

Chapter 6

Ringo

BIBLE

Another angel came and stood over the altar, having a golden censer. Much incense was given to him, that he should add it to the prayers of all the saints on the golden altar which was before the throne.¹

He will not be afraid of evil news. His heart is steadfast, trusting in Yahweh.² He lays up sound wisdom for the upright. He is a shield to those who walk in integrity.³

His hands are like rings of gold set with beryl. His body is like ivory work overlaid with sapphires.⁴ His bones are like tubes of brass. His limbs are like bars of iron.⁵

But he spoke of the temple of his body:⁶ “The life of the body is a heart at peace, but envy rots the bones.”⁷ Blessed are the pure in heart, for they shall see God.⁸

“Most certainly, I tell you, whoever doesn’t receive God’s Kingdom like a little child, he will in no way enter into it.”⁹

COMMENTARY

¹ **Revelation 8:3** [*The other angel is Ringo, the “fourth angel”*]

The altar is the place in our consciousness where we exchange our lower state of mind for a higher one, where we sacrifice our animal nature to the Divine.

² **Psalms 112:7** “Evil” is wrong thinking.

³ **Proverbs 2:7**

⁴ **Song Of Solomon 5:14** Ringo took his stage name in part because of the rings he wore. In the movie *Help* he is the owner of a sacrificial ring that belongs to a religious cult.

⁵ **Job 40:18**

⁶ **John 2:21**

⁷ **Proverbs 14:30**

⁸ **Matthew 5:8** When we become “pure in heart,” we do not actually “see” God; rather we are able to see things from a higher level of consciousness. We see things the way God sees them.

⁹ **Mark 10:15** “Oh what joy, for every girl and boy,” Ringo sings in “Octopus’s Garden.” Having childlike qualities such as being open, teachable, trusting, joyful and humble will help us to enter into God’s kingdom. “Octopus’s Garden” and “Yellow Submarine,” both sung by Ringo, were written as children’s songs.

“Hear, you kings! Give ear, you princes! I, even I, will sing to Yahweh. I will sing praise to Yahweh, the God of Israel,¹⁰ who comforts us in all our affliction, that we may be able to comfort those who are in any affliction, through the comfort with which we ourselves are comforted by God.¹¹

“I will sing to Yahweh, because he has been good to me.¹²

“When calamity overtakes you like a storm, when your disaster comes on like a whirlwind; when distress and anguish come on you,¹³ cast your burden on Yahweh, and he will sustain you. He will never allow the righteous to be moved.¹⁴

“I call heaven and earth to witness against you today, that I have set before you life and death, the blessing and the curse. Therefore choose life, that you may live, you and your descendants.”¹⁵

The people shouted, “The voice of a god, and not of a man!”¹⁶ But he denied it before them all, saying, “I don’t know what you are talking about.”¹⁷

“For who is greater, one who sits at the table, or one who serves? Isn’t it he who sits at the table? But I am among you as one who serves.”¹⁸

¹⁰ **Judges 5:3** “Lend me your ears and I’ll sing you a song,” Ringo offers in “With A Little Help From My Friends.”

¹¹ **2 Corinthians 1:4** Those who have endured a difficult situation are in an excellent position to help others who are going through a similar predicament.

¹² **Psalm 13:6** Ringo: “I am truly grateful. I’m a grateful human being.”

¹³ **Proverbs 1:27** “We would be warm below the storm, in our little hideaway beneath the waves,” Ringo shares in “Octopus’s Garden.” If we cast our burden on Yahweh, we are “below the storm.”

¹⁴ **Psalm 55:22** “As we live a life of ease, every one of us has all we need,” Ringo reminds us in “Yellow Submarine.” When we are in the flow and living a life of ease, we allow the Universe to provide for us what we need.

¹⁵ **Deuteronomy 30:19** Choices have consequences. Fear based choices lead to spiritual death, but a life lived in God is real life.

¹⁶ **Acts 12:22**

¹⁷ **Matthew 26:70** Ringo: “The Beatles were just four guys that loved each other. That’s all they’ll ever be.”

¹⁸ **Luke 22:27** Marianne Williamson: “Nothing liberates our greatness like the desire to help, the desire to serve.”