

CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING
THE ELECTRONIC SEARCH TOOL

FOR
The Altitude of Prayer
CHAPTER 6
“Pray Without Ceasing”

JUNE, 2022

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CHAPTER HIGHLIGHTS AND SUPPLEMENTAL READING

FOR

The Altitude of Prayer

CHAPTER 6

“Pray Without Ceasing”

Chapter Highlights

...Every human being is born under the law, not under grace, but under the law of matter, the law of mind, the law of human happenstance, the law of accident, chance, and change.

...No parents, regardless of how much love they give their child, can be certain that he will reach manhood or that he will be a person of morals and integrity. Why? ... Who knows when an accident will take place? Who knows when a bomb will be dropped, a call come to go to war; and death, accident, or insanity follow? Who knows? This is the story of humanhood and this is the story of the human race.

...Can you understand what it would mean to go through life under a grace that would feed, clothe, and house you, that would prevent illness and accidents, and if they occurred, immediately heal them?

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...That is the life the Master proclaimed and taught, and the life he promised to those who follow his teachings. Such a life is possible, but how can the transition be made?

...As a human being, you have no dominion whatsoever. You are acted upon by weather, climate, and food, and if you want to accept it, even by the stars above you. This is not living by the Spirit. To live under grace, you must consciously negate the laws of the world and the world's dominion over you, and by an activity of consciousness become aware of the law of God operating in your experience.

Pp 66

...What I have been telling you is based on a very early unfoldment in my work in which I saw that nothing could happen to me except through my consciousness. God could be filling all space around me, and yet not one bit of God could touch my life unless I consciously opened my consciousness to receive Him.

...In Isaiah, it is clearly stated, "Thou wilt keep him in perfect peace, whose mind is stayed on thee." That is how you find your peace—by keeping your mind stayed on God. God will not do it ... "Lean not unto thine own understanding. In all thy ways acknowledge him." Again it is you!

...If you are to make the transition from being a person whose life is not God-governed to one whose life is God-governed, there is a price to be paid. I can tell you that for the first year or two the price is high and the way is hard. It means consciously remembering the Presence from morning to night.

Pp 67

...Some of you may say, "I have not been able to prove that." But have you been obeying Scripture in living by the word of God? If you have, the moment a problem comes to you that causes any concern, immediately there would flash into your thought, "I am not alone in this, and I do not have to meet it alone. There is a He within me that is greater than this

problem. The kingdom of God is within me; the allness of God is within me; and the very place whereon I stand is holy ground because the presence of God is here.”

...The moment you begin to live in and through the word of God by making it a conscious part of your daily activity, your life begins to change.

Pp 68

...Even the Master said, “I can of mine own self do nothing.” But the Father within, the Infinite Invisible that God planted in you in the beginning, “before Abraham was,” makes it possible for you to do all things and for all things to be done through you. Nothing is impossible to the Christ. Where is the Christ? It is the Spirit of God in you. Nothing is impossible to It.

Pp 68-69

...To begin your journey on the spiritual path, you must have at least three periods a day for prayer, meditation, and inner communion. Eventually you will increase these periods to from twenty to thirty each day....*Thank You, Father, for omnipotence, omnipresence, and omniscience. Thank You, Father, that besides You there is no other power. There is no power of destruction, no power of time or place, no power of age, no power of sin, no power of disease, no power of the carnal mind—just no power but the power of God’s grace here where I am....*One minute of this twenty times a day would change your life so rapidly that soon your friends and relatives would not recognize you.

Pp 69

...To practice meditations of only a few seconds’ duration, you do not have to close your eyes, nor do you even have to sit down. You can pray while in your office working, at home, cooking or housecleaning, or while you are driving your car.

Pp 70

...Just ten seconds now and then are enough to keep you consciously in the atmosphere of God, to serve to fulfill Scripture in your experience, and to maintain the contact between you and your Source.

...To be in prayer means to be in a listening attitude, in an inner stillness, not cluttered up with outside noises. Then if the Voice should speak, we are able to hear It.

Pp 71

...Beginning in the morning with the recognition that this is the day the Lord has made and stopping periodically to remember some passage of Scripture is building the temple with truth.

...At breakfast time, again there is a momentary pause just to say, "Thank You, Father, the earth is full of Your bounty."... Later some problem may be presented to you greater than your ability to solve, and that is an opportunity for another ten seconds just to remember, "He performeth the thing that is appointed for me....The Lord will perfect that which concerneth me."

Pp 72

...Just as you begin your day by knowing the truth, so you retire at night with an activity of truth in your consciousness which changes the nature of your night's rest. *I am not going to sleep as a human being. I am resting in the divine consciousness of the Truth I have embodied during these many years...*

...As many times a day as you can think of it—later you will do it without consciously thinking of it—blink the eyes, if it is only for a second, and remember Omnipresence, Omnipotence, or Omniscience.

Pp 73

...The first month or two of a life of prayer may be difficult, but after a couple of months of this practice, a person could no more go through a fifteen-minute period without some conscious realization of God than he could go fifteen minutes without breathing.

...You can be of no greater help to anyone than the measure of truth established in your consciousness....Your consciousness is constituted of the word of God, and as you go out into the world, you carry God's grace everywhere you walk.

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...You learn never to leave your home without a conscious realization of truth. When you have completed this, you can sit quietly and wait in the receptive atmosphere created by your knowing of the truth until you feel the seal of God upon you.

