

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

“Realization of Oneness”

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 – September 18, 2024

“Chapter 8

ON THE SEA OF SPIRIT

Life on the spiritual path can be divided into three major periods: the first a very pleasant one, the second not quite so comfortable, and the third not only pleasant but satisfying. The first stage is pleasant because our thoughts are centered primarily on changing conditions of evil, error, discord, and inharmony into more harmonious conditions, and, as many of us have discovered, some of these changes do take place. We gain a better sense of health, very often a much better sense of supply, and our human relationships adjust themselves and become much more satisfactory than they were before. In this first stage of our spiritual unfoldment, it is a joyous thing to watch some part of the old man ‘die,’ I and the new man be ‘born,’ watch the old conditions disappear, and new and more harmonious ones appear.” ~Joel S Goldsmith

Psalms 37:23 KJV

23 The steps of a good man are ordered by the Lord: and he delighteth in his way.

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.

1 Corinthians 15:31 KJV

31 I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily.

2 Corinthians 5:17 KJV

17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

Colossians 3:1-4 KJV

1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

2 Set your affection on things above, not on things on the earth.

3 For ye are dead, and your life is hid with Christ in God.

4 When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

We must first develop a complete Trust in God, and seek things Above, in order that we may surrender all ego and every interest in this-world. We have to leave our nets where they lay and Follow Christ. Our old form of supply becomes irrelevant. Only then can we be In Christ, and so, our New Life of Abundance, Harmony and Peace Begins. Leave all for Christ. ~Al Denninger

The Daily Lesson – September 19, 2024

“LIVING IN TWO WORLDS

The second stage is probably the longest period, and the most difficult one. This is because in the second stage we are living in two worlds. We have glimpsed something of the nature of Reality, and something of the unreal nature of the phenomenal world, gradually leading us to a state of consciousness where we do not quickly run for an aspirin the moment we have cold, or immediately consult a doctor when something more serious develops. We have little or no fear about these disturbing physical conditions because they no longer hold the same terror for us. Unfortunately, most of our friends do not think as we do, and they can make life fairly miserable for us by reminding us that we must be practical, that we must protect ourselves from disease and danger, and that it is unreasonable and impractical to forgive our enemies.” ~Joel S Goldsmith

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 91:5-10 KJV

5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

8 Only with thine eyes shalt thou behold and see the reward of the wicked.

9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

Only with the dim-ness of this-world eyes do we see appearances that can scare us. When we accept the Kingdom of God as our refuge and high Habitation, we will not be tempted into believing that there is anything in this-world that can harm us, because the pictures in this-world are lies slithering out of the mouths of serpents. There is no reason to condemn our enemies for believing a lie. Instead, pray that they Open their Spiritual Eyes to See the Truth that makes them Free too. The more we trust this-world thought, the harder it is to break free. Make God your Refuge. ~Al Denninger

The Daily Lesson – September 20, 2024

“Because of this conflict, we often find ourselves living in two worlds with the necessity of catering to both of them. Apparently, there is no way of running away from either one them; and inasmuch as we do not want to lose the spiritual ground that we have gained by so much work, study, and meditation, we have no choice but to live temporarily in these two worlds. That means that we may sometimes be called upon take medicine, or to commiserate with our friends and relatives even when we do not agree with what they are doing. Outwardly, we have to be in this world—even though not of it—as loving as possible, when as a matter of fact we are not too patient with all that goes on about us. But we cannot let anyone see our impatience, because that would not be loving. So we sometimes engage in double-talk. We say things that really do not believe, and do things of which we do not in our hearts approve.” ~Joel S Goldsmith

John 18:10,11 (to :) & 36 (to ,) KJV

(from the scene where Jesus was arrested)

10 Then Simon Peter having a sword drew it, and smote the high priest's servant, and cut off his right ear. The servant's name was Malchus.

11 Then said Jesus unto Peter, Put up thy sword into the sheath:

(from the scene where Jesus was brought before Pilate)

36 Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight,

Luke 24:13-16 KJV

13 And, behold, two of them went that same day to a village called Emmaus, which was from Jerusalem about threescore furlongs.

14 And they talked together of all these things which had happened.

15 And it came to pass, that, while they communed together and reasoned, Jesus himself drew near, and went with them.

16 But their eyes were holden that they should not know him.

Colossians 3:9,10 KJV

9 Lie not one to another, seeing that ye have put off the old man with his deeds;

10 And have put on the new man, which is renewed in knowledge after the image of him that created him:

Peter acted outwardly in an a way that would seem like a normal reaction in the defense of a friend in this-world. But Christ Jesus Knew that His Kingdom was not of this world—and neither was the True Life of Peter. Are we like the two men on the road to Emmaus, reasoning among ourselves in what we think is reality? Are our eyes holden so that we don't even recognize the Christ when He is right here with us? Do we say and do things that we think we believe, so that we seem to fit in with what we temporarily understand? Lie not to one another, put off the old man. ~Al Denninger

The Daily Lesson – September 21, 2024

“When I was in training in World War I, I went through period of bayonet lessons with a major who was very famous for his training of Marines and who taught us to say with every lunge we made, ‘You filthy Hun! You so and so, and so and so, and so and so!’ All the time I was supposed to be doing that, I was inwardly forgiving my enemies and loving them. It is not easy to live a double life, but there are times when we have to do it.” ~Joel S Goldsmith

1 Corinthians 10:13 KJV

13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Matthew 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.

1 Peter 3:8-13 KJV

8 Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:

9 Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

10 For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:

11 Let him eschew evil, and do good; let him seek peace, and ensue it.

12 For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil.

13 And who is he that will harm you, if ye be followers of that which is good?

Strive to Hear the Spirit within you. If you don't seem to be perfect, strive more. The Spirit of God is patient and stands at the Door and waits for you to Open It. It is His Good Pleasure to Give you The Kingdom. The Light so Shines to Light our Path, embrace the Light and hold on. ~Al Denninger

The Daily Lesson – September 22, 2024

“This second period in our development is difficult, also, because we are not yet firmly grounded in the truth. We do not yet have the full conviction that all the things we have learned are true. Yes, it says so in the books, and yes, so and so says so, and yes, we believe it, but—but-- So here we are trying to hold firmly to something we have not yet completely demonstrated.” ~Joel S Goldsmith

Exodus 3:4,5 KJV

4 And when the Lord saw that he turned aside to see, God called unto him out of the midst of the bush, and said, Moses, Moses. And he said, Here am I.

5 And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest is holy ground.

Matthew 13:18-23 KJV

18 Hear ye therefore the parable of the sower.

19 When any one heareth the word of the kingdom, and understandeth it not, then cometh the wicked one, and catcheth away that which was sown in his heart. This is he which received seed by the way side.

20 But he that received the seed into stony places, the same is he that heareth the word, and anon with joy receiveth it;

21 Yet hath he not root in himself, but dureth for a while: for when tribulation or persecution ariseth because of the word, by and by he is offended.

22 He also that received seed among the thorns is he that heareth the word; and the care of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful.

23 But he that received seed into the good ground is he that heareth the word, and understandeth it; which also beareth fruit, and bringeth forth, some an hundredfold, some sixty, some thirty.

Hebrews 11:1 KJV

11 Now faith is the substance of things hoped for, the evidence [conviction] of things not seen.

Matthew 22:37,38 KJV

37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

38 This is the first and great commandment.

Romans 10:17 KJV

17 So then faith cometh by hearing, and hearing by the word of God.

John 8:32 KJV

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

2 Corinthians 3:17 KJV

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

On Spiritual Development

1 - We must remove any barrier to grounding ourselves into God's Holy Presence.

2 - Upon Contact we become receptive and One with the Presence of Being.

3 - Evidence of Truth develops the Faith, Conviction and unconditional Love to remain solidly focused, no matter what.

4 - Remain in stillness and Listen for The Word.

5 - Lean not unto thine own understanding.

6 - Divine Love is the Truth that casts out all fear.

7 - Where the Spirit is Felt in Your Soul [Realized] there is Liberty beyond words and thoughts.

~Al Denninger

“WHEN PROBLEMS BECOME OPPORTUNITIES

Once we get past the second stage, which may be anywhere from our second to twenty-second year of study, we begin to enjoy life because now we are so completely removed from the hates and the fears of this world and from any doubts of the principles we may have had that we can live this double life without any reaction to ourselves. There is then no inner conflict when we speak in the language of the day because, within ourselves, we are living in the consciousness we have now attained. As a matter of fact, much more is demanded of us in this third stage because others begin to seek us out for help, but every problem that is brought to us is just another opportunity for the living of the consciousness that we have attained, and at this state of consciousness it does not strike us as a problem.” ~Joel S Goldsmith

Proverbs 16:3 KJV

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

Matthew 4:18-20 KJV

18 And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers.

19 And he saith unto them, Follow me, and I will make you fishers of men.

20 And they straightway left their nets, and followed him.

Matthew 5:14-16 KJV

14 Ye are the light of the world. A city that is set on an hill cannot be hid.

15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

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

Galatians 2:20 KJV

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me:

Matthew 10:8 KJV

8 Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.

