



Monthly Lesson
February 2014

“The Integrity of the Light”¹

Continued from the January Lesson

Let us continue with our guided meditation on Light.

Regardless of appearances, divine Grace is in operation. Every day, we are going to recognize that this Grace lights every man who comes into the world, including our family. It includes all those who have made a transition from our eyesight - the world calls this “death,” but there is no death. Let us resolve that we will not think of anyone as “dead” because God is a living God, and to know God aright is life eternal. Every one of us has the privilege to realize that the individual we call husband, wife, or friend is a living light now. There is no lapsing from the Light or returning to the Light – the Light shines. This is a statement of fact.

The darkness of human belief and ignorance cannot put out the Light. It shines. And so this day, we will recognize the living Light, the Light in everyone we meet and thereby will be loving our neighbor as our Self.² If we know of any enemies of our self or of our country, we will be sure to see

the Light and recognize that this is God’s world despite appearances we might see in the newspapers or on television. This is God’s world and nothing can change that. God is omnipresent, omnipotent and omniscient, and God only needs us as living witnesses that *God Is*, that *I Am*. So you can say, “This is the day where *I Am* lives as I am, and I will behold that Light in myself and in everyone I meet. If I lapse into momentary darkness, the Light within me shines so brightly that It will awaken me from that momentary lapse. My only function is to live in the Light and to be the Light; to be true to my Self as *I*, to be that which God created me to be. I don’t want to be anything except what God created me to be.”

You must have that same pure motive - no other motive than to accept the gift of Grace that you are as God created you. Now say that to yourself gently: “I am as God created me, and I am not the way I see myself.” The five physical senses cannot testify to spiritual Reality. The senses lie – they make us see railroad tracks coming together, they make us see the sky sitting on the mountains, they make us see a horizon line where there is none, and they make us see mortals instead of the Light. So now you must choose to do this. You have a choice to be that Light that God created you to be. You can choose to be true to yourself and you can decide that you cannot be “less” than God made you. “I choose to be true to my Self as *I*.” If you need a divine ideal, think of Jesus Christ. If you need a principle, ponder the principle, “*I and my*

¹ 1986 Asilomar Retreat, Tape I (8634), Side 1 and Side 2

² Leviticus 19:18

Father are one.”³ This is a principle: God made man in his image and likeness,⁴ spiritual, incorruptible, incorporeal, invisible, eternal and immortal. That spiritual integrity is present right now and you have a choice to live up to it. You can choose not to hide your Light under a bushel of material sense called a mortal. You can choose to live as the Light.

Jesus said to his disciples (and you are also his disciple), “*Ye are the light of the world. A city that is set on an hill cannot be hid.*”⁵ Just think of your spiritual endowment! Recognize the light wherever you go, whomever you meet, wherever you are. You will realize that this *is* holy ground: “*The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein.*”⁶ Therefore you are on holy ground and wherever you go, the Light shines. Nothing can prevent It. The only way It can be hidden is if you claim a mortal sense of I - then that Light would be shrouded with grave clothes.

This is where we start in the morning. When we arise, recognize that the Light shines and animates everyone that we see. As we perceive the world through spiritual vision and claim the truth this way, we will be reflecting the Light, because Light is reflected in light. This will affect a change in us and it can be a very quick change. It does not have to be long and arduous, but depends on how tenaciously we cling to mortality. I'm always

³ John 10:30

⁴ See Genesis 1:26

⁵ Matthew 5:14

⁶ Psalm 24:1

surprised at the way people cling to their humanhood. But if we can catch the vision of this truth, we won't cling to it but will be willing to sit down each day many times to see how we can surrender it. So this integrity will operate; and it will operate in a beautiful way.

