



PAGL ASSOCIATES NEWSLETTER

FOR THE STUDY OF METAPSYCHIATRY

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PAGL Associates Newsletter

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Editorial: *What's Inside ... discoveries*

Transformation—the 2010 Metapsychiatry Meeting theme—is always about the discovery of one's true self. In each article you read, the author uncovers spiritual qualities that reflect the true nature of a child of God. Ultimately, the veil of belief in “self and other” is lifted high enough to glimpse One Mind.

Deeper discernment of divine law was in store for me when recently, in the supermarket parking lot, I noticed that my wallet was missing from the upper section of the carriage where I had placed it. Immediately, I ran back into the store and scoured the check-out counter where minutes before I had stood. Eyes peeled to the ground, I returned to the parking lot and murmured, “I can't believe my wallet is lost!”

Although, just before, I had been at the bank to cash a work check, the idea of losing anything valuable did not sit right, as it is my understanding that everything in creation is already complete, in its perfect place. For a while I thought, “it would be good for the wallet to be in *my* perfect place,” and every time the phone rang I expected to hear someone report it found. Yet, there was no sign of it.

What did emerge was a lesson that could not be tied up in a tidy bow of “lost and found.” The proof was in the substance unseen. It was not enough to believe an honest individual would do the right thing and return it. My thought had to be lifted higher to a conscious awareness of the perfect principle of Love-Intelligence. The disappearance of a wallet had no relation to the fact that abundance was everywhere (to be seen). Since God does not function subjectively, it is not for any of us to limit and outline the details or the timing of His healing.

With or without the contents of a wallet, pockets full or empty, we are neither richer nor poorer. Every need is already intact. It may seem difficult to wrap our minds around this concept when an economic “downturn” is touted. Nonetheless, it is liberating to consider the infinite nature of God beyond terms of measurement. Can Love be lost? Spirit? Joy? Truth? What was lost was a material symbol of value, not value. The gain was a deeper understanding of what is valuable and what I value—the irreplaceable holiness of inseparability with God. Abundance established itself as consciousness transformed, identity renewed. May we all become aware that all we really need is already supplied.



PAGL is yours ~ Deborah Sofferman, Editor

QUIET JOY

ANNE KUBITSKY

A “spiritual realization comes to consciousness very peacefully ... [and] transforms our entire outlook on reality.” ~ Dr. Thomas Hora

Have you ever noticed that when you really start to realize something, there is nothing left to say? The awareness that emerges is so peaceful and assuring that to utter a word is simply impossible. We are gratefully overflowing with clarity, insight, wisdom, freedom, and joy. This is what has arisen for me this past year and this is what I'd like to talk about.

Shortly after the last conference, I moved into a tiny treehouse-like apartment out in the woods. Since moving there, my life had slowed down enormously. I have a new job that allows me to work from home. I don't have a TV, a freezer, or a microwave. I eat alone on a small table lit by candlelight. I hardly use my car. I walk everywhere. My life has gotten very quiet and simple. Sometimes, I don't see people for days – just the birds, or the fox, or the skunk who waddles through the garden at night. Every day, I'm given the opportunity to be still, to meditate, and to center on spiritual values. This is what has led my life to change. A year and a half ago, this life was just beginning. I had recently quit a stressful job and had no money or place to live. All that I had was PAGL — Peace, Assurance, Gratitude, and Love – the frictionless awareness that tells us when we're on the right track.



This led me to earn money by house-sitting and pet-sitting. For six months, I moved almost every week, with no home of my own, until this new life and work emerged. When I was sobbing about my situation a year and half ago (still stressed and working at my old job), I never would have believed that this is the direction I would go in. But this is how PAGL works. It leads us completely out into the unknown and into an awareness that is so liberating and assuring that it doesn't matter what we do. All that matters is maintaining a peaceful quality of awareness...moment by moment by moment.

However, I must say that when I first moved into this new apartment, my old habits were still very much a part of me. I hadn't committed to PAGL yet. There was still a portion of me that wasn't interested. Because of this, I went through a period of dying: my car died, my computer died, my phone died, my

problems that brought up my most repressed memory of being sexually assaulted when I was fifteen. This led to much crying and letting go. In my dialogues with Ruth, my spiritual counselor, I discovered a great deal about myself and what values I had been harboring. As forgiveness unfolded and compassion grew, I became more and more committed to PAGL. Although this is very much a work in progress, my deepened commitment helped me become increasingly free of the tendency to pretend that I know when I don't. The awareness that's emerging is wordless. The more honest I become, the less there is to say. And if I say too much about it, I risk adulterating it, degrading it, and corrupting my ability to tap into it.

