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DIRECTOR

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EDITORIAL

This is the first issue of our NEWSLETTER in the year 1982. At a time when it is customary to make New Year's resolutions we are turning our attention to the theme of prayer. In this connection we were given permission by Heather Brodhead (who is the coordinator of the Hawaiian branch of the Institute of Metapsychiatry) to reproduce her drawing, entitled "The Light Shines." We wish all readers a Happy New Year!

To our readers outside the Los Angeles area we are enclosing an envelope for the purpose of ascertaining whether they wish to continue receiving the NEWSLETTER, and to ask for their subscription-donation for 1982. Our readers in the Los Angeles area received this request in December. We are grateful to all who responded so generously.

This year we plan to publish the NEWSLETTER as a bimonthly and to expand each issue to 12 pages. This expansion is in response to the enthusiastic reception and interest evidenced by the readership across the country.

We wish to encourage students of Metapsychiatry to write articles for the NEWSLETTER. guidelines for such articles can be obtained from the office of the editor-in-chief.

THE PRAYER OF GLOWING

By Fern Rubin, M.S. and Jan Linthorst, D.Min.

In recent months Dr. Hora has been teaching "the prayer of Glowing." The following is an attempt to summarize these teachings and to put them in perspective with other forms of prayer practiced by students of Metapsychiatry.

Since prayer must be existentially valid for it to be effective and transforming, it is good to describe it first in general terms. We define prayer as an endeavor to become conscious of our at-one-ment with God. In his Dialogues Dr. Hora states: "We do not move towards God, we are emanating from God. That which emanates from God has the qualities of God. We are radiances of Love-Intelligence. We are one with God and only God's qualities constitute our being" (page 12). In prayer therefore, we seek to become conscious of this radiancy. In this "being here for God", consciousness can take on a transcendent glow. During our Advanced Telephone Seminar in November 1981, Dr. Hora clarified this prayer in somewhat greater detail.

STUDENT: Dr. Hora, can you explain the prayer of glowing? Many of us have not heard of it yet.

DR. HORA: The prayer of glowing is the Metapsychiatric understanding of the following line in the Bible: "God is Spirit: and they that worship Him must worship Him in Spirit and truth." (John 4:24). What does it mean to worship in spirit? It means that we don't blabber to God (laughter). If we worship in spirit we are not using words and we are not in the dimension of time, we are not thinking of the future or of the past, our prayer is nonverbal, timeless, existential. Being timeless, it is in the dimension of infinity. We say: "God is Light: and they that worship Him must worship him by glowing." When our consciousness is filled with Love-Intelligence we glow. There is a radiancy around us, we are in the dimension of

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timelessness. We are not talking to God, we are manifesting God. This makes our prayer eminently effective. We bring ourselves into alignment with Divine Reality and then nothing interferes with the healing power of that Reality. All things begin to work together for good. There is P.A.G.L. (Peace, Assurance, Gratitude, and Love) and Spiritual Blessedness.

STUDENT: This seems to be a prayer that goes further than the prayer of beholding.

DR.HORA: Yes, it goes further than that. It is a way of actualizing the statement, "I and my Father are one" (John 10:30) It is fulfilling the will of God, inasmuch as God wants us to be the image and likeness of Himself and manifest Him in the world on a nonverbal level, on a qualitative level, rather than on a operational level. When we glow for God we are not doing anything to anybody and we are not talking to God, we are not telling God what he should do for us. God is infinite Mind. What could a human being possibly tell infinite Mind?

STUDENT: It makes our consciousness completely open to God, and God's light can stream through us and that is all we are meant to do.

DR.HORA: That's right, all we are meant to be.

STUDENT: All we are meant to be!

DR.HORA: A radiancy of Love-Intelligence.

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In studying the prayer of glowing further a certain order came to mind by which the "glowing" could be attained. In previous years Dr.Hora has suggested several types of meditation and they seem to fall into place as progressive steps, leading to

ever higher realms of realization. First, there is the meditation on "right seeing." In this meditation we endeavor to see that everyone and everything is here for God, whether they know it or not. This implies that we see the Universe as reflecting the Creator. This includes ourselves and others as manifestations of divine Love-Intelligence.

