

For Study: Meditation: and Practice
"Do You Know The Shepherd?"

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 2...(Principal study chapter.)

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

THE ALTITUDE OF PRAYER,...by Joel Goldsmith...Chapter 2
THE ART OF MEDITATION,...by Joel Goldsmith...Chapters III and IV
PRACTICING THE PRESENCE,...by Joel Goldsmith...Chapter VIII

***"The Lord is my shepherd; I shall not want.
He maketh me to lie down in green pastures: he leadeth me beside the still waters.
He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
Thou preparest a table before me in the presence of mine enemies:
thou anointest my head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life:
and I will dwell in the house of the Lord for ever."***

Can you not see that the nature of God is fulfillment, complete and utter fulfillment of the very I of your being? Not the human being that you are dreaming you are, but the infinite, divine Consciousness that you already are.

"I and my Father are one."
I am Omniscience, Omnipotence, Omnipresence."
I am the bread of life.

"I am the meat, the wine, and the water."
"Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I give him shall be in him a well of water springing up into everlasting life."

How often do you acknowledge that, silently, secretly? Do you recognize that I am the source of your life? How many times a day, oh no, how many times a year do you say silently: "Thank You, thank You for giving me Yourself as my life." If you haven't, make it a practice (not a formula), let the manna fall fresh every day. It will leave you with such a warm, comforting, safe and secure feeling.

"Thank You, thank You for Your life expressing as me. Thank You for love, for an all-embracing Love that holds me forever close. Thank You for that inner peace, that I may be in the midst of all struggles in the world, and still maintain that peace inwardly, never losing it, and thereby be a blessing to all those who touch this consciousness. Thank You, thank You for grace, thank You for that grace that is my sufficiency in all things. Having that grace of God, I need nothing more."

"My Kingdom is not of this world."
"Turn ye, turn ye and live."

What is distracting you from God? Is it ill health? Is it some consuming desire? Is it a wrenching sense of separation from God? Is it lack? Is it need for companionship? Is it anything and everything in "this world?"

"My Peace I give unto you, not as the world giveth, give I unto you."

Can you drop the problem? Can you let your love of God be a wholehearted trust in your Shepherd? For that Shepherd is the very I of your being, and It has made a covenant with you. It has promised: ***"I am come that ye might have life, and that ye might have it more abundantly."***

Get acquainted with your Shepherd by taking some biblical passage or statement of truth that lights up your soul. Make it the fountainhead of every meditation, until the I that you are, the only God there is, reveals Itself to you. Stay with it until you experience the fruitage; be patient, persistent, and persevering.

You have Infinity within you. Now release It. Release It by going into the Silence within and acquaint yourself with your Shepherd. Release It by recognizing: The Shepherd within me is the Shepherd of all mankind. Whether in words or reassurance, it matters not... if you will listen, you will hear It say:

"Be not afraid, it is I"