



PAGL ASSOCIATES

NEWSLETTER

FOR THE STUDY OF METAPSYCHIATRY

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PAGL Associates Newsletter

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Editorial: *What's Inside ... Love.*

Many years ago, Dr. Hora introduced me to a definition of Love as synonymous with God. In contemplating the theme of the PAGL Associates Spring Meeting, "Truth liberates, Understanding transforms, Love Heals," I am reminded of a period during my twenties when I was living and working in Manhattan. My work was fulfilling but I thought my "love life" wasn't. I enjoyed being with friends and colleagues, but we were all looking for companions to share our lives with. I felt that I was lacking the precious love that married couples were sharing until one day it occurred to me that if God is Love, then what I was seeking was all ready in place. It was a liberating revelation to see that I didn't need a boyfriend or a husband to express Love; for "thy maker is thine husband" (1) and vibrantly available.

Once I understood that Love is not something someone bestowed upon me, my perception of Love evolved from conditional and self-centered to altruistic, which then developed into an appreciation to be a beneficial presence in the world, which is Divine.

I informed my friends that I would no longer accompany them to look for love in all the wrong places. Cherished by God, my interest was to express Love truthfully and as often as possible. It took the form of babysitting for friend's children, visiting an elderly couple living in my city brownstone, developing an exchange with an estranged male cousin, taking in a friend's cat when she could no longer care for it, seeing someone lovingly, and so forth. Life was instantly rich with loving companionship. I went from seeking Love to finding it — from wanting to emanating. One month later, I met my husband and in December, we'll be celebrating our 25th wedding anniversary.

If God were to select a religion, it would be Love; it is the divine language we are spoken to. But, there is no mistaking, Love is demanding; it must be activated and exercised like a muscle.

When Jesus spoke with his disciples, he asked them "what went ye out for to see?" (2) In other words, through what lens are you looking at Life?

Enjoy this issue's healing tales of Love awakening and the additional pages we have allocated to bring it home. May it carry a ray of summer light.

PAGL to you ~

Deborah Sofferman
Editor

(1) Isa 54:5 (2) Matt 11:9



MY TRANSFORMATIVE JOURNEY

SARAH S. ROBINS

Yes, truth liberates, understanding transforms, and love heals. But how does one become aware of the truth, how does one come to understand, and how does one become truly loving? My journey toward the answers to these questions began in earnest after I became a parent. I had been exposed to the ideas of Metapsychiatry before that, but they didn't really take. I was happily married and had a job I loved. Certainly I had problems, but none that seemed insurmountable — just the run of the mill disagreements with my husband, frustrations at work. I didn't know what I didn't know, and thus did not know what I was missing.

When my husband and I were expecting our first child, we were given a copy of *Whole Child, Whole Parent*. I was thrilled to have a parenting book and determined to read and digest it. Though, I was aware that + it was based on the ideas of Metapsychiatry, I wasn't sure what that meant.

*How does one become aware of the truth,
how does one come to understand,
and how does one become truly loving?*

I sat down to read it and in no time at all I was almost completely lost. I actually read parts of it aloud to my husband as examples of utterly incomprehensible writing. In fact, we even got a few good laughs out of it. I simply had no way to begin to understand the ideas it was expressing.

When our son, Spencer, was born I had a preconceived idea of what it meant to be a parent, about the kind of mother I was going to be. I had (and have) a wonderful relationship with my mother, so it wasn't as if I felt I had to forge new ground. Therefore, perhaps you can imagine my surprise when, more than once, I found myself in a rage at my beautiful toddler. I didn't intend to be angry; I certainly didn't want to be angry; and I didn't always express my anger — but I was angry. Try as I might, I couldn't make myself not be angry. And I did try, over and over again. But no amount of wanting or doing on my part changed that.

When Spencer was three and a half, his sister Clare was born. I continued to find the anger taking me by surprise. In fact, a certain character began to participate in our family life, and it wasn't good. That character was someone I named 'psycho mama.' She emerged when 'mama' was at her wit's end because she wasn't getting what she 'wanted.' The kids and I actually began to refer to her. Psycho mama often 'came to visit' at bedtime when the kids didn't settle down as quickly as I wanted them to, when I felt that I would explode if I didn't get some time to myself. Sometimes I would tell Spencer and Clare that psycho mama was waking up. I didn't use it as a threat, though it was often enough to get them to do whatever it was I was

It was very clear to me all along that there was nothing wrong with my kids, but very clear that something was wrong. The parenthood I was experiencing did not at all resemble what I had anticipated, nor was I the mother I wanted to be. But I

*Psycho mama often 'came to visit' at bedtime
when the kids didn't settle down
as quickly as I wanted them to.*

didn't know how to become the mother I wanted to be. I had had enough exposure to Metapsychiatry to realize that in order to change, I needed to understand motherhood in a new way. I wasn't going to be able to change simply by doing things differently; I had tried that and it didn't work. I needed to understand things differently; I needed a new context for seeing myself and my children. But I also knew that I wasn't going to be able to reach that new understanding by reading a book. I had tried that, too, and it didn't work. I needed to talk to someone who understood the ideas and could guide me.

I began talking to an advanced student of Metapsychiatry. Through what seemed at first like endless repetition of the same ideas over and over again, I began to talk through the different situations that had made me angry and I began to see my children and myself differently. Those dialogues expanded to encompass every aspect of my life and changed everything. I had been right about one thing all along--there was nothing wrong with my children. It took longer for me to realize, however, that there was nothing wrong with me either. In both cases, it was simply ignorance. Psycho mama eventually left our lives for good, and she hasn't been missed.

Although Sarah S. Robins works in the publishing industry, this is the first time she has been published! She lives in New York City with her husband, son, and daughter.

