

peace  
assurance  
gratitude  
love



# PAGL ASSOCIATES NEWSLETTER

FOR THE STUDY OF METAPSYCHIATRY

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## PAGL Associates Newsletter

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Donations are gratefully accepted for the publication of the Newsletter and the work of the PAGL Foundation. To cover the cost of the Newsletter, a donation of \$20 is suggested, payable to: The PAGL Foundation, Bruce Kerievsky, Treasurer, 7 Arrandale Ave., Great Neck, NY 11024.

## Editorial

This Newsletter consists partly of preparations for the PAGL Associates meetings in East and West. Five articles, from Heather Brodhead, Maryjane Treloar, Eric and Jill Gustavson, and Edward Jones are viewpoints on the topic, "The Weapons Of Our Warfare," (2 Cor. 10-4). Other articles, from Bruce Kerievsky and Donna Goddard, are reflections on overcoming obstacles to spiritual realization.

A new feature is the "Letters...." These letters have been sent to the Bookstore to express gratitude for the inspiration received from either Metapsychiatric literature or the Newsletter.

There is also Bookstore news from Ruth Robins and a Favorite Quotation from Dr. Hora.

Further, there is an announcement of a new publication, the E-bulletin. This is a brief electronically-mailed publication with inspired texts from the Metapsychiatric literature and Sacred Scriptures of east and west, which are sometimes accompanied with a brief commentary. To subscribe send e-mail address.

Finally, we have printed the flyer announcing and describing the PAGL Associates meetings

with an invitation to write a short paper. Sometimes the question is asked, can one attend or write a paper if one has not studied Metapsychiatry. The answer is unequivocally yes! What is required is original spiritual thought, which, as Dr. Hora remarked, "come to us from the divine Mind and not from the filing cabinet."

Jan Linthorst  
Editor

## #"10-4 Over and Out"

By Heather Brodhead

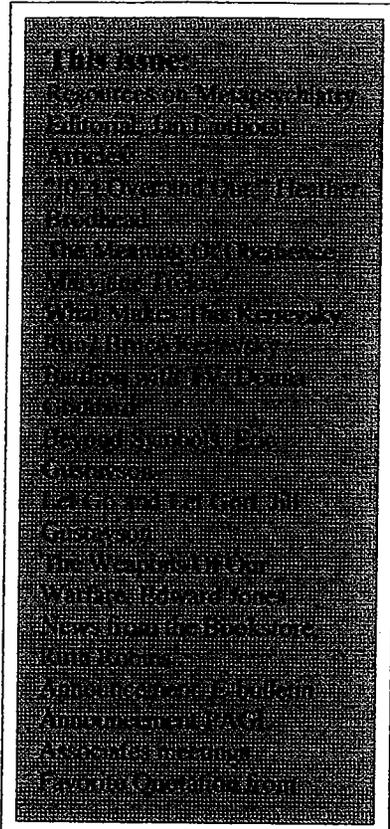
*"For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."*

~ 2  
Corinthians 10:4,5

"10-4" in CB radio parlance means "OK, message received." I think of it as what people say before signing off. "10-4. Over and out." It also helps me remember where I can find the selected statement of St. Paul's: 2 Corinthians 10:4. Sometimes I find Paul's way of delivering his messages cryptic and convoluted, but not this one. It is direct, clear,

## Resources on Metapsychiatry:

- \* Contact with counselors or fellow students in your area in person or elsewhere by phone: visit website [www.paglassociates.com](http://www.paglassociates.com)
- \* To purchase books and tapes on Metapsychiatry, visit website [www.pagl.org](http://www.pagl.org) or call 860-434-2999.
- \* Visit chatroom to discuss issues of Metapsychiatry at [janlinthorst.com](http://janlinthorst.com). Sign in with your name. The password is PAGL. The time is changed to Thursdays 4:30-5:00 PDT.
- \* PAGL Associates meetings: West Coast, February 15; East Coast April 27.
- \* The PAGL Newsletter.
- \* PAGL E-Bulletin: for inspiration, contemplation, meditation.



full of authority, and reassuring. I love that he doesn't tell us what to do or think. He just states the facts – facts that offer the promise of victory over our most persistent habits of troubling thought.

