

PAGL NEWS

Reflections on Dr. Hora's "On Meeting a Zen Master Socially"

Bruce Kerievsky

The following is one observer's remarks regarding a paper read at the May 1, 2011 PAGL Associates meeting that was written in 1961 by Dr. Hora and appeared in the journal Psychologia, which is published by the University of Kyoto

Summary

The encounter consists of a visit between Westerners and an elderly but spry and alert Japanese Zen Master and his retinue, which includes a translator. He is characterized as appearing to "see everything without looking, ... understand everything without knowing the language, [being]... cheerful, smiling, full of appreciation of the smallest courtesies. He moves and rests surrounded by an aura of silent joy."

On a trip to a rural environment, and without the accompaniment of the translator who has fallen ill, the master is completely at ease and expresses wonder and joy at the beautiful things he is shown. "He is completely unimpeded by doubts, self-contradictory impulses or double motivations. Evidently he is free of the usual conflicts, strivings and inhibitions of western man, or even his own Japanese country-men....He is in harmony with life."

His companions mentioned that he was 90 years old. When asked if he was married, he indicated that he was married to the heavy stick that he carried. In response to these surprising revelations, he began playfully and affectionately to beat a woman and several volunteering men on the shoulder with the stick, a traditional Zen practice to awaken students to their sense of being burdened.

When someone took his picture with an instant camera and showed him the result, he laughed heartily without

showing any interest in retaining the photo.

He did, however, notice that he was being observed in a "clinical" manner by one of the party, and his glare at this individual's arrogance produced the latter's embarrassed withdrawal.

At the end of the day, when leaving, he bowed respectfully before each member of the group.

At a dinner party for the group a week later the interpreter was present. The master bowed prayerfully before eating, and was joined by all in this "nonverbal grace." He ate in silence and sparingly, "as if playing with the food."

Afterward, he was questioned about the meaning of a Zen scroll. He explained that it contained a koan, which cannot be explained or understood in words, but only through Zen meditation. Pushed to expound further, he began speaking at length with the translator, eventually tiring and losing the interest of the questioners. "The moral of that evening was that language and erudition are of little help when it comes to meaningful communications."

The farewell meeting was a luncheon the next day. All were friendly, and continually surprised by the originality and unpredictability of the master. He appeared to greatly enjoy and value his small quantity of food, remarking that he wished he were a cow so that he could enjoy the delicious food twice. After tasting some sharp mustard, his eyes began tearing. He observed

Understanding Begins With a Question

The format for the annual PAGL conference held May 1, 2011 in New York City offered participants a new way to deepen our understanding of the concepts of Metapsychiatry. We stayed together as one group for the day, led by Ruth Robins, using a booklet assembled by her titled: "Who Am I? and What Is The Purpose Of My Life?" as a springboard to our dialogue. The booklet contains the main healing concepts of Metapsychiatry organized in a sequence that assists understanding. Comments received from attendees after the conference appreciated the full day dialogue with other interested students and the step-by-step structure for considering issues from a Metapsychiatric perspective provided by the booklet.

Upon reflection, it was amazing that over 35 individuals were engaged and harmonious all day. The questions and concerns that arose reflected the individual struggles to apply the healing concepts to their specific issues. At the same time, the responses and clarifications were helpful to all. Everyone obviously enjoyed being there as there was much laughter and lightness throughout the day.

Some of the papers written in response to this year's conference are included in this Newsletter.

Now it is your turn!

One of the pillars of understanding used in Metapsychiatry is dialogue: joint participation in the search for truth. The PAGL Newsletter is a way for students all over the world to engage in dialogue by sharing the poems, inspirations, stories, cartoons, reflections and journeys that reveal the infinite ways Truth is bringing healing

Hello Fellow PAGL Seekers!

Welcome to the new PAGL News. Before presenting what is to come, I will send a special thanks to Deborah Sofferman, our Editor since 2005. Her good work has benefitted many and we bless her for her past and continuing support of the PAGL Foundation. I would also like to thank our new Coordinator, Nancy Rosanoff, for her current and future efforts. We are blessed to have many talented volunteers working to support the PAGL Foundation and this Newsletter, in particular.

