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STUDY.

(from the monthly letter August, 1985).

BERTUS:

The meditations hereunder are NEITHER formulas NOR prescribed
[compulsory] ones. They are only spontaneous expressions of Joels
meditations and may serve you as guide. -----

In order to ensure the authenticity I have copied understated text directly
from the Monthly letter so that students may be sure they get the
unedited and authentic text.

JOEL:

PREPARATION FOR MEDITATION

First step....Practising the Presence

To those of you who have not yet the ability to be immediately in meditation, I recommend one-minute or one-and-a-half minute meditations ten, twenty and even thirty times a day or one-and-half minute meditations ten, twenty, and even thirty times a day – and even at night if you awaken. From my own experience, I caution you against long periods of attempting to meditate. When you find yourself thinking thoughts of feeling physical or mental strain, you are not meditating. That is mental work which is in the human realm, not the spiritual realm. At first, it is better to limit your attempts to one minute or one-and-half minutes and let these periods automatically prolong themselves. The next day you will be surprised to find that you have been in meditation three, four, or five minutes, but it will seem as if it were only a half a minute. But come into it gradually.

At first don't even attempt to meditate. Begin by practicing the Presence. Without this preliminary step, I did not attain inner silent meditation, nor do I know of any Infinite Way student who has. I continue to practice this first step, and I still teach it within our family, as you know from my "Letter to Sam" .

To illustrate how to "practice the Presence" I will take you through a twenty-four period of my life, and you may follow me to whatever extent you wish.

Meditate ...

I have just awakened from sleep in the morning, and before I rise, I say silently:

This is the day the Lord has made. Thank you, Father, this is Thy day. Thou hast sent the light to follow darkness and will again send night to follow day. The principle, the responsibility is Thine.

The cattle on a thousand hills are Thine – as well as the crops in the ground, the oil, the gems, the pearls, the fish in the sea and the birds in the air. All this is Thine, and all of this goes on as Thy activity. As God governs this universe, in that same manner does God govern this day and govern us. Thy will be done.

I am open to Thy direction, to Thy wisdom. I am open to Thy leading, Thou art to be my life, my wisdom, my strength today. Thy presence is to be the substance of my time and my work.

Now I am ready for a half-minute or one-minute period of complete silence, and then I get up. At the breakfast table, I pause to realize:

God is responsible for all the food that is grown. God has set this table for me. God can set a table in the wilderness. Thank you, Father.

Before I go to my office to work or before I leave the house, I pause to realize:

The presence of God goes with me and before me to make the crooked places straight. The intelligence of God is ever where I am. God looks out at me from behind the eyes of all who come within range of my experience. I greet God in all those whom I meet. I greet God behind every door I enter.

Whatever the nature of work that I undertake, God is the activity of my being. God is my intelligence and my strength. God animates me. God animates all beings.

Whatever the nature of the work in our household – whether it is housework or gardening – God is the harmony in this household. It is the love of God which cements the relationships in this household. It is the love of God that is expressed from one to the other within the home – and unto all of those who enter our home. God's love enfolds us, embraces us, unites us and holds us fast in Its will.

At lunchtime:

God's Grace is my sufficiency in all things.

Remember, none of this is ever spoken aloud. No one ever knows that I am praying. At our table even grace is never voiced, except that we usually look at each other and say: "Happy days!" Among ourselves we know this means that we are uniting in a prayer of thanksgiving. And if

Meditate ...

there are others at our table, we have not “prayed before men”- but we *have* prayed.

In the afternoon:

Whether we are driving the car or being driven, whether we are marketing – whatever activity is going on, there is always the realization:

Thou goest before me to make the crooked places straight. Thou goest before me to prepare mansions for me. I see Thee behind the eyes of everyone I meet. I greet Thee, Son of God..

At the evening meal:

There is another opportunity for thanksgiving, for the recognition of God as the substance of my bread, meat, wine, and water.

And so it goes throughout the evening until time to retire.

At bedtime:

The activity of God has brought darkness to follow light – night to follow day. It is the activity of an Infinite Invisible operating behind the visible universe. An Invisible Life, an Invisible Being, an Invisible Law has brought out the moon and the stars and the darkness and rest. Man has not put these in motion nor kept hem in motion. This activity of God will not cease while I sleep. This activity of God will be as constant during my sleep as during my waking hours. Awake or asleep, at no time am I outside the rhythm of God.

The rhythm of God brings night after day, and day after night. It bring winter, spring, summer and fall. It barres the trees in winter then reclothes them in the spring and brings forth its fruitage in summer or autumn. Always I am living in the rhythm of God and It is functioning Its life and Its law in me and through me..

Upon awakening during the night:

As often as I may wake up during the night there is always a momentary recognition of God's presence, God's power, God's grace.

Thank you, Father. I am still in Thy rhythm.

That is how to practice the presence of God and how to abide in the Word and let the Word abide in you. That is living and moving and

having your being in God. It is the recognition of God's presence, God's jurisdiction, God's law, and God's life. This practice of the Presence brings an inner stillness which settles you into meditation – even if that meditation is for only twenty seconds.

Keeping the mind stayd on God must be conscious activity on your part. Acknowledge God in all thy ways. Acknowledge that God governs your day, your body, your purse, your business, your household, and your relationships with all mankind. Keeping the mind on God brings the activity of God into your experience.

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Bertus:

More info on the item “meditate” and “meditation” go and visit the excellent Search Tool – only in english - , whilst click on:

Virtual Library Search (joelgoldsmithbooks.com)

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