This I Know: One day, in a moment ye think not, there will be a thunder in the silence of meditation—an Awakening—that The Father within doeth the Work and our job is to just be still and Witness the Glory of God. We realize that we are nothing more than Individual Expressions of God intended to be His disciples. We must follow Christ and follow Him we do. There is a Light that will no longer be kept inside and It finds Its Way

through the barrier of flesh—It uses us—and now someone will Feel It and Knock and Ask. Answer the Call. ~Al Denninger

The Daily Lesson – September 24, 2024

“In the first stage and somewhat in the second, every time a problem presented itself, we usually rebelled, ‘Why did that have to come to me? I have been so serious in my study; I have been so faithful. Now, why did this come to me?’ So we were waging a battle with ourselves. In this third stage, however, we know that the higher we go, the more problems will be presented to us, only now they are not exclusively our personal problems: they are the problems of the world—friends, family, patients, students. These bring the problems, but to us they are no longer problems. Now they are opportunities.”
~Joel S Goldsmith

James 1:2-4 & 12 KJV

2 My brethren, count it all joy when ye fall into divers temptations;

3 Knowing this, that the trying of your faith worketh patience.

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

12 Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

Matthew 5:11,12 KJV

11 Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

12 Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

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.

By building a strong foundation on Spiritual Principal, one of the things we learn is to not react to the false appearances that are presented. They are simply not true. We learn to Trust God’s Gentle Presence unconditionally and thereby no temptation of a separation from God can effect us into doing something about it. And so, we continue Dwelling in the Secret of the Most High, welcoming the Truth and being grateful for the opportunity to serve His Will by increasing our understanding and pointing the Way for others. Use every opportunity to Dwell. ~Al Denninger

The Daily Lesson – September 25, 2024

“When we gain an understanding of this, there will come long periods of conversation with ourselves in which we try to make it clear to ourselves that if we have temptations that do not seem to yield immediately, we will realize that no demonstration can rise higher than the consciousness from which it emanates. We say, ‘Ah, yes, I have God-consciousness.’ Indeed we have, but that is not the consciousness that is governing our daily life—not yet! It is when we come to the third stage that we are God-governed. In the first stage, we are hoping to be God-governed; in the second stage, we are beginning to see some fruitage in the spiritual life; but it is only in the third stage where we really become the child of God, an heir, and live by Grace.” ~Joel S Goldsmith

Colossians 3:2 KJV

2 Set your affection on things above, not on things on the earth.

1 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.

1 Peter 1:13 KJV

13 Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

2 Corinthians 3:17 KJV

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

Galatians 2:20 KJV

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

Romans 8:17 KJV

17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

Talking or reading about having the mind of Christ and having It come Alive in Us are two different things. Are we living and hoping or Having and Living? Living and Having Comes with lots of focused Practice and dedicated Dwelling. If so be we actually Dwell in the Kingdom of God, and Let Christ Live in us, while we are doing so, we Live as Conscious Children of God—Glorified together in Christ. Dwell in the House of the Lord forever. ~Al Denninger

The Daily Lesson – September 26, 2024

“CONSCIOUSNESS, THE DETERMINING FACTOR

Let us see how this works out, so that we do not lose patience with ourselves, so that we understand that we really do have a work ahead of us which must be grounded on principles, and not just on blind faith. I, myself, am infinite divine Consciousness. This is just as true of you as it is of me, so you can repeat to yourself: ‘I, myself, am infinite divine Consciousness.’ However, I still see a great deal of the ‘natural man’ in me, and to that extent, I am not wholly governed by divine Consciousness: I am governed partly by divine Consciousness and partly by the man-whose-breath-is-in-his-nostrils consciousness.” ~Joel S Goldsmith

1 Corinthians 2:9-14 KJV

9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

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.

As consciousness is Raised, we begin to loose the notions of the natural man and develop a Spark of the Spiritual Consciousness. ~Al Denninger

Father, I know I need to be diligent, driven, dedicated and patient to learn to surrender my thoughts, be still, and be Directed by Your Thoughts... And so I, right now, give You my heart and mind and consciousness—It's Yours anyway—and seek the Gentleness of Your Presence... The Peace that passeth understanding... Thank you Father... I surrender all... Thy servant heareth.... ~al.within

The Daily Lesson – September 27, 2024

“As human beings, we are not under the law of God, the grace of God, or under the protection of God; and therefore, in those first few months when we begin our study, 99 per cent of the time we are living under the carnal mind; yet at the same time we are benefiting by the more advanced consciousness of those who are guiding us in our spiritual unfoldment. In those early months, however, our consciousness is not sufficiently advanced for us to take full advantage of the help given us by those who have gone further on the Path.” ~Joel S Goldsmith

1 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.

Proverbs 1:5 KJV

5 A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels:

Psalms 32:8 KJV

8 I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.

Psalms 91:9,10 KJV

9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

Lean on God for your understanding. Acknowledge Him in all Ways. Learn to open your Heart. ~Al Denninger

The Daily Lesson – September 28, 2024

Proof of this truth is found when we observe children of a beautiful mother or a handsome father, or both. They nearly always reflect the consciousness of their parents, and so the beauty and integrity of the parents' consciousness can usually be seen in the face and body of the child. When that child becomes sixteen, seventeen, eighteen, or nineteen, however, he begins to live his own life and to manifest his own consciousness. How often does that beautiful child become an ugly duckling! On the other hand, how many children who have been ugly ducklings, when under their parents' consciousness, become beautiful once they begin to reflect their own state of consciousness, which sometimes is far more beautiful than that of their parents." ~Joel S Goldsmith

Matthew 3:1-9 KJV

- 1 The same day went Jesus out of the house, and sat by the sea side.
- 2 And great multitudes were gathered together unto him, so that he went into a ship, and sat; and the whole multitude stood on the shore.
- 3 And he spake many things unto them in parables, saying, Behold, a sower went forth to sow;
- 4 And when he sowed, some seeds fell by the way side, and the fowls came and devoured them up:
- 5 Some fell upon stony places, where they had not much earth: and forthwith they sprung up, because they had no deepness of earth:
- 6 And when the sun was up, they were scorched; and because they had no root, they withered away.
- 7 And some fell among thorns; and the thorns sprung up, and choked them:
- 8 But other fell into good ground, and brought forth fruit, some an hundredfold, some sixtyfold, some thirtyfold.
- 9 Who hath ears to hear, let him hear.

Proverbs 22:6 KJV

- 6 Train up a child in the way he should go: and when he is old, he will not depart from it.

Children are Gifts directly from God. If we Love them, we give them Everything that is Good. We teach them to remove their shoes and root their Feet in Holy Ground. We meet with them Face to Face and Show them their True Father. Their True Beauty is the Image and Likeness of their Creator, endowed by Him to Be His Glory. We Set them on the Straight Path and Walk with them for a while. Eventually when they become adults—they get to choose their way—to Follow Christ or put it off. Only Open Ears can Hear. ~Al Denninger

The Daily Lesson – September 29, 2024

“If parents maintain their spiritual consciousness and live in the realization of one power, the child of spiritually endowed parents can be expected to be 80 per cent free of children's diseases, of delinquent behavior, of accidents, and of the fears that normally beset children. If, however, that child does not accept some of the principles by which his parents have been able to give him that immunity during his childhood years, he is more than likely to lose the benefit of his parents' consciousness once he is living through his own consciousness and has come out from under the umbrella of the parents' consciousness.” ~Joel S Goldsmith

Psalms 127:3 KJV

3 Lo, children are an heritage of the Lord: and the fruit of the womb is his reward.

Isaiah 54:13 KJV

13 And all thy children shall be taught of the Lord; and great shall be the peace of thy children.

Colossians 3:20 KJV

20 Children, obey your parents in all things: for this is well pleasing unto the Lord.

Psalms 91:1 1599 GNV

1 Who so dwelleth in the secret of the most High shall abide under the shadow of the Almighty.

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.