In the newsletter, our focus is on how the teachings of Metapsychiatry are being applied by students. We have simplified the presentation, increased the font size when possible, for easier reading, and for those who have subscribed to electronic delivery, we have added links to web pages and videos, among other items of interest. We are open to ideas, so please don't hesitate to send suggestions to nancy@rosanoff.com.

In our continuing effort to insure that we are focusing our efforts and resources on interested individuals and on interesting topics, we are putting the PAGL News on a self-sustaining economic footing. We now charge a nominal fee for advertising space, see Adds page for details, in order to create an intelligent balance between the interests of readers and those students that wish to bring our readers information. PAGL Groups will be announced for a \$20 annual fee, so please send us details, if you sponsor one.

In the next PAGL News, we will present a request for a \$20 annual subscription price from individuals that have not already made a donation in 2011 and who wish to continue to receive the PAGL News in 2012. For those that are unable to support the production of the PAGL News, we ask only that you advise us, annually, of your continued interest, via e-mail or via a mailed reader response envelope. All donations are tax deductible and we intend to publish the PAGL News in the Fall, Winter and Spring.

For those that have continued to support the PAGL Foundation with donations, despite the lack of letters to readers, we are very grateful to you. You are our lifeblood and you are much appreciated.

PAGL be With You,

*Robert Wieser, President
The PAGL Foundation*

into our lives. You are invited to reflect on the theme of the conference, "Understanding Begins with a Question," or any other teaching of Metapsychiatry that has been helpful to you that you are inspired to write about and share through the PAGL Newsletter.

Send all submissions to: nancy@rosanoff.com and please include your name, phone number and email. P

A Red Faced Elvira

Elvira Sisca

How hard it is to admit I don't know. It is this ego thing that prevents me from really being healthy and fulfilled. I was finding that making mistakes came easily but relinquishing the humiliation was almost impossible and I was too stubborn to admit that I could not control my emotions. Embarrassments can be excruciating if you are not familiar with the teachings of Metapsychiatry.

My story is a confession, a veritable *mea culpa*. If, years ago, I could have admitted to myself that I was willful and ignorant, it would have been simpler and easier to change. But stuck as I was in my preconceived notions, mis-education, hypnotic suggestions and other untruths, it was hard to acknowledge that what I had

been taught all these years was false, unreliable and downright harmful. Somehow I needed them.

Always interested in the questions of existence, while my religious upbringing provided some good answers but were not always satisfying or convincing, I spent many years searching and exploring other ideas, mainly what different schools of psychology and philosophy had to teach. Several years ago I came upon the teachings of Dr. Hora. I was immediately taken by what it offered. I pursued it with great interest and enthusiasm. But after some years of study, I began to be uncomfortable with the challenges I faced that were in conflict with my cherished beliefs. So fearful was I that the fear of being without my habitual security blanket of beliefs led to my abandonment of the teaching. This discomfort, I understand now, was the catalyst for the elimination of false and invalid ideas. How was I to be convinced that suffering comes before wisdom? But the good of God came to my rescue even though it took a few years for me to recognize that whenever I had a problem or a suffering I immediately sought understanding and comfort in the truths that I had learned from Dr. Hora. These truths were always there for me and little by little I began to understand that I need not fear acknowledging my error and must return to learn more and more about the truths that were sustaining me.

One day, out of the blue, I received a call from my former Metapsychiatry teacher asking if I would be interested in submitting one of my poems for the Metapsychiatry Newsletter as I had done some years before. Immediately I knew it was an inspired message just for me because although I was no longer attending classes, the poetry I had been writing these interim years dealt with questions of existence and each had a basis in the teachings of Metapsychiatry. I smile when I think how mysterious are the workings of the good of God, the love-magnet, always drawing us. My thoughts about returning were out there just waiting



