

peace  
assurance  
gratitude  
love



# PAGL ASSOCIATES NEWSLETTER

FOR THE STUDY OF METAPSYCHIATRY

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## **PAGL Associates Newsletter**

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## **Editorial**

**The clear voice of the writers in this Newsletter calls for a new paradigm in the face of the polarized thought that prevails in so much of society. The new paradigm begins with God -- the old paradigm begins with the human scene and tries to reconcile the polarity. The new paradigm starts with the acknowledgment of the Kingdom of God and its government, in which polarity does not exist. New paradigm thinking is deductive thinking from that premise. Each one of the following writers has presented an aspect of this paradigm and their ideas thread together to weave a fabric of rest, protection and peace.**

**Jan Linthorst  
Editor**

## **A Paradigm for Inner and Outer Peace**

By Jan Linthorst

One's primary purpose in life is the pursuit of universal truth; we seek to grow in authenticity and so to find ourselves increasingly in congruence with the universe surrounding us. Even though we may not be able to fulfill this final destiny soon, there is no doubt that this pursuit will open for us dynamic, interesting and beautifully unfolding events. This outcome can be expected to manifest inwardly as well as outwardly, as inner peace as well as outer peace. It is a life, already described by Plato's triad, of the good, the beautiful and the true.

In this pursuit we will meet people with different views

and value systems. In the other articles published in the present and previous Newsletter a platform has been established of universal truth. As we have learned, in Metapsychiatry, a problem cannot be solved on the level of the problem. A problem can not be solved at all. A problem can dissolve or be re-solved. For this to happen, we need to find ourselves on ground where the problem does not even exist. This would be a paradigm which differs from the paradigm in which the problem exists.

To enter into the new paradigm it is necessary to be aware of one's limitations in knowing universal truth as well as the limitations of one's opinions in the face of universal truth. Considering the infinitude of truth it is only natural to realize that one does not know. This engenders the quality of humility about what one knows. Since opinions are suppositions of as yet unproven truth, one cannot claim that they are absolutely right. This realization enables us to have a clear insight about what we know and what we don't know, which is a form of epistemological integrity. (See: THINK KOSMICALLY ACT GLOBALLY, by Yasuhiko Genku Kimura, 2000)

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As a result of such humility and integrity we will be able to a) listen intently to any opinion or value expressed that is not our own in order to learn and to develop our own thinking; and b) listen to hear what aspects of truth have been discovered.

With these abilities the wisdom is attained that allows us to sustain a dialogue peacefully and productively.

The commitment to pursue universal truth with humility and integrity brings inner peace. Inner peace manifests tolerance. When a joint participation can be found in this pursuit we have found outer peace.

The opposite is the case when opinions are held onto as foregone conclusions. Intolerance and intransigence lead to irrational assertion of might. Arrogance is the counterpoint of humility. Arrogance is defined in the dictionary as “making undue claims in an overbearing manner.” Ignorance of the limitations of one's opinions is in inverse relation to one's security.

With the background of this analysis we can now consider three steps in going beyond polarity, which together form a new paradigm. These steps are shifts:

1. from the intellectual to the epistemological
2. from the epistemological to the inspirational
3. from the inspirational to the actual

I call intellectual the right/wrong opinionated-ness, in the sense that it is only supposition; it is not proven to be actual.

I call epistemological the attempt to know what the issue is, the gathering of facts with integrity and sincerity. It is “understanding what is,” in accord with the eighth principle of Metapsychiatry: “If you know what, you know how.”

