

Chapter 21

A Most Excellent Way

BIBLE

On the first day of the week, when the disciples were gathered together to break bread, Paul talked with them, intending to depart on the next day, and continued his speech until midnight.¹

When they heard that he spoke to them in the Hebrew language, they were even more quiet. He said² “Yahweh, your word is settled in Heaven forever.³ So teach us to number our days, that we may gain a heart of wisdom.”⁴

“Wisdom is before the face of one who has understanding, but the eyes of a fool wander to the ends of the earth.”⁵

“But if any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach; and it will be given to him.”⁶ But let him ask in faith, without any doubting, for he who doubts is like a wave of the sea, driven by the wind and tossed.⁷

“Draw near to God, and he will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.”⁸

COMMENTARY

¹ **Acts 20:7**

² **Acts 22:2**

³ **Psalm 119:89**

⁴ **Psalm 90:12** Paul is gaining a heart of wisdom in “Fixing A Hole”: “I’m taking the time for a number of things that weren’t important yesterday.”

⁵ **Proverbs 17:24** Paul: “All these years I’ve been wandering around, wondering how come nobody told me” (“I’ve Got A Feeling”)

⁶ **James 1:5** “Asking” God for wisdom is actually claiming the wisdom that is already ours.

⁷ **James 1:6** Herman Hesse: “Faith and doubt go hand in hand. They are complementaries. One who never doubts will never truly believe.”

⁸ **James 4:8** To draw near to God means to reach a higher state of consciousness, to gain wisdom and awareness. Paul uses the image of a leaky roof to describe how he is raising, restoring and repairing his consciousness in “Fixing A Hole”: “I’m fixing a hole where the rain gets in and stops my mind from wandering where it will go.”

“And when you turn to the right hand, and when you turn to the left, your ears will hear a voice behind you, saying, ‘This is the way. Walk in it.’⁹

“Don’t be deceived. God is not mocked, for whatever a man sows, that he will also reap.¹⁰ For he who sows to his own flesh will from the flesh reap corruption. But he who sows to the Spirit will from the Spirit reap eternal life.¹¹

“It is an honor for a man to keep aloof from strife; but every fool will be quarreling.¹² So, then, my beloved brothers, let every man be swift to hear, slow to speak, and slow to anger;¹³ for the anger of man doesn’t produce the righteousness of God.¹⁴

“Whoever guards his mouth and his tongue keeps his soul from troubles.¹⁵ The words of the wicked are about lying in wait for blood, but the speech of the upright rescues them.¹⁶ For the mind of the flesh is death, but the mind of the Spirit is life and peace.¹⁷

⁹ **Isaiah 30:21**

¹⁰ **Galatians 6:7**

¹¹ **Galatians 6:8** The “flesh,” the ego, is a mental construct based on our personal and cultural conditioning. The “flesh” tells us that who we are is based on things like our reputation, on how much we have accumulated, or on the type of work we do. In “Penny Lane” Paul introduces us to the barber, the banker, the fireman, and finally the nurse, who “feels as if she is in a play, she is anyway,” a line similar to Shakespeare’s “all the world’s a stage, and all the men and women merely players.” We are not just actors in a play, going through the motions, doing our job and being identified by our job. We are spiritual beings. When we let the ego define us by our work, we limit ourselves and we limit God.

¹² **Proverbs 20:3** In “Fixing A Hole” Paul laments the “people standing there who disagree and never win.”

¹³ **James 1:19** In “Getting Better,” Paul, with John, tells us he “used to be [an] angry young man,” but now he’s “doing the best that I can.”

¹⁴ **James 1:20**

¹⁵ **Proverbs 21:23**

¹⁶ **Proverbs 12:6** We use words to tell our story. Since our reality emanates from our consciousness, we want to be careful with the words we use.

¹⁷ **Romans 8:6**

“Death and life are in the power of the tongue; those who love it will eat its fruit.¹⁸ For by your words you will be justified, and by your words you will be condemned.¹⁹

“Where do wars and fightings among you come from? Don't they come from your pleasures that war in your members?²⁰ According to what I have seen, those who plow iniquity, and sow trouble, reap the same.²¹

“For when we were in the flesh, the sinful passions which were through the law worked in our members to bring forth fruit to death.²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith,²³ gentleness, and self-control. Against such things there is no law.²⁴

“Finally, be strong in the Lord, and in the strength of his might.²⁵ If you falter in the time of trouble, your strength is small.²⁶ But those who wait for Yahweh will renew their strength. They will mount up wings like eagles. They will run, and not be weary. They will walk, and not faint.²⁷

“For Yahweh God is a sun and a shield. Yahweh will give grace and glory. He withholds no good thing from those who walk blamelessly.²⁸ He will still fill your mouth with laughter, your lips with shouting.²⁹

¹⁸ **Proverbs 18:21** “Think of what you’re saying, you can get it wrong and still you think that it’s alright,” Paul reminds us in “We Can Work It Out.”

¹⁹ **Matthew 12:37**

²⁰ **James 4:1**

²¹ **Job 4:8**

²² **Romans 7:5**

²³ **Galatians 5:22**

²⁴ **Galatians 5:23**

²⁵ **Ephesians 6:10**

²⁶ **Proverbs 24:10** Paul reminds us that there will be “times of trouble” in “Let It Be.”

²⁷ **Isaiah 40:31** In “Blackbird,” Paul encourages us to “take these broken wings and learn to fly.”

²⁸ **Psalms 84:11** “We take a walk, the sun is shining down,” Paul shares in “Good Day Sunshine.” The sun is a timeless metaphor for positive qualities such as love, light, spirit, happiness, and warmth. Other Beatle songs with *sun* in their titles are “I’ll Follow The Sun,” “Sun King,” and “Here Comes The Sun.” In the lyrics to “The Word,” the Beatles equate love with the warmth of the sun: “It’s so fine, it’s sunshine, it’s the word love.”

²⁹ **Job 8:21** The simple gift of sunshine is all that Paul needs in order to be happy in “Good Day Sunshine”: “I need to laugh, and when the sun is out I’ve got something I can laugh about.”

“He who follows after righteousness and kindness finds life, righteousness, and honor.³⁰ Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time;³¹ casting all your worries on him, because he cares for you.³²

“We are courageous, I say, and are willing rather to be absent from the body, and to be at home with the Lord.³³ For we know that if the earthly house of our tent is dissolved, we have a building from God, a house not made with hands, eternal, in the heavens.³⁴

“In my Father’s house are many homes. If it were not so, I would have told you. I am going to prepare a place for you.³⁵

“Yahweh is good to all. His tender mercies are over all his works.³⁶ If we are faithless, he remains faithful. He can’t deny himself.³⁷

“Therefore don’t be anxious for tomorrow, for tomorrow will be anxious for itself. Each day’s own evil is sufficient.³⁸

“But earnestly desire the best gifts. Moreover, I show a most excellent way to you:³⁹ Let all that you do be done in love.”⁴⁰

³⁰ **Proverbs 21:21** Plato: “Be kind, for everyone you meet is fighting a hard battle.”

³¹ **1 Peter 5:6**

³² **1 Peter 5:7**

³³ **2 Corinthians 5:8** We are not a body. Our home is in God. Jesus demonstrated for us through his death and resurrection that we need not fear physical death.

³⁴ **2 Corinthians 5:1** “We’re on our way home,” Paul reminds us in “Two Of Us.” *Home* represents a place of safety and rest, a destination. Like the sun, it is a metaphor for the Divine. We all yearn for our spiritual home, our true nature, “a building from God, a house not made with hands.” At birth, we leave *home* to experience the contrast that Earth offers. The way we “get back home” (“Get Back”) while in a body is to make the right spiritual choices on a consistent basis.

³⁵ **John 14:2** “When I’m home everything seems to be right,” the Beatles share in “A Hard Day’s Night.”

³⁶ **Psalms 145:9**

³⁷ **2 Timothy 2:13**

³⁸ **Matthew 6:34** In “I’ll Follow The Sun,” Paul is living for today: “Tomorrow may rain, so I’ll follow the sun.”

³⁹ **1 Corinthians 12:31**

⁴⁰ **1 Corinthians 16:14** The Beatles: “All you need is love.”

Chapter 22

All You Need Is Love

BIBLE

John came baptizing in the wilderness and preaching the baptism of repentance for forgiveness of sins.¹

Seeing the multitudes, he went up onto the mountain. When he had sat down, his disciples came to him.²

He opened his mouth and taught them, saying,³ “The grace of the Lord Jesus Christ be with you.”⁴ This commandment we have from him, that he who loves God should also love his brother.⁵

“I exhort therefore, first of all, that petitions, prayers, intercessions, and givings of thanks, be made for all men.”⁶

“Bless those who curse you, and pray for those who mistreat you.”⁷ That which makes a man to be desired is his kindness. A poor man is better than a liar.⁸

“And forgive your people who have sinned against you, and all their transgressions in which they have transgressed against you; and give them compassion before those who carried them captive, that they may have compassion on them.”⁹

COMMENTARY

¹ **Mark 1:4** Through his music and philosophy, John’s message was to “repent”: to change our mind and let the power of love, the power of God, work on our behalf. When we “sin” we separate ourselves from that power, but when we realign ourselves in consciousness, our sin is forgiven. The separation is over.

² **Matthew 5:1**

³ **Matthew 5:2**

⁴ **1 Corinthians 16:23**

⁵ **1 John 4:21** Victor Hugo: “To love another person is to see the face of God.”

⁶ **1 Timothy 2:1** George, on “All You Need Is Love: “It’s a subtle bit of PR for God.”

⁷ **Luke 6:28** Eric Fromm: “Love is the only sane and satisfactory answer to the problem of human existence.”

⁸ **Proverbs 19:22** Barbara de Angelis: “Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.”

⁹ **1 Kings 8:50** Reinhold Niebuhr: “Forgiveness is the final form of love.”

“For if you forgive men their trespasses, your heavenly Father will also forgive you.¹⁰ But if you don’t forgive men their trespasses neither will your Father forgive your trespasses.¹¹

“Beloved, let us love one another, for love is of God; and everyone who loves is born of God, and knows God.¹² For it is God who works in you both to will and to work, for his good pleasure.¹³

“We know and have believed the love which God has for us. God is love, and he who remains in love remains in God, and God remains in him.¹⁴

“Therefore turn to your God. Keep kindness and justice, and wait continually for your God.¹⁵ He who keeps his commandments remains in him, and he in him. By this we know that he remains in us, by the Spirit which he gave us.¹⁶

“All the paths of Yahweh are loving kindness and truth to such as keep his covenant and his testimonies.¹⁷

¹⁰ **Matthew 6:14** When we forgive others, we gain peace of mind, which makes it seem like we are being forgiven by some external force. But everything is happening within our own consciousness.

¹¹ **Matthew 6:15** Alan Cohen: “You have the power to take away someone’s happiness by refusing to forgive. That someone is you.”

¹² **1 John 4:7** “Love is all and love is everyone,” John reminds us in “Tomorrow Never Knows.”

¹³ **Philippians 2:13** When we choose love, we align ourselves with the truth of who we really are. Albert Schweitzer: “Only through love can we obtain communion with God.”

¹⁴ **1 John 4:16** John: “There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create.”

¹⁵ **Hosea 12:6** In “If I Fell” John has found out that “love was more than just holding hands.”

¹⁶ **1 John 3:24**

¹⁷ **Psalms 25:10** John, from his 1973 solo hit “Mind Games”: “Love is a flower. You got to let it, you gotta let it grow.”

“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. This is the first commandment.¹⁸ The second is like this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these.¹⁹

“Yes, and for this very cause adding on your part all diligence, in your faith supply moral excellence; and in moral excellence, knowledge;²⁰ and in knowledge, self-control; and in self-control patience; and in patience godliness;²¹ and in godliness brotherly affection; and in brotherly affection, love.²²

“Love is patient and is kind; love doesn't envy. Love doesn't brag, is not proud,²³ doesn't behave itself inappropriately, doesn't seek its own way, is not provoked, takes no account of evil.²⁴

“There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.²⁵

"Yes, you do away with fear, and hinder devotion before God.²⁶ For God didn't give us a spirit of fear, but of power, love, and self-control.”²⁷

¹⁸ **Mark 12:30** God is love and God is also life itself. When we love life itself with all our heart, mind and soul, we are filled with gratitude and lifted up in consciousness.

¹⁹ **Mark 12:31** John: “It matters not who you love, where you love, why you love, when you love or how you love, it matters only that you love.”

²⁰ **2 Peter 1:5** Rumi: “Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.”

²¹ **2 Peter 1:6** Smiley Blanton: “Love is the immortal flow of energy that nourishes, extends and preserves. Its eternal goal is life.”

²² **2 Peter 1:7** “I know I'll never lose affection,” John affirms in “In My Life.”

²³ **1 Corinthians 13:4** “Have you heard, the word is love” John asks in “The Word.”

²⁴ **1 Corinthians 13:5** In “Don't Let Me Down,” John describes an unconditional love that keeps no account, “a love that has no past.”

²⁵ **1 John 4:18** “No need to be afraid, it's real love” John observes in “Real Love,” one of the Beatles “reunion” songs from 1995.

²⁶ **Job 15:4**

²⁷ **2 Timothy 1:7** In “All You Need Is Love,” John reminds us that when we choose love over fear, “there's nothing you can sing that can't be sung.”

He said to them, “It isn’t for you to know times or seasons which the Father has set within his own authority.²⁸ But you will receive power when the Holy Spirit has come upon you. You will be witnesses to me in Jerusalem, in all Judea and Samaria, and to the uttermost parts of the earth.”²⁹

“It has seemed good to me to show the signs and wonders that the Most High God has worked toward me.³⁰ Such confidence we have through Christ toward God.”³¹

“I can do all things through Christ, who strengthens me.”³²

“Beat your plowshares into swords, and your pruning hooks into spears. Let the weak say, ‘I am strong.’³³ God said to Moses, ‘I AM WHO I AM,’ and he said, ‘You shall tell the children of Israel this: I AM has sent me to you.’³⁴

“You shall not take the name of Yahweh your God in vain, for Yahweh will not hold him guiltless who takes his name in vain.”³⁵

²⁸ **Acts 1:7** [*“He” is John*]

²⁹ **Acts 1:8** With the power of God’s love, “there’s nothing you can see that isn’t shown,” John tells us in “All You Need Is Love.”

³⁰ **Daniel 4:2** With the power of God’s love, “there’s nothing you can know that isn’t known.” (“All You Need Is Love”)

³¹ **2 Corinthians 3:3** Christ is the Kingdom of God in each of us.

³² **Philippians 4:13** When we are in alignment with the Christ, “there’s nothing you can do that can’t be done.” (“All You Need Is Love”)

³³ **Joel 3:10** “I am” is the ancient name of God as revealed to Moses. Thus, positive “I am” statements are affirmations that align us with Source. When we say “I am strong,” for instance, we are also saying “*God within me* is strong.”

³⁴ **Exodus 3:14** “I am” is also the best description of who we really are, pure consciousness. “I am” is the first person tense of “to be,” so when I simply “be”, “I am.” We are human beings, not “human doings.” In “All You Need Is Love,” John reminds us of this: “There’s nothing you can *do* but you can learn how to *be* in time.”

³⁵ **Exodus 20:7** We take the name of God in vain when we use “I am” in a negative way, such as saying “I am sick” or “I am poor.”

“This is the boldness which we have toward him, that, if we ask anything according to his will, he listens to us.³⁶ He gives power to the weak. He increases the strength of him who has no might.³⁷

“It will be that whoever will call on the name of the Lord will be saved.³⁸ All flesh will see God's salvation.³⁹ For there is no partiality with God.⁴⁰

“But I tell you who hear: love your enemies, do good to those who hate you.⁴¹ Bless those who persecute you; bless, and don't curse.⁴²

“If you love those who love you, what credit is that to you? For even sinners love those who love them.⁴³

³⁶ **1 John 5:14** God is love, so when we choose love, we lift ourselves up into the Divine flow of energy. “There's nothing you can make that can't be made,” John tells us in “All You Need Is Love.”

³⁷ **Isaiah 40:29**

³⁸ **Acts 2:21** In “All You Need Is Love,” “there's no one you can save that can't be saved.”

³⁹ **Luke 3:6** Pierre Teilhard de Chardin: “Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire.”

⁴⁰ **Romans 2:11** Buckminster Fuller: “Love is metaphysical gravity.”

⁴¹ **Luke 6:27** Maya Angelou: “Hate- It has caused a lot of problems in this world, but it has not solved one yet.”

⁴² **Romans 12:14** Joyce Meyer: “Loving others always costs us something and requires effort. And you have to decide to do it on purpose. You can't wait for a feeling to motivate you.”

⁴³ **Luke 6:32** Stephen Covey, *The Seven Habits of Highly Effective People*: “Proactive people make love a verb. Love is something you do: the sacrifices you make, the giving of self...Love - the feeling – is a fruit of love, the verb.”

“If a man says, ‘I love God,’ and hates his brother, he is a liar; for he who doesn’t love his brother whom he has seen, how can he love God whom he has not seen?”⁴⁴

“For this is the love of God, that we keep his commandments. His commandments are not grievous.⁴⁵ This is how we know that we know him: if we keep his commandments.”⁴⁶

“My little children, let's not love in word only, neither with the tongue only, but in deed and truth.”⁴⁷ Let us consider how to provoke one another to love and good works.⁴⁸

“I command these things to you, that you may love one another.”⁴⁹ May the Lord direct your hearts into the love of God, and into the patience of Christ.⁵⁰ Grace be with you all. Amen.”⁵¹

⁴⁴ **1 John 4:20** “In my life I’ll love you more,” John shares in “In My Life.”

⁴⁵ **1 John 5:3** Albert Einstein: “Love is a better teacher than duty.”

⁴⁶ **1 John 2:3** Mother Teresa: “Spread love everywhere you go. Let nobody ever come to you without leaving happier.”

⁴⁷ **1 John 3:18** The Dalai Lama: “All major religious traditions carry basically the same message, that is love, compassion and forgiveness ... the important thing is they should be part of our daily lives.”

⁴⁸ **Hebrews 10:24** The Beatles performed “All You Need Is Love” live via satellite in 1967 on the first worldwide television program ever.

⁴⁹ **John 15:17** Krishnamurti: “The moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed.”

⁵⁰ **2 Thessalonians 3:5** Emmet Fox: “If you could only love enough, you could be the most powerful person in the world.”

⁵¹ **Hebrews 13:25** The word “love” appears 613* times in the Beatles songbook, more often than any other word except for these seven common parts of speech: “you”, “I”, “the”, “to”, “me”, “and” and “a”. (*This includes cover songs as well as songs they recorded that were not released until after they broke up.)

Chapter 23

Won't You Open Up Your Eyes?

BIBLE

You have sent to John, and he has testified to the truth.¹

“I will show you, listen to me; that which I have seen I will declare.”²

“God is spirit, and those who worship him must worship in spirit and truth.”³ Stand therefore, having the utility belt of truth buckled around your waist, and having put on the breastplate of righteousness.⁴

“Seeing you have purified your souls in your obedience to the truth through the Spirit in sincere brotherly affection, love one another from the heart fervently.”⁵ You will know the truth, and the truth will make you free.⁶

“For this is good and acceptable in the sight of God our Savior;⁷ who desires all people to be saved and come to full knowledge of the truth.”⁸

“I have no greater joy than to hear that my children are walking in the truth.”⁹

COMMENTARY

¹ **John 5:33** The truth is simply the way things really are. The fundamental truth of the Universe is that there is an intelligent, benevolent presence, and that we are part of this presence. We are units of one fundamental reality.

² **Job 15:17** “I can show you,” John lets us know in “Rain.”

³ **John 4:24** We are spiritual beings and our purpose in life is to be spiritually awake so that God can live in us and through us.

⁴ **Ephesians 6:14** Gandhi: “Truth stands, even if there is no public support. It is self-evident.”

⁵ **1 Peter 1:22** “Now that you know who you are, what do you want to be,” asks John in “Baby You’re A Rich Man.”

⁶ **John 8:32** “Say the word and you’ll be free...the word is love,” John advises us in “The Word.” Choosing love sets us free because we are aligning ourselves with the truth of who we really are.

⁷ **1 Timothy 2:3**

⁸ **1 Timothy 2:4** Eckhart Tolle: “Only the truth of who you are, if realized, will set you free.”

⁹ **3 John 1:4** John: “All I want is the truth, just give me some truth” (“Gimme Some Truth”)

“Hear my words, you wise men. Give ear to me, you who have knowledge.¹⁰ You see many things, but don't observe. His ears are open, but he doesn't listen.¹¹

“Don't love sleep, lest you come to poverty. Open your eyes, and you shall be satisfied with bread.¹² The lamp of the body is the eye. If therefore your eye is sound, your whole body will be full of light.¹³

“Where there is no revelation, the people cast off restraint; but one who keeps the law is blessed.¹⁴

“He who gets wisdom loves his own soul. He who keeps understanding shall find good.¹⁵ Set your mind on the things that are above, not on the things that are on the earth.¹⁶

“While we don't look at the things which are seen, but at the things which are not seen. For the things which are seen are temporal, but the things which are not seen are eternal.¹⁷

¹⁰ **Job 34:2** “Can you hear me,” John asks us in “Rain.” Steve Turner, in his book *A Hard Days Write*, suggests that John's use of this phrase, along with “I can show you” also in “Rain,” indicates that he was starting to take his role as a spokesperson seriously.

¹¹ **Isaiah 42:20** In “And Your Bird Can Sing” John addresses those whose eyes and ears are closed to the truth: “You can't see me...you can't hear me.”

¹² **Proverbs 20:13** “Won't you open up your eyes?” John asks in “Dear Prudence.” To open up our eyes means to gain spiritual awareness. When we do this we become enlightened, and the presence of God (bread) will be enough to satisfy us.

¹³ **Matthew 6:22**

¹⁴ **Proverbs 29:18** In “Nowhere Man” John describes someone who “doesn't have a point of view, knows not where he's going to.”

¹⁵ **Proverbs 19:8** If we are wise, we will love our own soul. To not do so is to dishonor what God has created. John encourages us to get wisdom in “The Ballad of John and Yoko”: “Think!”

¹⁶ **Colossians 3:2** “Now I find I've changed my mind, I've opened up the doors,” John tells us in “Help.”

¹⁷ **2 Corinthians 4:18** “Nothing is real,” John reminds us in “Strawberry Fields Forever.”

“Can you fathom the mystery of God? Or can you probe the limits of the Almighty?¹⁸ They are high as heaven. What can you do? They are deeper than Sheol. What can you know?¹⁹

“For the invisible things of him since the creation of the world are clearly seen, being perceived through the things that are made, even his everlasting power and divinity; that they may be without excuse.²⁰

“Commit your way to Yahweh. Trust also in him, and he will do this:²¹ he will make your righteousness go forth as the light, and your justice as the noon day sun.²² Yahweh opens the eyes of the blind. Yahweh raises up those who are bowed down. Yahweh loves the righteous.²³

“Therefore, putting away falsehood, speak truth each one with his neighbor. For we are members of one another.²⁴ Righteous lips are the delight of kings. They value one who speaks the truth.²⁵

“If we say that we have no sin, we deceive ourselves, and the truth is not in us.²⁶ If we confess our sins, he is faithful and righteous to forgive us the sins, and to cleanse us from all unrighteousness.²⁷

“But if you will not do so, behold, you have sinned against Yahweh; and be sure your sin will find you out.²⁸

¹⁸ **Job 11:7**

¹⁹ **Job 11:8** In “Everybody’s Got Something To Hide Except For Me And My Monkey” John reminds us that “the deeper you go the higher you fly, the higher you fly the deeper you go.”

