

# PAGL NEWS

## From The Archives Introductory Remarks

*For the PAGL Foundation Board of Directors Meeting  
May 4, 1990 by Dr. Thomas Hora*

WE ARE HAPPY and grateful to meet once again in this beautiful place. On this occasion I would like to say a few words about what was going on in our thoughts during the year. We were wrestling with the idea of becoming a bi-coastal Foundation (California and New York). We had to hire lawyers to arrange our acceptability in New York State so that we could legally function here.

In the course of this experience certain questions kept cropping up: What is the justification for being a Foundation at all? In what way do we deserve the privilege of tax exemption from the Federal

Government and from the States of California and New York? What is the redeeming feature of our work?

The lawyers would ask: "What is this Metapsychiatry thing?" It was somewhat difficult to explain. Even today if some interested individual were to ask us to explain what it is that we do and how we do it, we respond with care because it is easy to misunderstand. At times we remain silent.

In the past we came to the conclusion that the best way to preach Metapsychiatry was nonverbally. This is still a very good idea. It is

particularly good for the one who has to do the explaining because what we cannot express outwardly, we have to internalize. And if we internalize the truths of Metapsychiatry we become transformed. But we have still not found a way of quieting the misgivings of the inquiring public. So we do talk, albeit as little as possible, because the more we tried to explain, the more we would get embroiled in misunderstandings.

If we talk to lay people they may say: "Well, I don't understand it, it must be one of those cults that are found throughout the country. It is some "New Age psychobabble." If we try to explain it to a professional in the medical field or psychology and psychiatry, what happens is that we often see them pouring "new wine into old bottles." Whatever

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## In Whose Universe?

*By Ann Linthorst*

A KEYSTONE in Dr. Hora's unique approach to human problems is the "Two Intelligent Questions," which we are advised to ask when a problem arises. These two questions are: "What is the meaning of what seems to be?" and "What is what really is?" (See *Healing Through Spiritual Understanding*, p. 16)

Recently I have realized that these questions enable us to examine the premise which we are holding about the nature of reality. I notice that the first question is not, "What is the meaning of what is happening?" but of

"what seems to be." So I find myself needing to ask first, "Well, what seems to be? What am I thinking my situation is?" The particular thought that constitutes the meaning may be something like, "I am angry with so-and-so because he/she doesn't respect my opinions." But underneath that interpersonal drama is a premise – a belief about reality that gives rise to it. We seem to be persons, on our own, needing to manage all the details of life in order to ensure our survival and well-being.

Wow! What a pickle to be in! In

## Introductory Remarks

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we say about Metapsychiatry is at times reinterpreted in terms of psychology, psychiatry, or psychosomatic medicine. The medical establishment accepts the fact that emotional reactions can bring about functional symptoms, like for instance, hysterical paralysis, or fainting spells, or vomiting, or excitement of some kind. So they may say: "Yes, emotional factors can have an effect on the functioning of people." But that is as far as it goes. This is scientifically unacceptable and often radically rejected. Now, we don't worry about what is rejected or accepted; what we need is our own clarity. When we say the physical is mental, we have to understand what we are talking about.

We can try to explain things this way: Imagine that a blind man is given a fish and is told: "Examine this fish carefully and tell us what the ocean is." Can anyone see the ocean by examining a fish? The fish cannot exist without the ocean. The ocean gives rise to the multitude and variety of fishes and other marine life and fauna, but from examining all the fishes we cannot get an idea about what the ocean is.

Furthermore, if we consider the fishes in the ocean we can observe that the fishes only see other fishes and they are only aware of their

"relationship" to each other, more or less. This reminds us of ourselves before we develop a capacity for transcendence. We are not aware of the existence of God. In Metapsychiatry we speak of Divine Reality as the "Ocean of Love-Intelligence," where we live and move and have our being.

Similarly, we don't know what our purpose in the PAGL Foundation is unless we face the fact that the supreme issue is learning to know God. The general assumption is that religion can help us see God; unfortunately religion cannot help us see God. We can see rituals, ceremonies, and beliefs about God, but just as we cannot see the ocean by studying fish, we cannot see God by studying man.

