

# Place of Last Retreat

by Joshua M. Greene – USA

In the aftermath of John Lennon's murder, there was only one place George Harrison could go for shelter.

Recently, a student in my university course on mysticism waited until everyone had left the room before coming up to my desk. "Professor Greene," she said, "you know that point in class about how levels of meditation can be compared to different levels of love? I wanted you to know that really touched me. I'd never thought about meditation as a way to deepen love for another human being. So — thanks." This from a twenty-three-year old who rarely said anything in class, all the action going on below the surface. She tossed her backpack over her shoulder and sauntered out. It was the kind of payoff for a teacher that makes up for months of academic trivia.

Stuff happening below the surface ... "*Du-du-du* ..." I found myself humming a Harrison song called "Sat Singing," a little known 1980 recording by the former Beatle that reveals a deep experience in meditation. As the song begins, George sings about the sun shining in a clear blue sky. He begins to meditate and sings of drifting away, of entering into a deep state with no memory of anything that came before. An unseen lover appears in his heart.

"I am here for you," the lover says.

George sings of leaving behind his embodied life, moving deeper into his ecstasy, drifting into a golden flow, an undulating effulgence that surrounds him and absorbs him until he feels he has become one with his unseen lover. The song extends the moment of intimacy through gently textured slide guitar and a lulling patter, "*du-du-du* ..."

Then, slowly, George emerges from his reverie. The sun is setting and he realizes he has been in a state of bliss for a long time. But there is no disappointment over losing the reverie, only joy. He calls his lover's name. If only he could return to that place, he sings, he would never regret leaving the world behind. He would gladly kiss the rest of the world good-bye if he could