



# PAGL ASSOCIATES

## NEWSLETTER

FOR THE STUDY OF METAPSYCHIATRY

Year 8, No. 1

Spring 2008

### **PAGL Associates Newsletter**

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### **Editorial: *What's Inside ... Life***

When I was invited to discuss the issue of "Life in Motion," on the Hallmark Channel's New Morning TV show I began to delve deeply into what that meant. I thought that nothing stays the same; every cell in our body, every idea obtained in consciousness, every blade of grass and life form in the universe is forever in a state of change. I considered that although life may seem to die and decay it is only a dream, for the nature of Life is not material composition but rather spiritual and eternal substance.

My dear dad passed on this month and in the spring time of resurrection, transcendence and reawakening earth forms, I find it is essential to cling steadfastly to the Truth about divine existence or the way of life.

Upon boarding a plane flight home seemingly congested and fearfully anticipating ear pain due to cabin altitude pressure, a favorite hymn sung into my heart:

"In atmosphere of Love divine,  
We live, and move, and breathe;  
Though mortal eyes may see it not,  
'Tis sense that would deceive..."

Living in the atmosphere of Love divine is quite different from believing in moving at an elevation of 30,000 feet — or breathing through the nostrils.

While it may be exhilarating seeing, touching and hearing a myriad of magnificent shapes, colors, sounds and sights, they remain beautiful, fleeting pointers to the holy Life, which is truly tangible and dependable. Infinite Life does not pass from view.

Our spiritual sense forever progresses, renewing in its capacity to grow and enjoy. As individual expressions of God we never cease to awaken to reality even when our physical form does. Because Life is constant and enduring, we may be assured of the joie de vivre of our spiritual essence.

May you expand your horizon as you contemplate the issues brought forth in this Newsletter. "See you at the Meetings."

PAGL is yours ~  
Deborah Sofferman  
Editor



# LOVE, COMPASSION AND HEALING\*

CHRISTIE RINEHART

In 1983, to fulfill thesis requirements for an M.A. degree in Counseling Psychology, I chose to explore various ideas associated with cultural and therapeutic notions of love, compassion and wholeness in psychoanalytic psychotherapy and existential Metapsychiatry. The exploration endeavors to answer three questions: What is a valid understanding of love and compassion relative to the healing or transformational process? Does such a valid understanding of these invisible qualities of consciousness lead to increased mental health? How does the Metapsychiatric perspective differ from the more traditional psychoanalytic ideas of love, compassion and wholeness?

The Bible states: “God is love.” (1) Physicists and metaphysicians state that love is the one unifying force in the universe and, in order for health to exist, we need to understand the real meaning of this quality of consciousness. As our understanding expands, self-limiting or misdirected ideas diminish – revealing the healthy individual as a loving, compassionate, beneficial presence in the world. To clarify the meaning of love and compassion, the study juxtaposes appropriate psychoanalytic ideas with the Metapsychiatric understanding of these qualities. Through this process, a fivefold distinction is made between:

- ◆ love as limited, finite and material and love as limitless, infinite, and non material;
- ◆ love as interpersonal interaction or conditional love requiring another as object and love as transpersonal omni-action or non-conditional love – the love of being loving;
- ◆ love as the interaction of transference—counter-transference phenomena and love as the loving mode of being in existential communication;
- ◆ love as defined in the context of pathology and love as defined in the context of wholeness;
- ◆ love as a beneficent person and love as a beneficial presence.

As we make the transition from the beneficent person to the beneficial presence it often seems as though we are living with two people in a spiritual schizophrenia. Yet, rather than trying to eliminate the beneficent person, Jan Linthorst has advised letting these two people travel alongside one another. In other words, the beneficent person is observed but not confirmed. The two travelers co-exist until the beneficent person is no longer seductive, and the presence of the spiritual being is favored. (2) In Dr. Hora’s words: “As we become more interested in turning to the light of the beneficial presence, the underlying divine consciousness begins to emerge. It appears a great change has taken place, a healing or transformation; but nothing changes. Only that which has always been there becomes visible – that is to say, the pre-existent perfection of our being becomes visible and we become a beneficial presence in the world.” (2) As a beneficial presence, we are truly healthy, truly loving. We love as God loves, compassionately. By allowing

Omni-active Love-Intelligence to do the work, all with whom we jointly participate are healed as well. Love, indeed, is limitless.