Inside This Issue

Reflections on Dr. Hora's "On Meeting a Zen Master Socially"	1
Understanding Begins With a Question	1
From the President	2
A Red Faced Elvira	2
2012 PAGL Associates Meeting	3
The Gift of the Anonymous Question	3
Q&A	4
PAGL Study Hall	4
PAGL Poet's Corner	5
CD Summaries on the Website	6
PAGL News – Invitation for Submissions	6
Compassion for Oneself	8
From the Archives	8

Understanding Begins with a Question, Part II

2012 PAGL Associates Meeting

Sunday, April 29, 2012

House of the Redeemer

7 E. 95th Street • New York City

Cost: \$100 (includes lunch) • \$120 at the door

This year we will focus our attention on understanding Metapsychiatry's unique and powerful method of healing, consisting of the "Two Intelligent Questions" and "3 Rs," recognition, regret, reorientation.

In preparation for the meeting, please consider writing 1-2 pages demonstrating how this method healed a problem, small or large, in your life. In telling our stories we learn from each other the range of possibilities to which this method can be applied. Kindly send your paper to Ruth Robins at Robinspagl@aol.com before April 15, 2012.

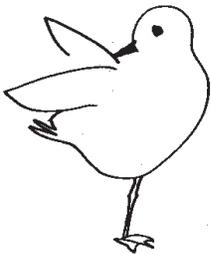
We look forward to another meaningful and interesting meeting and hope that you, too, can be present to enjoy the love, laughter and learning that takes place on that day!

To register, please make check payable to the PAGL Foundation and mail by April 15, 2012 to: Bruce Kerievsky, 7 Arrandale Avenue, Great Neck, NY 11024.

A limited number of attendee scholarships are also available. **P**

for me to swallow my pride! How surprised this teacher must have been when I asked to return to class because it was not her intention to influence. How easy it was to return to learn again! Such a warm welcome! Such freedom in letting go of those crutches! Of course I was embarrassed about my former ignorance but to my great surprise it was ever so slight, perhaps just a blush on the cheek, because the gratitude was so overwhelming it must have faded that bright red face. **P**

Sarita VanVleck



The Gift of the Anonymous Question

Nancy Rosanoff

Those with an interest in spiritual living are aware that all sincere questions are answered. But does it matter "who" asks the question?

This year's PAGL conference is all about asking questions.

When I first heard that there would be an opportunity to ask "anonymous" questions, some personal issues I had been struggling with immediately popped into awareness.

Simultaneous to the full awareness of the issues came the answer, followed closely with release from the heavy burden of the problems I had seemed to be living under.

These were questions I had been asking for some time. So, who asked the question in a way that allowed the answer?

When a question is not anonymous, it's

personal. There is someone who wants to solve the problem, who, at the same time, is self-protective. It seems that there is something "personal" about the question – that both the question and problem "belong" to us.

Consider, for a moment, that what makes a situation a "problem" is the personal identification with it. "There is something going on that is difficult for Me, and I don't like it!" Paraphrasing a well-known Zen Koan we could say that the "person and the problem are one."

Metapsychiatry suggests that it is not a person, but the spiritual quality of radical sincerity that is open to hearing truthful answers. "Anonymity" neutralized the "personal," allowing the underlying quality of being to be fully present.

So, what is the difference between a "person" asking a question and the "quality" of radical sincerity?

The "person" asking a question is attached to the problem. While the agitation and suffering experienced from having a problem may bring the "person" to ask the first intelligent question – the answer can only be understood when the person/problem duality is transcended.

Radical sincerity is the quality of being that is committed to seeing the truth, regardless of personal embarrassment and spontaneous new responses to habituated situations that will surely flow.

Radical sincerity already exists as a quality of God: Divine Wholeness.

It can be appreciated by each individual being. We can each commit to being sincere, recognize when we are not quite there yet, and pray for the transcendent moment when the "person" with a "problem" disappears and all that is left is the glorious truth. **P**

Ads may be purchased by Metapsychiatry students interested in presenting information to other students at the rate of \$20 per 5-line add per issue of the newsletter.