A GRATEFUL HYMN

ETHEL WASGATT DENNIS

A grateful heart a garden is,
Where there is always room
For every lovely, Godlike grace
To come to perfect bloom.

A grateful heart a fortress is,
A staunch and rugged tower,
Where God's omnipotence, revealed,
Girds man with mighty power.

A grateful heart a temple is,
A shrine so pure and white,
Where angels of His presence keep
Calm watch by day and night.

Grant then, dear Father-Mother, God,
Whatever else befall,
This largess of a grateful heart
That loves and blesses all.

ABOUT THE MEETING

The annual East Coast PAGL Associates Meeting on April 29th was, according to many, the best to date, and a reminder of Dr. Hora's words, "we are always moving from good to better."

In introducing the theme, "Truth liberates, Understanding transforms, Love heals," it was brought to our attention that the sequence of the words is specific, and that one can see the theme mirrored in the three levels of meditation: contemplative, existential and spiritual. The papers were meditations on this theme; the writers' stories examples of its practical value in everyday life. It was especially a joy to hear the papers of some of the younger members of the Meta community, and to see how their spiritual awareness is blessing the lives of their children. Copies of all papers were available to take home, and will appear in upcoming PAGL Associates Newsletters.

Although, most participants were from the New York, New Jersey and Connecticut area, we came also from New Hampshire, Boston, Rhode Island, Washington, D.C., Baltimore, Florida, California, Seattle and Sydney, Australia.

We hope to see you next year!

~ Ruth Robins

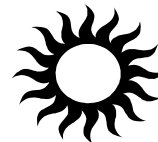


ONE LOVE, AN OPENING PRAYER

DEBORAH SOFFERMAN

In receptivity to the marvelous truth,
"I am what God is,"⁽¹⁾
My conscious identity expands.
Regardless of any preconceived fears, doubts or concerns
I may have clutched onto today,
Their seeming hold on me is released
To the surrender of the All good of God
To lead me, heal me, hear me, motivate me, speak for me,
Obtain thoughts in my consciousness and
Increase my interest in expressing
Love now.
I am worthy of at-one-ment with my Divine Parent
And open to the ever present companion of Love,
Filling me with uplifting understanding of
My wholeness and holiness.
I am mind full, assured and clear
As one who is one with Love and infinitely Loved.
In humble gratitude I accept
The gift of One Love.
There is no discouraging thought which can remove this fact of
God
And no thing may come between me and my Love maker.
Everyone in this room is a beloved child of the All Mighty
Mind
Purposefully placed here as an individual expression
With also "the right to be "wrong."
Healing and deepening my vision,
Love pierces illusive appearances
And I remain centered on spiritual matters
In order to express loving compassion.
I am the face of God's Love and every face I see is
God's Love smiling back at me.
Love is my background, foreground and present.
My purpose is to seek Love so that I may see Love,
Whether there is a grin or a frown before me.
See what God sees (I hear)
As I consciously choose to uncover Love—
the substance of my Life.
Expanding my vision today
With an open heart
I receive
and rest in the power of Love
To lead me, heal me, hear me, motivate me, speak for me
And obtain inspired thoughts in consciousness
So that, as divinely intended,
my goodness and intelligence shine supreme.

(1) *ONE MIND*, p. 362



AN EVENT

MARYJANE TRELOAR

That which hath been is now; and that which is to be
hath already been; and God requireth that which is past.

~ Ecclesiastes 3:15

Dr. Hora has taught us how to read the Bible from an existential point of view utilizing the question, in what way is this passage relevant for bringing us closer to Divine Reality? In the above passage, we learn that memories from the past are healed by giving the past back to God. This is not something that the personal mind can do. And, it is not about wanting or not wanting forgiveness from another. It is about seeing and knowing what is real and good, and true; of a timeless quality.

The paper began with a sentence I was not expecting. It was, "Sis, you would never like a soldier." It was an instant recollection of a moment in time and I wondered if my brother remembered saying this. Here was a memory that had held me time-bound for thirty-eight years and this verse from the Bible came to me as a comfort. I wrote an e-mail to my brother in Germany and received a response the next day. To give context to the story, here are excerpts from our correspondence.

Dear Rick,

This is a question from the past: I hope it's o.k. that I ask. Do you remember being in the house in Northport before you were shipped out to Vietnam? At the time, I think you were polishing your shoes in the kitchen. You made a comment to me; "Sis, you would never like a soldier." Do you recall this? It made a strong impression on me then, and this afternoon, as I began to write something for a conference in April in New York sponsored by the PAGL Associates, this thought came to me. This comment forced me to face the sadness I felt for what I perceived as distance between us as well as the fact that my strident anti-war position put me on one side of the war arguments, when the issues were complex. Truly, I did not appreciate, then, what you were facing and what you would experience there."

Following is a portion of his reply.

Hi MJ,

My, that is a blast from the past. Yes, I do remember before going to Vietnam stopping I Northport and feeling as if I was losing you as a sister due to my wearing the uniform. I was very idealistic about war and had no idea what I was getting into ... really. I never thought about dying over there, or killing. Your comments bring to a close a process that you and I went through, our nation went through and we're going through it again with Iraq and Afghanistan ..."

Here is a healing passage from the Bible,

Enlarge the place of thy tent,
and let them stretch forth the curtains of thine habitations;
spare not, lengthen thy cords,
and strengthen thy stakes.

~ Isaiah 54:2

Dr. Hora describes the existential structure of time as "a curtain of time."⁽¹⁾ It is made of dreams past, imagination in the present, and fantasies of the future — all a part of the personal dream. I recall imaging myself to be a "freedom fighter" against war as a limitation, a social activist in a peace organization that was often in conflict with itself. There is a character flaw associated with the past and that is pride and its opposite, shame. I experienced both sides of the problem in the dream as I projected the role of the good big sister. The meaning of the fantasy of who I was, was a false identity with the "knower," an intellectual type who leaned on what she knew for security and to influence others.