I call inspirational the clarity, intuitiveness and understanding that results from the pursuit of truth. It is an intelligence and wisdom which is not clouded by an egoic agenda, but is capable of acknowledging the whole. It is a view of ultimate reality, the understanding that “whatever is, perfectly is.” It is the vision that good is, no matter how things appear to be. (Margaret Laird. WE ARE THE WORLD WE WALK THROUGH, 1971)

Finally, I call actual, the actualization to which these shifts in perspective inspire. Understanding “what is” leads to knowing how to proceed. It provides the clarity required to do what is best, what is intelligent, what is good, what is in the interest of the whole. Actualizing means a momentum towards the future, in the sense of actualizing what has not yet appeared. Inspired thinking is imaginative thinking. Out of inspired, imaginative view, words, symbols and images can emerge that construct a world view originating from the whole. This is a world view in which the problem does not exist. What appears on the human, limited level as polarity, in the wider, infinite perspective of infinity, one. Everyone of us has experienced what seemed bad at one time, to be actually a good later on. From the perspective of the whole, any conflict arising from the human viewpoint, can be seen in a new light.

It would be interesting to consider some of the issues that are divisive in our present culture and see how we could dissolve the polarities. If we succeed in dissolving these issues, we will experience inner peace. The 10th principle of Metapsychiatry states “Understanding of what really is, abolishes all that seems to be” Therefore, inner peace will appear as outer peace. \*



## **One Mind Be-ing - A Paradigm for Living in Peaceful Coexistence**

By Christie Rinehart

Some years ago, I found myself becoming wary of others' worldviews, especially at my former workplace and within the extended family. Whenever a discussion involved certain issues, dissent ensued. While moderate viewpoints may have been worthy of consideration, others seemed extreme. Contrasting opinions

would be verbally shot down. "They" always had to be right! And, maybe, I did too! Instant polarization! Clearly, such adversarial reactions did not reflect a true spiritual identity. To bring healing to these situations, I began to seek a more harmonious way to coexist. I found the word *exist* means to have reality or actual being and *existence* means the continuance of this reality or being. If this is true, does having reality or actual being relate in some way to reconciliation or at-one-ment? Is peaceful coexistence really possible in the context of living as one mind? Dr. Hora states: "*There is one common need: in the whole universe, every creature that is endowed with consciousness has the need and the responsibility to come to know the truth of being one mind.*" (One Mind, p. 313.)

In our human experience, we tend to depend on our families, opinions, traditions, goals, and achievements for our identity rather than on our essential being or substance. In this limited context, we see the greatest obstacle to peaceful coexistence, healthy communication and harmony stems from the belief that our identity is rooted in matter - making us "madder!" Is it possible that the seeming madness in the escalation of interpersonal and international contentiousness could, in fact, be the crucifixion, the healing of our infectious "identities" crisis? After all, this widespread disease is incurred and confirmed as we succumb to a false, ego-driven identity needing to be right. This we do without regard for the rightness of who and what we really are as the goodness of God, the one and only true power powerful enough to depolarize any situation that seems to be. And, Dr. Hora assures us that what seems to be is not what really is!

How has Metapsychiatry helped me to live more peacefully among those with whom I disagree? Initially, outwardly, this took the form of "letting be," of being present to and hearing others' concerns, and encouraging conversation on topics of mutual interest - like family activities, vacation stories, and great explorations. Eventually, I noticed a shift in myself, and others, as I began to demonstrate more inspired modes of being like inclusiveness and respect for others' views without agreeing or disagreeing. I chose

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**"I noticed a shift in myself, and others, as I began to demonstrate more inspired modes of being like inclusiveness and respect for others' views without agreeing or disagreeing."**

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to see the good that already is - with humor and gratitude for every kind and helpful action offered by the so-called "offenders." Over the intervening years, the adversarial tendencies are becoming a thanks-full, joint participation or reciprocity, appearing as peaceful coexistence. As I reflect on them now, I realize several Meta-principles have transformed the more difficult relationships from wariness to genuine appreciation. Indeed, these principles

have become paradigms for peaceful coexistence everywhere - for "small" family feuds are not unlike the contentiousness of the families of mankind, the tribes and nations of the world at "large." These transforming principles include the following:

**Principle 1:** "*Thou shalt have no other interest before the good of God, which is spiritual.*" This principle sets the stage (and all the world is our stage now) for my undivided intention, moment-by-moment: What is my priority here and now? Is it to prove I'm right as a person, a "divided?" Or is it to being right as an individual, an "undivided", a manifestation of the one-minded rightness and goodness of God?

