

For Study: Meditation: and Practice
“Realizing God’s Government of the Day”

Select from this sheet what is most spiritually inspiring to you, meditate upon it and work with it until it bears fruitage.

THE ALCHEMY OF AWARENESS, by Lorraine Sinkler, Chapter 9...(Principal study chapter.)

Important Related Chapters: (These are optional study chapters, related to this lesson.)

THE MASTER SPEAKS...by Joel Goldsmith...Pages 313-319

INFINITE WAY LETTERS 1955...by Joel Goldsmith...Chapter 3

INFINITE WAY LETTERS 1958...by Joel Goldsmith...Chapters Six and Ten

THE ALTITUDE OF PRAYER...by Joel Goldsmith...Chapter 6

“For the love of Him”

“I sought after nothing but how to become wholly God’s.

This made me resolve to give the all for the all.

I renounced for the love of Him, everything that was not He,

And I began to live as if there was none but He and I in the world.” --- Brother Lawrence

“Be still and know that I am God”

In meditation our goal is to reach the Silence, but if we try to become absolutely still by willfully stopping all thought, we may find all these worldly thoughts pushing in upon us, and that is not the way. The best way to enter into the Silence, which is that place where there are no desires, no wishes, and no fears, is to begin with a contemplative form of meditation in which we remind ourselves of all the truth we know about God, about the one Power and the one Presence and the one divine Wisdom. As we do that, never thinking about the problem, but keeping our mind stayed on what is the truth, gradually the mind becomes quiet, unruffled, a pure transparency, and a deep peace or Silence takes over. That is the moment of meditation, when we have exhausted all the thinking about truth and we sit there quietly with that receptive, listening attitude, waiting for that Spirit within to reveal Itself. Normally we may not hold that Silence for more than a second or two. It may be a very fleeting moment, but in that moment we have opened ourselves to the presence and power and purpose of the divine I-identity within us.

Rest in the Word...and wait upon the Lord.

It helps sometimes in meditation to take some passage of scripture, perhaps some bit of wisdom, and stay with it, really chew on it, not for that one meditation period, but for a month, or even a year, so that you can digest it, and have it become a part of you. Don’t just know it in the mind. Have it become the ground on which you stand, because in your practice of this principle, you have vowed to take “no human footsteps,” and “to wait upon the Lord” for whatever action is necessary. If you hold to a principle in this way, relying upon it when all the “problems” come, be assured that you *will* see God in action, and you will rejoice as the fear of “this world” melts away.

The particular scriptural passage or principle of truth that you work with is a very individual matter. Whether you choose something consciously because it “feels right,” or whether it is given you from within, if you will stay with it devotedly, it will yield you great fruitage in awareness, and in a depth of consciousness that you had not experienced before.

It is your alertness that makes your day a day of joy and thanksgiving.

This establishing of ourselves in the Presence must be a regular part of meeting each new day. Then throughout the day there should be those short reminders, that “tuning in” sometimes called “practicing the Presence.” This is a discipline, but don’t forget the joy of it, the joy of living in “My Kingdom,” the joy of beholding the indescribable beauty of God’s creation, the joy of knowing the blessed I that I AM.

“Behold, I stand at the door, and knock:

if any man hear my voice, and open the door,

I will come in to him, and will sup with him, and he with me.”

Everywhere you go, everywhere you are, is the door---the door out of the dream, out of the nightmare---and right there, where you are, that same door is the entranceway into the Temple of God’s holy creation. “I stand at the door and knock.” It calls to you, “Open the door, open to Me, open to the divine I within you.”

In the deep silence of meditation you open that door and experience the end of your prodigal journey, the end of being a branch that is cut off, that withers and dies. In the deep silence of beholding God in action is revealed your oneness with all of God’s creation. In the deep silence of dedication and of surrender to the reality of your being is revealed the one divine Consciousness unfolding as the temple of your life, a Holy Temple in which nothing can enter to defile or make a lie. In that temple of deep silence you can hear the Still Small Voice praying within you:

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

For My yoke is easy, and My burden is light.”

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you...”