Donate to the PAGL Foundation @
<https://www.bookability.net/pagl/index.php>

Dear Readers,

It has truly been one of the highlights of my life to contribute to Metapsychiatry and serve as the PAGL Associates newsletter editor for the last six years. From the very instant the former Editor, Jan Linthorst, passed the torch to me, it has been a profound privilege to receive your papers, poems, letters and drawings entailing the Meta process in your search for truth. It has been gratifying to follow your unearthing of answers to issues of every kind by way of the existential Metapsychiatric discipline of spiritual learning, brought to light by its founder, Dr. Thomas Hora.

My understanding has increased and the path has narrowed with your every new awareness, hence, the purpose of this Newsletter. The principle of the PAGL Associates Newsletter has always been envisioned as a spiritual conduit for Metapsychiatry, offering an inclusive, inspirational resource for interested “participants in the good of God.”

As a student of Metapsychiatry for 25 years, I have had the life-changing opportunity to study with Dr. Hora. It is testament to this discovery that the study continues, in groups, individual practice, readings, meetings, and in this newsletter.

“To everything there is a season, and a time to every purpose under the heaven.” (Ecclesiastes 3:1) The Newsletter is now moving in a different direction with this edition and it is time for me to hand over the reins to a new and capable team.

As PAGL “Associates” we have been linked and connected in the pursuit of the realization of peace, assurance, gratitude and love – which is “what really is.”

Thank you for the opportunity of an early ear to your spiritual awakenings. It has indeed been nothing less than an honor! The journey continues for all of us.

PAGL is ours,

Deborah Sofferman
Editor (2005-2011)

Q&A

Ruth Robins

For this debut column, let us ask a question that most of us have probably asked at one time or another: What do you say when someone asks you to explain what is Metapsychiatry? As many of us have learned, this is not an easy question to answer, even after many years of study! Even Dr. Hora’s responses can be difficult to understand.

For example, Dr. Hora often described Metapsychiatry as “an epistemological method of truth realization” (*Self-Transcendence*, pg. 20). But that’s a mouthful and at first doesn’t seem to explain anything.

Worse yet, one time, when the class asked Dr. Hora, “What is Metapsychiatry?” he laughed and asked if we knew what we really wanted to know. When we struggled to respond, he reminded us that we were asking an invalid “how to” question. “Dr. Hora is not going to tell you how to do Metapsychiatry.” It was frustrating and embarrassing to admit we still didn’t know how to answer what seems to be a simple question.

Gradually, we picked up some basic ideas: that Metapsychiatry is a spiritual teaching and “a unique method of healing” but these did not seem to be enough of an explanation. So the question remained.

As I later reflected upon Dr. Hora’s responses to this question, I recalled his words, *Respond according to what you understand*. This gentle phrase awakened me. I realized that he knew we could only be authentic when we respond from our own **understanding**; and that this response would occur spontaneously. Other answers are intellectual, coming from our mental filing cabinets. When we speak from our understanding our words are existential, an inspired response that is relevant to a particular questioner.

We come to appreciate the authenticity of Dr. Hora’s presence. His words were never casually spoken. He was always teaching us a truth. Although it took a while before I came to appreciate the hidden lesson Dr. Hora

was teaching with this question, I was very grateful when I finally realized he was demonstrating the authenticity of being. Our individual understanding of Metapsychiatry unfolds over many years. No wonder the question, “What is Metapsychiatry?” seems to be difficult to answer!

So the next time someone asks you what you are studying, don’t try to be smart, be authentic. Say something about what Metapsychiatry means to you, what makes it such an important and valuable part of your life.

And send your next question to robinspagl@aol.com 

PAGL Study Hall

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.

Here is an example that follows the three elements of meditation articulated by Dr. Hora.

Contemplative: Read inspired text and seek to understand it.

A statement of Dr. Hora’s from the book “Meditations from the Bible and the Works of Dr. Thomas Hora” struck me as something I did not fully understand.