**Principle 2:** "*Take no thought for what should or should not be but seek first to know the good of God, which already is.*" In a Metapsychiatry Principles class, Ann Linthorst stated that "*we think we have to make our lives be good by forcing life to conform to our "shoulds" and all that does is give us a sense that life is hard, negative, a struggle.*" If this is a prevailing view, is it any wonder that hard, negative struggle increases worldwide? Can we not, instead, enjoy the fact that "*all that unfolds is the unfoldment of good?*" (M. Laird, class notes 1/26/04.) Or the fact that the perfect good of God, including everything needed for peaceful coexistence, "already is"?

**Principle 3:** "*There is no interaction anywhere, there is only omniaction everywhere.*" If we understand the true action unfolding in the present moment, then we appreciate the fact that Life, and our response to it, is not being interactive anywhere. Rather, it is being omniactively loving everywhere. A testimonial describes a healing attributed to the understanding that "*living Love heals everything*" and, therefore, sickness (polarization) does not attack us because there is no sickness (adversarialness) to heal. (Jan Linthorst class, 1/19/04)

**Principle 6:** "*If you know what, you know how.*" "How" Consciousness thinks it is right, but we cannot ask valid questions with "how": How did this world get so out of kilter? How can I get back in kilter in an off-kilter world? Such questions are solely operational. They distract us from our true nature, the "What" of our being soul-full, as well as from our knowing that Omniactive Love Intelligence activates "the right thing at the right time" with no effort on our part. Eckhart Tolle reminds us that we can watch the news and hear all sides of an issue in peace. It is our awareness of peace - the "what" - that transforms the seeming turmoil, "*the collective dream of clashing forms lost in the dream of form*". He suggests we "*not give the dream any reality by reacting to the news* (or another's viewpoint) *as "dreadful. It is as It Is!"*" (Notes: 3/03)

**Principle 7:** "*Nothing comes into experience uninvited.*" It is said that experiences are our own thoughts coming to us in the form of sensory perceptions. We can observe these thoughts and differing thoughts, but we need not identify with, or accept them. Again, Tolle reassures us that "*When we feel overwhelmed by*

*what seems to be the madness of the entire planet, we can also see that this is the storm before the calm. A new consciousness is diminishing the old, limited mental pictures of who and what we are – informing us we are here, now, not to resist the madness, but to grow into the new, the Christ Consciousness, more fully.”*  
(Notes: 3/03)

**Principle 11: “Do not show your pearls to unreceptive minds, for they will demean them.”**

Who or what is doing the demeaning? The ideas and/or the person reflecting the ideas – like others promoting polarizing beliefs? No one profits by trying to influence others. Can I not hold my “pearls” within my heart, rather than spilling them to seemingly “unreceptive minds that will likely demean them”? **Most urgently, can I now see these so-called “unreceptive minds” (momentarily obscured, but ultimately revealed) as wholly receptive minds where Perfect Life manifests omniactively - to encompass all being as one mind?**

Such seeing is our true Be-ing – here and now! This fact announced itself last spring as I was leaving a Tolle Retreat. A young man suddenly appeared before me with a question we all hear, but an odd one following this retreat. He asked: “What do you **do**?” Without a moment’s hesitation, the response was simply: **“I Be’s!”**

So, what is a paradigm for living in peaceful coexistence at this moment? What is my mode of being present to one mind in the world at this moment? The answer, for now, is: To just BE my Self. And who or what is That - That I Am? Peace-full, Assuring, Thanks-full, Loving, One Mind **Be-ing!**

