

CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING
THE ELECTRONIC SEARCH TOOL

FOR
Living The Infinite Way

CHAPTER 8
“Meditation”

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CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING

FOR

Living The Infinite Way

CHAPTER 8

“Meditation”

Chapter Highlights

...Meditation is the way by which we attain the kingdom of God, and then life is lived by Grace. The ultimate of meditation is a state of complete silence within. The question naturally arises: For one who has not learned the art of inner silence, how is meditation accomplished?

...In contemplative meditation, the student transcends the desire to tell God anything or to ask God for anything.

Pp 89

...“Thou wilt keep Him in perfect peace, whose mind is stayed on thee.... In all thy ways acknowledge Him, and He shall direct thy paths.”

...Contemplating God and the nature of God’s work reveals an infinite law governing this universe, filling us with a peace that eliminates anxious concern.

Pp 90

...As we engage in this spiritual activity of beholding God at work, day in and day out, we are brought to a state of consciousness where thought, of its own accord, slows down and finally stops. Then one day, in a second of silence, the activity or presence of God announces Itself to us, and we know that the kingdom of God is within us.

...In this consciousness finite sense disappears, and the vision is without boundaries. Life is seen and understood as unfettered form and limitless beauty.

Pp 91

...It is not necessary to leave the world to contemplate God's grace, but only to take a little time during the busy days and nights to be close to God. Let us lift our thought to God, open our inner ear to hear the still, small voice, and with our inner eye behold the universe of Spirit, even while our physical eyes are engaged in human activities. Then we are in the world, but not of it.

... once we come to the realization that God's grace is our sufficiency, we are living a life of continuous meditation.

Pp 92

...our only need is the realization of the nature of God and God's government. The contemplation of this leads to other and higher forms of meditation and on to higher levels of consciousness. Eventually, we are led to that place in consciousness where meditation is a total silencing of thought, a complete state of awareness, in which there is an inner alertness, an inner awakening, a state of receptivity and expectancy, into which flows the realization of the presence of God. Beyond that, we need nothing.

Pp 93

...As we persist in such contemplation, God will become an experience. We shall be living in the realization of God continuously flowing forth as our experience.

Pp 94

...This realization of God's love for His universe and for His children is a form of meditation in which there is no desire

that God should love us more than He does, no feeling that God should be doing more than He already is doing.

...In God's love, there are no yesterdays. God's love is flowing now.

Pp 95

...Prayer is a contemplation of *is*. God *is!* Life *is!* Love *is!* Joy *is!*

Pp 96

...Under Grace, being is flooded with light, although not necessarily a visible light; the body is weightless and without sensation; there is a oneness with all life.

Pp 97

...I am not in the earth, or in the tree, or in the bird: I AM these. I AM the gentle movement of the clouds—yet more, the very fleeciness itself; I AM the brightness of the sun and its movement. I AM the breeze in the air, the swaying of palm fronds—yet the palm itself. I look out from the stars—but being also the sky, I hold the stars within me. Beneath is world upon world within my embrace—while I look out from these worlds to the stars above. I AM the life and color of the jade in my ring, and the consciousness of the organs of my body.

There is no place where I leave off as the life of one or begin as the life or mind of another, because all is one. I flow through all, in all, as all. I AM also the flow. I AM in musical sounds, yet I AM the sound itself. Of all creation, I AM the essence, the fiber, the fabric, the form, the action, the very mind and the very life.

Pp 98

... “Be still” ...

...Only in deep silence, only in refraining from taking thought, only in the giving up of the struggle for God, for peace, for plenty, for companionship, can these be experienced. Do you “see” what I am saying? God, health, abundance, freedom, friendship— these are not entities or identities—they are experiences.

Pp 99

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Search: “meditation is”

From *The Art of Meditation*

...Meditation is a conscious experience. As suggested earlier, it is a great help to begin meditation with some question, thought, or specific idea on which we wish enlightenment. We begin with the idea of receiving an unfoldment from God.

The Art of Meditation
Chapter 5 – “The Difficulties”

From *The Art of Spiritual Living*

...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.

...I must remember that I live by every word that I receive within myself, every word that proceeds out of the mouth of God and comes to my inner listening ear. I live principally by that which is imparted through the still small voice within me. This entire meditation is turning you within.

The Art of Spiritual Living
Chapter 1 – “The Ministry Within”

From The 1959 Hawaiian Village Open Class

...Meditation is really the gateway to heaven if meditation is understood. Be at peace in meditation and you cannot be at peace if you want something. You cannot be at peace if you have a desire. You cannot be at peace if you are longing for something or if you are feeling a sense of separation. You can only be at peace when you are in communion with the divine Spirit.

