I am Created, Sustained and Maintained by God, not by my own understanding or effort... I Trust You Father, and I look forward to Your Love and Direction, and am so grateful, for every speck of Awareness of You.... You are the Source and Substance of all Being... I surrender right now, to Your Will Father. Thy Grace is my sufficiency and Thy Will my orders... I rest now, in confidence and in unconditional Love and Abide in You... And as I Abide, You are My Being. I direct by complete focus to You – Speak Lord, Thy servant heareth.... ~al.within*

## The Daily Lesson – July 7, 2022

“Pay particular attention to these statements of the Master: ‘I have meat ye know not of. . . . The water that I shall give him shall be in him a well of water springing up into everlasting life.’ This consciousness within your own being will spring up within you as eternal life—not eternal life after the body lies in the grave, but eternal life right here and now, conscious eternality, immortality, in this form. We are renewing the body now, day by day, in the understanding of the truth that God is Spirit, and that, therefore, the creative Principle is spiritual. That which is created is spiritually Self-supporting, Self-sustaining, and Self-maintaining. That is the eternal wellspring of water and the meat that the outer world knows nothing of.” ~Joel S Goldsmith

John 4:16-15, 21-24 & 31-35 KJV

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.

21 Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father.

22 Ye worship ye know not what: we know what we worship: for salvation is of the Jews.

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.

31 In the mean while his disciples prayed him, saying, Master, eat.

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

33 Therefore said the disciples one to another, Hath any man brought him ought to eat?

34 Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.

35 Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.

God’s Spiritual Creation is Present and Infinite, “Is” being the operative word. God Is, therefore He is Present right now Spiritually Directing and Supporting His Complete Creation, and there are no exceptions... I Am. Our Conscious Awareness of this is our Life and Harmony. ~Al Denninger

## **The Daily Lesson – July 8, 2022**

“In going within to meditate in order to touch that reality of our being, let us consciously realize that every time we touch this spring within, new life comes flowing forth. It makes the flesh vital, firm, and strong, because it is permeated with life from within. Consciousness does it, the Consciousness which is God.” ~Joel S Goldsmith

Isaiah 26:3 KJV

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

Our Life is Graced with Perfect Peace the instant we Touch the Robe of Christ, not the fabric covering Jesus, but the Fabric Of Christ Consciousness. Never leave the embrace... And so we Joyfully Practice, Amen. ~Al Denninger

## The Daily Lesson – July 9, 2022

### *Treatment as Silent Listening*

“When we are in the silence, that is a treatment. That is the type of treatment we give to every circumstance that arises in our experience. One by one, whether or not it is a problem of body, business, home relations, or some phase of health, we must hold to that type of treatment, not in the sense of a formula, not in the sense of making up a great many statements, but in the sense of letting the divine Consciousness tell us what the truth is.” ~Joel S Goldsmith

Matthew 6:6-8 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; and thy Father which seeth in secret shall reward thee openly.

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.

8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

Take no thought or effort of your own, the Father Knows everything you will need for the fulfillment of His Will. *Speak Lord, thy servant Heareth...* ~Al Denninger

## The Daily Lesson – July 10, 2022

“A treatment must not consist of sitting down and going through a ritual of making statements about truth. A treatment must be a turning to the Father within, asking, “What is the truth about business, about body, about health, about my neighbor, about the universal belief of war?” and then letting the divine Consciousness tell it to you. Never believe that reading truth, memorizing it, or reciting it, will produce the effect you seek. These serve merely as a means to an end. You, yourself, must go within and let the divine Consciousness give you a treatment. You do not give the treatment. You receive the treatment from the Soul.” ~Joel S Goldsmith

Matthew 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.