The PAGL Foundation
7 Arrandale Avenue
Great Neck, NY 11024

Bookstore
(860) 434-1512

E-Mail
PAGLFoundation@gmail.com

PAGL News E-mail
nancy@rosanoff.com

We’re on the Web!
Visit us at
www.PAGL.org

IN GOD WE EXIST

Are you looking for a dialogue group to assist in your study of Metapsychiatry?
Contact the following group leaders to discern if any of these groups is right for you.

<u>Frequency</u>	<u>Time</u>	<u>Leader</u>	<u>Phone</u>	<u>E-mail</u>
Monthly on 3 rd Wednesday	6:30 PM PST	Heather Brodhead	(805) 898-9931	hbrodhead@cox.net
Mondays	5:30 PM EST	Ruth Robins	(860) 434-2999	robinsPAGL@aol.com
Wednesdays	8:00 AM EST	Nancy Rosanoff	(914) 930-7095	nancy@rosanoff.com
Monthly on 1 st Wednesday	8:00 PM EST	Bruce & Diana Kerievsky	(516) 829-5027	bruce@industriallogic.com
Annual on Oct. 15 th	9:00 -4:00 pm EST	Susan von Reichenbach	(860) 405-4044	metaway@theMetaWay.com

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

I sat quietly and asked: “What does this statement mean to me?” “Do I really understand it?” What came to me was the following:

Do not judge, cajole, manipulate, push or to even have an opinion when another is speaking.

Existential: Be open to seeing how the inspired statement of truth applies to our experience

I was speaking with someone about life issues, and a comment was made that initiated a reaction on my part to inject some Metapsychiatric wisdom – and I did not say it. I recalled to myself the idea of “letting” and began to listen more carefully. Not just to what they were saying, but to how God was unfolding in their path. In a few moments, a way of offering the wisdom from Metapsychiatry flowed into my consciousness. It was clear, non-intrusive, with no agenda. It was offered and accepted.

At-One-Ment: Realization of oneness with our Creator.

Contemplating “letting” made the principle available to be used when it was needed. The ease that flowed is the healing that appears when the truth of being is recognized. It is this very practical aspect of Metapsychiatry that I’m so grateful for. Healing comes not from mere awareness of the Truth and of our problems – but from letting the wisdom guide us and eventually become us. **P**

PAGL POET’S CORNER

Your Father’s Lesson

Do you remember how he taught you all, each one at the appropriate age, to catch a ball?

*Hands soft. Keep your hands soft.
As if you are about to
catch a little bird,
not this ball.
Watch!*

This is all you need to know.
Think speed? Fast? Slow?
No, just see a bird aloft, about
to light. A bird that knows
how and when to land. Your
hands just the place, the nest,
the branch, just a perch, a
temporary rest.

The hands do nothing
but receive. Too
determined, too eager, too
hurried, they crush, or
drop. Defeat their purpose.

Children, hands are
not yours. They are for
receiving. For sending back
gently.

For praising the great do-er.
Open your fingers. Watch!
You’ll be amazed
at the birds.

- Marlene Gallagher

On Hearing Edvard Greig’s Lyric Piece, “At Your Feet”

I thought

It was the eyes,

That enchanted us,

Drew us as lovers;

But the years tell me

They were simply

The mirrors

Of Love itself,

Guest eternal

In our very core.

It selected us for each other,

Set us up to do holy battle

Against the ramparts

Of our childish wants.

You were chosen for them,

Their most particular enemy,

And I for yours.

The goal? Our liberation.

How clear it is

That all those passionate skirmishes

Were Love’s work

To release us from the fear and dread

Of some surmised void.

Now I understand

And can kneel in gratitude

For such a clever design.

- Elvira Sisca

CD Summaries on the Website

Heather Brodhead

There are many recordings of classes with Dr. Hora available via the PAGL website: <http://www.pagl.org/tapes.html>. The earliest are of classes taught at Wainwright House in Westchester County in a course for professional therapists and pastoral counselors. In these sessions the listener can hear Dr. Hora leading the students beyond their traditional training in psychology to a new way thinking. In teaching what is required in the practice of Metapsychiatry, Dr. Hora offers his timeless insights to any receptive listener, whether a professional or “layman.”