The advantage of seeing love as limitless is that it frees us from our dependence on attachments to others, as love objects for the gratification of our needs. If we are free from such attachments (often accompanied by feelings of deprivation and resentment), then our consciousness is also free to receive an infinite variety of inspired ideas for appropriate and healthy ways to respond to the experiences of our lives. Also, when love is perceived as omni-active (being here to express Love Intelligence) rather than as interactive (being here for self and others), then joint participants have no need to complete themselves through others or to blame one another if they do not find it. As Charles Gorgey reminds us, “they will see themselves as joining together to express the complete goodness that each already possesses.” (3) When freed from the objectification present in the interpersonal context, love is enabled to become the objectless love of being loving.

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*Love is the one unifying force in the universe  
and in order for health to exist,  
we need to understand the real meaning  
of this quality of consciousness*

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The study concludes that health is contingent upon valuing those ideas and qualities inherent in the widest, or spiritual-transpersonal, context rather than those coming from a narrow, personal or interpersonal context. In the widest context, love and compassion are realized as unlimited, infinite, non-material, non-conditional, transpersonal, omni-active and whole. The individual who consciously cultivates and manifests such qualities of love and compassion is a beneficial presence in the world – the Metapsychiatric definition of mental health.

From the time the thesis was accepted by International College – it was not until recently, I had fully realized the power of “letting be.” As I reread it, I began to appreciate how the quality of being loving, for example, “letting (myself, others and situations) be”, has transformed my life in very practical ways. For example, during years spent working for a large defense contractor, I tried to qualify for a counseling position in the Employee Assistance Program. I went back to school to obtain the “right” credentials and passed the national certification exam for Employee Assistance Program Professionals. However, by the time my studies were completed, the job category no longer existed at my work place! Although it appeared that nothing had worked out as intended, Omni-active Love Intelligence had been at work – “letting” me “be”, letting me invite whatever lessons I needed to learn to let financial gain and/or loss just be. “Letting be,” without judgment, became my silent mantra. It also became my inner teacher through a prolonged course in harmonious prospering.

Late in my work career, I began making monthly contributions to my 401K and personal savings accounts – following my in-

## A BENEFICIAL PRESENCE IN THE WORLD HAS A FAR REACHING EFFECT

THOMAS HORA, M.D.

*The following inspiration was transcribed from a New York City class by Metapsychiatry student Susan Von Reichenbach. It is not available in any other print or electronic medium.*

“Every student of Metapsychiatry has a mission in the world — to spiritualize the mental climate in the world, to heal the world of its ignorance.

When we watch TV or listen to the evil reports on the news, or see pictures of evil, disease, contagion, disaster, if we can transcend the picture and destroy it in our consciousness, refusing to be hypnotized by the picture, and instead, become aware of the truth of God’s perfect, harmonious universe, to the point that in spite of what we see and hear — political propaganda, rumors of wars, and even war itself — we can still seek to attain PAGL for ourselves, then, we have succeeded in “overcoming the world.” Every time we succeed in realizing PAGL in individual consciousness, it is like throwing a pebble in a big body of water in which the waves keep radiating further and further out, so that what blesses one blesses the whole world. And the more such individuals there will be in the world the better the world will be because the dreams will not be permitted to spread and to create contagion.