Habakkuk 2:20 KJV

20 But the Lord is in his holy temple: let all the earth keep silence before him.

Joel 2:12 (to 3rd ,) KJV

12 Therefore also now, saith the Lord, Turn ye even to me with all your heart,

John 3:27 KJV

27 John answered and said, A man can receive nothing, except it be given him from heaven.

Be still and surrender with all your heart to His will. Thy will be done. ~Al Denninger

## The Daily Lesson – July 11, 2022

“Is it clear, now, that everything has to come from within—even the treatment? A treatment is an impartation from within, and not lip service. Treatment is necessary so long as we are in ignorance, or so long as we are being handled by universal beliefs. In the degree that we are suffering from any form of sin, sickness, lack, or limitation, we need treatments, but not treatment from without. The treatment must be from within. Then you will find that that treatment is substance, is power, and is law.” ~Joel S Goldsmith

John 8:32 KJV

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

John 14:8-18 KJV

8 Philip saith unto him, Lord, shew us the Father, and it sufficeth us.

9 Jesus saith unto him, Have I been so long time with you, and yet hast thou not known me, Philip? he that hath seen me hath seen the Father; and how sayest thou then, Shew us the Father?

10 Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works.

11 Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake.

12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.

13 And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.

14 If ye shall ask any thing in my name, I will do it.

15 If ye love me, keep my commandments.

16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;

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.

This passage from John 14:8-18 is the perfect example of a treatment by the Master. It is Jesus' Treatment for Philip's lack of confidence in the Truth. A treatment is Love Coming from the Spirit of Truth Within. To Know the Truth is to Experience it. ~Al Denninger



## The Daily Lesson – July 12, 2022

“Have you not wondered, sometimes, after you have remembered some of these made-up statements and faithfully repeated and repeated and repeated them, why you did not get the health, the harmony, or the wealth you expected from them? Those statements were external to you: You were stuffing sawdust into a doll; you were stuffing yourself with a made up ‘sawdust’ treatment. Our treatment does not consist of made up thoughts; our treatment is a treatment of peace. It is a treatment of consciousness expressing itself. It comes entirely and directly out of meditation, and, in that degree, will it bring results. It will bear fruit in healings and improved health.” ~Joel S Goldsmith

James 4:3 (to 3rd ,) (KJV)

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

Joshua 1:8 (KJV)

8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Philippians 4:7 (KJV)

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

That which we desire may not be the Will of God. Meditate on the Word and then Bring the Peace we are Given, which passeth understanding, with us as our Gift of Love and Thanksgiving. Peace brings Blessings. ~Al Denninger

## The Daily Lesson – July 13, 2022

“You must bring out the right sense of treatment, banish the idea of treatment by formula, and eliminate the idea that treatment can come out of books, or that you can use and repeat any treatment that is found in my writings or recordings. Treatment is powerful only when it comes through with all the power of God behind it. Treatment must come from the center within, from the divine consciousness of you. Then it is substance. Then it is feeding you, supporting you, maintaining you, and prospering you.” ~Joel s Goldsmith

Matthew 16:19 KJV

19 And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven.

Romans 8:9 KJV

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 Corinthians 6:19,20 KJV

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Treatment in this-world's terms is binding it on earth and it will be not be heard in Heaven. Let loose the Spirit Within and Glorify God's vessel that you occupy. Watch God prosper, support, and Guide You. Let God be God. ~Al Denninger

## The Daily Lesson – July 14, 2022

“You do not give a treatment: You receive it, and you do not receive it from a man or a woman. You receive the treatment from God. God utters, voices, declares Itself from the center of your being to your conscious awareness. Then that treatment is a creative principle. If something comes through spiritually from God, it will renew you. You will be reborn, and you will die daily to the flesh. And by this I do not mean ‘passing on.’ I mean that you will lose mortality and gain immortality here and now. You will lose old age, and gain youth. You will lose decayed flesh, and find it renewed, if the treatment comes from within, if it has the substance of Truth, if it comes from out of consciousness to you.”  
~Joel S Goldsmith

John 6:45-51 KJV

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.

47 Verily, verily, I say unto you, He that believeth on me hath everlasting life.

48 I am that bread of life.

49 Your fathers did eat manna in the wilderness, and are dead.

50 This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

51 I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

John 3:5-7 KJV

5 Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.

