

THE NEW YORK INSTITUTE OF METAPSYCHIATRY
(West Coast Affiliate)

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The National Conference of the Institute of Metapsychiatry was held on the West Coast on August 30 through September 1. The theme was inspired by a paper presented by Dr. Hora at the Annual Meeting of the American Psychiatric Association in San Francisco in May of this year. The paper was a comprehensive outline of the major ideas of Metapsychiatry, such as the existential context of man, right motives, a hierarchy of values, modes of being-in-the-world, therapeutic significance of spiritual values, a psychodynamic study of the hostage syndrome, and a description of the concept of "beneficial presence." From this wealth of ideas the leaders of the Conference, Dr. Jan Linthorst and Mrs. Ann Linthorst, selected some points for their presentations. On Sunday Dr. Hora spent a full hour on the speaker phone answering questions, exploring the meaning of individual problems, and shedding light on man's connection with divine Reality. This was the first time the Conference extended over a period of three days to make deeper reflection possible. Both the extent as well as the substantial paper contributed to the depth of realizations reached by all.

THE TELEPHONE CONFERENCE

Question: Dr. Hora, we noticed in the paper on Spiritual Values a very important sentence: "We speak of spiritual values as existential because they cannot be willed, mastered, or performed; they cannot be done, invented or pretended. They are qualities of being arising from consciousness whenever sufficient attention has led to the realization of their absolute reality." What many of us struggle to understand is, how do we pay attention to something that is so far beyond everything that is real to us?

Dr. Hora: It is a discipline of constantly monitoring our thoughts present in consciousness and separating the tares from the wheat. Getting rid of thoughts which come to us from the "sea of mental garbage" and paying attention to spiritual values and inspired ideas which come to us from "the ocean of Love-Intelligence." Jesus called this prayer and fasting. Chuang-tzu called it "mind-fasting," and we speak of attentiveness.

Question: So, even though thinking about spiritual values is not the same as realizing them, we become aware of invalid concerns and thoughts about what is real and that helps us on the road to actual realizations.

Dr. Hora: That is correct.

Question: I am struggling with my relationship with my husband of 34 years of

marriage. I feel angry in the relationship with my husband because he is very critical of me. If I get away, then I feel fine. I can't put this together with loving him.

Dr. Hora: You would like to know how to heal this situation? How to be healed of your anger? Is that it?

Questioner: Yes, I want to know how to feel loving.

Dr. Hora: You would like to know that. What is the difference between I would like to know and I want to know? One is humble, the other is willful.

Questioner: I would like to know.

Dr. Hora: That's very important. If we are suffering of discords and resentfulness this is often a consequence of a single phrase, "I want." We always suffer from what we want and what we don't want. If we have that attitude towards life we are forever frustrated. Therefore if we seek to be healed of chronic resentfulness we have to learn to watch our thoughts and see that we cannot afford to be willful. In Metapsychiatry we call this a disease of "wantitis." It's a very widespread disease.

Question: I work in the field of hypnosis, autogenic neutralization, and guided imagery. I had a student in my class who believed herself to be an atheist. After the class of guided imagery, she walked to her car and a feeling was beginning to develop within her as if a light were turned on; it was very loving and it cared for her. That was the first time she opened herself up to the reality of God. What is the role of imagination, from your perspective, in the development of awareness and realization?

Dr. Hora: Imagination is a great obstacle to awareness and realization. When we imagine something we create our own reality, a reality of our own making. This prevents us from discerning what really is. Now in our culture imagination has been mistakenly glorified as something valuable, but actually it is a stumbling block. Fantasy, dreaming, imagination are fabrications of a private world. They form a curtain which separates us from Reality. There is such a thing as creative inspired vision where certain ideas come to us in the form of sudden insights from the divine Mind. For instance, mathematicians can have inspired visions, or architects can have inspired ideas coming to them in the form of a structure. They have creative visions, but they are not conjuring these visions up. They come to them from the great Source of all creative Intelligence, which is the divine Mind. We have to be careful because it is possible to imagine that we are aware of God and that we know God, but we may just imagine it. This is a tricky business. Visualizations, guided imagery, etc. are the stuff psychosis is made of. It's like a dream. In a dream we see our own thoughts and wishes or fears in the form of pictures and images. God is unimaginable, formless, unthinkable. We cannot visualize God, we can only know God existentially.

Question: What do you think of the psychic sciences, Tarot cards, astrology, numerology, occultism, and so on?

Dr. Hora: They have no place in Metapsychiatry. They are based on a human desire

for personal mind-power. There is no such thing as a personal mind. Almost everyone has a desire for personal mind-power, because then one could control other people and even nature with it. But it is just illusion. God is the only power and the only Mind. In Metapsychiatry we are studying and meditating to realize that the mind which was in Christ Jesus may also be in us and govern us.