*“Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.” (II Cor. 13:11) \**



## **Polarization to PAGLization**

By Heather Brodhead

Polarization takes place in the realm of dualistic thinking – black/white; yes/no; the illusory world of self and other in which the issues seem fundamental to safety and happiness. The opposite of our own opinion threatens what we cherish, fear, or hate. When I plug in to the latest news or commentaries, my first response comes from the self. As with a pinball machine, one of those “balls” of news bounces around and clunks into my view of what should be (or not) regarding terrorism, politics, people’s rights, “sex, drugs, and rock & roll” etc. Can my taking sides and taking action to assert my opinion of the right way help? It certainly feels that way. I’m angry; I want to do something about it. It feels good

to engage in the stuff of condemnation and protest, but it also feels frustrating and unpleasant. The anger, fear and the feeling good or bad, as we learn in Metapsychiatry, are self-confirmatory. This is no trivial matter. It is essential that we become free of the personal involvement so that we can be instruments in blessing the world – to be beneficial presences. It is much easier and feels better to point the blame “out there,” and focus on doing something and join with others in berating the opposition. The self prefers this because then it is not threatened. “Better to feel the feelings that come with polarization,” it says. The self’s so-called survival depends upon it. We need, and the world needs us, each of us, to transcend polarized thinking. It is not a one-shot deal. We do it again and again, and over time we are less swayed by it all and reorient more easily.

I enjoy the concept of “reorientation” because on the surface it means “getting our bearings,” but the ancient meaning – to face the east, the orient, is to face the place from which life giving light comes. In my early work with Dr. Hora I started to get dizzy spells. He suggested that I was giving up invalid thoughts without replacing them with valid ones. I was disoriented. He helped me identify valid thoughts to replace them. I was reoriented. No more dizziness.

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**“Compassion allows us to love our enemies because we see there are no enemies. Our thought is depersonalized when we see that the only enemy is ignorance.”**

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Transcendence, reorientation, spiritualizing thought, awakening – these are some terms we use for being lifted out of dualism. When using the tools of Metapsychiatry in this process we can say we PAGLize our thought. Since we’re in a Metapsychiatric venue here, let’s look at PAGLization of thought with regard to polarization.

I see two aspects of the issue: one is the need for us to be lifted above the fray of polarization, and, once lifted: the need for guidance in responding to the issues. Dr. Hora spoke about the sea of mental garbage (the prevailing mental atmosphere) and likened it to a pile of trash. If we are seeking the truth, it is like looking for a pearl necklace. We’re standing in this garbage heap; we see the glint of a pearl. We reach down and grasp the pearl, and as we pick it up we pull the entire strand with it. All we need is the one pearl. It becomes our access to the entire truth. Any truth is a pearl on this infinite strand.

One pearl in PAGLization can be contemplating Dr. Hora’s definition of compassion: “understanding the lack of understanding.” Compassion lifts us above finger-pointing, personal animosity, and the venom of disdain and contempt. It allows us to love our enemies because we see there are no enemies. Our thought is depersonalized when we see that the only

enemy is ignorance.

I noticed while contemplating this topic, how often I turn to the Eleven Principles of Metapsychiatry for guidance. The first three, especially, lift me beyond polarization, and the others help me understand the issues, guiding me in my actions. For instance, "If you know what, you know how." Or, "yes is good and no is also good." When we PAGLize thought, we become available to guidance with respect to the most loving and intelligent response to any situation. We want nothing; our motives are purified. When we take action it is omniactive Love-Intelligence which is acting. Perhaps we are inspired to write a letter, send a donation, cast a vote. Perhaps we do nothing. We realize, as the Bible says: "The battle is not yours but God's." It's not what we do but what we understand.

As tragic as the consequences of ignorance appear in suffering, destruction, and violence, we need to remember that all of this is part of the illusion of personal experience. It is not the Truth of Being, it's not what's real. When we feel ourselves getting worked up over an issue, we can stop. Wake up! We've just fallen asleep there for a moment and shared the dreams (or nightmares) of the world. Better to PAGLize thought and not only stop fanning the flames but become a blessing. "Comfort ye. Comfort ye, my people."

