

The Institute of Metapsychiatry

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Director

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Newsletter

Report

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Our semiannual Conference took place on October 6th and 7th of this year in Newport Beach, California and was devoted to the theme:  
"Knowing the truth & knowing about the truth."

The Conference featured a telephone exchange between the participants in California and Dr. Hora in New York. This dialogue elicited a long and lively discussion among all and resulted in many inspired realizations.

Following are examples of this event and of the presentations by Jan and Ann Linthorst.

SPIRITUAL AWARENESS

Question: I have been lately thinking about the "Omniactive Mind." I have been attempting to listen to Omniactive Mind. When I do that, it seems that nothing comes. I wait and wait and I wonder if I am doing something wrong. Do I have to be more patient, or what?

Dr. Hora: It is not like being on the phone with God, you know.

Question: What is it like?

Dr. Hora: It is like P. A. G. L.\* There is a certain quality of attention fertile with intelligent ideas. There is a sense of assurance and gratitude. Things tend to work for good; everybody likes you, nobody is antagonizing you, wherever you turn you find helpful solutions and life seems to be just flowing without unusual difficulties. It is a quality of attention which is void of calculative thinking and is in conscious contact with the divine Mind.

Comment: So the basic issue which comes to mind when we are waiting for God may not have an intellectual content, rather it is a spiritual awareness of P. A. G. L. It may not be something we could put in words.

Dr. Hora: Right.

Comment: And if we put it in words then that is not really the substance of it either.

Dr. Hora: The fruit of meditation is primarily P. A. G. L. When you have P. A. G. L. you have an open channel to Infinite Love-Intelligence and surprisingly things go well during the day, and perhaps you lose certain symptoms, some healings take place, and various good things happen. Usually, there is an element of "Ah! Thank you" in it.

Question: Dr. Hora, I know about P. A. G. L. and have an inkling of it, but when I look at my life I find myself mostly dwelling in a consciousness of ego-confirmation.

\* Peace, Assurance, Gratitude, Love

Dr. Hora: It is good to know about P. A. G. L. before you can actually realize it. You are learning about the meaning of problems and about the healing of problems, and you are developing the capacity for this special type of attentiveness, it is attentiveness to divine Reality and this provides you with P. A. G. L. Then you know you are on the beam. You become less and less self-confirmatory in your habits, thoughts, and speech. After a while you become aware of the fact that you are connected with a Higher Intelligence which is supporting you and providing you with intelligent ideas. This, in turn, is helping you to live more effectively. There is less friction and strain. As a result of it you are becoming healthier. This is what the study of metapsychiatry gives you. Metapsychiatry is helping you to make contact with God and maintain that contact.

Comment: I am trying to do that, but in my daily life I see myself ego-confirmatory and I don't see the truth being validated, I remain self-confirmatory and interpersonal.

Dr. Hora: "Interpersonal" and "self-confirmatory" these are not cuss words, you know. It is a universal way of thinking in unenlightened man; we do not condemn ourselves, we become aware of this tendency. When the focus is God, omniscient Love-Intelligence, we begin to see ourselves as expressions of this higher Intelligence, and under the influence of it. So we turn away from our egos and establish contact with that Intelligence, and this is governing our lives. This is called "spiritual blessedness;" here we are aware of the fact that we are loved and cared for, looked after and supplied with the necessary intelligence to be healthy and effective in our daily living.

## UMBRELLA CONSCIOUSNESS

The opening remarks to the Conference were made by Ann Linthorst as follows: What is the truth we seek to know? It is Reality, the true nature of Reality.

What we ordinarily know is thoughts, especially those thoughts which constitute the particular story by which we identify "myself" and "my life." These thoughts, clung to mentally, form a sort of "umbrella" in consciousness, which is mistaken for Reality. Just as, if we hold an umbrella over our heads, when we look up we will see not the sky, which is there and is the same for everybody, but the details of our particular umbrella, even so, our sense of personhood hides from us "the truth of what really is." It becomes a false or counterfeit reality.

Thus, self-confirmatory ideation can be seen to be the basic existential mistake of human thinking. For everytime one talks about oneself as a person, one is actually affirming an alternative view of reality which is both mistaken and self-destructive.