As we contemplate this idea awhile, we begin to get a sense of God's Presence in His Universe, we move spontaneously to the "prayer of beholding." We are beholding God's Presence. We may come to know the "good of God," which is daily realized as inspired wisdom, Peace, Assurance, Gratitude, and Love. Here we are reminded of the word of Chronicles: "Thine, O Lord, is the greatness, and the power, and the victory, and the majesty, for all that is in the heaven and in the earth is thine: thine is the kingdom, O Lord, and thou art exalted as head above all" (I Chron.29:11).

The prayer of beholding leads us to the realization that the Universe is aglow with Love-Intelligence and God has created us to radiate love, harmony, and healing power in the world. When we are sufficiently imbued with these ideas, the word may ring out, "Arise and Shine! Thy light is come! The glory of the Lord is risen upon thee! His glory shall be seen upon thee!" A few years ago, Heather Brodhead summarized these ideas in an artistic design called, "The Light Shines." On the following page this design is reproduced and may be used as an aid in meditation. The picture, when viewed from a certain distance, gives the impression of a shining sun or star. This brings to mind the promise to those who are being transformed into beneficial presences in the world: "They that will be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever" (Daniel 12:3). A good practice is to sit in front of the picture and to allow the Light of understanding to shine within us until consciousness is "glowing for God."

Also, the inspired thoughts of the following meditation are offered by Dr.Hora for the healing of most problems:

" Now is the accepted time..."

- Now the Eye of my eyes is open
- Now the Ear of my ears hears
- Now the Mind of my mind knows
- Now the Love of my love glows.

" I and my Father are one..."

RING OUT THE OLD; RING IN THE NEW.

by Ann Linthorst, M.Div.

One of my favorite PEANUTS comic strips shows Lucy at the beginning of the New Year angrily declaring, "It isn't a new year at all! It's a used year!"

A very elderly lady whom I know cannot stand to watch the news on TV because, as she invariably comments, "It's all repetition. I've seen this before."

When the calendar says that it's a "new year," many of us may wonder whether it will, indeed, be for us a new year or a rerun. The traditional practice of making New Year's Resolutions is an operational approach to the issue: trying to make the year turn out new through personal willfulness. But the practice, and the willfulness underlying it, are themselves reruns. The repetitiousness of personal existence springs from the chronic inability of any self to recognize the futility of its selfconfirmatory strivings.

When we fail to learn that operationalism is, itself, a mistaken approach to life--that there is absolutely nothing we can do to make our lives good--then we are condemned to a series of "used" years. We go through the old stuff again and again, fooling ourselves that because the technique or content of our operationalism is new, things will be really different.

The insistence of self-governed consciousness upon seeking solutions within the self-confirmatory context which, itself, gives rise to the problems, is sadly observable in individual, social, and global problems of our time. Whether the situation is one of a husband or wife abruptly leaving not only spouse but the children as well in a quest for a new life which will be more "self-actualizing," or is one of a society desperately searching for new ways to control the violence to which its values of self-indulgence and self-assertion give rise, there is a dreadful "oldness" and sense of futility in both the problems and their problematic solutions. There is, indeed, "nothing new under the sun."

No one can make his or her life new, fresh, creative. The "I" which tries to do so is, itself, the oldness from which one wishes to escape. Personal reality is always old.

But spiritual reality is always new. In 2nd Corinthians, Paul says, "Whoever from now on is a follower of Christ is a new creation; old things have passed away; and all things have become new... ." Being "a follower of Christ" involves what Paul says in the preceding verse, "And now from henceforth we do not know any one in the body..." (2 Cor. 5:16-18 Lamsa trans.).

Newness, then, happens in consciousness, when the context of our viewing things moves from the personal/physical--bodies, selves, life-in-hunks--to the spiritual. When we see ourselves and others and the world "newly"--in the context of spiritual values --then all things become new.

In Metapsychiatry, we are helped toward such a shift in context by being encouraged to see ourselves as being here for God, and to ask ourselves continually, "What does God want?" When consciousness is God-oriented, then there is the possibility of fresh unfoldment, the authentic newness of inspired wisdom. Newness belongs to spiritual reality; only God can make this a New Year for anyone:

Thus says the Lord. . .
Remember not the former things, neither consider the things of old.
Behold I will do a new thing; now it shall spring forth and you shall know it.
(Isaiah 43:18,19, Lamsa trans.)