Gradually, I was to learn that before war as a concept can be abolished, the war within, such as the conflict between inner thoughts, feelings, beliefs and the external or phenomenal world must be dissolved. The "curtains of thine habitations" or

*There is no doing
unless being
is its source*

the content of consciousness, which consists of self-confirmatory and interaction thoughts must be recognized and regretted as invalid and a spiritual rebirth must be realized.

Truth Liberates: In the regret aspect of healing, there is liberation because one has learned something about oneself that can be called a discovery. Perhaps, I was at ease with not knowing what the outcome would be and there was no intention to influence self or other. When my brother responded the next day, there was a sense of peace and gratitude; a joint participation in the goodness of God took place.

Understanding Transforms: What does it mean to "let them" lift the curtain of the past? It means that Love-Intelligence enlarges our perspective and encourages our receptivity to the truth. And, where is God? Dr. Hora asks this question. He says that we need "some verbal expression where God can be found: it is eternity, *the timeless now.*" This is the existential context of timelessness where understanding lives and moves and transforms.

Love Heals: Non-personal, non-conditional benevolence heals. A Taoist saying which dr. Hora appreciated is "the way to do is to be." This is a radical proposal that there is no doing unless being is its source; strange to Western ears that the primary concern and focus is on being who we really are so that then we are in alignment with the Omniactive, Omnipresent energy called perfect Love. This is the Theistic Existential vision of healing, which blesses his whole creation.

(1) *BEYOND THE DREAM*, p. 63

Maryjane Treloar is a Research Associate and Spiritual Guide.



GRATEFUL FOR JUST BEING GRATEFUL

A DESCRIPTION OF A JOURNEY JUST BEGUN

ROBERT WIESER

It seems like a long time long ago, but it has only been a few years since I was blessed with the opportunity to begin studying Metapsychiatry (“MP”). The opportunity seemed to come about by chance, but, as we know, there is no such thing as chance. Instead, the opportunity was another in an infinite number of good ideas that manifest themselves simply because they are needed.

I well recall the hesitant invitation to join a new weekly class that would focus on spiritual parenting. At the time I was filled to the gills with anger and it was only my respect for the teacher and the hope that this class would help improve the lives of my children that brought me to attend. Little did I know that I was to begin a quest to understand spiritual reality.

In the years between then and now, my perception of reality has changed at a surprising but easy pace. As I continue learning about spiritual reality, the mundane world has become, somewhat surprisingly, less real and its tribulations impact less and less on my experience.

Sometimes my thinking changes quickly and sometimes slowly, but always at just the right pace. Many of the most significant challenges that faced me when I began learning MP remain with me, though now perhaps to a lesser degree. Others I have overcome outright. More importantly though, troublesome thoughts, though they remain with me, don’t drive my life today as they once did.

As I come to know my thoughts, I am increasingly able to name them and, when necessary, turn my attention to more valid ideas. I am learning to discern the difference between my personal motivations and responding moment-to-moment to manifest need and this ability has given me the freedom to knowingly, though not always unerringly, choose to be or choose not to be free from the tyranny of my personal thoughts and their consequences.

I know now that my wanting and not wanting does not make the thought righteous and that though wanting can disguise itself in many forms, it can easily be identified by its bitter fruits, if one is sincerely interested in being aware of them. I also know that these bitter fruits are signals for me to check my consciousness for the thoughts being manifested and are also opportunities to right myself in life.

As you can understand, I am very grateful for the many benefits that God and MP have brought to my life and to the lives of those around me. I am also grateful for the many individuals that have assisted me in this quest, but these words, no matter how heart felt, fail to express what I know to be true.

Something more striking has come to pass. I am also grateful for the tribulations in my life, for its agonies, disappointments

and pains. It is this realization that contrasts so strikingly with what I believed long ago. It seems incredible that I can be grateful for the bitter fruits of life and yet I am, because they represent opportunities to right myself when I fall off the path intended for me. It is for this realization that I am profoundly grateful for being grateful.

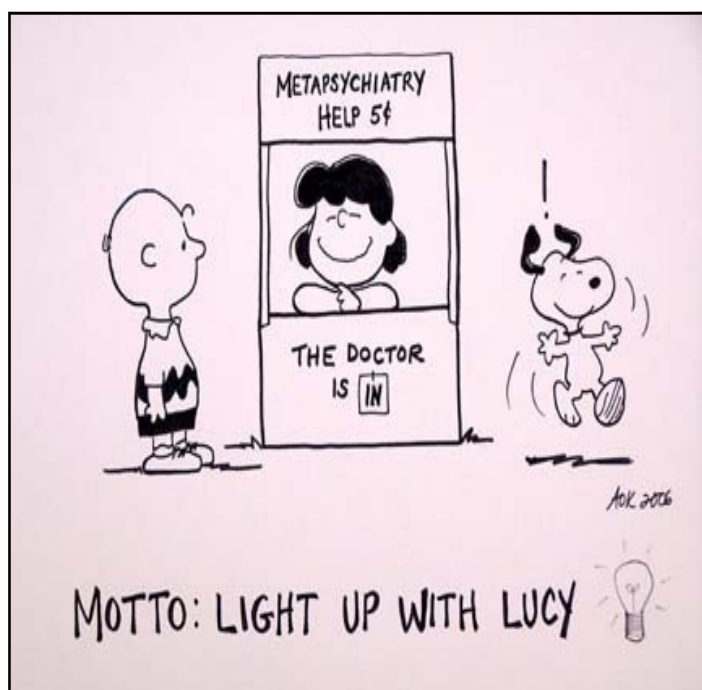
Robert, a three year student of Metapsychiatry, is a happily married father of two who resides in Westchester County, NY. RDWIESER@GMAIL.COM.

