

PAGL NEWS

What's Your Address?

By Ann Linthorst

ONE DAY, EARLY IN MY study with Dr. Hora, I reported a dream I had had, in which I was supposed to go to his country home for a session, but I could not find my way, and I did not have his address. His response was: "My address is the 91st Psalm." I had never heard anyone say anything like that before, and I was astonished. The statement has remained a sort of shining riddle to me, over the years.

Recently, that statement came to mind while I was pondering the current political process of selecting an individual to live at 1600 Pennsylvania Ave. in

Washington, DC, for the next four years. It occurred to me that the degree of frenzy surrounding the choice of the next President of the United States varies according to people's sense of how that choice will impact their lives: where they live. "How will it play in Peoria?" The assumption is that the wellbeing of all of us out here in Peoria depends, to some degree, on who is living in the White House. But then I remembered Dr. Hora's statement. It made me aware that the real issue is not who is living on Pennsylvania Avenue, but where, in fact, we are living.

What would it mean if the 91st Psalm is our address? The psalm begins by defining a certain state of consciousness: "He that dwelleth in the secret place of the most High." The value of that, the psalmist says, is that he then "shall abide under the shadow of the Almighty." What does that mean? Dr. Hora declared that God-centered living is the only alternative to self-confirmatory thinking. The shadow of the Almighty shields us from the self-destructive dynamics of the world of interaction thinking.

The problem with the media reports in the political arena goes much deeper than the blatant ego biases of the reporters and the intentional uttering of lies

Obstacles to Healing

By Bruce Kerievsky

THIS IS THE FINAL PART OF an article that appeared in two previous issues.

Loneliness

Feeling lonely comes when we have no interest in anything but ourselves. When we desire to be close to another individual who will confirm our being and our reality, and that is not happening, then we feel lonely. The healing is to either recognize that we are alive and connected to the source of life, or to simply become interested in something. Whatever we are interested in will command our attention and dispel any sense of loneliness.

Boredom

Boredom is a desire for excitement. It is similar to loneliness in that it comes from the dread of non-being. Instead of appreciating a sense of peacefulness, an awareness that all is well, we seek exciting experiences like watching stimulating or violent entertainments because they provide us with feelings of being alive, of feeling things deeply. Here again, pondering the relative values of peace vs. excitement can help one to see which is more beneficial to a wholesome life-style. [It has been observed that much of the world's troubles derive from the desire for excitement rather than the quest for

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a courtyard. Eventually the reverent quiet was broken by the child, "Daddy, once you get into a painting can you ever get out?"

I was charmed and amused by the little boy's innocent question, his guileless quest to understand what he saw, his lack of awareness of how little he really knew. He knew that there was something he didn't understand and showed an unself-conscious interest in seeing clearly. How much he didn't know didn't matter. A question formulated in his consciousness and he spontaneously asked it, creating an entryway into understanding.

A question whose answer would eventually lead to more and more questions and greater and greater understanding of, not just painting,

but of the nature of reality.

It occurred to me how much more smoothly our lives would unfold if we all understood, at every age and stage of life, that we are no different from that child being carried on his father's back. If we could humbly admit that we don't know and freely ask our questions, if we knew we didn't have to struggle to figure it out, if we weren't afraid to ask, and knew how to listen, how effortlessly we might grow in understanding.

Perhaps this is how the Christ Consciousness sees us,, compassionately, as innocent children unaware of how much we don't understand. To know that we are seen without judgment despite our ignorance, our arrogance, even our blatant misdeeds, to know that we

can be lovingly guided in all things if we are interested, enables us to live in total freedom. Not as freedom to behave willfully and haphazardly, but to be assured that our struggles are merely evidence of our ignorance, that the right idea can be realized, and our peace can be restored. We can begin to understand that we just don't see the truth and we have been misguided by ideas and appearances that seem real enough but are actually dreams, no more real than the three painted figures in the courtyard. We can admit that we don't know, ask for clarification, and be given guidance. We will be lifted out of the darkness where dreams occur and we will rise into the light.

*Marlene Gallagher
February 2012*

Q & A

By Ruth Robins

Question: *Many spiritual teachers have expressed their thoughts about politics but I have found nothing in Dr. Hora's books or tapes on the subject. Did he offer any guidelines by which to evaluate candidates running for political office?*
~ Anonymous

Yes. He responded to students' questions in classes and private sessions, and he cautioned against talking about politics and religion, as they tend to be controversial and divisive subjects unless one is able to dialogue with an open mind. That said, he addressed the issue: What do we look for in a candidate for public office?