In his book, The Mystical I, Joel said, “If I succeed imparting I to you in this work, it will be because I have realized that I am not a man or a teacher, but that I am divine Presence; and also because you have been drawn to this work by I to receive I, to receive the unveiling of the I which you are. Both of these are necessary.”⁷

I remember the first interview I had with Joel. We had been corresponding and when we met, he first said a few words and then we sat down to meditate. The first thing I realized was that there was no man there! I opened my eyes and looked at him and saw a man, but when I closed my eyes, there was no one there. When we are meditating correctly, we will not feel anyone else's presence – if we do, then their motor is running and we feel their thoughts or restlessness. But when we are meditating correctly with others, we will feel that we are sitting alone. In fact, we *will* be alone with divine Being and we will all be in the same place. It might be possible that someone walking in would not see anyone because Joel tells us that mortality is a myth. Wouldn't it be wonderful to see that translation? To see those molecules all disappear into the Light – with nothing left but the Light.

⁷ Joel S. Goldsmith, The Mystical I, Chapter 3, “I Am Come”

So we have a beautiful experience ahead – the experience of Oneness just as Joel said. He had realized that *I Am* presence. You will realize when you meditate and go beyond words and thoughts, the experience of Consciousness, Presence or Being.

As we ponder the truths and principles in this Message, we will be divested of material sense as the Christ truth enters our awareness and answers all our questions. As this Christ truth operates in us, the Light will have no obstruction at all, and we will find ourselves in our rightful mind, a mind free of all universal hypnotism. We will have a mind free of the past – there will be no more past. The old heaven and earth will pass away and we will have a new heaven and earth. We will find ourselves new creatures. *“Behold, I make all things new.”*⁸

Every organ and function of the body can be regenerated in the Light. The Light is the regenerating activity, so *“For with thee is the fountain of life: in thy light shall we see light.”*⁹ In recognizing the Light in Jesus Christ, we are the Light; in recognizing the Light in Joel, we are the Light because Light begets Light. In recognizing the Light in each other, we are discerning the truth. Illumination dissolves all material sense and unites us in those golden chains of spiritual understanding.

Now we are not going to think of any problems because that would be shutting out the Light. So we

are going to find that all problems disappear in the presence of the Light. *“Ye are the light of the world. A city that is set on an hill cannot be hid.”*¹⁰ *“Be still, and know that I am God.”*¹¹

“And he said unto his disciples, Therefore I say unto you, Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on.

The life is more than meat, and the body is more than raiment.

Consider the ravens: for they neither sow nor reap; which neither have storehouse nor barn; and God feedeth them: how much more are ye better than the fowls?

And which of you with taking thought can add to his stature one cubit?

If ye then be not able to do that thing which is least, why take ye thought for the rest?

Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these.

If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven; how much more will he clothe you, O ye of little faith?

And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind.

⁸ Revelation 21:5

⁹ Psalm 36:9

¹⁰ Matthew 5:14

¹¹ Psalm 46:10

For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things.

But rather seek ye the kingdom of God; and all these things shall be added unto you.

Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.”¹²

Now this opens the way for Grace and Truth to fulfill Itself and reveal Itself in us, through us, and as us. You and I are living witnesses to the living God, the great *I Am* who is always present in the eternal Now.

“Now is the day in which I recognize the Spirit of God present within me, and thereby recognize the presence of God present within you: you, my friends, and you, my enemies, those who like me and those who do not. I recognize God in the midst of all. I greet the God in them, and they in turn recognize the God in me. There are no yesterdays; all this is happening today.

“When midnight comes and goes, it is still today – still today in which I am living in the life of Omnipresence, still today in which I am living in the realization of a Presence within me that goes before me to prepare mansions, that goes to prepare a place for me. Now! Today! Today!”¹³

Dear Friend,

This lesson is a treasure if you put it into practice and realize daily this truth of the omnipresence of the Blessed I.

You will experience the disappearing of obstacles of material sense as the Light of I AM is consciously acknowledged and thus, you will experience freedom in the blessed NOW. The truth that you have brought consciously to your awareness will open out the way for the imprisoned Splendor to escape.

Because this lesson was based on a short recording, I have used scripture and Joel's book, The Mystical I, to complete it.

Aloha,



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¹² Luke 12:22-32

¹³ Joel S. Goldsmith, The Mystical I, Chapter 8, “I Speaks”