

Living Now- Joel Goldsmith Book Notes

Chapter 2: Barriers to Spiritual Attainment

As human beings we all want or need something, and it is the desire for that something that blocks our spiritual development.

The very desire for something good, something as good as to be of service, is a barrier to spiritual development for we have no right to want anything, even to want to do good. We have only one right: to want to know God. Then, if God places us in some form of service-teaching, healing, nursing, painting, writing plays or books, or whatever it may be— we perform our work with joy and gladness because we are permitting ourselves to be transparencies through which God can shine.

The dissolving of the barrier comes with the relinquishment of our desires, wants, wishes, or outlining, so that we can go to God pure, not asking for supply, companionship, or to be of service, but asking only that God's grace be established in us, that God envelop and permeate us, that we may come to know Him aright, realize our oneness with Him, and thereby become consciously one with the creative Principle of our being.

Whatever the form of the need, divine Intelligence takes care of the whole matter without our interposing our beliefs. This underscores the point that a practitioner should never give human advice when he is called upon for help.

If we make our conscious contact with God, our life will be fulfilled according to God's plan, not according to our outline of what it should be, and God's plan usually turns out to be much better than anything we could have planned.

The barriers to our spiritual progress are our hopes, ambitions, and desires, even when they are good. Some of us cannot release the quest for health, and others cannot release the seeking for rent, food, clothing, or companionship. Always one of these lacks or desires is the thing that we feel must be solved first.

When The Spirit of the Lord is Upon Us A Technique for Transcending the Mind

It is in transcending mind and thought, in the ability to refrain from speech and to achieve and maintain an inner stillness, that the meditative experience is accomplished. This inner stillness is attained when we are able to look at a person, thing, or a condition without labeling it as either good or evil. Then the mind has nothing left to grasp or to think upon; it has nothing to worry about, and it has nothing to rejoice in, or over: it just becomes still.

All that constitutes a spiritual healer is an inner discernment that God is individual life, and therefore, life is immortal, eternal, and indestructible— a spiritual discernment, which consists of not judging after appearances.

Unless we are willing to separate ourselves from the world and to have periods for the discovery of our Self, we naturally are not going to succeed in attaining our goal of attaining our union with God.

The very fact that the worker has the privilege of striking must be looked upon as an instrument for good, even though to our human sense there seems to be so much evil involved in the process.

Chapter 4: The Power of Resurrection

Everybody wants to be loved, but so few want to love, and it is only in loving that resurrection can come, not in being loved.

The only reason there is for living is to love. There is no other reason for staying on earth than the opportunity to love, and anybody who has experienced this knows that there is no joy like loving: no joy like sharing, bestowing, understanding, and giving, all of which are but other names for love.

Chapter 5: God-Endowed Dominion

All evil of any nature, whether it is sin, false appetite, disease, lack, or limitation, has its origin in the universal or carnal mind. The moment a practitioner knows this, he begins to set his patient free. Instead of pinning some error on to him and fastening it to him, he immediately realizes, "This does not have its origin in a person: it has its origin in the universal or carnal mind."

One day we have to make a transition from looking to our bank account for our supply, looking to our body for health, or to human beings for our happiness, and realize that wholeness in every department of our life is embodied in the God-consciousness which is our individual consciousness.

Chapter 6: Mind Imbued with Truth

The main function of the mind, however, is to be an avenue of awareness, an instrument whereby we become aware of the presence of God. It is then the transcendental or unconditioned mind.

If we continue satisfied with material abundance alone, or health alone, some day it will be stripped from us. We must be reborn into spiritual awareness.

Chapter 7: Living Divine Sonship

Health is not in or of the body. Health is in Spirit manifested as body. The body is form, and there is no health in it. The health of the body is the health of Spirit. So until you look to Spirit for health, harmony, and intelligence, you are looking amiss. Intelligence is Omnipresence, as is health, because both intelligence and health are qualities and activities of Spirit. The Spirit is the creative principle of man and his body.

This self-surrender, or giving up in order that God may take over, does not have to wait until we reach a point of desperation. At any movement we can agree that we of ourselves are not making too much of a success of life, that humanly we are not doing too well, that we are not attaining our ultimate goal or finding that "peace... which passeth all understanding."

When we live from the standpoint of finding our allness, completeness, and perfection in Spirit, we come eventually to a place where all responsibility falls off our shoulders, and we consciously know that God is living our life. We come to a place of resting, relaxing, and letting thoughts come to us, instead of trying to create them.

We must never forget that spiritual truth should not be placed before the human mind. It must be kept secret and sacred, and voiced only when we are with someone who will receive it in the same spirit of secrecy and sacredness.

Consciously realize that health, supply, happiness, and peace are in God. Begin to work with this principle so that every time you think of health, whether for yourself or for someone else, you realize that health is in Spirit, not in the body. Then drop it. When faced with any discord, whether your own or someone else's, realize that the answer to the problem lies in Spirit.

As you take no thought for your life, you receive divine protection and divine Grace. It requires a surrender of the self so that you may receive the wisdom and the activity within. Then you find that it makes you very active in the outer world, giving you more than enough work to do.

Chapter 8: Beyond Words and Thoughts

When you have any thought in your mind of this world, then you are not in prayer. But when you can drop all concern for this world and abide without words or thoughts in your inner consciousness, you are in prayer and you are in communion with the Source of being.

It means that we can have no personal wishes, no personal desires, not even good ones. Our only desire must be to let Consciousness live our life as our individual experience. Then, without these personal desires, we can be a clear channel for that which is waiting to come through us.

Chapter 9: The Nature of Consciousness

You do not have to go outside yourself for peace, health, or wealth because all these are embodied in your consciousness.

You have an inner consciousness that knows you, that is you. If your thoughts and actions are in accord with your consciousness, you will experience what the world calls reward.

You can receive only in proportion to your giving. Therefore, when you consciously realize your relationship with God, look around you and remember many times a day that this is the truth about your neighbor. The fact that he does not know it makes no difference. You must spread the aroma of the atmosphere in which you live.

Those who turn to the spiritual path for material or human gain must inevitably fail.

Chapter 10: An Idea Whose Time Has Come

If freedom is to be attained and maintained in the world, therefore, it will have to be brought about by replacing self-preservation as the guide to conduct with a love for our neighbor. This requires an unselfedness.

When we first come to a spiritual study, most of us are thinking in terms of the benefit we hope to receive from it. In one way or another the object in seeking any kind of a teaching is self-benefit or some form of self-improvement. It would be very unusual for anyone to go out and look for a teaching that would benefit the world because until consciousness has been spiritualized a person's interests are concerned primarily with himself and his family.

Chapter 11: Transcending Karmic Law

In the moment that you realize that you do not gain satisfaction from the external world in the form of supply, pleasure, or companionship, you are under Grace, and you are free.

Chapter 12: The Revelation of Spiritual Sonship

As spiritual students, we must never do anything without turning within, and then we should listen, never making a move or doing anything without inner guidance. Regardless of how informed and capable you are in any area, first turn within and seek that inner guidance.

Healing is always dependent on the degree of the illumined consciousness of an individual.