Together at this moment, let us lift our thought beyond these words -- all words -- to bless the world. We may not know in what ways, nor do we need to. We become beneficial presences which is our reason for being. Our focus has shifted. Now we are at peace; we are assured of God's presence and power; our hearts overflow with gratitude at what we behold; and Love, which is the substance of all existence, prevails. \*



## The paradigm of only One Mind

By Bobbie Brown

For me, polarization occurs whenever I see, think or feel that others are different from me. It is a misperception, I know, but one that pervades most human thought leading to hurt feelings, anger, loneliness and even war. Metapsychiatry teaches us that there is only one Mind therefore it must be an error to see others as being different from ourselves. Then what would explain the battles we see on an individual level at work, between family and friends and the international scene such as the conflict in Iraq?

Webster's dictionary defines polarization as "a state in which light rays exhibit different qualities in different directions." A

definition that on the surface does not reveal the conflict we think of when one thinks of polar opposites. This human perception that one is at opposite ends of the spectrum is so mesmerizing. It can feel good to be right or at least to think we are and this contributes to the habit and attraction of self confirmatory ideation.

I have experienced the unfoldment of polarization in my work life over the past year and a half when I found myself working for a woman who in my opinion was a dreadful boss. She personified the worst in a manager and I saw her as a tyrant, a capricious leader who I dubbed "Cujo" because her frequent outbursts resembled the mad dog from the movie by the same name. In order to make her the enemy I had to see her as different from myself. In reality if there is one mind, then what I have seen in her must also reside in me. Eckhart Tolle informs us in STILLNESS SPEAKS that "Ultimately, of course, there is no other, and you are always meeting yourself". An embarrassing thought that I too have aspects of myself that are tyrannical, though it is useful to know this in order to move beyond the power struggle and be at peace.

Dr Hora teaches in DIALOGUES IN METAPSYCHIATRY -- on the subject of power struggle that man's idea of power is "getting what we want and imposing our will on others." The answer to power struggles according to Hora is "the right understanding of and reliance on grace lifts us out of the seeming necessity for engaging in power struggles." It seems the human ego can only see others in juxtaposition to itself. Black and white, good or bad, no room for understanding or empathy no place for love. What I failed to see in my manager was the scared little girl who acts out in order to get her way. To have compassion and empathy for her would have meant to see her spirit, not her human-ness, leading to a better understanding. I would have reflected that, making way to a peaceful coexistence, ultimately.

If polarization comes about due to ego consciousness, then the solution according to Eckhart Tolle is to accept and stop resisting what is, which I believe is the reliance on grace that Dr. Hora referred to as well. Stopping the polarization on an individual basis is important because to be at peace in our homes and communities plants the seeds to grow peace on a global scale.

We are faced with the daily images of white America fighting the dark face of Iraq. Americans are to be seen as the good guys and the Iraqis that don't side with us are the bad guys. The justification for going to war was 9/11 and how we were attacked. One can ask, "What kind of people do these things?" The short answer is "We do!" There are those among us like Timothy McVeigh of the Oklahoma City bombing who like the 9/11 hijackers had a personal agenda. The justification to go to war in Iraq and for a small group of people to decide to place a bomb in a federal building is the same; it represents power and the necessity to see the opposing side as wrong.

