

Chapter 30

How Long, Lord, How Long?

BIBLE

So he traveled throughout Galilee, preaching in their synagogues and driving out demons.¹

He said, “That which proceeds out of the man, that defiles the man.”² There is a way which seems right to a man, but in the end it leads to death.³

“But if I by the finger of God cast out demons, then God’s Kingdom has come to you.”⁴ Every word of God is flawless. He is a shield to those who take refuge in him.⁵

“Repent therefore, and turn again, that your sins may be blotted out, so that there may come times of refreshing from the presence of the Lord.”⁶ For, whoever will call on the name of the Lord will be saved.”⁷

When he had gone up, and had broken bread, and eaten, and had talked with them a long while, even until break of day, he departed.⁸

COMMENTARY

¹ **Mark 1:39** [*George is the one traveling through Galilee*]

“Demons” are error thoughts.

² **Mark 7:20** We are punished not by God but by our own thoughts and feelings.

³ **Proverbs 16:25** Choices have consequences, and relying solely on our human nature leads to spiritual death.

⁴ **Luke 11:30** Removing “demons” from our consciousness reunites us with God’s Kingdom.

⁵ **Proverbs 30:5**

⁶ **Acts 3:19** To “repent” is to realign with Source by changing our mind.

⁷ **Romans 10:13** To “call on the name of the Lord” is to align ourselves in consciousness with the Divine. We can do this by using “I am,” the name of the Lord as revealed to Moses in Exodus 3:14. We can simply say or think “I am” with or without an object attached. Positive “I am” statements such as “I am healthy” or “I am prosperous” save us because they bring us closer to the Lord, or to our Divine self.

⁸ **Acts 20:11**

In these days, he went out to the mountain to pray, and he continued all night in prayer to God.⁹ Being in agony he prayed more earnestly. His sweat became like great drops of blood falling down on the ground.¹⁰

“Consider how I love your precepts. Revive me, Yahweh, according to your loving kindness.¹¹ For I don't know what I am doing. For I don't practice what I desire to do; but what I hate, that I do.¹²

“For I delight in God's law after the inward man,¹³ but I see a different law in my members, warring against the law of my mind, and bringing me into captivity under the law of sin which is in my members.¹⁴

“My soul is also in great anguish. But you, Yahweh--how long?¹⁵ How long shall I take counsel in my soul, having sorrow in my heart every day? How long shall my enemy triumph over me?¹⁶ Relent, Yahweh! How long? Have compassion on your servants!¹⁷

⁹ **Luke 6:12**

¹⁰ **Luke 22:44** Even the most enlightened among us can feel at times like God has abandoned us. George was no exception. His song “Long Long Long” is about losing your connection to God and then refinding it.

¹¹ **Psalms 119:59**

¹² **Romans 7:15** “I feel hung up and I don't know why,” George laments in “I Want To Tell You.”

¹³ **Romans 7:22**

¹⁴ **Romans 7:23** “But if I seem to act unkind, it's only me, it's not my mind that is confusing things,” George relates in “I Want To Tell You.” He later commented that if he was to rewrite this lyric it would read “But if I seem to act unkind, it isn't me, it's just my mind that is confusing things.”

When our mind serves our spirit and when we use it to solve specific problems it is our best friend. But when we identify with our mind and let it control us, it prevents us from experiencing true happiness and real life.

¹⁵ **Psalms 6:3** In “Long Long Long,” it's been a “long, long, long time” since George has felt the presence of God.

¹⁶ **Psalms 13:2**

¹⁷ **Psalms 90:13**

“My God, my God, why have you forsaken me? Why are you so far from helping me, and from the words of my groaning?”¹⁸

It happened, as he made an end of speaking all these words, that the ground split apart that was under them.¹⁹

There were lightnings, sounds, and thunders; and there was a great earthquake, such as was not since there were men on the earth, so great an earthquake, so mighty.²⁰

After the earthquake a fire passed; but Yahweh was not in the fire: and after the fire a still small voice.²¹

The Lord said to him, “Take your sandals off of your feet, for the place where you stand is holy ground.”²² Haven't I commanded you? Be strong and courageous. Don't be afraid, neither be dismayed: for Yahweh your God is with you wherever you go.²³

“Call to me, and I will answer you, and will show you great things, and difficult, which you don't know.”²⁴ You shall seek me, and find me, when you shall search for me with all your heart.²⁵

¹⁸ **Psalm 22:1** George also questions God in “Long Long Long”: “How could I ever have lost you when I loved you?” George (who tells us that the ‘you’ in this composition from *The Beatles* is indeed God) and the Psalmist are describing the *Dark night of the Soul* experience, a time of spiritual dryness when God seems far away.

