

## Chapter 37

# Hey Jude

### BIBLE

So the woman left her water pot, and went away into the city, and said to the people<sup>1</sup> “Peace be within your walls, and prosperity within your palaces.”<sup>2</sup>

When Judah saw her, he thought that she was a prostitute, for she had covered her face.<sup>3</sup>

He said “I have observed all these things from my youth up.<sup>4</sup> They haven't cried to me with their heart, but they howl on their beds. They assemble themselves for grain and new wine. They turn away from me.”<sup>5</sup>

But Paul cried with a loud voice, saying “don't harm yourself, for we are all here!”<sup>6</sup>, and commanded Judah to seek Yahweh, the God of their fathers, and to do the law and the commandment.<sup>7</sup>

“Rejoice, young man, in your youth, and let your heart cheer you in the days of your youth, and walk in the ways of your heart, and in the sight of your eyes; but know that for all these things God will bring you into judgment.”<sup>8</sup>

### COMMENTARY

<sup>1</sup> **John 4:28** [*The woman is Yoko Ono*]

<sup>2</sup> **Psalms 122:7** Yoko remains today an activist for peace and human rights.

<sup>3</sup> **Genesis 38:15** [*“Judah” is John’s son Julian*]

Paul was inspired to write “Hey Jude” as a way to console Julian after his parents John and Cynthia had split up. As he was writing the song, Paul changed the characters’ name from Julian to Jules to, finally, Jude, which is a shortened version of Judah.

Julian’s relationship with Yoko was difficult from the beginning. Only in recent years have they decided to “give peace a chance.”

<sup>4</sup> **Luke 18:21**

<sup>5</sup> **Hosea 7:14** John, admittedly never a great father to Julian, turned away from his son once again to spend time with Yoko. Among the various public and private activities that the couple were involved in were their famous “bed-ins” staged for peace.

<sup>6</sup> **Acts 16:28**

<sup>7</sup> **2 Chronicles 14:4**

<sup>8</sup> **Ecclesiastes 11:9** When the heart is open, anything is possible.

The young man said to him, “All these things I have observed from my youth. What do I still lack?”<sup>9</sup>

The angel said to him, “Get dressed and put on your sandals.” He did so. He said to him, “Put on your cloak, and follow me.”<sup>10</sup> I will teach you about the hand of God. That which is with the Almighty will I not conceal.<sup>11</sup>

“Sing to Yahweh a new song! Sing to Yahweh, all the earth.”<sup>12</sup>

“Depart from evil, and do good. Live securely forever.”<sup>13</sup> A good tree can't produce evil fruit, neither can a corrupt tree produce good fruit.<sup>14</sup>

“Listen, my son, and be wise, and keep your heart on the right path!”<sup>15</sup> A wise man fears, and shuns evil, but the fool is hot headed and reckless.<sup>16</sup>

“Happy is the man who finds wisdom, the man who gets understanding.”<sup>17</sup> When he has found it, he carries it on his shoulders, rejoicing.<sup>18</sup>

<sup>9</sup> **Matthew 19:20**

<sup>10</sup> **Acts 12:8** [*“The angel” is Paul*]

<sup>11</sup> **Job 27:11**

<sup>12</sup> **Psalm 96:1** “Take a sad song and make it better,” Paul recommends to Julian in “Hey Jude.” The advice Paul gives in his masterpiece is for all of us; it’s message is timeless and universal.

<sup>13</sup> **Psalm 37:27**

<sup>14</sup> **Matthew 7:18** “Don’t make it bad,” Paul tells Julian in “Hey Jude.” Through spiritual law, like attracts like, and we don’t attract good things, or the things of God, with bad thoughts and intentions.

<sup>15</sup> **Proverbs 23:19**

<sup>16</sup> **Proverbs 10:18** “It’s a fool who makes his world a little colder,” Paul tells Julian in “Hey Jude.”

