

THE INSTITUTE OF METAPSYCHIATRY

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Director

Newsletter

Report

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Winter

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To see ourselves as a Place where God's presence is revealed as Omniactive Love-Intelligence is a revolutionary idea clearing the mind of its sense of personhood and making it free to realize the harmony of non-dual Reality. This was the main theme of our Winter Conference on Metapsychiatry held on March 2-4, 1979 in Laguna Beach, California.

Dr. Hora's taped lecture dealt with new ways of looking at psychosomatic medicine. This was followed by a lively exchange between the participants and Dr. Hora over the telephone. This telephone communication has now become a regular feature of our meetings and is much appreciated by all. 1)

Ann Linthorst gave a talk on transcendence, and Jan Linthorst spoke about the true nature of reality, "the good and perfect gift which cometh down from the Father."

#### THE PERSON NEVER GETS TO HEAVEN

Following the sixth metapsychiatric principle: If you know what, you know how," Ann Linthorst addressed herself at the Friday night session to the question, "What is transcendence?" A dictionary definition "to rise above or beyond the limits or powers of . . ." proved helpful.

The "where" of transcendence is in consciousness (not in a hot balloon, a parachute jump, or a trip to Afghanistan), and the "how" is by knowing "what," that is by moving in consciousness from a belief in personal reality to an understanding of Divine Reality. At this point a worksheet was introduced contrasting the "Five W's of Personhood" with the "Five W's of Existential Reality" 2). Thus we discover that Metapsychiatry offers a cognitive and epistemological method of transcendence. We transcend by knowing, not by doing something.

We tend to think "God is, but my personal reality is also," and then we are constantly wondering how to move from personal reality to spiritual reality. But the person and his or her struggle or quest are part and parcel of the world of the person. That person never "gets to heaven", so to speak. As consciousness is consistently focused on the truth of being, the personal

sense begins to fade away, yielding to the realization that there is no person, only a "place" where the energy of God's perfect life makes itself visible.

It is important to understand that individuality is not synonymous with personhood and we need not fear that the loss of personal sense means the loss of individuality. Rather, our true individuality emerges as the counterfeited sense of self dissolves.

We do not "try" to transcend, for any trying is an effort of the false self. Rather, we transcend, that is moment-by-moment turn our attention away from the "voices" of personal sense in order to pay attention to God. It is helpful, when one is involved in self-confirmatory ideation, to ask oneself, Who says so? . . . Who says that I am this or life is that? If it is not God who says so, then it is not true, and we need not bother with it 3).

#### ONLY MIND MANIFESTING ITSELF

In his taped lecture on Saturday Dr. Hora described the evolution and transmutation of a concept from "somato-psychic" medicine through "psychosomatic medicine" to phenomenological understanding of physical symptoms.

Originally it was thought that the body victimizes the mind, then it was believed that the mind hurts the body. Metapsychiatry explains that there is no dualism of mind and body, there is only mind and its multiform manifestations called phenomena. The discernment of the meaning of these phenomena constitutes the first step toward healing. He also presented a detailed example of such a healing.

#### A PLACE WHERE GOD'S PRESENCE REVEALS ITSELF

A telephone session is a wonderful event 4). We sit around a table with the speaker-phone in the center. Those who have questions to ask sit near the microphone, and one by one present their questions and comments. A lively dialogue develops between Dr. Hora and the participants, and all are drawn into it.

The first question was about intercessory prayer. Question: I am a professional nurse and have taken care of a 21 year old boy who became quadriplegic in an accident. I have been praying for him but no healing occurred. Is it my consciousness or his that needs to be more receptive? Dr. Hora: First of all, you need the consent of the patient. What you describe sounds more like wishful thinking. You need to learn the difference between wishful thinking, willful affirmations, and the prayer of beholding. In the prayer of beholding you say to yourself - whenever you think of a patient - that this patient is a place where God's Presence reveals itself as Omnipotent Love-

Intelligence. Question: You talk a great deal about thought, like "take no thought," etc. What is the difference between human thought and God's thoughts? Dr. Hora: Thinking is a mental preoccupation. Enlightened man is not a thinker. In enlightened consciousness ideas obtain. Thinking interferes with creative Intelligence. Inspired Wisdom is creative Intelligence obtaining in receptive consciousness under conditions of P. A. G. L. There are two sources of thought. Invalid thoughts come from the "sea of mental garbage" and valid ideas from the Ocean of Love-Intelligence. In the Bible we read that God created the firmament and divided the waters under the firmament from the waters above the firmament. Now, the waters under the firmament are the "sea of mental garbage" and the waters above the firmament are the Ocean of Love-Intelligence. Enlightened man lives above the firmament. He does not produce thoughts, he is not a thinker. His thoughts come from above through a process of inspiration. Question: How can man experience himself as a material person, with a mind of his own, when God created him as His image and likeness? Dr. Hora: You have to understand that what we experience is a dream. Have you heard of the holonomic theory of reality. This is a theory developed by two scientists on the basis of holographic photography. Based on that technological breakthrough they demonstrate what mystics have been saying for centuries, namely, that the material world is insubstantial 5). It is a holographic (three-dimensional) appearance. Man is a holographic appearance of Love-Intelligence. What we really are is consciousness.

#### THE GOOD AND PERFECT GIFT

The last morning of this idea-filled Conference was spent on understanding the true nature of Reality. Jan Linthorst opened the session with the following remarks.

One problem religions have is that people make God an "extra", the frosting on the cake, an irrelevancy with regard to their daily life, which is considered apart from God.

Metapsychiatry, as a hermeneutic therapy, helps the sufferer to seek harmony with reality which, often to his surprise, is . . . God. What does this mean? First, that reality comes from a Spiritual source. The Bible speaks of "coming down from the Father above." Second, that it is a "good and perfect gift" available to us at all times and under all circumstances. Being fixated on material and personal forms of life, we may not see it even though the Bible admonishes to look "upon the things not seen." When we look too intently on one thing, we don't see another thing; and by taking the visible too seriously, we regard the Invisible as nothing. Dr. Linthorst referred to a book that had been sent to him in which a young woman told her story of escaping the Russian occupation in post-war Germany and eventually arriving in America. The book was dedicated to

her "Silent and Invisible Ally."

Sure, we can appreciate that the Invisible Presence is far more present than anyone visible person or thing. What we don't always know is that it also is everywhere active, everywhere supportive, and everywhere available and manifesting.

- 1) A telephone-Seminar with Dr. Hora is now being held every last Saturday of the month. For information call Dr. Linthorst's office 637-5100.
- 2) Worksheet "The Five W's" can be obtained by sending a stamped self-addressed envelope.
- 3) A tape of this lecture is available for \$6.00 plus 50¢ for postage and handling (CA residents add 36¢ sales tax).
- 4) A tape of the telephone conference is available for \$10.00 plus 50¢ postage and handling (CA residents add 60¢ sales tax).
- 5) Copies of the scientific papers referred to are obtainable by sending \$1.50 covering the copy and postage, \$1.00 at the office.

The above mentioned items are obtainable from Jan Linthorst, 249 S. Kathleen Lane, Orange, California 92669, or at the office 1301 E. Lincoln Avenue, Suite F, Orange, California 92665. (637-5100)