Interestingly, I had a very funny dream about this a few months ago. I dreamt that I was at a fancy party in a big house filled with aristocrats and politicians. As I didn't fit in with the crowd, I began to walk away. As I walked, I became lighter and lighter until I realized that I could fly. I flew up above the trees, the house and around the town and decided to fly back to show the party guests. After I landed back on the ground and walked into the house, I asked everyone at the party to gather around. Then, I stood on the porch banister and said, "Look I can fly!" and jumped off the railing. But my foot had gotten caught, and I fell flat on my face. Startled, and still flat on my face, I suddenly burst out laughing. I laughed so hard that I couldn't even make a sound. I just laid there, shaking silently with laughter. As the aristocrats and politicians weren't amused, they tried to get me to speak. But all I could do was laugh. Since this was rather boring to watch, they soon began to bicker. And as they did, I was finally able to stand up and fly back into the open sky.

I think this is what spiritual awakening is like: As we begin to realize the truth of something, and let it transform us to the depth of our being, we awaken to a joyful awareness that is so freeing and assuring that our desire to prove anything completely dissolves. In fact, we "walk away" from wanting to be right. But if we cling to this freedom or take credit for it, we become "heavy" again and risk losing that awareness. Instead, we must quietly appreciate the changes taking place. For, we are not the ones doing the work — spiritual values are: peace, clarity, freedom, humility, gratitude, joy. These are what change us, leading us out of the problem and lifting us into a higher awareness. It is incredibly humbling. And if we stay with these ideas and allow them to really transform us, we begin to glide through life free as a bird without fuss or friction, moment by moment by moment. May we each awaken to this in our own lives. And as this occurs, and your spirits lift, may you laugh and laugh and laugh.

“Driven by suffering or drawn through wisdom, we become committed to the truth.”

~ Dr. Thomas Hora

(1) *BEYOND THE DREAM*, p.41. The cartoon is from the popular strip, "Calvin and Hobbes," by Bill Watterson.

Anne Kubitsky has been studying Metapsychiatry with Ruth Robins for over ten years.

TIME AND TRANSFORMATION

NANCY ROSANOFF

Recently the lease for the house I was living in was ending and another place was needed. Feeling the pressure to move by a certain date, I began looking often, some might say “obsessively,” at real estate web sites and visiting potential places. I found myself attempting to “fit in” to each possibility with phrases such as, “I could live here if I had to,” or, “I could make this work.”

There was no relief and the tension grew. None of the places I saw were right. Finally, after enough emotional and mental grind, I turned to the first intelligent question, “what is the meaning of an experience of pressure and grind?” I wanted to relieve the tension of uncertainty, just have the decision made – even if it was not the right decision.

Did I really want to settle for a situation that was less than good? No. It occurred to me that “deadline” pressure is a form of ambition. It is suggested in Metapsychiatry that ambition is a

What is the spiritual counter-fact of time?

Unfolding.

Only Good can unfold.

*Everything else is an attempt to
make something happen.*

mode of being in the world where one identifies the good of life with achieving something in the future. In this case, having a place to move to became the focus of the ambitious tendency already present in my consciousness.

Thank God for Metapsychiatry and the gift of tools to guide the healing transformation. Instead of being trapped in the duality of fear and ambition there was a way out: the two intelligent questions, along with healing concepts about time and transformation. With prayer and the second intelligent question, “What is what really is?” the peace of true certainty in the intelligence, responsiveness and yes, timing, of God, were realized. In becoming more interested in living in the context of God I floated just above the urgency to find a place. There were moments when I seemed to drop into the fearful grind, but salvation was available and lifted me into the land of PAGL.

Within a week, the right place emerged in an unexpected, seemingly miraculous way. I became awed once again by the truth that when we stop attempting to force a plan, what really “Is” will amaze us. Even more valuable than the harmonious flow of events is the assurance that the Good of what really Is, unfolds and establishes itself in my consciousness. For this, there is infinite gratitude.

