

Chapter 35

Nothing's Gonna Change My World

BIBLE

These things were done in Bethany beyond the Jordan, where John was baptizing.¹ When the disciples saw him walking on the sea, they were troubled, saying, "It's a ghost!" and they cried out for fear.²

The angel said to them, "Don't be afraid, for behold, I bring you good news of great joy which will be to all the people.³ Now therefore, sons, listen to me. Pay attention to the words of my mouth.⁴

"For as the rain comes down and the snow from the sky, and doesn't return there, but waters the earth, and makes it bring forth and bud, and gives seed to the sower and bread to the eater;⁵ so shall my word be that goes forth out of my mouth. It shall not return to me void, but it shall accomplish that which I please, and it shall prosper in the thing I sent it to do."⁶

Then he turned his face to the wall, and prayed to Yahweh, saying,⁷ "To you, Yahweh, do I lift up my soul.⁸ Make your face to shine on your servant. Save me in your loving kindness."⁹

COMMENTARY

¹ **John 1:28** To be "baptized" is to be purified, initiated into a new way of thinking.

² **Matthew 14:26** "You don't know what it's like to listen to your fears," John cautions us in "Hey Bulldog." Being fearful can delay God's plan for our life.

³ **Luke 2:10** [*"The angel" is John*]

⁴ **Proverbs 7:24** "Listen to me," John advises in "Glass Onion."

⁵ **Isaiah 55:10**

⁶ **Isaiah 55:11** In "Across The Universe" John reminds us how powerful our words are as they go out into the Universe: "Words are flowing out like endless rain into a paper cup, they slither while they pass, they slip away across the Universe."

⁷ **2 Kings 20:2** John: "Turn my face to the wall" ("You've Got To Hide Your Love Away")

⁸ **Psalms 25:1**

⁹ **Psalms 31:16** In "Across The Universe," John describes the light and love of God that surrounds, enfolds, and protects us: "Limitless undying love that shines around me like a million suns." The Universe always finds a way to create what it loves, and always finds a way to love what it creates.

“I reach out my hands for your commandments, which I love. I will meditate on your statutes.¹⁰ You will keep whoever's mind is steadfast in perfect peace, because he trusts in you.”¹¹

Now great multitudes were going with him. He turned and said to them,¹² “Beloved, don’t believe every spirit, but test the spirits, whether they are of God, because many false prophets have gone out into the world.¹³ You are of God, little children, and have overcome them; because greater is he who is in you than he who is in the world.”¹⁴

“For whatever is born of God overcomes the world. This is the victory that has overcome the world: your faith.”¹⁵

“This I say therefore, and testify in the Lord, that you no longer walk as the rest of the Gentiles also walk, in the futility of their mind;¹⁶ that you put away, as concerning your former way of life, the old man, that grows corrupt after the lusts of deceit.”¹⁷

“And that you be renewed in the spirit of your mind, to be made new in the attitude of your minds;¹⁸ and put on the new man, who in the likeness of God has been created in righteousness and holiness of truth.”¹⁹

¹⁰ **Psalm 119:48** “Across the Universe” was inspired by John’s and the Beatle’s interest in meditation.

¹¹ **Isaiah 26:3** A meditation practice can help access the perfect peace of God by training us to keep our mind steadfast. When we are not engaged in constant mind chatter, our real self has a chance to emerge.

¹² **Luke 14:25**

¹³ **1 John 4:1**

¹⁴ **1 John 4:4** Our real self is of God and is eternal, greater than our false self, or “he who is in the world.”

¹⁵ **1 John 5:4** “Nothing’s gonna change my world,” John shares in “Across The Universe,” referring to the world within his own mind. This inner world, which can be reached through meditation, is our true essence. It is not affected by the world outside which is impermanent and always changing.

¹⁶ **Ephesians 4:17**

¹⁷ **Ephesians 4:22** The “old man” is the false self, controlled by the ego.

¹⁸ **Ephesians 4:23**

¹⁹ **Ephesians 4:24** The “new man” is our spiritual essence, the unconditioned self, created “in the likeness of God.”

Robert Louis Stevenson: “To be what we are, and to become what we are capable of becoming, is the only end of life.”

