

# PAGL NEWS

## A CRISIS of FAITH?

*By Tom Sherer*

A RECENT CHAIN OF EVENTS caused me to experience a crisis of faith. “Faith” is one of those theologically loaded words that is overused and often misunderstood in our society. I do not use the term to refer to a belief in God, but rather as a comment on my own ability to access what I know of how Divine Mind works and integrate it into my life.

Our church community recently offered my son and me a partial scholarship to join in a partnership trip to the Middle East. After some quiet meditation, we felt that there was PAGL surrounding the adventure and my son and I

agreed to join the group. I was very grateful to the church for the financial assistance as my other son was about to enter college and money was tight. I checked airfares and availability and found that there were no problems and that all I needed to do was to check with my son’s school for permission to miss a few school days.

Unfortunately my son’s counselor was not in, but she called back the next day and encouraged the trip as a wonderful learning opportunity. I logged on to the computer to make the flight reservations... my son was flying on Turkish Air and I was flying Delta. My son’s fare was unchanged, but my flight had gone up 20% in just the last 24 hours. I decided to wait another day in hopes that the fare would drop back to the original price. I checked the next day and my fare had added another 20% to the burgeoning tab and my son’s fare had now increased as well by 10%. I began to panic.

Remembering the PAGL I’d felt surrounding the trip, I calmed myself and decided to call the airline – surely the Delta agent would understand that I was traveling with a group and find a solution to my problem. Before I called, I sat quietly and reminded myself that everything, everywhere was already all right. I spoke with

## From the Archives

*From Dr. Hora’s course at Wainwright House 6/20/1977*

WHEN AN INSECURE MAN is being exposed to the slightest kind of rejection or neglect, he overreacts, becomes depressed, withdraws, feels sorry for himself, becomes insecure, and his ability to express love is blocked; and the whole intention toward being loving is dissipated.

The only way to be loving in a sustained fashion is to keep constant conscious awareness of our at-onement with the source of unfailing infinite Love. We can remain loving even if we are being neglected, and then there is a sense of assurance and peace, (from) which nothing can really shake us—or if we get “shook up” a little, we regain our balance quickly. There is an interesting interplay between love and security: the more we love, the more secure we become, and the more secure we are the more love we can express freely. But, the gaining of security is primary.

There are good relationships in security. A secure individual can function in all life situations and confront individuals and groups in an effective way on the basis of this sense of security which the conscious awareness of God gives.

Daily prayer and meditation are mental hygiene methods with which we can preserve our sanity and insure the effectiveness of our activities and projects.

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the agent and she told me there was nothing she could do about the price, I was simply out of luck. I began to suspect that I had misinterpreted the feeling of PAGL that I was so sure had been present. I had committed to the church to make the trip and despite the fact that the price had now increased by over \$600.00 and that the three E's seemed to be plainly absent, I decided to go ahead

and book the flights.

For some reason, my son's flights no longer appeared on the discount air booking sites. I decided to book directly through the Turkish Air website and I got the flights, but the site would not accept my credit card. I have a travel agent I often use to book business flights and I called her to make the arrangements for me. She informed me that a new company policy required that she charge me \$30 per booking. The three E's were now little more than a

foggy memory. To save at least \$30, I asked the agent to book my son's flight and figured I'd book the Delta flight myself. She told me she would call right back once the reservation had been made.

In the meantime, I bit the bullet and went on line and reserved my exorbitant Delta tickets. I waited for confirmation of my son's reservation, but my travel agent didn't call back. Two hours passed and I began to fear that there was

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## Obstacles to Healing

*By Bruce Kerievsky*

**THIS IS THE SECOND PART OF an article** that began in the previous issue and will have one additional part in a subsequent issue

### Fear

Fearful thoughts are almost as common as angry ones. Ironically, fear is the flip side of anger. It represents thoughts about what we don't want to happen or what shouldn't be. Fear is future-oriented, a concern for ourselves, that something bad might happen to disrupt our present circumstances.

Once again, the value of knowing what fear is is that we can remind ourselves that we are projecting. As with anger, when we are fearful we are both assuming that we know what is best for us and others, and that we are able to control other people and events when the plain fact is that we have little or no control over them, and we do not know what is best for ourselves or for others. The awareness of our powerlessness frees us from our troubled concerns and allows us to rely instead on the benevolent forces that have sustained our life,

health and consciousness.