The "war" is never "out there," it is with our perception of what seems to be "out there." This applies to heinous crimes, violence of all kinds, and destructive behaviors. The war is not with other people but with our tendency for self-confirmatory ideation. War implies a clashing of wills, the friction of interaction thought. The real warfare is between good (the real) and evil (illusion).

Dr. Hora had an etching on his office wall of a figure seated in meditative posture. (It hung behind the visitor's chair, so I can only recall it vaguely). The figure's head was half-black and half-white. Dr. Hora commented that, to him, it spoke of the warfare between darkness and light taking place in thought. This is the warfare to

which Paul is referring. The light always wins, if we let it. That's because, in reality, there is no darkness, --therefore no warfare. God is beyond warfare, beyond persons and their interactive frictions, beyond cravings and fears, beyond self-confirmation. That's where the power ("mighty through God") lies.

I use this quotation most frequently as a help in the warfare against my own habitual invalid thoughts – all those early imprinted garbage thoughts which seem to govern so much of my response to the world as an adult. Those are the strongholds, the "Five Gates of Hell" (sensualism, intellectualism, personalism, emotionalism, materialism). Some are my unique baggage; some come with being human. All need to be cast down and out. It is life's work.

I love the phrase "every high thing that exalteth itself..." It is a firm reminder of the arrogance of the personal mind. We can have such hubris! It is not I who brings my thoughts into the obedience of Christ; it happens automatically with surrender. The Christ is always there waiting to take over. So, when we think we are engaged in any kind of warfare – "out there" or within our thought, our first need is to surrender, allowing the full power of God to prevail. Love, gentleness, harmony, health, peace. To the strongholds and imaginations we can then say: "10-4. Over and out."



**Letters**

*Ruth Robins writes, "It is one of the great privileges managing The Metapsychiatry Bookstore to receive unsolicited communications from individuals expressing their appreciation of Dr. Hora's work. Each tells a story worth hearing. It occurred to me that the Newsletter was a place where these stories could be appreciated by all of us. They are printed by permission, of course."*

*From a student of Dr. Hora's in Prague, Czechoslovakia written after the recent dreadful flood:*

Dear Ruth,

The situation in the house where I live has not been good. I have been the only one who wanted to do things correctly... There is corruption, conflicts of interest... I know one does not blame an individual, but ignorance... I started to meditate, which helped somewhat and started to pray to leave things to God.

This always brought a relief and I kept this thought coming to my mind. And suddenly, today I found the PAGL Associates Newsletter in my postbox! You have no idea, how fitting the articles were for my own experience right now and I wanted you to know how grateful I am to receive this.

Olga Prokopova  
Prague, Czechoslovakia

**The Meaning Of Obedience**

By Maryjane Treloar

( Latin: ob-, near, and audire, to hear. From a Concise Etymological Dictionary of the English Language)

Dr. Hora has shown in his teachings that the physical is always mental.

Therefore, when we speak

of weapons and war, it may be useful to focus on the difference between valid and invalid thought for an understanding of what it means to "bring into captivity every thought to the obedience of Christ." (2 Cor. 10:4-5) When thought is obedient, requisite receptive hearing is needed for us to respond to the divinity within, or the Christ consciousness. When this happens we are grateful for the existence of Goodness which is all-inclusive and everywhere present, even in the whole universe.

When thought is focused on the body and personal identity, the weapons of choice will be fistfuls of thought, words, and behavior woven in and among systems of belief (as "should" thinking) whose intention it is to influence, dominate and inevitably destroy. This perspective is interpersonal, the enemy is identified as another self or selves and one of the bases for thought is comparison thinking, from which arises envy, jealousy, rivalry, and malice. Living in this world where what we can do with what we have is the measure of our worth, going to war is inevitable, yet..., as Dr. Hora has said, not necessary.