“Don't curse the king, no, not in your thoughts; and don't curse the rich in your bedroom: for a bird of the sky may carry your voice, and that which has wings may tell the matter.”²⁰

“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.”²¹

“Keep your heart with all diligence, for out of it is the wellspring of life.”²² Even in laughter the heart may be sorrowful, and mirth may end in heaviness.²³

“Let no man say when he is tempted, ‘I am tempted by God,’ for God can't be tempted by evil, and he himself tempts no one.”²⁴

“But each one is tempted when he is drawn away by his own lust, and enticed.”²⁵ Then the lust, when it has conceived, bears sin; and the sin, when it is full grown, produces death.²⁶

“For all that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, isn't the Father's, but is the world's.”²⁷

“Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom can be no variation, nor turning shadow.”²⁸

²⁰ **Ecclesiastes 10:20** In “Across The Universe”, John describes how “thoughts meander like a restless wind...as they make their way across the universe.” Fear based thoughts originating from the ego produce negative emotions.

²¹ **Romans 8:5** When our mind is on the things of the Spirit, we are no longer controlled by fear based thoughts.

²² **Proverbs 4:23** Fr. Cedric Pisegna: “The road to hell isn't paved with good intentions, it's paved with emotions.”

²³ **Proverbs 14:13** A meditation practice helps us develop an opened mind, one that allows us to witness our emotions, but not identify with them. John describes this in “Across the Universe”: “Pools of sorrow, waves of joy are drifting through my opened mind...sounds of laughter, shades of earth are ringing through my opened ears.”

²⁴ **James 1:13**

²⁵ **James 1:14**

²⁶ **James 1:15** Negative emotions lead to spiritual death. Bhagavad Gita: “Hell has three gates: lust, anger, and greed.”

²⁷ **1 John 2:16** Negative emotions, the result of a worldly state of consciousness, make us feel bad and give us a clue that we are out of alignment.

²⁸ **James 1:17**

“Behold, he spreads his light around him. He covers the bottom of the sea.²⁹ He covers himself with light as with a garment. He stretches out the heavens like a curtain.³⁰

“I thank God through Jesus Christ, our Lord! So then with the mind, I myself serve God's law, but with the flesh, the sin's law.³¹ Yahweh's law is perfect, restoring the soul. Yahweh's testimony is sure, making wise the simple.”³²

Immediately all the multitude, when they saw him, were greatly amazed, and running to him greeted him.³³ But he said to them, “I must preach the good news of God's Kingdom to the other cities also. For this reason I have been sent.”³⁴

“I have said these things to you, while still living with you.³⁵ However when he, the Spirit of truth, has come, he will guide you into all truth, for he will not speak from himself; but whatever he hears, he will speak. He will declare to you things that are coming.”³⁶

“You shall be secure, because there is hope. Yes, you shall search, and shall take your rest in safety.³⁷ For as many as are led by the Spirit of God, these are children of God.”³⁸

He left them, and again entering into the boat, departed to the other side.³⁹

²⁹ **Job 36:30** John: “Images of broken light which dance before me like a million eyes...call me on and on across the universe.”

(“Across The Universe”)

³⁰ **Psalms 104:2**

³¹ **Romans 7:25** In “Across The Universe,” John chants “jai guru Deva,” which means, roughly, “thanks be to God and to my spiritual teacher.” The Lord Jesus Christ, our teacher and way shower, demonstrated to us what is possible for ourselves.

³² **Psalms 19:7**

³³ **1 Kings 1:40**

³⁴ **Mark 9:15** John, on “Across The Universe”: “It's one of the best lyrics I've written. In fact, it could be the best...See, the ones I like are the ones that stand as words, without melody. They don't have to have any melody, like a poem, you can read them.”

³⁵ **John 14:25**

³⁶ **John 16:13** When we wake up to the truth and live by spiritual principles, we learn to trust our own guidance. We will not have to rely so much on teachers and gurus.

³⁷ **Job 11:18** We can go beyond our thoughts and feelings and learn to rest secure in the peace of God. When we get our mind and our emotions out of the way, we open up to true bliss.

³⁸ **Romans 8:14**

³⁹ **Mark 8:13**