First, focus on character rather

than rhetoric. Politicians say just what they think will win an election.

Seek to discern the candidate's values. Values determine our perspective, ideas, and mode of being-in-the-world. A person's values are often apparent from their actions, interests and associations. Are ethics and moral values discernible in the individual's work and life? How does the candidate treat family members and others? What does body language tell you about his or her character?

Dr Hora's booklet, A Hierarchy of Values, clearly identifies categories of values that occupy our attention. It is available on the PAGL website.

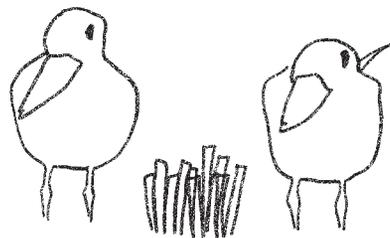
Ultimately, it is good to be aware that political fanaticism is based on commitment to an ideology, whereas an existential commitment is a quest for truth and for what is good.

Happy voting! May the best public servants be called into service.

*To abort is not a good thing
Not to abort is not a good thing*

*What is needed is education
and compassion*

~ Thomas Hora



From Newsletter June 1981, Year VI, No. 3

FROM THE ARCHIVES

Excerpts from a telephone seminar with Dr. Hora: (2/28/81)

Student: Ever since I took up the study of spiritual principles and am endeavoring to express them in my daily life, I find myself less and less interested in socializing for entertainment. However, at the same time I find myself without friends. This seems to be a dilemma that some others are experiencing too. Would you be so kind as to comment on this?

Dr. Hora: Gladly. When we study Metapsychiatry our values begin to change and we cannot continue socializing in the usual

ways. In order to be a social butterfly, one has to be either naïve or hypocritical. We cannot afford to take part in this kind of charade. Consequently, we go through a transitional phase where we feel somewhat like fish out of water. Eventually, however, we learn to be in this world and not of it. Later we learn to participate in social situations as beneficial presences rather than just fun seekers engaged in self-confirmatory posturings.

Student: What is the meaning of being irritated when I find myself among people showing hypocritical social values?

Dr. Hora: This may indicate that you have not yet developed sufficient compassion. In Metapsychiatry we define compassion as “understanding

the lack of understanding.” Compassion heals us of the tendency to judge and condemn. As a result, people find it more pleasant to be in our company and, in turn, we can be at ease in most situations. However, in the initial phases of our studies there is a certain uneasiness with the customary modes of social intercourse, because we cannot conform neither do we wish to stand out as a sore thumb.

Student: It seems though, that it would be helpful to avoid social situations if we don’t have sufficient compassion.

Dr. Hora: Well, if it is hard for someone to refrain from drinking alcoholic beverages, he better not visit any bars or cocktail lounges.

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PAGL Study Hall

Study, prayer, meditation and dialogue: these are the tools used in Metapsychiatry to further individual understanding and healing. This column is an invitation for students to share ways that the tools have been useful to them.

Compassion: *By Nancy Rosanoff*

I recently suffered a few days with flu-like symptoms and the first question everyone in my family asked was: “what is the meaning of that?” While they were loving and light hearted about it, I recognized that I deserved that little jab after all the times I’ve encouraged them to look at the meaning of some difficulty in their lives. It also became clear to me that to ask the question: “What is the meaning of this

experience” for another, whether silently or out loud, often sounds like blame and is never helpful or compassionate.

On the other hand, to ask the two intelligent questions is supremely helpful when approached with sincere open-mindedness. And this is only effective in the presence of compassion. It became clear to me that many of my comments to family members about exploring the “meaning” of difficult situations was an attempt to “fix” them or deliver unsolicited solicitude. And, however well intentioned, there is no compassion in that.

Compassion is defined by Dr. Hora, as “understanding the lack of understanding.” This is the context within which we need to ask the two intelligent questions. There is

something about what is really real that is not being understood. Flu-like symptoms, or any other difficult human experience is the expression of the misperception. Whether we see suffering in our own life or in a loved ones, understanding that there is a lack of understanding is the context that allows Divine Wisdom to reach our awareness.

Having compassion for ourselves first will bring the realization that dialogue with a metapsychiatric counselor would be helpful if Divine Wisdom is not available to our troubled consciousness. Then, using the two intelligent questions and the 3 R’s, compassion for our loved ones will guide our thoughts and our words.