²⁰ **Romans 1:20** In “Baby You’re A Rich Man” John dialogues with people whose awareness is limited to what they are able to take in with their senses: “What did you see when you were there? Nothing that doesn’t show.” “Have you traveled very far? Far as the eye can see.”

²¹ **Psalms 37:5**

²² **Psalms 37:6** In “Dig A Pony,” John reminds us that we can make our righteousness shine: “You can radiate everything you are.” Our consciousness emanates from us and affects other people. It is said that when the master Jesus entered a room, his mere presence lifted everyone up in spirit.

²³ **Psalms 146:8**

²⁴ **Ephesians 4:25** Becoming more authentic helps us to grow spiritually, but our conditioning sometimes encourages us to wear a mask. John laments in “Strawberry Fields Forever” that “it’s getting hard to be someone.”

²⁵ **Proverbs 16:13**

²⁶ **1 John 1:8**

²⁷ **1 John 1:9**

²⁸ **Numbers 32:23** It is impossible to hide from our own consciousness.

“Don't lie to one another, seeing that you have put off the old man with his doings.²⁹ He who conceals his sins doesn't prosper, but whoever confesses and renounces them finds mercy.³⁰

“He who practices deceit won't dwell within my house. He who speaks falsehood won't be established before my eyes.³¹ But he who does the truth comes to the light, that his works may be revealed, that they have been done in God.³²

“A righteous man walks in integrity. Blessed are his children after him.³³ The law of his God is in his heart. None of his steps shall slide.³⁴

“Confess your offenses to one another, and pray for one another, that you may be healed. The insistent prayer of a righteous person is powerfully effective.³⁵ Yahweh is far from the wicked, but he hears the prayer of the righteous.³⁶

²⁹ **Colossians 3:9** Paul: “To thine own self be true”. I think that was very apt with The Beatles. We were always very true to ourselves- and I think that the brutal honesty The Beatles had was important. So sticking to our own guns and really saying what we thought in some way gave some other people in the world the idea that they too could be truthful and get away with it, and in fact it was a good thing.”

³⁰ **Proverbs 28:13** “Everybody's got something to hide,” John laments in “Everybody's Got Something To Hide Except For Me And My Monkey.” If we want to grow spiritually, we need to be honest with ourselves and with others. The Holy Spirit will help us to become more authentic.

³¹ **Psalms 101:7** John: “The more real I get, the more unreal the world gets.”

³² **John 3:21**

³³ **Proverbs 20:7** Integrity is the state of being whole and undivided. When we operate in integrity, we are able to harness more of God's power into our life.

³⁴ **Psalms 37:31**

³⁵ **James 5:16** Getting real and affirming the truth about ourselves and about each other is powerfully effective because it brings us into alignment with our Source.

³⁶ **Proverbs 15:29**

“Don’t grumble, brothers, against one another, so that you won’t be judged. Behold, the judge stands at the door.³⁷ Do all things without murmurings and disputes.³⁸

“The light of the eyes rejoices the heart. Good news gives health to the bones.³⁹ A glad heart makes a cheerful face; but an aching heart breaks the spirit.⁴⁰

“In the day of prosperity be joyful, and in the day of adversity consider; yes, God has made the one side by side with the other, to the end that man should not find out anything after him.⁴¹

“We know that all things work together for good for those who love God, to those who are called according to his purpose.⁴² For every creature of God is good, and nothing is to be rejected, if it is received with thanksgiving.⁴³

“God said, ‘Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the birds of the sky, and over the livestock, and over all the earth, and over every creeping thing that creeps on the earth.’⁴⁴

³⁷ **James 5:9**

³⁸ **Philippians 2:14** In “Rain” John has no complaint with the weather: “Rain, I don’t mind, shine, the weather’s fine.”

³⁹ **Proverbs 15:30** In “Sexy Sadie” John describes how “just a smile would lighten everything.”

⁴⁰ **Proverbs 15:13** “Won’t you let me see you smile,” John urges in “Dear Prudence.”

⁴¹ **Ecclesiastes 7:14** “If the rain comes,” John tells us in “Rain,” others may “run and hide their heads,” but to him “when it rains and shines it’s just a state of mind.” When we are in our carnal mind, we make judgments and habitually react to our circumstances. When we are in spirit, we are living from principle, and instead of reacting to things we create the conditions that we want. We realize that there is really no such thing as a “day of prosperity” or a “day of adversity”; each day is the same. When we move our C (Consciousness) forward, we shift from R-E-A-C-T-I-N-G to C-R-E-A-T-I-N-G.

⁴² **Romans 8:28** In “Strawberry Fields Forever” John reassures us that “it all works out.”

⁴³ **1 Timothy 4:4**

⁴⁴ **Genesis 1:26** We are created in the image and likeness of God, with the power and authority we need to accomplish our purpose, which always involves serving others.

“We know, brothers loved by God, that you are chosen.⁴⁵ We have come to believe and know that you are the Christ, the Son of the living God.”⁴⁶

“Therefore you shall be perfect, just as your Father in heaven is perfect.”⁴⁷

“What is it then? I will pray with the spirit, and I will pray with the understanding also. I will sing with the spirit, and I will sing with the understanding also.”⁴⁸ I will hear what God, Yahweh, will speak, for he will speak peace to his people, his saints; but let them not turn again to folly.”⁴⁹

He called the multitude to himself with his disciples, and said to them, “Whoever wants to come after me, let him deny himself, and take up his cross, and follow me.”⁵⁰ Keep my commandments and live! Guard my teaching as the apple of your eye.”⁵¹

He said to them, “Come after me, and I will make you fishers for men.”⁵² For where two or three are gathered together in my name, there I am in the midst of them.”⁵³

He left Judea, and departed into Galilee.⁵⁴ He stayed many days in Joppa with a tanner named Simon.⁵⁵

⁴⁵ **1 Thessalonians 1:4** We are all loved by our Creator and we are not here by mistake. In “Dear Prudence, John reassures us that “the sun is up, the sky is blue, it’s beautiful, and so are you.”

⁴⁶ **John 6:69** The Christ is our true identity. We are sons and daughters of God. Jesus discovered and demonstrated this Divine nature, and encouraged us to do the same.

⁴⁷ **Matthew 5:48** To be perfect is to be whole and complete, like our Source. Our objective is to be in alignment with this energy.

⁴⁸ **1 Corinthians 14:15** “When I cannot sing my heart, I can only speak my mind,” John cries out in “Julia.” Even if we can’t feel God, we can *know* He is there.

⁴⁹ **Psalms 85:8**

⁵⁰ **Mark 8:34** [**“He” is John**] Taking up your cross means to die to the small self, the ego. John reminds us in “Tomorrow Never Knows” that “it is not dying” a physical death. It means dying to the ego based games (“game existence”) that the personality loves to play.

⁵¹ **Proverbs 7:2** *Apple* was the name of the Beatles business organization and record label.

⁵² **Matthew 4:19**

⁵³ **Matthew 18:20** “Come together right now, over me,” John pleads in “Come Together.”

⁵⁴ **John 4:3**

⁵⁵ **Acts 9:43**

Chapter 24

She Showed Me Her Room, Isn't It Good?

BIBLE

Now there was at Joppa a certain disciple named Tabitha, which when translated, means Dorcas. This woman was full of good works and acts of mercy which she did.¹

John was clothed with camel's hair and a leather belt around his waist. He ate locusts and wild honey.² Passing through the street near her corner, he went the way to her house.³

She has sent out her maidens. She cries from the highest places of the city:⁴ "The voice of my beloved! Behold, he comes, leaping on the mountains, skipping on the hills."⁵

"Please let us make a little room on the roof. Let us set for him there a bed, a table, a chair, and a lamp stand. When he comes to us, he can stay there."⁶

He looked around to see her who had done this thing.⁷ So she caught him, and kissed him. With an impudent face she said to him:⁸ "Come, eat some of my bread, drink some of the wine which I have mixed!"⁹

COMMENTARY

¹ **Acts 9:36**

² **Mark 1:6**

³ **Proverbs 7:7**

⁴ **Proverbs 9:3**

⁵ **Song of Solomon 2:8**

⁶ **2 Kings 4:10** "She showed me her room, isn't it good?" John asks in "Norwegian Wood (This Bird Has Flown)," one of many highlights from the *Rubber Soul* album.

The Dylan influenced lyrics, full of ambiguity and innuendo, describe a room, a bed, a bath, a rug, and a chair. Musician Rennie Sparks calls it "the most bittersweet song about furniture ever!"

⁷ **Mark 5:32** John: "'Norwegian Wood' was about an affair I was having. I was very careful and paranoid because I didn't want my wife, Cyn, to know that there was really something going on outside the household...I was trying to be sophisticated in writing about an affair, but in such a smokescreen way that you couldn't tell."

⁸ **Proverbs 7:13**

⁹ **Proverbs 9:5** In "Norwegian Wood" John is "biding my time, drinking her wine."

“I have perfumed my bed with myrrh, aloes, and cinnamon.¹⁰ Come away, my beloved! Be like a gazelle or a young stag on the mountains of spices!”¹¹

When the days of his service were fulfilled, he departed to his house.¹² When she saw that he had left his garment in her hand, and had run outside,¹³ she was in bitterness of soul, and prayed to Yahweh, weeping bitterly.¹⁴

“Hurry to help me, Lord, my salvation.¹⁵ I rose up to open for my beloved. My hands dripped with myrrh, my fingers with liquid myrrh, on the handles of the lock.¹⁶ I opened to my beloved; but my beloved left; and had gone away. My heart went out when he spoke. I looked for him, but I didn’t find him. I called him, but he didn’t answer.”¹⁷

“Now my soul is poured out within me. Days of affliction have taken hold on me.¹⁸ God, don’t be far from me. My God, hurry to help me.”¹⁹

God is within her. She shall not be moved. God will help her at dawn.²⁰

“Sing and rejoice, daughter of Zion; for, behold, I come, and I will dwell within you,” says Yahweh.²¹ “When you lie down, you will not be afraid. Yes, you will lie down, and your sleep will be sweet.”²²

¹⁰ **Proverbs 7:17** “She said ‘it’s time for bed’,” John relates in “Norwegian Wood.”

¹¹ **Song of Solomon 8:14** “Norwegian Wood” marked the first time that a sitar had been used on a rock record.

¹² **Luke 1:23**

¹³ **Genesis 39:13** “Norwegian Wood” showed how far the Beatles had progressed as songwriters. Mark Hertsgaard in *A Day in the Life* calls the song a “pop masterpiece,” praising its “perceptive, wicked and funny” lyrics and “remarkable musical simplicity.”

¹⁴ **1 Samuel 1:10** Ted Montgomery: “Perhaps no other song in rock and roll history captures a feel and nuance more succinctly and powerfully in 2:05 than ‘Norwegian Wood’”

¹⁵ **Psalms 38:22**

¹⁶ **Song of Solomon 5:5**

¹⁷ **Song of Solomon 5:6**

¹⁸ **Job 30:16**

¹⁹ **Psalms 71:12**

²⁰ **Psalms 46:5** When we open up to the indwelling Christ presence, the God within, we experience peace of mind, and gain strength to help endure hardship.

²¹ **Psalms 29:11**

²² **Zechariah 2:10** In “Golden Slumbers,” “golden slumbers fill your eyes, smiles awake you when you rise.”

Chapter 25

Get Behind Me, Satan!

BIBLE

Peter and John were going up into the temple at the hour of prayer, the ninth hour.¹

The priest said to them, “Go in peace. Your way in which you go is before Yahweh.”² Seeing Peter and John about to go into the temple, he asked to receive gifts for the needy.³

He said, “Appoint me your wages, and I will give it.”⁴ Honor Yahweh with your substance, with the first fruits of all your increase.”⁵

Peter, fastening his eyes on him, with John, said, “Look at us.”⁶ But his face fell at that saying, and he went away sorrowful, for he was one who had great possessions.⁷

COMMENTARY

¹ **Acts 3:1** [*“Peter” is Beatle insider Peter Brown*] Peter Brown was best man at John’s wedding to Yoko Ono in 1969. He has the tremendous good fortune to be name-checked in a Beatle song (“The Ballad of John And Yoko”): “Peter Brown called to say ‘You can make it OK, you can get married in Gibraltar near Spain’.”

² **Judges 18:6**

³ **Acts 3:3**

⁴ **Genesis 30:28**

⁵ **Proverbs 3:9**

⁶ **Acts 3:4** In this instance, Peter is more interested in being seen with a celebrity like John than he is in helping the needy. He is stuck in a fear based state of consciousness.

⁷ **Mark 10:22** “When your prized possessions start to wear you down, look in my direction,” John preaches in “And Your Bird Can Sing.” Peter’s false self, his ego, is telling him that his value lies in how important his friends are, and in how much wealth he has accumulated. The false self, separate from God, is warning him that he needs to hang on to his possessions because there may not be enough to go around.

Then the devil left him, and behold, angels came and served him.⁸ The first went, and poured out his bowl into the earth, and it became a harmful and evil sore on the people who had the mark of the beast, and who worshiped his image.⁹

Yahweh's angel encamps around those who fear him, and delivers them.¹⁰ He spoke this parable. "A certain man had a fig tree planted in his vineyard, and he came seeking fruit on it, and found none."¹¹

Peter answered him, "Explain the parable to us."¹² But he turned, and said to Peter, "Get behind me, Satan! You are a stumbling block to me, for you are not setting your mind on the things of God, but on the things of men."¹³

"Get wisdom. Get understanding. Don't forget, neither swerve from the words of my mouth."¹⁴ Wake up, and keep the things that remain, which you were about to throw away, for I have found no works of yours perfected before my God.¹⁵

"Now the Lord is the Spirit and where the Spirit of the Lord is, there is liberty."¹⁶ But be careful that by no means does this liberty of yours become a stumbling block to the weak.¹⁷

⁸ **Matthew 4:11** "The devil" is a state of mind created by thoughts that originate from the false self, the ego. The angels, led by John, will be helping Peter to undergo a shift in perception, bringing him more into alignment with his real self, his soul.

⁹ **Revelation 16:2** [*"The first" is John, the first angel*] The "beast" is our unevolved, animalistic nature. People who have the "mark of the beast" are those who are stuck in wrong thinking, with their priorities out of order. Safety and survival are their greatest needs, and they try to do things in their own, human way rather than through God's way. Instead of following spiritual law, they obey the "law of the jungle."

¹⁰ **Psalm 34:7** [*"Yahweh's angel" is John*] Fear in this sense means a healthy respect and understanding of spiritual law.

¹¹ **Luke 13:6**

¹² **Matthew 15:15**

¹³ **Matthew 16:23** John is urging Peter to set his mind on the things of God and put "Satan," or devilish thoughts, behind him.

¹⁴ **Proverbs 4:5**

¹⁵ **Revelation 3:2** "You may be awoken, I'll be 'round" John lets us know in "And Your Bird Sing."

¹⁶ **2 Corinthians 3:17**

¹⁷ **1 Corinthians 8:9**

“In all things I gave you an example, that so laboring you ought to help the weak, and to remember the words of the Lord Jesus, that he himself said, 'It is more blessed to give than to receive.’¹⁸

“Your riches are corrupted and your garments are moth-eaten.¹⁹ He who loves silver shall not be satisfied with silver; nor he who loves abundance, with increase: this also is vanity.²⁰

“A stingy man is eager to get rich and is unaware that poverty awaits him.²¹ For where jealousy and selfish ambition are, there is confusion and every evil deed.²² Give to him who asks you, and don't turn away him who desires to borrow from you.²³

“Misfortune pursues sinners, but prosperity rewards the righteous.²⁴ He who has a generous eye will be blessed; for he shares his food with the poor.²⁵

“One who is greedy stirs up strife; but one who trusts in Yahweh will prosper.²⁶ Let each man give according as he has determined in his heart; not grudgingly, or under compulsion; for God loves a cheerful giver.”²⁷

Then he said to him, “Come home with me, and eat bread.²⁸ You are already pruned clean because of the word which I have spoken to you.²⁹

¹⁸ **Acts 20:35** Mother Teresa: “It's not how much we give but how much love we put into giving.”

¹⁹ **James 5:2** Andy Stanley: “Greed is not a financial issue. It's a heart issue.”

²⁰ **Ecclesiastes 5:10** Maya Angelou: “I have found that among its other benefits, giving liberates the soul of the giver.”

²¹ **Proverbs 28:22** John's “Mean Mister Mustard” is so stingy he “sleeps in the park” and “shaves in the dark, trying to save paper.”

²² **James 3:16** Dave Ramsey: “When people get scared, they quit giving”

²³ **Matthew 5:42** Winston Churchill: “We make a living by what we get. We make a life by what we give.”

²⁴ **Proverbs 13:21** Mary Anne Radmacher: “As we work to create light for others, we naturally light our own way.”

²⁵ **Proverbs 22:9** Robert Kiyosaki: “You make more money if you are generous.”

²⁶ **Proverbs 28:25** Living at higher consciousness brings true prosperity.

²⁷ **2 Corinthians 9:7** Philo: “Those who give hoping to be rewarded with honor are not giving, they are bargaining.”

²⁸ **1 Kings 13:15** “Bread” represents the presence of spirit.

²⁹ **John 15:3**

“I will pray to the Father, and he will give you another Counselor, that he may be with you forever³⁰ - the Spirit of truth, whom the world can’t receive; for it doesn’t see him, neither knows him. You know him, for he lives with you, and will be in you.”³¹

Having said these things, he went on ahead, going up to Jerusalem.³² When evening came, he went out of the city.³³

There was much murmuring among the multitudes concerning him. Some said, “He is a good man.” Others said, “Not so, but he leads the multitude astray.”³⁴ He is a double-minded man, unstable in all his ways.”³⁵

Then Peter, filled with the Holy Spirit, said to them, “You rulers of the people, and elders of Israel,³⁶ if this man were not from God, he could do nothing!”³⁷

While Peter was still speaking these words, the Holy Spirit fell on all those who heard the word.³⁸ When they had kindled a fire in the middle of the courtyard, and had sat down together, Peter sat among them.³⁹ He therefore answered, “I don’t know if he is a sinner. One thing I do know: that though I was blind, now I see!”⁴⁰

³⁰ **John 14:16** The “Counselor” is Peter Brown’s own higher self, the indwelling Christ presence.

³¹ **John 14:17** In his solo hit “Instant Karma!” John affirms that the Christ presence, the Spirit of truth, is in every one of us: “We all shine on...[we are] surely not to live in pain and fear.” He reminds us, however, that we have to act on this truth if it is to set us free: “You better get yourself together...what in the world you thinking of, laughing in the face of love?...join the human race...it’s up to you.” “Instant Karma!” was released in February 1970, two months before the Beatles officially broke up.

³² **Luke 19:28** [*“He” is John*]

³³ **Mark 11:19**

³⁴ **John 7:12**

³⁵ **James 1:8** “Although I laugh and I act like a clown, beneath this mask I am wearing a frown,” John confesses in “I’m A Loser.”

³⁶ **Acts 4:8**

³⁷ **John 9:33**

³⁸ **Acts 10:44** The consciousness of the group is lifted up.

³⁹ **Luke 22:55**

⁴⁰ **John 9:25** Despite his flaws, John completed his mission. He was able to open our eyes to a more enlightened way to live.

Chapter 26

John Cries Out For Help

BIBLE

Surely there is not a righteous man on earth, who does good and doesn't sin.¹

“Vanity of vanities,” says the Preacher. “All is vanity!”² My soul is weary of my life. I will give free course to my complaint. I will speak in the bitterness of my soul.”³

He went up into the mountain, and called to himself those whom he wanted, and they went to him.⁴

He said to them, “My soul is exceedingly sorrowful, even to death. Stay here, and watch.”⁵ Behold, I was born in iniquity. In sin my mother conceived me.⁶

“I am like one who is a joke to his neighbor, I, who called on God, and he answered. The just, the blameless man is a joke.”⁷ I am counted among those who go down into the pit. I am like a man who has no help.⁸

“What a wretched man I am! Who will deliver me out of the body of this death?”⁹ I am blameless. I don't respect myself. I despise my life.¹⁰

COMMENTARY

¹ **Ecclesiastes 7:20** To “sin” is to miss the point of our existence, which is to align with Source. Misalignment is part of the human condition; all of us “sin” at times, overcome by fear and negativity.

² **Ecclesiastes 12:8** [*“The Preacher” is John*]

John: “Most of my good songs are in the first person. I always wrote about me when I could.”

³ **Job 10:1** “Black cloud crossed my mind, blue mist round my soul,” John laments in “Yer Blues.”

⁴ **Mark 3:13**

⁵ **Mark 14:34** John: “I’ve got a chip on my shoulder that’s bigger than my feet” (“I’ll Cry Instead”)

⁶ **Psalms 51:5** John: “I was born with a jealous mind” (“Run For Your Life”)

⁷ **Job 12:4** “I can see them laugh at me,” John observes in “You’ve Got To Hide Your Love Away.”

⁸ **Psalms 88:4** “I need a fix cause I’m going down,” John shares in “Happiness Is A Warm Gun.”

⁹ **Romans 7:24** “I’m a loser,” John cries in “I’m A Loser”. John: “Part of me suspects I’m a loser and part of me thinks I’m God almighty.”

¹⁰ **Job 9:21** In “Getting Better” John observes “it can’t get no worse.”

“I said, My strength is perished, and my expectation from Yahweh.¹¹ Yes, when I cry, and call for help, he shuts out my prayer.¹²

“I am weary with my crying. My throat is dry. My eyes fail, looking for my God.¹³ I am poured out like water. All my bones are out of joint. My heart is like wax; it is melted within me.¹⁴

“I am become a derision to all my people, and their song all the day.¹⁵ I can count all of my bones. They look and stare at me.¹⁶

“Misery is mine! Indeed, I am like one who gathers the summer fruits, as gleanings of the vineyard: There is no cluster of grapes to eat. My soul desires to eat the early fig.¹⁷

“My flesh is clothed with worms and clods of dust. My skin closes up, and breaks out afresh.¹⁸ For I have eaten ashes like bread, and mixed my drink with tears.¹⁹

“I am a brother to jackals, and a companion to ostriches.²⁰ I am weary with my groaning. Every night I flood my bed. I drench my couch with my tears.²¹

¹¹ **Lamentations 3:18** “I’m not so self assured,” John admits in “Help”

¹² **Lamentations 3:8** “What have I done to deserve such a fate?” John asks in “I’m A Loser”.

¹³ **Psalms 69:3** “I’m so tired, my mind is on the blink,” John shares in “I’m So Tired.”

¹⁴ **Psalms 22:14** “I can’t help my feelings I go out of my mind,” John tells us in “You Can’t Do That.”

¹⁵ **Lamentations 3:14** “[I] feel so suicidal,” John admits in “Yer Blues.” John: “‘Yer Blues’ was written in India... up there trying to reach God and feeling suicidal.”

¹⁶ **Psalms 22:17** “Everywhere people stare, each and every day,” John bemoans in “You’ve Got To Hide Your Love Away.”