Another group of recordings consists of telephone classes led by Dr. Jan Linthorst, in which Dr. Hora speaks to the students in California via telephone from New York. The third group of recordings are of conferences held in California and one in Hawaii.

A project is underway to summarize the ideas addressed in the sessions so that they can be searched for general content on the website. If someone wants to search for a word or idea dealing with a particular issue, such as “symptom,” “attachment,” “guidance,” “sex,” “suicide,” “healing,” one can search using the “Find” feature on their computer. This is **not** a keyword search of all words used in the tapes, merely words used in the summaries. Therefore, if a topic you seek does not appear in an initial search, it is good to read the tape titles and summaries thoroughly. A list of recordings is available via the website or contacting the PAGL Bookstore, P.O. Box 4011, Old Lyme, CT 06371, Tel. (860) 434-1512.

Below is an example of one of the summaries:

CD #73 Work Issues: Forthrightness and the desire to be liked – Corruptibility – Making mistakes in one’s work – Examining motives – Wanting/not wanting – Earnings and worth – Envy – Comparing ourselves with others – Being here for God – The source of our good – Looking for a job – Our real job--Competition with co-workers – Comparing ourselves with others – The world’s standards – [No sound during part of question] – Declining income—The need to be helpful—Commitment to spiritual values – False sense of personal responsibility – Beneficial person vs. beneficial presence – 121st Psalm – [Sound lost during part of question] – Resenting co-worker’s lack of skill – Examining our thoughts about others – To strike or not to strike (with labor union)? – Valid contribution to disputes—Preserving spiritual perspective – Meeting production standards—Judgmentalism vs. gratitude – Inadequate compensation – Where do I belong? – Finding our right place – Pure generosity – Bible’s “parable of the sower” – Being in a hurry – Impatience – “pushing a string” – Doing paperwork in a bureaucracy – Distraction from PAGL – Spiritual standards – What God wants – Being here for God—Sincerity – Commitment. **P**

NEW BOOK!

Encounters With Wisdom, Book Three

Includes: Overcoming Personhood, Needs vs Wants, Selflessness and Political Correctness

The book is available for \$12 plus shipping from The PAGL Bookstore (860) 434-1512

PAGLBooks@aol.com

<https://www.bookability.net/pagl/index.php>

MasterCard & Visa are accepted.

PAGL News – Invitation for Submissions

Please consider writing small, medium or large moments of insight, healing and realization that come through your studies with Metapsychiatry and submit them for publication in this newsletter. We are also beginning a Q&A column, so send your questions too.

Specifically we are inviting:

- 150-500 word articles
- Questions you’d like to have answered
- Poems
- Simple art
- Cartoons
- Send to: nancy@rosanoff.com

This is our PAGLNews letter, and for some, it is the only contact with other seekers. Take a moment to share something with others on the spiritual path who are using the same tools that are being helpful to you. There is an infinite variety of ways these tools have and will continue to bring clarity to spiritual seekers. The joy of that uplifts us all. **P**

Continued from page 1

that tears arise both from happiness or sadness, yet have the same source, and wondered how that was possible. This stimulated various speculations by the members of the party, while the master continued eating and remained unperturbed by “the noise of knowledgeable western and eastern sophisticates.”

When someone asked the translator to inquire when the master became enlightened, he declined to do so, saying only that he knew that the answer would be, “I am still not enlightened. I am only a Buddhist monk.”

Conclusions

One is first impressed by how different the master seems from what we ordinarily experience and expect from people in social situations. Normally, friendly conversation is manifested in such circumstances, although often to relieve the anxiety commonly experienced with others. Here only

responsiveness to questions, albeit apparently sincere and cheerful, occurs.

On another level, the reader needs to recognize that this man is a monk, living a monastic existence that substantially removes him from the demands and vicissitudes of commercial, social, and political life. So he exhibits both childlike joy and naivete when presented with phenomena with which he is unfamiliar.

The most compelling aspects of his being are the utter tranquility, gratefulness and humility described, which together bespeak a profound understanding of his own identity and of the nature of reality. This knowledge of distinguishing between the ephemeral and the real is accompanied by a level of peaceful assurance rarely encountered in our western society.