What is the spiritual counter-fact of time? Unfolding. Only Good can unfold. Everything else is an attempt to make something happen. “Time,” as past, present and future is a human perception. God has the quality of perfect timing. The words

we think and speak flow from the content of consciousness. To pay attention to the words we use and reflect on what they mean is a transformative tool of the method of Metapsychiatry. It is the ladder of awareness we use to climb out of any pain, disturbance, fear or unhappiness. Take the expression, “time heals all wounds.” This is only true to the extent that it points us in the direction to stop dwelling on pain and allow God and the light of truth into the situation. Time itself, is not a healing solvent.

We learn the healing concepts of Metapsychiatry through careful use of words. It works, yet at first it can seem like we’re parroting these phrases ritualistically. It reminds me of learning to play a stringed instrument. At the beginning, those who live with the new string player are exposed to less than harmonious sounds as the student struggles to develop ear and hand coordination. We can all be grateful to those who have been the “audience” to non-harmonious sounds as we develop our attunement and receptivity capacity.

The recent events around the move to my new home have instilled an internal alarm to wake-up when time-bound phrases and words are uttered: “this will take some time,” “are we there yet?” or “when is this going to happen?” It is a more firmly established cue to recognize the invalid thought, then regret and reorient to the continuous unfolding of good that reveals itself whenever there is a moment of receptivity. It’s not time that heals, it’s receptivity. It doesn’t take time for transformation to take place – it takes sincere seeking and understanding.

Nancy Rosanoff works as a spiritual coach and dialogue group Facilitator, guided by the principles of Metapsychiatry. You can find more about Nancy through her “blog” website: www.the.metaview.com.

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KEEP YOUR EYE ON THE DONUT, NOT ON THE HOLE

PATRICIA HENDERSON

Writing has never been my strong point. My dad always helped me with my school compositions, so when I was encouraged to write a paper for the Annual PAGL Associates Meeting, I wondered what he would say. Since the theme of this meeting is based upon an interest in truth, I remembered a saying he frequently expressed, "As you ramble through life, whatever be your goal, keep your eye upon the doughnut and not upon the hole!" So here is my story.

Twelve years ago I stopped going to church. I could no longer buy into the idea of a religious God. However, that left me God-less and searching. Seven years later, I found myself in the midst of what (I thought) was a big problem and became introduced to Metapsychiatry as a means of obtaining clarity. That's when I first discovered that the contents of your consciousness could drive you crazy! I learned all about the invalid thoughts one could have, but I never really concentrated on the valid ones until the next "huge" problem arrived.

When I attended my first PAGL Meeting in 2008, I felt like a total wreck inside. I was experiencing the worst case of dread and fear I have ever known. It all seemed to revolve around my 35 year picture framing business doing very poorly. I agonized over what was wrong and what I should do until one morning I just couldn't take it any longer and made the decision to let it

*As I became more focused on what was good,
expressing my God-given qualities,
talents and usefulness,
I became less worried about what "should be."*

go. "I'll close the business and wait to see what happens," I thought, and an amazing thing happened. Instantaneously peace, assurance, gratitude and love flowed through me. It was as if a two ton weight had been lifted off of my chest. I laughed and thought to call my children and friends to tell them, "Hey, you too, can feel like this. Just let go!" Unfortunately, the next day, I was holding on again! Dread and fear. What to do now? What could I do? What should I do? That's when the real spiritual work began! And let me tell you, at times, it was excruciating!

As months went by, in my PAGL group and in my private sessions, I questioned my decision. Should I really close the business? I haven't told the landlord yet. Had I really experienced PAGL? The answer I kept receiving was to wait for the right thing to unfold. And that's when I became interested in valid ideas. I came to know reality one moment at a time. As I became more focused on what was good, expressing my God-given qualities, talents and usefulness, I became less worried about what *should be*. I started to understand that it wasn't important what I was doing, but how I was being.

Slowly my days got better. Business picked up. Wonderful little things happened. I was becoming so grateful! Good kept coming and I could practically count on it! Oh, I was still worried, but less often. Time seemed suspended. I wasn't in such a hurry for answers and cures.

It became very clear to me that I loved picture framing and now I had a great new idea to add to it—a redeco-rating business! Then the economy tanked but since my landlord lost half of his tenants he reduced my rent by fifty per cent to keep me there. What a break! We're still in business.

The nasty carpal tunnel syndrome I'd had for ten years, disappeared. It has been a profoundly humbling experience—life altering. Simply shifting awareness to what is good has brought God back into my life—God being Reality and Reality being spiritual truth.

