



Peace and Love, Man... Peace and Love... ya know?

by David Franklin Farkas

Was it Robin Williams who said, 'If you remember the 60's you were not there?' I forget.

Those of use who were kids during the 60's are now in our sixties... which is scary all by itself... even if you don't look, feel or act 'your age.'

Actually I DO remember the 60's. I'm not sure which scares me more. That I was a straight arrow and missed all the fun or what was actually happening around me.

Crazy times. So much change so quickly. Upheaval. Old ways crumbling before new ways were even there to replace them. What a wonderful focus for adolescent rebellion, angst and self righteousness playing out in a saga of epic events.

We watched visionary leaders lift us to amazing new ways of understanding our world. Then we watched them assassinated one by one. Madness.

Through the civil rights movement African Americans... who were then calling themselves Negro, then, eventually Black, and only more recently African Americans... were overcoming hundreds of years of terror and oppression.

Women, liberated by the availability of the amazing new breakthrough, birth control pills, and by legal abortion, were making Love, not War. Of course being 'stoned' and 'mellow' helped fuel all that too. AIDS was not even a whispered rumor. Life was good.

And the music... singer song writers pouring their hearts out about the Vietnam War, about injustice, about sex, relationships and, of course, drugs... drugs were everywhere. The music of Bob Dylan, Phil Ochs, Joan Baez, Tom Paxton fed our coming of age.

Unknown black blues musicians from the deep South were 'discovered' and played for throngs of kids who, like me, knew they were at the feet of the Bach and Beethoven of their genre. What an awesome gift to sit ten feet from the twinkling eyes and gnarled fingers of Mississippi John Hurt, who could make his guitar, and our hearts, sing.

I'm told I was a really good guitarist in my day. We sang the good songs as our part in fighting the good fight. I was a walking testimonial to the fact that you could play good music without using drugs or alcohol! That really confused a lot of people.

Peace and Love...

One of the recurring themes in the sixties was Peace and Love.

Peace was mostly a reaction to a horrid war. Love was mostly a reference to the aforementioned drug enhanced sexual freedom and to accepting a wide range of, shall we say, lifestyle choices.

They were buzz words repeated mindlessly, often said in a slurred stupor. Usually '*man*' was added at the end of the sentence. As in 'Peace and Love, man.'

SideBar... Translation for members of Gen X or Y...

'Man' was used in much the same way 'dude' is used now, an affectionate conspiratorial reference to a friend of either sex.

While dude comes from California surfer slang, man came from the slang that blacks of the 40's and 50's used among themselves at a time when black men were still called 'boy' and might be beaten or lynched for making eye contact with a white woman.

I always thought it was an ironic affectation when white middle-class hippy wannabes said 'man.' Perhaps it still is?

But, I was talking about Peace and Love. This is a song about Peace and Love. (If you were there in the 60's you'll know this is a reference the epic song 'Alice's Restaurant' and you will also know why one must listen to it every Thanksgiving day.)

Eventually the Beatles brought Maharishi Mahesh Yogi to the U.S. to popularize Transcendental Meditation, and peace and love took on deeper spiritual meaning.

All that time, as now, this most profound teaching was right in front of our faces and we, or at least I, missed most of the meaning.

Peace had come to be a reaction to War. Love had come to mean sappy affection for other 'hippies' in reaction to the 'oppressors.'

Or it was used to mean sex, as in the expression 'free love.' As if some other kind of love had a price attached to it... which might, sadly, be more true than any of us would like to think about.

The core teachings of life are usually right in front of us hiding in plain view. Without attention there is no meaning.

Peace...

That place of internal (and eternal) quiet that transcends the physical and allows contact with Spirit. The quieting of the mind that allows profound healing. The only place from which Peace in the physical world, or anything else of true value, can manifest.

When Mother Theresa (actually, she was Sister Theresa to her nuns) was asked to attend an anti-war rally, she refused, responding, 'Ask me again when you're having a peace rally.'

She knew that peace could not be anti anything and that you get what you focus on.

Push back at what you don't want and just get more of it. You can't end

war by fighting war. The flippant slogan 'Make Love Not War' was far more profound than we understood.

We now know that any time you have deeply peaceful and loving feelings you quickly manifest whatever you focus on. Feelings are the fuel for the engine of manifestation.

Perhaps you can make this a nifty addition to your love making? In the afterglow, focus on what you want and say thank you. Your feelings will enhance the manifestation of whatever you are focusing on.

Of course, if you focus on what you DON'T want, you will get that faster too.

Love...

And what can I say about Love. After all these years I'm just beginning to vaguely comprehend how profound love really is.

True love wants the object of it's affection to be happy and at peace. Love asks nothing in return. Love, in spite of all the romantic twattle perpetrated on us, love is not co-dependence.

Love eventually expands within you until there is no-thing to do. There is no-body that is unlovable. You just love. Everything. All the time. Isn't that the essence of what every great master has taught?

Love is the source of all healing. There is now science that confirms that loving someone actually changes their DNA, repairs genetic damage and enhances the growth of healthy cells.

Perhaps this is how healing prayers work? Perhaps this is why people in love glow? And, perhaps this is why people in loveless marriages age quickly and develop illnesses? Hating someone damages their DNA. Despair damages your DNA.

Knowing this, I am now becoming even more conscious about what I say to my child... what I say to or about anyone. Especially what I say to myself!

Even what I say to or about the food I eat and the water I drink. Love and thank your food and it becomes 'good for you.' There is solid science which shows that water changes in response to our thoughts and words.

Not only that, loving your food tells your body to accept it as 'good for you.' Blessing your food, saying 'grace,' actually makes your food more healthy and helps your body get the most from it.

So after all the decades I have spent learning and practicing healing techniques, could it be that all that is really required for healing is for me to feel peaceful and send love?

No effort. No techniques. No rituals. No potions or lotions. No crystals. No beads. No feathers.

Not that those tools are not useful, but perhaps mostly they are what we use to convince each other that something has happened. A way of convincing our subconscious and the subconscious of the person we are 'helping' that healing has occurred.

The ego likes and demands effort and analysis. Healing requires none. Just some peaceful easy feelings.

All you need is love. All you can give is love. It is all love.

Peace and Love, man... er... dude.

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Who cares?

His clients who had buildings that would not sell before he cleared them.

His clients whose businesses are now growing. His clients whose kids can now sleep well because the 'monsters' are gone. His clients whose mental and physical complaints are now somehow much improved, thank you. Oh... you get the idea.

David is also a lively and effective speaker and trainer and is available to speak to your group in person or by teleseminar. His signature talk is 'Everything You Know About Ghosts is Dead Wrong.' He also talks to realtors about 'Stigmatized Real Estate' and to general audiences about secrets behind 'The Secret.'

His work is highlighted in the book 'Rising to the Top' along with Jim Rohn, Les Brown and other leaders in the field of personal growth. He is presently working on two books: '*Free Will Isn't Exactly Free*' and '*Three Sacred Gifts*.'