¹⁹ **Numbers 16:31** The dark night journey has been compared to an inverted bull curve; at our lowest point, when all seems hopeless, the ego is stripped away, our soul is transformed, and we are reborn into a new, closer union with God.

²⁰ **Revelation 16:18**

²¹ **1 Kings 19:12** God speaks to us in a gentle whisper, a still small voice.

²² **Acts 7:33** George is “stepping out this old brown shoe” in “Old Brown Shoe.” Taking off our shoes and touching the earth is symbolic of changing our ways and removing the barriers that keep us stuck at a lower state of consciousness. We want to be grounded in God.

²³ **Joshua 1:9**

²⁴ **Jeremiah 33:3** Joseph Campbell: “God is a metaphor for that which transcends all levels of intellectual thought. It’s as simple as that.”

²⁵ **Jeremiah 29:13** When we lay aside our mind and seek the Divine with all our heart we will find true peace and joy.

“Behold, I will do a new thing. It springs out now. Don’t you know it? I will even make a way in the wilderness, and rivers in the desert.”²⁶

“I will restore to you the years that the swarming locust has eaten, the great locust, the grasshopper, and the caterpillar, my great army, which I sent among you.”²⁷

“Don’t you be afraid, for I am with you. Don’t be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.”²⁸

“Behold, I am Yahweh, the God of all flesh: is there anything too hard for me?”²⁹

The man bowed his head, and worshiped Yahweh.³⁰ He prayed again, and the sky gave rain, and the earth brought forth its fruit.³¹

“Lord, you have pleaded the causes of my soul; you have redeemed my life.”³² It is good for me that I have been afflicted, that I may learn your statutes.³³

“With the pure, you will show yourself pure. With the crooked you will show yourself shrewd.”³⁴ Make your face shine on your servant. Teach me your statutes.³⁵

²⁶ **Isaiah 43:19** Joyce Meyer: “You have a great God who loves you and cares about you. Be full of hope that something good can happen to you. God is a master at new beginnings. He loves fresh beginnings, He makes all things new.”

²⁷ **Joel 2:25** Once we wake up to our true spiritual identity, the Divine will take away our sense of regret that it didn’t happen sooner. Each of us is on our own path. It takes as long as it takes. No time is wasted.

²⁸ **Isaiah 41:10** Hafiz: “This place where you are right now God circled on a map for you.”

²⁹ **Jeremiah 32:27** Robert Browning: “Ah, but a man’s reach should exceed his grasp, or what’s a heaven for?”

³⁰ **Genesis 24:26** [*“The man” is George*]

³¹ **James 5:18**

³² **Lamentations 3:58** Helen Keller: “I feel the flame of eternity in my soul.”

³³ **Psalm 119:71** “It took a long, long, long time. Now I’m so happy I found you,” George rejoices in “Long Long Long.” (George: “The ‘you’ is God.”)

³⁴ **Psalm 18:26** By spiritual law, what we focus on tends to manifest.

³⁵ **Psalm 119:135** “It’s all too much for me to take, the love that’s shining all around here,” George affirms in “It’s All Too Much.”

“I was so senseless and ignorant. I was a brute beast before you.³⁶ I was mute with silence. I held my peace, even from good. My sorrow was stirred.³⁷

“But I trust in your loving kindness. My heart rejoices in your salvation.³⁸ I had heard of you by the hearing of the ear, but now my eye sees you.³⁹

“Guide me in your truth, and teach me. For you are the God of my salvation, I wait for you all day long.⁴⁰ Don’t throw me from your presence, and don’t take your holy Spirit from me.⁴¹

“Oh keep my soul, and deliver me. Let me not be disappointed, for I take refuge in you.⁴² In you, Yahweh, I take refuge. Never let me be disappointed.⁴³

“Your statutes have been my songs, in the house where I live.⁴⁴ I will delight myself in your commandments, because I love them.⁴⁵

“My heart is steadfast, God, my heart is steadfast. I will sing, yes, I will sing praises.⁴⁶ For you, Lord, are good, and ready to forgive; abundant in loving kindness to all those who call on you.⁴⁷

³⁶ **Psalm 73:22**

³⁷ **Psalm 39:2** “I was searching, so many tears I was wasting,” George laments in “Long Long Long.”

