

# MEDITATIONS:

From the Bible and the Works of  
Dr. Thomas Hora

Compiled by Joan Rubadeau, M. A.

The PAGL Foundation

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# TABLE OF CONTENTS

Angerless Living .....	1
Ascension .....	2
Assurance .....	3
Awareness .....	4
Beatitudes .....	5
Beauty .....	6
Beholding .....	7
Beneficial Presence .....	8
Blessing .....	9
Ceaseless Prayer .....	10
Christ Consciousness.....	11
Compassion .....	12
Context of God.....	13
Existential Fulfillment.....	14
Existential Validation .....	15
Fifth Principle .....	16
First Principle .....	17
Forgiveness.....	18
Generosity .....	19
Glory of God.....	20
Glowing .....	21
God .....	22
God is the Only Mind .....	23
God is the Only Power.....	24
Good of God .....	25
Gratitude.....	26
Harmonious Prospering.....	27
Harmony .....	28
Inspired Living .....	29
Joy .....	30
Letting.....	31
Liberation.....	32
Living in Reality .....	33
Living Soul.....	34
Meditation.....	35
Omnipresence .....	36
Order .....	37
PAGL.....	38

# TABLE OF CONTENTS

(Continued)

Peace.....	39
Prayer.....	40
Receptivity .....	41
Redemption .....	42
Second Principle.....	43
Seeker .....	44
Sincerity.....	45
Soul Existence.....	46
Spiritual Healing.....	47
Spiritual Integrity .....	48
Spiritual Love.....	49
Spiritual Maturity .....	50
Spiritual Values .....	51
Thanksgiving.....	52
Third Principle .....	53
Truth.....	54
Understanding.....	55
Wholeness.....	56

## **FOREWORD**

Existential Metapsychiatry, the work of Dr. Thomas Hora, forms the basis of this book. The quotations from Dr. Hora come from verbal communications during seminars and classes held at the Institute of Existential Metapsychiatry in Orange, California and at the Institute in New York.

Existential Metapsychiatry is a scientific discipline based on a metaphysical concept of man. Man is here understood to be a spiritual being, capable of reflecting the consciousness of cosmic Love-Intelligence, God.

Dr. Thomas Hora (1914-1995) was a practicing psychiatrist and teacher in New York City and Bedford Village, County of Westchester.

Biblical quotations are taken, for the most part, from the King James version of the Bible.



## INTRODUCTION

Following are some meditation lessons offered for use in study and prayer in our daily lives. Each meditation is a Bible text followed by a statement of Dr. Thomas Hora which clarifies and expands the text. All of the material in each lesson is focused on one existential issue, for instance, "Liberation," and is meant to help the student deepen his/her understanding of the particular issue.

To make the best use of the meditation lesson, it is suggested that the student take a little solitary time each day, first reading the verse and the text and then contemplating the meaning of it. Referring to a dictionary is often helpful at this point, to define more exactly the words and ideas expressed. Then following this, close the eyes and quietly meditate, coming to stillness and waiting for inspiration and the deepening of understanding which only comes from Divine Mind in times of inner quiet and receptivity.

It is also important to consider the issue all day long, not only in meditation, but in all the situations and experiences that arise. Using the Truth in this way helps it come alive and begin its work transforming the consciousness of the student and opening his eyes to the absolute goodness in which we all live and move and have our being. In this way, each day becomes one of ceaseless prayer.



# ANGERLESS LIVING



**If you are loving and grateful, you are incapable of anger.**

*Set your mind on the things that are above, not upon the things that are upon the earth. (Colossians 3:2)*

Anger is an emotional reaction to not getting what we want.

*Blessed are the peacemakers for they shall be called the children of God. (Matthew 5:9)*

It is vitally important to learn to live an angerless life because anger tends to be channeled into the body.

*For God is not the author of confusion but of peace. (1 Corinthians 14:33)*

Whenever you feel yourself getting provoked, discipline yourself to turn your attention to God. The aim of provocation is to distract from conscious awareness of God's presence.

*For I will be merciful to their unrighteousness and their sins and iniquities will I remember no more. (Hebrews 8:12)*

Things that hurt us in life are not people but ignorance. Ignorance is always to blame.

*For joy is withered away from the sons of men. (Joel 1:12)*

Nothing is more dangerous than our thoughts.