Now I remember where Dad heard those immortal words. It was Burl Ives' singing, "The Donut Song:"

It's written on the rainbow,
in letters made of gold.
Written on the rainbow,
there's wisdom to behold.
My friend the little sparrow
flew close enough to see
written on the rainbow is this philosophy.
When you walk the streets you'll have no cares
if you walk the lines, and not the squares.
As you go through life make this your goal:
Watch the donut, not the hole!
Watch the donut, not the hole!

Patricia Henderson lives in Cortlandt Manor, N.Y. and is the owner of The Framing Gallery in Hawthorne, N.Y.



Snowflake photography by Patricia Rasmussen, as seen in, "A Snowflake: Winter's Secret Beauty," by Caltech physics professor, Kenneth Libbrecht.

A LEARNING EXPERIENCE

ROY SIMPSON

Recently I had an experience that was, to say the least, “an eye opener.” I experienced a severe dizzy spell that left me on the floor. Unable to get up for fear of falling, I called my wife for help. She quickly called our Doctor’s office and the nurse told her to call 911 for an ambulance to take me to the hospital. Once admitted, four doctors performed tests for three days when finally, gratefully, I was released from the hospital without any action taken.

At this point, I was led to relate this experience to Ruth Robins, who listened attentively and then asked the first intelligent question, “what was the meaning of what seemed to be?” I rambled on about many unresolved issues, which were at the base of the experience. I am not embarrassed to list them, as I believe it would be helpful to others who might be struggling with unresolved issues, as well.

They centered around a family situation where our son’s business had suffered reverses in the present economy and left him without sufficient income to pay interest on a large mortgage or pay tuitions for three children in private schools and so forth. I was faced with how to help my son without disturbing my wife. I thought it would be better to keep this to myself rather than to burden her with this problem.

I was not forthcoming about what I was facing or about what was going on. I was carrying the load myself, not realizing that this was dishonest. My wife and I have always had an honest relationship and have never kept anything from each other.

Ruth saw right through my rants and immediately knew that my secretive plan was clearly not in my best interest. It needed to be healed. As we explored the first intelligent question, the thought occurred to me that I was thinking I could do this all by myself --without my wife’s help, or worse, without God’s help. This is what Dr. Hora called self-confirmatory ideation. This was way “off the beam.” Furthermore, I recognized that to hide the loan that I made to our son out of concern that my wife might disapprove, placed undue pressure on me. It actually made me dizzy.

Now that I understood the meaning of dizziness as the manifestation of a thought, we asked the second intelligent question, “What is what really is?” I saw that Truth is all that really is. Ruth suggested that I not hesitate to tell my wife what was going on. She reminded me that my wife would be far happier to know that my physical health was not a problem. Self-confirmatory ideation was a problem. Sharing my understanding of the connection between my thoughts and the symptoms was a great relief to her. To my surprise, my wife told me that she too had been concerned and she was very pleased I had loaned the necessary funds to our son.

The lesson I learned was to never assume that I know what my wife, or anyone else, might be thinking! The best approach is to

take the time to meditate over a disturbing problem, ask the first intelligent question, and wait patiently for the answer to come. If it does not come forth, it is a good idea to ask someone to dialogue with me. Then, when the answer is clear, ask the second intelligent question, “What is what really is?” Listen for an inspired idea to come from God. When I hear it, and there is a sense of PAGL around it, I will be assured that God is directing my action. Above all, one must be honest with oneself and realize, as it says in Psalm 55:22, to:

**“Cast your burden upon the Lord,
and he shall sustain thee;
he shall never suffer the righteous to be moved.”**

Roy Simpson is a reasonably new student of Metapsychiatry, gratefully working with Ruth Robins.

A LETTER FROM THE PAGL FOUNDATION PRESIDENT

Dear PAGL Newsletter Reader,

By the time you read this letter, 2010 will be behind us and 2011 will be the focus of our attention. With the turn of the year, we would like to express our gratitude for the blessings of 2010, including your support. First, our thanks to you who responded to the recent surveys. It is great to know you are there and remain interested in Existential Metapsychiatry. Electronic delivery and the reduced size of the mailing list will assist the Foundation in being more efficient in making materials regarding Existential Metapsychiatry available to interested individuals. If you are receiving this Newsletter, you can be assured that we have received and recorded your response. If we have missed someone, we can be contacted at PAGLFoundation@gmail.com or via the PAGL Bookstore at # 860.434.2999. All interested individuals are welcome.