Although this reader found his seeming indifference to food dismaying, it is a real blessing to be introduced to a mode of being that

is non-personal, issue-oriented, and ostensibly entirely free of the anxiety we tend to find inescapable in life. It suggests the total absence of wanting and not wanting that underlay self-confirmatory ideation and interaction thinking. Such perceptivity might only be achievable via the observing mode of being cultivated in Zen meditation. (The reader is reminded of the response given, I believe by Thich Nhat Hanh, to the question, “If you only had 10 minutes left to live, what would you do.” The Vietnamese Buddhist master replied, “I’d meditate.”)

The description of the meeting invites the reader to discriminate between what is relevant and what is unrelated to his/her life so that one may consider in what way the wisdom manifested by the master could be beneficial.

Based on my few personal “social” encounters with Dr. Hora, it appeared that he had adopted much of the orientation of the master in social settings susceptible to interaction. ▀

Metatations™ on Metapsychiatry

The MetaWay – All Day Retreat

Facilitated by Susan von Reichenbach

Saturday, October 15, 2011

9:00 am - 4:00 pm

Guest House Retreat Center

Chester, CT

Registration fee \$50

(includes dialogues, lunch and live sacred music)

All “seekers and finders” are welcome.

For reservations, please send check or money order

payable to

Susan von Reichenbach

P.O. Box 1024

Old Lyme, CT 06371

Registration fees must be received by October 1st.

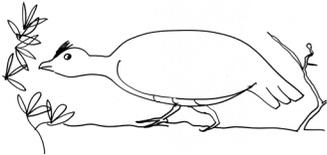
Viewing mankind and the universe in a metaphysical context, we will explore the idea that consciousness is the sole reality ~ where all our problems find their source and their solution: “Nothing can exist in the body or out of the body that is not [first] in consciousness. If we want to be healed when problems, difficulties or sickness arise, then consciousness has to be brought to an awareness of its perfect harmony in God. God is our Life, and there is no other Life but that One—and that Life is perfect always.” (Thomas Hora, MD, Founder of Metapsychiatry).

Compassion for Oneself

Dr. Thomas Hora, Compassion

There is a difference between repressing a thought and suppressing a thought. When we are trying to hide a thought from ourselves, it is called repression. When we are trying to hide it from others, it is called suppression. If we seek to transcend it, we forgive ourselves for it. We have compassion for ourselves and we say, "Well, I may have these feelings and I may have these thoughts, but I don't have to be involved with them because there is something higher and better for me to pay attention to." This is forgiveness. We could call it compassion towards oneself. This is important, because unless we have compassion towards ourselves, how will we ever have compassion for others? P

Sarita VanVleck



From the Archives

PAGL Newsletter - October 1993

Student: Dr. Hora, is it possible not to think?

Dr. Hora: It is possible to listen.

Student: It is possible to listen and not have thoughts going through your mind?

Dr. Hora: If there are thoughts, you are not listening; you are involved with yourself.

Student: I am unable to reach that point where there are no thoughts.

Dr. Hora: Have you ever been to a concert at Carnegie Hall? Did you hear the music, or did you just think about it?

Student: I heard music.

Dr. Hora: Then you know how to listen. You can learn to listen.

PAGL Newsletter - October 1993

Student: Dr. Hora, how does one know if one is suffering from vanity?

Dr. Hora: Vanity doesn't want you to know that. This is really a koan. We are suffering and we don't want to know the meaning of our suffering. Sometimes it drags on and on--we have a certain symptom which does not yield, and we try this and we try that until we are desperate enough to say, God, how long will I have to endure this? When we reach a point of sufficient despair we allow ourselves the thought: Maybe I am just vain; my resistance to knowing the full meaning is a sign of vanity. I am too embarrassed to face up to something. There is a secret warfare between the self and the ego. After awhile the whole thing crumbles and you can see -- it is a great relief. P



The PAGL Foundation
7 Arrandale Avenue
Great Neck, NY 11024

Address Correction Requested