*All the paths of the Lord are loving kindness and truth unto such as keep his covenants and his testimonies. (Psalm 25:10)*

The moment you are sincerely interested in being here for God, anger dissipates because the want is no more in your consciousness.

*...let the peace of God rule in your hearts. (Colossians 3:15)*

Where our attention is focused, that is our dwelling place.

# ASCENSION



**Ascension is the process of rising out of the sea of mental garbage into the ocean of Love-Intelligence.**

*I have heard of thee by the hearing of the ear: but now mine eye seeth thee.  
(Job 42:5)*

Ascension is an event in consciousness where we are able to see Reality from a higher perspective.

*Judge not according to the appearance, but judge righteous judgment. (John 7:24)*

In ascension, there is a realization that the phenomenal world is a world of appearances and Reality is spiritual.

*They are not of this world.... (John 17:16)*

We go through the motions of being human but our interest lies in higher levels of consciousness.

*And we know that all things work together for good to them that love God...  
(Romans 8:28)*

Responding is on the basis of looking at the situations from a higher viewpoint.

*Ye are the light of the world.... (Matthew 5:14)*

We are in the world for God in an existential way not an operational way.

*....the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works. (John 14:10)*

One of the most outstanding features of ascension is a clear awareness of the process of inspired, creative intelligence.

*....the sons of God without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world. (Philippians 2:15)*

When you are here for God, you prosper and live harmoniously and everything around you improves of itself.

# ASSURANCE



**Assurance arises out of a healthy, valid self-esteem based on understanding our oneness with our Creator and our purpose in life.**

*Fear of the Lord is the beginning of wisdom. (Proverbs 1:7)*

Whatever you are interested in that is what you are going to experience. We must learn to be interested in the good of God.

*Because he hath set his love upon me, therefore will I deliver him. (Psalm 91:14)*

When consciousness is filled with the awareness of the presence of God then we are spared many unpleasant and frightening experiences.

*Let not your heart be troubled; neither let it be afraid. (John 14:27)*

We are on an ascending journey toward the discovery and realization of our identities as living Souls. In proportion that this realization dawns on us, we will lose all fear.

*In returning and rest shall ye be saved; in quietness and in confidence shall be your strength..... (Isaiah 30:15)*

We keep returning to the consciousness of God's infinite loving presence.

*Behold I have taken out of thine hand the cup of trembling. (Isaiah 51:22)*

If you are here for God, there is no fear.

*Trust in the Lord with all thine heart and lean not unto thine own understanding. (Proverbs 3:5)*

God is with you in proportion with that you understand your inseparability from the good of God.

*None of these things move me anymore. (Acts 20:24)*

Turn your attention to the good of God which already is. We cannot afford to be distracted.

# AWARENESS



## **Awareness of God as infinite love is what we need.**

*O worship the Lord in the beauty of holiness. (Psalm 96:9)*

Awareness of the presence of God arises within us if we rise above feelings, sensations, emotions, possessions and interpersonal relationships.

*The night is far spent and the day is at hand. (Romans 13:12)*

As we rise out of the five gates of hell, we discover awareness.

*God is with thee in all that thou doest. (Genesis 21:22)*

Awareness is our oneness with divine consciousness.

*Neglect not the gift that is in thee. (I Timothy 4:14)*

The ideal would be to be permanently aware and to look at life through the eyes of God.

*.....he maketh my life perfect. (II Samuel 22:33)*

When consciousness is filled with awareness of the presence of God, there is peace, assurance, gratitude and love.

*Lift up thine eyes round about and behold... (Isaiah 49:18)*

We must learn to maintain a constant conscious awareness of the perfect harmony of divine reality.

*Thou shalt worship the Lord thy God, and Him only shalt thou serve. (Matthew 4:10)*

You must reach a point where nothing can divert your attention from the constant awareness of God's presence in your life.

# THE BEATITUDES: The Principles of Jesus



**Jesus aim was always to transform our modes of being-in-the-world by bringing us to a realization of the fact that we are here for God.**

*Blessed are the poor in spirit; for theirs is the kingdom of heaven. (Matthew 5:3)*

If you are poor in spirit, then you are aware of the fact that you need more and more spiritual understanding and this realization is the prerequisite to the attainment of PAGL.

*Blessed are they that mourn for they shall be comforted. (Matthew 5:4)*

We must never get attached to anything except the good of God, which is spiritual.