¹⁷ **Micah 7:1** “The world is treating me bad, misery,” John laments in “Misery.”

¹⁸ **Job 7:5** “The worm he licks my bone,” John cries out in “Yer Blues.”

¹⁹ **Psalms 102:9** “I’ve had a drink or two and I don’t care,” John admits in “I Don’t Want To Spoil the Party.”

²⁰ **Job 30:29** “I’m not what I appear to be,” John tells us in “I’m A Loser.”

²¹ **Psalms 6:6** “I’m feeling so upset,” John reveals in “I’m So Tired.”

“I am not at ease, neither am I quiet, neither have I rest; but trouble comes.²² For now should I have lain down and been quiet. I should have slept, then I would have been at rest.²³

“Why didn't I die from the womb? Why didn't I give up the spirit when my mother bore me?²⁴ I am pained and bowed down greatly. I go mourning all day long.²⁵

“All who hate me whisper together against me. They imagine the worst for me.²⁶ Therefore my harp has turned to mourning, and my pipe into the voice of those who weep.”²⁷

He went out from Pharaoh, and prayed to Yahweh.²⁸ “Listen to the voice of my cry, my King and my God; for to you do I pray.²⁹

“Turn to me, and have mercy on me, for I am desolate and afflicted.³⁰ For the thing which I fear comes on me, that which I am afraid of comes to me.³¹

²² **Job 3:26** “You know I can't sleep, I can't stop my brain,” John tells us in “I'm So Tired.”

²³ **Job 3:13** “I'd give you everything I've got for a little peace of mind,” John reveals in “I'm So Tired.”

²⁴ **Job 3:11** “In the morning wanna die. In the evening wanna die,” John cries out in “Yer Blues.”

²⁵ **Psalm 38:6** John, bowed down greatly, is “feeling two foot small” in “You've Got To Hide Your Love Away.”

²⁶ **Psalm 41:7** “How can I even try, I can never win,” John moans in “You've Got To Hide Your Love Away.”

²⁷ **Job 30:31** “I even hate my rock and roll,” John admits in “Yer Blues.”

²⁸ **Exodus 10:18** Pharaoh represents body consciousness. To “go out from Pharaoh” means to recognize that we are more than a body; we are infinite spiritual beings.

²⁹ **Psalm 5:2** “Is there anybody going to listen to my story?” John asks in “Girl.”

³⁰ **Psalm 25:16** “Yes I'm lonely wanna die,” John admits in “Yer Blues.”

³¹ **Job 3:25** What John fears has come on him in “Ticket To Ride”: “I think I'm gonna be sad, I think it's today.” Whatever we give our attention to tends to manifest, whether we want it or not.

“Yahweh, how long will I cry, and you will not hear? I cry out to you ‘Violence!’ and will you not save?”³²

“My soul is weary with sorrow: strengthen me according to your word.”³³ Teach me, and I will hold my peace. Cause me to understand wherein I have erred.³⁴

“Hear my prayer, God. Listen to the words of my mouth.”³⁵ Help me, Yahweh, my God. Save me according to your loving kindness;³⁶ but don’t be far off, Yahweh. You are my help: hurry to help me.”³⁷

Again he went away, and prayed, saying the same words.³⁸ “God, don’t be far from me. My God, hurry to help me.”³⁹ I have done no wrong, yet they are ready to attack me. Rise up, behold, and help me!”⁴⁰

He left them again, went away, and prayed a third time, saying the same words.⁴¹ “Be pleased, Yahweh, to deliver me. Hurry to help me, Yahweh.”⁴² All of your commandments are faithful. They persecute me wrongfully. Help me!”⁴³

³² **Habakkuk 1:2** John: “Until then I’ll cry instead.” (“I’ll Cry Instead”)

³³ **Psalm 119:28** “Christ, you know it ain’t easy, you know how hard it can be,” John cries out in “The Ballad of John And Yoko.” John: “It’s like a prayer. You know ‘Jesus you alone should know it ain’t easy’. And it has that street language connotation, too.”

³⁴ **Job 6:24**

³⁵ **Psalm 54:2**

³⁶ **Psalm 109:26** “Help! I need somebody,” John cries out in Help.”

³⁷ **Psalm 22:19** “Help! Not just anybody,” John clarifies in “Help.”

³⁸ **Mark 14:39** “Help me if you can, I’m feeling down,” John shares in “Help.”

³⁹ **Psalm 78:12** “Help! You know I need someone,” John admits in “Help.”

⁴⁰ **Psalm 59:4** John : “I needed the help. The song was about me.”

⁴¹ **Matthew 26:24** Pioneering Christian band DC Talk routinely performed “Help” at their live shows.

⁴² **Psalm 40:13** “Won’t you please help me?” John asks in “Help.”

⁴³ **Psalm 119:86** “Help me get my feet back on the ground,” John elaborates in “Help.”

As he was praying, the appearance of his face was altered, and his clothing became white and dazzling.⁴⁴ Yahweh also thundered in the sky. The Most High uttered his voice: hailstones and coals of fire.⁴⁵

Yahweh said to him, “Peace be to you! Don’t be afraid. You shall not die.⁴⁶ For I, Yahweh your God, will hold your right hand, saying to you, ‘Don’t be afraid. I will help you.’⁴⁷

“You have covered yourself with a cloud, so that no prayer can pass through.⁴⁸ Be still, and know that I am God. I will be exalted among the nations. I will be exalted in the earth.⁴⁹

“I, Yahweh, search the mind, I try the heart, even to give every man according to his ways, according to the fruit of his doings.⁵⁰ My son, give me your heart; and let your eyes keep in my ways.⁵¹

“Turn at my reproof. Behold, I will pour out my spirit on you. I will make known my words to you.⁵²

“Look to me, and be saved, all the ends of the earth; for I am God, and there is no other.⁵³ You shall have no other gods before me.⁵⁴

⁴⁴ **Luke 9:29**

⁴⁵ **Psalms 18:13**

⁴⁶ **Judges 6:23** The God within is speaking to John. His prayer has been answered.

⁴⁷ **Isaiah 42:13**

⁴⁸ **Lamentations 3:44** When we cover ourselves up with negative thoughts and emotions, we are out of alignment with our Source.

⁴⁹ **Psalms 46:10** “Turn off your mind, relax and float downstream,” John advises us in “Tomorrow Never Knows.” When we are still and rise above mind chatter, we transcend our ordinary state of consciousness, and we come to know God.

⁵⁰ **Jeremiah 17:10** By spiritual law, we reap what we sow.

⁵¹ **Proverbs 23:26** Emmanuel: “Our mind does not know the way home to God, but our heart does, and our soul never left.”

⁵² **Proverbs 1:23**

⁵³ **Isaiah 45:22** There is only one presence and one power in the Universe, God the good, omnipotent. There is no other.

⁵⁴ **Exodus 20:3** Anything that we give a higher priority to than our spiritual life becomes a “false god.” This can include money, sex, busyness, power, and religion itself.

“Whoever offers the sacrifice of thanksgiving glorifies me, and prepares his way so that I will show God's salvation to him.⁵⁵ For, behold, I create new heavens and a new earth; and the former things will not be remembered, nor come into mind.⁵⁶

“For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.⁵⁷ Before I formed you in the belly, I knew you. Before you came forth out of the womb, I sanctified you. I have appointed you a prophet to the nations.”⁵⁸

Blessed is the man who endures temptation, for when he has been approved, he will receive the crown of life, which the Lord promised to those who love him.⁵⁹ After he had sent the multitudes away, he went up into the mountain by himself to pray. When evening had come, he was there alone.⁶⁰

Yahweh's angel called to Abraham a second time out of the sky⁶¹, and he said, “Yahweh, the God of our fathers, aren't you God in heaven? Aren't you ruler over all the kingdoms of the nations? Power and might are in your hand, so that no one is able to withstand you.”⁶²

“Yahweh my God, I cried to you, and you have healed me.”⁶³

⁵⁵ **Psalm 50:23** When we stay in a state of gratitude and alignment, we harness the power of God.

⁵⁶ **Isaiah 65:17** John: “God is a power, which we're all capable of tapping. We're all light bulbs capable of tapping energy. You can use electricity to kill people or light the moon. God is that, neither one nor the other, but everything.”

⁵⁷ **Isaiah 55:9** In this metaphysical fantasy, John promptly receives his help from God through prayer, but in real life John's efforts to deal with his pain and insecurity included, among other things, drugs, meditation, songwriting, and relationships. Arthur Janov, who led him through six weeks of primal scream therapy, recalled that “John had about as much pain as I've ever seen in my life.”

⁵⁸ **Jeremiah 1:5** Andrew Grant Jackson: “Conquering his sadness through the catharsis of rock, [John's] singing conveyed the rush of euphoric rebirth. The passion in his voice was a healing vaccine that transmitted his exhilaration to millions, making him one of his generation's greatest preachers.” (From *Still the Greatest*, 2014)

⁵⁹ **James 1:12**

⁶⁰ **Matthew 14:23** [“He” is John]

⁶¹ **Genesis 22:15** [“Yahweh's angel” is John]

⁶² **2 Chronicles 20:6**

⁶³ **Psalm 30:2**

“I went down to the bottoms of the mountains. The earth barred me in forever; yet have you brought up my life from the pit, Yahweh my God alone, for my days are but a breath.”⁶⁴

“Before I was afflicted, I went astray; but now I observe your word.”⁶⁵ Don’t snatch the word of truth out of my mouth, for I put my hope in your ordinances.⁶⁶

“I run in the path of your commandments, for you have set my heart free.”⁶⁷ You are good, and do good. Teach me your statutes.⁶⁸

“Examine me, Yahweh, and prove me. Try my heart and my mind.”⁶⁹ In the multitude of my thoughts within me, your comforts delight my soul.⁷⁰

“You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more.”⁷¹ Your promises have been thoroughly tested, and your servant loves them.⁷²

“This I recall to my mind; therefore have I hope.”⁷³

“Yahweh, I love the habitation of your house, the place where your glory dwells.”⁷⁴ The inhabitant won’t say, ‘I am sick.’ The people who dwell therein will be forgiven their iniquity.⁷⁵

⁶⁴ **Jonah 2:6**

⁶⁵ **Psalm 119:67** In the Bible, *the word* is God’s love based way of doing things. In “The Word,” John keeps it simple: “the word *is* love.” John: “It sort of dawned on me that love was the answer...it seems like the underlying theme to the universe.”

⁶⁶ **Psalm 119:43** John: “Give the word a chance to say.” (“The Word”)

⁶⁷ **Psalm 119:32** John: “Say the word and you’ll be free.” (“The Word”)

⁶⁸ **Psalm 119:68** John: “Now I’ve got it, the word is good.” (“The Word”)

⁶⁹ **Psalm 26:2** John is becoming enlightened in “Help”: “Now I find I’ve changed my mind.”

⁷⁰ **Psalm 94:19** When we are troubled, we can find relief with thoughts that make us feel better and align us with our Source.

⁷¹ **Psalm 16:11** Joel Goldsmith: “In the consciously realized presence of God is the fulfillment of life.”

⁷² **Psalm 119:40**

⁷³ **Lamentations 3:21** “In my mind there’s no sorrow,” John declares in “There’s A Place.”

⁷⁴ **Psalm 26:8**

⁷⁵ **Isaiah 33:24** We tend to identify with whatever we attach our “I am” to. John, wanting to inhabit God’s house, now knows not to make statements such as “I am sick,” “I’m a loser” (“I’m A Loser”) or “I’m so tired.” (“I’m So Tired”)

“Blessed are the people who learn to acclaim you. They walk in the light of your presence, Yahweh.⁷⁶ Create in me a clean heart, O God. Renew a right spirit within me.”⁷⁷

When he came down from the mountain, great multitudes followed him.⁷⁸

Then Yahweh’s word came to him, saying,⁷⁹ “Behold, God is my salvation. I will trust, and will not be afraid; for Yah, Yahweh, is my strength and song; and he has become my salvation.”⁸⁰

“In my distress, I called on Yahweh. Yes, I called to my God. He heard my voice out of his temple. My cry came into his ears.⁸¹ I sought Yahweh, and he answered me, and delivered me from all my fears.”⁸²

“For my soul was grieved. I was embittered in my heart.⁸³ Yet he commanded the skies above, and opened the doors of heaven.”⁸⁴

“I was with you in weakness, in fear, and in much trembling.⁸⁵ Then I saw that wisdom excels folly, as far as light excels darkness.”⁸⁶

“Oh come, let’s worship and bow down. Let’s kneel before Yahweh, our Maker.⁸⁷ Blessed be his glorious name forever! Let the whole earth be filled with his glory! Amen and amen.”⁸⁸

⁷⁶ **Psalm 89:15** “There’s nothing you can do, but you can learn how to play the game,” John advises us in “All You Need Is Love.” To “play the game” in this sense is to choose winning thoughts that enable us to “walk in the light.”

⁷⁷ **Psalm 51:10** In “Tomorrow Never Knows” John describes the spirit within that seeks to expand and express itself through us. “See the meaning of within,” he invites us. “It is shining...it is speaking.” The song was inspired by Richard Alpert and Timothy Leary’s *The Psychedelic Experience* (which itself was based on the ancient manuscript *The Tibetan Book Of The Dead*). The book gives instructions on how to use psychedelic drugs as a tool for spiritual growth. John had picked up a copy, and used it to guide him on a LSD trip.

⁷⁸ **Matthew 8:1** [*“He” is John*]

⁷⁹ **1 Kings 17:2**

⁸⁰ **Isaiah 12:2**

⁸¹ **2 Samuel 22:7**

⁸² **Psalm 34:4**

⁸³ **Psalm 73:21**

⁸⁴ **Psalm 78:23** John, gaining spiritual wisdom, has “opened up the doors” in “Help.”

⁸⁵ **1 Corinthians 2:3**

⁸⁶ **Ecclesiastes 2:13** “I saw the light” John reveals in “No Reply.”

⁸⁷ **Psalm 95:6**

⁸⁸ **Psalm 72:19**

Chapter 27

The Third Angel Speaks

BIBLE

After these things, I saw another angel coming down out of the sky, having great authority. The earth was illuminated with his glory.¹ The words of the wise heard in quiet are better than the cry of him who rules among fools.²

Further, because the Preacher was wise, he still taught the people knowledge. Yes, he pondered, sought out, and set in order many proverbs.³

He said, "God's Kingdom is as if a man should cast seed on the earth.⁴ In the morning sow your seed, and in the evening don't withhold your hand; for you don't know which will prosper, whether this or that, or whether they both will be equally good."⁵

"The secret things belong to Yahweh our God; but the things that are revealed belong to us and to our children forever, that we may do all the words of this law."⁶

COMMENTARY

¹ **Revelation 18:1** [*The angel "having great authority" is George, the "third angel"*]

George: "All religions are like branches of one big tree."

² **Ecclesiastes 9:17** Ray Comfort:

"George Harrison was known as 'the quiet Beatle.' Quiet people are often quiet because they are deep thinkers."

³ **Ecclesiastes 12:9** George: "The best thing anyone can give to humanity is God consciousness.

But first you have to concentrate on your own spiritual advancement; so in a sense we have to become selfish to become selfless...

Manifest your own divinity first.

The truth is there. It's right within us all. Understand what you are. If people would just wake up to what's real, there would be no misery in the world."

⁴ **Mark 4:26**

⁵ **Ecclesiastes 11:6**

⁶ **Deuteronomy 29:29** In "The Inner Light," George talks about the secret things that belong to God. With the power of God expressing itself as us and in us (the "inner light"), we can "arrive without traveling" and "see all without looking."

“God thunders marvelously with his voice. He does great things, which we can’t comprehend.⁷ This knowledge is beyond me. It’s lofty. I can’t attain it.⁸ Praise be to Yahweh God, the God of Israel, who alone does marvelous deeds.⁹

“We are His witnesses of these things; and so also is the Holy Spirit, whom God has given to those who obey him.¹⁰ The wind blows where it wants to, and you hear its sound, but don’t know where it comes from and where it is going. So is everyone who is born of the Spirit.¹¹

“It is the spirit who gives life. The flesh profits nothing. The words that I speak to you are spirit, and are life.¹²

⁷ **Job 37:5** In “It’s All Too Much” George can’t comprehend the great things of God: “The more I learn the less I know, but what I do is all too much.”

⁸ **Psalms 139:6**

⁹ **Psalms 72:18** George praises God and His marvelous deeds in “It’s All Too Much:” “Everywhere it’s what you make for us to take, it’s all too much...there’s plenty there for everybody.”

¹⁰ **Acts 5:32**

¹¹ **John 3:8** To be born of the spirit is to come into a higher state of awareness. We now know that spirit, like the wind, exists and we can observe its effects, even though like the wind we cannot see it with our physical eye.

¹² **John 6:63** The spirit is our true essence. We are existence itself. The flesh is the false self, the ego, a self-limiting idea that we have about ourselves. The ego thinks that who we are is our body, our personality, our reputation. It always wants more, and is never truly satisfied. It is based in fear and keeps us separate from each other and separate from God. Deepak Chopra: “Your true identity lies in a core consciousness beyond the mind, intellect, and ego. When you look beyond your limited self-the “I” that struggles to find peace, love and fulfillment in life - you are on the path to your true identity.”

“Watch and pray, that you don’t enter into temptation. The spirit indeed is willing, but the flesh is weak.¹³ Because the mind of the flesh is hostile towards God; for it is not subject to God’s law, neither indeed can it be.¹⁴

“Don’t enter into the path of the wicked. Don’t walk in the way of evil men,¹⁵ those who have turned back from following Yahweh, and those who haven’t sought Yahweh nor inquired after him.¹⁶

“The wicked, in the pride of his face, has no room in his thoughts for God.¹⁷

“For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, that you may not do the things that you desire.¹⁸

“But I say, walk by the Spirit, and you won’t fulfill the lust of the flesh.¹⁹ Yahweh himself is who goes before you. He will be with you. He will not fail you nor forsake you. Don’t be afraid. Don’t be discouraged.²⁰

“Why are you anxious about clothing? Consider the lilies of the field, how they grow. They don’t toil, neither do they spin.²¹ Commit your deeds to Yahweh, and your plans shall succeed.²²

¹³ **Matthew 26:41**

¹⁴ **Romans 8:7** The “mind of the flesh” is the egoic mind, the false self. George describes how it operates in “Think For Yourself”: “I know your mind’s made up, you’re gonna cause more misery.”

¹⁵ **Proverbs 4:14** George reminds us in “Love You Too” that “there’s people standing round, who’ll screw you in the ground.”

¹⁶ **Zephaniah 1:6**

¹⁷ **Psalms 10:4**

¹⁸ **Galatians 5:17** When we gratify the flesh, we give in to the selfish demands of the ego. George describes this in “I Me Mine”: “All through your life, I me mine...Even those tears, I me mine.”

¹⁹ **Galatians 5:16** The phrase “I me mine” comes from the *Baghavad Gita*: “They are forever free who renounce all selfish desires and break away from the ego-cage of ‘I’, ‘me’ and ‘mine’ to be united with the Lord. This is the supreme state. Attain to this, and pass from death to immortality.”

²⁰ **Deuteronomy 31:8** It can be fearful to leave behind egoic patterns of behavior and thought. “They’re frightened of leaving it,” George observes in “I Me Mine.”

²¹ **Matthew 6:28** “It doesn’t really matter what clothes I wear,” George realizes in “Only A Northern Song.”

²² **Proverbs 16:3**

“Yahweh will not allow the soul of the righteous to go hungry, but he thrusts away the desire of the wicked.²³ He pours contempt on princes, and loosens the belt of the strong.²⁴

“Now therefore put away the foreign gods which are among you, and incline your heart to Yahweh, the God of Israel.²⁵

“But be doers of the word, and not only hearers, deluding your own selves.²⁶

“What good is it, my brothers, if a man says he has faith, but has no works? Can faith save him?²⁷

“Don’t say to your neighbor, ‘Go, and come again; tomorrow I will give it to you,’ when you have it by you.²⁸ For it isn’t the hearers of the law who are righteous before God, but the doers of the law will be justified.²⁹

“There are those who covet greedily all day long; but the righteous give and don’t withhold.³⁰ Give, and it will be given to you: good measure, pressed down, shaken together, and running over, will be given to you. For with the same measure you measure it will be measured back to you.³¹

²³ **Proverbs 10:3**

²⁴ **Job 12:21** People who are driven by the ego are “coming on strong all the time,” George relates in “I Me Mine.” Fortunately, Yahweh “loosens the belt of the strong.”

²⁵ **Joshua 24:23** “Foreign gods” are fear-based thoughts originating from the ego.

²⁶ **James 1:22** “We all know obladi blada, but can you show me where you are?” George asks in “Savoy Truffle.” “Obladi oblada” is an expression that affirms that life will go on in spite of our challenges. George is reminding us that such affirmations are fine, but we still have to put our faith into action.

²⁷ **James 2:14** George definitely put his faith into action by organizing the groundbreaking *Concert for Bangladesh* benefit concerts held in August 1971. These were the first multi-star rock charity concerts ever, setting the stage for similar events such as *Live Aid* in 1985.

²⁸ **Proverbs 3:28**

²⁹ **Romans 2:13**

³⁰ **Proverbs 21:26** Since the ego is based in fear, covetousness and greed are part of its daily agenda. George describes this in “I Me Mine”: “All through the day, I me mine.”

³¹ **Luke 6:38** In “It’s All Too Much,” George reminds us that “the more you give the more you get.” This is the law of cause and effect.

“Be careful that you don’t do your charitable giving before men, to be seen by them, or else you have no reward from your Father who is in heaven.³² I have not sat with deceitful men, neither will I go in with hypocrites.³³

“Don’t judge, so that you won’t be judged.³⁴ For with whatever judgment you judge, you will be judged; and with whatever measure you measure, it will be measured to you.³⁵

“Therefore let’s not judge one another anymore, but judge this rather, that no man put a stumbling block in his brother’s way, or an occasion for falling.³⁶

“Let us acknowledge Yahweh. Let us press on to know Yahweh. As surely as the sun rises, Yahweh will appear. He will come to us like the rain, like the spring rain that waters the earth.³⁷

“Sing praises to Yahweh with the harp, with the harp and the voice of melody.³⁸ For, behold, the winter is past. The rain is over and gone.³⁹ Truly the light is sweet, and a pleasant thing it is for the eyes to see the sun!⁴⁰

³² **Mathew 6:1**

³³ **Psalm 26:4** “When I get near you, the games begin to drag me down,” George laments in “I Want To Tell You.” This lyric may have been inspired by the 1964 bestseller *Games People Play*, in which Eric Berne describes “games” as ego-based dysfunctional social transactions that people engage in for a payoff of some kind.

³⁴ **Matthew 7:1** “You won’t get time to hang a sign on me,” George advises us in “Love You To.” To “hang a sign” on someone is to limit them by labeling and judging them based on preconceived notions.

³⁵ **Matthew 7:2** By the law of cause and effect, our judgments come back to us. People tend to show up in our lives based on the way that we perceive them.

³⁶ **Romans 14:13** We want to see others the way that God sees them.

³⁷ **Hosea 6:3** “Here comes the sun, and I say it’s alright,” George shares in “Here Comes The Sun,” his timeless classic of faith and optimism.