MY FRIEND PAGL

SILVIA VIAGGIO

My friend PAGL is always waiting for me,
always there whenever I turn to it.
It seems so elusive, so unattainable,
yet it is I who is so slippery and so evasive.
My wants, my shoulds, my demands
are my enemies,
yet I see them as my sweet treasures
to have and to hold.
Oh silly world, oh silly me
if only I knew how close Reality is.
Wake up, wake up from this silly dream
here I am, HERE I AM.

Silvia Viaggio is a student of Ruth Robins from Australia



Designed by Anne Kubitsky of Guilford, CT.
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ON TRUTH, UNDERSTANDING AND LOVE

BY BRUCE KERIEVSKY

Contemplating this subject, I am reminded of my earlier encounter with the proverbial recommendation, "Wisdom is the principal thing; therefore get thee wisdom; and with all thy getting get understanding,"⁽¹⁾ and with the Platonic declaration of the equivalence of the good, the true, and the beautiful.

Like most words, truth can be easily misinterpreted. Common usage juxtaposes it with lies. But, as the moral philosopher Harry Frankfurt pointed out in his famous essay entitled, "On Bullshit," that figurative invective is best defined as "a lack of concern for the truth." He goes on to explain that when the truth is expressed by an individual who has no real regard for it, bullshit prevails. Thomas Hora observed similarly that when some true statement is uttered by one who does not genuinely understand it, it reverts to being a cliché and thereby loses its liberating potency.

When it is said that truth liberates, it means that truth frees us from the ignorance under which we had been laboring. And the truth of which Metapsychiatry speaks is of a special kind. It is the ontological truth, the truth of being, of the nature of reality, and of our spiritual identities that is most relevant to our lives, as opposed to valid statements of fact that are of limited existential impact. Of course, discovering the attraction, significance and consequences for ourselves of certain unhealthy values is also a kind of truth, a phenomenological truth, the awareness of which can lead to liberation.

Metapsychiatry speaks of the willingness to be embarrassed as salutary. It indicates receptivity to learning something, which is the prerequisite for benefiting from hearing the truth. We may not even be consciously aware of a willingness to be embarrassed; yet we can be startled, as I was, by the revelation of a discomfiting truth, and sufficiently so that we re-examine our motivation and choose an alternative course.

When I was in training for the Volunteers in Service to America (VISTA) program in the 1960s, a one hour interview with a psychologist was required to verify our suitability for assignment. My session explored my motivation and the discontent with my job at that time as assistant to the dean of faculty at a local community college. After I described my situation, the psychologist, who I recall as having had an unpleasantly squeaky voice, responded to my complaints by declaring that I didn't seem to show much initiative. I felt disturbed by that remark, even that it was unjust insofar as I had sought out any possible assignments or ways of helping from my boss and other faculty members. The interview ended with no indication of whether or not I would be accepted into the program.

Nevertheless, in the several days that transpired between that session and when the volunteers received word of their placements, I resolved that, whatever project and location I was

assigned, I would do my best at it and not object or seek an alternative position.

And, since that embarrassing moment of the revelation of the truth regarding a troublesome motivation, which led to the contemplation and ultimate redirection of my orientation toward work, I have had no problem on any job with finding ways and ideas for being useful, appreciated and fulfilled.

A few years ago, I assembled a book containing a set of aphorisms that Dr. Hora coined and/or used frequently, which I entitled "Only Understanding Heals" because, to my perception, when I come to understand some vital truth, it seems to not only transform, but also to effect a healing. I cannot see how Divine Love is not always present when the miracle of understanding, the realization of truth, occurs. On further reflection, it is the ineluctable concurrence of truth, understanding, and love. In life that appears most evident, for can any one of these happen without the other two? Dr. Hora has written that "Love is concerned with understanding" and that it "pays attention to understand."⁽²⁾

So God helps those who are receptive (a slight rewording of the fifth principle), to truth, understanding and love. To rise above our own self-interest, we must be more interested in the truth than in anything else. Metapsychiatry often equated love with interest. With interest, work becomes a labor of love. Without it, everything becomes difficult.

(1) *Proverbs 4:7*

(2) *In Quest of Wholeness, p. 98*

Bruce Kerievsky is a long time student and teacher of, and writer about Metapsychiatry. He is the President of K2 Consulting Enterprises and the Treasurer of the PAGL Foundation. kbruce@optonline.net, web site: MeaningAndTruth.com. # 516-466-2872.



Na'auao Pane'e

A Hawaiian Prayer

He ke'hau ho'oma'emaie ke aloha

Love is like a cleansing dew

He'olina leo ka ke aloha

Joy is the voice of love

Ua ola loko I ke aloha

Love gives life within

Oke aloha ke kuleana o ka'hi malihini

Love is the host in strange lands

Wae aku I ka lani

Let the selecting be done in heaven.

GRATITUDE — A WAY TO TRUTH, UNDERSTANDING & LOVE

CAROL MARGANIAN

The Lord is my shepherd; I shall not want ... Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever. *Psalms 23*

I thank You God for most this amazing
day: for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is yes

I who have died am alive again today,
and this is the sun's birthday; this is the birth
day of life and love and wings: and of the gay
great happening illimitably earth.

