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NEW YORK INSTITUTE OF METAPSYCHIATRY
(West Coast Affiliate)

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EDITORIAL

We are happy to announce the expansion of the Newsletter to six issues a year. The increased interest in Existential Metapsychiatry seems to indicate a need for it. The purpose is to help further the understanding of Existential Metapsychiatry, its principles, and practical applications.

The present issue contains an excerpt from a telephone seminar with Dr. Hora recorded in September, 1980, a work paper by Ann Linthorst on parenthood, an example of a practical application and brief commentaries. We are inviting all students of Metapsychiatry to submit contributions to the Newsletter. This issue may serve as an example of what is intended. In addition, we welcome clinical discussions of issues, therapeutic applications, and commentaries on Existential Metapsychiatry in general.

The expansion of the Newsletter requires us to ask for help to carry the cost. At this time we ask interested readers to make a \$6. - donation for the issues of the year 1981. Since this amount does not cover all expenses entirely, we welcome larger donations to a "Fund for Publications" sponsoring the Newsletter and any other literature relevant to the work of the Institute of Metapsychiatry.

WHAT IS GOD?

Question: I have a question about God. What is God? During childhood I have never heard much about God. Not until I found Metapsychiatry have I ever thought about God. What is it? A force underneath the whole thing?

Dr. Hora: Almost correct. This force is underneath everything that is real. Not everything that seems to be in this world is real. God is a creative force expressing itself in everything that is real, beautiful, good, and true. There are many things in this world which seem to be and as a Zen Master put it: "Nothing is as it seems to be, neither is it otherwise." This is a koan. To explain it would be sacrilege. When you understand this koan thoroughly, you will be enlightened. The value of a koan is that it sort of explodes the mind into higher awareness.

Question: How do you wrestle with a koan?

Dr. Hora: You just keep pondering it and asking yourself. "I wonder what it could mean?" That's all. Then you wait and suddenly, in most unexpected ways it may become clear to you.

Question: I'd like to pursue the question, "What is God?" further. God is the force behind everything that is real. Is the table the telephone sits on real?

Dr. Hora: The idea of the table is real, the table is not. Do you understand it?

Comment: Not exactly.

Dr. Hora: A table may be made of wood or metal, but essentially it is an idea. This idea is real. Its material manifestation is an outward appearance of that idea. A table can be destroyed. Whatever can be destroyed cannot be real. Reality cannot be destroyed.

Question: When there is this individual "me, John", then I am also an idea?

Dr. Hora: Right. That is your reality. That's what you really are: God's perfect idea. The image and likeness of God.

Question: Is that idea, specifically John, everlasting?

Dr. Hora: Yes, ideas are immortal.

Question: I don't know if this can be answered: When John's physical body can no longer be seen by everybody else here, will I still be aware of the idea of John?

Dr. Hora: Right. The thinker and the thought are one.

Question: Where does it go from there?

Dr. Hora: Who? John?

Comment: Yes

Dr. Hora: Where does John go? John doesn't go anywhere. He is already in his rightful place. He has his being in divine Mind.

Question: Can John take on another physical manifestation?

Dr. Hora: Possibly. I don't know the answer to that. You see, after we destroy a table we can build another table based on the same idea. So, it is possible that another John could appear in this world in a physical form. This is called re-incarnation.

Question: If we realize sufficiently that we are ideas of God, appearing in physical form, will we then lose our fear of physical destruction?

Dr. Hora: To some degree, possibly.

Question: Will we lose our fear of pain and sickness?

Dr. Hora: That's the whole idea. It is comforting to understand that these things are inevitable, yet not necessary.

Question: Knowing ourselves simply as ideas.....?

Dr. Hora: That's right. That's very helpful.

Question: Dr. Hora, as the population grows, does that mean that God is having more ideas.....? (Laughter).

Dr. Hora: God is infinite Mind, Cosmic Consciousness, the Creative Principle, and the universe is populated with his ideas. Overcrowding is not conceivable in infinite space.

A PRACTICAL APPLICATION

During the last 4 months, a period of unemployment for me, I had been telling myself that God was in control of my life and my career. I am also recently licensed as a Marriage and Family Counselor but with no way of knowing how to become established in a practice. I decided that until a job opened up or clients showed up, I would spend a good portion of my time prayerfull considering employment, the purpose of my life, and seek to see that everything was already perfect.

It seemed difficult, however, to see God's provision and control whenever it came to the end of the month, and I was required to make the monthly payments. I would become somewhat anxious about depleting my bank account to pay bills. In actuality, however, never did a bill go unpaid or get past due, and I always had food on the table, but somehow things seemed out of control.

Toward the end of last month, I felt slightly "run down" and came down with what I thought was a touch of the flu - until it persisted for 4 days. At that point the thought occurred to me that my illness may have a meaning.