³⁸ **Psalm 98:5**

³⁹ **Song of Solomon 2:11** In George’s “Here Comes The Sun,” it’s been a “long, cold, lonely winter...it feels like years since it’s been clear.”

⁴⁰ **Ecclesiastes 11:7** In “Here Comes The Sun,” “the ice is slowly melting.”

“From the rising of the sun to the going down of the same, Yahweh’s name is to be praised.⁴¹ Give thanks to Yahweh with the lyre. Sing praises to him with the harp of ten strings.”⁴²

When he had spoken these things, he knelt down and prayed with them all.⁴³

“You are righteous, Yahweh. Your judgments are upright.⁴⁴ For you will save the afflicted people, but the haughty eyes you will bring down.”⁴⁵

“Yahweh, I know that the way of man is not in himself: it is not in man who walks to direct his steps.⁴⁶ Seeing his days are determined, the number of his months is with you, and you have appointed his bounds that he can’t pass.”⁴⁷

“Yahweh, you will ordain peace for us, for you have also done all our work for us.⁴⁸ Therefore I will give thanks to you, Yahweh, among the nations, and will sing praises to your name.”⁴⁹

“I will also meditate on all your work, and consider your doings.”⁵⁰ You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more.”⁵¹

⁴¹ **Psalm 113:3** Hafiz: “Even after all this time the sun never says to the earth, ‘You owe me’. Look what happens with a love like that. It lights the whole world.”

⁴² **Psalm 33:2** Eckhart Tolle: “Acknowledging the good that you already have in your life is the foundation for all abundance.”

⁴³ **Acts 20:36** Not everyone was in agreement with George embracing Eastern religion. Pastor David J. Stewart: “George Harrison was an imposter who rejected Jesus Christ, and is burning in the fires of Hell today because of his sin of unbelief. I say this with sadness.”

⁴⁴ **Psalm 119:137**

⁴⁵ **Psalm 18:27** In “Piggies,” George chastises those with haughty eyes: “In their eyes there’s something lacking, what they need’s a damn good whacking.”

⁴⁶ **Jeremiah 10:23**

⁴⁷ **Job 14:5** “A lifetime is so short, a new one can’t be bought,” George reminds us in “Love You To.”

⁴⁸ **Isaiah 26:12**

⁴⁹ **Psalm 18:49**

⁵⁰ **Psalm 77:12** Swami Sivananda: “Practice meditation regularly. Meditation leads to eternal bliss. Therefore meditate, meditate.”

⁵¹ **Psalm 5:12** God will show us the path, one step at a time. “Show me that I’m everywhere and get me home for tea,” George prays in “It’s All Too Much.”

He said these things in the synagogue, as he taught in Capernaum.⁵² They were astonished at his teaching, for he taught them as having authority, and not as the scribes.⁵³

Fear took hold of all, and they glorified God, saying, “A great prophet has arisen among us!” and, “God has visited his people!”⁵⁴

So he was their shepherd according to the integrity of his heart, and guided them by the skillfulness of his hands.⁵⁵ When they asked him to stay with them a longer time, he declined.⁵⁶

“I have yet many things to tell you, but you can’t bear them now.”⁵⁷ These things have I spoken to you, so that you wouldn’t be caused to stumble.⁵⁸

“Indeed surely there is a future hope, and your hope will not be cut off.”⁵⁹ Nevertheless I tell you the truth: It is to your advantage that I go away, for if I don’t go away, the Counselor won’t come to you. But if I go, I will send him to you.⁶⁰

“But I say this, brothers: the time is short, that from now on, both those who have wives may be as though they had none;⁶¹ and those who use the world, as not using it to the fullest. For the mode of this world passes away.”⁶²

⁵² **John 6:59** [*“He” is George*]

⁵³ **Mark 1:22**

⁵⁴ **Luke 7:16** “Fear” in this sense of the word is awe and wonder.

⁵⁵ **Psalms 78:72**

⁵⁶ **Acts 18:20**

⁵⁷ **John 16:12** God’s plan for our life is usually revealed to us one step at a time, on an “as need” basis.

⁵⁸ **John 16:1**

⁵⁹ **Proverbs 23:18** “The future looks good, and you’ve got time to rectify all the things you should,” George reassures us in “Think For Yourself.”

⁶⁰ **John 16:7** George is reminding his followers that they too have the spirit of God within them, and that they are relying too much on him for wisdom and guidance. If he goes away, then they will have to learn how to listen to their own inner voice. “Think for yourself ‘cos I won’t be there with you,” admonishes George in “Think For Yourself.”

⁶¹ **1 Corinthians 7:29** “Each day just goes so fast, I turn around, it’s past,” George observes in “Love You To.”

⁶² **1 Corinthians 7:31** In “All Things Must Pass,” George reminds us that nothing on the Earth plane is meant to last: “All things must pass, none of life’s strings can last.” George recorded a demo of this song as a Beatle and then later included it on his solo album of the same name.

So the prophet departed, and waited for the king by the way, and *disguised himself with his headband* over his eyes.⁶³

Now in the morning, as he returned to the city, he was hungry,⁶⁴ and entered into the house of Zacharias and greeted Elizabeth.⁶⁵

The woman had a fattened calf in the house. She hurried and killed it; and she took flour, and kneaded it, and baked unleavened bread of it.⁶⁶

As she was going to get it, he called to her, and said, "Please bring me a morsel of bread in your hand."⁶⁷ They had a few small fish. Having blessed them, he said to serve these also.⁶⁸ He took them, and ate in front of them.⁶⁹

He said to them, "To you is given the mystery of God's Kingdom, but to those who are outside, all things are done in parables."⁷⁰ May Yahweh bless you out of Zion, and may you see the good of Jerusalem all the days of your life.⁷¹

"For I was hungry, and you gave me food to eat. I was thirsty, and you gave me drink. I was a stranger, and you took me in."⁷²

"Don't forget to show hospitality to strangers, for in doing so, some have entertained angels without knowing it!"⁷³

⁶³ **1 Kings 20:38** Charles Fillmore described a *prophet* as "a teacher, one who receives the inspiration of Spirit," someone who has "an understanding of spiritual law, and imparts it to others". George, by being a member of the most famous rock group on the planet, had a huge audience to impart his spiritual philosophy to.

⁶⁴ **Matthew 21:18**

⁶⁵ **Luke 1:40**

⁶⁶ **1 Samuel 28:24**

⁶⁷ **1 Kings 17:11**

⁶⁸ **Mark 8:7**

⁶⁹ **Luke 24:43**

⁷⁰ **Mark 4:11** Parables are a great tool for those who need help learning and applying spiritual concepts, such as in this case the principle of giving and receiving.

⁷¹ **Psalms 128:5**

⁷² **Matthew 25:35**

⁷³ **Hebrews 13:2** Steve Rabey: "[George] Harrison was perhaps the most explicitly and consistently theological rock star of the last half-century. While he failed to convert everyone to his beliefs, he nudged his bandmates – and his listener fans – a bit further to the East, encouraging audiences to open themselves to new (or very old) spiritual influences... His greatest legacy may be the way his decades-long spiritual quest shaped the ways the West looks at God, gurus and life."

Chapter 28

Life Flows On Within You And Without You

BIBLE

So the young man, even the young man the prophet, went to Ramoth Gilead.¹ He hurried, and took the headband away from his eyes; and the king of Israel recognized that he was of the prophets.²

The king said to him, “Go in peace.” So he arose, and went to Hebron.³

Great multitudes gathered to him, so that he entered into a boat, and sat, and all the multitude stood on the beach.⁴

He taught them many things in parables, and told them in his teaching,⁵ “It is easier for a camel to go through a needle's eye than for a rich man to enter into God's Kingdom.”⁶

Then his disciples asked him, “What does this parable mean?”⁷ For you bring certain strange things to our ears. We want to know therefore what these things mean.”⁸

He answered them, “I also will ask you one question. Tell me,⁹ for what does it profit a man, to gain the whole world, and forfeit his life?¹⁰ So is he who lays up treasure for himself, and is not rich toward God.”¹¹

COMMENTARY

¹ **2 Kings 9:4** [*The “young man the prophet” is George*]

² **1 Kings 20:41** Ben Jollife, *Resurgence* magazine (2003): “The pop star and the prophet are rare bedfellows – but with the simple wisdom of his lyrics and the melodic sweetness of his slide guitar, George Harrison brought them together in a marriage of great inspiration.....the ‘quiet Beatle’ reconciled unparalleled fame with a dedicated spiritual search, crowning the lowly pop song with profound twists and joyful shouts in the process.”

³ **2 Samuel 15:9**

⁴ **Matthew 13:2**

⁵ **Mark 4:2**

⁶ **Mark 10:25** George, on the Beatles success: “We made our money and fame but for me that wasn't it...It was good fun for a while, but it certainly wasn't the answer to what life is about.”

⁷ **Luke 8:9**

⁸ **Acts 17:20**

⁹ **Luke 20:3**

¹⁰ **Mark 8:36** In “Within You Without You,” George admonishes “the people who gain the world and lose their soul.”

¹¹ **Luke 12:21**

“The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.¹² Because iniquity will be multiplied, the love of many will grow cold.¹³

“Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.¹⁴ And the Spirit of Yahweh will come mightily on you, and you shall prophesy with them, and shall be turned into another man.¹⁵

“You shall also decree a thing, and it shall be established to you. Light shall shine on your ways.¹⁶

“He who loves his brother remains in the light, and there is no occasion for stumbling in him.¹⁷ But he who hates his brother is in the darkness, and walks in the darkness, and doesn't know where he is going, because the darkness has blinded his eyes.¹⁸

“Therefore I urge you, brothers, by the mercies of God, to present your bodies a living sacrifice, holy, acceptable to God, which is your spiritual service.¹⁹ Let love be without hypocrisy. Abhor that which is evil. Cling to that which is good.²⁰

¹² **2 Corinthians 4:4** In “Within You Without You” George laments about those who are blind to the truth. “They don't know, they can't see; are you one of them?” he asks.

¹³ **Matthew 24:12** In “Within You Without You” George regrets “the love that's gone so cold.”

¹⁴ **Romans 12:2** “When you see beyond yourself, then you may find peace of mind is waiting there,” George reminds us in “Within You Without You.”

¹⁵ **1 Samuel 10:6**

¹⁶ **Job 22:28** “Try to realize it's all within yourself,” George advises us in “Within You Without You.”

¹⁷ **1 John 2:10** In “Within You Without You” George talks about “the love we all could share.” “When we find it,” he urges, we should “try our best to hold it there.”

¹⁸ **1 John 2:11** In “Within You Without You” George refers to the people “who never glimpse the truth, then it's far too late, they pass away.”

¹⁹ **Romans 12:1** Aligning ourselves in consciousness with the Divine is our responsibility, our “spiritual service”. “No one else can make you change, George reminds us in “Within You Without You.”

²⁰ **Romans 12:9** “Within You Without You,” was recorded in the Indian classical music style. No other Beatle plays on the track.

“And be kind to one another, tenderhearted, forgiving each other, just as God also in Christ forgave you.²¹ There is neither Jew nor Greek, there is neither slave nor free man, there is neither male nor female; for you are all one in Christ Jesus.²²

“There is one body, and one Spirit, even as you also were called in one hope of your calling;²³ one Lord, one faith, one baptism, one God and Father of all, who is over all, and through all, and in us all.²⁴

“By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible.²⁵ As you don't know what is the way of the wind, nor how the bones grow in the womb of her who is with child; even so you don't know the work of God who does all.²⁶

“Yahweh's eyes are everywhere, keeping watch on the evil and the good.²⁷ For in him we live, and move, and have our being. As some of your own poets have said, 'For we are also his offspring.'²⁸ Am I a God at hand, says Yahweh, and not a God afar off?²⁹

²¹ **Ephesians 4:32** Aldous Huxley: “It is a bit embarrassing to have been concerned with the human problem all one's life and find at the end that one has no more to offer by way of advice than try to be a little kinder.”

²² **Galatians 3:28** In “Within You Without You,” George predicts that “the time will come when you see we are all one.”

²³ **Ephesians 4:4**

²⁴ **Ephesians 4:5** Albert Einstein: “A person experiences life as something separated from the rest – a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness.”

²⁵ **Hebrews 11:3** In “Within You Without You,” George talks about those “who hide themselves behind a wall of illusion,” failing to see the oneness of the Universe.

²⁶ **Ecclesiastes 11:5**

²⁷ **Proverbs 15:3**

²⁸ **Acts 17:28** George reminds us in “Within You Without You” that “in him we live, and move, and have our being”: “Life flows on within you and without you.”

²⁹ **Jeremiah 23:23** David Griffiths, *Record Mirror*: “‘Within You Without You’ is a beautifully successful and adventurous statement in song of a Yoga truth.”

“Yahweh, our Lord, how majestic is your name in all the earth, who has set your glory above the heavens!”³⁰ I remember the days of old. I meditate on all your doings. I contemplate the work of your hands.³¹

“When I consider your heavens, the work of your fingers, the moon and the stars, which you have ordained,³² what is man, that you think of him? What is the son of man, that you care for him?”³³ For you have made him a little lower than God, and crowned him with glory and honor.”³⁴

All his acquaintances, and the women who followed with him from Galilee, stood at a distance, watching these things.³⁵

He said to them, “Most certainly I tell you, there is no one who has left house, or wife, or brothers, or parents, or children, for God’s Kingdom’s sake,³⁶ who will not receive many times more in this time, and in the world to come, eternal life.”³⁷

“And above all things be earnest in your love among yourselves, for love covers a multitude of sins.”³⁸ For Yahweh is righteous. He loves righteousness. The upright shall see his face.³⁹

“Sing to him, sing praises to him! Tell of all his marvelous works.”⁴⁰

³⁰ **Psalm 8:1**

³¹ **Psalm 143:5** Amit Ray:

“Meditation is a way for nourishing and blossoming the divinity within you.”

³² **Psalm 8:3**

³³ **Psalm 8:4**

³⁴ **Psalm 8:5** Although we are infinite spiritual Beings, we are just a tiny speck compared to the grandiosity of the Universe. We are like a wave in the ocean, with all that the ocean contains but without it’s overall power and majesty. George reminds us of this paradox in “Within You Without You”: “you’re really only very small.”

³⁵ **Luke 23:49** In “Within You Without You,” George laments the distance between people, “the space between us all.”

³⁶ **Luke 18:29** [*“He” is George*]

³⁷ **Luke 18:30** Sometimes we have to give up what we hold dearest in order to grow spiritually. This could include letting go of friendships that are no longer serving our best interests. It could also include limiting the time we spend with certain family members.

³⁸ **1 Peter 4:8** In “Within You Without You,” George declares that “with our love we could save the world.” Sin is separation from God. Love reunites us back to God and heals our “separation anxiety.”

³⁹ **Psalm 11:7**

⁴⁰ **Psalm 105:2**

Chapter 29

What Is Sweet Now Turns So Sour

BIBLE

Yahweh's angel came up from Gilgal to Bochim. He said, "I brought you out of Egypt, and have brought you to the land which I swore to give your fathers. I said, 'I will never break my covenant with you.'"¹

He had in his hand a little open book. He set his right foot on the sea, and his left on the land.²

I went to the angel, telling him to give me the little book. He said to me, "Take it, and eat it up. It will make your stomach bitter, but in your mouth it will be as sweet as honey."³

He went out again by the seaside. All the multitude came to him, and he taught them.⁴

He told them this parable:⁵ "Now on the mountainside there was a great herd of pigs feeding.⁶ They all ate, and were filled."⁷

"Behold, I have found this," says the Preacher, "one to another, to find out the scheme;⁸ put a knife to your throat, if you are a man given to appetite.⁹ Don't be among ones drinking too much wine, or those who gorge themselves on meat."¹⁰

COMMENTARY

¹ **Judges 2:1** [*"Yahweh's angel" is George*] Egypt, which Moses led his people out of, represents bondage. An undisciplined person is in bondage to the carnal nature.

² **Revelation 10:2**

³ **Revelation 10:9** "You know that what you eat you are, what is sweet now turns so sour," George warns us in "Savoy Truffle." Self control may not provide instant gratification, but it can lead to long term happiness.

⁴ **Mark 2:13** Aristotle: "What lies in our power to do, lies in our power not to do."

⁵ **Luke 15:3** Bum Phillips: "The only discipline that lasts is self-discipline."

⁶ **Mark 5:11** In "Piggies," George uses pigs to represent gluttonous behavior: "And for all the little piggies, life is getting worse."

⁷ **Mark 6:42** David Campbell: "Discipline is remembering what you want."

⁸ **Ecclesiastes 7:27**

⁹ **Proverbs 23:2** Peter De Vries: "Gluttony is an emotional escape, a sign something is eating us."

¹⁰ **Proverbs 23:20** In "Piggies," the "piggies" are "clutching forks and knives to eat their bacon."

“For the drunkard and the glutton shall become poor; and drowsiness clothes them in rags.¹¹ Yes, the dogs are greedy, they can never have enough; and these are shepherds who can't understand: they have all turned to their own way, each one to his gain, from every quarter.¹²

“Like a city that is broken down and without walls is a man whose spirit is without restraint.¹³ Or don't you know that your body is a temple of the Holy Spirit which is in you, which you have from God? You are not your own.¹⁴

“All chastening seems for the present to be not joyous but grievous; yet afterward it yields the peaceful fruit of righteousness to those who have been exercised thereby.¹⁵

“My son, don't despise Yahweh's discipline, neither be weary of his reproof.¹⁶ The fear of Yahweh is the beginning of knowledge; but the foolish despise wisdom and instruction.”¹⁷

His brothers also went and fell down before his face; and they said, “Behold, we are your servants.¹⁸ The entrance of your words gives light. It gives understanding to the simple.”¹⁹

He said to them, “Come again to me after three days.” The people departed.²⁰

¹¹ **Proverbs 23:21** In “Savoy Truffle,” George cautions against overindulgence: “You might not feel it now, but when the pain cuts through you’re going to know it and how. ”

¹² **Isaiah 56:11** Pietro Aretino: “I am indeed, a king, because I know how to rule myself.”

¹³ **Proverbs 25:28** With self-discipline, we are liberated from our earthly and animalistic instincts and conditioned responses.

¹⁴ **1 Corinthians 6:19** The more we exercise restraint and self control, the easier it will be for Spirit to express itself through us.

¹⁵ **Hebrews 12:11** “All the world is birthday cake, so take a piece but not too much,” George advises in “It’s All Too Much.”

¹⁶ **Proverbs 3:11** Theodore Roosevelt: “With self discipline, most anything is possible.”

¹⁷ **Proverbs 1:7** Wisdom and self control are gifts of the Spirit, but they still need to be developed in order to navigate effectively here on the Earth plane. Just like we have to remind ourselves to choose love in all circumstances, we have to learn to rise above our feelings and be disciplined in all our affairs.

¹⁸ **Genesis 50:18**

¹⁹ **Psalms 119:130**

²⁰ **2 Chronicles 10:5** Mick Jagger: “It’s alright letting yourself go, as long as you can get yourself back.”

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

¹⁶ **Psalm 13:2**

¹⁷ **Psalm 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 questions God in “Long Long Long”: “How could I ever have lost you when I loved you?” (George: “The ‘you’ is God.”) Questions are powerful because our minds are problem solving machines that enjoy coming up with answers. To take full advantage of this however, we want to ask empowering questions such as “What can I do to make this situation better?”

(Chinese Proverb) “He who asks questions cannot avoid the answers.”

¹⁹ **Numbers 16:31**

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 Make your face shine on your servant. Teach me your statutes.³³

“It is good for me that I have been afflicted, that I may learn your statutes.”³⁴ With the pure, you will show yourself pure. With the crooked you will show yourself shrewd.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 **Psalms 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.”

³⁴ **Psalms 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.”)

³⁵ **Psalms 18:26** By spiritual law, what we focus on tends to manifest.

"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**

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**

Chapter 31

With A Little Help From My Friends

BIBLE

Another angel came out from the temple which is in heaven. He also had a sharp sickle.¹ But when the fruit is ripe, immediately he puts forth the sickle, because the harvest has come.²

Then he said to his disciples, "The harvest indeed is plentiful, but the laborers are few.³ Let us not be weary in doing good, for we will reap in due season, if we don't give up."⁴

"Beloved, don't imitate that which is evil, but that which is good. He who does good is of God. He who does evil hasn't seen God.⁵ Now who is he who will harm you, if you become imitators of that which is good?"⁶

"But don't forget to be doing good and sharing, for with such sacrifices God is well pleased.⁷ He has shown you, O man, what is good. What does Yahweh require of you, but to act justly, to love mercy, and to walk humbly with your God."⁸

He left them, and went out of the city to Bethany, and camped there.⁹ The consecrated things were six hundred head of cattle and three thousand sheep.¹⁰

COMMENTARY

¹ **Revelation 14:17** [*The other angel is Ringo, the "fourth angel"*]

² **Mark 4:29** Ringo, on being a Beatle: "I've never really done anything to create what has happened. It creates itself. I'm here because it happened. But I didn't do anything to make it happen apart from saying 'Yes'."

³ **Matthew 9:37**

⁴ **Galatians 6:9** Abraham Lincoln: "When I do good, I feel good. When I do bad, I feel bad. That's my religion."

⁵ **3 John 1:11** Sophocles: "To be doing good deeds is man's most glorious task."

⁶ **1 Peter 3:13** Shari Ariston: "Doing good holds the power to transform us on the inside, and then ripple out in ever expanding circles that positively impact the world at large."

⁷ **Hebrews 13:16** - Albert Einstein: "Only a life lived for others is worth living."

⁸ **Micah 6:8** Dalai Lama: "If we can refrain from harming others in our actions and words, we can start to give serious attention to actively doing good."

⁹ **Matthew 21:17**

¹⁰ **2 Chronicles 29:33**

The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name, and leads them out.¹¹

When he comes home, he calls together his friends and his neighbors, saying to them, “Rejoice with me, for I have found my sheep which was lost!”¹²

He made them a feast, and they ate and drank.¹³ There was great joy in that city.¹⁴ He sacrificed and burnt incense in the high places, and on the hills, and under every green tree.¹⁵ Smoke went up out of his nostrils. Consuming fire came out of his mouth. Coals were kindled by it.¹⁶

He says in his heart, “I shall not be shaken. For generations I shall have no trouble.”¹⁷ Perfume and incense bring joy to the heart; so does earnest counsel from a man’s friend.¹⁸

“Where there is no counsel, plans fail; but in a multitude of counselors they are established.”¹⁹

“A friend loves at all times, and a brother is born for adversity.”²⁰ Greater love has no one than this, that someone lay down his life for his friends.²¹

“A man of many companions may be ruined, but there is a friend who sticks closer than a brother.”²²

¹¹ **John 10:3**

¹² **Luke 15:6**

¹³ **Genesis 26:30**

¹⁴ **Acts 8:8**

¹⁵ **2 Chronicles 28:4** “Incense And Peppermints,” was released in 1967 by the band Strawberry Alarm Clock (who chose their name as a tribute to the Beatles “Strawberry Fields Forever”). It is considered a psychedelic classic. The meaning of the title is unclear, though some have pointed out that pot smokers might use *incense* and *peppermints* to mask the smell of weed (in the room and on their breath) while they are in “the high places.”

¹⁶ **2 Samuel 22:9** “I get high with a little help from my friends,” Ringo shares in “With A Little Help From My Friends.”