How can Metapsychiatry accomplish this requirement? If we can see this, then we have a justification for existing. All of us have to keep in mind that we are blind until we have caught a glimpse of God, the Creative Mind of the Universe. God determines man. Man does not determine God. As our vision expands and we can see Creative Mind more and more clearly, healings happen because it is God that heals. The Bible says: "I am the Lord that healeth thee." (Exodus 15:26) Now think of all the various systems that have been devised to try to help people and to heal them. They are, more or less, hit or miss propositions, more or less frustrating and inauthentic. The healing efforts that do not begin with seeing man in the context of God are rather frustrating and futile.

As we move closer to understanding what the PAGL Foundation's contribution to the world is, we see that we have to work on finding a way of seeing God and man in at-one-ment. This task is neither philosophical nor religious, but epistemological – transcendent.

**The video documentary on Metapsychiatry is being aired as part of the Culture Unplugged film festival on the topic of Enlightenment and Spirituality. Go to: [www.cultureunplugged.com](http://www.cultureunplugged.com) and search for: "The Blessings of Metapsychiatry" to see the film.**

## In Whose Universe?

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whose universe could this be taking place? Such a premise certainly does not reflect omniactive Love-Intelligence!

It is, in fact, the mortal premise about life, and it is a very cruel belief. It declares that we are separate from our Source, thrown randomly into a mental/physical situation we did not choose and over which we have no control. That separate identity sense – the human ego - may believe in God and beg for guidance or help, but as long as it believes it is separate from God, it is operating on the basis of a false premise, and the good will never be reliable.

This is the "seems to be" which takes form in all the mental and physical phenomena of human woes. From this, Dr. Hora came to his revolutionary assertion that "All problems are psychological; all solutions are spiritual." The mortal universe is a Godless universe, and it is that mistaken premise about the nature of reality which must be seen and seen through for lasting healing and spiritual growth to take place. It is this premise which we need to "recognize and regret" and which leads – impels – us to the 2nd

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**Beyond the  
Dream, & One  
Mind,**

by Dr. Hora

**Now available as  
an e-book from**

**Amazon.com**

# Translating Metapsychiatry into Dutch

*By Jenny Rutten*

Metapsychiatry came into my life at a moment that I realised that the only thing to do was 'TO SURRENDER' (in terms of Metapsychiatry: TO LET GOD).

A colleague of my husband came with the translation of the first part of 'DIALOGUES IN METAPSYCHIATRY' and of 'BEYOND THE DREAM'. And I said: "Yes, that's it !!!"

I contacted Pagl.org and bought ONE MIND. The colleague mentioned above didn't understand English, so I started with the translation of the book ONE MIND and of the Newsletters. Although at a particular moment, I doubted if it was possible to translate Metapsychiatry without having realised it in my life. I even didn't understand all of the eleven principles of Dr. Hora. But some readers encouraged me to go on with the translation, by their interest in Metapsychiatry and by their interest to read more of it.

The longer I translate the more I see the importance to discern the words of the world and the words expressing a spiritual value and to use the right word especially for the Metapsychiatric terms.

Sometimes I meet words in the books of Dr. Hora, which have no exact translation in Dutch, for example: "willfulness" and "nihiliation." Then I let it (be) for a while and wait for a word or an expression to come and then I check it with the dictionary. Some typical

words in Metapsychiatry such as "assurance" and "at-one-ment" have no exact equivalent in Dutch. I am very grateful to Ruth Robins, who helped from time to time to find the right word and to understand essential parts of Metapsychiatry. For instance the fact that cause-and-effect thinking is not valid, though it is very important in order to understand the healing method of Dr. Hora, became clear that way. It was explained to me that Heisenberg stated that energy cannot be created or destroyed, it can only be transferred and transformed and this understanding made it clear that we do not have the power to create symptoms and illnesses. So the questions as "how?" and "why?" (The futile questions) are invalid and have to be replaced by the two intelligent questions. Now I understand and I no longer think in cause-and-effect terms and I am not following the cause-and-effect thinking, as before, when others are reasoning that way.