Teach your children to be taught—and most especially, to be Taught by God. Teach them to be still, meditate and Listen for His Voice—and then to follow His Direction. There is no greater Love than the Love of Christ. Love your children as He has Loves them. If so be they continue Dwell in the Spiritual Consciousness of Christ, they are Present with and Know Him. If they are not Dwelling they are absent and delinquent from His Presence and subject to distractions. Always Dwell and always Know. ~Al Denninger

The Daily Lesson – September 30, 2024

“So, too, as students, we are benefiting by the consciousness of our teacher. We are experiencing far less of the world's discords and inharmonies because the consciousness of our teacher is acting as the law unto our experience. If we, ourselves, are not learning these principles, however, practicing meditation and developing our own consciousness, then when the teacher goes away, the Comforter is found to be no longer with us.” ~Joel S Goldsmith

2 Thessalonians 2:16-17 KJV

16 Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace,
17 Comfort your hearts, and stablish you in every good word and work.

John 13:33-36 KJV

33 Little children, yet a little while I am with you. Ye shall seek me: and as I said unto the Jews, Whither I go, ye cannot come; so now I say to you.
34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.
35 By this shall all men know that ye are my disciples, if ye have love one to another.
36 Simon Peter said unto him, Lord, whither goest thou? Jesus answered him, Whither I go, thou canst not follow me now; but thou shalt follow me afterwards.

John 16:31-33 KJV

31 Jesus answered them, Do ye now believe?
32 Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me.
33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

John 14:26,27 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. Let not your heart be troubled, neither let it be afraid.

Our Teacher/Practitioner eventually can develop in us the Consciousness to be at Peace. But we must learn the Principal and practice it to Experience Comfort without Him with us in this-world. The task then lies for us to continue the Teaching of Truth as God's Instrument. Be God's Instrument. ~Al Denninger

The Daily Lesson – October 1, 2024

“LIVING WITH THE PRINCIPLES

In these early days, we are gaining an understanding of the principles: learning to pray aright, learning to meditate, learning to live in the consciousness of one power, and learning to live in an awareness of Omnipresence, Omnipotence, Omniscience. Year by year, there is less of the ‘natural man’ about us, and more and more of that mind which was also in Christ Jesus. So it is that we go through all our student-days partly under the law and grace of God, and partly under the law of the ‘natural man.’ When problems come, then, they represent that degree of the ‘natural man’ which has not yet been overcome. Not a single one of us can hope to be completely transformed into the Christ by a few years of study. That cannot happen! But, in proportion to our study and meditation, we do manifest less and less of the ‘natural man’ and demonstrate more and more of the divine Consciousness.” ~Joel S Goldsmith

1 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.

Colossians 3:2 KJV

2 Set your affection on things above, not on things on the earth.

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.

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 8:14 & 28 KJV

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

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.

Father, I can of mine own self do nothing... I Know it is You that doeth the Work... I give my heart to Your Direction and Open it to Your Will... Thy will be done! Thy Kingdom Is Come... My Focus, my attention, my consciousness acknowledges You.... Lead me and Light my Path into Discernment... Father, I Know that there is no place here that is my home, for it is In Your Kingdom... ... Speak Lord, thy servant Heareth.... ~al.within

The Daily Lesson – October 2, 2024

“As long as we have not yet fully overcome the ‘natural man,’ which is ‘not subject to the law of God, neither indeed can be,’ we cannot receive the things of God. As problems arise, therefore, what we are called upon to do is to remember that this ‘natural man’ is not of God, is not a power, a presence, or a reality. The purpose of the spiritual life we are trying to lead is to recognize the carnal mind every time it raises its head: ‘I know thee who thou art. Get thee behind me! Thou art not of God; therefore, there is no reality to you; there is no spiritual law or divine grace to support, maintain, or sustain you.’ The degree in which the son of God has been raised up in us is the measure in which we can turn on the carnal mind with its manifestations, and nullify it.” ~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.

Matthew 6:31-33 KJV

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

32 (For after all these things do the Gentiles [the natural man] 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 natural man believes the things and thoughts in this-world because that is what he knows and it is where he is looking. There will be no permanently True answers for the natural man, only limited thoughts, sometimes good and sometimes bad, sometimes true and sometimes false—always man’s answers and not God’s. Seek ye first, and only, God’s Presence. Dwell and rest with Him beside the still waters, and there and you will find your Cup running over in Living Truth, and Living Love and Living Peace—beyond words and thoughts. Focus on the Truth and not the false. ~Al Denninger

The Daily Lesson – October 3, 2024

“It is important that students catch well the principles of impersonalization and ‘nothingization,’ so that in the event that problems come to them, they do not say, How could that happen to me? I have been reading the books all year. I have been meditating all year.” Joel S Goldsmith

John 5:30 (to :) KJV

30 I can of mine own self do nothing:

John 14:10 but KJV

10 ...but the Father that dwelleth in me, he doeth the works.

Romans 8:6,7 KJV

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.

1 Corinthians 8:6 KJV

6 But to us there is but one God, the Father, of whom are all things, and we in him; and one Lord Jesus Christ, by whom are all things, and we by him.

Ephesians 4:6 KJV

6 One God and Father of all, who is above all, and through all, and in you all.

If God is Omnipresent, what else can exist? Nothing.

If God is Omnipotent, what else can exist? Nothing.

If God is All-knowing, who else can exist? No one.

There is One God, One Power, One Life in you.

God alone Is. ~Al Denninger

The Daily Lesson – October 4, 2024

“It is not the amount of reading and meditating that counts. What counts is what degree of Christ is raised up in students, what degree of loving their neighbors have they accomplished, what degree of forgiving their enemies, what degree of resisting not evil, what degree of realization of one power. This determines the degree of their freedom from discord, and it determines the nature of their ability to meet problems quickly and decisively.” ~Joel S Goldsmith

2 Corinthians 3:3-6 KJV

3 Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart.

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;

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

John 6:63 KJV

63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

Psalms 91:1 KJV

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

Intellectual understanding, carnal thoughts, spoken or read words are not Spiritual Discernment and are definitely not a Spiritual Experience. Acknowledge the Presence of God and lean not on your own understanding. The more you Dwell in the Secret Place and Rest in God’s Garden at the Tree of Spiritual Life the more Fruitage you will Experience. Dwell without ceasing. ~Al Denninger

The Daily Lesson – October 5, 2024

IMPERSONALIZE FAILURE

“Some may think that faith plays a part in this, but faith does not enter into this in any way whatsoever. It is not a matter of having faith: it is a matter of actually understanding these principles and having the ability to apply them impersonally, not merely when everything is going well, but when the ‘chips’ are down. When we are faced with that Satan, that condition, we must be able to stand fast and say, ‘Aha! This is the universal belief in two powers.” ~Joel S Goldsmith

John 8:32 KJV

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

Proverbs 3:5-7 (to :) KJV

5 Trust in the Lord with all thine heart [Consciousness]; and lean not unto thine own understanding.

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

7 Be not wise in thine own eyes:

Seeing an appearance or a distraction as a lie does not acknowledge it as real—it understands it as nothing true and dismisses it. There is only room for one Infinite Being—and that Is God. If we Commune with and Experience God, then there is no longer just faith, there is Truth. Acknowledge God. ~Al Denninger

The Daily Lesson – October 6, 2024

“Another temptation that comes is the tendency to blame ourselves for something we have done. When we do this, we are not impersonalizing. Once we say, ‘Oh, I am at fault. I guess I am not a good student. Evidently I do not understand. Others do, but I don't,’ we are personalizing, and as long as we personalize, we have fallen overboard. We have fallen into the trap, and we are going to have a struggle.” ~Joel S Goldsmith

Matthew 14:22-33 KJV

22 And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away.

23 And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

24 But the ship was now in the midst of the sea, tossed with waves: for the wind was contrary.

25 And in the fourth watch of the night Jesus went unto them, walking on the sea.

26 And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear.

27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

28 And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water.

29 And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus.

30 But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me.

31 And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?

32 And when they were come into the ship, the wind ceased.

Peter walked on the water with Jesus until he started thinking about what he was doing. He personalized the water, by giving it an identity that included the laws of nature. This fantastical Experience, of which Peter is the only person in history to have walked on the surface of water, except for Jesus Christ, was brought to an instantaneous end and he began to sink into the abyss. And so, entertaining ideas of doubt, fear and any sense of separation from God, will end our Experience as well. The boisterous storm will cease for us, the moment we regain our focus on God and our True Identity. Stay focused. ~Al Denninger

The Daily Lesson – October 7, 2024

“Let us do as Paul did, not claim to have fully arrived, but to ‘press toward the mark for the prize of the high calling of God in Christ Jesus.’ Let us recognize, ‘I am not looking at the past; I am going forward. I do not claim to have attained Christhood. I claim only that Christhood is my true identity, and that as I come into the realization of my Christhood, in that degree I am God-governed, and there can be no problems, certainly none of my own.’” ~Joel S Goldsmith

Philippians 3:12-14 KJV

12 Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.