¹⁷ **Psalms 10:6**

¹⁸ **Proverbs 27:9** “I’m gonna try with a little help from my friends,” Ringo declares in “With A Little Help From My Friends.”

¹⁹ **Proverbs 15:22** “I get by with a little help from my friends,” Ringo offers in “With A Little Help From My Friends.”

²⁰ **Proverbs 17:17** “I want somebody to love,” Ringo tells us in “With A Little Help From My Friends.”

²¹ **John 15:13** (Anon.) “A good friend is cheaper than therapy.”

²² **Proverbs 18:24** Plautus: “Nothing but heaven itself is better than a friend who is really a friend.”

“Don't let kindness and truth forsake you. Bind them around your neck. Write them on the tablet of your heart.²³ Let no corrupt speech proceed out of your mouth, but such as is good for building up as the need may be, that it may give grace to those who hear.²⁴

“Iron sharpens iron; so a man sharpens his friend's countenance.²⁵ For if they fall, the one will lift up his fellow; but woe to him who is alone when he falls, and doesn't have another to lift him up.²⁶

“However, if you fulfill the royal law, according to the Scripture, ‘You shall love your neighbor as yourself,’ you do well.²⁷ He who loves purity of heart and speaks gracefully is the king's friend!”²⁸

It came to pass, as he said these things, a certain woman out of the multitude lifted up her voice, and said to him, “Blessed is the womb that bore you, and the breasts which nursed you!”²⁹ Let your father and your mother be glad! Let her who bore you rejoice!”³⁰

He said, “Call her.” When he had called her, she stood in the door.³¹ The young lady was very beautiful to look at, a virgin. No man had known her. She went down to the spring, filled her pitcher, and came up.³²

²³ **Proverbs 3:3** Albert Schweitzer: “In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.”

²⁴ **Ephesians 4:29** Chogyam Trungpa: “If there isn't a complete sense of openness and space, then communication between two people cannot happen. Period. It's that simple.”

²⁵ **Proverbs 27:17** (Anonymous) “A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words.”

²⁶ **Ecclesiastes 4:10** In “With A Little Help From My Friends,” Ringo asks if anybody will be there to lift him up when he falls: “what would you do if I sing out of tune, would you stand up and walk out on me?”

²⁷ **James 2:8** “I just need someone to love,” Ringo tells us in “With A Little Help From My Friends.”

²⁸ **Proverbs 22:11** In “Yellow Submarine, Ringo has plenty of friends: “our friends are all aboard, and many more of them live next door.”

²⁹ **Luke 11:27**

³⁰ **Proverbs 23:25**

³¹ **2 Kings 4:15**

³² **Genesis 24:16**

She has prepared her meat. She has mixed her wine. She has also set her table.³³ He drank of the wine and got drunk. He was uncovered within his tent.³⁴

He said, “Naked I came out of my mother's womb, and naked shall I return there. Yahweh gave, and Yahweh has taken away. Blessed be the name of Yahweh.³⁵ Now therefore be pleased to look at me, for surely I shall not lie to your face.”³⁶

“How beautiful are your feet in sandals, prince's daughter! Your rounded thighs are like jewels, the work of the hands of a skillful workman.³⁷ Come, let's take our fill of loving until the morning. Let's solace ourselves with loving!”³⁸

The light shall be dark in his tent. His lamp above him shall be put out.³⁹ He laid his hands on her, and immediately she stood up straight, and glorified God.⁴⁰ He cried out, “Jesus, you son of David, have mercy on me!”⁴¹

On the next day they entered into Caesarea. Cornelius was waiting for them, having called together his relatives and his near friends.⁴²

When she came to her mother-in-law, she said, “How did it go, my daughter?” She told her all that the man had done for her.⁴³

³³ **Proverbs 9:2**

³⁴ **Genesis 9:21**

³⁵ **Job 1:21**

³⁶ **Job 6:28**

³⁷ **Song of Solomon 7:1**

³⁸ **Proverbs 7:18** “I just want someone to love,” Ringo shares in “With A Little Help From My Friends.”

³⁹ **Job 18:6** “What do you see when you turn out the light? I can't tell you but I know it's mine,” Ringo reveals in “With A Little Help From My Friends.”

⁴⁰ **Luke 13:13** “Oh God,” she cried out.

⁴¹ **Luke 18:38** “With A Little Help From My Friends” was written by John and Paul specifically for Ringo to sing.

⁴² **Acts 10:24** Joe Cocker's version of “With A Little Help From My Friends” is considered by many to be the best cover version ever of a Beatle song. His dramatic eight minute performance of the song was a highlight of the Woodstock festival in 1969. Cocker's version was used as the theme song for the TV series *The WonderYears*.

⁴³ **Ruth 3:16** When Joe Cocker died in 2014, Paul issued this statement regarding his version of “With A Little Help From My Friends”: “It was just mind-blowing, totally turned the song into a soul anthem, and I was forever grateful for him for having done that.”

Chapter 32

They're Gonna Crucify Me

BIBLE

Great fear came on the whole assembly, and on all who heard these things.¹

John testified, saying, "I have seen the Spirit descending like a dove out of heaven, and it remained on him."² He who has an ear, let him hear what the Spirit says to the assemblies.³

"For first of all, when you come together in the assembly, I hear that divisions exist among you, and I partly believe it."⁴ If anyone among you thinks himself to be religious while he doesn't bridle his tongue, but deceives his heart, this man's religion is worthless.⁵

"Pure religion and undefiled before our God and Father is this: to visit the fatherless and widows in their affliction, and to keep oneself unstained by the world."⁶

"Now, you priests, this commandment is for you."⁷

"Woe to you, scribes and Pharisees, hypocrites! For you devour widows' houses, and as a pretense you make long prayers. Therefore you will receive greater condemnation."⁸

COMMENTARY

¹ **Acts 5:11**[*The "assembly" is the church*] In the Sixties, organized religion was in decline. The traditional, historical Christian doctrine was being questioned, and people were beginning to explore alternative spiritual ideas and practices. Church leaders felt threatened by the influence that rock and roll and the Beatles were having on young people.

² **John 1:32** In 1966, John made his famous remarks about Christianity: "Christianity will go. It will vanish and shrink. I needn't argue about that. I'm right and will be proved right. We're more popular than Jesus now."

³ **Revelation 3:22**

⁴ **1 Corinthians 11:18**

⁵ **James 1:26**

⁶ **James 1:27** Paul Swift, *The Beatles and Philosophy* (2006): "By undermining the idea that institutionalized religions have a privileged access to divinity (above and beyond the individual) John Lennon suggested a new path in the quest for knowledge of God and self."

⁷ **Malachi 2:1**

⁸ **Matthew 23:13**

He said to them, “Full well do you reject the commandment of God, that you may keep your tradition.⁹ For I desire mercy, and not sacrifice; and the knowledge of God more than burnt offerings.¹⁰

“You have devised shame to your house, by cutting off many peoples, and have sinned against your soul,¹¹ making void the word of God by your tradition, which you have handed down. You do many things like this.”¹²

He said to them, “The Sabbath was made for man, not man for the Sabbath.¹³ The God who made the world and all things in it, he, being Lord of heaven and earth, doesn't dwell in temples made with hands.¹⁴

“Every priest indeed stands day by day serving and often offering the same sacrifices, which can never take away sins.¹⁵ I hate, I despise your feasts, and I can't stand your solemn assemblies.”¹⁶

He said to them, “It is written, 'My house shall be called a house of prayer,' but you have made it a den of robbers!¹⁷ You blind Pharisee, first clean the inside of the cup and of the platter, that its outside may become clean also.”¹⁸

⁹ **Mark 7:9** H. Jackson Browne Jr.: “Your religion is what you do when the sermon is over.”

¹⁰ **Hosea 6:6** True worship is going beyond religion and having a direct experience of God's love.

¹¹ **Habakkuk 2:10** Jon Stewart: “Religion. It's given people hope in a world torn apart by religion.”

¹² **Mark 7:13** Gandhi: “God has no religion.”

¹³ **Mark 2:27**

¹⁴ **Acts 17:24** The Dalai Lama: “This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.”

¹⁵ **Hebrews 10:11** In “Eleanor Rigby,” the priest, after serving at a funeral, “walks from the grave, no one was saved.”

¹⁶ **Amos 5:21** Johann Wolfgang Von Goethe: “People have a peculiar pleasure in making converts, that is, in causing others to enjoy what they enjoy, thus finding their own likeness represented and reflected back to them.”

¹⁷ **Matthew 21:13** Steve Maraboli: “The world is my church. My actions are my prayer. My behavior is my creed.”

¹⁸ **Matthew 23:26** Shakespeare: “God has given you one face, and you make yourself another.”

He said to them, “Are you thus without understanding also? Don't you perceive that whatever goes into the man from outside can't defile him?¹⁹ Don't you know that you are a temple of God, and that God's Spirit lives in you?”²⁰

“You foolish ones, didn't he who made the outside make the inside also?”²¹ A fool has no delight in understanding, but only in revealing his own opinion,²² always learning, and never able to come to the knowledge of the truth.²³

“For from the least of them even to the greatest of them, everyone is given to covetousness; and from the prophet even to the priest, everyone deals falsely.”²⁴

“They profess that they know God, but by their works they deny him, being abominable, disobedient, and unfit for any good work.”²⁵ They have mouths, but they can't speak. They have eyes, but they can't see.”²⁶

This is John's testimony, when the Jews sent priests and Levites from Jerusalem to ask him, “Who are you?”²⁷

¹⁹ **Mark 7:18** Benjamin Franklin, from *Poor Richard's Almanack* (1757): “How many observe Christ's birthday! How few his precepts! O! 'tis easier to keep holidays than commandments.”

²⁰ **1 Corinthians 3:16** In “Hey Bulldog” John reminds us that “some kind of solitude is measured out in you. You think you know it but you haven't got a clue.”

²¹ **Luke 11:40**

²² **Proverbs 18:2** John F. Kennedy: “Too often we... enjoy the comfort of opinion without the discomfort of thought.”

²³ **2 Timothy 3:7**

²⁴ **Jeremiah 6:13** John: “Jesus was all right, but his disciples were thick and ordinary. It's them twisting it that ruins it for me.”

²⁵ **Titus 1:16** Bertrand Russell: “We have two kinds of morality side by side: one which we preach but do not practice and another which we practice but seldom preach.

²⁶ **Psalms 135:16** “Living is easy with eyes closed, misunderstanding all you see,” John warns us in “Strawberry Fields Forever.”

²⁷ **John 1:19** Among his fellow bandmates, John had by far the most exposure to organized religion while growing up. He was involved with his local church for at least ten years, singing in the choir and attending bible study, and was confirmed at the age of 15.

He said to them, "I am a Hebrew, and I fear Yahweh, the God of heaven, who has made the sea and the dry land.²⁸ I know him, because I am from him, and he sent me."²⁹

"You have not known him, but I know him. If I said, 'I don't know him,' I would be like you, a liar. But I know him, and keep his word.³⁰ While I am in the world, I am the light of the world."³¹

They were all filled with wrath in the synagogue as they heard these things,³² and said "Full of all deceit and all cunning, you son of the devil, you enemy of all righteousness, will you not cease to pervert the right ways of the Lord?"³³

Likewise, also the chief priests mocking among themselves with the scribes said, "He saved others. He can't save himself."³⁴ For many deceivers have gone out into the world, those who don't confess that Jesus Christ came in the flesh. This is the deceiver and the Antichrist.³⁵

"For the word of the cross is foolishness to those who are dying, but to us who are saved it is the power of God."³⁶

²⁸ **Jonah 1:9**

²⁹ **John 7:29**

³⁰ **John 8:55**

³¹ **John 9:5**

³² **Luke 4:28**

³³ **Acts 13:10**

³⁴ **Mark 15:31**

³⁵ **2 John 1:7**

³⁶ **1 Corinthians 1:18** The "word of the cross" refers to the doctrine of substitutionary atonement: Jesus died for our sins. According to this doctrine, God sacrificed his only Son to atone for the sins of mankind. Since no sacrifice that man could provide was good enough to satisfy Divine justice, a perfect sacrifice was needed to save us from damnation. Thus, God became flesh, and Jesus died on our behalf, as our substitute.

The historical Christian faith dictates that if we believe that Jesus died for our sins and accept him as our personal savior, we will go to Heaven. But if we do not believe this, we will go to Hell. This seems harsh, and certainly, God does not want anyone to suffer eternal punishment, but His law is perfect and just, and since all of us are guilty, a price must be paid. We certainly cannot enter God's Heaven based on our own good works. Jesus has paid our penalty for us, and it is our choice to accept or reject this free gift.

“For Jews ask for signs, Greeks seek after wisdom,³⁷ but we preach Christ crucified; a stumbling block to Jews, and foolishness to Greeks.³⁸

“For while we were yet weak, at the right time Christ died for the ungodly.³⁹ And he is the atoning sacrifice for our sins, and not for ours only, but for the whole world.⁴⁰

“He who believes and is baptized will be saved; but he who disbelieves will be condemned.⁴¹ And there isn’t another ‘good news.’ Only there are some who trouble you, and want to pervert the Good News of Christ.⁴²

³⁷ **1 Corinthians 1:22** [*The religious leaders continue to defend the traditional church doctrine*]

³⁸ **1 Corinthians 1:23** The sacrificial death of Jesus replaced the insufficient animal sacrifices of the Old Covenant, which had been a central part of worship. Animals were routinely slaughtered and their blood was smeared upon the sacrificial altar. The sacrifice of Jesus, the “lamb of God”, helped to end this primitive practice. The idea of substitutionary atonement made sense to the people living in that era, and helped to grow the new religion, setting Christianity apart from other faiths. Jesus became more than just another good moral teacher. Salvation was now possible simply by taking on a new belief system, and this was definitely a step in the right direction. Without the doctrine of substitutionary atonement, the teachings of Jesus, and Christianity itself, may not have survived.

³⁹ **Romans 5:6** Jesus demonstrated to us that death has no spiritual reality. We are more than a body; we are infinite spiritual beings.

⁴⁰ **1 John 2:2**

⁴¹ **Mark 16:16** Voltaire: “The man who says to me ‘Believe as I do, or God will damn you,’ will presently say ‘believe as I do, or I will assassinate you.’”

⁴² **Galatians 1:7**

“For God so loved the world, that he gave his one and only Son, that whoever believes in him should not perish, but have eternal life.”⁴³

“For him who knew no sin he made to be sin on our behalf; so that in him we might become the righteousness of God.”⁴⁴ One who believes in the Son has eternal life, but one who disobeys the Son won’t see life, but the wrath of God remains on him.⁴⁵

“There is salvation in none other, for neither is there any other name under heaven, that is given among men, by which we must be saved!”⁴⁶ For God didn’t appoint us to wrath, but to the obtaining of salvation through our Lord Jesus Christ.⁴⁷

“As Jesus was going up to Jerusalem, he took the twelve disciples aside, and on the way he said to them,”⁴⁸ ‘Where I go, you know, and you know the way.’⁴⁹ Thomas said to him, ‘Lord, we don’t know where you are going. How can we know the way?’⁵⁰

⁴³ **John 3:16** When we believe in the teachings of Jesus and follow his example, we wake up to the Christ presence. As we learn to follow its guidance rather than rely on our own human will and emotion, our “flesh” is crucified. Our separation from God has been healed, and our “sin” problem has been dealt with. We are now at one with the Divine, experiencing substitutionary *at-one-ment*, having substituted God’s will for our own will.

⁴⁴ **2 Corinthians 5:21** Christian apologist Ravi Zacharias: “Outside of the cross of Jesus Christ, there is no hope in this world.”

⁴⁵ **John 3:36** The Son is the Christ.

⁴⁶ **Acts 4:12** Faith in Christ saves us.

⁴⁷ **1 Thessalonians 5:9** In a 2008 survey of 35,000 Americans by the Pew Foundation, 70% of respondents agreed that “many religions can lead to eternal life.” Even a majority (57%) of evangelical Christians felt that their path might not be the only one that leads to salvation.

⁴⁸ **Matthew 20:17** (Anonymous) “If we don’t sin then Jesus died for no reason.”

⁴⁹ **John 14:4** Jesus is reminding his disciples that he has already showed them the way to reach the Kingdom of Heaven.

⁵⁰ **John 14:5** “Let me know the way,” Paul pleads in “The Long And Winding Road.”

“Jesus said to him, ‘I am the way, the truth, and the life. No one comes to the Father, except through me.’”⁵¹

As John was fulfilling his course, he said, “What do you suppose that I am? I am not he. But behold, one comes after me the sandals of whose feet I am not worthy to untie.”⁵²

“For you know what instructions we gave you through the Lord Jesus.”⁵³ In this love has been made perfect among us, that we may have boldness in the day of judgment, because as he is, even so are we in this world.”⁵⁴

He said to them, “You are from beneath. I am from above. You are of this world. I am not of this world.”⁵⁵ You will seek me, and won’t find me; and where I am, you can’t come.”⁵⁶

⁵¹ **John 14:6** Jesus is speaking here as the fully anointed Christ, or the “I am” presence. The only way to reach “the Father,” or our own innate spiritual identity, is through the Christ, the mind of God that is individualized in each one of us. The Christ is the way, the truth, and the life. “I am” is the way, “I am” is the truth, “I am” is the life. This verse is similar to a passage in the Bhagavad Gita, where Lord Krishna tells his followers “I am the way, come to Me.” *Christ* and *Krishna* are derived from the Greek word *Christos*, which means “the anointed one.” Interestingly, Jesus and Krishna are both said to have been born of a virgin.

⁵² **Acts 13:25** John, clarifying himself after his controversial remarks on religion: “I’m not saying that we’re better or greater, or comparing us with Jesus Christ as a person or God as a thing or whatever it is.”

⁵³ **1 Thessalonians 4:2**

⁵⁴ **1 John 4:17** Once love is perfected in us, we are like Jesus.

⁵⁵ **John 8:23** John: “My mother was of the sky, my father was of the earth, but I am of the Universe” (“Yer Blues”)

⁵⁶ **John 7:34** In “Strawberry Fields Forever,” unenlightened people may seek out John but will be unable to find him at their ordinary level of awareness: “You can’t you know tune in, but it’s alright.”

“Oh that you would be completely silent! Then you would be wise.⁵⁷ In that day you will know that I am in my Father, and you in me, and I in you.”⁵⁸

Then the high priest tore his clothing, saying, “He has spoken blasphemy! Why do we need any more witnesses? Behold, now you have heard his blasphemy.”⁵⁹

As soon as it was day, the assembly of the elders of the people was gathered together, both chief priests and scribes, and they led him away into their council, saying,⁶⁰ “Your memorable sayings are proverbs of ashes, Your defenses are defenses of clay.”⁶¹

They spoke many other things against him, insulting him⁶² saying “this man persuades men to worship God contrary to the law.”⁶³ Now I beg you, brothers, look out for those who are causing the divisions and occasions of stumbling, contrary to the doctrine which you learned, and turn away from them.”⁶⁴

They said one to another, “Behold, this dreamer comes.”⁶⁵ For those who are such don’t serve our Lord, Jesus Christ, but their own belly; and by their smooth and flattering speech, they deceive the hearts of the innocent.”⁶⁶

⁵⁷ **Job 13:5** Becoming silent can open us up to a higher level of wisdom.

⁵⁸ **John 14:20** “I am you as you are me and we are all together,” John reminds us in “I Am The Walrus.”

⁵⁹ **Matthew 26:65**

⁶⁰ **Luke 22:66**

⁶¹ **Job 13:12**

⁶² **Luke 22:65** In 1969, John would elaborate further on his comment that the Beatles were more popular than Jesus (whom he refers to by his title, the Christ): “It’s just an expression meaning the Beatles seem to me to have more influence over youth than Christ...I wasn’t saying that was a good idea because I’m one of Christ’s biggest fans...and if I can turn the focus of the Beatles on to Christ’s message, then that’s what we’re here to do.”

⁶³ **Acts 18:13** Amiel: “A belief is not true because it is useful.”

⁶⁴ **Romans 16:17** Ronnie McBrayer, *Leaving Religion, Following Jesus*: “When ‘doctrinal integrity’ (a term usually defined by those using it) trumps kindness and grace, faith has wandered out of bounds.

Anything claiming to be truth that does not lead to compassion for our neighbors cannot rightfully be called the truth.”

⁶⁵ **Genesis 37:19** John: “You may say I’m a dreamer” (From “Imagine,” his 1971 solo composition).

⁶⁶ **Romans 16:18**

Some stood up, and gave false testimony against him, saying,⁶⁷
 “Behold, you are to them as a very lovely song of one who has a pleasant voice, and can play well on an instrument; for they hear your words, but they don't do them.”⁶⁸

“They come to you as the people come, and they sit before you as my people, and they hear your words, but don't do them; for with their mouth they show much love, but their heart goes after their gain.”⁶⁹

“Those who see you will stare at you. They will ponder you, saying ‘Is this the man who made the earth to tremble, who shook kingdoms?’”⁷⁰

Then spoke the priests and the prophets to the princes and to all the people, saying, “This man is worthy of death; for he has prophesied against this city, as you have heard with your ears.”⁷¹

“Who put him in charge of the earth? or who has appointed him over the whole world?”⁷²

The chief priests and the scribes stood, vehemently accusing him.⁷³
 They cried out again, “Crucify him!”⁷⁴

⁶⁷ **Mark 14:57**

⁶⁸ **Ezekiel 33:32**

⁶⁹ **Ezekiel 33:31**

⁷⁰ **Isaiah 14:16**

⁷¹ **Jeremiah 26:11**

⁷² **Job 34:13**

⁷³ **Luke 23:10** Christian psychologist and author Dr. James Dobson, once called "the nation's most influential evangelical leader" by Time Magazine, from his book *When God Doesn't Make Sense* [1983]: “When I think of arrogance and contempt for God, for example, I am reminded of the deceased rock star, John Lennon. He and his fellow Beatles rebelled against everything holy and clean...Lennon was also an outspoken atheist. He said this in 1966: ‘Christianity will go. It will vanish and shrink’...As it turned out, Lennon was the one to go, succumbing in 1980 to five bullets fired by a psychopath on the streets of New York City. The wages of John’s sin turned out to be death. Now he must deal with the One who said ‘Vengeance is mine; I will repay, saith the Lord’. Any man is a fool, regardless of his intelligence or accomplishments, if he fails to reckon with the God of the universe. It’s that simple.”

⁷⁴ **Mark 15:13** In “The Ballad of John and Yoko,” John predicts “they’re gonna crucify me.”

When he was accused by the chief priests and elders, he answered nothing.⁷⁵ For he received from God the Father honor and glory, when the voice came to him from the Majestic Glory, "This is my beloved Son, in whom I am well pleased."⁷⁶ Don't touch my anointed ones! Do my prophets no harm!"⁷⁷

⁷⁵ **Matthew 27:12** David Noebel, *The Legacy of John Lennon* (1982): "Lennon's legacy, is one giant, multi-media portrait of degradation- a sleazy world of immorality, venereal disease, anarchy, nihilism, cocaine, heroin, marijuana, death, Satanism, perversion, and orgies."

⁷⁶ **2 Peter 1:17** John, in his last interview: "People always got the image I was an anti-Christ or anti-religion, I'm not. I'm a most religious fellow. I was brought up a Christian and I only now understand some of the things that Christ was saying in those parables. Because people got hooked on the teacher and missed the message."