Pp 74-75

...In this morning preparation, you must provide a minute for consciously releasing all those who have given offense, whether it is against you, democracy, justice, or the word of God. Set them free! Release them! Be willing that they be forgiven without penalty. Be sure that you are praying that God open the minds and the souls and the consciousness of those whom you call enemies.

Pp 75

...Your consciousness is as infinite as God because God constitutes your consciousness, and God is infinite. All who are embraced in your consciousness are embraced in the law of God, if you know it and consciously remember it.

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...And so, in the morning before you leave your home and at night before you go to bed, lesson number one, the first step, very short, very sweet, very gentle: acknowledge God within. The rest of the flight of stairs leads all the way up to heaven.

Pp 77

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Search: “as a human being”

From The 1956 Chicago Open Class

...The greatest change that is to take place in the next century in the religious world will be the realization that you are infinite. That will be the next great religious discovery. It was the subject of one of my classes given many years ago. The first night of that class, it was revealed to us that God is infinite Being. But on the second night it was revealed that God is infinite *individual* being, that God is your being and mine. If that's true, then our being is infinite. Now of course, you are not infinite as a human being, and I am not infinite as a human being, but the being of us is infinite and we do not have to go any further than within our own being to find our infinity. God is our being, and as we close our eyes to our human limitations—go within, find that center—you will find that when you have made contact that there's not two, there's only one, and God is that one.

157 B 1956 Chicago Open Class
“Essentials of Prayer”

From *The Art of Spiritual Living*

...The revelation that brought forth this message was the discovery that as a human being I was cut off from God and knew all the evils of humanhood. As soon as an inner contact was made and that Something took over the living of my life, even though some of the evils of this world continued to come near my dwelling place, they were not of the major nature from which most of the world suffers. Problems come now and then, yes, but each problem that comes is now only another opportunity to go deeper into that Spirit and bring forth more of the Word.

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

Search: “twenty times a day”

From *The Art of Spiritual Healing*

... We already know the secret: The Father is in me, and I am in Him, and we are in each other. That secret we know. Now without any words and without any thoughts, twice a day, three times a day, four times a day, and by next year, twenty times a day, we must go within, if only for half a minute, to acknowledge the Presence, to feel the divine Energy, the divine Spark, and so live that all men coming within range of our consciousness feel the outpouring of God upon them. We are God’s instruments; we are God’s servants.

The Art of Spiritual Healing
Chapter 17 – “If I Be Lifted Up”

Search: “a listening attitude”

From The 1960 First London Closed Class

...I could go along that contemplative form of meditation for 10, 20, 30 minutes, and eventually my mind would get perfectly calm and still, and I would enter a second stage of

meditation, which is a state of receptivity. It is now where the mind is calm; thoughts no longer flow; my inner ears are open and I'm saying, "Speak, Lord, thy servant heareth." And then it may be for 10 seconds or 20 or 30 that I sit there in a listening attitude. It may not last for any longer than 10 or 12 seconds, and then I stop and my meditation is complete... eventually, as I practice this form of meditation, I find that the first stage, the contemplative meditation, is shorter. It takes only three or four or five minutes to enter into an inner stillness, a listening attitude, and the second stage is longer, that one of listening. And then follows—and it may not follow for days or weeks or months—but there eventually follows another stage in which I become aware of an actual Presence within me, a Something. It may be a feeling; it may just be a sensing, an awareness; but I do know, now, that there is Something down here, and it brings a smile to my face because I know, now, that I'm not alone.

340 B 1960 First London Closed Class
"I—Beyond Time or Space: I—Unlimited Being"

From *A Parenthesis in Eternity*

...Wherever there is this recognition of the presence and the Spirit of God, the power of God is flowing, maintaining our mental, moral, financial, and physical freedom, and then whenever a need appears, we create what seems like a vacuum within us, a listening attitude, and in that second, the right word comes to us, the word of God which is quick and sharp and powerful, and which does the work of healing, reforming, and sustaining.

Parenthesis in Eternity
Chapter 7 – "The Sacred Word"

Search: “life of prayer”

From The 1958 London Closed Class

...In the one sense, when we are through with our words and thoughts, we sit back in the Silence and then the prayer takes place. The silence isn't really the prayer. The Silence is the atmosphere through which the prayer is made manifest, through which the Word of God is made manifest, but actually, this other statement is going beyond that. It is saying prayer is a way of life—that goes back to Paul's statement—“Pray without ceasing.” When prayer is a way of life, then prayer is everything that you do from the minute you awaken in the morning until you go to sleep at night, and then wake up in the morning. It is all part of the activity of prayer, because at no time is your thought on the structural universe, but on the Invisible. The structural is present only as your sense of a world. In other words, when you come to the place where you are living a life of prayer, this that appears to be a structural universe is merely an adjunct to your life. In other words, you eat structural food and you have structural flowers about, or so it would seem, and you are meeting with people who seem to be structurally built, but actually, your whole consciousness is centered not on the structural appearance, but on the invisible essence. Then you are living a life of prayer...

226 B 1958 London Closed Class

“The Letter and the Spirit—You Cannot Meet a Problem
on the Level of the Problem”

Search: “who are embraced”

From The 1957 Kailua Advanced Class

...Now if I live in this consciousness throughout the day and throughout the night, I am a blessing and a benediction unto myself, my life, my career, and unto all who are embraced in that consciousness of truth.

180 A 1957 Kailua Advanced Class

“Where the Spirit of the Lord Is, There Is Liberty”

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