True love of Self is love of God and is the giving up of our identification with all things personal. To paraphrase the prophet Malachi (3:10), we are invited to bring everything we cherish, hate, and fear, or everything we hold onto (attachment) into God's storehouse and we let all the thoughts from the "sea of mental garbage" (Hora) be God's business. What comes next as an immediate promise is a blessing that is so transforming of our ability to see and hear, that it flows into and through our being out into the world. What flows? The energy of wisdom that is of the spirit, loving,

embracing, and "obedient."

This awareness is so clear and filled with light that anything we may do flows out of the being we are and not the other way around, in which action is free, rather than judgmental and intolerant. Action is compassionate, rather than compulsive. Action is conscious awareness expressed as understanding, rather than being "dull of hearing" and disobedient.

(reference note: of interest is the Chapter "Beyond Nothingness," pp 104-109, in Beyond the Dream by Thomas. Hora, M.D.)

11-6-02

Dear Ruth,

I'm not a psychiatrist, I'm an emergency physician, but I have been doing some brief counseling with a select few emergency patients. Not all patients need counseling when I see them, just as many don't need surgery. However, I see many people whose underlying problems relate to not living in the moment or forgetting that God is the gold standard for our lives; and I am compelled to offer them a brief glimpse of hope and focus. I realize that 15 or 20 minutes of spiritual counseling is not likely to have a large on-going impact. However, I have had many of these patients hug me or say that God sent me. This clearly raises the standard in my emergency department from a place of treatment to a place of caring. This has been a long-standing goal of mine that I didn't know how to approach until I read Dr. Hora, along with numerous others. Dr. Hora was particularly attractive to me because of his medical background and his unique approach. His work crystallized my

thoughts into a more functional, usable approach. The level of interest in using spiritual counseling as a new tool in emergency medicine and in the family practice setting has been a pleasant surprise. We have student family practice physicians who rotate thru our emergency department and I have been able to expose them to spiritual counseling and Dr. Hora. Family practitioners, more so than emergency physicians, could certainly make use of Dr. Hora's approach, so I am delighted that some students have taken an interest in the concept.

Sorry for this "long-winded" e-mail. I get excited about the possibilities and want to tell others. Existential Metapsychiatry sounds great and I look forward to reading it. You might as well send One Mind, too, since I'm sure I'll want to read it. Thanks again,

Dr. John T. Skowronski MD,  
Little Rock, Arkansas

(Dr. J buys Beyond the Dream in bulk, handing the book out to interested physicians who come through his department. What a blessing for all! Thank you, Dr. J.)



## What Makes This Kerievsky Run?

By Bruce Kerievsky

Metapsychiatry claims to have an approach for responding to all problems and situations. By conscientiously applying the two questions, "What is the meaning of what seems to be?" and "What is what really is?" we are told that

we will discover the troublesome values we have been entertaining, and the spiritual truth that we need to know for healing to occur.

But what happens when we feel so immobilized by a problem that we do not even summon the energy to ask the first question? Speaking from my own experience, one can get awfully discouraged in such circumstances. So I remain uncomfortable until I am willing to overcome those feelings sufficiently to ask that first question.

My problem appears to be financial, seemingly a consequence of the current economic climate. Yet, during the stock market boom of the late 1990s, I had the opportunity to cash in on one significant investment but did not do so because I hoped that it would continue to grow. It is not so much the specifics of my financial plight that are pertinent, but my particular orientation that has bedeviled me. I have always hoped that I might be able to amass an amount of money adequate to eliminating further concerns about money so that I could focus my attention on more creative and useful endeavors. (Simply to record this idea makes it sound preposterous, though I continue to cling to it.)