The way I have approached my personal power struggle

has been to see from a spiritual perspective that there is only one Mind in control and to see peace where I work. Similarly, as concerned citizens we can each one help to bring about peace with Iraq by seeing the erroneous pictures for what they are -- propaganda designed to intensify and maintain a polarized view of the world. \*

## **Making choices on what is of value and what is good**

By Patricia O'Toole

Now that maturity (or living in my senior years) has arrived and I take more time for silence, the freedom and joy of childhood is returning. The joys of the seasons, watching nature and the changes that take place daily, help me to turn my attention to a principle: "God helps those who let him." It has been five years now that I have been trying to practice the Principles of Metapsychiatry. Many chapters of each in Dr. Hora's books speak of living in peaceful coexistence. I am inspired by the chapter "Who is in Control?" **DIALOGUES IN METAPSYCHIATRY #9**

In the mad pace, the race to find happiness and be of service to everyone, the agonies of wanting and not wanting, and the need "to do," to make the world a better place, I forgot to just "BE." The need to control other individuals, family members, and friends was rarely through verbal confrontation but often through more subtle way of being passive aggressive. The difference is now I am more aware of when I am behaving that way. There are many independent bodies or groups that rarely agree on anything other than opposing those who are different.

In **DIALOGUES #37, "Power Struggle,"** Dr. Hora points out some answers about the causes of polarization: "Let us consider the state of consciousness in which people experience a power struggle. There is tension, anxiety, resentment, restlessness, vindictiveness, unhappiness; the mind is racing, agitated. All this is the opposite of PAGL, which is a spiritual sign that makes it possible for us to be aware of God's presence and reality. PAGL, gives a sense of being in harmony with God and that, regardless of the human situation, all is well."

A Catholic priest gave me a copy of one of Dr. Hora's books nearly thirty years ago, but to my regret I was too busy being operational to read much of it and apply the Principles. Five years ago, I finally read it and a whole new way of life has opened up to me. I make an effort not to try to control individuals and/or my adult children, yet interact with them when appropriate.

On a personal level and even on the larger scale it is often difficult to apologize or learn from being embarrassed by our mistakes. The Principles have transformed my way of reacting -- Often by making changes in myself that I originally thought were good values. Many times I was being 'nice.' Rather than be nice, in order to please and put other individuals needs and wants as a priority, I now try to make choices on what is of value and what is

## *Nine Eleven Two Thousand and One* *By Elvira Sisca*

*Eons ago  
Cain thrust a knife in my heart  
Only now  
Do I feel that wound,  
Bleeding tears of regret  
For missed moments  
Of cherishing my brothers.  
What repair can come  
For boring boasts and slanderous slings  
Uttered to make him less  
And me more?  
Oh, hard heart!  
It has taken unspeakable violence  
To shake me to stunned clarity,  
To free compassion  
For victims and violators all,  
And forgiveness  
For our murky understanding.*

*This was written in remembrance of a  
trip to Israel in 1995, standing on the  
Mount of Olives with the city of  
Jerusalem in view, Scripture quotes and  
recent events in the East.*

good. Dr. Hora's lessons have taught me not to be intimidated, provoked or seduced by others in a power struggle. When I release the anger, resentments, or complaining, almost magically there will be PAGL and things will get completed, effortlessly, effectively and efficiently.

As I have learned or rather come to realize that God has arranged for certain individuals and experiences to come into my life for my edification, for my spiritual benefit. Seems I have so much more to learn. It has helped me to know "is in control?" When I remember to let God be in control, I just have to be loving. "Fear" and mental garbage dissipates. PAGL takes over.

Even though, at times, I feel guilty for not solving the problems of the world, my world often has that "peace that the world cannot give." Some have said to me, "You are so lucky to have good health, etc. etc." They are not interested in knowing that luck has nothing to do with it. My thoughts, my attitude, and

my awareness of knowing that God is in control gives me the 'ability to respond' in whatever presents itself including my health.