³⁸ **Psalm 13:5** In “Long Long Long” George rejoices in God: “Oh I love you, you know that I need you.” (George: “The ‘you’ is God.”)

³⁹ **Job 42:5** In “Long Long Long,” George has a direct experience with God: “Now I can see you, be you.” To “see” God is to “be” God: to see things from God consciousness.

⁴⁰ **Psalm 25:5** Often we have to wait for our highest good to unfold. Perhaps God is doing a work inside us, preparing our character before conditions manifest on the outside. George: “I could wait forever, I’ve got time.” (“I Want to Tell You”)

⁴¹ **Psalm 51:11**

⁴² **Psalm 25:20**

⁴³ **Psalm 71:1** To take refuge in Yahweh means to come into alignment with the indwelling Christ presence. If we are feeling a negative emotion such as disappointment, this is a signal that we are out of alignment. We need to change our thoughts and begin to see our situation the way God sees it. God is never disappointed.

⁴⁴ **Psalm 119:54** George: “Make love all day long, make love singing songs.” (“Love You To”)

⁴⁵ **Psalm 119:47**

⁴⁶ **Psalm 57:7**

⁴⁷ **Psalm 119:17**

“I know that you can do all things, and that no purpose of yours can be restrained.⁴⁸ This is my resting place forever. Here I will live, for I have desired it.⁴⁹

“How I love your law! It is my meditation all day.⁵⁰ Now give me wisdom and knowledge, that I may go out and come in before this people; for who can judge this your people, that is so great?”⁵¹

He called all the multitude to himself, and said to them, “Hear me, all of you, and understand.⁵² Out of my distress, I called on Yah. Yah answered me with freedom.⁵³

“Yahweh appeared of old to me, saying, ‘Yes, I have loved you with an everlasting love: therefore with loving kindness have I drawn you.’⁵⁴

“He carried me away in the Spirit to a great and high mountain, and showed me the holy city, Jerusalem, coming down out of heaven from God.⁵⁵ Out of Zion, the perfection of beauty, God shines out.⁵⁶

“I will sing to Yahweh as long as I live. I will sing praise to my God while I have any being.⁵⁷ For Yahweh Most High is awesome. He is a great King over all the earth.⁵⁸ He makes my feet like deer’s feet, and sets me on my high places.⁵⁹

⁴⁸ **Job 42:2** St. Paul: “I can do all things through Christ, who strengthens me.”

⁴⁹ **Psalm 132:14** In “Long Long Long” George desires to live in God forever: “How can I ever misplace you, how I want you.”

⁵⁰ **Psalm 119:97** Saint Francis de Sales: “By turning your eyes on God in meditation, your whole soul will be filled with God. Begin all your prayers in the presence of God.”

⁵¹ **2 Chronicles 1:10**

⁵² **Mark 7:14** [*“He” is George*]

⁵³ **Psalm 118:5** In “It’s All Too Much” George prays for the freedom that God consciousness provides: “Sail me on a silver sun, where I know that I am free.”

⁵⁴ **Jeremiah 31:3**

⁵⁵ **Revelation 21:10**

⁵⁶ **Psalm 50:2** Ralph Waldo Emerson: “Never lose an opportunity of seeing anything beautiful, for beauty is God’s handwriting.”

⁵⁷ **Psalm 104:33**

⁵⁸ **Psalm 47:2**

⁵⁹ **Psalm 18:33** George: “There’s high, and there’s high, and to get really high- I mean so high that you can walk on the water, that high- that’s where I’m going...to really get high, you have to do it straight. There are special ways of getting high without drugs- with yoga, meditation and all those things.”