### Depression

Contrary to current physical and psychological explorations of the mysteries of depression, it turns out to be nothing more than a sense of hopelessness about ever being able to get what we want. By making what we want into an idol that we worship (with our attention), we can readily feel overwhelmed and miserable, thereby inviting those around us to feel sorry for us. Yet it requires great stubbornness to sustain attachment to our wants, even as it becomes clear that we are free to abandon them as troublesome and be lifted out of the gloom of depression.

### Difficulty

When we describe something as being difficult, it reveals that we really have a conflict of interest regarding it. This applies to addictions of all sorts as well as simple, undesirable habits. For example, if we find dieting or stopping smoking to be hard, it reveals that we both wish to

become healthy by changing our habits and that we still want to experience the feelings that we get from an unhealthy eating regime or from smoking. This ambivalence is clarified tersely as "trying is lying," since if we have a pure interest in something, then working at it becomes a labor of love, rather than a burden characterized as difficult.

### Fatigue

Feeling tired and lacking in energy is a symptom that arises when we are confronted with tasks that we think of as drudgery. Rather than seeking physical causes for our listlessness, we can consider whether we find our prospects appealing and whether they evoke enthusiasm in us. Invariably we will discover that tiredness and exhaustion are simply consequences of being faced with responsibilities that we think of being unpleasant and unfulfilling. We need to contemplate the usefulness of such activities rather than focus on how they make us feel.

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some problem with the Turkish Air reservation – I was going on a father-son trip without my son! Wasn't this supposed to be more harmonious? I didn't doubt Divine Mind's harmonious action in our lives, but my faith in my own ability to draw from that divine font was wavering. Why was I unable to get out of the way of my own operational machinations and simply yield to the good of God? I sat quietly for a bit and although the trip still appeared to be a nightmare I stopped worrying about it.

The phone rang; it was the travel agent. She told me that there was a problem with my son's reservation. I couldn't help it, I just started laughing. Undaunted, she went on to say that she was able to make the reservation, but the problem was only that she was unable to get seat assignments. Oh, and by the way, a strange thing had happened when

she made the reservation. The price had actually dropped 15%. Even with her \$30 charge, the price was lower than the original flight cost I'd seen days before.

I had to go away for a day on business, but as I was going out the door, I had a very strong impulse to check the terms and conditions of my Delta ticket (I had never read the fine print in my life and so this was a very strange impulse). The fine print indicated that it was possible to cancel an e-ticket as long as it was not reserved by a travel agent and was cancelled by midnight on the day after the reservation. I made a mental note to check my ticket tomorrow night when I returned from business.

Of course I forgot all about the ticket when I returned. It wasn't until I was about to get into bed that the thought "check your ticket" blasted through my brain. I ran downstairs and checked the ticket price on line; it had dropped 40% back to the

original price. "This is a mistake" I thought, but after a couple checks there was no doubt. Could I cancel my e-ticket and then repurchase the ticket at the lower price? I called a Delta agent and asked that very question. "No", I was told, "that was not possible." I mentioned that I had read some fine print that seemed to indicate that it could be done. "Just a minute" the agent said, "let me talk with my manager."

When the agent returned to the phone he cancelled my flight and rebooked the same flight for almost \$500 less. I couldn't have gotten my lower fare if I had not booked myself, read the fine print, remembered to check the flight, nor had the manager intervene. I couldn't have gotten the lower price for my son if I hadn't used the travel agent. None of this was probable and none can I take credit for. I did almost everything to get in the way, but ultimately, God helps those who let Him. The action of divine harmony is not dependent on faith... not even faith in myself.

## Q & A

*By Ruth Robins*

**Question:** *What is the difference between cause-and-effect thinking and a meaning? ~ a question frequently asked by students of Metapsychiatry*

Cause-and-effect thinking: "finding something to explain our suffering and someone to blame for it" (God in Psychiatry p. 24).

Meaning: the "mental equivalent of a problem, of a phenomenon" (Beyond the Dream, p. 69).

A forty-eight year old businessman and weekend ski

instructor broke his leg while skiing. The cause, he was told, was that the binding had been set incorrectly on the ski and hadn't released his boot from it as it should have when he fell, thereby causing him to break his leg. This explanation gave him both something and someone to blame for the accident. But being an open-minded fellow, he also called to ask what the meaning might be.