Fron the archives

Continued from page 4

Student: This helps to clear up the confusion about whether to avoid certain situations or whether I could be helpful.

Dr. Hora: According to the Bible, Jesus companioned with malefactors. Apparently he would socialize with criminals. He attended their parties. The Pharisees were incensed about that. They would say, “How can a holy man associate with sinners and winebibbers?” To this Jesus answered: “They that are whole need no physician.” He was indicating that he went among the people who needed exposure to a beneficial presence.

Student: How do we know when to stay away and when not to, and how do we avoid the pitfall of becoming hermits?

Dr. Hora: It is not advisable to become hermits. We must become non-judgmental and compassionate, and beneficial presences to such an extent that

our presence might be a blessing wherever we may be. We will be comfortable with others and they will be comfortable with us. The discomfort people experience is engendered by hidden judgmentalism which is present when we condemn people for their values and the behavior they manifest. If we are free of the tendency to judge and condemn, we have reached a high point of spiritual integrity and we enjoy peace assurance, gratitude, and love.

Student: This is somewhat like the koan which says: “Before I took up study of Zen, mountains were mountains and rivers were rivers. After I was deeply immersed in the studies, mountains were not mountains anymore and rivers were not rivers, but after I became enlightened, mountains were mountains again and rivers were rivers.”

Dr. Hora: Very good. Very good. Suddenly, this famous koan became clear to you.

FROM THE ARCHIVES

A Place Where God's Presence Reveals Itself

Transcript from a Q & A with Dr. Hora from the PAGL Newsletter published in the Winter of 1979

The first question was about intercessory prayer. Question: I am a professional nurse and have taken care of a 21-year-old boy who became quadriplegic in an accident. I have been praying for him but no healing occurred. Is it my consciousness or his that needs to be more receptive?

Dr. Hora: First of all, you need

the consent of the patient. What you describe sounds more like wishful thinking. You need to learn the difference between wishful thinking, willful affirmations, and the prayer of beholding. In the prayer of beholding you say to yourself – whenever you think of a patient – that this patient is a place where God's Presence reveals itself as Omniactive Love-Intelligence.

Question: You talk a great deal about thought, like “take no thought,” etc. What is the difference between human thought and God's thoughts?

A Zit

A zit on my nose
Stayed awhile
Annoyingly
Embarrassingly
Until I heard
“Keep your nose to the
grindstone”
Oh Boy, was that me!
Hard worker
Never let up
Keep at it because that gives
you identity.
If not, what's your worth?
It's what you do
Not how you be.
But
Truth clarifies,
Albeit excruciatingly;
So to heal
I must do an about face
And recall
That I live, move, and am
In a Love
That doesn't know or care
A hoot about all my A's.

Blessed Overload

I've grown weary
Of “doing”,
This and that,
Things,
Of enticing
Stimulating experiences,
Such heavy overload
Of sight, sound
And feeling.
All silly non-essentials
That steal my Peace;
Again, all fear of the void.
“Being” has been lost
To busyness,
To seeming progress,
To invalidity.
To blindness of what is.

Dr. Hora: Thinking is a mental preoccupation. Enlightened man is not a thinker. In enlightened consciousness ideas obtain. Thinking interferes with creative Intelligence. Inspired Wisdom is creative Intelligence obtaining in receptive consciousness under conditions of P.A.G.L. There are two sources of thought. Invalid thoughts come from the “sea of mental garbage” and valid ideas from the Ocean of Love-Intelligence. In the Bible we read that God created the firmament and divided the waters under the

firmament from the waters above the firmament. Now, the waters under the firmament are the “sea of mental garbage” and the waters above the firmament are the Ocean of Love-Intelligence. Enlightened man lives above the firmament. He does not produce thoughts, he is not a thinker. His thoughts come from above through a process of inspiration.

Question: How can man experience himself as a material person, with a mind of his own, when God created him as His image and likeness?

Dr. Hora: You have to understand that what we experience is a dream. Have you heard of the holonomic theory of reality? This is a theory developed by two scientists on the basis of holographic photography. Based on that technological breakthrough they demonstrate what mystics have been saying for centuries, namely, that the material world is insubstantial. It is a holographic (three-dimensional) appearance. Man is a holographic appearance of Love-Intelligence. What we really are is consciousness.

