

# PAGL NEWS

## Being here for God

*Hans Ruedi Staub*

*The purpose of man is to come to know God.*

IT IS REALLY UNBELIEVABLE.

All of us begin our life's journey by being born into a dream: a dream about reality.

Every one around us, our parents, our relatives, our sisters and brothers, all understand reality to be fragmentation! And for all of them, it is obvious that that is so.

And our first impression is that this is correct. There is mother, sometimes very loving and kind, but sometimes also angry and scolding. There is my sister or my brother,

sometimes helpful and supportive, but sometimes hurting and bullying. At times, somebody is on my side and at other times somebody is against me.

This dream about reality exists since the fall of man (Genesis 2 and 3). Eating the fruit of the forbidden tree in the middle of the garden meant death to the awareness of Oneness and Allness, and it meant falling into dimensionality, into duality and into fragmentation.

It is this dream that automatically

leads man into the dimensional modes of being: being here for self and being here for others. These modes of being seem to give a sense of being somebody and not being nobody.

There are a lot of goodies available in these two modes of being. There are good feelings and good experiences available in them. Unfortunately the opposite is also true. They include bad feelings, isolation and painful experiences. The bad and the good constantly seem to alternate. But man has the idea that it is possible to avoid the one side and to further the other side, to avoid the unpleasant and

*Continued on page 2*

### Inside This Issue

Being here for God	1
Inside This Issue	1
The Power of Thought	1
Being here for God	2
A Healing in Progress	2
A Healing in Progress	3
The Blessings of Metapsychiatry in the Work Place	3
Metapsychiatric Understanding/ Interpretation of Positive Psychology's Signature Strengths	4
Dear Fellow Seekers	5
PAGL Community News Listings	6
CD Summaries	6

## The Power of Thought

*Philip Lynch*

IT WAS SO NICE to be at the PAGL conference in April to see old friends and to meet new ones. The discussion at the conference fell to the issue of the power of thought, and it brought to mind a story that Dr. Hora got a real good laugh from when I told it to him. In my time before studying with Dr. Hora, I asked a woman, who I thought was way out of my league, on a date. And she said yes! I was to take her to dinner and to see Al Pacino in American Buffalo. I was already not feeling "good enough" for this woman but to add to my low self-esteem in this instance, I had to pick her up in my car, a GEO PRIZM! She definitely was a BMW or Mercedes Benz type of a date! I parked my car in its usual spot the night before the date, passenger side facing the sidewalk. Going to sleep that night all I could

think about was my totally inadequate GEO. The next day when I went to get in my car to go pick up my gorgeous date, I saw that the passenger side door had been completely mangled and bashed in! It was too late to borrow someone else's car, so when I picked her up she not only got to see my mangled GEO, but she had to climb over the drivers' side to get in and out of the passenger seat! As I got to this point of the story at the PAGL conference the gentleman sitting next to me said (amongst the laughter from the group), "No second date huh"?! Of course he was correct.

So I said to Dr. Hora, "It was parked passenger side to the sidewalk! How could the door have gotten so bashed in?" After he stopped laughing, he said, "Ah Philip, have we ever discussed the power of thought?" ♦♦♦

## Being here for God

*Continued from page 1*

painful and to establish the good and the pleasant.

This of course is an illusion and is impossible. Man finds himself struggling between pleasant and unpleasant situations, between satisfying and painful experiences. Each mode of being, being here for self and being here for others, alternates constantly between satisfying and painful situations. For in these modes of being “thou shalt have tribulation”.

There may now come a time when one has had enough of these alternating feelings and experiences, and one begins to seek or to hear about something better.

For me this came when I first met Dr. Hora in 1978. Margrith, my wife, and I were both studying marriage and pastoral counselling at the Foundation of Religion and Psychiatry in New York. For our training we had to have personal analysis with an Analyst. Somebody recommended to Margrith that she

try out Dr. Hora (of whom it was said that he was either ‘out of his mind’ or was a ‘genius’!). I decided to go to a traditional Freudian psychoanalyst.

After a year of analysis, while Margrith was having her aha-moments with Dr. Hora, I was becoming more and more frustrated with my analysis. My faith and my theological training just had no place at all and just could not be reconciled with the analysis.

So one day, when my analyst was on holiday, I decided to go to see Dr. Hora! Nobody knew about my decision, not even Margrith.