When we know about the truth, we intellectually acknowledge that "the sky" is there, yet our individual umbrellas stay firmly in place; our own basic thought structures remain unexamined and unchanged. But when we know the truth, Reality obtains in consciousness, displacing and dissolving the false sense of reality with its problems. Thus principle 10 of Metapsychiatry: the understanding of what really is abolishes all that seems to be. Thus, the Truth is not something the personal "I" can know. The realization of the Truth is the realization that God is the only "I am." The Truth is not something for persons to utilize for and at their convenience.

In the beginning we do not clearly see that the real problem is actually this false reality associated with personal sense, and so we keep trying to solve problems without giving up self-confirmatory ideation. But as we observe the operation of these thoughts in consciousness and in life, it becomes more and more clear that in

personhood, we have everything to lose and nothing to gain. And then truth is increasingly welcomed into consciousness.

### A WORK/STUDY SESSION

Ann Linthorst also introduced a "work/study" session during the Conference. The task consisted of studying a problem in juxtaposition with a verse of the Bible or a paragraph or chapter from Dialogues. The Runner's Bible was recommended for readily finding helpful verses, and Dialogues were suggested for their succinctness. The idea behind this method was that any succinct statement of universal truth contains an answer to any particular problem or question. Therefore, the student was instructed to:

1. Write down a problem briefly. When we just "think" about a problem we may remain vague and undefined. To write it down briefly helps us to get clearly into focus what we are thinking.
2. Write down a verse or statement or paragraph expressing a universal truth. Writing it down already helps in thinking about it.
3. Study the problem in the light of the truth by comparing, contemplating, listening, and looking for the light which this statement throws on the problem.
4. Write down any insight which has been derived from the study. Again, writing it down helps to move from vague thought to precise concept.

The work/study session was conducted for nearly an hour and resulted for some in understanding both scripture texts and statements with new freshness and clarity.

### THE GOOD OF GOD vs. OUR OWN GOOD

"The Lord will make thee plenteous in every work of thine hand... for good: The Lord will rejoice over thee for good." (Deut. 30:9)

On Sunday morning, Dr. Jan Linthorst presented this text and explained that the issue to consider for the Conference is that we all are interested in the good but that our concept of good is not always congruent with God's, with what really is good. Consequently, whenever we hear of the good of God and the existential principles leading towards the good of God, we sometimes make the mistake of assuming that these ideas will help us realize our good. Pursuing existential ideas for our own concept of good may become evidenced in two phenomena: a metapsychiatric lifestyle and a jargon. It is basically an attempt to fit God into the ego-structure. We don't say anymore: "I want this," but "it is more harmonious", but we actually want it. So also in looking for a job or improving our business, we try to do this "spiritually," which is only a thinly disguised form of operationalism. There is really no valid way of 'doing' something. There are only valid existential ideas, right understanding, which obtains in consciousness. They, in turn, make our doing intelligent. Indicative of spiritualized consciousness is the love of spiritual qualities versus material achievements, even when they are reflections of right understandings. A love for purity, order, harmony, gratitude, peace, and spiritual blessedness over and above all other "good." The material evidences are only the shadow. The good of God is spiritual and is found primarily in consciousness.

↑ A spiritual museum

## AVAILABLE

The tape of the entire phone conference with Dr. Hora is available for \$10 plus \$1 for postage and handling. (California residents add 6% sales tax).

Dr. Hora's recently published article "God in Psychiatry" is available for \$2. No postage or sales tax necessary.

A card (5x7) with Dr. Hora's Meditation on the Lord's Prayer and the Four "W's" is available at no cost (15¢ postage).

A book by Ann Linthorst "A Gift of Love: Marriage as a Spiritual Journey" has just been published by the Paulist Press and is available now for \$9.95 plus \$1 for postage and handling. (California residents add 6% sales tax). It may also be ordered through the local bookstore.

"Whole Child/Whole Parent" by Polly Berrien Berends has been re-issued (second printing by Harper & Row) and is available now for \$9.95 plus \$1 for postage and handling. (California residents add 6% tax), and this also can be ordered through the local bookstore.

If you want to make these and Dr. Hora's books more available you can ask your local bookstores to stock them and the local library to order them.

## TAPE REVIEW

The new series of taped lectures by Dr. Hora (tape 41 - 59) are of extraordinarily good quality. Except for a few relevant questions by students, they are almost straight lectures. The sound quality is very good in all of them. In ordering tapes \$1 per order is required for postage and handling.

Correspondence concerning the Newsletter or the items listed above should be addressed to Dr. Jan Linthorst, 1301 East Lincoln Avenue, Suite F, Orange, California 92665.

"Happy Holidays"