

# PAGL NEWS

## Every Student Has A Mission

By Dr. Thomas Hora

*“From a tape of a private class with Dr. Hora in the 1980’s.*

EVERY STUDENT OF Metapsychiatry has a mission in the world -- to spiritualize the mental climate in the world, to heal the world of its ignorance.

When we watch TV or listen to the evil reports on the news, or see pictures of evil, disease, contagion, disaster, if we can transcend the picture and destroy it in our consciousness, refusing to be hypnotized by the picture, and, instead, become aware of the truth of God’s perfect, harmonious universe, to the point that in spite of what we see and hear -- political propaganda, rumors of wars, and

even war itself -- we can still seek to attain PAGL for ourselves, then, we have succeeded in “overcoming the world.” Every time we succeed in realizing PAGL in individual consciousness, it is like throwing a pebble in a big body of water in which the waves keep radiating further and further out, so that what blesses one blesses the whole world. And the more such individuals there will be in the world the better the world will be because the dreams will not be permitted to spread and to create a contagion.

So, a beneficial presence in the

world has a very far-reaching effect without even being able to perceive it or know it. It is not necessary to be fully enlightened to be a beneficial presence; one only needs to know how to pray. Whatever blesses one individual blesses the whole world, is, actually, a blessing to the rest of the world. And, there is no other way that one can conceive of, eventually, realizing a world which will be peaceful and harmonious, until “the earth will be filled with the knowledge of the glory of God, as the waters cover the sea” (Hab.2:14). So, not only are we saving ourselves from evil influences, but we are also benefiting mankind.

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## “Miraculous” Healings and the Two Intelligent Questions

by Donna Goddard

EARLIER THIS YEAR, I happened to see on TV a story about an Australian woman, Kathleen Evans, who had a miraculous healing of lung and brain cancer in 1993. A grandmother, Mrs. Evans said she had stepped out of her comfort zone when she revealed herself as the recipient of the second miracle needed for the canonization of Australian Catholic saint Mary MacKillop. I found it a fascinating story and will briefly share it with you. Mrs. Evans, by her own remarks, assumes herself to be an “average” sort of person,

with an unsophisticated mind, and a relatively limited religious commitment until the time of her healing. She explains the miracle in the conventional Catholic fashion as a blessing from Saint Mary MacKillop, who graciously interceded on her behalf to God. I found the events which led to the healing very interesting and absolutely in line with what we, as students of Metapsychiatry, would consider ripe grounds for a natural healing. That is not to say it was not miraculous but rather that the “miraculous” would be far more commonplace if there was a greater understanding of

## “Miraculous” Healings

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the Divine. When the higher laws of spiritual existence are more fully comprehended, healing often becomes the inevitable and most gratefully accepted consequence of aligning oneself with a more spiritual awareness.

Kathleen Evans' first marriage ended suddenly when her husband left her for another person. She had several young daughters. She found it very difficult since she was grieving the loss of a marriage that she thought had been happy and was trying to raise her children single-handedly. She did her best, as most people do in that situation. She was a practicing Catholic at the time. Some years later, she met a kind, humble, and genuine man whom she married in the Uniting Church. She continued to attend the Catholic Church. However, due to its regulations about marriage, she was unable to receive the Sacraments which naturally made her feel rejected and unworthy. After a while she stopped going to church and got on with her life.

Kathleen and her second husband had a little boy who, seemingly out-of-nowhere, grew into a very religious child. In fact, it was upon his insistence that his mother returned to the Catholic Church that he wished to attend. She only really went back to church to do the right thing by her young son. A few years after this, Kathleen had two completely unexpected experiences. Once, she was sitting in the backyard smoking [she had

been a heavy smoker for decades] and she heard a “voice” which told her to stop smoking. For some reason, which she didn't understand, she obeyed the voice. She threw out her cigarettes and never smoked again. A little while later, again in a quiet place, she heard an even more surprising “voice” asking her if she would give her life to God. She said yes but knew not why nor, I think, the enormity of that commitment. Hers was a simple, unsophisticated, sincere response. Not long after this Kathleen noticed that she was not well. Eventually she went to the doctor to be told that, at the age of 49, she had incurable advanced cancer which was too progressed to benefit from treatment and that she should put her affairs in order. This she did amidst the expected fear and grieving, and also worrying about family members, particularly her by-now 13 year old boy.