How should tasting touching hearing seeing?
breathing any-lifted from the no
of all nothing —human merely being
doubt unimaginable You? *E.E. Cummings*

"Now the Ears of my ear hears; Now the Eye of my
eyes is open." (1)

Grateful for the words of the Bible, E.E. Cummings, Dr. Hora, and others, I would like to look more closely at the state of grace called gratitude. In *Zen Mind, Beginners Mind*, S. Suzuki says "If your mind is empty, it is always ready for anything: it is open to everything. In the beginners mind there are many possibilities; in the experts mind there are few... When we have no thought of self, we are true beginners. Then we can really learn something." (2)

Gratitude is a grace that comes to us when we are open-minded and willing to learn. We are not striving, wanting, not wanting or blaming. We are humbly interested in moment-by-moment seeing the "Good of God" that is not in fantasies or dreams. The first principle of Metapsychiatry "Thou shalt have no other interests before the good of God, which is spiritual blessedness" (3) is an integral part of gratitude. Willingness to learn lessons from problems and see "spiritual blessedness" shining right where the problem seems to be is gratitude. Turning away from the habits of calculative and interactive thinking endorsed by our culture is a prerequisite to gratitude. Polly Berrends in *COMING TO LIFE* suggests "preprayeration" (4) in the form of at least three spiritual meals per day where we are still and study to see the good of God. *THE RUNNERS BIBLE* by Nora Holm and *MEDITATIONS FROM THE BIBLE & THE WORKS OF DR. THOMAS HORA* by Joan Rubadeau are helpful when I am in need of quick "preprayeration."

Semantics are important when gratitude is expressed for others. A greeting of "Good seeing or good hearing you" avoids the trap of self-confirmation inherent in "how are you?" which encourages complaints. A son helped me see this. Sensing that "how are you?" was an attempt to psychoanalyze him, at times, he refused to answer exclaiming, "Stop trying to analyze me—that may be your job—but, you're not my shrink!" In knowing that every gift comes from God (*James 1:17*), we can approach all relationships with freedom to appreciate the unique spiritual qualities and values that flow through others. This gratitude

frees us from the four horseman: jealousy, rivalry, malice and envy. (5) It also frees us from the vending machine mentality that says others are required to give us what we want because they are our parent, spouse or child, and so forth. Omniaactive Love Intelligence is our only Source. Even in darkest hours of grief and loss, if we are open to gratitude, signs and wonders showing us the constancy of the good of God may appear.

For a few moments you are invited to consider gratitude for little things that are ordinary. Thich Nhat Hanh speaks of gratitude for his baby toes that have served him thanklessly for many years. See what comes to mind and see the Source behind the thoughts. This is an opening to right seeing—a prelude to freedom, healing and transformation. In closing, a benediction from Jan Linthorst that celebrates gratitude for the constant support and sustenance of God is as follows: "Thank you very much. Thank you very much. Thank you very much."

(1)Internet search results-EE Cummings (2)Suzuki, S. *Zen Mind, Beginners Mind*. (3)Hora, Thomas. *One Mind*, p.390 (4).Berrends, Polly. *Coming to Life*, p.163. (5)Hora, Thomas, *Beyond the Dream*, p.295.

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DIVINE CONNECTIONS

DONNA GODDARD

One morning this week I had a phone call just before 6: AM from a distressed man who said, "I'm sorry to call you but could you please help me?" Thinking it was someone who had my phone number for my Spiritual Healing and Counseling practice, I said, "Yes, of course, give me a few minutes and be right with you." However, after a while I realised that he didn't know I was a Counsellor. I asked him how he got my number and he explained, "I have been trying to get through to a Helpline for the past 3 hours and couldn't and I was so upset that I just rang a random number." Rang a "random" number?! Of all the numbers he could have rung, he rung not only someone who would listen to him but someone whose job it is to listen to people and someone who happens to be awake at 6 in the morning! Now, if that is not a divine connection! But there is more. Later he told me that one other time, several months ago, he also could not get through to the Helpline and again rang a random number. When he explained all the things that this other "random" person said to him, I thought to myself, "He was talking to an angel or at least one in a human form." I didn't tell him that as I didn't think he was quite up to hearing it.

He had a lot of sadness to express. Although, he did not really understand the significance of what had happened with his two telephone connections, I wished that I could open his eyes to see that Life was loving and helping him. With time, we are all guided and loved and protected. If we could see it more clearly how much less fearful we would be and how much more trusting we would be of the course that Life asks us to take and all the good that is being freely offered to us.

Donna Goddard has a private practice in Spiritual Healing and Counseling. She also works as a counselor at Huntingtower, a school founded on Christian Science principles. She has one young child and two adult children and lives in Melbourne, Australia.

THE HEALING OF AN ILLNESS

RUTH ROBINS

The first time I realized the power of Truth in healing an illness, diagnosed by a physician as a “serious case of the flu” was about twenty-five years ago.

The symptoms developed rapidly. Difficulty with breathing turned into gasping for breath and a temperature of 103. I thought I was dying, and asked my daughter to take me to the Emergency Medical Center. It was 11 pm. After the physician’s diagnosis, he added that I would be in bed for a week and would probably not feel like myself for about a month. He handed me a prescription, and a vial of some medication to take, but I heard a still small voice say, “don’t,” so I took it with me instead of taking it at the Center. Having a diagnosis and knowing that I was not dying after all, already made me feel a little better.

Since I had been studying with Dr. Hora for several years by then and had experienced numerous healings, although not for any physical problems, it came to mind that this was the moment to put the “two intelligent questions” to work on physical symptoms. But it was 1 am. How was I going to survive until morning when I could call Dr. Hora? Putting the vial of medication on my bedside table, I sat up in bed and kept the light on so as not to fall asleep and perhaps die in my sleep. I spent the night still struggling to breathe, from one moment to another waiting for morning when I would call Dr. Hora.

Thankfully, he was fully awake and offered me a session on the spot. It wasn’t long before he identified the meaning of the symptoms as fear. He perceived what I was unaware of, that I was deathly afraid that something my husband (at that time) had done--in ignorance of course--would have frightening consequences on him which would also impact upon the family in ways that were deeply disturbing. After shedding light on the meaning of my experience, Dr. Hora offered the spiritual counter fact to my fears, namely that the source of my good was God, Omniactive Love-Intelligence, not my husband. As this idea took hold in consciousness, I grew more assured and, amazingly, the fear very soon dissolved. It just fell away as if it had never been!