I realized that my unsettled stomach told me that I harbored thoughts that my life was unsettled, unstable, and lacked solidity. Later, it was suggested that I seek to understand who is in control of my life, and what my relationship is to the One who is in control. I heeded this counsel.

By the next morning I had a completely solid stomach and felt revitalized. Later that morning I received a phone call from a woman who asked me to be her therapist.

If that weren't enough to affirm the principle that God - Omniactive Love-Intelligence - had everything under control, the clencher came when she told me she found my name on a Xerox machine at the printer where I had some work done - a referral source I could never have calculated. Soon others called for an appointment.

Ilona Urban-Blakeley
Irvine, California

Paper presented at a workshop at Coastline Community College on October 21, 1980

TWO MODES OF BEING WITH OUR CHILDREN

Ann Linthorst, M. Div.

Parenthood

Parenting

Context: Existential - Spiritual

Context: Personal - Operational

Question: What is.....?

Question: How to.....?

Basic concern: understanding

Basic concern: managing

Basic issue: seeing/being

Basic issue: doing

Problem - solving focus:

Problem - solving focus:

Qn: What do I need to learn?

Qn: What do I do?

Focus on: issues
needs
values

Focus on: personalities
wants
feelings

Spiritual values:

Personal values:

love
intelligence
respect/reverence
understanding

personal power
personal achievement
getting others to do what you
want them to do

Parenthood is a particular stage of adult life and development which offers special opportunities for adult growth, learning and maturing. It is not something I do to "my" children. It is a situation providing me with what I need to learn basic Life-lessons. It is a school for love.

To the extent that I am willing to learn, I will learn what I need to know and see, and to the extent that I know and see what is true about Life, my children will profit as much as I; and together we will participate joyfully and healthily in harmonious and lawful Reality.

A principle of Metapsychiatry states: "problems are lessons designed for our edification." When problems arise, I will not be preoccupied with trying to "fix" my child or find someone else to "fix" him/her. Rather, I will concern myself with understanding the problem and with learning from it so that both the child and I may grow and be blessed by it.

GRATITUDE

Jan Linthorst, D. Min.

The therapeutic significance of gratitude is readily acknowledged, however, sometimes there is misunderstanding of what it really is. Two misunderstandings seem common, that is interpersonal and humanistic. Gratitude is often seen as expressed from one person to another or from us to God. Recently it occurred to me that Dr. Hora always includes gratitude among divine qualities, along the same line as love and peace. I

began to wonder how it could be a divine quality. Is God grateful? The question jolted thought into a better understanding of the therapeutic value of gratitude. In the Dialogues, gratitude is defined as "acknowledging the good of God" (p.53). This brought to mind the closing verse of Genesis 1: "And God saw everything that he had made, and behold, it was very good." Beholding the good, expressing appreciation of the good we behold everywhere is the divine quality of gratitude. Someone asked: "Isn't it personal when I say, "thank you" for my wife's cooking?" Not if we see it in this light: "acknowledge the good we behold." Dr. Hora reminds us of the koan: "Nothing is as it seems to be, neither is it otherwise." While it is the wife who cooks, yet it is through her that the good of God is demonstrated. This observation may help us to lift gratitude out of the interpersonal context so that the beauty of this quality may heal us and grace our lives. "Enter into his gates with thanksgiving and into his courts with praise." (Psalm 100: 4).

FROM THE LITERATURE

"Gratitude is not only sentiment, it is an important aspect of true cognition. The prerequisite and partner is humility, the letting-go or laying aside all material claims, concerns and worries.

True gratitude is not possible without humility. True humility is not possible without gratitude. Another name for this combination is prayer (gratitude) and fasting (humility). Polly Berrien-Berends - Whole Child/Whole Parent; Harper's Magazine Press, NY 1976.

Calendar

An 8 week course: "Introduction to Existential Metapsychiatry" conducted by Jan Linthorst, D. Min., is offered at the Human Services Agency of Orange County, starting January 13, 1981.

A 9 week course: "Intermediate "Existential Metapsychiatry" is offered by Santa Ana College. Instructor: Jan Linthorst, D. Min. Starting January 17, 1981. Prior acquaintance with Existential Metapsychiatry is a prerequisite.

A Weekend Seminar sponsored by the California Graduate Institute: "Existential Psychoanalysis and Metapsychiatry" will be conducted on January 31 - February 1, 1981 by Jan Linthorst, D. Min.

Dr. Thomas Hora will be one of the speakers at the University of California at Irvine (UCI) on March 14 - 15, 1981. The theme of the symposium will be "The Self in Transformation."

The Spring Conference of the New York Institute of Metapsychiatry is scheduled for March 21 - 22, 1981 in the Los Angeles area and will feature a workshop with Dr. Hora.

Correspondence and information regarding the Newsletter and the items listed may be addressed to Dr. Jan Linthorst, 1301 E. Lincoln, Suite F, Orange, CA 92665. (637-5100)

MERRY CHRISTMAS