What happened next is most interesting. Kathleen became very accepting of her forth-coming death. She sincerely surrendered her life to God. She became peaceful, happy, joyous, and loving. She was still very ill and bed-ridden. For many months this continued. Every day she had visitors bringing flowers, prayers, and good wishes. Her grown-up children said that when they visited her there was always a line of people to see her but only so many people would fit into the bedroom and so they would have to go to the end of the queue! Her kind husband said he would be in the kitchen cleaning etc. and all he would hear day in and day out were peals of laughter from the

bedroom. People loved to be in that peaceful, happy, beautiful and blessed environment. During this time the Sisters of St Joseph [Mary MacKillop's Order] and many of her other friends held sustained prayer for her. After some months, Kathleen began to spend short periods in the living room. These became longer until she actually started to feel well again. Upon her husband's insistence she went back to the doctor expecting him to say that the cancer had shrunk. The doctor, in utter amazement, told her it had completely disappeared!

Healing is the natural result of raising the level of our consciousness so that it is more closely aligned with spiritual reality which is always loving, beautiful, whole, and free. It is the answer to the Second Intelligent Question - What is what really is? By accepting her supposed upcoming death Kathleen was able to raise her level of being to a more spiritual state which allowed healing to occur. She embraced the love of God for her in spite of the apparent circumstances. Forced to meet such a demanding situation head-on Kathleen rose to the occasion and hit the mark. She became sincerely accepting and happy, genuinely surrendering her life to God without reservation. Under such conditions, it is natural, rather than miraculous, for healing to occur. The mystics of all religions have always known such things. Before I became a student of Dr. Hora, at age 22, I belonged to a wonderful Catholic Charismatic Community that viewed the miraculous as common and

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## 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)

# Finding the full-size door

by Janet Patton

SINCE I WAS introduced to Metapsychiatry in the spring of 2010, Dr. Hora's teachings assist me in living life anew. Time and again, PAGL has transformed moments of despair into timeless assurance of Omnipotent, Love-Intelligence as the ever-present source of all that is. I now realize that during a dark period in my life, this Source used a dream and a message to heal me.

In August 2005, I was recently divorced and had recently returned from a week-long spiritual retreat. The divorce and my response to it were particular concerns at the time. Besides struggling with hurt, anger, and grief, I realized that my decision to marry had been partially motivated by a desire for financial, physical and emotional security. I did not want fear to drive me to jump headlong into another relationship.

During the retreat, I sought, and found, spiritual comfort. Prior to leaving, I participated in a prayer on my behalf in which my desire for a new way of being in the world and in relationship was addressed. A few nights after returning home, I dreamt that I again participated in the prayer, which was offered in a building on a college campus. To enter the building in the dream, I had to crawl through a little door that opened into a beauty shop. Passing through the shop, I found the room where two ministers waited to offer the prayer. After praying, one of the ministers, "Mr. Steward," was grinning at me. "Whaaaaat?" I asked good-humoredly. "You need a knight in shining armor," he replied. At that, I snapped to attention and declared, "I used to

want one of those, but now I want you to show me how to get out of here without crawling through that little door." Mr. Steward graciously showed me the full-size door.

Soon after the dream, I learned that I did indeed believe that I needed a knight in shining armor, and in fact, had been searching for one for as long as I could remember. I noticed it when I was introduced to new individuals, as I spoke with my former spouse, as I considered marrying my "true self" as a friend told me she had done, and of course as I "related" to God. Though this incessant shopping was exhausting, it was maintained by a deep longing for someone to take care of me.

Despite the shopping, I soon discovered that I could no longer enter into relationships (any kind of relationship) for gratification of my needs. The knight was gone, and fear moved in. Not only did I now know that no knightly Prince Charming was coming to rescue me, a more depressing thought, "There is no salvation," played over and over in my mind. I experienced periods of terror on most days and was generally anxious.