13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

Romans 13 KJV

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

I can of mine own self, do nothing Father... I know that the carnal mind is not perfect... My Trust is through Christ to God-ward... So I am being still and Opening an avenue of Awareness forward and upward to the high calling..... I am grateful to Know that You are always with me even when I loose my focus on You... And so I await Your Touch, speak Lord thy servant heareth... ~al.within

Press toward the Mark. ~Al Denninger

The Daily Lesson – October 8, 2024

“Then, when temptation in the form of a problem comes, we will remember that we are not dealing with any failure on our part: we are dealing with the appearance of a universal claim of two powers, with the claim of personalized evil or discord, and it is up to us to put our heel on it.” ~Joel S Goldsmith

Luke 4:8 (to :) KJV

8 And Jesus answered and said unto him, Get thee behind me, Satan:

Distraction: thou art nothing! There is no other Power. Period.

Know it – demand it without hesitation. ~Al Denninger

The Daily Lesson – October 9, 2024

“Whereas we may not be responsible for being ninety years of age, we are responsible for being old at ninety years of age. That is a universal claim. In fact, at seventy and at eighty, age is a universal claim, and if we are going to accept the universal claim as being personal to us, then we are the ones that manifest it. We must understand that in our true identity, the *I* of us is as old as God and as young as God, because *I* coexists with God. I have no more beginning than God has a beginning, and I have no more ending than God has an ending. This, you know, and I know. Ah, yes! We all know it—until we get a twinge of rheumatism, and then somebody reminds us that we are forty-eight or eighty-four.” ~Joel S Goldsmith

John 8:13-19 & 23 & 57,58 KJV

13 The Pharisees therefore said unto him, Thou bearest record of thyself; thy record is not true.

14 Jesus answered and said unto them, Though I bear record of myself, yet my record is true; for I know whence I came, and whither I go; but ye cannot tell whence I come, and whither I go.

15 Ye judge after the flesh; I judge no man.

16 And yet if I judge, my judgment is true: for I am not alone, but I and the Father that sent me.

17 It is also written in your law, that the testimony of two men is true.

18 I am one that bear witness of myself, and the Father that sent me beareth witness of me.

19 Then said they unto him, Where is thy Father? Jesus answered, Ye neither know me, nor my Father: if ye had known me, ye should have known my Father also.

23 And he said unto them, Ye are from beneath; I am from above: ye are of this world; I am not of this world

57 Then said the Jews unto him, Thou art not yet fifty years old, and hast thou seen Abraham?

58 Jesus said unto them, Verily, verily, I say unto you, Before Abraham was, I am.

I picked some passages from the 8th Chapter of John that speak of infinite Being for today’s Lesson— on the impersonalized “*I*”. I feel that if you really want to understand Jesus’ teaching on the subject of impersonal Infinite Life, what I now Understand as Christ’s “Infinite Way”, study deeply the entire 8th Chapter of John in your KJV or 1599 Geneva Bible, GNV. (If you don’t have either of those versions, browse to BibleGateway.com and you can read it there in both versions.) I have been immersed in John Chapter 8 today, join me there. All sin and temptation is based on a distracted thought that we are somehow separated from God. Thank you Father. Now, go and sin no more... ~Al Denninger

The Daily Lesson – October 10, 2024

“In dealing with any problem, we impersonalize the entire picture, and once we have impersonalized it, the problem has no person in whom, on whom, or through whom to operate. In other words, we must lay the ax at the root of the tree. Every time that we give way to doubt or discouragement, it is because we are personalizing the universal belief in two powers, and holding ourselves responsible for it.” ~Joel S Goldsmith

John 18:36 (to :) KJV

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

John 18:36 (to :) KJV

11 Jesus answered, Thou couldest have no power at all against me, except it were given thee from above:

There is no “other” power that can do anything to you. Why react to nothing. Rest in My Kingdom with Me ~Al Denninger

The Daily Lesson – October 11, 2024

“The life of the Spirit demands much of all of us. The Master said, ‘Strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.’ And perhaps the reason so few enter is because the spiritual path demands that we stand fast on certain principles, and one of the major principles is impersonalization.” ~Joel S Goldsmith

Matthew 7:14 KJV

14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

1 Corinthians 15:58 KJV

58 Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

Matthew 13:45-46 KJV

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

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

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.

Few there be that find Spiritual Being, because few there be that are determined enough to never give up the search for the Kingdom of God, no matter what.

Few there Be that Trust God so completely that they freely give all for One Perfect Godly Pearl of Truth.

Few there Be that will stand fast on the Street named Straight no matter what the distractions.

Few there be that will Open their Heart Fully in the noise of reasoning thoughts of doubt.

Few there be that are not distracted by earthly baubles.

Few there be that will freely share their daily manna, because they have not Truly Discerned God’s Abundance.

Few there be that See the Christ in their neighbor’s Face.

Few there be that would be willing to Prove the Christ in their enemy’s Face.

Are you one of the few?

~Al Denninger

The Daily Lesson – October 12, 2024

“It is undoubtedly true that as long as there is belief in two powers, a belief in good and evil in the world, people are going to act in a good or an evil way. But if we continue condemning our friends and our neighbors, we have no way to enter the higher consciousness, and we will experience good and evil until such time as we actually realize that we have no right to be functioning as human beings, to have human feelings of good or evil, and certainly no right to have human will.” ~Joel S Goldsmith

Romans 8:5-7 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.

John 15:12 KJV

12 This is my commandment, That ye love one another, as I have loved you.

Isaiah 2:22 KJV

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

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.

It seems, the longer we look at this-world's distractions the harder it is to look away from them. Renew your relationship with God, put our mind on Spiritual Being and focus on the Will of God. Look Up! ~Al Denninger

The Daily Lesson – October 13, 2024

LIVING IN THE HIGHER CONSCIOUSNESS

“Once we begin to understand the true nature of our identity and know our secret name, we then come into a whole new mode of life. We rely now on that hidden manna which is our divine Consciousness:

My real Consciousness, that Consciousness which God gave me, is my hidden manna. It is from this Consciousness that my life emanates: my prosperity, my friendships, my judgments, my guidance, my art—everything that pertains to my life.” ~Joel S Goldsmith

Revelation 2:17 KJV

17 He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.

2 Corinthians 5:17 KJV

17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

John 6:47-51 KJV

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.

II Corinthians 3:16-18 (to .) KJV

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

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

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

Our Hidden Manna is the Spirit of the Lord Realized. As we Live in Christ Consciousness, It becomes our Breath, our Supply and our Life Itself—Our Everything. Christ Consciousness is Everything. ~Al Denninger

The Daily Lesson – October 14, 2024

“Up to a certain point, we are not proving this. What we are experiencing is a combination of good and evil: some aspects of our life are good and some bad; some up and some down; some rich and some poor. This is because we are functioning on the level of the belief in good and evil. But when we attain this higher consciousness, we recognize, ‘Ah, but that was in the days of my ignorance, when I thought I was man, when I thought I had no control over this world or that I was not at one with God and under the law of God. But now, now I know my secret name.’” ~Joel S Goldsmith

Revelation 3:15-16 KJV

15 I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot.

16 So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth.

Philippians 3:13-15 KJV

13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

15 Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you.

Revelation 2:17 KJV

17 He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.

There are consequences to coasting or being lukewarm. We must be ever onward and upward, striving, practicing the Presence, loving our neighbor, gathering our daily Manna and Dwelling in the secret place of the Most High. Knowing the Truth is a constant activity. Be still and Know... Now. ~Al Denninger

The Daily Lesson – October 15, 2024

“I am the son of God; I am an heir of God, joint-heir: the word I makes me so. I will never leave me, nor forsake me. I, the Christ, will be with me to the end of the world. Therefore, I am spiritual consciousness; I am immortal: I was never born, and I will never die. I live, and move, and have my being in God, and God in me, for we are one.”
~Joel S Goldsmith

Romans 8:16-17 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; if so be that we suffer with him, that we may be also glorified together.

Deuteronomy 31:8 KJV

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.

Matthew 28:20 and, lo KJV

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

Hebrews 7:1-3 & 22 KJV

1 For this Melchisedec, king of Salem, priest of the most high God, who met Abraham returning from the slaughter of the kings, and blessed him;
2 To whom also Abraham gave a tenth part of all; first being by interpretation King of righteousness, and after that also King of Salem, which is, King of peace;
3 Without father, without mother, without descent, having neither beginning of days, nor end of life; but made like unto the Son of God; abideth a priest continually.

22 By so much was Jesus made a surety of a better testament.

Acts 17:28 KJV

28 For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.

This spontaneous contemplative meditation by Joel on Omnipresence is a masterful example of a way for us to Live Scripture. Our purpose is to Open an Awareness of Living and Moving and Having our Being—continually Abiding in Oneness—Spirit to Spirit. / Am, was and ever will be with you. / Am. ~Al Denninger

The Daily Lesson – October 16, 2024

“This conscious awareness that ‘I and my Father are one,’ that I and the infinite divine Consciousness are one—this is my hidden manna.