By the end of the session, I was breathing normally. After contemplating this amazing occurrence for awhile, full of gratitude, I got up and took a shower. Then I took my temperature and it was normal. I dressed, went downstairs for breakfast and resumed the day. And that was the end of the so-called, “serious case of the flu!”

This was a powerful demonstration for me that invalid thoughts can make us sick and valid thoughts can restore us to health. It was evidence once again of the value of the “two intelligent questions” and “3Rs.” Since that time, I have had many healings; and have witnessed healings occurring every day in my counseling work. It is humbling to behold these happenings.

I am eternally grateful for the brilliance of Dr. Hora’s work and the forthrightness, compassion and authenticity of his presence. The process of healing as stated in our theme, “Truth liberates,

Understanding transforms, Love heals” is a gift of God and a of reminder of Dr. Hora’s words, “Metapsychiatry is a gift God to our time.” (1)

Truth, of an invalid thought when recognized and replaced with its valid spiritual counteract, liberates us from our mental prisons. Understanding, when realized in consciousness with the utilization of the “two intelligent questions”, transforms our characters and mode of being-in-the-world. And God’s Loving Presence flowing through consciousness can dissolve even physical ailments. May all be blessed by this holy work.

(1) *Beyond the Dream*, pg. xxiv

Ruth Robins is a counselor and teacher of Metapsychiatry who dialogues with individuals and groups, in person and by telephone at # 860.434.2999.

HEALING AWARENESS

ELVIRA SISCA

One Saturday afternoon I pulled out of my driveway and suddenly I saw a vehicle coming up the hill in the opposite direction. Wham! Huge collision. All passengers were safe but both cars had major damage. I agonized over it. It was my fault. How did it happen? The the words of Metapsychiatry came to mind: “Nothing comes into experience uninvited” as I tried to understand the meaning embedded in the experience. PAGL had disappeared so I prayed for understanding.

*Awareness brought forth forgiveness,
the most important component for peace*

At three in the morning I awoke and there was the inspiration from God. The words, “blind spot” came into my consciousness. That was it! I saw anger at a friend and at myself for being blind to the insidious way she had of first flattering me and then telling me “in confidence” of a criticism someone had of me. The thought came how a good supervisor is one who when a worker needs correction he begins by telling him all the good he has done and finally breaks the news to him of what needs to be corrected. How clever this friend. Whatever her motive, I believed it all. I investigated my wants, saw that I had been seduced by the flattery, and recognized it must have been my need for approval that brought forth the real culprit: Self Confirmation! There it was, rearing its head again.

These veiled attacks occurred several times and only until this accident did I come upon the meaning. How could I have been so blind kept coming into consciousness. Blind in many ways, but mostly blind to my illusory self and its wants. I came to understand that I have invited this friend into my experience, albeit unconsciously, for the purpose of healing me. Moreover, awareness brought forth forgiveness, the most important component for peace and recognition that before me lay a wondrous table of goodies, all part of the healing process. I heard also, “All things work for good to those who Love God.” PAGL returned in the knowledge that I already have everything I need. I am enormously grateful for God’s Love and Intelligence.

Elvira Sisca is a career counselor, pianist and grandmother of 13, living in Greenwich, CT.

BOOKSTORE NEWS

Continuing Our 11th Year Anniversary Celebration

“ENCOUNTERS WITH WISDOM” Book Two

A New Book of
Never Before Published Dialogues with Dr. Hora.

Book Two of the new series of short volumes of dialogues transcribed from tapes of classes with Dr. Hora during the 1990's is now in stock at \$12 (plus \$ 4 for S&H). It is the first of a series from classes which are being prepared for publication. You may check the Order Form at www.pagl.org for details, mail a check to the Bookstore or telephone with a credit card.

Also ~ The booklet, RIGHT USEFULNESS
is now back in stock.

Conference & Session Tapes are available
on CD as well as cassette

PAGL books may now be purchased through eBay, too.

IN DR. HORA'S WORDS ...

“Student: Dr. Hora, it seems that to get beyond interaction thinking, we would have to keep reminding ourselves over and over all the time, because it seems that there is a deep-seated receptivity in our being that is almost impossible to overcome. Something happens and, before we know it, we already have a personal response. But we can catch ourselves and work with it. So when we think about perfect love, the idea of seeing everything as phenomena and the idea of perfect love seem very difficult.

Dr. Hora: Well, we'll give you a period of time. When the disciples asked Jesus, “How many times do we have to forgive our enemies, seven times?” Jesus said, “Seventy times seven.” We just have to work with the idea until we see more and more the practical value of being imbued with perfect love. One of the Metapsychiatric principles says, “If you know what, you know how.” So we work on knowing what is. What is perfect love? When we are imbued with this, we will know how. The quality of our presence will be a living expression of perfect love. And this is an accomplishment fervently to be desired.

Now, for instance, if the student who is required to evaluate her fellow employees goes to work making sure that she is filled with a desire to be a perfectly loving consciousness, many things will happen. Good things can happen. The demands on her way of reporting may be rescinded, or may be changed, or God can inspire her with such wisdom and the right words to put down so that it will be a good report and it will hurt no one. There is a Latin saying, “Nil nocere.” What does that mean? Above all, never to hurt. This is a medical command that I remember from medical school. Doctors are admonished that they are in practice as physicians to keep thinking, above all, not to hurt the patient. Be careful never to hurt the patient. You see, I have forgotten this, and apparently the other doctors have also forgotten. (laughter)

Student: They've forgotten, but you've been healed. (laughter)

Student: What's likely to happen in a situation like this if one took a moral or ethical stand?