On the morning of September 9, 2008, I was awakened by a message, a thought that said, "Salvation is not from the pain of this life, but from ignorance and separation. Thus the truth will make you free. The pain and challenges of life will assist you." What wonder and peace, and salvation, this message brought! I felt deeply loved and connected.

As these memories are now illuminated by Metapsychiatry, I see how interaction thinking

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## "Miraculous" Healings

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healing as the reachable result of sincere and dedicated prayer. Faith was alive. Prayer was common. Dedication was the norm. All expected their lives to improve and whole-heartedly dedicated their days to God in much the same way as many religious orders do. It was a happy and blessed time. However, as I grew a little older I found that the driving spiritual force within me would be satisfied with nothing less than a more realized and advanced teacher. Hence my great devotion to Dr. Hora.

I feel Kathleen's story is a beautiful example of humility, surrender, and happiness, and the resulting healing that spontaneously occurs. God loves us. God does not want us to suffer. So much, if not nearly all, of our suffering is self-imposed, brought on by fear, repressed hatred, blaming, selfishness, and the great down-fall of mankind - ignorance. With a bit of devotion, introspection, and asking the First Intelligent Question - What is the meaning of what seems to be? - we can not only understand ourselves and life so much better but we can be spared many of its pitfalls. Those that still come our way we accept graciously and with minimal suffering. After all, to know that we are loved by God brings great comfort and makes all of life a pleasure and a joy.

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**Beyond the  
Dream,  
by Dr. Hora**

**Now available as  
an e-book from  
Amazon.com**

### Finding the full-size door

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had limited my life and how the “problem” of divorce led to learning “lessons” that liberated me from the false belief that I needed someone to take care of me. I also see how the old way of being in the world was ignorant of the truth of being as “one with and inseparable from God,” and how that ignorance was the source of my fear.

Early on, the terrain beyond the full-size door was so foreign and frightening that I sometimes sought to return to the old way of life. A few times I crawled back through the small door of the dream to try it on, but I no longer fit in the “beauty shop.” There was nothing to do but walk through the full-size door again. Clearly, my prayer at the retreat was an invitation to these experiences. Today, I am grateful for them.

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

*By Bruce Kerievsky*

In the late 1990s, there emerged a branch of psychology that its founders called Positive Psychology. In contrast to traditional psychology, with its orientation toward identifying the pathological thoughts and behavior of its patients, this initiative seeks to describe and focus attention on those qualities of character that make for a wholesome life. “Positive psychologists are concerned with four topics: (1) positive experiences, (2) enduring psychological traits, (3) positive relationships and (4) positive institutions.” [Wikipedia.org entry on Positive Psychology]

Hence, it may be useful to

consider the 24 character strengths (called VIA Signature Strengths in its literature) cited by this approach in the light of the Metapsychiatric understanding of spiritual qualities, values and ideas. This examination will appear in the PAGL News in several following issues.

The major categories under which these strengths are listed are:

- Wisdom and Knowledge
- Courage
- Humanity
- Justice
- Temperance
- Transcendence
- Wisdom and Knowledge

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## Time to Renew Your Subscription to PAGL News

PAGL News is published 3 times a year and distributed to anyone interested in receiving it.

Subscriptions help to cover the costs of publishing, printing and mailing and are greatly appreciated.

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.

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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 [Bruce@PAGL.org](mailto:Bruce@PAGL.org)

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

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**CREATIVITY** [originality and ingenuity] is defined by this system of thought as “thinking of novel and productive ways to do things, including artistic achievement but not limited to it.” Metapsychiatry appreciates “creativity as the manifestation of inspired wisdom expressing itself through human consciousness. God is the source of all creative intelligence, and a creative individual is one who is receptive to inspired creative ideas coming from that great source and expressing itself in “multifarious ways” [BTD page 10]. Hence creativity is regarded not so much as an embedded individual “strength” but as a mode of consciousness that manifests in an individual aware of the source of intelligent ideas and open to it.

