

The Top Eight Spiritual Rock-n-Roll Songs of All-Time

by Alan Steinfeld

As we slide into the wake of another year, another decade, another millennium it is good to remember our roots. Rock n Roll informed our consciousness long before we heard of crystals, healing and metaphysics. Many of us baby boomers feel that listening to the classic rock songs of the '60s and '70s set our spiritual foundations.

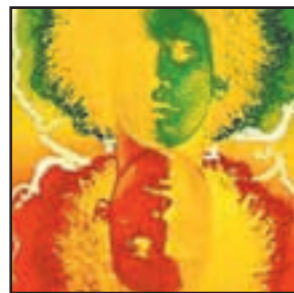
What makes these songs and many others so powerful is the captivating sound of their melodies and the profound wisdom of their poetry. In this sense they can be considered "immortal" in the way Robert Frost meant in his introduction to the anthology of Immortal poems of the English Language. I repeat Frost's sentiment with a few slight modification: "It is absurd to think that the only way to tell if a song* is lasting is to wait and see if it lasts. The [person who hears] a classic song can tell the moment it strikes him that he has taken an immortal wound - that he will never get over it. That is to say, permanence in music, as is in love, is perceived instantly. It hasn't to await the test of time. The proof of a song is not that we have never forgotten it, but we knew, we could never forget it."*

While these are only a few of the multitudinous unforgettable songs in the Rock cannon, I find this list has left a unique legacy of values upon our generation. They have become a part of our psyches and still act as living mantras, activating us to higher levels of consciousness upon hearing them. And this is only my opinion, I sure everyone will come-up with their own unique selections. Nevertheless, I present here portions of each song - to revitalize our youth, gain awareness of perception and to connect us to our roots. Long love rock and roll!



Stairway to Heaven
LED ZEPPELIN

Composed by Jimmy Page & Robert Plant, this original heavy metal band got it right in a tribute to the Divine Feminine. It is the most played song on FM radio stations, despite never having been released as a single there. Going from the material world to a pure abstract, its essence gives us a sense of higher consciousness: And as we wind on down the road, our shadows taller than our soul. There walks a lady we all know, who shines white light and wants to show how everything still turns to gold. And if you listen very hard, the tune will come to you at last. When all are one and one is all; to be a rock and not to roll...and she's buying a stairway to heaven.



Aquarius
from HAIR

Despite its long established history of mainstream entertainment it was this Broadway song that opened up many to the relevance of astrology and a new age of thought: When the moon is in the Seventh House and Jupiter aligns with Mars. Then

peace will guide the planets and love will steer the stars. This is the dawning of the Age of Aquarius...Harmony and understanding, sympathy and trust abounding. No more falsehoods or derisions. Golden living dreams of visions, mystic crystal revelation and the mind's true liberation, Aquarius!



Across The Universe
THE BEATLES

Combining Hindu mantras and the wonders of space, the Beatles get really quantum here. Lennon and McCartney predict the coming of the age of science and cosmic consciousness. Sounds of laughter, shades of life, are ringing through my open ears exciting and inviting me: Limitless undying love, which shines around me like a million suns, it calls me on and on across the universe. Jai guru deva, om! Nothing's gonna change my world.



Both, Sides Now
JONI MITCHELL

Although Judy Collins made this a hit -

the genius of Joni is the simplicity of her poetry, the beauty of her melody and the wisdom of her words. This song weaves a child's confusion about clouds with a teenager's bewilderment of love and an adult's illusions with life. Dreams and schemes and circus crowds I've looked at life that way. But now old friends are acting strange. They shake their heads they say I've changed. Well something's lost, but something's gained in living every day. I've looked at life from both sides now from win and lose and still somehow it's life's illusions I recall I really don't know life at all.



Moondance
VAN MORRISON

He has had many hits but none topped this anthem to the mystery of love's magic. With one of the most hypnotic and mystical melody of all times, it is a tribute to the pagan's rites of autumn. Well, it's a marvelous night for a moondance with the stars up above in your eyes. A fantabulous night to make romance 'neath the cover of October skies. And all the leaves on the trees are falling to the sound of the breezes that blow and I'm trying to please to the calling of your heart-strings that play soft and low. And all the nights' magic seems to whisper and hush and all the soft moonlight seem to shine in your blush.



Something
GEORGE HARRISON

Considered by some to be the all-time most beautiful tribute to a lover; Harrison tunes into that indescribable something that is the essence and spirit of the woman he loved, Patti Boyd. This upstart Beatle can be credited with introducing a generation to the world of Eastern spirituality and mediation. Something in the way she moves attracts me like no other lover. Something in the way she woos me. Somewhere in her smile she knows that I don't need no other lover. Something in her style that shows me. I don't want to leave her now. You know I believe and how...



Sounds of Silence
SIMON & GARFUNKEL

Written by Simon in the aftermath of the JFK assassination, it was the first hit of the iconoclastic New York duo. This tale of urban alienation ignited a call to action: to rise above the apathy that afflicted the pervious generation beat youths. And the

people bowed and prayed to the neon god they made. And the sign flashed out its warning in the words that it was forming. And the sign said, 'the words of the prophets are written on the subway walls and tenement halls.' And whispered in the sounds of silence.



Imagine
JOHN LENNON

This has become the anthem of the spiritual movement. It remains the potential that the world can remind itself of until it attains its utopian vision. The inspiration for a New Life can be found in this passion and vision of Lennon. John did credit Yoko as a big help in creating the song. Imagine no possessions I wonder if you can. No need for greed or hunger; a brotherhood of man. Imagine all the people sharing the entire world. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us and the world will live as one. Where this great mind and talent would be today, we can only imagine.

Alan Steinfeld is the founder of www.newrealities.com a portal of holistic activity in the New York area. He is also the host of New Realities television, seen every week on Time Warner cable in Manhattan, Channel 57, 9pm. For comments about the article or his website, email: newrealities@earthlink.net