In the course of dialogue, he mentioned that he was skiing with a twenty-eight year old full time ski instructor. Further, he revealed this fellow to be a hotshot skier. When asked if he was trying to keep up with him, he said yes. And did he take risks to do so? Yes. Did

he fancy himself a hotshot skier? At first he said 'no', but eventually he recognized that he had been thinking of himself as every bit as good a skier as was his companion. This hidden thought led him to ski unintelligently, beyond his ability. The meaning was clear: his ambition to be known as a hotshot skier had manifested in an accident. The accident was not caused by anything or anyone; it was the manifestation of a thought. Thought and accident are one and the same.

When the "second intelligent question" was asked, he could see that God never made a hotshot skier, that he was a spiritual being

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## Q&A

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whose purpose is to manifest the good of God, even on the ski slope. He came to see that ambition was an existentially invalid value and was grateful these hidden invalid thoughts had been recognized and their spiritual counterfactuals had been revealed, and he resolved to

ski more consciously.

It often takes a long time before we are able to discern meanings. These suggestions have proven helpful: 1) ask the “first intelligent question” every time a problem arises in your life, 2) refrain from trying to figure out the answer, 3) listen for the meaning, 4) be willing to be embarrassed, 5) keep an open mind, 6) discern what is

valid and what is not, 7) meditate regularly, and 8) dialogue with someone who has experience discerning meanings.

The “two intelligent questions” have been invaluable to my life for several decades. I used to wonder how I ever lived without them. The truth is, my life didn’t work very well until I began to ask them! May they bless yours as well.

# The Two-Fold Path of Metapsychiatry

*By Nancy Rosanoff*

In Metapsychiatry we are expanding consciousness in two ways. We become aware of the mental climate we have become conditioned and adapted to that has determined our individual way of life. And, we become increasingly aware of what truly Is: the infinite consciousness that is neither conditioned, nor programmable.

The conditioned content of consciousness comes from judging by appearances, education and experience. This is referred to as the “sea of mental garbage” in Metapsychiatry.

Infinite consciousness is recognized as Love-Intelligence, the omni-active non-dimensional substance of existence. It is not perceptible through sensory perception. It can only be realized through awakened conscious awareness. PAGL (Peace, Assurance, Gratitude, Love) describes and defines the qualities of consciousness that we are aware of when awareness is spiritually awakened.

The problems that come from living through conditioned thoughts can provide the motivation to

examine our reactions in order to see the mental garbage we are living within.

In Metapsychiatry this is facilitated with the First Intelligent Question: “What is the meaning of my experience?” In other words, what is the false/conditioned idea about life that this specific problem is expressing?

The Second Intelligent question then asks: “What is what really Is?” This directs our attention to infinite Love-Intelligence.

Conditioned human life is like walking in a fog so thick there is only disorientation and confusion. As we begin to awaken, we are still walking in fog, but now we’ve glimpsed the sunny skies and know that every step brings us closer to being fully in the sun.

We cannot make fog go away. We can, however, know that fog is a phenomenon of climatic circumstances and that it is temporary and harmless, if we are carefully aware of the dangers while moving through it.

Similarly, on the spiritual journey of awakening, we cannot get rid of the sea of mental garbage, but we can know that it is not the reality of

existence.

Metapsychiatry teaches us to use the difficulties encountered in life as stepping-stones to enlightenment. Each problem is expressing a specific mental thought, conditioned image or adaptation to circumstances that is not in harmony with the underlying spiritual reality. We learn to move carefully and mindfully through them, seeking to see the false messages they are conveying about life.

Just as fog appears when the temperatures of the ground and the air are in contrast, we live in a mental “fog” when our conditioned ideas about life are in conflict with what really Is.

What lifts the mental fog is the harmonizing of individual consciousness with Divine Consciousness. First we need to see what it is that we are thinking that is so out of harmony with what Is. Once we see how ignorant it is to live a conditioned life, we humbly open our consciousness to what really Is. Gradually the fog lifts, and we see increasingly clearly what it is to live in PAGL.