I can almost always accept annoyance with strangers as ignorant thought. I have learned that I can't take the national news

to bed with me and expect to have a night of peaceful sleep. God knows that I am trying to be loving and understanding. So why does the one person I live with, my husband, annoy and frustrate me? I find it difficult to be loving when he turns up the volume on the television at 6:30 in the morning while I am having time with spiritual renewal or when he... well, I guess I don't have time to list all the reasons or complain. I guess I have a long way to go to know who really is in control. \*



## The look of the world with Truth Recognition Goggles

By Erik Linthorst

The human condition is a fundamentally polarized experience. As spiritual students, we know that the only way to experience peaceful co-existence is through transcendence of the human condition. But sometimes knowing this doesn't really help. It can make us feel that our only course of action on a daily basis is either to retreat from the world and pray to know the truth, or to insist, as we go about our day, that all the polarization we're seeing is simply falsity. But neither of these options feels quite right. When we turn on the news at night and hear the Left and the Right doing battle, and hear of extremist groups of every political and religious brand preparing for holy war, it's hard not to feel that these groups are moving farther and farther away from one another in an increasingly fragmented, polarized world. It's not that we don't or shouldn't pray about it. I know I do. But often we find that when we reenter our lives we are quickly swept up in our own increasingly extreme views, which grow out of our reactions to all the other extreme views.

So what are we to do?

It's important, I think, to deconstruct extremism a little. First of all, extremism is a fundamentally *reactive* state. Extremism on both sides of the spectrum derives from a *reaction* to perceived falsity, rather than to a recognition of truth. It defines itself more by what it is NOT than what it is. Talk to any extremist, and you will only hear what he hates, what he is opposed to. You will not hear what he *loves*. Reaction is the telltale sign of extremism.

All reaction is ego reflex. Mind, Spirit is non-reactive because as infinitude there is nothing to react to. Personal ego non-exists as a constant state of reactivity because as non-being, it only knows itself in relation to others. In other words, it is nothing unto itself, so it is constantly *judging* as a way of trying to *be*. Without its judgments it is left with the truth of its own non-being. And egos will do terrible things, including wage wars, commit acts of terror, and worse, in order to fend off the truth of their own non-being.

But Being, with a capital B, Love-Intelligence, Spirit, only knows Truth. It recognizes only truth. By becoming a *truth*

*recognizer*, we put ourselves in alignment with our God-sense, our sense of ourselves as unique aspects of Love Intelligence.

In our political system, it seems that extremism is increasingly *valued*. A moderate politician is often considered by his core constituents to be a sellout. Voters in the middle are called moderates, which has increasingly wimpy connotations. They're considered fence sitters, undecided, wishy-washy, and lacking passion or conviction. But there is nothing weak or passionless about the center -- because the center is fundamentally a place of *non-reaction*. It is the place of *truth recognition*.

And this is my essential point. Peaceful co-existence does not require us to compromise, or lack passion. It does not require us to retreat from the world and pray quietly, trying hard to know the truth in the face of the false pictures. It further does not require us to constantly refute the relentless barrage of falsity we see daily; it only asks us to go about our lives as *truth recognizers*.

In other words, what is required is not passivity, but to engage every seemingly extreme position with a keen eye for that kernel of truth buried underneath its reactive surface. The truth we find buried there is this: That all beings endeavor to protect THE GOOD, whatever they perceive that to be. This is a crucial realization: *That we all* -- Democrats, Republicans, Muslims, Christians, Jews, Buddhists, atheists, Hindus, good guys, bad guys...everyone -- *just want THE GOOD in life*.

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### **Mind, Spirit is non-reactive because as infinitude there is nothing to react to.**

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When we look out into the world with our Truth Recognition Goggles on, and we see that everyone, even those in the throes of ego reaction, are acting to protect what they perceive as THE GOOD, it disarms our own ego reaction to their position. We see that they are acting to defend what they perceive as Life and we can love them for being life protectors, regardless of how misguided and seemingly destructive their resulting actions are. They are, to their highest sense of good (which in many cases is not very high at all) trying to protect Life. It is this understanding that led Jesus to be able to say of his own killers, "Forgive them, for they know not what they do." Had he ego-reacted to the situation he might have said, "Stop them, don't you see what they're trying to do? They're lying, they're wrong, rise up and fight them: they're killing me." But he didn't. He forgave.