I talked to Dr. Hora and told him what my concern and problem was. After listening to me for a while, Dr. Hora said: “Hans, you are not turning your back on Mr. Clevens, you are turning towards God”!

Something in this statement immediately touched me deep down, though it was not until later that I became aware that I had heard something that had come from a completely different dimension. In fact my dream about reality had been questioned.

Dr. Hora did not respond to my

concern interpersonally, i.e. leaving somebody and turning to someone else. Dr. Hora’s statement lifted me out of the interpersonal and interactional view of the situation onto a completely new level. The issue was not about an analysis with this or that person; the issue was that of turning to God. It is God who is the center of being, and “being here for God” is the issue.

This response of Dr. Hora went beyond dimensionality and fragmentation. It went beyond being here for self or being here for others. This response opened the door to a new awareness, that of the omnipresent Good of God, Love-Intelligence, which expresses itself and manifests itself in this world as a beneficial presence.

In the realm of beholding there is neither ‘being here for self’ nor ‘being here for others;’ there is only the awareness of God’s perfect Reality, revealing all life forms in absolute perfection and beauty. Every thing everywhere is here for God and is already perfect. (Adapted from One Mind, footnote page 39). ♦♦♦

### Submissions to PAGL News Welcome!

All submissions need to be relevant to Metapsychiatry in accordance with the Newsletter’s mission to make available the teachings of Metapsychiatry and share the work of students. Suggested length is 300-500 words.

PAGL News is published 3 times a year in February, June and October. Submissions are due by the 10th of the previous month. Newsletter committee: Nancy Rosanoff, Newsletter Co-ordinator, Bruce Kerievsky & Heather Brodhead. Please send your submissions to: [nancy@pagl.org](mailto:nancy@pagl.org)

## A Healing in Progress

*Elvira Sisca*

IT WAS A SUNDAY night and a call from a son telling me he had injured his knee skiing started me towards a much needed healing. On hearing his concern I immediately jumped into my usual orientation to someone’s pain: try to help them, fix them, tell them what to do, soothe the boo-boo, make it all better. He did not want to hear it! I was only trying to be caring, I thought, but I saw at that moment there was something wrong here, for my concern came back to me as

my own worry and fear. I decided I needed to know what the meaning was about my “good deeds,” not always being appreciated, and why I continued to inflict this behavior on others and even on myself. Also, at times I thought it might be the reason I sometimes felt used by others. This skiing incident even had me look at why I had chosen counseling as a profession. It was time for a good look!

What a blessing! I began making

*Continued on page 3*

## A Healing in Progress

*Continued from page 3*

interesting discoveries about my need to “help.” And the great joy attached to the understanding that unfolded has erased any embarrassment about those years of ignorance! Thank God! Yes, my thanks to God for the inspired ideas constantly coming to me even though it took a long time for me to pay attention. The good of God is always about our happiness and always available, but I had to suffer first to want to hear about it.

Change is painful but living in ignorance is worse. I was exhausted living up to expectations, my own and those of others. It was a lot of hard, stressful work, often so frustrating it made me suspect something was wrong. The day after that call from my son, a class discussion about time led to the inspired idea that was to guide me. It came across so gently that I look back in awe. It was a passage in Scripture that read: “and God requires that which is past.” What did this mean? I had to know. I learned that when we are being healed, the past is revealed as to how it has been influencing our

present behavior; we need to give it up, let go of it by giving it back to God; then it will no longer control us. I had to know that the past doesn’t exist, the timeless now is the only reality and this is where life is lived.

I discovered in examining my discomfort that my mode of being these many years was connected to a childhood assumption: that my father (a quiet, introspective man, always deep in thought) was a sad man and needed cheering up. Long ago an adult told me that his mother had died when he was only nine years old and his father also died when he was still very young. When older he left his family to come to the United States. He knew no one here; he was all alone. Therefore he must be a very sad man. As a child I felt sorry for him and believed I should always try to please him to make him happy and then he would come and play with me. My purpose in life was born: I must make people happy, fix them, do for them, then they will be available for me and I would appear to be a good person -- and secure a place in heaven! That has been my work, my mode of being all these years,

and I believed that was how to be a good person! Such deceit! What a farce! Unbelievable that I never connected my behavior to that child’s false assumption. The truth is, my father was not a sad man, he was always available, loving and generous. I had it all wrong. Until now I always behaved thinking I had to be here for people. I am here for God. I don’t have to be that good girl anymore, bent on making people happy so I can feel good. What a relief!