So, a beneficial presence in the world has a far-reaching effect without even being able to perceive it or know it. It is not necessary to be fully enlightened to be a beneficial presence; one only needs to know how to pray. Whatever blesses one individual blesses the whole world, is, actually, a blessing to the rest of the world. And, there is no other way that one can conceive of, eventually realizing a world that will be peaceful and harmonious, until “the earth will be filled with the knowledge of the glory of God, as the waters cover the sea” (Hab. 2:14). So, not only are we saving ourselves from evil influences, but we are also benefiting mankind.”



ner guidance to “let” them “be!” I also continued my daily walks on the beach to hear more clearly what the Ocean of Love Intelligence might have to say to me. In retirement, these walks have lengthened in time and distance and, more often than not, someone picks up my stride and joins me. We may or may not exchange names. We may or may not see each other again. It doesn’t matter. What does matter is that sooner or later a question is asked, or a statement made, regarding a seeming problem. A spontaneous response is given. Sometimes this is followed by another question, or a series of questions, or a good laugh and thanksgiving.

Now in the seventh year of retirement from the corporate world, I continue to take a monthly “paycheck” from my savings. To my astonishment, the monthly balance increases more often than it decreases. At first, this phenomenon was so puzzling that I double-checked all plusses and minuses thinking I must have made a mistake, but found none. With great gratitude, I “let it be.”

Recently, as I looked over the original thesis, an “Aha” moment provided me with a threefold realization regarding the beach walking talks: (2) No money is exchanged for any elucidation on a seeming problem. (3) All spontaneous responses during these unplanned meetings are simply the fruit of “lovingness” or the love of “letting be.” (3) The spontaneity of the dialogues occurs only through a shared receptivity to Omni-active Love Intelligence.

So what is what really is releasing the outflow and increasing the income? Perhaps, in Dr. Hora’s words: “The understanding of what really is (acceptance of abundance) abolishes all that seems to be (lack in any form.)” (4) Or, in the words of Lord Alfred Tennyson’s Becket: “Love is the only gold.” (5) Perhaps, there is nothing more we “have to do” when we choose to “let” love or PAGL Presence “be.”

(1) *I John 4:16* (2) Hora, T. and Linthorst, J., *Class Notes, Course 102, October 10, 1982.* (3) Gourgey, C., *Freud and the Mystics: A Brief Comparison. Unpublished paper, 1982.* (4) Hora, T., *Principle 10, DIALOGUES IN METAPSYCHIATRY, p. 230.* (5) Tennyson, Lord Alfred, *BECKET, 1884. International Thesaurus of Quotations, compiled by Rhoda Thomas Trip, Thomas Y. Crowell, 1970, Section 548 (on Love), No. 231.*

*Christie lives in Redondo Beach, California. Her thesis is being transformed into a limited-edition book. It will be published locally under its original title: Love and Compassion – Their Application to Healing in Psychoanalytic Psychotherapy and Metapsychiatry.*

Before you speak, ask yourself, is it kind, is it necessary, is it true, does it improve on the silence?

~ Sai Baba

# IF YOU ARE NOT ASSAULTING YOUR VANITY DAILY, YOU ARE NOT PRACTICING METAPSYCHIATRY

## (CONFESSIONS OF A RECOVERING INTELLECTUAL)

BEDE DRAPER

*This paper is a result of an ongoing dialogue between Ruth Robins and myself that has occurred over the last year. The issue that we have been looking at is the primary importance of the first intelligent question — “what is the meaning of what seems to be?” — and what conditions are necessary for it to have a meaningful impact on our lives. Her kindness and compassion in helping me to face some unpleasant truths about my life are and always will be appreciated.*

In Metapsychiatry we are given a very clear statement of the ignorance that we commonly share. We all have active within Us cherishing, hating and fearing. In our relation to others, jealousy, envy, rivalry and malice play a far larger role than We would like to admit. We are bubbling with wanting and not wanting. Our minds are dominated by ideas about what should be and what shouldn't be as well as conceptions about who we are, who others are and what the world is like. Through the mechanism of justification we feel we are in the right, no matter how unloving or unintelligent our conduct is.