WE LIVE AND MOVE AND HAVE OUR BEING IN OMNIACTIVE MIND

On Sunday afternoon, Dr. Jan Linthorst presented a Work/Study Sheet which dealt with the commentary on Dr. Hora's statement that "God is the existential context of man." In order to appreciate the significance of this statement we need to recognize that ordinarily we see ourselves in the context of our own world (persons, places, and things). To realize ourselves in the context of God a shift must take place in consciousness toward a broader perspective. The Work/Study Sheet is therefore a selection from Bible texts and from Dr. Hora's writings with a brief elaboration on ten attributes of God. God is Life, God is Truth, God is Love-Intelligence, God is Soul, God is Spirit, God is Principle, God is Mind, God is Goodness. God is Omniaction, and God is I AM. Dr. Linthorst alluded to the tendency to see ourselves in our own world, which he called a basic narcissism by which we tend to assign these attributes to ourselves - we believe that we have life within us, we know, we have a mind of our own, etcetera. There is always this basic tendency - which is the meaning of the Narcissism myth - to take certain signs and experiences to mean that God approves and guides us, when in fact, we are following wishes of our own. God does not know and never made "our world;" the world we can see is not made by God. The world God made we cannot see. It is the perfect spiritual Universe of Mind. Our aim is to awaken, through the realization of spiritual values, to the awareness that we live and move and have our being in this divine Reality, already.

EDITORIAL COMMENTARY

Occasionally we are approached by people who say: "I am following such and such a teaching, and it is just what Metapsychiatry is teaching." Or, "I am reading a book by So and So, and it is exactly what Dr. Hora is saying....." In considering these statements it seems evident that people find comfort in seeing similarities. However, to find the differences (while more strenuous) would be much more profitable. The careful study of the paper on Spiritual Values, and especially the chapter on the evolutionary hierarchy of values, could shed a great deal of light on these differences.

Available

- The paper "Spiritual Values in Therapy" \$ 2.00 (postage 30¢ stamps)
 - Tape of the Phone Conference 8/31/80 \$10.00 (CA Res. 6% Sales tax)
 - Work/Study Sheet \$ 1.00 (postage 15¢ stamp)
 - Tape of Ann Linthorst's Lecture \$ 5.00 (CA Res. 6% Sales tax)
- For Postage and handling of tapes ordered add \$1.00.

Correspondence regarding the Newsletter and the items listed may be addressed to Dr. Jan Linthorst, 1301 E. Lincoln, Suite F, Orange, CA 92665.

Mrs. Ann Linthorst introduced the Conference with the following statements on:
"Values and Reality"

False Premise:
"Man, per se" or
life apart from God
gives rise to:

Sea of Mental Garbage
or
Sorrow of Mankind

which takes individual form in the concept of:

Personhood

Personhood is the story of what happened to one, poor little separate hunk of life called ME.

As a person, the story, that is the stream of experiences or personal happenings, is all important. It is the details of MY story which establish my individuality, my specialness, make me different from you, thus ME.

I may want the story changed in some ways, but I do not want it suggested that it is not TRUE because it is my PERSONAL REALITY. If it is not true, then I am not true, and then what am I going to do?! So I am driven, all the time, to find evidence that it is true - to confirm my story as reality - and that is called self-confirmatory ideation.

The story, which is nothing but an individual form of the sea of mental garbage, is mistakenly believed to be "my life" and it dictates my experiences, my values, my feelings, thoughts, even my concept of God. As long as the context of my thinking is "me-as-a-person", God is nothing more than a character in my story. God is here (or not here) for me.

To a person, life is experiences, and the basic concern in life is with doing in order to manage one's experiences and get one's needs met. Life is a performance. Other selves, our own selves and life itself become objects upon which we attempt to operate in such a way as to bring about desired results. A person thinks operationally.

Divine Reality:

Life is God, Spiritual Reality, and man is "an image and likeness of God"

leads us to a concept of:

Individuality

Man's life as an individual manifestation of Perfect Life

I am special, unique, as an individual channel for the vitality, intelligence, love, beauty, goodness and other spiritual values which constitute absolute Reality.

God-consciousness, that is, a realization of spiritual values as the truth about life, dissolves the story.

Fulfillment in life comes via the conscious realization of spiritual values; personal experiences are no longer valued or sought.

Problems are not so much solved as dissolved. We do not ask God to fix up the details of the story. We leave the story behind, in consciousness, by paying attention to spiritual values. When a consciousness of the problem as real yields to a consciousness of spiritual reality, a healing takes place.

We are not here for ourselves nor for other selves; we are here for God. This means that we are not persons with stories which define who we are and what life is, we are places where Life, which is God-defined, makes Itself manifest.

When we realize love, goodness, truth, intelligence, order, harmony, peace, joy, gratitude - any of the aspects of Reality, - we become these things. Knowing Reality, we become real, and this makes us beneficial presences in the world, that is, individuals in this world as a blessing.

Fulfillment, abundant life, are not consequences of doing the right things but of knowing Reality.