I am amazed when I understand how foolish and invalid that idea of life is. Daily I am seeing more and more: aware that negative, unhappy people make me uncomfortable, sad, worried and even fearful. Happily I am still working on giving up that “mission” for I can easily fall back into the old habit. So now the people around me can relax a bit because I am letting go of the need to feel good and win approval. Sometimes when I recall these deadly deeds of mine it makes me shudder and even want to hide, to avoid imagining how annoying I must have been! But I say, so what? Disapproval and embarrassment are still worth it to be finally free! ♦♦♦

---

## The Blessings of Metapsychiatry in the Work Place

*By Patrick McCarthy*

WORKING IN AN environment of creative and stimulating people has its challenges as well as its rewards. Where I am working, I encounter a wide variety of personalities, seemingly self-important, serious, and demanding types. Due to a collective of challenging individuals, constantly and busily interacting with each other, to prepare new art exhibitions,

there can be much friction, and contentious interaction every week. This seems to have left various individuals “at war” with others for several years.

Thanks to Metapsychiatry, I have been blessed with knowledge and understanding that allow me to relate “normally” with each individual whom I encounter throughout my working day. With a

non-personal and issue-orientated awareness I have been able to inter-relate with each and every fellow staff member, oblivious to their difficult relations with others in their own circles.

Several weeks ago, I was approached by a senior female staff member who mentioned that she noticed that I got on with everyone and they with me. While there had been momentary skirmishes, and stressful occasions, these were forgotten (almost immediately) as if they had never happened.

*Continued on page 4*

Thanks to the knowledge of Metapsychiatry, and all that it continually brings into my awareness, my life is becoming more harmonious and efficient and rewarding, when what has been learned, and understood, is actually applied in my daily reality.

Reading and knowing is one thing,

but I think it takes faith, gratitude and commitment to apply this knowledge and to expect it to do its work, as a result of understanding.

As a former Catholic I was brought up on an overdose of pretty theological words, Grace, Saintliness, Suffering, Patience, etc.

Now I understand Grace and what it is: God's blessings of Understanding, and Awareness, and the Joy that comes as a result. I can't 'do' these qualities; rather they are poured upon me and work through me, every recreating me.

What a relief to let God do the work. ♦♦♦

---

## Metapsychiatric Understanding/Interpretation of Positive Psychology's Signature Strengths

*By Bruce Kerievsky*

POSITIVE PSYCHOLOGY has, in recent years, received considerable attention in both academic and psychotherapeutic communities. This is the second article in which I examine some of the values promoted by this initiative and compare the specific virtues that it cites with Metapsychiatry's understanding of them. I have found it helpful to note the areas of agreement and difference and hope it is useful to fellow students.

This article continues an examination of the values in the Signature Strengths, focusing in this issue, on Courage.

### **Courage**

Courage identifies "emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal." Dr. Hora explains that "We do not have to make people courageous. We just have to help them see that they are not timid persons."

Bravery [valor] is defined by this system of thought as "not shrinking from threat, challenges, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is

not limited to it." Dr. Hora writes: "Courage is a psychological solution to a psychological problem. Self-esteem and courage could also be considered psychological virtues, but we must not be satisfied with them for there is something better. Pride and courage must be replaced by peace, assurance, gratitude, and love. There is a movement called Ethical Culture. It aspires to morality, ethics, and all the psychological virtues. But without a spiritual basis, these things are like houses built on sand; they cannot sustain the stresses of life. It is very difficult to be an ethical, moral, and virtuous individual without God." (Dialogues: page 207)

Persistence [Perseverance, Industriousness] is "finishing what one starts; persisting in a course of action in spite of obstacles; 'getting it out the door'; taking pleasure in completing tasks." Metapsychiatry doesn't really mention these qualities or behavior as significant. Instead, it implies that where there is genuine interest in a task, there will automatically be sufficient energy and enjoyment in accomplishing whatever is needed.

Integrity [Authenticity, Honesty] Positive Psychology views this as

"speaking the truth but more broadly presenting oneself in a genuine way; being without pretense; taking responsibility for one's feelings and actions." Metapsychiatry views integrity as an essential spiritual value, even counseling to not impugn the mental integrity of others by offering unsolicited solicitude.