Because there always seems to be an underlying concern about money. Now, to be honest, being spiritually-minded means to be more preoccupied with the state of one's spirit than the state of one's pocket. Though it is very easy to convince oneself that one's material worries are legitimate and even intelligent, still, deep down, I remember that several times in my life I have been rescued from ostensibly imminent financial disaster by surprise gifts from infinitely loving Mind. Each of these

occurrences was utterly beyond my doing or even imagining.

When I am aware enough to remind myself of these blessed events, the anxiety simmering on the burner of consciousness is momentarily stilled. But each day is a challenge, as a seemingly endless series of bills arise and present themselves, producing frequent relapses into worrisome ideation.

So, finally, I can recognize and acknowledge that I have always valued money as the source of ease in life. (The Threepenny Opera, which I first saw as a teenager, has a song entitled "The Bulging Pocket Makes the Easy Life.") In America, one's material assets frequently measure prestige. It is a pervasive value, readily absorbed. Yet it is obvious that there are many with far more material goods than I have whose life experiences are far from desirable. So this idea is invalid and, despite its widespread acceptance, even ridiculous.

While pondering my dilemma, brought on by a decision to develop a potentially remunerative Internet project while engaging in a variety of volunteer activities, and exacerbated by a diminishing stock market, I alternate between being upset at ever decreasing assets and resolving to pay attention to the task before me, and work at it to the best of my ability.

Often I feel I am being squeezed to relinquish both my holdings and the concomitant wish for abundance and freedom from worry. Then I laugh at myself for such silly attachments and console myself with awareness that I am alive, well, and fully conscious of this conflict, thus mitigating its impact.

A few years ago, I read a

book by a contemporary philosopher that aspired to unravel the mystery surrounding money and how to regard it appropriately. After finishing it, it was clear that the author, his students, and this reader understood no more about the subject than before the book was written and read. It was quite a frustrating experience.



Part of my problem is the perpetual self-questioning (and, occasionally by others) about whether I am doing the right things, focusing on worthwhile and useful activities, or indulging in self-glorifying vanities. But what else could there be in the absence of understanding?

How does it happen that someone changes his or her orientation in life? Dr. Hora has written that "Change occurs the moment man sees the totality of his situation. Man cannot change himself; change happens to man." He also said "We work for money, but we live for God" and that "Money is the shadow of love."

I take the first statement to mean that we cannot change ourselves by an act of will but must wait for understanding to transform us. Working for money, but living for God means giving priority to spiritual reality, while also paying attention to useful, fairly compensated work. It is the third statement that has long perplexed me.

It seems to imply that shortages of money are attributable

# PAGL Associates Meeting

February 15

April 27

## "The Weapons of Our Warfare"

2 Cor. 10: 4: "The weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds; casting down imaginations and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

Dr. Hora comments: "This method is neither Eastern nor Western. It is an epistemological method. It leads in the direction of discovering true knowledge. Knowledge ... is a realization of our oneness with divine Mind, and it teaches us how to have that mind which was also in Christ Jesus. ...it means attaining that consciousness where our thoughts come to us from the divine Mind all the time and not from the filing cabinet: a continual flow of inspiration." (Dialogues in Metapsychiatry, page 6)

**At issue here is the power of true knowledge derived when understanding and knowing replace thinking and imagining.**

**The questions to ask are:**

- \* Wherein lies the transforming power when true knowledge is brought to bear on an issue?
- \* Over what does it have power?
- \* How is this power exercised?

**Everyone is invited to present a short paper based on these teachings. Give examples from your own experience. No more than 2 pages (at the most). Notify Jan Linthorst.**

The West Coast meeting will take place on February 15 at the Hilton, Irvine/Orange County Airport, and 18800 MacArthur Blvd.

The East Coast meeting will take place on April 27 at the House of the Redeemer, 7 East 95th Street, New York. Both meetings are from 9 A.M. (registration) to 3 P.M.

Fee for either meeting \$ 75. -- (Includes lunch) Registration at the door \$ 85. --.