**CURIOSITY** [Interest, Novelty-Seeking, Openness to Experience] is “taking an interest in all of ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.” Metapsychiatry asserts that “Curiosity about how nature works, and things in the physical universe is not bad. But if we are curious about a spiritual being, a child of God, that is a trespass.” [One Mind page 30]. Further,

“Metapsychiatry avoids conversation about illnesses, operations, etc., because such accounts fascinate the curiosity of the personal mind and can actually lead to mental contagion that can be externalized in some form of “physical symptom”. [What Does God Want? Page 20]. In other words, curiosity about the world can be productive, while curiosity about persons is destructive.

**OPEN-MINDEDNESS** [Judgment, Critical Thinking] Positive Psychology views this as giving fair, careful, unprejudiced thought to all issues. Metapsychiatry agrees that “what is required ...is a complete openness of mind. We have to learn to approach phenomena without preconceived ideas. The German philosopher Husserl has coined the word epoché which means putting our preconceived ideas and notions on a shelf momentarily, so that whatever reveals itself can be perceived in its purity.” [Existential Metapsychiatry page 4] This suggests the question, “How do we recognize whether we have truly understood something or are deluding ourselves? We need to be aware both of the presence of PAGL in our consciousness and

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## CD Summaries

*by Heather Brodhead*

“And God shall wipe away all tears from their eyes; and there shall be no more death neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. And he that sat upon the throne said, ‘Behold, I make all things new.’” (Revelation 21:4-5)

The calendar tells us we are beginning a new year. We are drawn to the promise of newness and transformation, but the transformation we seek comes not from doing anything but in seeing anew—waking up. Two CDs, nos. 75 and 88, stand out in offering us guidance, regardless of clock or calendar.

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CD#75 - The Land of PAGL: Buddhist “Pure Land” and the Land of PAGL—Definition of “spiritual blessedness”—Liberation from the hardships of life—The importance of being interested in spiritual blessedness—The Land of PAGL vs. “fool’s paradise” & hypomanic behavior—Being here for God—Valid idea of happiness--Cherishing—Finding happiness—Information to transformation—The “Meditation of Glowing”—Commitment—Guarding consciousness—Wanting—The talent of discernment—Spiritualizing concepts—Spiritual concept of business—Moving from good to better—Feeling guilty—Self-confirming restitution vs. sincere reorientation—From doing to knowing—Judging and criticizing vs. blessing and compassion—Being here for God.

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• CD # 88 – Seeking The Living Soul: our true selfhood—“Hid with Christ in God”—The material world, counterfeit of Reality—Thought in visible form—Awareness, a faculty of consciousness—Form & formlessness vs. Reality—Spiritual discernment—Awakening to Reality— “Original sin”—Self-confirmation is a veil—Adam & Eve—Receptivity and transformation—Seekers vs. knowers—What “thinkers” see—Prejudice—The value of the material world—Prayer—Visualization—The “still small voice”—Forgiveness—Purifying our view of ourselves and others.

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

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to observe the results of our supposed understanding. If the former is not manifested or if the latter are inharmonious, then we can acknowledge that we have not yet understood. Humility is the prerequisite for open-mindedness.

**LOVE OF LEARNING** Positive Psychology describes it as “the tendency to add systematically to what one knows.” This is a general statement. Metapsychiatry prioritizes the love of learning by emphasizing that learning to see and understand reality is most important. It is the purpose of life. Whereas much learning may be for ego gratification, we seek to understand reality so that our lives may be transformed. When given the appropriate attention, whatever other learning is needed and most useful will not be difficult to acquire.

**PERSPECTIVE** [Wisdom] is defined by Positive Psychology as “Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.” Metapsychiatry states that “Wisdom is not intellectual. Education cannot provide man with wisdom. A well-educated man may be well-informed, but he is not yet a wise man. He can become a wise man only if his consciousness is spiritualized. This makes him a different man, a man who is tuned in on a source of higher intelligence which is God. And the more he is tuned in on this intelligence, the more creative, the more loving, the more harmonious and healthy he becomes.” (BTD pg. 18)

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## The Healing of Consciousness: You are what you think, so what's going on?