This divine Consciousness, which I am, is the substance of all form. It is the substance of my tomorrow—the hours and the minutes of my tomorrow, the dollars, the food, the relationships, the clothing, the transportation, the activity, and the success of all my tomorrows. I of my own self can be nothing, but the I that I am, which I now recognize to be my Christ-Selfhood, this is my hidden manna.” ~Joel S Goldsmith

John 10:30 KJV

30 I and my Father are one.

I Corinthians 2:12-16 KJV

12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

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.

15 But he that is spiritual judgeth all things, yet he himself is judged of no man.

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

II Corinthians 3:16-18 KJV

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

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

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

The Love of God and my Love for Him is my Hidden Manna.

Knowing my True Identity is my Hidden Manna.

The abundance in God's Garden is my Hidden Manna.

The bread on my table in the wilderness is my Hidden Manna.

The Living Water in my well is my Hidden Manna.

The Spirit of God Realized is my Hidden Manna.

The Mind of Christ—Christ Consciousness—is my Hidden Manna.

The Love that Appears as Gratitude is my Hidden Manna.

My relationship with you is my Hidden Manna!

My service to you is my Visible Life.

Thank you Father.

~al.within

The Daily Lesson – October 17, 2024

“Such a recognition deprives us of the privilege and the luxury of having desires. We have no right to have desires: we must now be beholders, letting God's grace flow from our consciousness. We have no right to have a will of our own; we must live always at the standpoint of being beholders, bearing witness to God's will being manifest through us. We have no right to know lack, limitation, or unhappiness because we are watching the infinite Spirit of God flow forth from us, through us, and as us. We are beholders. We lose the privilege of having fears or doubts, or of losing hope, because if we indulge in those temptations we are taken back to our mortal selfhood, the one that is supposed to be ‘dying,’ or already ‘dead.’” ~Joel S Goldsmith

Luke 22:39-42 KJV

39 And he came out, and went, as he was wont, to the mount of Olives; and his disciples also followed him.

40 And when he was at the place, he said unto them, Pray that ye enter not into temptation.

41 And he was withdrawn from them about a stone's cast, and kneeled down, and prayed,

42 Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.

2 Corinthians 3:18 KJV

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.

Psalms 63 KJV

1 O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;

2 To see thy power and thy glory, so as I have seen thee in the sanctuary.

Romans 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; but to be spiritually minded is life and peace.

Be not disheartened, even Jesus was tempted with carnal thoughts. He did, and we can, overcome the desires of the flesh, and with open Face Beholding, bear Witness of, and Led by, the Spirit of God. In the Spirit of Oneness, we Receive Light, become Enlightened and then Be Its Instrument for Good. “Not my will, but Thine be Done.” Be Spiritually minded. ~Al Denninger

The Daily Lesson – October 18, 2024

“In the degree, then, that we have human desires, human will, human ambition, human fears, and human doubts, in that degree are we denying and crucifying our Christhood.”
~Joel S Goldsmith

Romans 8:7,8 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.

1 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.

The deeper we go into our own thought process and the using of the reasoning mind, the farther we are into malpracticing God instead of Loving, Accepting and surrendering our will to His. Ego sets up a sense of separation and not a Oneness with God. Jesus said, “I can of mine own self do nothing,” And, “The Father within, he doeth the Works.” The Father is within us all—it is up to us to put away our ego and start Listening for His Voice. Ego is poison to Communion ~Al Denninger

The Daily Lesson – October 19, 2024

“THE HIDDEN MANNA

Instead of indulging in such humanhood, we must cherish, deep within us, our hidden manna:

I have hidden manna. My hidden manna is the divine Consciousness which I am. It is the fullness of the Godhead bodily. In its presence is fulfillment. It can give me spiritual peace, harmony, rest, completeness, perfection, guidance, wisdom, and direction.”
~Joel S Goldsmith

John 6:31-35 KJV

31 Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat.

32 Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.

33 For the bread of God is he which cometh down from heaven, and giveth life unto the world.

34 Then said they unto him, Lord, evermore give us this bread.

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.

John 4:6-14 KJV

6 Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour.

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.

II Corinthians 3:16,17 KJV

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

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

Are we interested in more of this-world water or the Gift of Christ springing up into Everlasting Life, Peace, Harmony, Rest, Completeness, Perfection, Guidance, Wisdom, and Direction? Christ Consciousness is that Gift of Grace and where His Love is Realized, there is Everlasting Life. Ask of Him. ~Al Denninger

The Daily Lesson – October 20, 2024

“This is my hidden manna, and no one in the world—not even my mother—can see it! No one can see the divine Consciousness which I am, nor can he see my awareness of It because I do not go out in the street and talk about It. Secretly and sacredly, I realize within myself, ‘Thank You, Father, that I have learned that God constitutes my being.’”
~Joel S Goldsmith

1 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.

John 8:18,19 KJV

18 I am one that bear witness of myself, and the Father that sent me beareth witness of me.

19 Then said they unto him, Where is thy Father? Jesus answered, Ye neither know me, nor my Father: if ye had known me, ye should have known my Father also.

Genesis 1:27 KJV

27 So God created man in his own image, in the image of God created he him; male and female created he them.

1 Corinthians 3:16 KJV

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

What we Know about God is Spiritually Discerned. Our place of Knowing is not on the surface where the natural man sees. It is deep within our Soul awaiting our Realization. Be still, go within and Know that I Am God. Rest with Me now to: “open out a way for the imprisoned splendor to escape”. ~Al Denninger

The Daily Lesson – October 21, 2024

“My hidden manna is that awareness; and therefore, infinity is the measure of my demonstration; immortality is the measure of my life. Nothing else! There is no big or little; there is no great or small; there is no up or down: there is just Allness.” ~Joel S Goldsmith

Revelation 2:17 KJV

17 He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.

1 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 Corinthians 13:9-12 KJV

9 For we know in part, and we prophesy in part.

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.

Man's point of view is skewed by his concept of a finite appearance of reality. To overcome is to See and Hear what God does—Face to Face—To Know as I Am Known. My Hidden Manna is the Awareness of Life. Take no thought. ~Al Denninger

The Daily Lesson – October 22, 2024

“God is the substance of my days, and God is the substance of my nights, and everything that flows into my days and my nights is God-action, God-activity, God-substance, God-presence, God-law. This is my hidden manna, and I can rest and relax in it.” ~Joel S Goldsmith

1 Corinthians 8:6 KJV

6 But to us there is but one God, the Father, of whom are all things, and we in him;

Colossians 1:16,17 & 19 KJV

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.

19 For it pleased the Father that in him should all fulness dwell;

James 1:17 KJV

17 Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

Acts 17:28 (to ;) KJV

28 For in him we live, and move, and have our being;

Colossians 3:2 KJV

2 Set your affection on things above, not on things on the earth.

God is All in All—Omnipresent—Life Expressed As. The Substance, Life and Being of all form. Rest with Me beside the Still Waters of His Infinite Love. ~Al Denninger

The Daily Lesson – October 23, 2024

“This realization is like resting back upon a cloud, floating on a Sea of Infinity, living, moving, and having our being in this divine Grace, and letting It flow—doing nothing, taking no thought for the morrow. Each moment of every day or night, we do those things that are given us to do without anxiety, without fear, without doubt. Why? Because permeating our being is divine Wisdom, divine Energy, divine Love, immortal Life, immortal Spirit!” ~Joel S Goldsmith

Matthew 11:28 KJV

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Acts 17:27,28 (to ;) KJV

27 That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us:

28 For in him we live, and move, and have our being;

Matthew 6:34 (to :) KJV

34 Take therefore no thought for the morrow:

Ephesians 2:10 KJV

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

I John 4:18 but (to :) KJV

18 ...but perfect love casteth out fear:

Resting and Knowing is our Practice. Resting in His Secret Place of the most High and Knowing we are His Individual Expression. Knowing that we, who Come to Him, are Loved unconditionally, beyond our understanding. ~Al Denninger

The Daily Lesson – October 24, 2024

“Unless we are able to rest back and float on that Sea of Infinity, we have no conscious awareness of our hidden manna. When we can do that, it is because we have realized that ‘greater is he that is in [us] than he that is in the world.’ This conviction is the understanding that, because God constitutes our being, God is the essence and substance of our life, that in the presence of our very own consciousness there is rest, quiet, contentment, peace.” ~Joel S Goldsmith

1 John 4:4 KJV

4 Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.