At another turning point some time ago I didn't notice that I was very occupied by all the invalid things in the world and in my life, as were mentioned in Metapsychiatry.

It was said to me: "What is needed is an increasing distinction between The Ocean of Love-Intelligence and The Sea of Mental Garbage." All of a sudden I saw where I was on the path and what was still interfering and what I had to do: To focus on the good of God helped by prayer and meditation. And then I realized that

the resistance had gone!!!

One sentence can have a spectacular effect. I am increasingly aware of the qualities God and of being a part of it.

Metapsychiatry turned my life upside down or better the other way.

It made me see that God IS harmony, love, peace, joy, intelligence, compassion ...

It makes me grow in the consciousness of the presence of God and of being, as well as everybody else, as a unique manifestation of God and that there is no better thing in life than to be here for God.

Translating was and is the best way for me to study Metapsychiatry and other people may profit from it, in their daily and professional life. While translating, I feel inspired and it is as if it is flowing without effort. I love doing it but in the meantime I know LOVE is doing it.

**NOTE:** Jenny Rutten has spent the last several years translating the works of Dr. Hora into Dutch and the following are now available:

- One Mind
- Existential Metapsychiatry
- Beyond the Dream
- The booklet Marriage and Family Life

Dialogues in Metapsychiatry will be ready next year

Contact: [jennylaponrutten@gmail.com](mailto:jennylaponrutten@gmail.com)



## I'm Still Here

by Carol Giuliano © 2013

I took a walk the other day,  
And had a thought along the way;  
It was that you were at my side.  
It felt so real, I almost cried.  
I then remembered—you had died!

“But wait,” you said into my ear,  
“I never left you; I’m still here!”  
I looked up and saw a light so clear  
“Are you an angel? Are you real?”  
I tried to touch but could not feel.

The light grew bright then flew  
away,  
And in my ear I heard you say,  
“I’ll always love you; love can’t  
hide,  
Forever I’ll be at your side.  
I’m waiting for you in your mind,  
I’m in yours and you’re in mine.”



## In Whose Universe?

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Intelligent Question: “What is what really is?”

This question points us to the only thing that can transform our regret into release: the truth of Being. “What is what really is?” is the elevator that sweeps our consciousness up to the highest viewpoint, the spiritual viewpoint. It’s like going from the basement to the penthouse. The viewpoint determines the view, and only from the highest viewpoint - that of God as omniactive Love-intelligence – can we see the lawful Goodness of the spiritual universe.

If God isn’t All, God is nothing. “God” is a shorthand word for the “ultimate nature of Reality.” If God is the universal qualities of Love-Intelligence present and substantial everywhere, at all times, then that’s how things are. And then we are NOT separate, self-sustaining mortals, vulnerable and death-bound. If we hope to become aware of our own spiritual nature, we must ask the right question. We must ask to see what really is and let it replace our sense of what seems to be.

The more we cherish the Divine viewpoint, the more spontaneously the questioning takes place. When people recount difficulties, or I watch the “ghastly farce” of human experience parade across the TV screen, the thought often comes strongly to mind: “In whose

universe?” As a friend often asked, “Would I, divine Love, do this to Myself?” Then it is clear: not only would Love not do this to anybody, It could not even allow such a thought in the light of Its Presence. God is NOT “the author of cruel codes.”

Jesus said, “If you, being evil, know how to give good gifts to your children, how much more shall your Father which is in heaven give good things to them that ask him?” (Matthew 7:11) Perhaps “asking God” is just clarifying the premise that we are accepting as reality. The sweetness of the divine Presence speaks to us of “the lovingkindness of the Lord.” So when a situation feels harsh or mean or unjust to us, we are called to examine what “voice” we are honoring as the source of our information.

