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Meditation

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The Electronic Search Tool is an ideal way to begin your in-depth study. Though the list of possible search words on “meditation” are infinite, here are just a few suggestions:

(For specific citations add quotation marks around phrase.)

“be still”	meditative
contemplation	“of meditation”
“contemplative meditation”	“on awakening”
“creative meditation”	“real meditation”
“experience of oneness”	“speak Lord”
“Infinite Way meditation”	stillness
“in meditation”	“the experience”
listening	“the silence”
“meditation is”	“the secret”
“meditation is the key”	“the secret of meditation”
“meditation is the way”	“to contemplate”

MEDITATION

Meditation is ...

... Infinite Way meditation is not merely a closing of the eyes, a stilling of the mind, but is in itself an experience with signs following. If there are no signs following, it is an indication that meditation has not yet been attained, even if hours and hours are spent with the eyes closed. Closing the eyes and getting still is not all there is to meditation. Meditation is a certain specific act which brings forth spiritual fruitage.

The Art of Spiritual Living
Chapter 1, "The Ministry Within"

... You see, there is nothing of a secret or occult nature about meditating—nothing of a secret process—nothing strange or mysterious. Meditation is nothing more or less than pondering some idea of universal truth.

Consciousness in Transition
Chapter 6, "Meditation"

... The real meditation is just listening. All any of the rest of it is, is for the purpose of arriving at that point of listening. When you are listening, you are meditating. The object of meditation is opening consciousness to God. It has no other object.

Consciousness Unfolding
Chapter 12, "Questions and Answers"

...Meditation is our method of building a consciousness of truth, a new consciousness. Meditation is our mode of prayer. First, however, it must be understood that prayer is not what we say to God, but rather what God says to us. Because of the noise of the world, we do not hear the still small voice or receive the benefit of the presence, and therefore, we must learn to be silent and receptive.

God the Substance of All Form
Chapter 2, "Building the New Consciousness"

... Opening the Soul-Center In the Infinite Way we have adopted meditation as the way to illumination. With us, meditation is not just something thrown into our life on the side; meditation is not just something we do to feel peaceful within. With us meditation is the way; it is the means which we use to attain the inner contact. We do have a purpose in meditation; we have an object, a goal. Meditation is not that goal: meditation is the way. The goal is realization, illumination. Whether we use the word realization or illumination, what we really mean is God-contact, the actual God-experience.

Seek Ye First
Chapter 7, "The Practicality of Illumination"

... Meditation is the secret of this entire work. If you succeed in catching the vision of the Infinite Way, you will find that meditation will be responsible for at least ninety percent of that success. You will find that not meditation is not only that which opens up consciousness, but meditation, ultimately, is the mode and means of bringing the Christ into manifestation.

The Master Speaks
Chapter 15, "Meditation and Healing"

Meditation – establishing our day ...

... On awaking in the morning, and preferably before you get out of bed turn your thought to the realization that “I and my Father are one”; “Son, . . . all that I have is thine”; that “The place whereon thou standest is holy ground.” Then let the meaning of these statements unfold from within your own consciousness. . . . As soon as you begin to feel a stirring within you, or a sense of peace, or the surge of divine Life, then get out of bed and make your physical preparations for the day. Before leaving your home sit down and ponder your oneness with God.

Collected Essays of Joel Goldsmith
Chapter 1, “Meditation.”

... To those who have been accustomed to thinking of God only once in a great while, it may be a little difficult to begin a program of conscious realization. It can be done, however, and it is the foundation of our work in the Infinite Way where it is made clear that you are to begin on waking up in the morning, before you get out of bed, to have several minutes for quiet contemplation of the truth of God’s presence, God’s grace, God’s law, and God’s abundance, of God as your sufficiency. At breakfast, acknowledge God as the source of all that appears, not only on your table, but on all the tables of the world, for God has not put anything specifically on your table: God has put it on the earth for everyone’s table.

I Stand on Holy Ground
Chapter 1, “Living the Spiritual Life”

... Everyone gets out of bed at some time or other, some earlier and some later: The hour is of no importance. What is important is that there is a period at the beginning of the day for five or ten minutes of silence, and that there are additional periods during the day and night for the realization of the Presence. Give thirty or sixty seconds at intervals throughout the day to stopping the clamor of mind and body, pausing for another realization or inflow of the Spirit. Everyone has one minute, five minutes, or ten minutes in which he is alone. Using these periods for this purpose is a matter of training and is made possible by the intelligent ordering of one's life.

It is not enough to feel the presence of God only once in the course of the day: You must carry the consciousness of the Spirit with you throughout the day. If you stop at frequent intervals to bring God to your conscious remembrance, it becomes a continuing awareness. It is in the silence and in that inner peace that the Spirit of God moves.

... One minute, even thirty seconds, is enough if you pause many times a day to remind yourself: "God's life is my life"; or "God's law is the law unto my being"; or "God's wisdom is infinite." Any one of these reminders will be sufficient to re-establish you in the Spirit.

...Learn to wait every morning in the darkness of silent receptivity until you feel the Spirit within you, until you feel this calm descend upon you, this peace embracing you with an invisible Robe that hides you from the world—the fears, hates, and jealousies of the world. Then, in these moments of silent meditation, you discover that your light is come and "the glory of the Lord is risen upon thee."