Philippians 4:7 KJV

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

Psalms 46:10 KJV

10 Be still, and know that I am God:

Where the Peace that passeth understanding is Realized, there is Liberty. Be still and Rest in the Presence of I Am. Rest in Me. ~Al Denninger

The Daily Lesson – October 25, 2024

“In quietness and in confidence,’ I rest, knowing that I have this hidden manna, that God constitutes my consciousness, that God constitutes my today’s and my tomorrows.” ~Joel S Goldsmith

John 14:27 (to .) KJV

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

Isaiah 30:15 KJV

15 For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.

John 14:6 (to :) KJV

6 Jesus saith unto him, I am the way, the truth, and the life:

Galatians 2:20 nevertheless (to :) KJV

20 ...nevertheless I live; yet not I, but Christ liveth in me:

Father, I can of mine own self, do nothing... I rest in great confidence and in the assurance that You are my Shepherd—not as the world thinks... That You will lead Me—not as the world does... I want for nothing—in this world... There is nothing to fear, because You are With Me now—in Spirit. You are My Life—My Spirit, My Soul... I will Dwell in Your House forever—there is no other Way..... ~Al Denninger

The Daily Lesson – October 26, 2024

“TIME IS ALWAYS NOW

We may break tomorrow into hours, minutes, and seconds, but what is the substance of an hour, a minute, or a second? Can we separate time from God? Can we have time somewhere and God somewhere else, or is God the essence and substance of all the time there is?” ~Joel S Goldsmith

John 8:58 KJV

58 Jesus said unto them, Verily, verily, I say unto you, Before Abraham was, I am.

Hebrews 13:8 KJV

8 Jesus Christ the same yesterday, and to day, and for ever.

Revelation 1:8 KJV

8 I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.

To God, there is only Now. I Am. ~Al Denninger

The Daily Lesson – October 27, 2024

“The clock is what would divide infinity into periods called hours and days. But if we remove the clock from our thought, we will soon see that there are no days, hours, or minutes: there is just an infinite and an eternal now, a now that is going on, and going on, and going on—always being now; it is never being afterward, it is never being before, it is always being now. The calendar divides time into weeks, months, and years, but all we have to do is see how many times the calendar has been changed, and realize that it may be changed again, to know that there is no such thing, really, in the kingdom of God, as a division of time. When we remove the clocks and the calendars from our consciousness, we see that we are here in this space, in this time, and that space is always *here* and that time is always *now*, and in each period of our nowness, we have a function to perform.” ~Joel S Goldsmith

Matthew 6:33 (to ;) KJV

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

Psalms 145:13 KJV

13 Thy kingdom is an everlasting kingdom, and thy dominion endureth throughout all generations.

1 John 3:2 KJV

2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be:

Infinite cannot be divided—only concepts can. Be still and leave your thoughts at the Door and Open It. Thy Kingdom is Come—Now and forever. God Is. ~Al Denninger

The Daily Lesson – October 28, 2024

“God is the substance of our time; God is the substance of our days; God is the substance, the activity, and the law of our nights, and that is why there is no age: there is only now.

God is the substance, the law, and the activity of my consciousness. God is the activity of my time; God is the substance of my tomorrows. Now I am in God's time; now I am in God's care; now I am floating back on that Sea of Spirit, that Ocean of Contentment.”
~Joel S Goldsmith

John 14:6 KJV

6 Jesus saith unto him, I am the way, the truth, and the life:

Galatians 2:20 nevertheless (to :) KJV

20 ...nevertheless I live; yet not I, but Christ liveth in me:

John 14:27 KJV

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

God is Infinite Life, Truth and Love—not as the world giveth—and we are His individual Expression... We can do nothing without Him... So, Rest with Me, in humble Gratitude, beside His still Waters, in the Assurance of God's Love... ~Al Denninger

The Daily Lesson – October 29, 2024

“This contentment I have often felt as a cloud around my shoulders, as if I were resting back on this cloud, this cloud of Spirit, of peace, of rest.” ~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.

Psalms 91 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.

Philippians 4:7 KJV

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

*Rest with me in the Secret Place,
and Feel the Comfort of God's full Embrace.*

*Trust Him with your Heart complete,
And He will Give you Perfect Peace.*

~Al Denninger

The Daily Lesson – October 30, 2024

“LIFTING UP THE I

As we dwell in the awareness of our divine Consciousness, the ‘natural man’ of us is ‘dying.’ Why is it ‘dying’? It is fed only by our thoughts, and when our human life, our carnal selfhood, is not in our thoughts, it is ‘dying.’ The more we live in the conscious awareness of God as constituting our being, the more the ‘natural man’ is being lessened, until finally it fades away entirely.” ~Joel S Goldsmith

Romans 8:5-11 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.

10 And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

11 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

Ego is a lie, thoughts of self are false ideas—what Jesus described as “none of His”. You, of your own self, can do nothing, and be nothing. If the Consciousness of Christ is recognized within you, you are Raised up—above the grave of ignorance. Former concepts of this-world are irrelevant, they are literally nothing—passed and forgotten. Christ Consciousness is Life and Peace. ~Al Denninger

The Daily Lesson – October 31, 2024

“We maintain and sustain the evils, the errors, and discords of our life by thinking about them, but as soon as we no longer think about them, they cease to be because they never existed at all outside our thinking. As we stop dwelling on our triumphs and our failures, they no longer exist. Instead, Christ lives our life.” ~Joel S Goldsmith

Matthew 6:31-33 KJV

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

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

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

Romans 8:8,9 KJV

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.

Looking into darkness to See is pointless. Only in turning to the Light do we begin to See and Know. In Light there is no omission or lack. Turn ye. ~Al Denninger

The Daily Lesson – November 1, 2024

“How are we going to demonstrate the truth that the Christ lives our life? How are we going to demonstrate that we can do all things through the Christ? The first step is to give up the personal pronoun ‘I’: ‘I’ fear; ‘I’ doubt; ‘I’ am not able; ‘I’ do not have the ability; ‘I.’ do not have the time. That personal sense of ‘I’. must be given up, and we must remember that our hidden manna is our awareness of this indwelling Christ.”
~Joel S Goldsmith

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.

Romans 8:8-14 KJV

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.

10 And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

11 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

12 Therefore, brethren, we are debtors, not to the flesh, to live after the flesh.

13 For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

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

Our ego is a trap. It thinks it knows everything, but it only knows the things of the flesh. We shall Live if we refuse to conform to the flesh, surrender all and be led by the Spirit of God. Our demonstration is Realizing our individual Expression is Life. Christ is Risen in our Hearts. ~Al Denninger

The Daily Lesson – November 2, 2024

“As long as we abide in the awareness of our indwelling Christ, the things of ‘this world’ must lessen and lessen and lessen until they disappear. The longer we carry around in our thought the fears of ‘this world’ the less chance we have of losing them. They must be dropped first! They cannot be dropped psychologically—that has been tried. We cannot psychologize ourselves out of our fears. There is only one way in which we can drop the concerns of the human world, and that is to let the Christ fill our consciousness, to have the constant awareness of this hidden manna: ‘I live; yet not I, but Christ liveth in me.’ We cannot live up there with that, and hate or fear something down here. The Christ is come to our consciousness that we might have life, and that we might have it more abundantly. But it is our conscious awareness of this that brings it to our experience.” ~Joel S Goldsmith

John 18:36 (to :) KJV

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

Revelation 2:17 (to 2nd ,) KJV

17 He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna,

Galatians 2:20 (to :) KJV

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me:

John 6:49-51 (to 2nd :) KJV

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:

I John 4:8,9 KJV

8 He that loveth not knoweth not God; for God is love.

9 In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him.

If we spend our days caught up in the noise of this-world we will not even notice the Truth of Being. Stop. Open your Awareness of the hidden manna within and Let Christ lead you to Dwell in His Kingdom. Christ is Life, follow Him. ~Al Denninger

The Daily Lesson – November 3, 2024

“We must know that we have this hidden manna, and what it is. We cannot have a blind faith that it is a something-or-other. It is not a charm: it is the understanding that God is our consciousness, that the Christ is our mind, that the Christ is the law that operates through us. This is our hidden manna. This is the secret we cannot tell the world because we would be crucified for it, as others have been before us. It will not be crucifixion on a cross, but we will be crucified in our Soul by being laughed at and ridiculed. So, we must keep this locked up in our consciousness, and, when the world sees the practicality of this way of life, sees the harmonious lives that unfold, there will be no argument or criticism left. Be still; be still about this hidden manna. Then, even if the world does not believe, there will be no argument left.” ~Joel S Goldsmith

John 6:49-51 (to 2nd :) KJV

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:

John 10:27-31 KJV

27 My sheep hear my voice, and I know them, and they follow me:

28 And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand.

29 My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand.

30 I and my Father are one.

31 Then the Jews took up stones again to stone him.

John 5:30 (to :) KJV

30 I can of mine own self do nothing:

John 14:10 but KJV

10 ...but the Father that dwelleth in me, he doeth the works.