It is one thing to understand the concepts regarding the ignorance which we suffer from, but it is an entirely other thing to rise to a level where we clearly perceive that ignorance as it exists within us. Our self righteousness, our vanity and our unwillingness to scrutinize our actual motivations prevent us from seeing the ignorance that forms the underlying dynamism from which arises our daily life. When we are involved with ignorance, it is never perceived as ignorance. We are ignorant of our ignorance and therefore always feel correct. The experience of hating and feeling right about it is common to us all.

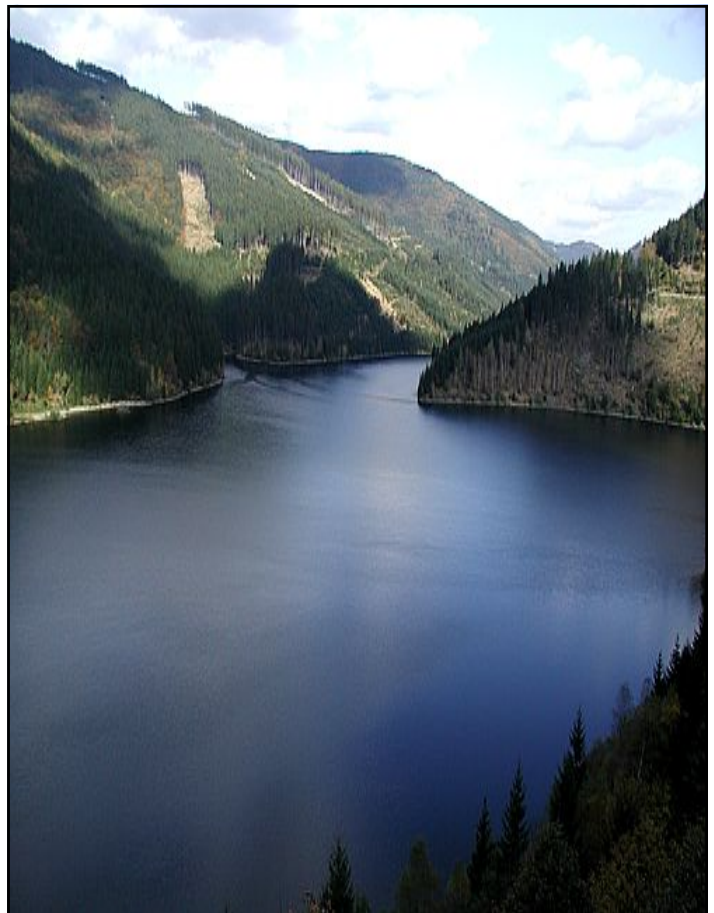
We look out and we see all the horrors that are happening in the world. In Iraq we have Americans killing Iraqis and Iraqis killing Americans. We have Shiites killing Sunni and Sunni killing Shiites. We have politicians on both sides spinning high sounding rhetoric about how all this killing is necessary and for a noble cause. The global ecological destruction continues unabated. Over two thirds of the world are starving and live in appalling conditions. As we watch all this on television in the comfort of our homes it does not seem to have much to do with us. The one thing that we are certain of, and this certainty is set in concrete, is that we ourselves are free of the madness that is happening all around us.

From a Metapsychiatry point of view this terrible violence and its resultant suffering does not just happen, but is an externalization of ignorance that is active within the consciousness of human beings. The problem is not the experience we call war, the problem is the justifications that make it right and good, which dominate the human consciousness.

War is an appearance of the ignorance that exists in all of us as human beings. War is not something we can place over there and say something should be done about “it;” the “it” we want to do something about is within ourselves.

Ignorance does not belong to any nationality, race or religion as is often suggested by mindless propaganda designed to incite hatred. Ignorance is in operation in every nation, every race, and every religion because human beings belong to and identify with these beliefs. Ignorance exists within human beings and as soon as these human beings have ideas active in them that their nation, their race or their religion alone is sacred, they become capable of the worst atrocities performed in the name of good. Chauvinism, whether it be nationalistic, racial or religious, always expresses itself in some form of violence, but it is never seen as a violent form of ignorance by people who are involved in it.