<sup>17</sup> **Proverbs 3:13**

<sup>18</sup> **Luke 15:5** “The movement you need is on your shoulders,” Paul reminds Julian in “Hey Jude.” John loved this line because it encouraged people to take responsibility for themselves. When Paul played an early version of the song to him, he told him that he was planning to replace this lyric. Paul thought that it was nonsensical, and also repetitive since he had already used the word “shoulder” elsewhere in the song. But John insisted that he include it in the final version: “Leave it in. I know what it means,” he said. “It’s probably the best line in the song.”

“A high look, and a proud heart, the lamp of the wicked, is sin.”<sup>19</sup>

“He who sins is of the devil, for the devil has been sinning from the beginning. To this end the Son of God was revealed: that he might destroy the works of the devil.”<sup>20</sup>

“Put on the full armor of God so that you can take your stand against the devil’s schemes.”<sup>21</sup>

<sup>19</sup> **Proverbs 21:4** A high look and a proud heart keeps us stuck in a lower state of consciousness. This is “sin,” since it separates us from God. In “Hey Jude,” Paul advises Julian to surrender his pride and “let her into your heart.”

<sup>20</sup> **1 John 3:8** The “devil” is not an evil force, but it is powerful because it represents the sum total of all wrong thinking on the part of man. The antidote for the devil is the Son of God, or the Christ.

<sup>21</sup> **Ephesians 6:11** In “Hey Jude,” Paul tells Julian to “refrain, anytime you feel the pain.” Whenever we experience emotional pain and suffering, we don’t want to ignore what we are feeling, but we do want to refrain from dwelling on our predicament with negative thoughts that only make the problem worse. This is the best approach: *reframe*, anytime you feel the pain. “Put on the full armor of God” and contemplate the situation from the highest point of view, from Christ consciousness.

British author and philosopher Thomas Troward: “If you contemplate with thoughts that match originating Spirit, you have the same power as originating Spirit.”

“It will happen in that day, that his burden will depart from off your shoulder, and his yoke from off your neck, and the yoke shall be destroyed because of the anointing oil.”<sup>22</sup>

“Now why do you wait? Arise, be baptized, and wash away your sins, calling on the name of the Lord.”<sup>23</sup>

“Yahweh upholds all who fall, and raises up all those who are bowed down.”<sup>24</sup> Therefore don't be anxious, saying, 'What will we eat?', 'What will we drink?' or, 'With what will we be clothed?'<sup>25</sup> But seek first God's Kingdom, and his righteousness; and all these things will be given to you as well.<sup>26</sup>

“The things which you learned, received, heard, and saw in me: do these things, and the God of peace will be with you.”<sup>27</sup> For wisdom will enter into your heart. Knowledge will be pleasant to your soul.<sup>28</sup>

<sup>22</sup> **Isaiah 10:27** “Don’t carry the world upon your shoulders,” Paul advises Julian in “Hey Jude.” It may indeed seem like we are carrying the world upon our S-H-O-U-L-D-ers when we are driven by too many S-H-O-U-L-D’s. Thoughts or statements such as “I should have done this” or “He should have done that!” tend to create negative feelings such as frustration, guilt, disappointment or anger, separating us from our Source. *Should*’s come from our inner critic, from having unrealistic expectations, and from not being true to our own values.

<sup>23</sup> **Acts 22:16** “Begin, you’re waiting for someone to perform with,” Paul advises Julian in “Hey Jude.” When we “wash away [our] sins, calling on the name of the Lord,” we are realigning ourselves with Source energy.

<sup>24</sup> **Psalms 145:14**

<sup>25</sup> **Matthew 6:31** In “Hey Jude” Paul urges Julian to relax and take a deep breath: “Let it out and let it in” is his advice.

<sup>26</sup> **Matthew 6:33** When we align ourselves with our higher nature, we allow our Source to provide for us.