Registration:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_

I will attend the West PAGL Associates meeting \_\_\_ Fee: (payable to PAGL Foundation) \_\_\_

I will attend the East PAGL Associates meeting \_\_\_ Fee: (payable to PAGL Foundation) \_\_\_

Mail to Jan Linthorst, 22 Misty Meadow, Irvine, CA 92612. Register by phone (949) 854-7041. by fax; (949) 854-7046; by email: [jlinthorst@cox.net](mailto:jlinthorst@cox.net).

to deficiencies of love. This appears to constitute blaming the victim. So that cannot be correct. In "Dialogues in Metapsychiatry," Dr. Hora writes, "Love is something that is of vital importance to all of us, and it flows from an unlimited source. The right understanding of love and its free expression will reveal to us that money is the shadow of love. Love is spiritual substance; money is material shadow. The more love is allowed to flow freely, the more generous we become, and the shadow will always keep pace with the substance."

Being spiritually-minded means more than merely being cognizant of the quality of one's spirit. It connotes primary interest in and attention to seeing spiritual values manifested in one's life. As I recall the blessings in my life, I can observe that I have been more than abundantly cared for, and it seems absurd to expect or fret that the invisible source of sustenance would abandon me now. More precisely, the need is to continuously look for the manifestation of love everywhere. For as one sees, so one is.

### **Battling with TV.**

By Donna Goddard

I have had a particular problem with the TV for many years. In fact, so much so, that I watch very little of it. One of the things I have most avoided is the news, often getting my information about current affairs from the newspaper, headline boards outside the milk bar! Of course, I am not very proud of this approach to world news!

My problem has always been that I find any dramatic, horrifying or suspenseful show on TV absolutely riveting and I have

trouble getting the images out of my mind (and the news is certainly a show with all these characteristics!) Now, this may not seem all that strange, except for the fact that in "real" life I cope with many of these same dramas I see on TV with less fear, more grace and less after-effect. As a social worker (some years ago) and as a parent (now) one comes up against all sorts of serious problems. My teenagers have frequently brought home other teenagers and have asked me to help their friend/acquaintance through a crisis period of depression or suicidal thoughts of physical abuse from home or drug abuse or problems with the police or problems with oppressive parents or mental illness, etc. . Everything we gain in our spiritual growth we are delighted to share with anyone. We share the love and strength that we get from knowing that God loves us and guides us. Everything we learn in our spiritual development helps us to see what will help another suffering individual and what will help us remain safe and undisturbed. But somehow I have never been able to have this same viewpoint when it comes to the TV.

My husband is a great lover of the TV and watches all sort of shows with seemingly no after-effect at all. In fact, he has been known on many occasions to watch horror films for relaxation and much to my genuine amazement, after watching one of them, he does seem more relaxed! It was a great puzzle to me.

One day after my husband was laughing at me, yet again, for my speedy exit from the room, once he had turned the TV on, I really tried to understand what is was about TV that I was clearly not coping with. After a while I realized what it was. While in the serious matters of "real" life problems I was willing to make the

### **News from THE PAGL BOOKSTORE**

Three years ago, the PAGL Foundation sent gift copies of Beyond the Dream and Dialogues in Metapsychiatry to several thousand prisons in the U.S. . Occasionally we receive requests from inmates for someone to correspond with who can help to clarify the teaching. Two students are currently doing so. If you are interested in corresponding with such an individual, please contact Ruth at the Bookstore. She would be happy to guide you in the process.

To all of those who have ordered and are waiting to receive a copy of In Quest of Wholeness, it is expected to be back in stock in April, 2003. In the meantime, we thank everyone for their patience and understanding.

continuous effort of trying to see life spiritually and from the healing perspective of Truth, when it came to the world of TV I was a vulnerable and willing participant in any and every type of disturbing image the TV world wished to throw at me! I did not make the same effort while sitting in front of the TV that I was willing to make in my day to day life, to see the human experience from a higher perspective.

