

# 2005 Study Guide

*And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind. For all these things do the nations of the world seek after; and your Father knoweth that ye have need of these things. But rather seek ye the kingdom of God and all these things shall be added unto you. Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. - Luke 12:29-32*

The trustees of the Valor Foundation have chosen the Infinite Way Letters of 1973, Seek Ye First, for the 2005 Study Guide. This is the third of the new eleven book series made up of The 1971-1981 Infinite Way Letters, prepared and edited by Lorraine Sinkler, from Joel S. Goldsmith's tape recorded classwork. They are fine-quality soft cover books which include Scriptural References and Notes, as well as a listing of the tape recorded classes corresponding to each chapter of the book. In this way students can work with the cassettes along with each monthly letter. The Valor Website also provides suggestions for using Lorraine's class work with each month's study.

"Go back to the teaching of the Master: 'Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on.' That certainly includes your health and longevity. Take no thought for anything that touches your human life, but 'seek ye the kingdom of God,' the kingdom of Spirit, the grace of Spirit, the consciousness of Spirit. Seek these things only, and then all the other things will be added." (The August, 1973 Letter)

*God is our refuge and strength, a very present help in trouble. Therefore, will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. - Psalm 46:1-4*

JANUARY      **"The Inner Kingdom"**  
                    Seek Ye First, Chapter 1

**The 1981 Pasadena Closed Class**  
Tape 3; Side 1; Catalog No. 8111 - The Ultimate of Mysticism

FEBRUARY    **"The Spiritual Goal"**  
                    Seek Ye First, Chapter 2

**The 1976 Palm Beach Class**  
Tape 4; Side 1; Catalog No. 7604 - The Mystical Consciousness and Impersonalization

MARCH

**"Being Aware of God's Ceaseless Activity"**

Seek Ye First, Chapter 3

**The 1977 Sydney, Australia Class**

Tape 1; Side 1; Catalog No. 7703 - The Way to the Source

APRIL

**"We Cannot Solve a Problem on the Level of the Problem"**

Seek Ye First, Chapter 4

**The 1981 Pasadena Closed Class**

Tape 2; Side 2; Catalog No. 8110 - Awakening to the Nonpower of Appearances

MAY

**"Illumination through Meditation"**

Seek Ye First, Chapter 5

**The 1972 Vail, Colorado Closed Class**

Tape 1; Side 2; Catalog No. 7201 - Toward Illumination

JUNE

**"Steps to Union with God"**

Seek Ye First, Chapter 6

**The 1972 Vail, Colorado Closed Class**

Tape 2; Side 1; Catalog No. 7202 - Living in the Rhythm of the Spirit

JULY

**"The Practicality of Illumination"**

Seek Ye First, Chapter 7

**The 1972 Vail, Colorado Closed Class**

Tape 3; Side 2; Catalog No. 7203 - The Basis for the Mystical Life

AUGUST

**"Spiritual Fruitage through Understanding"**

Seek Ye First, Chapter 8

**The 1977 Auckland, New Zealand Class**

Tape 1; Side 1; Catalog No. 7701 - Purpose and Fruitage of Meditation

SEPTEMBER

**"Meditation on Nonpower"**

Seek Ye First, Chapter 9

**The 1980 Palm Beach Class**

Tape 2; Side 2; Catalog No. 8002 - Living the Principle of One Power

OCTOBER

**"Dominion"**

Seek Ye First, Chapter 10

**The 1984 Florida Closed Class**

Tape 2; Side 1; Catalog No. 8404 - Attaining Dominion

NOVEMBER

**"Access to the Kingdom of God"**

Seek Ye First, Chapter 11

**The 1977 New York Class**

Tape 1; Side 2; Catalog No. 7707 - How Personalization Blocks the Flow of Spirit

DECEMBER

**"Fulfillment of Spiritual Identity through Meditation, Contemplation, and Communion"**

Seek Ye First, Chapter 12

**The 1976 Palm Beach Class**

Tape 2; Side 2; Catalog No. 7602 - Rising Above "This World"