<sup>27</sup> **Philippians 4:9**

<sup>28</sup> **Proverbs 2:10**

“Yahweh will keep you from all evil. He will keep your soul.<sup>29</sup> Therefore don't be afraid. You are of more value than many sparrows.<sup>30</sup>

“And further, by these, my son, be admonished: of making many books there is no end; and much study is a weariness of the flesh.<sup>31</sup>

“So then, my beloved, even as you have always obeyed, not only in my presence, but now much more in my absence, work out your own salvation with fear and trembling.<sup>32</sup>

“Consider what I say, and may the Lord give you understanding in all things.<sup>33</sup> I rejoice that in everything I am confident concerning you.”<sup>34</sup>

“Also, Judah, there is a harvest appointed for you, when I restore the fortunes of my people.”<sup>35</sup>

Then he said to him, “Get up, and go your way. Your faith has healed you.<sup>36</sup> Arise; for the matter belongs to you, and we are with you. Be courageous, and do it.”<sup>37</sup>

He was listening to Paul speaking, who, fastening eyes on him and seeing that he had faith to be made whole,<sup>38</sup> said with a loud voice “Stand upright on your feet!” He leaped up and walked.<sup>39</sup>

<sup>29</sup> **Psalms 121:7**

<sup>30</sup> **Matthew 10:31** “Don’t be afraid,” Paul tells Julian in “Hey Jude.”

<sup>31</sup> **Ecclesiastes 12:12** Paramahansa Yogananda: “Read a little. Meditate more. Think of God all the time.”

<sup>32</sup> **Philippians 2:12** Paul is encouraging Julian to stay in alignment with the awesome power of the Divine.

<sup>33</sup> **2 Timothy 2:7** “Don’t let me down,” Paul pleads in “Hey Jude.” John would use this same phrase six months later for his song “Don’t Let Me Down.”

<sup>34</sup> **2 Corinthians 7:16** Paul reassures Julian in “Hey Jude”: “It’s just you, Hey Jude, you’ll do.”

<sup>35</sup> **Hosea 6:11**

<sup>36</sup> **Luke 17:19** Paul is reminding Julian that it is not his words that are making the difference. It is Julian’s own faith in God and faith in the best part of himself that has made him whole.

<sup>37</sup> **Ezra 10:4** Steve Jobs: “You can’t connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something- your gut, destiny, life, karma, whatever. This approach has never let me down and it has made all the difference in my life.”

<sup>38</sup> **Acts 14:9** [**“He” is Judah**]

<sup>39</sup> **Acts 14:10** John, on Paul’s “Hey Jude”: “That’s his best song”

Now after these things had ended, Paul determined in the spirit, when he had passed through Macedonia and Achaia, to go to Jerusalem, saying, “After I have been there, I must also see Rome.”<sup>40</sup>

“I myself am also persuaded about you, my brothers, that you yourselves are full of goodness, filled with all knowledge, able also to admonish others.”<sup>41</sup> The things which you have heard from me among many witnesses, commit the same to faithful men, who will be able to teach others also.<sup>42</sup>

“May Yahweh increase you more and more, you and your children.”<sup>43</sup> Blessed be Yahweh forever more. Amen, and Amen.”<sup>44</sup>

<sup>40</sup> **Acts 19:** After Paul finishes his sermon, “Hey Jude” ends with a four minute mantra-like coda in which the phrase “na” is repeated over 200 times. Mantras, which the Beatles were exposed to in India on their meditation retreat, have psychological and spiritual power. By repeating the same sound over and over the wandering mind is quieted, and consciousness is directed toward the Higher Self. John: “All music is mantra...Pop music is like the people’s mantra, and the offbeat keeps it steady.”

<sup>41</sup> **Romans 15:14** Bob Spitz, *The Beatles* (2005), on “Hey Jude”: “It’s melody is a gorgeous collage of genuinely stirring rhythmic passages woven around an inlay of heartwarming emotions: hope, optimism, faith, strength, encouragement, affection. The lyric is loaded with empathy, and Paul’s soulful performance establishes a mood of haunting tenderness that swells at the top of each successive line.”

<sup>42</sup> **Timothy 2:2**

<sup>43</sup> **Psalm 115:14**

<sup>44</sup> **Psalm 89:52** “Hey Jude” was released together with “Revolution” in August 1968, as a 45 rpm single. Coincidentally, in the Bible the books with the similar sounding names *Jude* and *Revelation* appear together. They are the last two books of the Bible.