What is this higher perspective? Love. It is knowing that there is a tremendous life force which loves us -- all. It knows that each one of us is whole and beautiful and that wholeness and beauty has the enormous reverencing backing of Infinite Love.

Tele-vision and God-vision are two different perspectives. The first vision --television and all other visions of human life with its myriad problems, belong together as the

human dream (sometimes good, sometimes bad – and so much of it on the TV seems rather bad!) The second vision – God vision, is the only real vision. It is all. It is the only reality and its reverencing beauty, harmony and perfection leaves all other visions more and more meaningless and eventually as nothing. That sense of knowing we are infinitely loved and cared for and that every other soul that ever existed is also infinitely loved is where our vision really belongs. We are free, happy, peaceful, loving and loved expressions of God's beautiful creation.

### Favorite Quotation

Dr. Hora: "Jesus said: 'Be ye therefore perfect, even as your Father in heaven is perfect' (Matthew 5:48). We had to find the perfect shape for a wing – the airfoil – in order to discover the perfect law of aerodynamics, so we want to find the perfect answer to the perfect life principle of life. The whole idea that God is a principle is a revolutionary idea."

Dr. Hora: The most prevailing idea of God is that he is some faraway personage, that man has to somehow reach out to him, that prayer is the way of reaching him, and that man is here and God is there. Religious dogma speaks of the Holy Other; God is the Holy Other. But Jesus said that God and man are one, inseparable. Just as a sunbeam does not have to move toward the sun – it moves away from the sun without ever losing contact with it – so man is an emanation of God without ever losing contact with God. "I and my Father are one" (John 10:30). "I am in the Father, and the Father is in me" (John 14:11). When we pray we are not praying to reach God with our prayers. What are we trying to achieve? We are trying to realize that we are emanating from

God and therefore we are partaking in all the qualities of God. Now this is a radical difference, and I hope you can appreciate it because it is also very revolutionary. We do not pray to God, we pray to realize that we are emanations of God." (*Dialogues of Metapsychiatry*, p. 10-11)



### Beyond Symbols

By Eric Gustavson

Almost all the time it looks like we're "in here" and the world is "out there." We try to do our bit, vote for the candidate of our choice, support life, or a woman's right to choose. Often, the choices we make seem to spring from those things in life we identify with. The concepts that define who we are to ourselves and to our world can be our gender, race, social circle, our religion or nationality; the list goes on and on.

Now, to identify oneself as an American, for example, could mean something quite different to someone who has just gotten their citizenship than a fourth generation American. Looking beyond the label, we can ask, "What does it mean to be an American?" Does the worth of this symbol to us flow from our appreciation of the freedoms we enjoy or the rich cultural diversity of our nation? Beyond the symbol are the values that make up its meaning and to our understanding, the values are those things nearer the truth.

Even though symbols are valuable to us in our day-to-day

lives, Dr. Hora says in *Beyond the Dream* that enlightenment involves the destruction of cherished symbols. God as a symbol can be perceived as a loving protector or the ultimate judge, a God separate from man. However Dr. Hora goes on to say, "... there is no relationship between man and God. There is no God apart from his creation; there is only God manifesting Himself in the universe in multitudinous life forms. God and His universe are one" (*Beyond the Dream*, page 261).

The 10<sup>th</sup> Principle of Metapsychiatry states, "Understanding what really is abolishes all that seems to be". It seems that the requirement is to go beyond symbols to understanding, "where our thoughts come to us from the divine Mind all the time and not from the filing cabinet: a continual flow of inspiration." (*Dialogues in Metapsychiatry*, page 6).

For us to freely express this inspired thought each moment as we go about our daily lives is an inspired way to be an American.

### Let Go and Let God

By Jill Gustavson

My sense of personal responsibility was the "good" that comprised my human identity sense and was the essence of the first 50 years of my life. The stronghold of this ego sense dictated all of my actions: the drive to work, the need to clean and maintain my house, the sense of responsibility for others: family members and employees alike; paying bills, visiting with friends, organizing outings whether it be going to a movie or a museum or to the grocery store or to flee to remote destinations to gain freedom from the sense of confinement.