The resources saved in the production of the PAGL Newsletter will be directed to the redevelopment of the website, a window to the world on which we all increasingly rely. During 2011, we received \$13,000 in donations from supporters and the bulk of this support will go to the web site project. This said, we have other expenses that must be covered, so we are about \$5,000 short of what we need to contract a developer to produce the site. In the mean time, we have not been idle. We are well advanced in the reorganization of the new site and the reworking of its contents, so we will be prepared when sufficient funds become available.

Most importantly, we thank God, for being, for without the light, we would be lost. To each of you we wish a wonderful and peaceful 2011. Thank you for your continuing support.

Robert Wieser
President, The PAGL Foundation

BOOKSTORE NEWS

Celebrating its 14th anniversary this year!

Tape # 59 – Casting Pearls

Setting: Class of professional psychotherapists and pastoral counselors. Time: 56 min.

Remembering vs. recalling—Ego functions vs. spiritual faculties—Spiritual guidance transcends psychology—The shock of hearing unfamiliar ideas and the only requirement when hearing them—Spiritual education: effort vs. sincere interest—God's grace and human receptivity—The dualism of ambition—Ambition vs. aspiration—Receptivity is not passive—Active/passive vs. attentive/responsive—Buoyancy and floating in water—Requirements for spiritual enlightenment—The distractions of the world—Coming to our attention vs. coming into our experience—Phenomena—The phenomenal world—[approx. 80 sec. of recorder on but no dialogue, shuffling of papers & clicks]—Taking notes—Having knowledge vs. understanding—“Metapsychiatric principle of learning”—The transformative nature of understanding—Understanding cannot be done—Volitional and non-volitional “expressing”—Inauthentic expression of spiritual qualities —Requirements for authenticity of being—Radical sincerity vs. intellectualism.

Tapes are available in cassette or CD from the PAGL

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*How beautiful upon the mountains are the feet of him
that bringeth good tidings, that publisheth peace;
that bringeth good tidings of good, that publisheth
salvation; that saith unto Zion, Thy God reigneth!*

~ Isaiah 52:7



FORGIVENESS, COMPASSION & LETTING BE

THE HEALING OF MEMORIES

DONNA GODDARD

I began my studies with Dr Hora about thirty years ago, when I was 22 years old. I lived in Australia, but as my husband was American, we often travelled to the States and so it was possible to see Dr Hora, as well as talk to him by phone from Australia, and later England. The books and tapes were a daily companion. Six years ago I started writing a book called, THE LOVE OF BEING LOVING – developing our spiritual consciousness. It took 3 years to write. The first part is about Metapsychiatry. The second part is about Christian Science. It has not been published as there have been some unresolved copyright issues with the Christian Science section. I have included a short section below from the first part of the book on Metapsychiatry. If you are a student of Metapsychiatry, I am happy to email you the first half of the book, as a gift, if you so wish. Many blessings on your journey to spiritual happiness and freedom.

CHAPTER 5

Once we are firmly on the path of forgiveness, we will generally find that this process spontaneously leads to the lifting of repressions and the healing of memories. We do not have to invite this process to happen. It is a natural and helpful coincidence of being interested in forgiveness. Further, we will find that with every repressed hurt that is lifted, and with every painful memory that is being healed, our happiness, lightness, joy and peace will noticeably increase. Dr. Hora often commented that, unless we can remember, we will not be able to forget.”

“A startling thing happens when we become interested in the issue of forgiveness. People who are sincerely interested in the process of forgiveness begin to discover that suddenly they keep remembering long-forgotten hurts...It is almost as if a lid on a Pandora's box is opened, and these memories begin to seep through and come into awareness, almost as if they came to be forgiven. As long as there is a desire to blame and punish, these memories remain repressed, but the moment there is a readiness to forgive, then the memories come up.” (1)

When the healing process of forgiveness is underway, our consciousness becomes available to the recognition of previously buried hurts and sadness. Now we can cope with their appearance and are ready to do the necessary work on healing them. For example, it is not uncommon for individuals to suddenly start grieving a loss that happened many years ago. Often, this is brought on by the occurrence of another, more recent loss, or simply because the student is now capable of healing it. Ten years after my father's death, I found it necessary to heal a grief, that at the time of his passing, when I was seventeen, I was not in a position to do.

(1) FORGIVENESS, p. 4, Thomas Hora

Donna Goddard is a Spiritual Healer and Counsellor in Melbourne, Australia. To contact her or to receive an e-mail version of the first half of her book: donnagd1@optusnet.com.au or: www.ntpages.com.au/spiritualhealingdonna.