⁷⁷ **Psalms 105:15** The Buddha: "Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it."

Chapter 33

Money Can't Buy Me Love

BIBLE

The next Sabbath almost the whole city was gathered together to hear the word of God.¹ Now while Paul waited for them at Athens, his spirit was provoked within him as he saw the city full of idols.²

Yahweh's word came to him, saying,³ "Little children, keep yourselves from idols."⁴ For you shall worship no other god: for Yahweh, whose name is Jealous, is a jealous God.⁵ He who sacrifices to any god, except to Yahweh only, shall be utterly destroyed⁶

"So are the ways of everyone who is greedy for gain. It takes away the life of its owners.⁷ But godliness with contentment is great gain."⁸

"Put to death therefore your members which are on the earth: sexual immorality, uncleanness, depraved passion, evil desire, and covetousness, which is idolatry."⁹

"No servant can serve two masters, for either he will hate the one, and love the other; or else he will hold to one, and despise the other. You aren't able to serve God and mammon."¹⁰

COMMENTARY

¹ **Acts 13:44**

² **Acts 17:16**

³ **1 Kings 17:8**

⁴ **1 John 5:21** Anything that we give a higher priority to than our spiritual growth becomes an "idol." Money is an idol for many, but the Beatles can also become an idol, and so can the Bible.

⁵ **Exodus 34:14** Source energy is not jealous in the human sense, but it knows what we need to be truly happy, and if we let it, it will gently lead us into becoming the best possible version of ourselves.

⁶ **Exodus 22:20** When we sacrifice our human will to the Divine, we escape the human condition.

⁷ **Proverbs 1:19**

⁸ **1 Timothy 6:6** Contentment is the antidote for greed.

⁹ **Colossians 3:5**

¹⁰ **Luke 16:13** Paul's "She's Leaving Home" is about a dissatisfied young woman who runs away from home. She is in search of a more authentic, joyful life, the kind of life that being in harmony with the Universe (serving God) provides. In the song, which is based on a true story, her parents "gave her everything money could buy," but it wasn't enough.

“Why is there money in the hand of a fool to buy wisdom, since he has no understanding?¹¹ A man who has riches without understanding, is like the animals that perish.”¹²

The multitudes asked him, “What then must we do?”¹³ He answered them, “He who has two coats, let him give to him who has none. He who has food, let him do likewise.”¹⁴

“My God will supply every need of yours according to his riches in glory in Christ Jesus.”¹⁵ Jesus said to his disciples, ‘Most certainly I say to you, a rich man will enter into the Kingdom of Heaven with difficulty.’¹⁶

“Be free from the love of money, content with such things as you have, for he has said, ‘I will in no way leave you, neither will I in any way forsake you.’¹⁷ For the love of money is a root of all kinds of evil. Some have been led astray from the faith in their greed, and have pierced themselves through with many sorrows.”¹⁸

“Many waters can't quench love, neither can floods drown it. If a man would give all the wealth of his house for love, he would be utterly scorned. Friends,¹⁹ don't love the world, neither the things that are in the world. If anyone loves the world, the Father's love isn't in him.”²⁰

¹¹ **Proverbs 17:16** If we have money but lack spiritual wisdom, there may be trouble ahead.

¹² **Psalms 49:20**

¹³ **Luke 3:10**

¹⁴ **Luke 3:11**

¹⁵ **Philippians 4:19** When we are “in Christ Jesus” we realize how truly prosperous we are. “Baby you’re a rich man too,” the Beatles remind us in “Baby You’re A Rich Man.”

¹⁶ **Matthew 19:23** Socrates: “He who is not contented with what he has, would not be contented with what he would like to have.”

¹⁷ **Hebrews 13:5** “I don’t care too much for money, for money can’t buy me love,” Paul shares in “Can’t Buy Me Love.”

¹⁸ **1 Timothy 6:10** “You and me chasing paper, getting nowhere on our way back home,” Paul reflects in “Two of Us.” The Beatles were falling apart as Paul wrote the song, and he seems to be lamenting the fact that business and legal matters (“chasing paper”) have become more important than his partnership with John.

¹⁹ **Song of Solomon 8:7** “Fun is the one thing that money can’t buy,” Paul reminds us in “She’s Leaving Home.”

²⁰ **1 John 2:15** Erich Fromm: “Greed is a bottomless pit which exhausts the person in an endless effort to satisfy the need without ever reaching satisfaction.”

“There is one who is alone, and he has neither son nor brother. There is no end to all of his labor, neither are his eyes satisfied with wealth. ‘For whom then, do I labor, and deprive my soul of enjoyment?’ This also is vanity. Yes, it is a miserable business.”²¹

“Don’t lay up treasures for yourselves on the earth, where moth and rust consume, and where thieves break through and steal;²² but lay up for yourselves treasures in heaven, where neither moth nor rust consume, and where thieves don’t break through and steal;²³ for where your treasure is, there your heart will be also.”²⁴

“He who trusts in his riches will fall, but the righteous shall flourish as the green leaf.”²⁵ Every man shall give as he is able, according to the blessing of Yahweh your God which he has given you.”²⁶

“Don’t withhold good from those to whom it is due, when it is in the power of your hand to do it.”²⁷ He who has pity on the poor lends to Yahweh; he will reward him.”²⁸

“‘Bring the whole tithe into the storehouse, that there may be food in my house, and test me now in this,’ says Yahweh of Armies, ‘if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough for.’”²⁹

²¹ **Ecclesiastes 4:8** “All the lonely people, where do they all come from?” Paul wonders in “Eleanor Rigby.”

²² **Matthew 6:19** Thoreau: “It is preoccupation with possessions, more than anything else, that prevents us from living freely and nobly.”

²³ **Matthew 6:20**

²⁴ **Matthew 6:21** “I never give you my number, I only give my situation,” Paul writes in “You Never Give Me Your Money.” Giving someone your number, as in a phone number or an address, is personal, but giving them your “situation” is more formal, more impersonal. Paul wrote this as the group was dissolving; financial and business matters had gotten in the way of personal relationships and being Beatles.

²⁵ **Proverbs 11:28** “Tell me that you want the kind of things, that money just can’t buy,” Paul urges in “Can’t Buy Me Love.” True wealth is knowing who we are in Christ.

²⁶ **Deuteronomy 16:17** Giving is powerful because it aligns us with our true nature.

²⁷ **Proverbs 3:27**

²⁸ **Proverbs 19:17**

²⁹ **Malachi 3:10** “Did you think that money was heaven sent?” Paul asks in “Lady Madonna.” Money is indeed “heaven sent” when we follow spiritual principles.

“One who gives to the poor has no lack; but one who closes his eyes will have many curses.³⁰ But when you do merciful deeds, don't let your left hand know what your right hand does,³¹ so that your merciful deeds may be in secret, then your Father who sees in secret will reward you openly.³²

“Charge those who are rich in this present world that they not be haughty, nor have their hope set on the uncertainty of riches, but on the living God, who richly provides us with everything to enjoy.”³³

Then the people rejoiced, because they offered willingly, because with a perfect heart they offered willingly to Yahweh: and David the king also rejoiced with great joy.³⁴

Paul, having stayed after this many more days, took his leave of the brothers, and sailed from there for Syria, together with Priscilla and Aquila. He shaved his head in Cenchreae, for he had a vow.³⁵

When he cut the hair of his head (now it was at every year's end that he cut it; because it was heavy on him, therefore he cut it); he weighed the hair of his head at two hundred shekels, after the king's weight.³⁶ However the hair of his head began to grow again after he was shaved.³⁷

³⁰ **Proverbs 28:27** “Open up your eyes now,” Paul, with John, pleads in “Tell Me What You See.”

³¹ **Matthew 6:3** We must give with the right motives in order to be a channel for the Universe to deliver it's good.

³² **Matthew 6:4** We are rewarded by our own higher consciousness.

³³ **1 Timothy 6:17** (Anonymous) “If you want to feel rich, just count the things you have that money can't buy.”

³⁴ **1 Chronicles 29:9** If we have a perfect heart and a giving spirit, we will attract good into our lives.

³⁵ **Acts 18:18**

³⁶ **2 Samuel 14:26** When the Beatles emerged on the scene in America in 1964, their long haircuts were considered daring. Young people everywhere started to grow their hair out to emulate the group, and manufacturers even produced ‘Beatle Wigs’ to capitalize on the fashion statement they had made. But by the Seventies, long hair on men was no longer considered unusual.

Paul: “In America they were all getting house-trained for adulthood with their indisputable principle of life: short hair equals men; long hair equals women. Well, we got rid of that small convention for them.”

³⁷ **Judges 16:22**

Chapter 34

More Wisdom From John

BIBLE

The king commanded all the people, saying, “Keep the Passover to Yahweh your God, as it is written in this book of the covenant.”¹

“But now bring me a musician.” When the musician played, Yahweh’s hand came on him.² Then the disciples understood that he spoke to them of John the Baptizer.³

Tax collectors also came to be baptized, and they said to him, “Teacher, what must we do?”⁴

John answered them, “I baptize in water, but among you stands one whom you don’t know.⁵ For no one can lay any other foundation than that which has been laid, which is Jesus Christ.”⁶

“By so much, Jesus has become the collateral of a better covenant.⁷ He who says he remains in him ought himself also to walk just like he walked.”⁸

Then with many other exhortations he preached good news to the people.⁹

COMMENTARY

¹ **2 Kings 23:21** Mencius: “If the King loves music, it is well with the land.”

² **2 Kings 3:15** British conductor Thomas Beecham: “The function of music is to release us from the tyranny of conscious thought.”

³ **Matthew 17:13** The “baptizer” facilitates the cleansing of the mind.

⁴ **Luke 3:12**

⁵ **John 1:26**

⁶ **1 Corinthians 3:11** John was fascinated by Jesus. He identified with this man who taught a message of peace and love, who had a keen insight into the human condition, who was a brilliant storyteller, and who was turned into a God-like figure by his followers. John wanted to have his hero pictured as one of the personalities on the cover of the *Sgt. Pepper* album, but the idea was rejected as being too controversial.

⁷ **Hebrews 7:22**

⁸ **1 John 2:6** If we say that God lives in us, we must live as Jesus did.

⁹ **Luke 3:18** John: “I believe you can make heaven within your own mind. The kingdom of heaven is within your own mind, Christ said, and I believe that.”

He said to them, “Why are you troubled? Why do doubts arise in your hearts?”¹⁰ Rejoice always.¹¹

“Trust in Yahweh with all your heart, and don't lean on your own understanding.¹² Let your meditation be sweet to him. I will rejoice in Yahweh.¹³

“It is good that a man should hope and quietly wait for the salvation of Yahweh.¹⁴ For we were saved in hope, but hope that is seen is not hope. For who hopes for that which he sees?”¹⁵

“Regard the patience of our Lord as salvation; even as our beloved brother Paul also, according to the wisdom given to him, wrote to you.¹⁶

“You also be patient. Establish your hearts, for the coming of the Lord is at hand.¹⁷ In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.¹⁸

“And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.¹⁹

“Therefore prepare your minds for action, be sober, and set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.²⁰

¹⁰ **Luke 24:38** In “All You Need Is Love” John reassures us that there’s no need to be troubled, since there’s “nowhere you can be that isn't where you're meant to be.”

¹¹ **1 Thessalonians 5:16** “Come on it’s such a joy, come on take it easy,” urges John in “Everybody’s Got Something To Hide Except For Me And My Monkey.” If we are joyful always, by law we will attract people and circumstances that keep us in that joyful state.

¹² **Proverbs 3:5** In “Tomorrow Never Knows,” John recommends that we “lay down all thought, surrender to the void.”

¹³ **Psalms 104:34** Meditation takes us beyond our restless mind.

¹⁴ **Lamentations 3:26** John: “I’ve got nothing to say but it’s ok.” (“Good Morning, Good Morning”)

¹⁵ **Romans 8:24** “Don’t you know it’s gonna be alright” is John’s hopeful reminder in “Revolution.”

¹⁶ **2 Peter 3:15** God’s patience is limitless. We are infinite beings.

¹⁷ **James 5:8** Awakening to the Lord of our being is always at hand.

¹⁸ **Philippians 4:6**

¹⁹ **Philippians 4:7** The peace of God comes from the indwelling Christ presence.

²⁰ **1 Peter 1:13** The awakening of Christ consciousness is the ultimate revelation. We prepare our mind for this through affirmations and denials.

“I will give to you the keys of the Kingdom of Heaven, and whatever you bind on earth will have been bound in heaven; and whatever you release on earth will have been released in heaven.”²¹

“Come, you children, listen to me. I will teach you the fear of Yahweh.²² It isn’t good to have zeal without knowledge; nor being hasty with one’s feet and missing the way.”²³

“But ask the animals, now, and they shall teach you; the birds of the sky, and they shall tell you.”²⁴ Hear, Israel: Yahweh is our God. Yahweh is one.²⁵ All things were made through him. Without him was not anything made that has been made.²⁶

“For by him all things were created, in the heavens and on the earth, things visible and things invisible, whether thrones or dominions or principalities or powers; all things have been created through him, and for him.”²⁷

“In the beginning was the Word, and the Word was with God, and the Word was God.”²⁸ He who heeds the Word finds prosperity. Whoever trusts in Yahweh is blessed.²⁹

“In all your ways acknowledge him, and he will make your paths straight.”³⁰ Therefore with joy you will draw water out of the wells of salvation.³¹

²¹ **Matthew 16:19** Affirmations and denials are the keys to the Kingdom. Affirmations, such as “Love is all you need,” (“All You Need Is Love”) bind truth principles into our consciousness. Denials, such as “There’s nothing to get hungabout,” (“Strawberry Fields Forever”) release false beliefs from our consciousness.

²² **Psalms 34:11** “Please listen, you don’t know what you’re missing,” John preaches in “Nowhere Man.”

²³ **Proverbs 19:2**

²⁴ **Job 12:7** “The wind is low, the birds will sing, that you are part of everything,” John informs us in “Dear Prudence.”

²⁵ **Deuteronomy 6:4**

²⁶ **John 1:3**

²⁷ **Colossians 1:16**

²⁸ **John 1:1** “In the beginning I misunderstood. But now I’ve got it, the word is good,” John reveals in “The Word.”

²⁹ **Proverbs 16:20** “Say the word and you’ll be free” John reminds us in “The Word.”

³⁰ **Proverbs 3:6** Acknowledging the Divine in all our ways aligns us with our Source, saving us from the human condition.

³¹ **Isaiah 12:3** Joy attracts more joy, therefore if we can stay in a joyful state it can be very powerful. If we are not feeling much joy, this is a clue that we are out of alignment and may need to change our focus.

“Don't weary yourself to be rich. In your wisdom, show restraint.³² It is vain for you to rise up early, to stay up late, eating the bread of toil; for he gives sleep to his loved ones.³³

“For we brought nothing into the world, and we certainly can't carry anything out.³⁴ And the dust returns to the earth as it was, and the spirit returns to God who gave it.³⁵

“Also that every man should eat and drink, and enjoy good in all his labor, is the gift of God.³⁶ I know that there is nothing better for them than to rejoice, and to do good as long as they live.³⁷

“Therefore, I tell you, don't be anxious for your life: what you will eat, or what you will drink; nor yet for your body, what you will wear. Isn't life more than food, and the body more than clothing?³⁸

“Not that I speak in respect to lack, for I have learned in whatever state I am, to be content in it.³⁹

“I know how to be humbled, and I know also how to abound. In everything and in all things I have learned the secret both to be filled and to be hungry, both to abound and to be in need.⁴⁰ A man's heart plans his course, but Yahweh directs his steps.⁴¹

³² **Proverbs 23:4** “Working for peanuts is all very fine, but I can show you a better time,” John, with Paul, tells us in “Drive My Car.”

³³ **Psalm 127:2** In “Girl” John warns against workaholism: “When they said that a man must break his back to earn his day of leisure, will they still believe it when he's dead?”

³⁴ **1 Timothy 6:7** In “Day Tripper” John has “got a good reason for taking the easy way out.”

³⁵ **Ecclesiastes 12:7** In “The Ballad Of John And Yoko” John reminds us that only our spirit will return to God who gave it: “Oh boy, when you're dead you don't take nothing with you but your soul.” Reincarnation tells us that after the soul returns to God, it eventually expresses itself into a new body so that it can have another opportunity to demonstrate the truth.

³⁶ **Ecclesiastes 3:13** In “I've Got A Feeling,” “everybody had a good time, everybody had a wet dream.”

³⁷ **Ecclesiastes 3:12** In John's “Sun King” “everybody's laughing, everybody's happy.”

³⁸ **Matthew 6:25** “Don't worry,” John advises us in “Nowhere Man.”

³⁹ **Philippians 4:11** In “Rain,” John is content with whatever state he is in. “When it starts to rain, everything's the same,” he realizes.

⁴⁰ **Philippians 4:12**

⁴¹ **Proverbs 16:9**

“Even so faith, if it has no works, is dead in itself.”⁴²

“Yes, a man will say, ‘You have faith, and I have works.’ Show me your faith without works, and I by my works will show you my faith.”⁴³

“Therefore exhort one another, and build each other up, even as you also do.”⁴⁴ Rejoice with those who rejoice. Weep with those who weep.”⁴⁵

“When one member suffers, all the members suffer with it. Or when one member is honored, all the members rejoice with it.”⁴⁶ Therefore, my brothers, when you *come together* to eat, wait for one another.”⁴⁷

He said to them, “Beware! Keep yourselves from covetousness, for a man's life doesn't consist of the abundance of the things which he possesses.”⁴⁸ But whoever has the world's goods, and sees his brother in need, and closes his heart of compassion against him, how does the love of God remain in him?”⁴⁹

⁴² **James 2:17**

⁴³ **James 2:18** In “Baby You’re A Rich Man” John asks “Now that you’ve found another key what are you going to play?” He seems to be saying: now that you have reached a more enlightened state of consciousness, what are you going to do about it? What actions are you going to take now that you have a new understanding of how spiritual law works?

⁴⁴ **1 Thessalonians 5:11** “Don’t let me down,” John pleads in “Don’t Let Me Down.”

⁴⁵ **Romans 12:15**

⁴⁶ **1 Corinthians 12:26** “If you’re lonely you can talk to me,” John reaches out in “Hey Bulldog.”

⁴⁷ **1 Corinthians 11:33** John’s “Come Together” was recorded in July of 1969 and is the first song off the *Abbey Road* album. Mark Hertsgaard in *A Day in the Life* describes it as “a monumental Lennon anthem,” praising John’s “fierce lead vocal.”

⁴⁸ **Luke 12:15** In “Baby You’re A Rich Man,” John pokes fun at those who hoard their possessions: “You keep all your money in a big brown bag, inside a zoo.”

⁴⁹ **1 John 3:17** “Leave it all till somebody else lends you a hand,” John advises in “Nowhere Man.”

“Don't eat the food of him who has a stingy eye, and don't crave his delicacies,⁵⁰ for as he thinks about the cost, so he is. ‘Eat and drink!’ he says to you, but his heart is not with you.⁵¹

“A rich man may be wise in his own eyes, but a poor man who has discernment sees through him.⁵² The wings of the ostrich wave proudly; but are they the feathers and plumage of love?⁵³

“Don't be overly righteous, neither make yourself overly wise. Why should you destroy yourself?⁵⁴ Pride goes before destruction, and a haughty spirit before a fall.⁵⁵ When pride comes, then comes shame, but with humility comes wisdom.⁵⁶

⁵⁰ **Proverbs 23:6**

⁵¹ **Proverbs 23:7** These verses from Proverbs were the inspiration for James Allen's classic essay *As A Man Thinketh*, published in 1902. Allen writes in his treatise: “Men do not attract what they want, but what they are...A man is literally what he thinks, his character being the complete sum of all his thoughts...A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed seeds will fall therein, and will continue to produce their kind.”

⁵² **Proverbs 28:11**

⁵³ **Job 39:13** John: “We've got this gift of love, but love is like a precious plant...You've got to keep on watering it. You've got to really look after it and nurture it.”

⁵⁴ **Ecclesiastes 7:16**

⁵⁵ **Proverbs 16:18** “And so it's true pride comes before a fall, I'm telling you so that you won't lose all,” John reminds us in “I'm A Loser, which was one of his first “confessional” songs, although few realized it at the time.

⁵⁶ **Proverbs 11:2** In “Sexy Sadie,” John warns us that “you'll get yours yet, however big you think you are.”

“Those who are in the flesh can't please God.⁵⁷ But you are not in the flesh but in the Spirit, if it is so that the Spirit of God dwells in you. But if any man doesn't have the Spirit of Christ, he is not his.⁵⁸

“The first man is of the earth, made of dust. The second man is the Lord from heaven.⁵⁹ As we have borne the image of those made of dust, let's also bear the image of the heavenly.⁶⁰

“For though we walk in the flesh, we don't wage war according to the flesh;⁶¹ for the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds,⁶² throwing down imaginations and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ.⁶³

⁵⁷ **Romans 8:8** Those who are “in the flesh” are controlled by the ego, the false self, an erroneous idea that we have about ourselves. The ego lacks spiritual discernment and puts up boundaries around us to keep us small. It likes its identity and does not want to make room for the Christ presence.

⁵⁸ **Romans 8:9** The Christ presence is the presence of God within us. It is identical in form to the God presence, but vibrates at a lower rate. It is aware of our challenges, but refuses to accept them.

⁵⁹ **1 Corinthians 15:47** The “first man” is fleshly and carnal, the “second man” is a spiritual being.

⁶⁰ **1 Corinthians 15:49** Mental imaging, or visualization, is a powerful spiritual technique.

⁶¹ **2 Corinthians 10:3** Trying to get past the grip of the ego by fighting it will only strengthen it. The first step to getting free from it's control is to become aware of it's existence.

⁶² **2 Corinthians 10:4** To align ourselves with the Christ, we let go of firmly entrenched beliefs, thought patterns, and mental images that do not empower us.

⁶³ **2 Corinthians 10:5** As we bring every thought into captivity, we realize that love is the most powerful thought we can have. “The word I'm thinking of,” John shares in “The Word,” “is love.”

“He who dwells in the secret place of the Most High will rest in the shadow of the Almighty.”⁶⁴

“You will no longer see the fierce people, a people of a deep speech that you can’t comprehend, with a strange language that you can’t understand.”⁶⁵ But there Yahweh will be with us in majesty, a place of wide rivers and streams, in which no galley with oars will go, neither will any gallant ship pass by there.⁶⁶

“If Yahweh delights in us, then he will bring us into this land, and give it to us; a land which flows with milk and honey.”⁶⁷

“If Christ is in you, the body is dead because of sin, but the spirit is alive because of righteousness.”⁶⁸ Therefore if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new.⁶⁹

⁶⁴ **Psalms 91:1** The “secret place of the Most High” is the place in our consciousness where we are one with God. A peaceful mind offers relief from toxic emotions. “There’s a place where I can go when I feel low, when I feel blue, and it’s my mind,” John shares in “There’s A Place.”

⁶⁵ **Isaiah 33:19** Dwelling in the secret high place within us creates peaceful conditions around us. Thoughts produce after their kind.