When we catch a glimpse of “what really is,” the omniactive Goodness of God exposes the whole, Godless premise of personal life. We not only regret the false premise, the spell is broken, and the silliness of the personal concerns is revealed. Those of us who sat with Dr. Hora in sessions remember the laughter which used to erupt from him at times, as we described our woes. We came to understand that “nothing is more ridiculous than seriousness” in God’s universe. So if we’re not laughing, we’d better check out our premise.

“O taste and see that the Lord is good; blessed is the man that trusteth in Him.” (Psalms. 34:8)

## 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)

## LOVE IS PAYING ATTENTION

by Susan von Reichenbach

Inspired by "The Epistemology of Love" from *In Quest of Wholeness*,  
by Thomas Hora, MD

ONE OF Metapsychiatry's definitions of love is "paying attention."

Dr. Hora asks the question:

"What is the payment that is being paid in paying attention?"

The answer, summed up, is that the payment that is being paid is giving up certain mental content. This content is comprised of our cherished assumptions, our "should" thinking, and the clutter of our darting thoughts, which distract consciousness from open-minded confrontation with the moment.

This is the "mental currency" we must sacrifice in order to pay attention -- this is the "price to be paid" to realize the loving state of consciousness.

Attention is a state of mental receptivity to whatever IS. It is not engaged in making judgments or in silently commenting about what is transpiring.

Attention listens in the context of God, in trust, assured that whatever needs to be understood will be revealed.

"Since love is complete attention, it must be undivided..."

Love listens to hear; love is concerned with understanding" (Dr. Hora).

The ability to pay attention manifests in a loving and compassionate presence, which is fully present and, therefore, available to divine inspiration for its response.

## The Basic Stuff of Life:

CD # 51 has been remastered and is now available for listening and/or downloading at PAGL.org . This is the first of the audio enhancing we plan to have done for all of Dr. Hora's class recordings. As the work is done, they will be available at pagl.org . Each recording requires between 3-7 hours of engineering work to upgrade the original tapes. If you would like to support this project financially you can make a tax deductible contribution to the PAGL Foundation and designate that you would like your contribution to specifically benefit the audio project. Contributions can be made at pagl.org or checks can be sent to: PAGL Foundation c/o Bruce Kerievsky, 49 Timber Hill Drive, Monroe, NJ, 08831.

## CD Summaries

by Heather Brodhead

With a new year, even a new day, there is a freshness of beginning anew, as we seek to release ourselves from self-destructive habits.

Metapsychiatry says: "Self-destruction is self-confirmation, and self-confirmation is self-destruction." Sometimes we are trying to cover up past hurts and resentments. As we sincerely seek to understand the thoughts we entertain, we become ready to allow the past to be healed. CD #54 offers insight into healing the past.

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- CD # 54 – The Curtain of Time.

Setting: Class of professional psychotherapists and pastoral counselors

Time: [approx. 45 min.?)

The timeless now vs. linear time—Healing past painful experiences—The curtain of time: dreams, fantasies and

imagination—We have no power to cause inalterable wrong—God can heal the past—The "3 Rs" of Metapsychiatry—Recognition, Regret, Reformation—Meaning vs. cause—Phenomenological perceptivity—Hermeneutic clarification and "recognition"—Mental equivalents—Example of man with a hernia—Psychosomatic medicine vs. phenomenology—Thoughts as units of mental energy—Sincere desire to be healed—The First Principle of Metapsychiatry—Purity of heart vs. self-deception—Spiritual good—PAGL—Traditional psychotherapy's attempt to change the past by altering the present—Healing comes with abolishing the past.

This CD and others are available from the PAGL Bookstore, P.O. Box 4001, Old Lyme, CT 06371. PAGLbooks@aol.com

# PAGL Community News Listings

## PAGL Group Meetings

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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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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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 sessions 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 private sessions.

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For information regarding PAGL Groups and private consultations with Nancy Rosanoff: [www.nancyrosanoff.com](http://www.nancyrosanoff.com), or call 914.930.7095.