## Good Fruits

**THIS COLUMN REPRINTS letters and portions of letters and testimonials the PAGL Bookstore has received from students of Metapsychiatry. If you would like to submit an offering for this column please email it to: Ruth Robins: [robinspagl@aol.com](mailto:robinspagl@aol.com) or mail to PAGL Bookstore, PO Box 4001, Old Lyme, CT 06371**

**The following two excerpts are from students who are currently incarcerated.**

Greetings,

All I've learned so far from Dr. Hora's works has opened a doorway of understanding. Each day I feel more enlightened, even if the "I" referred to doesn't exist in true reality. Just like the "self," true enlightenment has shown me there is no such entity!

I have only 352 days left to serve in prison; with good time it will pass quickly. Because of Dr. Hora's work "I" will face the world each day with a whole new and different understanding. Thank you for your service!

Sincerely Q.S.B.

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From Inmate in S.C.I. Dallas, PA

I have recently read Dr. Thomas Hora's book "Beyond The Dream." The understanding that I obtained through Truth Realization has truly changed my life. I found myself up many early mornings contemplating on these profound truths. So many answers to my personal questions about my life were revealed through the information and scriptures provided by his loving Work.

I obtained Dr. Hora's book at the facility's library. It helped me

incredibly, especially with my biggest stumbling block, My Past. (I am) being enlightened through Dr. Hora's session number 18, "Speaking of Humor"(of all things). Also, I found myself unable to communicate with other people even though I was drawn to "do" this by the wonderful things I was learning from biblical scriptures.

I thought for years that I wasn't ready or wasn't worthy. How soul freeing it was to come to understand that I couldn't communicate these truths to others because I wasn't truly listening to them. What an Awakening!!

I thank God for your beneficial presence and service!

Peace, Assurance, Gratitude and Love,

## Understanding Begins with a Question, Part II

*2012 PAGL Associates Meeting  
Sunday, April 29th  
by Marlene Gallagher*

ON A CRISP, SUNNY SUNDAY morning about thirty students of Metapsychiatry met at House of the Redeemer on 95th Street in New York City. After a lovely, light breakfast we moved upstairs to gather in a large circle headed by Ruth Robins and Nancy Rosanoff, Ruth's assistant for the day.

The intention of the group was to discuss the second part of the booklet which Ruth prepared for last year's meeting, called "Healing Begins with a Question". But, before any discussion began, Ruth set the tone by asking us all to sit in quiet for a period of time. The silence was broken, several minutes later, by Ruth's soothing voice. She

suggested that we become mindful of not rushing to realize PAGL, to allow enough time for peace to descend in increments, to not be in a hurry to resume activity. A valuable idea for many of us.

After reviewing the first part of the booklet which we covered at last year's meeting, we moved on to the second part entitled, "The Healing of Consciousness". There was a wonderful, intelligent exchange of ideas amongst the group as we discussed in depth the Two Intelligent Questions, the Three R's, The Four Horsemen of Galloping Evil, and the Five Gates of Hell. Many good questions were asked as we shared thoughts about reacting vs. responding, manifest needs, attachment, and spiritual values. Closing time (3:30pm) seemed to arrive too quickly as we all enjoyed

being enthusiastic participants in the search for truth.

There was much to be grateful for that day: the intelligent planning and organization of the format which allowed for enough breaks including two healthy meals and time for friendly exchange (Thank you, Catalina), the gift of a set of booklets on Metapsychiatry, the opportunity to purchase other learning materials, and the wise and loving guidance of Ruth and Nancy. Perhaps the most significant gift, though, is simply the opportunity to be in the presence of like-minded souls, all of us interested in the principles of Metapsychiatry and the teachings of Dr. Hora. Many thanks to all who have allowed the PAGL Associates 2012 meeting to come into being.

# Meditations: from the Bible

*and the Works of  
Dr. Thomas Hora*

AMONG THE MATERIALS published by the PAGL Foundation is the booklet *Meditations: from the Bible and the Works of Dr. Thomas Hora*, compiled by Joan Rubadeau. Each of the 56 pages is devoted to a single topic, such as “Spiritual Love”, “Harmonious Prospering”, “God is the Only Power”. Selected Bible quotations are given followed by a corresponding idea from Dr. Hora’s teachings. For example, under the topic “Letting”:

“And all thy children shall be taught of the Lord; and great shall be the peace of thy children. (Isaiah 54:13)

Letting be is a regard for an individual’s right to proceed at a speed which God determines for his growth.”