Superiority and self righteousness enable one to be cruel and harsh in one's speech about another. It also creates blindness to the ruthless acts in relation toward those who are perceived as lesser or not as worthy as oneself. When we are involved in self righteousness, criticism and judgmental behavior are experienced as pleasurable. Criticism of others, no matter how truthful we believe it may be, is an effort to deprive someone of friendship; therefore, it is always an expression of malice. When we judge, criticize or feel superior we really feel we are right and they are wrong. Self righteousness and vanity are so active that we fail to see that as human beings our common problem is ignorance.



# SHOULDLESSNESS

JAN LINTHORST

PRINCIPLE # 2: TAKE NO THOUGHT FOR WHAT SHOULD BE OR WHAT SHOULD NOT BE; SEEK YE FIRST TO KNOW THE GOOD OF GOD, WHICH ALREADY IS.

This principle is also called the principle of harmonious living. It focuses on “shouldlessness.” Should-thinking is a characteristic of despotic and tyrannical thinking. It is concerned with what others should do or should not do. It is judgmental. A judgment is an opinion connected with a should. Without a “should,” there is no judgment. One might see that someone may behave differently; but if there is no “should” attached to it, it leaves the other free. Another way of describing should-thinking is with the word “insisting.” We can learn shouldlessness if we learn not to insist.

Dr. Hora says the following about “shouldlessness:” “Blessed are the shouldless for their lives shall be fussless.” And also: “Heavenly harmony is available here and now to the shouldless.” In the Bible, “shouldlessness” is called meekness. Jesus says it makes one’s burden light. He says: “Come unto me, all ye that labor and are heavy laden and I will give you rest. Take my yoke upon you and learn of me: for I am meek and lowly in heart, and ye shall find rest unto your souls. For my yoke is easy and my burden light.” (1)

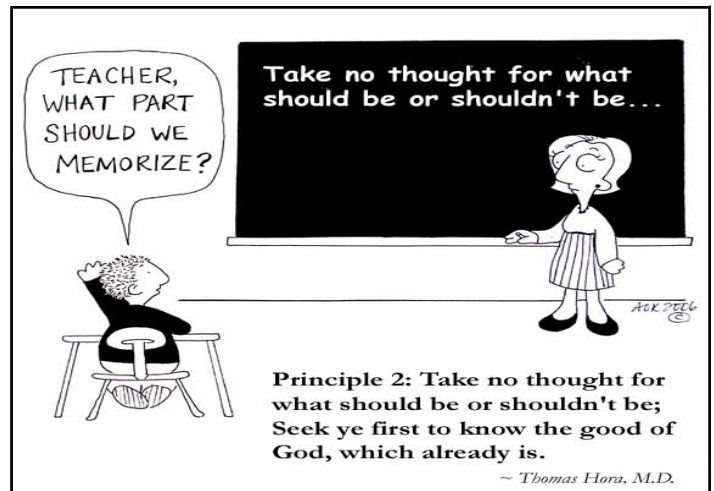
This is the epistemological approach to burdens: seeing them in a different light. We are not saying they shouldn’t be there. We seek to be shouldless about them. Once we attain a “shouldlessness” about them, they are understood for what they are and we can be freed from them.

The principle says “the good of God, which already is.” Should thinking always says “not yet.” The Principle says “now already is.” God is an Is-system. The good is, from moment to moment. Dr. Hora says that this word “is” is the most beautiful word in the language. We may study the fact that God is. All that is, is God. We may also say quietly and meditatively: “All that God is, I am. I already am that now.”

(1) *Matthew 11:29,30*



Reprinted from the book, *A PRIMER ON METAPSYCHIATRY*, Jan Linthorst, pp 55-6; available for purchase at *The PAGL Bookstore*.