PAGL Community News Listings

BEYOND THE DREAM, by Dr. Thomas Hora, has been recorded by long-time student, Deborah Sofferman and is available on tape, through Recording To The Blind. If you or someone you know is blind or physically handicapped, you may contact Recording To The Blind at: www.rfbd.org to listen to this book.

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In My Love Affairs With Life: A Spiritual Memoir, Ann Linthorst shares her realizations of God's presence in and as her Life, including how she and her husband, Jan, came into contact with Dr. Hora and of the importance of Metapsychiatry in their lives and work.

The book can be ordered online at iUniverse.com. (Make sure you have clicked the “Bookstore” button and enter the title of the book, not the author.) Or, check with your bookstore or order online at Barnes and Noble or Amazon.

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Monthly PAGL Teleconference

on the third Wednesday of every month at 6:30 PM Pacific time, 9:30 PM Eastern Time for 55 minutes. Each month prior to the meeting participants are invited to contemplate a suggested topic as a springboard for dialogue. The meeting is led by Heather Brodhead, a spiritual guide in the practice of Metapsychiatry. For more information, contact Heather at: hbrodhead@cox.net or call: 805-898-9931.

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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

Call 860.434.2999 (EST) or email Robinspagl@aol.com for information.

Ruth is also available for individual guidance in person, by phone, or by skype.

* * * * *

Wednesdays, 8AM Eastern, teleconference PAGL Group with

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

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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@industriallogic.com. Diana is also available for private consultations by phone and by skype.

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Two companion books to Metapsychiatry: Meta Meanings explains Metapsychiatry's core ideas and juxtapositional method with examples; Meta Prayers and Principles is a collection of these guidelines to spiritual living with elucidations. \$25 for the set US, \$30 abroad (S&H incl.) or \$10 each (S&H \$3 USA, \$5 abroad). Check or m.o. to: Susan von Reichenbach POB 1024, Old Lyme, CT 06371. Phone: 860-405-4044 or visit www.theMetaWay.com. A longtime student of Dr. Hora,

Susan teaches and offers spiritual guidance in Metapsychiatry in person or by phone.

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

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

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 it's shared interest in Metapsychiatry. Any listing that involves the selling of a produce or services costs \$20 annually for listing in all 3 yearly newsletters. Submit your listing to: nancy@rosanoff.com and send payment to: PAGL Foundation, c/o Bruce Kerievsky, Treasurer, 49 Timber Hill Drive, Monroe, NJ 08831.

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

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_____ \$20 (suggested amount) for "paper", calendar-year subscription to PAGL News

_____ \$10 (suggested amount) for "electronic", calendar-year, subscription to PAGL News E-mail

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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

Contact information for the PAGL Foundation with your comments, questions or requests:

paglfoundation@gmail.com

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CD Summaries

THE PHRASES "YOU ARE IN my prayers" or "Pray for me" indicate a view of prayer that is very popular in the world. If we were raised in certain traditions, we may even find ourselves saying them automatically, often just to "fit in" to the social situation, and not quite knowing what else to say. As students of Metapsychiatry, it is important that we view prayer in a valid way, and also respond in a loving, valid way. "If you know what, you know how". CD # 77 clarifies not only prayer but what is needed for us to be able to ask sincere questions. With the right

understanding we can be here for God in all circumstances.

CD # 77 Asking questions.

Prayer as petition—Valid "asking"—Attentiveness—The value of meditation—Learning to listen—"Asking in my name", per Jesus—Preparing ourselves to receive—What we need—Asking the right question—Judging vs. blessing—Interpreting Biblical references to asking—Receptivity to God's grace—Valuing experiences vs. interest in the spiritual—Enlightened living—Simplicity, clarity, integrity—Radical sincerity

and forthrightness—Maudlin sentimentalism—Backsliding—Motivation in asking—Seeking healing—Suffering as a call for healing—Being healthy for God—Discerning God's will—The reality of now—Definition of "here", being here for God—"Ask and ye shall receive"—Ongoing process of enlightened life—Difficulty in asking questions—Knowers vs. seekers—Clear questions—Experiences as thoughts perceived organismically.

Setting: Telephone class: Dr. Hora in New York, students in California

2013 PAGL ASSOCIATES MEETING

Sunday, April 29th, 2013

9:30 AM - 3:30 PM

House of the Redeemer 7 East 95th Street
New York City

Please consider submitting a paper (1-2 pages) on something learned through Metapsychiatry that has transformed your life. Look for sign up information in the Winter issue of the PAGL Newsletter.



The PAGL Foundation
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