

Prologue

A Long, Long Time Ago

BIBLE

Saul was thirty years old when he became king, and he reigned over Israel forty-two years.¹

Now the Spirit of Yahweh departed from Saul, and an evil spirit from Yahweh troubled him.² Saul's servants said to him, "See now, an evil spirit from God troubles you."³

"Let our lord now command your servants who are before you, to seek out a man who is a skillful player on the harp. It shall happen, when the evil spirit from God is on you, that he shall play with his hand, and you shall be well."⁴

Saul said to his servants, "Provide me now a man who can play well, and bring him to me."⁵

David came to Saul, and stood before him. He loved him greatly; and he became his armor bearer.⁶

It happened, when the spirit from God was on Saul, that David took the harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.⁷

COMMENTARY

¹ **1 Samuel 13:2** [*The prologue to the story of the Beatles takes place in the time of Saul and David*] Saul, born circa 1079 BC, was the first King of Israel.

² **1 Samuel 16:14** Saul was being troubled by his carnal nature, the "flesh."

³ **1 Samuel 16:15**

⁴ **1 Samuel 16:16** We are energetic beings and listening to music that makes us feel good raises our vibration, connecting us to Spirit and bringing us into alignment with who we really are, a spiritual being.

⁵ **1 Samuel 16:17** Aldous Huxley: "After silence, that which comes closest to expressing the inexpressible is music."

⁶ **1 Samuel 16:21** David, born circa 1040 BC, was an accomplished singer, songwriter, and harpist before he became the second King of Israel. He is described by Scott Benarde, author of *Stars of David: Rock 'n' Roll's Jewish Stories*, as "the first Jewish rock star. He played an instrument, wrote songs, and chased after women."

⁷ **1 Samuel 16:23** Plato: "Rhythm and harmony find their way into the inward places of the soul."