Dr. Hora: This is neither moral nor ethical. This is spiritual. Moral is religious; ethical is human; perfect love is spiritual. So many good things invariably happen when we understand and are committed to perfect love.

Student: If we see lots of malice, what does that indicate? Does that mean that we ourselves are malicious or that we just don't understand enough about love?

Dr. Hora: If we see ourselves surrounded by malice, then we will either like it or dislike it. If we like it, we're sunk. If we dislike it, we are also sunk. So what else is there?

Student: Not to be interested, but to allow ourselves to be interested in perfect love.

Dr. Hora: Right. We are unimpressed by malice, by jealousy, by rivalry, by gossip, by envy. All of these are human ways of

thinking and acting. ”

From *ENCOUNTERS
WITH WISDOM, Book Two*
pp. 117-120



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CONCORDANCE ON PAGL.ORG

Those with internet access may now take advantage of a wonderful concordance to all of Dr. Hora's writings published by the PAGL Foundation. A concordance allows the reader to view every occurrence of the use of a particular word in all of the 6 books and 12 booklets that are available. On the www.pagl.org web site, a link to the concordance is provided by clicking on the open book icon below the buttons on the left hand side of the home page. The browser displays a page with 4 sections. The alphabet directs you to words beginning with a selected letter. The words on the left (called head words by the Concordance program) allow you to select a particular word. The right hand frame below the alphabet contains all uses of the selected word, while the bottom frame contains the exact context in the indicated book and page in which the selected word context appears. A little experimenting reveals how it all works.

Thanks are due to all who helped create this concordance. We are especially grateful to the Concordance software program itself, which is a remarkably powerful, flexible, exceedingly thoughtful tool for creating such an excellent reference mechanism, one that we hope will enable very effective use of and research into Dr. Hora's inspiring teaching.

REMEMBERING PAGL

Those wishing to provide financial resources to the PAGL Foundation may now also send a stock contribution. In the interest of maximizing tax deductions for our contributors, as well as benefiting the foundation and its projects, the Board of the PAGL Foundation has altered its previous policy of only - accepting cash contributions. Contributions in stock may now be made by transfer to TD Ameritrade Account # 785085697 for DTC # 0811. Making the Foundation a beneficiary in a will is also gratefully accepted. Contact PAGL Foundation Treasurer, Bruce Kerievsky at: kbruce@optonline.net.

Correction

In the poem, (UNDER) STANDING, as it appeared in the Winter 2007 PAGL ASSOCIATES NEWSLETTER, the word "what" was misplaced by the word "where." The correct line is: *What* is my "mode of being?" Herewith is the poem as it is intended.

(UNDER) STANDING

HEATHER BRODHEAD

Where do I stand? Where do I walk?
What is my "mode of being?"
What do I crave? What do I fear?
What is my way of seeing?

Is stance on feet, or hips, or knees?
Is context bound to sod?
Or rather, do I understand
I live and move in God.

ONLY A LAMB

In a dream that seemed so real,
I heard my child calling to me to save him.
Frantic, and with all my strength
I rushed to the scene, finding him
Already beyond my reach.
My heart cried out to my God and his...
It was then I woke to hear Christ speak:
'God, Love, is like a Shepherd
who carries His lambs in His arms
all the day long and
all the night long,
who never puts one down
and never lets one down. '
'My dear lamb,' God said to me,
'I have never asked you to be the Shepherd ...'
Both lambs were saved.

~ Holly Suhi

**The rain descended,
And the floods came,
And the winds blew,
And beat upon that house;
And it fell not:
For it was founded
Upon a rock.**

~ Matthew 7:25



LETTERS

T O T H E E D I T O R

Your Thoughts Are Welcome

This is your space. I encourage and invite you to keep the dialogue open, share spiritual healings, offer musings, thoughtfully comment on articles and ask insightful questions. Inform us, as well, of ways in which the application of PAGL principles has expanded consciousness in your personal or current events.



Realization of Truth Yields Up Healing

What a wonderful testimony in your editorial in the Winter 2007 Newsletter! There's nothing quite as inspiring as a report in which a realization of truth takes over a situation and yields up healing. The fact that you took the dog to the vet and then responded to your spiritual insight and then took the dog home is so helpful. You didn't "take a stand for truth" by not taking the dog to the vet, when your sense was that you needed to do that. You proceeded with your best sense of the good and, when a higher seeing obtained, acted according to that. Very inspiring. Thanks for sharing it.

~ Ann Linthorst, Irvine, California

New Voices in the PAGL Newsletter

I have read and appreciated the Newsletter; you've done a fantastic job for the PAGL Associates and carried us over from Jan to many new voices studying Metapsychiatry. And, please thank Heaven for her demonstration.

~ Mary Jane Treloar, Saratoga Springs, New York

Reflecting the Fruits

Your story of your dog's healing is beautiful. I'm enjoying the newsletter. Thank you once again for your work and its fruits.

~ Heather Brodhead, Santa Barbara, California

I Am What God Is

I loved the Winter Newsletter. Thank you. I read "I Am What God Is" to my group for a meditation; everyone loved it.

~ Laurie Harris, Newton, Massachusetts

Dear All ~

The PAGL ASSOCIATES NEWSLETTER is an assemblage of sincere seekers articulating the good of God.



The Common Denominator In All Mental Illness Is "Self And Other"

I felt compelled to write to you. I have been a student of Dr. Hora since approximately 1972. I was introduced to him by Jan Linthorst shortly before he left New York to live in California.

My husband and I met Jan at Marble Collegiate Church where we took classes in the "Help Line Telephone Center." He made a very significant impact on my life as he blew my mind with statements he made, such as "appropriate self-disclosure" and "the common denominator in all mental illness is 'self and other'."

After Dr. Hora's death and shortly after that, my husband's death, I contacted Jan and had wonderful telephone sessions for several years. He was a very special man.