LETTERS TO THE EDITOR

Your Thoughts Are Welcome

This is your space. You are encouraged and invited to keep the dialogue open, share spiritual healings, offer musings, thoughtfully comment on articles and ask insightful questions. Inform us of ways in which the application of PAGL principles has expanded consciousness in your personal life or current events.

Thanks for keeping on being so gracious and doing the PAGL Newsletter for us all. It is very kind of you and I am sure Dr. Hora appreciates your dedication.

~ Donna Goddard, Melbourne, Australia



MISUNDERSTANDING

They say
the dark creeps in
But no,
that's just not so.

It's merely light
that slips away
somewhere
our eyes can't go.

Light's job —
to point to right —
is nearly impossible
in a round world
of linear sight.

And darkness is nothing —
sheer absence of light.

This poem was submitted by Marlene Gallagher, an artist, poet and yoga instructor residing in Katonah, N.Y. She has been interested in exploring Truth for as long as she can remember.

HYMN

SAMUEL LONGFELLOW

From hand to hand the greeting flows,
From eye to eye the signals run,
From heart to heart the bright hope glows,
The seekers of the light are one:
One in the freedom of the truth,
One in the joy of paths untrod,
One in the heart's perennial youth,
One in the larger thought of God.

IN DR.HORA'S WORDS ...

“ If someone is angry at us, this individual is a victim of a certain, limited perspective. Now if this individual is angry at another person, then the other person will either let her be angry or try to defend herself and fight back, and things will go from bad to worse. So, if we are confronted with someone whose perspective on life is so constricted that he can only see "self and other," then it behooves the compassionate one to refuse to participate in this narrow-minded perspective and to say, "There is no interaction anywhere; there is only Omniaction everywhere," (Third Principle of Metapsychiatry). There are no two persons here in a hostile relationship—God is the only reality. There are no relationships—there is only the "good of God" here, the harmonizing Principle of the universe, where all of God's creations coexist harmoniously, intelligently, and in Love. So we destroy the narrow-minded perspective without saying a word, but refuse to see the situation the way the other sees it. The Third Principle solves the problem, and the whole thing fizzles out because, if there is no "self and other," there is no one to change or to heal, nor can we be interested in another self being happy. Nothing is going on—no one has to interfere with the situation—only the Reality has to be discerned. And the discernment of Reality abolishes all that seems to be—"The right seeing of what really is abolishes all that seems to be," (Tenth Principle of Metapsychiatry). So if there is no one to be angry at, how can there be anger? The whole thing just fizzles out, and that is what the Third Principle can do if practiced with understanding. Now the question is, suppose we had such an experience a few days ago and we failed to apply the Third Principle—is there still a chance to correct our mistake? Of course there is, because omniactive Love-Intelligence is not time-bound. In the realm of Love-Intelligence, there is neither space nor time, and whatever happened two days ago is still happening now. And if we see that what happened two days ago never really happened, then it isn't happening now, and there is nothing—no problem. There is only the "good of God" going on right now, here and everywhere. So all we have to do is to abolish the phenomenal world.

Student: Did you say what was happening two days ago is happening now?

Dr. Hora: Yes.

Student: That means that all it is is the thought we have about it?

Dr. Hora: What else is there besides thoughts? Time is thought, and space is thought. So what we failed to respond to appropriately two days ago, we can respond to now, and the whole situation is healed.

Student: That is another way of saying that it didn't really happen.

Dr. Hora: Of course it never really happened. Have you ever heard of a book entitled Beyond the Dream? That is what it is all about.

Student: That is beautiful, because formerly those interaction thoughts were still present, and now they are absolutely gone.

Dr. Hora: Of course, they never were anything. If "there is no interaction anywhere, only Omniaction everywhere," then there was no interaction two days ago either. There was only Omniaction, and Omniaction is not time-bound; it is not spatial. ”

From: ONE MIND
Page 193



PAGL COMMUNITY NEWS AND SUNDRY ITEMS:

Metapsychiatry on TV ~ In The Listening Place's nine part television series "Who am I? & What is the Purpose of My Life," **Nancy Rosanoff interviews Ruth Robins** about the core ideas of Metapsychiatry. If you would like to watch a free clip from the show, read the text of some interviews, or purchase the DVD/VHS series visit: www.metapsychiatry.org. A longtime student of Dr. Hora, **Ruth counsels and teaches Metapsychiatry** in person and by telephone and can be reached at Tel. #860.434.2999.