Vitality [Zest, Enthusiasm, Vigor, Energy] Positive Psychology describes it as "approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated." Metapsychiatry appreciates vitality as an intrinsic spiritual value, although it avoids extolling excitement, which is viewed as being self-confirmatory. As far as adventure, it is esteemed so long as it is not self-confirmatory: "But if we are willing to be perennial students, then our life is a daily challenge, a continuously unfolding process of new realizations. We will never get stale or repetitious, boring or bored. Every day will be a new adventure. Every session with a patient will be a new discovery. It is the willingness to grow that makes life beautiful and work challenging. (Existential Metapsychiatry, page 13) ♦♦♦

# Dear Fellow Seekers

2012 IS HISTORY and with the books now closed, it occurred to us to give you an overview of the Foundation and its work. The Foundation, itself, is managed by a seven-member volunteer board, which currently consists of five Metapsychiatric counselors and two individuals that do not offer counseling services, myself included. The common link, among these individuals, is that we greatly value the teachings of Metapsychiatry ("MP") and wish to perpetuate and enhance its availability for any individuals that may be interested. The seven members of the PAGL Foundation board include: Heather Brodhead, Susan Fisher, Bruce Kerievsky, Ruth Robins, Nancy Rosanoff, Stuart Samuelson, and Robert Wieser.

On behalf of the Foundation, we take direction from the same inspired ideas that we would have direct us in our daily lives. We take action only when there is PAGL around an idea and we seek to influence no one. Interestingly enough, despite the diversity of ideas brought to and occurring to the individuals on the Board, decisions are typically agreed upon unanimously.

In 2012, the organization spent about \$27,000 on its mission. Our efforts are focused on five areas: the Bookstore, the Newsletter, the Website the PAGL Conference, and on the administration of the Foundation itself. Our assets include a small amount of cash in the bank, an inventory of books, and the assurance that we will continue to receive support, for as long as there

is interest in the ideas that we make available. There have always been as many projects as there have been resources available and resources have always been sufficient for our needs. The following paragraphs provide an update on each of our focus areas.

In 2012, the Bookstore sold about \$9,000 in books and spent about \$9,000 in support of book sales. On the bookstore front, the big news is that we have moved to printing books on-demand via CreateSpace. We expect this investment will reduce our expenses and improve our delivery of books. All the books are in the process of being made available in e-book form as well; so, if e-books interest you, keep an eye on the new website, where they will be made available. For those of you that like to purchase books by check or money order, it will remain possible for you to do so, from the bookstore, for as long as its inventory lasts. For more information, contact Ruth at [RobinsPAGL@aol.com](mailto:RobinsPAGL@aol.com)

I hope that you all have seen the new website ([www.PAGL.org](http://www.PAGL.org)). We see it as wonderful and are very grateful for the work done by the volunteers that coordinated the project. To our eyes, it is simple and harmonious, as befits our mission. In addition to providing a modern bookstore interface and a cleaner look, we are planning to make it possible to read and search all of the MP texts on the site and to listen to and download audio materials. We do hope that you find the enhanced access helpful in your studies. You can expect an additional link to allow you to communicate your

thoughts or questions about the web site to the committee that developed it. We spent about \$4,000 on website development in 2012 and I expect that we will spend a similar amount enhancing the website's capabilities.

You have also seen the updated newsletter, which is now supported entirely by reader donations. Over the past years many of you have opted for electronic delivery and this has sped the delivery of the newsletter to you, saved the Foundation substantial printing and mailing costs, and has saved a few trees, as well. In 2012, you contributed about \$2,000 to support the newsletter and for this we thank you. If you have any ideas or articles for the PAGL News, don't hesitate to contact Nancy and the Newsletter Coordinating Team at [Nancy@pagl.org](mailto:Nancy@pagl.org).

In 2012, the PAGL Conference was attended by 30 individuals, brought in about \$3,000 and cost a bit more than it brought in. We will be looking for a comfortable new venue, in Manhattan, for the 2014 Conference, with an eye to reducing the cost of attendance. If you have any suggestions, please drop me a line and we will explore them.