Hardly a day goes by when I don't listen to Dr. Hora's tapes of his NY classes. When I sat at those evening classes on 72nd Street, it felt almost like I was in heaven.

I enjoy the PAGL Newsletter. Thank you so much for being such a big part of it and for all you do to further the work of Dr. Hora.

~ Peg Mackey, Corvallis, Oregon

Who Do I Think I AM?

Dr. Hora's work was introduced to me in the late seventies by Bob Merkle and Jan and Ann Linthorst. It transformed seeing and being for me. Here is a poem of a look within from recent discoveries of myself as a student in 1986.

If this can be used, I am grateful to share. If not, it is a blessing too, as I reread it and rejoice all over again in Truth teaching us.

Be Still and Know

Be still and know that I AM God
Who do I think I am?
I know who I think I am. I'm
Surrounded by who I think I am.
SEE—I'm a
Doctor,
Lawyer,
Indian Chief,
Husband, Wife,
Father, Mother,
Business person,
Nurse,
Teacher,
Friend!

The list goes on and on forever. Just look at what and who you are in your life. That's who you think you think you are. Have you ever been all alone for a length of time where you were separated from your mirror roles? There's no one to "play life" off of, you're just you and it's quiet and solitary. Your lines for your part in the play drop away. Your role melts into nothing. Who do I think I am? I guess now that I'm still I'll ask!

The newsletter is an excellent contribution to all. Thank you!

~ Jan Kovac, Newport Beach, California

PAGL COMMUNITY NEWS AND SUNDRY ITEMS:

Metapsychiatry Workshop ~ October 9th — 14th, 2007:
Ruth Robins will be leading a workshop: “Who am I? What is the Purpose of My Life?” for 4 days/5 nights at Laurel Springs Ranch, overlooking the Pacific Ocean in Santa Barbara, California. Join new and old students for dialogue, mediation and relaxation — sitting under a bodhitree, walking, hiking and swimming. To learn more and to register, contact: www.laurelspringsranch.com. If you have questions, call Ruth at: # 888.834.2999. Space is limited.

PAGLBELGIE is the website where you may read the current and past issues of the **PAGL Associates Newsletters in Dutch** as translated by **Jenny Rutten**.

The Manager of the PAGL Bookstore in Australia is **Silvia Viaggio**. You may contact her for publications via: Metasilvia@yahoo.com.

The Blessings of Metapsychiatry videotape on Dr. Hora's legacy to all of his students is in production. A 4 1/2 minute **video clip may be viewed** online at: Pagl.org.

Bruce Kerievsky compiled a set of 83 aphorisms categorized as “Definitions,” “Problems,” “Solutions,” “Inspirations,” and “Koans” from Dr. Hora's works with commentary & practical examples; “Metapsychiatry & the Elusive Truth of Being,” which appeared in the Journal of Religion & Health, & “Experiencing the Passing of a Master,” based on his relationship with Dr. Hora. Send \$20(S&H \$2) To: 7 Arrandale Ave., Great Neck, NY 11024 # 516.466.28772 or: MeaningAndTruth.com

Humorous Meta black and white cartoons (as seen on page 5 of this issue) depicting 11 Principles of Metapsychiatry are available for purchase. For 15 cartoons printed on “8X5”

If you would like to contribute to the discussion, you may submit your article, poem, cartoon or letter to:

PAGL Associates Newsletter
Reverend Deborah Sofferman
P.O. Box 1525
Litchfield, CT 06759
or: ReverendDeborahS@aol.com

Letters may be edited for length and clarity.

The editorial policy regarding contributions of students is to see to it that the article is substantially related to the teaching of Metapsychiatry. The opinions expressed are entirely the responsibility of the writer. Neither the PAGL Foundation nor the PAGL Associates Newsletter Editor is endorsing them.

A telephone PAGL meeting is held on the third Wednesday of the month: 7-7:55 PM PST/4-4:55PM ETA. We dialogue about healing of issues and metapsychiatry readings. We also have guest presenters. In June, Heather Brodhead shared her paper about receptivity & creativity. July our guest was Ruth Robins. The next meeting is: **September 19** focusing on **ENCOUNTERS WITH WISDOM 2**. All are welcome. Call: **Carol Marganian** at: 714 875-9287 or carol.marganian@gmail.com.

Interfaith Minister, Deborah Sofferman officiates beautiful & memorable weddings, baby blessings & other sacred Life ceremonies—honoring all faiths, designed for your individual expression. She provides spiritual guidance in person and by phone, as well as facilitates groups, workshops & retreats. Call her at: # 860.567.2201, email at: ReverendDeborahS@aol.com or visit her website at: ReverendDeb.com.

Diana Kerievsky, LCSW, a long-time student of Thomas Hora and Metapsychiatry is **available to see individuals** and couples at her office in Manhattan and Great Neck, NY. She can be reached at: #516.829.5027 or: Diana@optonline.net.

Metapsychiatry is now on TV! In The Listening Place's nine part television series “Who am I? & What is the Purpose of My Life,” **Nancy Rosanoff interviews Ruth Robins** about the core ideas of Metapsychiatry. Is you would like to watch a free clip from the show, read the text of some interviews, or purchase the DVD/VHS series, visit: www.metapsychiatry.org.

Two companion books to Metapsychiatry: **Meta Meanings**, which explains the juxtapositional method with examples and **Meta Prayers and Principles**, a pocketbook reference with elucidations. Send \$10.00 each (S&H\$3. USA, \$5. abroad) check or money order to: **Susan von Reichenbach**, P.O. Box 1024, Old Lyme, CT 06371. # 917.650.4286 or visit: www.metapsychiatry.info.

YOU MAY SUBMIT TO THE EDITOR WRITTEN INFORMATION THAT IS OF INTEREST TO THE PAGL COMMUNITY