The Father Shepherd is within,
but He is not my self in flesh,
the part at first you see.

For what you See is God Expressed,
appearing as the Light and Love,
that Shines and Lives through Me. ~Al Denninger

The Daily Lesson – November 4, 2024

“Everything about our human world—its customs, language, and mode of operation—makes life difficult for us as we try to hold steadfast and maintain this Word in our consciousness. The difficulty is that we pay lip service to the Conversation of the world, and at the same time always have to maintain our own spiritual integrity within, and yet not voice it Without.” ~Joel S Goldsmith

John 6:48-65 KJV

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.

52 The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat?

53 Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.

54 Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

55 For my flesh is meat indeed, and my blood is drink indeed.

56 He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.

57 As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.

58 This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.

59 These things said he in the synagogue, as he taught in Capernaum.

60 Many therefore of his disciples, when they had heard this, said, This is an hard saying; who can hear it?

61 When Jesus knew in himself that his disciples murmured at it, he said unto them, Doth this offend you?

62 What and if ye shall see the Son of man ascend up where he was before?

63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

64 But there are some of you that believe not. For Jesus knew from the beginning who they were that believed not, and who should betray him.

65 And he said, Therefore said I unto you, that no man can come unto me, except it were given unto him of my Father.

When we are coasting along in this-world—and eating its manna—we can easily get caught up in the mass hypnotism of it all. We strive for more and better out of this-world, thinking that it is what we need and want. When in fact, it all comes down to our

relationship with God and that is all that matters. Yes, this is “an hard saying; who can hear it”, and who even begins to entertain the Deep Spirit of the Word of God. It is the Spirit Itself, Realized within, that creates, maintains and sustains Life, the this-world appearances are useless baubles and distractions. Don’t be the disciple that when it becomes difficult to follow Christ you fall back into this-world. Stay and pray. ~Al Denninger

The Daily Lesson – November 5, 2024

“That is why it is imperative to have many periods of ten, twenty, or thirty seconds or minutes for pausing in the midst of the day or night to relax, to remember, and to float back on the Sea of Spirit. That is why it is so essential to close our eyes at times to sense testimony, and remember, Thank You, Father. I in the midst of me is my hidden manna.” ~Joel S Goldsmith

Psalms 46:10 KJV

10 Be still, and know that I am God:

Ephesians 6:18 KJV

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

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 119:10-16 KJV

10 With my whole heart have I sought thee: O let me not wander from thy commandments.

11 Thy word have I hid in mine heart, that I might not sin against thee.

12 Blessed art thou, O Lord: teach me thy statutes.

13 With my lips have I declared all the judgments of thy mouth.

14 I have rejoiced in the way of thy testimonies, as much as in all riches.

15 I will meditate in thy precepts, and have respect unto thy ways.

16 I will delight myself in thy statutes: I will not forget thy word.

Colossians 3:15-17 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.

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.

Father, I close my eyes and Open my Heart... To Thee, and for thee I Dwell in your Secret Place of the Most High.... That I may Know thee aright.... I do so gratefully lie down in Your green pastures, beside the still Waters of Life and Rest in the Assurance of Your Infinite Love... The I in the midst of Me is You.... Thy Kingdom is Come.... One with You is a Majority. ~Al Denninger

The Daily Lesson – November 6, 2024

“All this time we are lifting up the *I* in us, lifting It from the personal sense of ‘I’ to the *I* that we really are. We are crucifying that personal sense of ‘I,’ and if we keep it up long enough it will be ‘dead,’ and there will be nothing left but the *I* that we are, and with it *My* peace and *My* grace, *My* wholeness, *My* completeness, *My* harmony, *My* justice.” ~Joel S Goldsmith

John 14:19,20 KJV

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

20 At that day ye shall know that I am in my Father, and ye in me, and I in you.

John 15:4-5 KJV

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

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

Galatians 2:20 KJV

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me:

Philippians 1:21 KJV

21 For to me to live is Christ, and to die is gain.

I Corinthians 15:31 I die KJV

31 ...I die daily.

Colossians 3:2,3 KJV

2 Set your affection on things above, not on things on the earth.

3 For ye are dead, and your life is hid with Christ in God.

Luke 15:31 KJV

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

If we open a Way to Know the Truth—all that the Father Hath is thine. In My Kingdom there are no branches, only the Vine, Individually Expressed. Abide in Me and I will give you....Me. ~Al Denninger

The Daily Lesson – November 7, 2024

“We have to remember often that the Christ-Self is our true identity, whereas the ‘natural man’ is that part of us which was imposed upon us at birth and to which we are now ‘dying.’ To the degree in which we lift up the *I* in us, are we ‘dying daily’ to the personal sense of ‘I’. In the degree that we take no thought, but rest in the Sea of Spirit, are we letting the Christ live our life, and then each moment of the day we do those things given us to do.” ~Joel S Goldsmith

I Corinthians 15:31 I die KJV

31 ...I die daily.

Matthew 6:31-33 (to ;) KJV

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

32 (For after all these things do the Gentiles [unwilling] 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;

Psalms 25:4,5 KJV

4 Shew me thy ways, O Lord; teach me thy paths.

5 Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.

Galatians 2:20 I live KJV

20 ...I live; yet not I, but Christ liveth in me:

Christ is Life—Your Life, so let Him Lead you:

God knows your purpose.... I can of mine own self, do nothing... God Knows my purpose.... So, with me now, surrender to the will and purpose of God.... Father, show me thy Ways, that I may be Your Instrument for Good... May my way be Yours alone... Your Light permeates my Soul... Let me Watch as Your Light Shines unto every corner of the world... May my thoughts not stand in Your Way... I surrender Father... Speak Lord, thy servant heareth... .. ~Al Denninger

The Daily Lesson – November 8, 2024

“An understanding student will not believe that this way is a way of doing nothing. In one sense, it is; but this ‘doing nothing’ makes us lead a very busy life because the ‘doing nothing’ is not really a doing nothing; it is doing nothing of a personal nature. It is doing nothing through personal fear or personal doubt; it is doing nothing that is purely of our will or our desire. In this sense, it is doing nothing, but it really is a very active existence because God is fulfilling Himself as our individual experience.” ~Joel S Goldsmith

Psalm 46:10 KJV

10 Be still, and know that I am God:

Proverbs 3:4-6 KJV

4 So shalt thou find favour and good understanding in the sight of God and man.

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.

John 5:30 (to :) KJV

30 I can of mine own self do nothing:

John 14:10 but KJV

10 ...but the Father that dwelleth in me, he doeth the works.

TRUTH is within ourselves; it takes no rise
From outward things, whate'er you may believe.
There is an inmost center in us all,
Where truth abides in fullness; and around,
Wall upon wall, the gross flesh hems it in,
This perfect, clear perception – which is truth.
A baffling and perverting carnal mesh
Binds it, and makes all error: and, to KNOW,
Rather consists in opening out a way
Whence the imprisoned splendour may escape,
Than in effecting entry for a light
Supposed to be without.
~Robert Browning

Robert Browning says it so beautifully. There is no separation from an Omnipresent God, so there is no outward thing to obtain. How then can we desire something “out there”? Does an All-knowing God need to be informed of our input? I like to call meditation “being still” or having a period of “effortless effort”. It is an opening of an Avenue of Awareness to Let God speak to us. There is a purpose, but it is not our purpose, it is God’s. It is God’s Will that we want directed in us, first in our hearts and then in our individually Expressed activities of God’s Life. Our gross flesh has no idea

how to be about the Father's Business, so we must be still, surrender all and not have any idea of what we might desire. The Father already Knows and He doeth the Works. Listen, Know and Follow. ~Al Denninger

The Daily Lesson – November 9, 2024

“IMMORTALITY REVEALED

God is fulfilling Himself and His destiny as our individual experience. This is not your life or my life to do with as we would like: this is God's life which God is living as us. Once we begin to perceive this, we will understand immortality.” ~Joel S Goldsmith

Romans 8:2-6 & 13-15 KJV

2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

3 For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

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.

13 For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

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

15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

Galatians 2:20 KJV

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

If we are Led by the Spirit of God, we are Living His Life. He will Make us lie down in green pastures, Lead us beside the still waters and Restore our Soul. “Thy will be done, in earth as it is in Heaven.” Christ Lives in Us—follow Him. ~Al Denninger

The Daily Lesson – November 10, 2024

“We cannot understand immortality while we think of our life as being ours because we know right well that that personal sense of life comes to an end, and, as long as we hold to that belief, we can have no sense of immortality. There is no way of perpetuating eternally a limited sense of self. Instead we must ‘die daily’ to that limited sense of self and realize, ‘It is not my life that is eternal: it is the God-life which is living Itself as my life that is eternal.’ God-life cannot die; It cannot age; It cannot be diseased. The more we realize that this is God-life, that this is God-consciousness appearing as us, the more we lose concern for our own life in the realization that God knows how to maintain and sustain His life, which is ours.” ~Joel S Goldsmith

I Corinthians 2:14-16 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.