It is absurd that what we fail to see is that the ignorance that annoys us about others — which allows us to feel superior, resentful and self righteous — is the same ignorance that exists within us. Blindness is blindness no matter what form it takes. We tell ourselves that we are concerned with the world and its troubles and if we could do something about it we would. But are we willing to face the ignorance that is underlying the world’s problems as it exists within ourselves? Can we face the hatred that is being expressed in Iraq as it exists in us? Are we willing to take our attention off thinking how others should be and how the world should be, knock off our self righteousness and come into contact with where the problem really is?

Unfortunately or fortunately, the problem that the world is afflicted by is not over there outside of us. From a Metapsychiatric perspective the problem of the world is psychological; it exists within us and arises from the sewer of human ignorance. We are all involved with this ignorance and this ignorance exists within ourselves. Therefore, it is only within ourselves that it can be healed and nowhere else. Our suffering and hidden malice wreaks havoc around us. It not only expresses itself internationally in widespread killing and violence, but it hurts those around us whom we say we love.

To resolve this suffering and malice we need to be willing to face ignorance as it exists within ourselves even though this will inevitably entail an assault on our vanity and self righteousness. It is difficult to be forthright, especially about our thoughts, but without ongoing self examination, a mindful scrutiny of our motivations and a willingness to be embarrassed, it is not possible to bring the ignorance we all suffer from into contact with the light of understanding that will heal it.

So there it is. The resolution of the ignorance that we suffer from starts with us and ends with us. The buck stops here.

*Bede Draper is a Metapsychiatry student of Ruth Robins and Lives in Australia. You may reach him at: [bedework@yahoo.com](mailto:bedework@yahoo.com).*

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**The Transformative Power of the Principles  
of Metapsychiatry**

**2008 PAGL Associates Meeting**

You are invited to write about any one of the 11 Principles or any other Principle of Metapsychiatry that has had a transforming effect on the quality of your daily life.

The East Coast Meeting in New York City will be on Sunday, May 4th; the West Coast Meeting in Fullerton, California will be on Saturday, May 17th.

All submissions are required to give references to support their quotations in footnotes with publication, author's name and page number. You may send your papers to Ruth Robins: [RobinsPagl@aol.com](mailto:RobinsPagl@aol.com) and a copy to The PAGL Associates Newsletter Editor, Rev Deborah Sofferman: [ReverendDeborahS@aol.com](mailto:ReverendDeborahS@aol.com). Please include your telephone number.

**B O O K S T O R E N E W S**

**Celebrating its 12th anniversary this year!**

The Bookstore receives requests from students, new and old, who would like to find others located in the area where they live who would like to meet on a regular basis to study Metapsychiatry. If you are interested in being part of such a "PAGL group," please send your name, town, (if a small town, where you are in proximity to a known town or city), and your telephone number or email address to Deborah Sofferman to place in the next Newsletter. You may also send this information to Bruce Kerievsky who keeps the Metapsychiatry websites up to date, at: [kbruce@optonline.net](mailto:kbruce@optonline.net) and ask him to place it on the [PAGLassociates.com](http://PAGLassociates.com) website.

Remember to look at the website periodically to see if anyone else in your area has signed on for this purpose.

**Metapsychiatry Retreat**

**September 29th ~ October 4th 2008**

**Santa Barbara, CA**

The second annual Metapsychiatry Retreat, "Who am I? What is the Purpose of my Life?" will be held at Laurel Springs Ranch, a private retreat center overlooking Santa Barbara and the Pacific ocean. Join Ruth Robins as she once again leads new and old students in spiritual dialogue and meditation. For details, see the flyer at [www.metapsychiatry.org](http://www.metapsychiatry.org) or call Ruth at # 888.834.2999.

To register, contact: [info@laurelspringsretreat.net](mailto:info@laurelspringsretreat.net). Space is limited.

**IN GOD I FIND A PRECIOUS GIFT**

**HYMN**

**VIOLET KER SEYMER**

In God I find a precious gift  
That knows no fear, no feud,  
That glows so still, serene and pure:  
The gift of gratitude.

It brightens all the paths of earth,  
Reflecting Truth and right,  
For gratitude doth steadfastly  
Abide in heavenly light.