“I will praise the name of God with a song, and will magnify him with thanksgiving.⁶⁰ For Yahweh gives wisdom. Out of his mouth comes knowledge and understanding.”⁶¹

He said, “Yahweh says, ‘Make this valley full of trenches.’⁶² For I will pour water on him who is thirsty, and streams on the dry ground. I will pour my Spirit on your descendants, and my blessing on your offspring.”⁶³

Yahweh appeared in the Tent in a pillar of cloud, and the pillar of cloud stood over the Tent’s door.⁶⁴ A voice came out of the cloud, saying, “This is my beloved Son. Listen to him!”⁶⁵

Yahweh came down in the cloud, and spoke to him, and took of the Spirit that was on him, and put it on the seventy elders. When the Spirit rested on them, they prophesied, but they did so no more.⁶⁶ They remembered that God was their rock, the Most High God, their redeemer.⁶⁷

Nevertheless the people sacrificed still in the high places, but only to Yahweh their God.⁶⁸ All of Mount Sinai smoked, because Yahweh descended on it in fire; and its smoke ascended like the smoke of a furnace, and the whole mountain quaked greatly.⁶⁹

⁶⁰ **Psalm 69:30** Rhonda Byrne: “Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have and you will attract more good things.”

⁶¹ **Proverbs 2:6** Willie Nelson: “When I started counting my blessings, my whole life turned around.”

⁶² **2 Kings 3:16** The still, small voice tells us to prepare the way for our blessings to rain down upon us.

⁶³ **Isaiah 44:3**

⁶⁴ **Deuteronomy 31:15** The “cloud” is the presence of God.

⁶⁵ **Luke 9:35**

⁶⁶ **Numbers 11:25** George, having dealt with his own crisis of faith, is now able to help others. The Spirit that is now on him is put on the others that are present. The consciousness of the entire group is lifted.

⁶⁷ **Psalm 78:35**

⁶⁸ **2 Kings 15:35** Being in “the high places,” under the influence of marijuana or other psychoactive drugs, has been shown to increase alpha wave brain activity. The production of alpha waves, which are connected to a relaxed mental state, also increases during meditation.

⁶⁹ **Exodus 19:18** George: “Reefers [marijuana] are hard to avoid in the Beatles story”

The angel of God, who went before the camp of Israel, moved and went behind them; and the pillar of cloud moved from before them, and stood behind them.⁷⁰

According to the custom of the priest's office, his lot was to enter into the temple of the Lord and burn incense.⁷¹

His breath kindles coals. A flame goes out of his mouth.⁷² He took also of the seed of the land, and planted it in a fruitful soil; he placed it beside many waters; he set it as a willow tree.⁷³

He stood, and blessed all the assembly of Israel with a loud voice, saying,⁷⁴ "If it seems evil to you to serve Yahweh, choose this day whom you will serve; whether the gods which your fathers served that were beyond the River, or the gods of the Amorites, in whose land you dwell: but as for me and my house, we will serve Yahweh!"⁷⁵

When the cloud stayed on the tabernacle many days, then the children of Israel kept Yahweh's command, and didn't travel.⁷⁶

Then the cloud covered the Tent of Meeting, and Yahweh's glory filled the tabernacle.⁷⁷ He who sat on the cloud thrust his sickle on the earth, and the earth was reaped.⁷⁸

⁷⁰ **Exodus 14:19** [*The "angel of God" is George*]

⁷¹ **Luke 1:9** In the Sixties, peoples perception of incense was often tied to pot and the drug culture. Today, incense is more likely to be associated with holistic healing, aromatherapy, and reaching higher consciousness through the senses.

⁷² **Job 41:21** The Beatles became enthusiastic users of marijuana once they were introduced to it by Bob Dylan in August 1964. Pot gave them a new sense of freedom and changed their perceptions, and these effects began to show up immediately in their music .

⁷³ **Ezekiel 17:5** The trend toward legalizing marijuana for personal use seems irreversible. By 2021, all but two states in the US had decriminalized it for medical or nonmedical use, and a Pew Research study conducted that same year indicated that 91% of adults in the country now support legalization. Society seems to be moving in the direction of giving people more freedom to live their lives as they wish so long as it does not directly harm others, and the Beatles, perhaps, have played a significant part in this cultural shift.

⁷⁴ **1 Kings 8:55**

⁷⁵ **Joshua 24:15**

⁷⁶ **Numbers 9:19**

⁷⁷ **Ezekiel 40:34**

⁷⁸ **Revelation 14:16**