15 But he that is spiritual judgeth all things, yet he himself is judged of no man.

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

I Corinthians 15:31 I die KJV

31 ...I die daily.

Acts 17:28 KJV

28 For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.

An Infinite Truth is not within the grasp of human thought. Omnipresence Is. There is no God and—then there can only be God As. Discernment is “in”-sight—Realized in Christ Consciousness, Spirit to Spirit, Soul to Soul—beyond words and thoughts. In Discernment there is no separation from God. Jesus said it like this, “My Father worketh hitherto, and I work.” I Am the Loved offspring of My Father, and so, I Am His Life Individually Expressed. ~Al Denninger

The Daily Lesson – November 11, 2024

“Knowing our true identity is the hidden manna. It is the ability to rest back, knowing that God has no limitations whatsoever, and that God lives our life. God cannot die; God cannot sin; God cannot be sick.

Christ is the eternal son of God, which was never born and will never die; and that Christ, the divine son of God, lives as my eternal life.” ~Joel S Goldsmith

II Corinthians 3:16-18 KJV

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

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

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

Romans 13 KJV

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

Exodus 33:14 KJV

14 And he said, My presence shall go with thee, and I will give thee rest.

God’s unconditional Love has no limits. His Love is Infinite. Abide in that Love with Me now and Rest back in the Assurance that God Is Ever-present. ~Al Denninger

The Daily Lesson – November 12, 2024

“Let us relax and rest in this truth. Let this be our ‘meat’ that the world knows not of, but which we know and understand. This is our secret meat, our spiritual meat, the substance of our life, the understanding of our true identity, the understanding of our Christ-life, of our Christ-mind, of our Christ-Soul, of our Christ-being.” ~Joel S Goldsmith

John 4:31,32 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.

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 KJV

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

Isaiah 55:8 KJV

8 For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord.

John 15:4-8 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.

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

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

8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

I can of mine own self do nothing... My Truth—my True Identity—is as a Branch that cannot bear fruit of its own self... All that the Vine Hath is mine... I can abide and rest and Know my fields are already white with harvest... It is not my field, my harvest, my Way or my glory—it is the Fathers... All that the Father Hath is mine, because I am His Offspring... His Individual Expression... My purpose is to Be His Son and Do His Will, Be His Will, and relax in It... Thank you Father. ~Al Denninger

The Daily Lesson – November 13, 2024

“But what about all the sins of which we have been guilty? We never were! This is only personal sense, the ‘natural man,’ which is the cloak, the mask. *Persona* mask! Our personality is a mask that we have been wearing. As we strip off the personality, there is no more mask, and we stand revealed in our true Christ-identity.” ~Joel S Goldsmith

II Corinthians 3:13-18 KJV

13 And not as Moses, which put a veil over his face, that the children of Israel could not stedfastly look to the end of that which is abolished:

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.

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.

I Corinthians 13:9-12 KJV

9 For we know in part, and we prophesy in part.

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.

Sin is the ignorance of Truth—a sense of separation from God—when we entertain a personal concept that we are somehow independently alive, alone in this-world, and have a mind of our own selves. This dark veil of un-truth is dissolved in the Conscious Recognition of Christ. The Christ is Come so that we may Know as we are Known, See as we are Seen and that we may Be One in Him. ~Al Denninger

The Daily Lesson – November 14, 2024

“Across the Desk

The Chicago work given last month was certainly of a unique nature in every way. My class work followed naturally the work in Portland and Seattle and gave us some new working principles, or at least new approaches to the living and practice of The Infinite Way.

Tonight, June 5, 1964, I completed a six-session Manchester Closed Class on scriptural meditations, a class to end all classes on meditation as taught and practiced in The Infinite Way. Put this class, which has been recorded on three tapes, on your memorandum to order when you are ready. You will find it important. I know because I watched a miracle unfold as this message came through.” ~Joel S Goldsmith

John 16:13 KJV

13 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.

Hebrews 2:4 KJV

4 God also bearing them witness, both with signs and wonders, and with divers miracles, and gifts of the Holy Ghost, according to his own will?

John 14:10-12 KJV

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

11 Believe me that I am in the Father, and the Father in me: 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.

Joel made his transition 12 days after he completed the Manchester Class and wrote this message. He was surely a Guide unto All Truth. He did not speak of himself, but the Spirit surely Spoke through him. Joel never organized The Infinite Way message in any way, but instead, the Spirit Expressed through him was revealed in a Way that we can Hear and pass forward today according to God's Will. The Revelation of the Infinite Christ that Is, and Was, and ever will Be. The miracle of the Works continue... ~Al Denninger

The Daily Lesson – November 15, 2024

“There is a secret known to the few which must eventually be known and understood and practiced by all. Peace can be established on earth by one, but more swiftly by two or more, and very quickly by ‘ten’ righteous men. This you may prove first in your family, business, professional, and community life. Once you have succeeded, it will not be necessary to ask you to encompass the universe because you will no longer have the power to refrain from doing so.” ~Joel S Goldsmith

Matthew 18:20 KJV

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

Genesis 18:32 KJV

32 And he said, Oh let not the Lord be angry, and I will speak yet but this once: Peradventure ten shall be found there. And he said, I will not destroy it for ten's sake.

1 John 2:29 KJV

29 If ye know that he is righteous, ye know that every one that doeth righteousness is born of him.

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.

Psalms 91:1 1599 Geneva Bible

1 Who so dwelleth in the secret of the most High, shall abide in the shadow of the Almighty.

Righteousness Realized is Peace beyond words and thoughts. By Spirit to Spirit, Soul to Soul I Am Known. Seek ye first the Kingdom of God and gather together with the like-minded, for I Am is in the midst of you. Join often in Our Circle of Christhood and Oneness and in Peace ye shall be Known. Dwell in the Secret of the Most High. ~Al Denninger

The Daily Lesson – November 16, 2024

“Set aside one meditation period each day—and a few minutes each time will be sufficient—to sit in meditation with the inner ear opened. That is all: no praying, no asking, no seeking, especially no desires to be fulfilled. Just meditate with the inner ear open, and then go about your business. Give a specific period to this each day, and do not let yourself watch for results. In due time, fruitage will appear in some form of harmony within yourself, your home, your family, or your business, art, or profession.”
~Joel S Goldsmith

James 4:7 KJV

7 Submit yourselves therefore to God.

Luke 9:23-24 KJV

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

Psalms 46:10 (to :) KJV

10 Be still, and know that I am God:

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.

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.

II Corinthians 3:17 KJV

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

Father, I can of mine own self do nothing... It's all You... I will be still now and every chance I get to recognize Your Presence—Your Will... I don't have any answers, You do.... I don't have any direction, You do.... I submit my self into Your Arms, Your Way, Your Path for Me... I Trust You Father with all my Heart, my Soul and all my

understanding... I surrender all..... My life is Yours—not mine. Direct Me... I leave all my ideas, desires and passions behind me...and Open my ears to Hear... My focus in only on You... .. I Know You Knoweth my needs, because I sure don't... On my knees, I wait... Speak Lord, thy servant heareth... .. ~Al Denninger

The Daily Lesson – November 17, 2024

“As fruitage appears, raise your consciousness to take in the weather, elections, national and international relationships. Remember that none of these subjects enters your thought while in meditation. You may not even think of peace on earth. Just be still. Listen with the invisible ear for the inaudible Word. You are thus ushering in the kingdom of God on earth as it is in heaven.” ~Joel S Goldsmith

Galatians 5:22-23 (to :) KJV

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

23 Meekness, temperance:

Psalms 46:10 (to :) KJV

10 Be still, and know that I am God:

Matthew 6:10 KJV

10 Thy kingdom come. Thy will be done in earth, as it is in heaven.

Matthew 6:31-33 (to ;) KJV

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

32 (For after all these things do the Gentiles [unwilling] 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;

II Corinthians 3:16-18 KJV

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

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

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

Be still, take no thought, Listen and Know that where the Spirit is Realized there is Love, Joy and Peace. And remember, all the added things manifest in the Presence and Activities of Love, Joy and Peace are God's Will Being done on earth as it is in Heaven. Turn Ye within in stillness and Know. ~Al Denninger

This concludes our study of Chapter 8 in the book “Realization of Oneness”
Tomorrow we begin: Chapter 9 “The Revelation Of Spiritual Identity”