6 That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.

7 Marvel not that I said unto thee, Ye must be born again.

In the moment of Conscious Awareness of, and Communion with God, we are Lifted into the Experience of the Harmony of God’s Kingdom. Focusing on earthly manna is accepting limitation. Instead, refocus on Spirit and be Renewed in Spiritual Form – Infinite and Perfect in every Way. Seek Ye First the Kingdom of God... ~Al Denninger

## The Daily Lesson – July 15, 2022

### *Note to Active Workers*

“When a practitioner is very active in this practice, he may sometimes find that he does not feel well. Either he feels actual physical pain, distress, sickness, headaches, and the like, or he has depressed or discouraged feelings. All degrees of negative reactions may be experienced at different times. I do not mean that a practitioner suffers thus continuously, but he is likely to awaken either in the morning or at night with symptoms of disease or distress, or even to feel these in the middle of the day.” ~Joel S Goldsmith

The first temptation is to ask, ‘What is wrong with me? This should not be happening to me.’ Let me caution workers about such a reaction. These symptoms are not really yours. They are caused by someone who is hammering at you for help, and you are not recognizing it. You are accepting the word ‘I,’ and taking all this in as if you yourself were sick. Be alert to this. Everyone who has been in this work knows that there are people reaching out to him, mentally, day and night-sometimes crying out to him. If you are not alert, you will take it personally and react to the negative emotion or feeling. If practitioners are not careful to hold up that word /, they may think of / as Jane, Jim, or Joel, not recognizing that when these negative things come to us, they indicate that others are reaching out for help.” ~Joel S Goldsmith

Exodus 20:16 KJV

16 Thou shalt not bear false witness against thy neighbour.

Psalms 119:37 ESV

37 Turn my eyes from looking at worthless things; and give me life in your ways.

Romans 12:1,2 KJV

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

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

We are literally bearing false witness when we think our patient, friend or neighbor is somehow separated from God. For some reason, some patients can get so caught up in the hypnotism of this-world’s group thought and universal belief that they don’t even realize that they are hypnotized. What they are doing is lying to the Truth, and inadvertently, possibly dragging the practitioner right into the whole mess if he reacts or sympathizes with it. We must keep our focus on the Truth and use Righteous Judgment always. There is only One Truth. Keep up the Practice. ~Al Denninger

## The Daily Lesson – July 16, 2022

“To active workers, I say, please remember: First, keep that word / in its rightful place. Every time you think the word /, automatically know that you are thinking about God; second, realize, always, that the call for help is not to you—it is not a call to your human understanding. That call for help is to your developed state of consciousness, that state of consciousness which does the healing work. Those who are reaching out to it do not care about Jane, Jim, or Joel. All they care about is to reach that developed state of consciousness which is a healing consciousness. They do not care from whom or through whom the healing comes.” ~Joel S Goldsmith

John 5:30 (to :) KJV

30 I can of mine own self do nothing:

John 14:8-10 KJV

8 Philip saith unto him, Lord, shew us the Father, and it sufficeth us.

9 Jesus saith unto him, Have I been so long time with you, and yet hast thou not known me, Philip? he that hath seen me hath seen the Father; and how sayest thou then, Shew us the Father?

10 Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works.

Luke 9:18-20 KJV

18 And it came to pass, as he was alone praying, his disciples were with him: and he asked them, saying, Whom say the people that I am?

19 They answering said, John the Baptist; but some say, Elias; and others say, that one of the old prophets is risen again.

20 He said unto them, But whom say ye that I am? Peter answering said, The Christ of God.

As active workers, we have to Know the Source of Being, and See it in every individual Expression of God, so that when someone calls for help we Recognize that the Work has already been done by God. Otherwise we will get caught up in the distraction of working in this-world on the level of the problem. Thy will Be Done. Thy will Is. I Am.  
~Al Denninger

## **The Daily Lesson – July 17, 2022**

“If we had the ability, we could turn back to Jesus Christ, to the mind that was in Christ Jesus and through that find healing. We do not do so only because we perhaps think that the interval of years separates us from that mind, not realizing that the mind of Christ Jesus is here and is our mind.” ~Joel S Goldsmith

John 14:17-19 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.