The "weapons of my warfare" with life were clearly

“carnal” and not spiritually inspired until the days came when it was utterly impossible to manage from a sense of life viewed from personal responsibility. My “imagination” put forth by my identity sense “exalted against the knowledge of God” until the sense of burden started to manifest physically and I had to turn to dedicated prayer and “bring into captivity every thought to the obedience of Christ.” Not imagining God but employing, as Dr. Hora used to say, “radical sincerity” and taking time and putting attention on my thoughts — becoming the transcendent observer of the Jill sense that pushed not only against the carnal world to try to get what she thought she wanted or needed but as well pushed against God, the Good that is naturally present.

At the time that physical issues started to manifest, I noticed the ease and grace that the Live Oak tree outside of our house expressed — tall, majestic, nourished without effort by the rain, reaching again without effort to the light, roots that sunk deep into the earth for sustenance. This tree and these images became a metaphor for the sense of Life I knew I needed to find and embrace. In the end and in fact in the beginning, PAGL meets every demand, every need, with the sublime sense of all that that glorious acronym stands for: Peace, Assurance, Gratitude, Love, and incidentally without the impossible struggle to maintain a small personal life.

While occasionally, I still notice a sense of wanting “to get things done” or that “I have a lot to do,” I have found an ease with Life that I know can never be lost.

### **New PAGL Associates Publication:**

### **PAGL E-bulletin for inspiration, meditation, contemplation.**

The E-bulletin will be sent every other month on e-mail to subscribers free of charge.

**To subscribe, send your email  
address to [jlinthorst@cox.net](mailto:jlinthorst@cox.net)**

The PAGL E-bulletin will contain inspiring texts from the teachings of Metapsychiatry as well as from sacred Scriptures of east and west.

### **The Weapons of Our Warfare.**

By Andrew Jones

Nearing the completion of his novel, an author feels the need of one trenchant thought that would serve to wrap his story up for the reader and, hopefully, stick in his craw for a while after he finishes the book and puts it away. He knows that a few weapons of his writing warfare reside in the filing cabinet, but the more important ones come to him only in the flow of inspiration. He waits, and finally it arrives.

He has his protagonist, a young news reporter who has been covering political events of the 1960s, recall the rioting in a Miami ghetto during the '68 Republican Convention and, in his mind's eye, walk through it again, hear the screeching sirens, see the kids smashing store windows and running off with loot. The reporter remembers a line from a book by a Dr. Thomas Hora he'd read recently—*That part of us which knows evil and confusion does not exist* (see “Dialogues in Metapsychiatry”, p.82) —and in a

flash the phrase comes alive for him. He thinks: If I visit that scene five years from now I'll find nothing of stink and smoke and homeless people. Like before and always, though, there will be birds in the trees, weeds and bugs proliferating in the gutters, storekeepers peacefully sweeping sidewalks. Life, truth, the existential realities will be there, but the ruination — the *illusion* of ruination — will be five years gone and largely forgotten. The captains and the kings depart, today's street-brawlers show up tomorrow in three-piece suits, but the immutable verities live on forever in the timeless now.

### **Favorite Quotation**

“In the realm of beholding there is neither self nor other; there is only the awareness of God's perfect Reality revealing all life forms in absolute perfection and beauty....Everything everywhere is already perfect.” (One Mind, p.38)  
“...beliefs are intolerant of other beliefs; so there is always strife among believers. The world is a mess because of beliefs. ...This is why there is anti-Semitism—the Shiite Muslims hate the Sunni Muslims, and the Orthodox Jews hate the Reformed Jews, and the Catholics hate the Protestants. Whenever there is intolerance and strife, we can be sure that people are suffering from beliefs. ...Only knowledge can give assurance. If we really know something, we are not intolerant of anyone. Belief systems do not constitute a threat to those who have the right understanding...” (One Mind, p.117)