Diana and Bruce Kerievsky have been hosting a 60 minute **Teleconference** on a **once a month** basis (currently the first Wednesday evening of each month). Each participant dials in to **join the conference call**. The fee is \$15/month. Call: Tel. # 516.829.5027 or email: bruce@industriallogic.com.

Two companion books to Metapsychiatry: **Meta Meanings**, which explains the juxtapositional method with examples and **Meta Prayers and Principles**, a pocketbook reference with elucidations. Send \$10.00 each (S&H \$3. USA, \$5. abroad) check or money order to: **Susan von Reichenbach**, P.O. Box 1024, Old Lyme, CT 06371. Tel. # 860.434.8866 or visit: www.metapsychiatry.info. Susan is a **spiritual guide** & teacher of Metapsychiatry, in person or by phone.

Humorous Meta black and white cartoons depicting 11 Principles of Metapsychiatry may be purchased. For 15 cartoons printed on "8X5" cardstock, Send: \$20 (S&H \$3 USA, \$5 abroad) to: **Anne Kubitsky** 317 Boston St., Guilford, CT. 06437 or: aokubitsky@yahoo.com.

Reverend Deborah Sofferman is an ordained Interfaith Minister who **officiates joy inspired weddings**, baby blessings and other **sacred Life ceremonies**. For **spiritual guidance** in person or by phone, you may contact her at Tel. #860.567.2201 or at: ReverendDeborahS@aol.com. For more information, you may visit her website: ReverendDeb.com.

**God is a Spirit and they that worship him
must worship him in spirit and in truth.**

~ John 4:24

If you would like to contribute to the discussion, you may submit your letter, poem, photo, illustration or article to:

PAGL Associates Newsletter
Deborah Sofferman
P.O. Box 1525
Litchfield, CT 06759
or: ReverendDeborahS@aol.com

Letters may be edited for length and clarity

The editorial policy regarding contributions of students is to see to it that the article is substantially related to the teaching of Metapsychiatry. The opinions expressed are entirely the responsibility of the writer. Neither the PAGL Foundation nor the PAGL Associates Newsletter Editor endorses them.

ANNUAL N.Y. METAPSYCHIATRY MEETING:

Sunday, May 1, 2011 9 AM — 3:30 PM.

See the Enclosed Flyer. Participate! All Papers Are Welcome!
For more information, contact: Ruth Robins at:
RobinsPAGL@aol.com or call her at: Tel. #860.434.2999.

Monthly PAGL Teleconference ~ **Heather Brodhead** leads a **monthly telephone conference** on the third Wednesday of each month, 6:30 PM Pacific Time, 9:30 PM Eastern Time for 55 minutes. Contact Heather at: hbrodhead@cox.net or call her at: Tel. # 805.898.9931

A Live Presentation CD, Music as a Divine Language, traces the spiritual origins & purpose of music. It includes many of Dr. Hora's unique insights shared with **Susan von Reichenbach** during her international career as an opera & concert singer. \$10 (S&H \$3 USA, \$5 abroad.) Check or m.o.: Susan von Reichenbach, P.O. Box 1024, Old Lyme, CT 06371. Tel. #860.434.8866 or: www.theMetaWay.org.

The Blessings of Metapsychiatry Videotape of Dr. Hora's legacy to all his students is available for purchase. **To order a 58 min. CD, \$25.** (\$5. S&H). contact: PAGLBooks@aol.com or Call: Tel. #860.434.1512.

In her **book, Love and Compassion: Their Application to Healing in Psychoanalytic Psychotherapy & Metapsychiatry**, Christie Rinehart, M.A, contrasts various cultural & therapeutic ideas about love, compassion, & wholeness in psychoanalytic psychotherapy & Metapsychiatry. She uses comparisons to clarify how these qualities of consciousness can lead to greater mental & **spiritual healing**. Christie participated in Dr. Hora's group in NY & was a Research Associate of the Institute of Metapsychiatry. \$16. (incl. S&H). c/o Pacific Inn #136, 5461 W. Torrance Ave., Torrance, CA. 90503. Tel# 310.540.6261. christierinehart@earthlink.net.

The Manager of the PAGL Bookstore in Australia is **Silvia Viaggio**. You may contact her regarding PAGL publications via: metasilvia@yahoo.com.

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