*Blessed are the meek for they shall inherit the earth. (Matthew 5:5)*

God is the harmonizing principle of the universe and when we are in proper alignment with this principle then our responses to the exigencies of daily living are such that things are effortless, efficient and effective.

*Blessed are they which do hunger and thirst after righteousness for they shall be filled. (Matthew 5:6)*

This means an urgent desire, an urgent interest, an overriding interest in understanding the truth.

*Blessed are the merciful, for they shall obtain mercy. (Matthew 5:7)*

Our enemy is always ignorance – it is never a child of God. Whatever does not comprise the attributes of God is no part of an emanation of God.

*Blessed are the pure in heart for they shall see God. (Matthew 5:8)*

If the motivation is to see God just because we cherish spiritual values, then we shall see God.

*Blessed are the peacemakers for they shall be called children of God. (Matthew 5:9)*

When personhood and interaction thinking is abandoned and attention is turned toward issues, then Omniactive Love-Intelligence can take over the situation and a healing occurs.

# BEAUTY



**Beauty is the manifestation of God's presence.**

*He hath made everything beautiful in his time... (Ecclesiastes 3:11)*

The living soul has the faculty of aesthetic appreciation.

*One thing have I desired of the Lord, that I will seek often; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple. (Psalm 27:4)*

Beauty is non-dimensional; beauty can be seen spiritually.

*It is the spirit that quickeneth; the flesh profiteth nothing... (John 6:63)*

The eyes cannot really see beauty. It is the spirit within us that is aware of the beauty.

*...but thou didst trust in thine own beauty and playest the harlot. (Ezekiel 16:15)*

If someone or something is beautiful with the wrong motivation, it will work the wrong way.

*Thou art of purer eyes than to behold evil and canst not look on iniquity. (Habakkuk 1:13)*

If you see something you envy, you are not seeing beauty. Spiritual qualities cannot be envied. They are appreciated.

*Array thyself with glory and beauty. (Job 40:10)*

Blessed are the grudgeless for they shall be beautiful.

*Worship the Lord in the beauty of holiness. (I Chronicles 16:29)*

Objectless love makes everyone beautiful.

## BEHOLDING



**Beholding is a state of consciousness which is aware of God's infinite presence.**

*We look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal. (II Corinthians 4:18)*

Looking at things which are not seen is called the prayer of beholding.

*I am in the Father and the Father in me. (John 14:11)*

The prayer of beholding requires us to realize that we are individual expressions of awareness, divine consciousness.

*I and my Father are one. (John 10:30)*

When an individual awareness is aware of infinite Presence, then there is conscious union with God.

*But ye are not in the flesh but in the Spirit. (Romans 8:9)*

In order to be effective healers, we must become beholders.

*God is spirit and they that worship him, must worship him in spirit and in truth. (John 4:24)*

Instead of thinking about God, we must be aware of God.

*And Jesus beholding him, loved him. (Mark 10:21)*

A beholder is relaxed into a state of awareness of God's infinite omnipresence.

*Be not wise in thine own eyes; fear the Lord and depart from evil. (Proverbs 3:7)*

God is the only thinker and we can learn to be aware of what God, divine Mind, is thinking.

## BENEFICIAL PRESENCE



**A beneficial presence in the world is constantly manifesting the truth of God through the quality of consciousness and his mode of being-in-the-world.**

*All things are thy servant. (Psalm 119:91)*

God has created us to manifest his glory.

*God hath made man upright. (Ecclesiastes 7:29)*

A beneficial presence is a highly enlightened realized consciousness who is in the world as a model of spiritual excellence and compassion.

*For to the man that pleaseth him, God giveth wisdom, and knowledge and joy. (Ecclesiastes 2:26)*

If someone has the sincere desire to be redeemed and become a beneficial presence in the world, he will be healed and transformed.

*The Spirit of God hath made me and the breath of the Almighty giveth me life. (Job 33:4)*

To be one with the Father is to know that our life, our love and our intelligence are not separate from divine Mind.

*He that loseth his life for my sake shall find it. (Matthew 10:39)*

A beneficial presence is free of self-confirmatory ideation and is a blessing wherever he goes.

*Walk in love. (Ephesians 5:2)*

On the highest level are spiritual beings who respond with compassion and understanding and are not provoked.