With confidence it hails each task,  
With courage undismayed,  
For naught against Infinity  
Can ever be arrayed.

In seamless gratitude I weave  
A silent healing prayer,  
With shining threads of ceaseless joy;  
For man is God's great heir



**CAN WE STOP WORRYING ABOUT  
THE ONES WE LOVE?**

**JUDI CAMPBELL**

By trusting  
the absolute wisdom of our Soul.  
Worry is distrust  
put into a slot  
that seems socially acceptable.

If you say,  
"I am worried about my children,"  
everyone says, "Yes, of course,"  
and thinks you are a good parent.  
But if you should say,  
"I really don't trust the Divine Plan,"  
what do you think the response would be?

*Reverend Judi Campbell is co-pastor at Unity Church in Albuquerque, NM*



# 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 of ways in which the application of PAGL principles has expanded consciousness in your personal life or current events.



## Like Walking Into A Family Gathering

I became a student of Dr. Hora when I was attending the Westchester Institute in the late 70's. I have since continued to use his teachings as foundational in my life journey. In preparation for a retreat focused on the understanding of "beneficial presence," I did a Google search in hopes of finding something "beneficial" and I found you and others — the PAGL Associates. It was like walking into a family gathering that I had been missing out on for years.

I am so grateful to know that the PAGL Associates exists and that the sharing of Dr. Hora's ideas continues.

~ Rev Jim Splitt, First Presbyterian Church, Greensburg, IN

## Twelve Principles

When the PAGL Newsletter arrives it is with joy that I look forward to reading it. Today's issue (Winter 2008) included the eleven principles that are very meaningful to me. They are always recited together with my morning prayers. They set me on the path of right thinking for the day. For me, the tenth principle is "God centered living is the only alternative to self-confirmatory ideation." This sets the pattern for our being a beneficial presence in the world. Setting an example is quite sufficient in helping others to understand.

This last principle, "Do not show your pearls to unreceptive minds, for they will demean them" was an addition in order to make us aware that telling others, who may not understand these teachings, would misconstrue and see us as strutting around "holier than thou," boasting and self-confirmatory.

~ Selma Gordon, New York, NY



**Whatever you are, be a good one.**

~ Abraham Lincoln

## IN DR. HORA'S WORDS ...

"Love and intelligence do not come from inside us; we live and move and have our being in Love-Intelligence, somewhat like fish in the sea. We do not produce love or intelligence; intelligence and love govern us. We begin to see ourselves in a broader context, and that is of vital importance.

Psychoanalysis, moving from the wider to the narrower, has focused attention on intrapsychic processes and seeks to understand man by penetrating, so to speak, into him. The more we study what is inside, the more we find that there is nothing there. In the meanwhile we discover psychodynamics, parental relationships, introjection, primal scene problems, defense mechanisms of the ego, and all sorts of other things, not unlike the atomic physicists who find electrons, protons, mesons, quarks and seemingly endless other things until they come to the end and discover that there is nothing but energy.

Real energy is found on the top of the mountain to be spirit, as we mentioned before. So, as we move out of the inwardness of things into beholding the context in which life manifests itself, we begin to see ourselves in a different light. Perception depends on context. The Bible says: "In him [God] we live, and move, and have our being" (Acts 17:28). God is the context in which life occurs. Therefore, in order to understand life and all things in the universe, it is necessary to view things in the context of infinite Mind, Love-Intelligence.

Here the universe reveals itself as perfectly harmonious and all things within it are beautiful, good, and meaningful. There comes upon us an awareness of peace, assurance, gratitude, and love, and problems just vanish. Each individual becomes a beneficial presence in the world. Without doing anything, by the mere fact of his perspective on Reality, his presence becomes a focal point of harmony and healing in the world. And that is the Christ consciousness. In this perspective all psychotherapeutic schools lose their significance and are seen as just transitory phases of the human struggle for understanding.