THE GOD POSITION

by Ted Smith, D.Min.

The most fundamental thing about every human being is that each of us is a seeker of God, which is our true being. In the course of anyone's lifetime many other things are substituted for God, but still we remain seekers of God.

I have often asked myself how can it be that anything less than God can be substituted in people's mind for God. It appears to begin very early in life. Few if any, of us had enlightened parents. Quite often they put themselves in the God position.

A child comes into the world as a perfect expression of Love-Intelligence. Since everything in the Universe seeks its own level, human beings come in to the world seeking God. The child seeks God through seeking to understand his or her world as lovingly and as intelligently as possible.

But as in all stories, there is usually a villain in the piece. The villain comes as ignorance. In this case ignorance is vested in the mode-of-being of the parents. It says in Genesis that "the sins of the fathers shall be visited unto the fourth generation." As Dr. Hora has often said, the thinking of the parents is the mental climate in which a child grows. Most parents do not understand that only God (Love-Intelligence) can be in the God position. They tend to put themselves there

instead. How often have we heard a parent saying "Do it my way," or "do it because I told you so" ? But not "Do it this way because this is the intelligent way, this what works best."

Children grow up then tending to envy the power their parents have. They grow up wanting to replace their parents. (This is the old Oedipal struggle.) They grow up waiting for the day that they will also be powerful like daddy and mommy are powerful. And if nothing intervenes, if there is no healing, they grow up to be parents themselves, who also represent themselves to their children as powerful, as the Alpha and the Omega of life, in the God position.

In enlightened parenting, however, Love is the parent, Intelligence is the guide. In enlightened parenting, children grow up seeking to understand and to love and to know more fully, more responsibly, more clearly. They don't seek to win power, but to realize the power of Love-Intelligence.

Much of my work with people in psychotherapy is helping them to remove from the God position themselves, others, and anything else less than God, and to put Love Intelligence back in its rightful position. The God position deserves nothing less than God. Paul Tillich spoke about the idolatry of people. He said that we all have a god, which is our ultimate concern. On the contrary, our ultimate concern must be Love-Intelligence. In this lies the transformation of the earth, the realization of the garden which is truly the Kingdom of God.

A PRACTICAL APPLICATION

By Betty Klausen

A few weeks ago, I received a phone call from a business informing me our check had been returned to them by the bank with a notice stating, "drawn against uncollected funds." It seemed impossible to me, so I went right over to our bank. We keep careful records of our balance and it seemed unlikely we had made an error. I made a point of keeping my personal feelings out of the picture. I sought to go with the idea

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of just finding out what had happened.

It was easy to remain calm until I found out that eight checks had already been returned! The bank had put a five-day hold on my husband's paycheck. It was the same type of check we had deposited for years. They had not notified us because there was a sign posted stating that all deposits were subject to collection. The hold was now off, but eight checks had already been returned. I left the bank angry, with a list of returned checks in my hand.

As I drove home I got more upset. I felt like a victim of circumstances. Our credit was at stake. This was embarrassing. We could be charged service charges for each check. This was not our fault! I got so upset that I thought, "I am going to phone Dr. Hora." Next I thought, "This is ridiculous, to have to phone Dr. Hora because some checks bounced." Then I thought, "Now what would Dr. Hora say to me if I did phone him?"

The idea very clearly came to me, the past is now. Even though it appears that the damage is already done, I don't have to believe that. If the past is now, the past can be healed by seeing the truth now. I realized that Love-Intelligence has the only bank account. Every aspect of that account is in perfect balance and harmony. There is no person with a personal account to be embarrassed. I

arrived home filled with PAGL.

Now would you believe that every returned check but one was sent back to our bank and was paid by our bank? No one anywhere charged us a service charge. The only check not sent back was the original check I telephoned about. I went to this business and paid cash for the check. The lady graciously received the cash and did not charge us a service charge. This entire experience turned into a wonderful opportunity to see that the past is now.

P.A.G.L.GROUPS

"A P.A.G.L. Group is a discussion group which focuses attention on issues, of everyday living from a transcendent or spiritual perspective. The discernment, appreciation, and expression of spiritual values can lead to the realization of Peace, Assurance, Gratitude, and Love (PAGL) and harmony with the fundamental order of existence." These words are taken from the announcement of a PAGL group which started on January 6 by Mrs Ruth McCollester-Robins at 112 Neck Road, Old Lyme, CT. Phone 434-8868. Interested persons in the area are invited to inquire about attending.