*Know ye not that ye are the temple of God and that the Spirit of God dwelleth in you? (I Corinthians 3:16)*

A beneficial presence is a representative of God's qualities. His being reveals God's presence.

## BLESSING



**Blessing is the acknowledgement of the truth that we are all living Souls.**

*Bless the Lord O my soul and all that is within me bless his holy name. (Psalm 103:1)*

It is the soul that knows God directly.

*I will bless the Lord who hath given me counsel. (Psalm 16:7)*

Through blessing, we can understand what really is and we can be healed of what seems to be.

*Rejoice ye in that day and leap for joy: for lo your reward is great in heaven. (Luke 6:23)*

We are blessed by an increasingly clear understanding of Reality and that abolishes all that seems to be.

*Blessed are all they that wait for him. (Isaiah 30:18)*

When we, as living Souls, remind ourselves of what God is and turn our attention to it, then we are greatly blessed.

*So will I save you and ye shall be a blessing. (Zechariah 8:13)*

Our whole purpose in life is to bless God.

*Blessed are the pure in heart for they shall see God. (Matthew 5:8)*

Manifesting Love-Intelligence is the most perfect way of acknowledging the truth about divine reality.

*Arise, shine: for thy light is come; and the glory of the Lord is risen upon thee. (Isaiah 60:1)*

There is nothing else but the glory of God.

## CEASELESS PRAYER



**Prayer is an endeavor to look at life through the eyes of God.**

*God is my strength and my power and he maketh my way perfect. (II Samuel 22:23)*

Prayer and meditation are like spiritual breathing.

*Pray without ceasing. (I Thessalonians 5:17)*

It is never advisable to stop praying and meditating and maintaining a constant conscious awareness of God's presence.

*He that dwelleth in the secret place of the most High shall abide under the shadow of the almighty. (Psalm 91:1)*

We ignore God to our own peril.

*For the weapons of our warfare are not carnal, but mighty through God... (II Corinthians 10:4)*

Prayer is the ultimate and the most secret weapon.

*Peace, be still. (Mark 4:39)*

Emptiness is a situation where we are so attentive that no other thoughts are allowed to enter consciousness except that which obtains in consciousness in the form of inspired ideas.

*Acquaint now thyself with him and be at peace. (Job 22:21)*

Valid thoughts reveal to us divine Reality.

*The Lord will perfect that which concerneth me. (Psalm 138:8)*

Our attention, trust and expectancy of good is focused, oriented towards God.

# CHRIST CONSCIOUSNESS



**In Christ consciousness, we know we are an aspect of infinite Love-Intelligence.**

*And God saw everything that he had made and behold it was very good.  
(Genesis 1:31)*

We endeavor to see with the eyes of the God.

*...the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them for they are spiritually discerned. (I Corinthians 2:14)*

We have the faculty of spiritual discernment and it is a great gift of God.

*Where your treasure is, there will your heart be also. (Matthew 6:21)*

Purity of consciousness is when one is constantly aware and interested and focused on spiritual values.

*If thine eye be single, thy whole body shall be full of light. (Matthew 5:22)*

The non-dual view of Reality heals physical conditions.

*Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life... (James 1:12)*

Problems are lessons for our edification.

*Hereby know we that we dwell in him and he in us because he hath given us of his Spirit. (I John 4:13)*

What we are aspiring for is attaining such levels of receptivity to ideas coming to us from divine Mind that there will be almost no resistance at all.

*If any man be in Christ, he is a new creature and old things are passed away: behold all things are become new. (II Corinthians 5:17)*

An individual who has learned to be here for God is totally committed to spiritual values and his life is a continuous manifesting of these spiritual values. He becomes Christlike.

# COMPASSION



**Compassion is the highest form of love.  
It is understanding the lack of understanding.**

*Lo, I have given thee an understanding heart. (1 Kings 3:12)*

Compassion is a great gift of God. It is being able to love those that we believed we hated or resented or held a grudge against.

*And though I have the gift of prophecy and understanding all mysteries and all knowledge and though I have faith so that I could remove mountains and have not charity, I am nothing. (1 Corinthians 13:2)*

You cannot be truly healthy or enlightened without compassion.

*Blessed are the merciful for they shall obtain mercy. (Matthew 5:7)*

We learn to be interested in forgiveness which will result in compassion.