Administration represented the balance of our expenses, about \$9,000, most of which was for bookkeeping and required reporting, as we transition to new service providers. We are looking for substantial reductions in admin expenses in 2013. Donations were \$12,000, including the allocation to the newsletter. All-in-all, the break-even result, is consistent with

*Continued on page 6*

*Continued from page 7*

our objectives. This said we remain focused on improving both our efficiency and our effectiveness in executing our mission.

We, the Board of the PAGL Foundation, thank all of you for your support of our mission, for your work, for your generous donations, and for your continuing interest in Metapsychiatry. If you would

like to be more involved in what you see unfolding, we would very much like to hear from you, so don't hesitate to contact me (Robert@pagl.org) or any of the other Board members, at the addresses indicated throughout the newsletter.

PAGL be with you,  
Robert Wieser  
President, The PAGL  
Foundation

## PAGL Community News Listings

Monthly PAGL Group via teleconference on the 3rd Wednesday of each month. 6:30 pm Pacific Time. The group is led by Heather Brodhead, as spiritual guide in the practice of Metapsychiatry. For more information: hbrodhead@cox.net or call: 805-898-9931..

\*\*\*\*\*

Weekly PAGL groups with Ruth Robins:

Mondays, 5:30-6:30 PM, Greenwich, CT., in person

Thursdays, 9:30-10:30 AM, Old Lyme, CT., in person

Ruth is also available for private consultations in person, by phone, or by Skype. Call 860.434.2999 (EST) or email Robinspagl@aol.com for information about classes or consultations.

\*\*\*\*\*

Wednesdays, 8AM Eastern, teleconference and Wednesdays in NYC 6pm-7pm  
PAGL Groups with Nancy

Rosanoff.. For info: 914-930-7095 or nancy@rosanoff.com. Nancy is also available for private consultations in person and by telephone.

\*\*\*\*\*

Monthly PAGL Group on the 1st Wednesday of each month at 8 PM Eastern, with Bruce & Diana Kerievsky. For info: 609-662-4911 or bruce.kerievsky@gmail.com. Diana is also available for private consultations by phone and by Skype.

\*\*\*\*\*

THREE META BOOKS: A set of two companion books to Metapsychiatry: "Meta Meanings," which defines Metapsychiatry's core ideas/vocabulary and juxtapositional method with examples;"Meta Prayers and Principles," which is a collection of Metapsychiatry's "guidelines to spiritual living" with elucidations. \$25 for the set US, \$30 abroad (S&H incl.) or

## CD Summaries

*by Heather Brodhead*

Understanding the nature of thoughts and how they are manifested is one of the basics of Metapsychiatry. Tape #51 is a clear articulation of the questions & answers in one of Dr. Hora's classes with professional psychotherapists & pastoral counselors. It is available from the PAGL Bookstore.

### CD #51:

The Basic Stuff of Life

Thought is the basic stuff of life—The meaning of: "In the beginning was the word..."—The physical is mental—the appearance of concepts—The universe is a thought in the Divine Mind—The dynamics of creative ideas—obtaining and transmuting of thoughts—Thoughts as units of mental energy—The tendency of thoughts to transmute into concepts, speech, behavior or symptoms—Thoughts made visible—Phenomena—Everything in the phenomenal world is a manifestation of thought—Seeking the meaning of a phenomenon—Cause & effect reasoning vs. discernment of meaning—Mental equivalents—Healing vs. sickening thoughts—Emotions as manifestations of thoughts—The transmutation of thought to emotion to symptom—Healing vs. curing—Wholeness—At-one-ment—"The devil"—Self-confirmatory ideation—Explosive and impulsive personalities—Thoughts precede concepts—Children as extensions of parental consciousness—Heraclitus: "Without thought there is nothing"—(Quotes of Shakespeare, The Bible, Buddha on the importance of thought)—We see with our thoughts—"The Sea of Mental Garbage"—"The firmament" in Genesis—Discerning the origin of our thoughts—The method of Metapsychiatric therapy.

separately \$10 each (S&H \$3 USA, \$5 abroad); and “Metatations,” a collection of wisdom from Dr. Hora on diverse topics for contemplation. \$5 all inclusive. Check or m.o. to: Susan von Reichenbach, PO Box 1024, Old Lyme, CT 06371. Phone: 860-405-4044 or visit [www.theMetaWay.com](http://www.theMetaWay.com). A longtime student of Dr. Hora, Susan teaches and offers spiritual guidance in Metapsychiatry in person or by phone.