When asked recently about the origins of the book and the sources of Dr. Hora’s quotations, Joan recalled: “As I remember the activity of putting the book together, I would begin with a quote, much loved by me or used by Dr. Hora and then find quotes from Dr. Hora’s books or transcripts from tapes, which at the time we had much of. Both Fern Rubin and I would transcribe tapes for the experience of being that immersed in Dr. Hora’s words. When I was ‘finished’, I submitted it to Dr. Hora. As I remember it,

he didn’t change anything but approved them all. It was a really lovely and expanding experience — both to study Dr. Hora’s work and then submit it to him for comment.”

The booklet is available from the PAGL Bookstore (\$10.00 + postage), and all proceeds benefit the PAGL Foundation. Booklets can be ordered either by telephone at 860.434.1512 or by filling out the order form on the pagl.org website.

## PAGL Study Hall

*By Nancy Rosanoff*

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.

For this issue, let’s consider what it means to “study.” When first introduced to Metapsychiatry I was continuously hungry for the concepts and teachings. Each book was consumed (more than once) rather than read. I wanted to “master” the teachings. And, I tried to memorize many of the ideas. It frustrated me that after all that study, I could not memorize the concepts. Thus began my study.

Dr. Hora says: “First comes information, then comes knowledge of the information, then comes

interest in realizing this knowledge, then comes the love of this knowledge, the yearning to find out that it is really so. It is a process of discovery and realization. When we pray, meditate and study, the intellect is in a transitional process, like learning to play the piano. First, we have to learn to play the piano, and then we may play music. Suddenly music will become meaningful. Similarly, we have to hear that there is a Land of PAGL, an invisible Land of PAGL. We study about it, meditate, look for it everywhere and then we find it.” (Hierarchy of Values pg. 27)

To study means to devote ourselves to what interests us. We begin wherever we are. I began by consuming. The truth did its work in consciousness anyway, and will for anyone who begins with earnestness. Whether one tiptoes into the shallow water or dives into the waves, the ocean of Love-Intelligence is joyfully making itself known to us.

### The Bible says:

“Seek and ye shall find. Knock and it shall open to you. Ask and you shall receive.” (Matthew 7:7)

In studying Metapsychiatry we are continually learning to seek, knock and ask, knowing that we cannot figure anything out by ourselves. We are a consciousness, not a doer nor a thinker nor a knower. We are recognizers, receptors and responders.

# 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 for The Blind. If you or someone you know is

blind or physically handicapped, you may contact Recording for The Blind at: [www.rfbd.org](http://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.

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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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**Monday, 5:30PM Eastern, in person**, PAGL Group in Greenwich, CT. with Ruth Robins. Call: 860-434-2999 or email: robinsPAGL@aol.com. Ruth is also available for private consultations in person, by telephone or skype.

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**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.kerievsky@gmail.com Diana is also available for private consultations by phone and by skype.

**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.

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**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

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

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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 product 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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**Receive the PAGL News and Support the PAGL Foundation**

..... Tax Deductible donation to the PAGL Foundation to support it's 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

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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. or by check sent to the PAGL Foundation c/o Bruce Kerievsky: 49 Timber Hill Drive, Monroe, NJ 08831.

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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

## Poetry corner

### One day on a crowded subway

I recognized Love;  
 Crushed together  
 Body to body touching,  
 Quasi breathing in unison,  
 I was being told how close God is.  
 The thought came:  
 Maybe our wanting to be close to  
 someone  
 Is instead Love's persistent pursuit,  
 Veiled enticement so we search  
 For our true identity:  
 Oneness with God.  
 Oh yes!  
 To remember  
 That all around me  
 Is simply God,

The all that is,  
 And we subway travelers  
 Are a bit of the divine  
 Going about our busyness  
 Forgetting  
 To see each other  
 As that "image and likeness".

### When Alice fell into the Rabbit hole

She never suspected  
 She would be learning  
 The difference between  
 The visible and invisible:

The appearance of something  
 And what it points to;  
 Like what Alice saw as the cat  
 And then the cat's grin,  
 The dog and the dog's anger.  
 So where is our rabbit hole?  
 Not in earth's distractions,  
 Great veil of reality;  
 Perhaps in silence  
 Where inspired ideas reside,  
 Gift of the one mind  
 That governs all things:  
 The seen and unseen;  
 Where seekers  
 Come upon  
 A loving Intelligence.

*-Elvira Sisca*



### The PAGL Foundation

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