

## Joel's World Work Meditations

“For your own unfoldment and that of your family, patients, and students, give as many meditation periods as possible for the purpose of renewing yourself in the Spirit of the Lord. But, in addition to that, give three periods out of every twenty-four hours to the world. This is your contribution to world freedom. Therefore, three times each day open out a way for the Spirit of the Lord God which is upon you to escape into the world.

“Let your first meditation period be only for the purpose of feeling a consciousness of God's presence. When that has been achieved, that is the end of that period of meditation for the world. In your second meditation dedicated to world freedom, again achieve a conscious awareness of God's presence and realize that this realization of the Christ is dispelling material sense in human consciousness. Begin your third meditation once again with a realization of the Christ, and then recognize that that realization of the Christ is dispelling material sense and opening human consciousness to a receptivity to truth.

“That is your gift to the world – little enough to give for the priceless gift you have received. Through these meditations, you are admitting the Christ into human consciousness three times a day, thereby creating in humankind the desire for spirituality, a hunger and thirst for spiritual righteousness and freedom.

“This realization of the Christ is already an activity of Infinite Way students all over the world. Out of the twenty-four hours of the day, there is not a single thirty minute period when, in some place of other, this work of realizing the Christ is not going on. It has been given to me that if a band of realized Christ-consciousness is formed around the world, it will touch and awaken individual consciousness and bring lasting freedom to the world.”

(From *The Heart of Mysticism*, Letter for July 1959, “Spiritual Freedom,” pp. 1156-1157)