~ 2013 PAGL Associates Meeting ~

Sunday, April 28th

House of the Redeemer

7 E. 95th Street, New York City

9:30 AM – 3:30 PM (Registration: 9:00-9:30)

Cost: \$100 before April 15th; \$120 at the door  
(includes lunch)

Last year, our attention was focused on understanding the Metapsychiatric method of healing. To move from knowing about the truth to a realization of the truth requires practice. This year we will apply this to our lives in practical ways as consciousness expands and we let healings take place.

To register for the Meeting, make check payable to the PAGL Foundation and send it to Bruce Kerievsky, 49 Timber Hill Drive, Monroe, NJ 08831. A limited number of scholarships are available. Please call Bruce at 609-662-4911 for information.

If you would like to write a paper (1-2 pages) about the experience of healing in your life, please send it to Ruth Robins at [Robinspagl@aol.com](mailto:Robinspagl@aol.com) before April 15th to be read at the meeting or appear afterwards in the PAGL Associates Newsletter.

## PAGL Community News Listings

**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](http://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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**2013 RETREATS: “Consciousness is the Sole Reality” II & III**

The MetaWay of Metapsychiatry announces its 2013 Retreats on Saturdays, MARCH 30th & APRIL 27th:

Retreat II-3/30: A Meta Prologue to Easter examines the experience of dying through a metaphysical lens

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## PAGL Community News Listings

and the role of consciousness in this inevitable human occurrence: "Everything material is finite, and it dies; but in Spiritual Reality, there is no death...our divine identity cannot die" (Thomas Hora).

Retreat III-4/27: "Everything Except God is a Metaphor" (Thomas Hora) explores the symbolic nature of the phenomenal world, thus helping us to differentiate between "what really is" and "what seems to be."

Each daylong Retreat (9-4), led by Susan von Reichenbach, will take place at Guest House, Chester, CT for \$55 per person, incl. a divine lunch. Visit [www.theMetaWay.com](http://www.theMetaWay.com) (Retreat Page link) for details; or email Susan at [metabooks@metapsychiatry.info](mailto:metabooks@metapsychiatry.info) or tel. 860.405.4044 for more information.

Reservations' deadline for II by 3/15 & for III by 4/12. Mail check payable to Susan von Reichenbach, POB 1024, Old Lyme, CT 06371.

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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](mailto: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

Ruth is also available for private

consultations in person, by phone, or by Skype. Call 860.434.2999 (EST) or email [Robinspagl@aol.com](mailto:Robinspagl@aol.com) for information about classes or consultations.

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Wednesdays, 8AM Eastern, teleconference and Wednesdays in NYC 6pm-7pm PAGL Groups with Nancy Rosanoff. For info: 914-930-7095 or [nancy@rosanoff.com](mailto:nancy@rosanoff.com). Nancy is also available for private consultations in person and by telephone.

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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](mailto:bruce.kerievsky@gmail.com). Diana is also available for private consultations by phone and by Skype.

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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 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.

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*The Love of Being Loving*, by Donna Goddard, has now been published. It can be ordered through the Bookstore

at [www.balboapress.com.au](http://www.balboapress.com.au) <<http://www.balboapress.com.au>> Soon it will also be available from Amazon etc. \$14.99, \$3.99 (e-book). The book is based on the teachings of Metapsychiatry and Christian Science. It is also a personal journey. The journeys of each one of us help to elevate the world by our sincerity, devotion to God, and dedication to "spiritual work". Spiritual Healing and Counselling, [donnagd1@optusnet.com.au](mailto:donnagd1@optusnet.com.au)

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Metapsychiatry on TV ~ In The Listening Place's nine part television series, *Who am I? and 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)

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*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 To The Blind at: [www.rfbd.org](http://www.rfbd.org) to listen to this book Deborah Sofferman, 860-567-2201.

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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](mailto:metasilvia@yahoo.com).

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

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# 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.

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