Rev. James Frost is coordinator of a PAGL group (since June of 1979) which meets on the 3rd Friday of each month. Anyone in the area interested call or write to P.O.Box 298, State Highway 311, Patterson, NY 12563. Telephone (914) 878-3961.

A PAGL group is now being formed by Maryjane Treloar, 565 West End Avenue, New York, NY 10024. Telephone W.(212)620-6369 and H. (212) 873-3006.

Beginning January on Friday evenings from 7:30 to 8:30, a PAGL group will be conducted by Tim Ryan. Those interested call (714) 842-0209.

For ongoing groups in the L.A.area, call the office of Dr. Jan Linthorst for information.

Around the country: Phoenix, Arizona: Jay Roundy, call H. (602) 892-5292 W. (602) 835-3111. San Antonio, Texas, Grey Means call H. (512) 698-1458, W. (512) 342-4567. San Francisco, Alice Kruegel, call H. (415) 631-0143, W. (415) 556-0951. San Diego, Carol Huish, call (714) 284-3921.

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STUDY MATERIALS

HAWAIIAN CONFERENCE 1982, A TAPE ALBUM of six sessions of lectures and discussions of the Conference in Honolulu January 30-February 2, 1982. \$60 plus \$1 postage and handling. See program for details.

THE PRINCIPLES OF METAPSYCHIATRY, a lesson series of each of the 11 principles of Metapsychiatry by Ann Linthorst, M.Div. The course is offered on a correspondence basis: 10 lessons are sent to the student, one at a time. After the lesson has been studied, the student is invited to write a letter with questions on the material or its application to that individual's concerns. With the next lesson Mrs Linthorst will send her reply. Fee for the ten lesson course is \$150, payable in advance, or in \$15 payments with each lesson. Address inquiries to Ann Linthorst, 2914 E. Katella Ave, Orange, CA 92667.

INTRODUCTORY EXISTENTIAL METAPSYCHIATRY, a series of 8 lessons with tapes and papers of Dr. Hora by Jan Linthorst, D.Min. The course is a study basis for PAGL groups. Consultation as to starting and conducting PAGL groups is part of the course. Fee \$25 per lesson. The course can also be obtained by individual students of Metapsychiatry.

TAPE LIBRARY, a series of taped lectures on various aspects of Metapsychiatry by Dr. Hora now available in printed form. Each has a table of contents provided with the manuscript. The NEWSLETTER will publish these tables of contents each issue as space permits. Here is "Evolution of Knowledge" Tape #55:
1. Existential fulfillment: true wholeness. 2. Fundamental order of existence. 3. Holistic health. 4. The parallel in three evolutions: in the evolution of the understanding of man, in the evolution of psychotherapy, and in the evolution of the knowledge of the universe. 5. The meaning of the riddle of the Sphinx: the evolution of consciousness from an animal state, to a psychological state to a spiritual state.

Table of contents of the A.T. Seminar 5-23-81: Tape #67
1. Beauty versus attractiveness. 2. The eleventh principle. 3. Expectations and wants. 4. Family relations: fear of growing old, parents in a nursing home, concern for health of older parents; a complaining mother; a working mother. 5. Love. 6. Dissolving a marriage. 7. Meditation on right seeing. 8. Intercessory prayer. 9. Taking a test.

For information write to Claudette Maddox, 814 Parkcenter Dr. #40, Santa Ana, CA 92705 or call (714) 558-8322 or (714) 838-7466.

MODIFIED CONCORDANCE of Dr. Hora's book "Existential Metapsychiatry"; topics now include

Volume I : Ego gratification vs Existential fulfillment, and

Dwelling in consciousness.
Volume II : What is real, What is Reality
Volume III: Realization vs experience, and Becoming a
Beneficial Presence
Volume IV : Understanding God
Volume V : Developing a consciousness of Love (January)
Volume VI : Psychotherapy, Health and Healing (February)
For information write to
Tim Ryan at 16152 Beach Blvd, Suite 179 E., Huntington Beach, CA
92647, or phone (714) 842-0209.

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