It is helpful to know that no matter what we are involved with in the valley, it is just a transitory phase in our journey, and it will disappear as we rise higher on the ascending path. It is also interesting to consider that when Jesus ascended, his physical body dissolved. In other words, matter became spirit — just as the subatomic particles disappear into waves and the waves turn into energy. So in ascension the substance of matter disappears.

When Jesus was born, the Bible says: "Spiritus caro factus est," which means spirit became flesh (matter), and when he ascended, matter disappeared into spirit. Science is already reaching the point of transubstantiation of matter. Physical science is reaching that point by narrowing its perspective to its ultimate. Metapsychiatry seeks to reach that point through broadening its perspective into infinity. Jesus said, "He that followeth me shall not walk in darkness, but shall have the light of life" (John 8:12). This was from the valley to the pinnacle, we are trying to follow in his footsteps. Every step of the way we find very worthwhile because as we climb higher, things get better and more beautiful."

From BEYOND THE DREAM, Pp 112-14



## PAGL COMMUNITY NEWS AND SUNDRY ITEMS:

**SAVE THE DATES AND ATTEND** The East Coast PAGL Associates Meeting in New York City, Sunday, May 4, 2008 and the West Coast Meeting Saturday, May 17, 2008 in Fullerton, California. See page 6 for more information.

**Join the Telephone PAGL Meeting:** Wednesday, June 18, 2008 6PM Pacific, 9PM Eastern time. **Rev Deborah Sofferman** will be the **Guest Moderator**. The issue of discussion will be "The Creative Flow." For details, contact: **Carol Marganian** at: # 714.875.9287 or at: [Carol.marganian@gmail.com](mailto:Carol.marganian@gmail.com).

**Diana Kerievsky**, LCSW, the Executive Director of the Association for Spirituality and Psychotherapy (ASP) and a long-time student of Dr. Hora and Metapsychiatry is **available to see individuals** as well as couples at her offices in Manhattan and Great Neck, NY. She may be reached at: #516.829.5027 or: [Dianak@optonline.net](mailto:Dianak@optonline.net).

**The Blessings of Metapsychiatry videotape of 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](http://Pagl.org).

**Humorous Meta black and white cartoons** (as seen on page 5 of this issue) depicting 11 Principles of Metapsychiatry may be purchased. For 15 cartoons printed on "8X5" cardstock, Send: \$20 (S&H \$3 USA, \$5 abroad) to: **Anne Kubitsky** 317 Boston St., Guilford, CT 06437. [aokubitsky@yahoo.com](mailto:aokubitsky@yahoo.com)

**God said, Let us make man in our own image,  
after our likeness:**

**So God created man in his own image,  
in the image of God created he him;  
male and female created he them.**

**And God saw everything that he had made,  
and, behold, it was very good.**

~ Genesis 1:26, 27, 31

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](mailto: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 endorses them.

**BEYOND THE DREAM on Tape**, narrated by **Deborah Sofferman**, is now being circulated internationally to the **blind and visually handicapped**. Deborah also officiates weddings, baby blessings & other sacred Life ceremonies. You may contact her for spiritual guidance in person or by phone at #860.567.2201. [ReverendDeborahS@aol.com](mailto:ReverendDeborahS@aol.com). View a video excerpt from her 10/23/07 interview, Life In Motion on New Morning TV at: <http://NewMorning.tv/>. [ReverendDeb.com](http://ReverendDeb.com).

**Metapsychiatry 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. If 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](http://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. # 860.434.8866 or visit: [www.metapsychiatry.info](http://www.metapsychiatry.info). Susan is a spiritual guide & teacher of Metapsychiatry, in person or by phone.

**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. # 516.466.2872 or: [MeaningAndTruth.com](http://MeaningAndTruth.com).

**The Manager of the PAGL Bookstore in Australia** is **Silvia Viaggio**. You may contact her regarding PAGL publications via: [metasilvia@yahoo.com](mailto:metasilvia@yahoo.com).

**PAGL Associates Newsletters are translated into Dutch** by **Jenny Rutten** in Belgium and available at **PAGLBELGIE**.

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