19 Yet a little while, and the world seeth me no more; but ye see me: because I live, ye shall live also.

I Corinthians 2:16 KJV

16 For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

If the Mind of Christ is of God – it is Infinite – without end and available for all to recognize. Yes. I believe my Bible, and I believe Christ Jesus. Amen ~Al Denninger

## The Daily Lesson – July 18, 2022

“Active workers, whether you are healing, teaching, lecturing, or writing, please remember that somebody, somewhere, is reaching out to you. As that someone touches your human mentality, you may feel a drag on you. What some might call transference of thought may even occur, so that you believe that you are sick, whereas it is the person calling out, telling you that he is in need of help. At the very first sign of illness, discouragement, or fear, be alert and realize that someone is reaching out to the Christ, not to any human identity or mentality. He is seeking the Christ of his own being, and that Christ is responding. Know: ‘This suggestion of malpractice cannot use my mind for its operation or outlet.’ Be alert to these conditions. Never must a practitioner identify his personal selfhood with the practice. It is the Christ that is the practitioner, and it is the Christ that is handling the practice. It is not a person. Practitioners will be dragged down if they let themselves be drawn upon as human beings, or if they do not recognize that these negative things coming to them are only the pull of patients and the pull of the world on them.” ~Joel S Goldsmith

Romans 8:7-9 KJV

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

8 So then they that are in the flesh cannot please God.

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.

John 14:6-11 KJV

6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

7 If ye had known me, ye should have known my Father also: and from henceforth ye know him, and have seen him.

8 Philip saith unto him, Lord, shew us the Father, and it sufficeth us.

9 Jesus saith unto him, Have I been so long time with you, and yet hast thou not known me, Philip? he that hath seen me hath seen the Father; and how sayest thou then, Shew us the Father?

10 Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works.

11 Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake.

If we, like Philip or any patient or practitioner, can be distracted from Knowing the Truth about the Omnipresence of Infinite Being then we are easily subject to any malpractice the carnal mind can think up. God is the Way, the Truth and the Life, Individually Expressed and Known as Christ Consciousness. I can do nothing, the Father, He doeth the Work. ~Al Denninger

## The Daily Lesson – July 19, 2022

“Instead of looking at the human world and trying to change it, sit back and get at-one with Spirit; try to catch the vision of what the spiritual universe or spiritual activity is. In other words, do not try to think of the person who has the cold, or try to help him to get rid of it. Inasmuch as the cold has no reality, there is no use trying to get rid of it. But so long as it presents itself as an appearance, certainly something must be done about it. That something is to get at-one with the Infinite, with Spirit, with Soul, and watch reality unfolding-watch the real truth, the real being, come to light. The idea is to stop fighting this world picture; stop fighting the Adam-dream; stop fighting illusion. Sit down and get at peace, and let the reality unfold and disclose itself.” ~Joel S Goldsmith

Exodus 14:13 KJV

13 And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to-day: for the Egyptians whom ye have seen to-day, ye shall see them again no more for ever.

Matthew 6:33 to; KJV

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

II Chronicles 20:-1,3-6,15&17 KJV

1 It came to pass after this also, that the children of Moab, and the children of Ammon, and with them other beside the Ammonites, came against Jehoshaphat to battle.

3 And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.

4 And Judah gathered themselves together, to ask help of the Lord: even out of all the cities of Judah they came to seek the Lord.

5 And Jehoshaphat stood in the congregation of Judah and Jerusalem, in the house of the Lord, before the new court,

6 And said, O Lord God of our fathers, art not thou God in heaven? and rulest not thou over all the kingdoms of the heathen? and in thine hand is there not power and might, so that none is able to withstand thee?

15 And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the Lord unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's.

17 Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the Lord with you,

Peace be still. Stop reacting to the dream like it is real, wake up and Realize you are Living in God's Always-Present Arms. It's all His. ~Al Denninger

This concludes our study of Chapter 4 of the book “CONSCIOUSNESS UNFOLDING”  
Tomorrow we begin: Chapter 5, “Freedom In Christ”