To paraphrase Margaret Laird, a spiritual teacher, when we are able to recognize the truth without the ego of being "truth recognizers" we shall *be truth recognition*, and love the doing of what we do which is always for the identification of our *own* Good.

So our own salvation is found in noticing that kernel of truth in others and loving it. It is a fundamental mistake to believe that we have to challenge what is wrong, or stand opposed to

## Contributors:

anything. We only have to find truth and praise it.

In this day and age, we can give no greater gift to the world than one less ego reaction. But this does not mean compromise, sacrifice, indecisiveness or laziness. It means actively, passionately searching out the truth, in ourselves, our political rivals, even our enemies. Out of this recognition comes common ground, out of which can rise a new paradigm of peaceful co-existence. \*

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## PAGL Community News and Sundry Items:

Marjorie Moore wants to let the PAGL community know that as of a month ago she is a regular participant on Pacifica's station WBAI (99.5 FM NYC) on the Gary Null show. Gary Null is a very well known alternative health specialist and has a very large following. Please see his web site at "<http://www.garynull.com>". In the words of Marjorie: "Gary has invited me on to answer questions from his listeners related to spirituality. Each week I select questions submitted on Gary's web site or my own web site at ("<http://www.dimensionsingrowth.com>") ...you can see I have prominently displayed a quote by Dr. Hora on my site and want to do much more.

Carole Suraci's article in the last newsletter inadvertently omitted the word "no" in the statement "there are no drivers anywhere." The Principle of Metapsychiatry of safe driving is: "There are no drivers anywhere, only the harmonious flow of traffic under divine Mind's control."

The way it was mis-typed in Carole's paper, "there are drivers anywhere..." is more in accord with the way it seems to be! The way the principle states it, is the way it really is.

Bede Draper's paper "The Metapsychiatry solution to the Problem of Violence" quotes from Dr. Hora that "truth enters consciousness through seeing it," but the actual quote is "the way Truth reaches human consciousness is through being seen" and it is stated on page 16 of Meditations, the 3rd citation.

Christie Rinehart re-read her thesis/dissertation which was completed at the time for the School of Metapsychiatry and International College: "Love and Compassion and their Application to Healing in Psychoanalytic Psychotherapy and Metapsychiatry." With so many students new to Metapsychiatry it seemed to her that this material is still relevant and might be helpful to some. Email her at: [christierinehart@earthlink.net](mailto:christierinehart@earthlink.net)

Richard and Laura Vorie, who some of you remember from conference barbecue at the avocado ranch in Pauma Valley (where Dr. Hora rode on a dune buggy to the amusement of all people gathered), wrote us:

Every time we get a Newsletter, it's like having a friend come to visit. What a welcome respite from the usual onslaught of insanity, 24/7. We continue to be grateful for what we have learned and how that has so enhanced the capacity to behold joy and to see how to understand the difficult. " Richard and Laura Vorie now live in San Luis Obispo, CA.

Three times now, with intervals of a month or a month and a half, a group of a dozen or so students from across the country have met via a telephone conference, facilitated by Jan Linthorst for the purpose of researching a relevant topic from a spiritual perspective. The meetings last for an hour and a half. Three people, chosen at random from those who register, are invited in advance to prepare a topic by selecting a paragraph from the writings of Metapsychiatry and correlating it with a text from the Bible. Each one takes a turn during the conference to read while others follow the reading in their own book. The readings, providing the framework for commentary and questions, set the tone for a most inspiring and invigorating discussion.

\* Susan von Reichenbach has published "4 Meditations in the Aftermath of 9/11." (as seen through the Metapsychiatric lens): I.. What is Evil? II. Examining the "Law of Correspondence" as It applies to Terrorist attacks and the American Collective Consciousness. III. Effective Prayer. IV. Beholding the Departed. (25 pages) They are offered for \$6.00, including postage. Send check/money order to Susan at Box 1024, Old Lyme, Ct, 06371 or leave a voice message on 917-650-4286.