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 is based on the teachings of Metapsychiatry and Christian Science. Donna shares with you her love of God and others and her lifelong interest in understanding the causes of human suffering. The Love of Being Loving brings healing, courage, serenity and happiness. Softcover and E-Book.

Blog and website: <http://donnagoddard.com/>

Facebook: <https://www.facebook.com/donnamareegoddard>

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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](http://www.metapsychiatry.org)

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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.

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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](mailto:PAGLFoundation@gmail.com) or the address above.

# Anatomy of a Healing

By Nancy Rosanoff

**AWAKENED WITH lower back pain:** Even with the awareness that the back pain has a meaning – I attempt to stretch it out and consider that perhaps it is a result of some physical activity over the past few days.

**Circling:** I am aware of the great wisdom teaching of Metapsychiatry that “pain is an angry, interaction thought,” yet, like a dog circling the spot where it is are about to lie down, I circle the meaning. Attempting to think it through – intellectualizing about what it means, what it has meant in the past. All attempts to figure it out and “do” the healing through my own efforts fail – of course.

**Prayer and Meditation:** Praying and meditating on what it means, asking God to help heal this pain also fails. I’m still focused on healing the symptom. At least I can laugh at myself and have compassion for the fruitless attempts.

**Sincerity:** It occurs to me that there is nothing I need to do. Whatever thought is expressing itself in this pain is on its way into awareness. There is some embarrassing thought to face. It becomes possible to “let.”

**Letting the three R’s:** I present the situation to my Metapsychiatric mentor. There, in the presence of non-personal, non-conditional benevolence, critical judgmental ignorant thoughts come clearly into view. These critical thoughts are recognized as rivalry and malice, de-volving from “comparison thinking.” Yuch!

After all the spiritual studying, I do not like to consider that I can have such thoughts. Yet, there they are, plain as day – with the pain

to go with it. And, in the actuality of seeing them through the lens of Perfect Love, it is a relief.

This awareness is completely different from the intellectual thinking attempts to manage the situation. It is a non-judgmental, yet completely truthful view of ignorant thoughts, juxtaposed with the awareness of ever-present, non-conditional love. A wave of embarrassment is followed by a wave of regret. The “wave” is the ocean of love-intelligence, letting itself be known, and thus, the ignorant mental garbage is recognized for what it is: nothing.

**The “dead trees come to life”:** The back pain disappears, but even more joyful is the disappearance of defensiveness and frustration. It is not noticeable to anyone – everything in my life is the same, yet the quality of being has been greatly uplifted. I see myself, and others blossoming, each according to his or her own season. Perhaps we always have been, and with awakened eyes I am able to see it and appreciate it more fully. It is interesting to contemplate that the “dead trees” are within our own consciousness – merely personal misperceptions.

**The Real Work:** The critical and judging thoughts still come into awareness, and sometimes into experience. The need is for constant alertness to them and their deceptive nature. There is a greater capacity for “...the open-minded confrontation of that which reveals itself from moment to moment...” (Dr. Hora, *BTD* pg. 57). In other words, ignorant thoughts are continuously coming into awareness. What is required is continuous practice and

ceaseless prayer.

There is no “arriving” in Infinity – only going from good to better. With attentiveness to what is Real, what is unreal becomes very clear. Habits of thought may continue and need to be confronted – discerned for what they are, then dismissed as attention turns continuously to spiritual reality.

... and the wave crashes upon the shore and slides back into the sea.

.....

## The Dream

by Steve Thompson

Oh, Beloved.

We have reversed the intention.  
Humankind has fallen asleep in  
the myth of separation.  
We are like fish who swim, in the  
waters  
in which we all move and have  
our being  
and yet we know it not.  
We have danced on a false leg  
that whispers  
in our ear that we create and  
express out  
of the island of ourselves.  
I tell you truly that it is not so,  
To come to understand the unity  
of it all.  
To find the path on which we are  
like  
sparks of a single flame and  
source,  
Is to draw the gold lines of  
thread  
along the pathways of the  
spider’s web.  
And I shall lay my ear upon your  
heart  
and listen to the music that  
quicken my soul.

# 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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