⁶⁶ **Isaiah 33:21**

⁶⁷ **Numbers 14:8** John: “Here’s another place you can go, where everything flows.” (“Glass Onion”)

⁶⁸ **Romans 8:10** Christ is always in us; when we live in the constant awareness of this then we have awoken to our true nature as a spiritual being. Our faith in Christ has saved us.

⁶⁹ **2 Corinthians 5:17** “It’s such a joy,” John reminds us in “Everybody’s Got Something To Hide Except For Me And My Monkey,” when we learn to “take it easy” and start living from the inside, from the truth of who we really are, rather than from the outside, from our inauthentic, reactive self that always has “something to hide.” All things become new, John informs us, when “your inside is out and your outside is in.” We are in fact a new creation.

“If therefore the Son makes you free, you will be free indeed.⁷⁰ For however many are the promises of God, in him is the ‘Yes.’ Therefore also through him is the ‘Amen,’ to the glory of God through us.⁷¹

“Free yourself, like a gazelle from the hand of the hunter, like a bird from the snare of the fowler.”⁷²

After he had finished speaking in the hearing of the people, he entered into Capernaum.⁷³ When he got into a boat, his disciples followed him.⁷⁴

He took a little child, and set him in the middle of them. Taking him in his arms, he said to them,⁷⁵ “Most certainly, I tell you, whoever doesn’t receive God’s Kingdom like a little child, he will in no way enter into it.”⁷⁶

“Blessed is the man who always fears; but one who hardens his heart falls into trouble.”⁷⁷

“Surely every man walks like a shadow. Surely they busy themselves in vain. He heaps up, and doesn’t know who shall gather.”⁷⁸ Yes, though he live a thousand years twice told, and yet fails to enjoy good, don’t all go to one place?⁷⁹

⁷⁰ **John 8:36** True freedom is found from within, by identifying in our mind with the indwelling Christ presence, the perfect Son of God. “You better free your mind instead,” John reminds us in “Revolution”.

⁷¹ **2 Corinthians 1:20** God is able to say “yes” to our desires when we are in alignment with the Christ, or the God within.

⁷² **Proverbs 6:5** “Free as a bird, it’s the next best thing to be,” John reminds us in “Free As A Bird,” the Beatles “reunion” song from 1995.

⁷³ **Luke 7:1** [*“He” is John*]

⁷⁴ **Matthew 8:23**

⁷⁵ **Mark 9:36**

⁷⁶ **Luke 18:17** “Won’t you come out to play?” John asks in “Dear Prudence.”

⁷⁷ **Proverbs 28:14** Fear in this sense of the word means amazement or awe. Living life with childlike innocence and wonder was a favorite theme of the Beatles. Going through life with this kind of attitude rather than with a hardened heart and a weary outlook brings us closer to the Kingdom of Heaven.

⁷⁸ **Psalms 39:6** In “I’m Only Sleeping” John describes those who are “running everywhere at such a speed, till they find there’s no need.”

⁷⁹ **Ecclesiastes 6:6** “Take your time, don’t hurry” is John’s advice in “Nowhere Man.”

“But Jesus said, ‘Allow the little children, and don't forbid them to come to me; for the Kingdom of Heaven belongs to ones like these.’”⁸⁰

When all the people and the tax collectors heard this, they declared God to be just, having been baptized with John's baptism.⁸¹ They remembered his words.⁸²

A scribe came, and said to him, “Teacher, I will follow you wherever you go.”⁸³ For you are our glory and our joy.”⁸⁴

The scribe said to him, “Truly, teacher, you have said well that he is one, and there is none other but he.”⁸⁵ One God and Father of all, who is over all, and through all, and in us all.⁸⁶ May Yahweh bless you from Zion; even he who made heaven and earth!”⁸⁷

Then the king and all the people offered sacrifice before Yahweh,⁸⁸ saying, “Return now everyone from his evil way, and from the evil of your doings, and dwell in the land that Yahweh has given to you and to your fathers, from of old and even forever more.”⁸⁹

“Yahweh reigns! Let the earth rejoice! Let the multitude of islands be glad!”⁹⁰ For of him, and through him, and to him, are all things. To him be the glory forever! Amen.”⁹¹

⁸⁰ **Matthew 19:14** “When I was a boy, everything was right,” John recalls in “She Said She Said.”

⁸¹ **Luke 7:29** John: “Everything will be okay in the end. If it's not okay, it's not the end.”

⁸² **Luke 24:8** John: “Produce your own dream. If you want to save Peru, go save Peru. It's quite possible to do anything, but not if you put it on the leaders and the parking meters. Don't expect Carter or Reagan or John Lennon or Yoko Ono or Bob Dylan or Jesus Christ to come and do it for you. You have to do it yourself.”

⁸³ **Matthew 8:19** John: “The thing the Sixties did was to show us the possibilities and the responsibility that we all had. It wasn't the answer. It just gave us a glimpse of the possibility.”

⁸⁴ **1 Thessalonians 2:20**

⁸⁵ **Mark 12:32**

⁸⁶ **Ephesians 4:6** John: “I believe in God, but not as one thing, not as an old man in the sky. I believe that what people call God is something in all of us. I believe that what Jesus and Mohammed and Buddha and all the rest said was right. It's just that the translations have gone wrong.”

⁸⁷ **Psalms 134:3**

⁸⁸ **2 Chronicles 7:4**

⁸⁹ **Jeremiah 25:5**

⁹⁰ **Psalms 97:1**

⁹¹ **Romans 11:36**

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**

Chapter 36

The Ballad Of John And Yoko

BIBLE

John also was baptizing in Enon near Salim, because there was much water there. They came, and were baptized.¹

A woman came to him having an alabaster jar of very expensive ointment, and she poured it on his head as he sat at the table.²

The woman said to him, “Sir, I perceive that you are a prophet.”³ You have loved righteousness, and hated wickedness. Therefore God, your God, has anointed you with the oil of gladness above your fellows.⁴

“Behold, you are wiser than Daniel; there is no secret that is hidden from you.”⁵ Strengthen me with raisins, refresh me with apples; For I am faint with love.”⁶

The man said, “I heard your voice in the garden, and I was afraid, because I was naked; and I hid myself.”⁷

COMMENTARY

¹ **John 3:23** Water cleanses us on the outside, but awakening to the Christ spirit cleanses us on the inside.

² **Matthew 26:7** [*The woman is Japanese artist, musician and filmmaker Yoko Ono, whom John met in November 1966*]

³ **John 4:19** John’s relationship with Yoko would become one of the great romances of the era. It would also prove to be a powerful catalyst for his spiritual growth. Our relationships improve when we draw closer to God, and symbiotically, those same relationships offer great opportunities for spiritual growth.

⁴ **Psalms 45:7**

⁵ **Ezra 28:3**

⁶ **Song of Solomon 2:5** Deepak Chopra: “Within every love story hides the wooing of the gods and goddesses...Losing yourself in another person is the best way to find your true self. Surrender is the result of relinquishing the ego’s last claims to separation.”

⁷ **Genesis 3:10** Being natural, honest, and open (“naked”) makes us more attractive to a romantic partner. John had met his soul mate.

“Behold, you are beautiful, my love. Behold, you are beautiful. Your eyes are doves behind your veil. Your hair is as a flock of goats, that descend from Mount Gilead.⁸ I will give you thanks with my whole heart. Before the gods, I will sing praises to you.⁹

“How beautiful is your love, my sister, my bride! How much better is your love than wine! The fragrance of your perfumes than all kinds of spices!¹⁰ I will give thanks to you, for you have answered me, and have become my salvation.¹¹

“Come, my beloved, let us go forth into the field. Let us lodge in the villages!”¹²

They came to Elim, where there were twelve springs of water, and seventy palm trees: and they encamped there by the waters.¹³

⁸ **Song of Solomon 4:1** Plato: “The madness of love is the greatest of heaven's blessings.”

⁹ **Psalm 138:1** In “Julia” John gives thanks and sings praises: “Ocean child calls me, so I sing a song of love.” “Julia” is primarily a tribute to John’s mother Julia Stanley, but it’s also addressed to Yoko. “Ocean child” is an English translation of her name.

¹⁰ **Song Of Solomon 4:10** With Yoko, John found someone he could be totally himself with. She was not interested in his fame as a Beatle. Being completely honest with our partner about our feelings heals us spiritually. Our partner can act as a mirror for us to see the issues that we need to work on, and we get a chance to forgive them for the issues that they are working on. Yoko helped John deal with his feelings of insecurity and anger. “She’s made me into a whole person,” he shared. “I can afford to relax. I could never relax before... the old gang of mine was over the moment I met her.”

¹¹ **Psalm 18:21** Showing gratitude and giving our partner praise helps us to experience more of the Divine in our relationship. John: “All I gotta do is thank you girl, thank you girl.” (“Thank You Girl”)

¹² **Song Of Solomon 7:11**

¹³ **Exodus 15:27**

He erected an altar there, and called it *El Elohe Israel*¹⁴ and *Mizpah*, for he said, “Yahweh watch between me and you, when we are absent one from another.”¹⁵

At this, his disciples came. They marveled that he was speaking with a woman; yet no one said, “What are you looking for?” or, “Why do you speak with her?”¹⁶ Many of them said, “He has a demon, and is insane! Why do you listen to him?”¹⁷

About three hours later, his wife, not knowing what had happened, came in.¹⁸ When she pressed him daily with her words, and urged him, his soul was troubled to death.¹⁹

She said to him, “How can you say, ‘I love you,’ when your heart is not with me? You have mocked me these three times, and have not told me where your great strength lies.”²⁰

He said, “Blessed be Yahweh, the God of Shem. Let Canaan be his servant.²¹ Yah is my strength and song. He has become my salvation.²² Yahweh’s name is a strong tower: the righteous run to him, and are safe.”²³

¹⁴ **Genesis 33:20** At the altar we give up our individual consciousness to make room for spiritual consciousness (which the name *Israel* represents).

¹⁵ **Genesis 1:49** *Mizpah* means “watchtower.” Love is keeping watch over the spiritual needs of our partner, recognizing that the most important relationship of all is between the soul and God. M. Scott Peck, *The Road Less Traveled*: “Love is the will to extend one’s self for the purpose of nurturing one’s own or another’s spiritual growth.”

¹⁶ **John 4:27**

¹⁷ **John 10:20** “I want you so bad it’s driving me mad,” John admits to Yoko in “I Want You (She’s So Heavy).” John became obsessed with Yoko after they became lovers in May of 1968. She became his creative partner and constant companion. Seven years older, she was even a mother figure to John. He called her “the goddess of love and fulfillment of my whole life.”

¹⁸ **Acts 5:7** John was still married to his first wife Cynthia when he and Yoko began their affair. He and Cynthia had one child together, Julian, born in 1963.

¹⁹ **Judges 16:16**

²⁰ **Judges 16:15**

²¹ **Genesis 9:26** [“*He*” is *John*]

²² **Psalms 118:14**

²³ **Proverbs 18:10**

Then he called his servant who ministered to him, and said, “Now put this woman out from me, and bolt the door after her.”²⁴ It is better to dwell in the corner of the housetop, than to share a house with a contentious woman.²⁵ A continual dripping on a rainy day and a contentious wife are alike.²⁶

“When a man takes a wife and marries her, then it shall be, if she finds no favor in his eyes, because he has found some unseemly thing in her, that he shall write her a bill of divorce, and put it in her hand, and send her out of his house.”²⁷

Then his wife said to him, “Do you still maintain your integrity? Renounce God, and die.”²⁸ You shall not commit adultery.²⁹ As a bird that wanders from her nest, so is a man who wanders from his home.”³⁰

The multitude and the rulers of the city were troubled when they heard these things.³¹

“He who commits adultery with a woman is void of understanding. He who does it destroys his own soul.”³² Let marriage be held in honor among all, and let the bed be undefiled: but God will judge the sexually immoral and adulterers.”³³

²⁴ **2 Samuel 13:17** John was well aware of his failings, and he admitted to being emotionally and physically abusive to Cynthia and to others in his life. In “Getting Better” he writes, apparently from his own experience: “I used to be cruel to my woman. I beat her and kept her apart from the things that she loved...Man I was mean but I’m changing my scene and I’m doing the best that I can.”

John: “I sincerely believe in love and peace. I am a violent man who has learned not to be violent and regrets his violence. I will have to be a lot older before I can face in public how I treated women as a youngster.”

²⁵ **Proverbs 21:9** John shows his dark side in songs like “Run For Your Life” (“I’d rather see you dead little girl, than to be with another man”) and “You Can’t Do That” (“If I catch you talking to that boy again, I’m gonna let you down and leave you flat”).

²⁶ **Proverbs 27:15**

²⁷ **Deuteronomy 24:1**

²⁸ **Job 2:9**

²⁹ **Exodus 20:14**

³⁰ **Proverbs 27:8**

³¹ **Acts 17:8**

³² **Proverbs 6:32**

³³ **Hebrews 13:4**

He overtook them, and he spoke these words to them.³⁴ “Woe to those who are wise in their own eyes, and prudent in their own sight!³⁵ You are alienated from Christ, you who desire to be justified by the law. You have fallen away from grace.”³⁶

“My dove, my perfect one, is unique. She is her mother’s only daughter. She is the favorite one of her who bore her. The daughters saw her, and called her blessed; the queens and the concubines, and they praised her.”³⁷

When his friends heard it, they went out to seize him: for they said, “He is insane.”³⁸ The foolish woman is loud, undisciplined, and knows nothing.³⁹

“Should a wise man answer with vain knowledge, and fill himself with the east wind?”⁴⁰ She is loud and defiant. Her feet don’t stay in her house.”⁴¹

Because they were rebellious against his spirit, he spoke rashly with his lips.⁴² He said to them, “Why do you do such things? For I hear of your evil dealings from all this people.”⁴³

³⁴ **Genesis 44:6**

³⁵ **Isaiah 5:21**

³⁶ **Galatians 5:4** John is trying to justify his infidelity by being critical of those who think they know what is best for others and who place more attention on the letter of the law rather than the condition of a man’s heart.

³⁷ **Song Of Solomon 6:9** [*John is referring once again to Yoko, his “perfect one.”*]

³⁸ **Mark 3:21** “The newspapers said, she’s gone to his head.” (“The Ballad Of John And Yoko”)

³⁹ **Proverbs 9:13** Initially, Yoko was not popular with Beatle fans. They saw her as a threat to the band and to John’s partnership with Paul, and they could not understand why John seemed to be so obsessed with her. She was often vilified by the public and in the media, but John always came to her defense.

⁴⁰ **Job 15:2** [*Yoko, from Japan, is the “east wind”*]

⁴¹ **Proverbs 7:11** John’s fellow Beatles also found Yoko hard to take at first. Always by John’s side, she even began accompanying him to recording sessions, which had been taboo up until that point. Her constant presence exacerbated the tension that was already starting to form between the members of the band.

⁴² **Psalms 106:33**

⁴³ **1 Samuel 2:23**

“Do two walk together, unless they have agreed?⁴⁴ Her ways are ways of pleasantness. All her paths are peace.”⁴⁵

“Yahweh God said, ‘It is not good for the man to be alone. I will make him a helper comparable to him.’⁴⁶ Yahweh has established his throne in the heavens. His kingdom rules over all.⁴⁷ What therefore God has joined together, let no man separate.”⁴⁸

“Yahweh preserves the simple. I was brought low, and he saved me.”⁴⁹ Now thanks be to God for his unspeakable gift!”⁵⁰

Suddenly, there was with the angel a multitude of the heavenly army praising God, and saying,⁵¹ “Give thanks to Yahweh, for he is good, for his loving kindness endures forever.”⁵²

The east wind carries him away, and he departs. It sweeps him out of his place.⁵³ They were both naked, the man and his wife, and were not ashamed.”⁵⁴

⁴⁴ **Amos 3:3**

⁴⁵ **Proverbs 3:17**

⁴⁶ **Genesis 2:18**

⁴⁷ **Psalms 103:19**

⁴⁸ **Mark 10:9** John tells us in “Don’t Let Me Down” that his affection for Yoko is “a love that lasts forever.”

⁴⁹ **Psalms 116:6** John’s relationship with Yoko was controversial, but there is no denying that it invigorated him. In “Oh My Love,” from his solo album *Imagine*, he expresses his gratitude to Yoko, describing how he has been transformed spiritually. He declares that “for the first time in my life my eyes are wide open...my eyes can see...my mind can feel.... I feel life...I feel love.”

⁵⁰ **2 Corinthians 9:15**

⁵¹ **Luke 2:13**

⁵² **Psalms 107:1**

⁵³ **Job 27:21** Yoko swept John off his feet, and effectively replaced Paul as his creative partner. She did not “break up the Beatles” as many people still insist; the foundation was already starting to crack. But her arrival on the scene certainly helped accelerate the process.

⁵⁴ **Genesis 2:25** John and Yoko, after posing nude for the cover of their *Two Virgins* album, became man and wife in March 1969, following his divorce from Cynthia. Their wedding, as documented in “The Ballad of John and Yoko,” was held “in Gibraltar near Spain.”

Chapter 37

Hey Jude

BIBLE

So the woman left her water pot, and went away into the city, and said to the people¹ “Peace be within your walls, and prosperity within your palaces.”²

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

He said “I have observed all these things from my youth up.⁴ 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.”⁵

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

“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.”⁸

COMMENTARY

¹ **John 4:28** [*The woman is Yoko Ono*]

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

³ **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.”

⁴ **Luke 18:21**

⁵ **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.

⁶ **Acts 16:28**

⁷ **2 Chronicles 14:4**

⁸ **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?”⁹

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.”¹⁰ I will teach you about the hand of God. That which is with the Almighty will I not conceal.¹¹

“Sing to Yahweh a new song! Sing to Yahweh, all the earth.”¹²

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

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

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

⁹ **Matthew 19:20**

¹⁰ **Acts 12:8** [*“The angel” is Paul*]

¹¹ **Job 27:11**

¹² **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.

¹³ **Psalm 37:27**

¹⁴ **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.

¹⁵ **Proverbs 23:19**

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

¹⁷ **Proverbs 3:13**

¹⁸ **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.”¹⁹

“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.”²⁰

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

¹⁹ **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.”

²⁰ **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.

²¹ **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.”²²

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

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

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

²² **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.

²³ **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.

²⁴ **Psalms 145:14**

²⁵ **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.

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

²⁷ **Philippians 4:9**

²⁸ **Proverbs 2:10**

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

“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.³¹

“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.³²

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

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

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

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

²⁹ **Psalms 121:7**

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

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

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

³³ **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.”

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

³⁵ **Hosea 6:11**

³⁶ **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.

³⁷ **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.”

³⁸ **Acts 14:9** [**“He” is Judah**]

³⁹ **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.”⁴⁰

“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.”⁴¹ 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.⁴²

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

⁴⁰ **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.”

⁴¹ **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.”

⁴² **Timothy 2:2**

⁴³ **Psalm 115:14**

⁴⁴ **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.

Chapter 38

Paul Teaches About Jesus And God's Kingdom

BIBLE

On the next day, the people rose early, and built an altar there, and offered burnt offerings and peace offerings.¹ Paul, as was his custom, went in to them, and for three Sabbath days reasoned with them from the Scriptures.²

When they had appointed him a day, many people came to him at his lodging. He explained to them, testifying about God's Kingdom, and persuading them concerning Jesus, both from the law of Moses and from the prophets, from morning until evening.³

He said to them, "Take heed what you hear. With whatever measure you measure, it will be measured to you, and more will be given to you who hear."⁴

"Now I say this, brothers, that flesh and blood can't inherit God's Kingdom; neither does corruption inherit incorruption.⁵ For God's Kingdom is not in word, but in power."⁶

"Neither will they say, 'Look, here!' or, 'Look, there!' for behold, God's Kingdom is within you."⁷

COMMENTARY

¹ **Judges 21:4**

² **Acts 17:2**

³ **Acts 28:23** "God's Kingdom," or the "kingdom of heaven," is an enlightened state of consciousness where we are one with the Divine. We have learned to get our human mind out of the way, and we feel connected to something greater than ourselves.

⁴ **Mark 4:24** Chinese proverb: "A mind enlightened is heaven. A mind darkened is hell."

⁵ **1 Corinthians 15:50** Leo Tolstoy: "Don't seek god in temples. He is close to you. He is within you. Only you should surrender to him and you will rise above happiness and unhappiness."

⁶ **1 Corinthians 4:20** Dale Carnegie: "Obviously, circumstances alone do not make us happy or unhappy. It is the way we react to circumstances that determines our feelings. Jesus said that the kingdom of heaven is within you. That is where the kingdom of hell is, too."

⁷ **Luke 17:21** Swami Vivekananda: "The Kingdom of Heaven is within us. God is within us. He is the Soul of our souls. See him in your own soul. That is practical religion. That is freedom."

“God created man in his own image. In God’s image he created him; male and female he created them.⁸ I said, you are gods, all of you are sons of the Most High.⁹

“Hold the pattern of sound words which you have heard from me, in faith and love which is in Christ Jesus.¹⁰

“Jesus went about in all Galilee, teaching in their synagogues, preaching the Good News of the Kingdom, and healing every disease and every sickness among the people.¹¹

“Being asked by the Pharisees when God’s Kingdom would come, he answered them, ‘God’s Kingdom doesn’t come with observation.’¹²

“Now there was a man of the Pharisees, named Nicodemus, a ruler of the Jews.¹³

“He said, ‘What is God’s Kingdom like? To what shall I compare it?’¹⁴ Jesus answered, ‘Most certainly I tell you, unless one is born of water and spirit, he can’t enter into God’s Kingdom!’¹⁵

“Again he said, ‘To what shall I compare God’s Kingdom?’¹⁶ Jesus answered him, ‘Most certainly, I tell you, unless one is born anew, he can’t see God’s Kingdom.’¹⁷

⁸ **Genesis 1:27** St. John of the Cross: “The soul is in itself a most lovely and perfect image of God.”

⁹ **Psalm 82:6** Our real identity is ultimately God, or consciousness itself. We are spiritual entities having a human experience.

¹⁰ **2 Timothy 1:13**

¹¹ **Matthew 4:23** [*Paul begins to teach about Jesus*]

¹² **Luke 17:20** Jesus is informing the religious leaders of his day that God’s Kingdom is not an actual place that we can see with our physical senses.

¹³ **John 3:1** Anonymous: “Heaven. Don’t miss it for the world.”

¹⁴ **Luke 13:18**

¹⁵ **John 3:5** Being born of water through water baptism is an outward symbol of the transformational process, a statement that we are now embarking on the conscious phase of our spiritual journey. A public ceremony such as this can be quite helpful to those who want to make a declaration that they are now committed to higher awareness. Others can help keep them on the path. But for the transformation to take hold, there must be a corresponding inner process. We must also be born of the spirit.

¹⁶ **Luke 13:20**

¹⁷ **John 3:3** To be “born anew” is to die to our false self and align with our true nature.