\* \* \* \* \*

“The Love of Being Loving” by Donna Goddard is based on Metapsychiatry and Christian Science. Reader reviews include: “This book seems a landmark for its ability to describe the universality of Truth, Spirit, and God. Donna Goddard has highlighted in such a simple, easy to understand way, fundamental spiritual principles and shows that the road to understanding is pretty basic and very much the same. Love might be the word to sum it up.” “I feel God’s love in Donna Goddard’s book. The book speaks to the heart. It makes me better understand my purpose here on earth. When reading it, I feel light-hearted.”

[http://www.amazon.com/Love-Being-Loving-Donna-Goddard/dp/1452508836/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1364807048&sr=1-1&keywords=donna+goddard](http://www.amazon.com/Love-Being-Loving-Donna-Goddard/dp/1452508836/ref=sr_1_1?s=books&ie=UTF8&qid=1364807048&sr=1-1&keywords=donna+goddard)

\* \* \* \* \*

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 series, visit: [www.metapsychiatry.org](http://www.metapsychiatry.org)

\* \* \* \* \*

PAGL Associates Newsletters are translated into Dutch by Jenny Rutten in Belgium and available at PAGLBELGIE.

\* \* \* \* \*

Guidelines for listing in PAGL Community News: All listings need to be about Metapsychiatry and relevant to the PAGL Community regarding its shared interest in Metapsychiatry. Any listing that involves the selling of a product or services costs \$20 annually for listing in all 3 yearly newsletters. Submit your listing to: [nancy@pagl.org](mailto:nancy@pagl.org) and send payment to: PAGL Foundation, c/o Bruce Kerievsky, Treasurer, 49 Timber Hill Drive, Monroe, NJ 08831.

\* \* \* \* \*

Receive the PAGL News and Support the PAGL Foundation

\_\_\_\_\_ Tax Deductible donation to the PAGL Foundation to support its efforts to make Metapsychiatry available to interested individuals.

Separately, the subscriptions are suggested amounts. Any amount will bring a subscription to an interested individual.

\_\_\_\_\_ \$20 (suggested amount) for “paper”, calendar-year subscription to PAGL News

\_\_\_\_\_ \$10 (suggested amount) for “electronic”, calendar-year, subscription to PAGL News E-mail address \_\_\_\_\_

Contributions made in order to receive the PAGL News are tax deductible and may be made via credit card on the PAGL Foundation’s website: [www.PAGL.org](http://www.PAGL.org). or by check sent to the PAGL Foundation c/o Bruce Kerievsky: 49 Timber Hill Drive, Monroe, NJ 08831.

\* \* \* \* \*

We recognize that some interested individuals may not have the means to make payment for the PAGL News. If this is the case for you, we ask only that you send us a statement of your continued interest in receiving the newsletter in December of each calendar year. This notice may be sent to [PAGLFoundation@gmail.com](mailto:PAGLFoundation@gmail.com) or [PAGLFoundation](mailto:PAGLFoundation) c/o Bruce Kerievsky, 49 Timber Hill Dr., Monroe, NJ 08831.

\* \* \* \* \*

The PAGL Foundation is adding to its pool of volunteers who help with various projects from time to time. Office skills and familiarity with the new communication technologies come to mind, but we might need other talents too. For more information or to talk about it, contact Heather Brodhead, [hbrodhead@cox.net](mailto:hbrodhead@cox.net).

**Please visit our new website: [www.pagl.org](http://www.pagl.org)**  
 where you can access all the books and booklets, subscribe to the newsletter and make a donation to the PAGL Foundation

# PAGL News

is the newsletter published by the PAGL Foundation and supported by its readers. It's purpose is to publish articles by students, teachers and counselors of Metapsychiatry, inspired excerpts from Dr. Hora's books and tapes and information about opportunities and events for the further study of the teaching.

Robert Wieser, President: Robert@PAGL.org

Bruce Kerievsky, Treasurer: Bruce@PAGL.org

Ruth Robins, Bookstore: RobinsPAGL@aol.com 860-434-1512

Nancy Rosanoff, Newsletter Coordinator: Nancy@PAGL.org

Newsletter Committee:

Nancy Rosanoff, Heather Brodhead and Bruce Kerievsky



---

**The PAGL Foundation**

49 Timber Hill Drive,  
Monroe, NJ 08831