The Heart of Mysticism: Volume III
Chapter 1, "Out of Darkness, Light"

Meditation – the practice ...

... Let us begin by sitting in a comfortable position. Some people prefer a straight chair, even a hard one, so that they are compelled to sit in an upright position; whereas others find themselves more comfortable in an armchair. Keep the feet flat on the floor; hold the body erect, with the hands resting in the lap. In this natural, relaxed, but alert position, begin your meditation with some passage of scripture that may come to your thought, or, if you like, you may open the Bible or a book of spiritual wisdom and read for a short time. You may read only one paragraph, or you may need to read ten pages before some particular thought attracts your attention. When this occurs, close your book and take that thought into your meditation. Think about it; hold it right in front of you; repeat it to yourself. Ask yourself: Why did this particular quotation come to me? Does it have an inner meaning? What is its significance to me at this time?

...In this short period of meditation which may have been of only a minute's duration, you have experienced God revealing Himself; you have opened yourself to divine Intelligence and Love. This is the Word of God which is quick and sharp and powerful.

The Art of Meditation
Chapter 3, "The Practice"

...The first step in meditation is to make yourself physically comfortable. Sit erect, with your spine straight, your feet planted firmly on the floor, your hands relaxed in your lap,

and breathe normally. There is no mystical or occult reason for this; it is very simple: When the body is perfectly comfortable, one is not conscious of it. One can be, in a sense, “absent from the body, and present with the Lord”—present with the Truth. From there you go to the subject “What is God?” From your reading and study you have some concept of what God is, but that concept might easily be that of someone else. In this meditation you are not interested in another’s concept of God; you are interested only in asking, “What is God?” and receiving the answer from God. The kingdom of God is within you, so the answer must come from within your own being. After you have asked the question, assume a listening attitude as if you were waiting to hear the answer.

Living the Infinite Way
Chapter 2, “Attaining the God Experience”

... That is why you have to awaken long before your family is up. It is not necessary to get out of bed if it is more comfortable to stay there, only do not be asleep or even half asleep when you are doing this work. It must be a conscious knowing of the truth. As you begin your day free from the belief in two powers, established in the realization that power does not act upon you but flows out from you and that it is the power of God, good, Spirit, and life, you are so established in oneness that the rest of the day, as negative appearances touch you—whether in your own experience or that of family, friends, patients, or students—you are prepared for them.

Awakening Mystical Consciousness
Chapter 10, “Dominion Through Daily Realization”

Meditation – “Speak Lord” ...

...The Infinite Way is really a revelation which says that you do not have to speak to God, but that you must have periods of the day or the night when you listen to God; and even though you may not hear a voice, remember that just by opening your ear to God and being silent for a minute or two you have permitted God to rush into that vacuum which you have created. It operates like this: Close your eyes; put your feet on the floor; listen way down inside of yourself; and then remember that this day which lies ahead of you is now God-governed, God-protected, God-maintained, and God-sustained because you have consciously opened your consciousness to the presence and the government of God. Remember that, if you do not do this every morning, you go out into the world just as a human being, subject to all the trials and tribulations of the human world, and without divine guidance. Actually at your age and with the teaching that you have had here in your home, you should be ready to have four periods a day—early in the morning, at noon, about dinner time, and before retiring—in which to take two minutes each time just to sit down and turn within and say, “Here I am, Father; speak Lord Thy servant heareth. I am obedient to Thy will.” And then just be still for one minute. I can promise you that if you do that, your life in school will be a success, and even more than that, you will be laying the foundation for a completely God-governed life.

Collected Essays of Joel Goldsmith
Chapter 19, “Letter to Sam”

... In bringing the experience of pure meditation to yourself, remember that it is legitimate to think thoughts for a few minutes in what we call contemplative meditation. Silently we acknowledge the omnipresence, omnipotence, and omniscience of God, but this should only last for five or ten minutes, until you arrive at pure meditation which has no words and no thoughts. You will not attain pure meditation as long as words and thoughts are in your mind. Contemplation is permissible only as the introduction. But then we enter the phase of “Speak Lord, thy servant heareth,”⁴ and we listen. Meditation is only during that period where there are no words and no thoughts. Why? God’s thoughts are not your thoughts, and you cannot receive God’s thoughts while you are thinking.

Consciousness Transformed

“May 5, 1963: The Word Becomes Flesh”

... Your meditation does not become effective until you, yourself, arrive at the place of oneness: one power, one law, one presence, one life, one being, one cause, and one effect. Then you can wait for God’s grace to be upon you, God’s Spirit to envelop you, and God’s release to come to you. When that comes, your meditation is complete. Never forget that your meditation is not complete until you arrive at the place of inner peace through the realization of One—whether it is one power, one person, one cause, or one law—always One.

Realization of Oneness

Chapter 5, “Resting in Oneness”

... “So every mystic has discovered that he meditated, he studied, he practiced, he did whatever he was instructed to do in spite of not seeming to make much progress, and then . . . in one minute of one day or one second of one night, ‘Whereas before I was blind, now I see,’ and the ‘old man’ was dead, and the ‘new man’ was born.”

“Consciously Attaining the Experience of Oneness,”
The 1963 Kailua Private Class in
Living by the Word, Chapter 9, “I Have”