“Nicodemus said to him, ‘How can a man be born when he is old? Can he enter a second time into his mother's womb, and be born?’¹⁸

“Jesus answered him, ‘Are you the teacher of Israel, and don't understand these things?’¹⁹ If I told you earthly things and you don't believe, how will you believe if I tell you heavenly things?’²⁰

“But Jesus said to him, ‘No one, having put his hand to the plow, and looking back, is fit for God's Kingdom.’²¹

“Nicodemus answered him, ‘How can these things be?’²² Jesus wept.²³

“And Jesus increased in wisdom and stature, and in favor with God and men.²⁴ Have this in your mind, which was also in Christ Jesus.”²⁵

A certain young man named Eutychus sat in the window, weighed down with deep sleep. As Paul spoke still longer, being weighed down by his sleep, he fell down from the third story, and was taken up dead.²⁶

Paul went down, and fell upon him, and embracing him said, “Don't be troubled, for his life is in him.”²⁷ I will lay the key of the house of David on his shoulder. He will open, and no one will shut. He will shut, and no one will open.”²⁸

¹⁸ **John 3:4**

¹⁹ **John 3:10**

²⁰ **John 3:12** Teaching others about “heavenly things” helps us to attain self mastery over spiritual principles. All the great spiritual masters have also been teachers.

²¹ **Luke 9:62** Someone who has “his hand to the plow, and looking back” is a person who is dwelling on the past. God is found only in the present moment. John: “The whole Beatles’ message was Be Here Now.”

²² **John 3:9**

²³ **John 11:35** This scripture is the shortest verse in the Bible.

²⁴ **Luke 2:52** Jesus did not incarnate into the Earth plane as a fully realized spiritual being. Just like the rest of us, he had to wake up to his own Divinity. He is our role model, our way shower, our elder brother. He is the “great example,” but not the “great exception.”

²⁵ **Philippians 2:5** Our objective is to have the mind of Christ. Albert Einstein: “All I want to learn is how to think like God thinks.”

²⁶ **Acts 20:9**

²⁷ **Acts 20:10**

²⁸ **Isaiah 22:22** “The key of the house of David” that Paul lays on his shoulder is Divine power and authority, something we all have. In “Hey Jude,” Paul reminds us that “the movement you need is on your shoulders.”

He said to them, “Why are you so afraid? How is it that you have no faith? ²⁹ Yahweh will sustain him on his sickbed, and restore him from his bed of illness.”³⁰

“Yahweh takes pleasure in those who fear him, in those who hope in his loving kindness.”³¹ Yet in this thing you didn’t believe Yahweh your God.”³²

He said to them, “Foolish men, and slow of heart to believe in all that the prophets have spoken!”³³ Who has believed our message? To whom has the arm of Yahweh been revealed?”³⁴

Then they believed his words. They sang his praise.³⁵ They brought the boy in alive, and were greatly comforted.³⁶ Immediately the father of the child cried out with tears, “I believe. Help my unbelief!”³⁷

Paul, looking steadfastly at the council, said, “Brothers, I have lived before God in all good conscience until today.³⁸ If I don’t do the works of my Father, don’t believe me.³⁹ But if I do them, though you don’t believe me, believe the works; that you may know and believe that the Father is in me, and I in the Father.”⁴⁰

²⁹ **Mark 4:40** Joseph Murphy, *The Power of the Subconscious Mind*: “The process of all healing is a definite, positive, mental attitude, an inner attitude, or a way of thinking, called faith”

³⁰ **Psalm 41:3**

³¹ **Psalm 147:11** “Fear” in this sense means respect and awe for Divine power. This power supports our good and lifts all things toward wholeness and completion. When we are in alignment with this power through our thoughts, words, and actions, Yahweh takes pleasure in us because we are serving His purpose.

³² **Deuteronomy 1:32**

³³ **Luke 24:25**

³⁴ **Isaiah 53:1** John: “If the Beatles or the 60’s had a message, it was ‘Learn to swim. And once you’ve learned- swim!’”

³⁵ **Psalm 106:12**

³⁶ **Acts 20:12**

³⁷ **Mark 9:24**

³⁸ **Acts 23:1**

³⁹ **John 10:37**

⁴⁰ **John 10:38** The conscious realization of our oneness with the Father is the goal in spiritual practice. Our success in manifesting favorable conditions in the outer world depends on the condition of our inner world. Eckhart Tolle: “Was Jesus the son of God? Yes. But so are you. You just haven’t realized it yet.”

“For this cause I, Paul, am the prisoner of Christ Jesus on behalf of you Gentiles.⁴¹ For the law was given through Moses. Grace and truth were realized through Jesus Christ.⁴²

“A certain centurion’s servant, who was dear to him, was sick and at the point of death.⁴³ Jesus said to the centurion, ‘Go your way. Let it be done for you as you have believed.’ His servant was healed in that hour.⁴⁴ Jesus said to him, ‘If you can believe, all things are possible to him who believes.’⁴⁵

“Jesus said, ‘For judgment I have come into this world, so that the blind will see and those who see will become blind.’⁴⁶ I have come as a light into the world, that whoever believes in me may not remain in the darkness.’⁴⁷

“Jesus went about all the cities and the villages, teaching in their synagogues, and preaching the Good News of the Kingdom, and healing every disease and every sickness among the people.⁴⁸

“Now it happened on one of those days, that he entered into a boat, himself and his disciples, and he said to them, ‘Let’s go over to the other side of the lake.’ So they launched out.⁴⁹

⁴¹ **Ephesians 3:1** “Christ” is the activity of God within each one of us. Jesus of Nazareth became the Christ, the God-man. “Christ Jesus” is the perfect man demonstrated. Our goal is to be a “prisoner” to our Divine self, never letting the thought of who we really are escape from our awareness.

⁴² **John 1:17** Paul is championing the cause of Jesus, which was to bring mankind into higher consciousness. Jesus demonstrated and taught how to go beyond blind obedience to a set of rules and wake up to the indwelling Christ presence.

⁴³ **Luke 7:2** [*Paul continues to teach about Jesus*]

⁴⁴ **Matthew 8:13**

⁴⁵ **Mark 9:23**

⁴⁶ **John 9:39**

⁴⁷ **John 12:46** Traditional church doctrine teaches the Divinity of Jesus, whereas Jesus taught the Divinity of Man.

⁴⁸ **Matthew 9:35** Karen Armstrong: “Jesus did not spend a great deal of time discoursing about the trinity or original sin or the incarnation, which have preoccupied later Christians. He went around doing good and being compassionate.”

⁴⁹ **Luke 8:22** John Eldredge: “If only Jesus’ followers shared his personality. That one shift alone would correct so many of the ridiculous and horrifying things that pass for popular Christianity.”

“But as they sailed, he fell asleep. A wind storm came down on the lake, and they were taking on dangerous amounts of water.”⁵⁰

“They came to him, and awoke him, saying, ‘Master, master, we are dying!’ He awoke, and rebuked the wind and the raging of the water, and they ceased, and it was calm.”⁵¹

“The men marveled, saying, ‘What kind of man is this, that even the wind and the sea obey him?’”⁵²

“But he said, ‘The things which are impossible with men are possible with God.’”⁵³

“Looking at them, Jesus said, ‘With men this is impossible, but with God all things are possible.’⁵⁴ Most certainly I tell you, he who believes in me, the works that I do, he will do also; and he will do greater works than these, because I am going to my Father.”⁵⁵

“Jesus cried out and said, ‘Whoever believes in me, believes not in me, but in him who sent me.’⁵⁶ He who sees me sees him who sent me.”⁵⁷

“Jesus said unto them, ‘Verily, verily I say unto you, before Abraham was, I am!’”⁵⁸

⁵⁰ **Luke 8:23**

⁵¹ **Luke 8:24** Faith in Jesus, and in the Christ presence, offers calm in the midst of life’s storms.

⁵² **Matthew 8:27** (Anonymous)

“What good is having someone who can walk on water if you don’t follow in his footsteps?”

⁵³ **Luke 18:27**

⁵⁴ **Matthew 19:26**

⁵⁵ **John 14:12** Jesus is encouraging his followers that they too have the capability of fully realizing and expressing their own Divinity.

⁵⁶ **John 12:44** George: “Everyone is a potential Jesus Christ, really. We are all trying to get to where Jesus Christ got. And we’re going to be on this world until we get there.”

⁵⁷ **John 12:45** Montaulk: “Thus to elevate Jesus the man, the personality that walked the earth two millennia ago, to so high and unique a status that he becomes an idol and we become but unworthy worshipers, is to go against the very mission and words of Jesus Christ because it keeps us down on our knees instead of rising up and meeting his example. Jesus pointed at the Truth, and people worship his finger. We must walk in his footsteps in order to rise shoulder to shoulder with him.”

⁵⁸ **John 8:58** Jesus is speaking as the Christ, the “I am” presence that is the power of God expressing as us, in us, and through us.

“They were all amazed, and were perplexed, saying one to another, ‘What does this mean?’⁵⁹ Jesus answered them, ‘Isn't it written in your law: I said, you are gods?’⁶⁰

“When he had finished speaking, he said to Simon, ‘Put out into the deep, and let down your nets for a catch.’⁶¹

“Simon answered him, ‘Master, we worked all night, and took nothing; but at your word I will let down the net.’⁶² When they had done this, they caught a great multitude of fish, and their net was breaking.⁶³

“It happened, when Jesus returned, that the multitude welcomed him, for they were all waiting for him.⁶⁴ A certain ruler asked him, saying, ‘Good Teacher, what shall I do to inherit eternal life?’⁶⁵

“Jesus asked him, ‘Why do you call me good? No one is good, except one-God.’⁶⁶ A disciple is not above his teacher, but everyone when he is fully trained will be like his teacher.⁶⁷

“It happened, when Jesus had finished saying these things, that the multitudes were astonished at his teaching,⁶⁸ for he taught them with authority, and not like the scribes.⁶⁹

⁵⁹ **Acts 2:12**

⁶⁰ **John 10:34** George: “Everybody is potentially divine. It’s just a matter of self-realization before it will all happen.”

⁶¹ **Luke 5:4** Jesus is not teaching a new fishing technique here. The master is encouraging his followers to go deeper in their spiritual quest so that they can “come up higher.” In “Everybody’s Got Something To Hide Except For Me And My Monkey” John reminds us that “the deeper you go, the higher you fly.”

⁶² **Luke 5:5** Jeff Foxworthy: “Look at where Jesus went to pick people. He didn’t go to the colleges; he got guys off the fishing docks.”

⁶³ **Luke 5:6**

⁶⁴ **Luke 8:40**

⁶⁵ **Luke 18:18**

⁶⁶ **Luke 18:19** Jesus is making an important distinction to his followers, explaining to them that he is not God, but rather what God expressed fully in human form looks like. He is God incarnate.

⁶⁷ **Luke 6:40** Jesus is reminding his followers that they have the potential to do what he has done if they follow his example and his teachings.

⁶⁸ **Matthew 7:28**

⁶⁹ **Matthew 7:29** Eric Butterworth: “Fundamentalists believe Jesus was God becoming man. I believe that Jesus was man becoming God.”

“One of them, a lawyer, asked him a question, testing him.⁷⁰ ‘Teacher, which is the greatest commandment in the law?’⁷¹

“Jesus said to him, ‘You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’⁷² This is the first and great commandment.⁷³ A second likewise is this: you shall love your neighbor as yourself.’⁷⁴

“The whole law and the prophets depend on these two commandments.⁷⁵ Now I Paul, myself, entreat you by the humility and gentleness of Christ; I who in your presence am lowly among you, but being absent am bold toward you.⁷⁶

⁷⁰ **Matthew 22:35** Rick Warren: “I serve a higher power, Jesus Christ. I make no apologies in saying that.”

⁷¹ **Matthew 22:36** Abhijit Naskar: “Jesus Christ, from Nazareth was a glorious man in human history – a man filled with love, compassion and purity of conscience.”

⁷² **Matthew 22:37** Neal A. Maxwell: “Each of us is an innkeeper who decides if there is room for Jesus!”

⁷³ **Matthew 22:38** This commandment directs us to express gratitude for life itself and for the Creator that makes everything possible.

⁷⁴ **Matthew 22:39** Jesus is reminding us that when we honor ourselves and live our life in a constant state of love and appreciation, following a set of rules is unnecessary.

⁷⁵ **Matthew 22:40** Joel Osteen: “I don't argue when people say that my message is simple, but I believe Jesus' message was simple.”

⁷⁶ **2 Corinthians 10:1** John Shelby Spong: “The religion called Christianity is dying, the casualty of an expanded world view. The God experience in Jesus - that experience is which Christianity is built - is newly dawning and will in time create new forms through which that new vision can live. Once Jesus is freed from the prison of religion, a renaissance and a reformation are possible.”

“There are also many other things which Jesus did, which if they would all be written, I suppose that even the world itself wouldn’t have room for the books that would be written.”⁷⁷

“He is the one who comes after me, who is preferred before me, whose sandal strap I’m not worthy to loosen.”⁷⁸ For this is he who was spoken of by Isaiah the prophet, saying, ‘The voice of one crying in the wilderness, make ready the way of the Lord. Make his paths straight.’⁷⁹

⁷⁷ **John 21:25** C.S. Lewis, *Mere Christianity*: “I am trying here to prevent anyone saying the really foolish thing that people often say about Him: I’m ready to accept Jesus as a great moral teacher, but I don’t accept his claim to be God. That is the one thing we must not say. A man who was merely a man and said the sort of things Jesus said would not be a great moral teacher. He would either be a lunatic — on the level with the man who says he is a poached egg — or else he would be the Devil of Hell. You must make your choice. Either this man was, and is, the Son of God, or else a madman or something worse. You can shut him up for a fool, you can spit at him and kill him as a demon or you can fall at his feet and call him Lord and God, but let us not come with any patronizing nonsense about his being a great human teacher. He has not left that open to us. He did not intend to.”

⁷⁸ **John 1:27** Christian apologist Josh McDowell: “If there were more than one path to salvation then it would totally negate Jesus’ sacrifice on the cross, his life, his teachings.”

⁷⁹ **Matthew 3:3** Deepak Chopra: “Jesus intended to save the world by showing others the path to God- consciousness.”

“Jesus Christ is the same yesterday, today, and forever.”⁸⁰ Thus consider yourselves also to be dead to sin, but alive to God in Christ Jesus our Lord.⁸¹

“Go stand and speak in the temple to the people all the words of this life.”⁸² And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.⁸³

“The grace of the Lord Jesus Christ be with you all. Amen.”⁸⁴

When he had said this, he breathed on them, and said to them, “Receive the Holy Spirit!”⁸⁵ When he had thus spoken, he dismissed the assembly.⁸⁶

⁸⁰ **Hebrews 13:8** Paul: “Yesterday, all my troubles seemed so far away ...I believe in yesterday...I long for yesterday” (“Yesterday”). In Paul’s classic, “yesterday” represents peace of mind, the same kind of freedom from emotional pain that Christ consciousness provides. The indwelling Christ presence is eternal, always available, and never changes; the same yesterday, today and forever.

The melody and the title for “Yesterday” came to Paul in a dream. Paul: “It was my most successful song. It’s amazing that it came to me in a dream. That’s why I don’t profess to know anything; I think music is all very mystical.”

⁸¹ **Romans 6:11** When we embody Christ consciousness, we are “dead to sin,” no longer separated from our Source.

⁸² **Acts 5:20** Once we know the truth, we want to share it with others. “I’d love to turn you on,” the Beatles declare in “A Day In The Life.” Paul: “What we really wanted was to turn you on to the truth rather than just bloody pot!”

⁸³ **Colossians 3:15** Izaak Walton: “God has two dwellings; one in heaven, and the other in a meek and thankful heart.”

⁸⁴ **Philippians 4:23**

⁸⁵ **John 20:22**

⁸⁶ **Acts 19:41**

Chapter 39

Two Of Us

BIBLE

After these things Paul departed from Athens and came to Corinth.¹ All the people came early in the morning to him in the temple to hear him.²

As some were talking about the temple and how it was decorated with beautiful stones and gifts, he said³ “Bear with me a little and I will show you, for I still have something to say on God’s behalf.”⁴

“Husbands, love your wives, and don’t be bitter against them.”⁵

“Who can find a worthy woman? For her price is far above rubies.⁶ Don’t forsake her, and she will preserve you. Love her, and she will keep you.⁷ A loving doe and a graceful deer- let her breasts satisfy you at all times. Be captivated always with her love.”⁸

He said, “Please, my brothers, don’t act so wickedly.⁹ Many men claim to be men of unfailing love, but who can find a faithful man?¹⁰ Love and faithfulness keep the king safe. His throne is sustained by love.”¹¹

COMMENTARY

¹ **Acts 18:1** Paul: “I’m not religious, but I’m very spiritual.”

² **Luke 21:38** Paul: “Somewhere down the line everyone must pay for their misdeeds.”

³ **Luke 21:5**

⁴ **Job 36:2**

⁵ **Colossians 3:19**

⁶ **Proverbs 31:10** Farrah Fawcett: “God made man stronger but not necessarily more intelligent. He gave women intuition and femininity. And, used properly, that combination easily jumbles the brain of any man I’ve ever met.”

⁷ **Proverbs 4:6** Mahatma Gandhi: “Of all the evils for which man has made himself responsible, none is so degrading, so shocking or so brutal as his abuse of the better half of humanity; the female sex.”

⁸ **Proverbs 5:19** John Eldredge: “She is the crescendo, the final, astonishing work of God. Woman. In one last flourish creation comes to a finish with Eve. She is the Master’s finishing touch.”

⁹ **Genesis 19:7** John Lennon: “As usual, there is a great woman behind every idiot.”

¹⁰ **Proverbs 20:6**

¹¹ **Proverbs 20:28**

A certain woman named Lydia, a seller of purple, of the city of Thyatira, one who worshiped God, heard us; whose heart the Lord opened to listen to the things which were spoken by Paul.¹²

Strength and dignity are her clothing. She laughs at the time to come.¹³

But when the crowd was put out, he entered in, took her by the hand, and the girl arose.¹⁴ He said to her, "Please give me a little water to drink; for I am thirsty." She opened a bottle of milk, and gave him drink, and covered him.¹⁵

When she had done giving him drink, she said, "I will also draw for your camels, until they have done drinking."¹⁶

He said, "I am Abraham's servant."¹⁷ Who is she who looks forth as the morning, beautiful as the moon, clear as the sun, and awesome as an army with banners?¹⁸ Many women do noble things, but you excel them all.¹⁹

"Your lips are like scarlet thread. Your mouth is lovely. Your temples are like a piece of a pomegranate behind your veil."²⁰ I will give you thanks in the great assembly. I will praise you among many people.²¹

¹² **Acts 16:14** [*"Lydia" is American photographer Linda Eastman, whom Paul met in 1967 and would marry two years later*]

Linda, like Yoko Ono, was a sophisticated, intelligent, confident woman who had her own career. As in John's relationship with Yoko, Paul felt very comfortable around his new partner.

¹³ **Proverbs 31:25**

¹⁴ **Matthew 9:25** Margaret Mead: "Having someone wonder where you are when you don't come home at night is a very old human need."

¹⁵ **Judges 4:19**

¹⁶ **Genesis 24:19**

¹⁷ **Genesis 24:34** (Anonymous) "Soul-mates are people who bring out the best in you. They are not perfect but are always perfect for you."

¹⁸ **Song of Solomon 6:10** "Bright are the stars that shine, dark is the sky. I know this love of mine will never die," Paul shares in "And I Love Her."

¹⁹ **Proverbs 31:29** "She's a woman who understands. She's a woman who loves her man," Paul declares in "She's A Woman."

²⁰ **Song of Solomon 4:3** "I'll pretend I am kissing the lips I am missing," Paul imagines in "All My Loving."

²¹ **Psalms 35:18** "I will always feel the same. Love you forever and forever," Paul shares in "I Will."

“You have ravished my heart, my sister, my bride. You have ravished my heart with one of your eyes, with one chain of your neck.²² Behold, my breast is as wine which has no vent; like new wineskins it is ready to burst.²³

“You are all beautiful, my love. There is no spot in you.²⁴ I have compared you, my love, to a steed in Pharaoh's chariots.²⁵ So I will sing praise to your name forever, that I may fulfill my vows daily.”²⁶

“This, your stature, is like a palm tree, your breasts like its fruit.²⁷ Even as the Father has loved me, I also have loved you. Remain in my love.”²⁸

“The fig tree ripens her green figs. The vines are in blossom. They give out their fragrance. Arise, my love, my beautiful one, and come away.”²⁹

She said, “Drink, my lord.” She hurried, and let down her pitcher on her hand, and gave him drink.³⁰

²² **Song of Solomon 4:9** “My heart went boom when I crossed that room,” Paul announces in “I Saw Her Standing There.”

²³ **Job 32:19** “I’ve got a feeling, a feeling deep inside,” Paul declares in “I’ve Got A Feeling.”

²⁴ **Song of Solomon 4:7** “To lead a better life, I need my love to be here,” Paul admits in “Here There And Everywhere.”

²⁵ **Song of Solomon 1:9 7** “The way she looked was way beyond compare,” Paul observes in “I Saw Her Standing There.”

²⁶ **Psalms 61:8** “There is one thing I’m sure of. I will love her forever,” Paul, with John, confesses in “Every Little Thing.”

²⁷ **Song of Solomon 7:7** “She’s sweeter than all the girls and I’ve met quite a few,” Paul admits in “Another Girl.”

²⁸ **John 15:9** “Remember that I’ll always be in love with you, Paul shares in “PS I Love You.”

²⁹ **Song of Solomon 2:13** “I love you, I love you, I love you” Paul declares emphatically in “Michelle.”

³⁰ **Genesis 24:18** [*“She” is Lydia*] Antoine de Saint-Exupery: “Life has taught us that love does not consist in gazing at each other, but in looking outward together in the same direction.”

So they sat down, ate, and drank, both of them together: and the young lady's father said to the man, "Please be pleased to stay all night, and let your heart be merry."³¹

She said moreover to him, "We have both straw and feed enough, and room to lodge in."³² Behold, you are beautiful, my beloved, yes, pleasant; and our couch is verdant."³³

And the two will become one flesh, so that they are no longer two, but one flesh.³⁴ Whoever finds a wife finds a good thing, and obtains favor of Yahweh.³⁵

She looks well to the ways of her household, and doesn't eat the bread of idleness.³⁶ She makes for herself carpets of tapestry. Her clothing is fine linen and purple.³⁷

The heart of her husband trusts in her. He shall have no lack of gain.³⁸ She does him good, and not harm, all the days of her life.³⁹

³¹ **Judges 19:6** (Anonymous)
"Shared joy is a double joy. Shared sorrow is half a sorrow."

³² **Genesis 24:25** Pierre Teilhard de Chardin: "Driven by the force of love the fragments of the world seek each other that the world may come into being."

³³ **Song of Solomon 1:16**

³⁴ **Mark 10:8** Paul and Linda were married in March, 1969. John, recently divorced from his first wife Cynthia, married Yoko Ono eight days later.

³⁵ **Proverbs 18:22** Paul was the last Beatle to marry. Ringo had been married to Mary ("Maureen") Cox since 1965, and George and Patty Boyd were wed in 1966.

³⁶ **Proverbs 31:27** Linda McCartney was certainly not idle. Besides being Paul's wife, and mother to their four children, she was a photographer, a musician, an animal rights activist, a business entrepreneur, and a writer of several vegetarian cookbooks.

³⁷ **Proverbs 31:22**

³⁸ **Proverbs 31:11** Paul and Linda were devoted to each other. He claimed they never spent a night apart, other than during the ten day period he spent in jail in Japan in 1980 for possession of marijuana.

³⁹ **Proverbs 31:12** Linda McCartney died of breast cancer in 1998. She and Paul had been happily married for 29 years.