259A Hawaiian Village Open Class
“The Way of Meditation”

Search: “how is meditation”

From *The Heart of Mysticism, Volume Two*

...The question naturally arises: For one who has not learned the art of inner silence, how is meditation accomplished? The ultimate of meditation is attaining a state of complete silence within.

The Heart of Mysticism, Volume Two
Chapter 7 – “Meditation for Beginners”

Search: “contemplating”

From *The Art of Spiritual Living*

...Life becomes a going from one meditation to another until eventually the day comes when you are meditating without

closing your eyes. You are meditating while driving your car, because you are inwardly contemplating the truth of being. No matter what you are doing, there is always some area of consciousness, some space in your mind, wherein you can contemplate reality even while doing the mundane things of life.

The Art of Spiritual Living
Chapter 10 – “The Invisible”

From *The Government of Eden*

...Sit each day—two periods, three periods, four periods—in contemplative meditation or prayer, contemplating God and the things of God, and see how that operates in your particular experience. Then, invite God to reveal His light within you, to give you grace, to open the blind eyes, not the physically blind eyes, the mentally-dulled or spiritually-darkened eyes, so that “I may inwardly see Thee, Truth, Life.”

The Government of Eden
Chapter 5 – “When We Judge By Appearances”

From The 1959 Hawaiian Village Open Class

...Be sure that when you close your eyes in meditation it is to contemplate the divine Presence besides which there is no other. Be sure that your closed eyes represent the outer sign of an inner Grace, a heart and a mind at peace because it is contemplating God. Not fearing error, not fearing this sin, not fearing this disease, contemplating God, the Only, the All, the Infinite, the Omnipotent, the Omnipresent.

259B 1959 Hawaiian Village Open Class
The Way of Meditation

Search: “limitless”

From *Living by Grace*

...The only way to understand and to demonstrate life eternal is to understand God as the source of all being. We do not make this true; it already *is* true....Whatever happens in our experience is the result of an activity in our own consciousness. The moment we open our consciousness and realize our relationship with the Vine and the Husbandman, the flow begins.

Living by Grace

Chapter 7 – “God, the Source and Substance”

Search “meditation as”

From The 1956 Johannesburg Practitioner Class

...We don't depend on meditation for our good; we use meditation as an avenue through which to contact God, but we don't feel that meditation has any power in and of itself to do anything for us; it is an instrument like the body. We use the meditation as an instrument through which we make God contact, but we have no superstitious belief that a meditation can do something for us. God-realization can because that's realization of cause, not of effect. Is that clear?

651B 1956 Johannesburg Practitioner Class
“Galatians Chapter 3”

From The 1961 Los Angeles Open Class

...Let me say to you, first of all, that The Infinite Way has given to the world two different features, two different aspects of religious life that constitute the reason for the message and the reason for whatever measure of success the message has had. First of all, The Infinite Way has introduced

into the Western world, meditation—meditation as a way of life. Meditation as a means of contacting the Source of being—the creative principle of Life.

393B 1961 Los Angeles Open Class
“Meditation and Treatment of The Infinite Way”

Search: “become an experience”

From *Practicing the Presence*

... We never know when God will speak to us, but of this we may be assured: If we live in meditation, giving sufficient periods to maintaining our contact with the Presence, we shall be under God’s government, and at any moment that there is a necessity or a need, God will speak to us. It is within us that the contact must be made. Until it has been made, the Spirit of God in man is merely a promise; the Christ is but a word or a term. It must become an experience, but until it does become an experience, the question may well be raised: Is there a Spirit within man? Is the Christ real? Withinness is the secret.

Practicing the Presence
Chapter 7 – “Meditation”

From *The Government of Eden*

...How do we bring the divine Presence into our affairs? Meditation and inner communion—not just knowing the letter of truth and being satisfied. If we maintain our contact, we will live under God’s government. It must become an experience.

The Government of Eden
Chapter 6 – “When We are Tempted to
Argue or Fight: “Don’t Fight 5!”

Search: “deep silence”

From The 1953 First New York Lecture Series

...When the “still small voice” speaks in your ears it is very apt to be a thunder, a real thunder; the same thunder that you would hear in deep silence, a thunder so loud yet so still that it shatters the entire universe of mortal belief. It is in this spiritual realm that you find God is not a power that we can use. God is not a power that can be brought into our experience for some purpose of our own, but rather God is the power maintaining and sustaining the universe. God is the power, the creative principle—the law unto its creation.

44A 1953 First New York Lecture Series
“God Neither Gives Nor Withholds”

From *The Art of Meditation*

...Anything that lifts us in consciousness above the clamor of the senses and the noises of this world will serve to bring us into the presence of God. When we reach the divine heights of inspiration, we find God. God is a deep silence; God is a stillness, the stillness of all that is human.

The Art of Meditation
Chapter 6 – “The Earth is the Lord’s”

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