

**Optional Study and Practice Suggestions for Chapter 6,
“I, If I Be Lifted Up,”
in *I Stand on Holy Ground***

Our study book, *I Stand on Holy Ground*, is the collection of the 1976 Infinite Way Monthly Letters. Joel treasured the Monthly Letter as a fresh outline of study and practice for students each month. Once he said that if he had to give up all Infinite Way activities but one, the one he would keep was the Monthly Letter. But he emphasized that the Letter is only of value when we take what is in it and practice it; apply it in our daily lives.

As a Monthly Letter, Chapter 6 is true to form. It is replete with instruction for study and practice, derived from two of Joel’s class sessions.

1. Listen to the Second Recording for This Chapter

In our online meetings, we heard the first recording, #235A, that was used for this chapter. To get the fullness of the message that is given in Chapter 6, we highly recommend that you hear recording 235B, which is a continuation of 235A. It is an excellent lesson, in which Joel elaborates on several points in the chapter, giving more illustrations and insights.

2. Take Stock of What You Have Learned

In these classes, Joel counsels us yet again that the degree of our study and practice will determine our degree of illumination. So once you have studied the chapter and listened to both recordings, you may want to take stock of what you have absorbed from them. Joel refers to this process as “picking out the pearls.”

There are many ways to do this. One that might appeal to you is to see if you can answer the following questions, which are based on the chapter and the recordings, and which touch on many of the key points. In answering them, you may find that related ideas come to you that did not appear in the book or the recordings. That’s wonderful; include those ideas in your answers.

Of course, in doing an exercise such as this, we recognize that it is just another study tool to help us learn and practice the correct letter of truth. Being able to answer questions is not the same as having a developed consciousness, but it can be helpful as a way to help develop that consciousness.

1. What is responsible for the good and the discord that comes into our experience?
2. Joel says that to be free of discord and inharmony, we must be in alignment with the laws of God, or the laws of spiritual living as revealed by Jesus Christ and other great spiritual lights. He speaks about minor steps and major steps that we can take in this regard. What are the minor ones? What are the major ones?
3. Joel tells us that we should have only one concern before we even think of helping the world, or healing, or teaching truth, or blessing mankind. What is that one concern?

4. How do we become “children of God?”
5. Joel says, “There must be realization for demonstration.” What does that mean?
6. Joel says, “If you do not know the nature of God, you will not know how to pray.” What does he mean?
7. Joel says that you will not find it easy to make the transition from the material sense of life in which there are two powers to the spiritual awareness of life in which God alone is power and there isn’t any other power. But he gives us a way that helps us make that shift. What is that way?
8. Joel said that God’s good comes to us not by might nor by power. In other words, it does not come with struggle, or strife, or by pleading with God for what is our divine right as children of God. He says that we must learn to accept our good because of the **grace** of God. What does he mean by grace?

If you would like to see examples of some possible answers to these questions, [click / tap here](#). But before you look, try to answer the questions yourself.