*Give them compassion. (1 Kings 8:50)*

Compassion is vitally important for our freedom, for our physical, mental and emotional health and for fulfilling our potential.

*Be ye all one mind, having compassion one of another, love as brethren, be pitiful, be courteous. (1 Peter 3:8)*

Anyone who has attained the capacity for compassion is greatly blessed by the fact that he will never have to suffer the burden of carrying a grudge against someone.

*But why dost thou judge thy brother? or why dost thou set at nought thy brother? for we shall all stand before the judgment seat of Christ. (Romans 14:10)*

If we understand that ignorance has taken control of our adversary's thinking then it is possible to have compassion.

*Let us therefore cast off the works of darkness and let us put on the armor of light. (Romans 13:12)*

With compassion, we are talking about a holy process which is taking place in the context of Love-Intelligence

## THE CONTEXT OF GOD



**We live and move and have our being in the context of God.**

*Ye shall know the truth and the truth shall make you free. (John 8:32)*

All problems arise in the context of the interpersonal. All solutions are in the context of God.

*Wherefore be ye not unwise, but understanding what the will of God is. (Ephesians 5:17)*

We pay attention to God and learn to be here for God twenty-four hours a day.

*Except the Lord build the house, they labor in vain that build it. (Psalm 127:1)*

When we know that we are here for God, then all our experiences, whether alone or with people, become harmonious and trouble free.

*Thou art my beloved son: in thee I am well pleased. (Luke 3:22)*

When we praise someone in the context of God, we are saying, "God loves you. You are God's beloved expression."

*God setteth the solitary in families...but the rebellious dwell in a dry land. (Psalm 68:6)*

Conscious union with God doesn't exclude people. It makes harmonious co-existence possible.

*A man void of understanding striketh hands... (Proverbs 17:18)*

Between two individuals there must be kept a little space for God. If there is no space for God, you have a relationship and there is friction.

*The steps of a good man are ordered by the Lord... (Psalm 37:23)*

The presence of God is the soundless music of life which brings harmony into our lives.

# EXISTENTIAL FULFILLMENT



## **Existential fulfillment is the realization of Reality.**

*Not by might nor by power, but by my Spirit, saith the Lord of hosts. (Zachariah 4:6)*

Existential fulfillment is coming to understand our oneness with the divine Mind and our purpose in life as being manifestations of divine Love-Intelligence.

*But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name. (John 1:12)*

Potential is not in the self. Potential is in existence and it is infinite good and beauty.

*Choose you this day whom ye shall serve....as for me and my house, we will serve the Lord. (Joshua 24:15)*

We are all tempted to try to make a go of life without God but this will never work.

*...I am not alone because the Father is with me. (John 16:32)*

The self is an illusion of existence apart from God.

*Be still and know that I am God. (Psalm 46:10)*

Existential fulfillment is achieved by practicing mind-fasting and though mind/fasting, we discover that we are totally spiritual.

*Behold I will make thee a new, sharp threshing instrument having teeth: thou shalt thresh the mountains and beat them small and shalt make the hills as chaff. (Isaiah 41:15)*

We have to become instruments of divine Love-Intelligence.

*...we know that we are of truth and shall assure our hearts before him. (I John 3:19)*

We have to discover the truth of our spiritual identity and then our lives become a form of worshipping.

# EXISTENTIAL VALIDATION



**Existential validation is a way of coming to know whether something is true or false.**

*Ye shall know them by their fruits. (Matthew 7:16)*

If our understanding is correct and valid, we shall know by the fruits.

*How great his signs...and his dominion is from generation to generation. (Daniel 4:3)*

God is cosmic consciousness. When things are working together for good, we know we must be in line with the Fundamental Order of Being.

*But unto you that fear my name shall the Sun of righteousness arise with healing in his wings. (Malachi 4:2)*

When you have become peaceful, assured, grateful and loving, you can be sure the problem is healed.

*Beloved, believe not every spirit, but try the spirits whether they are of God. (I John 4:1)*

PAGL is the subjective criterion whereby we can know whether we are on the right track.

*Be not deceived: God is not mocked: for whatsoever a man soweth, that shall he also reap. (Ephesians 6:7)*

The principle of existential validation shows that what we are studying can be validated in our lives.

*That thou mayest love the Lord thy God and that thou mayest obey His voice and that thou mayest cleave unto Him for He is thy life. (Deuteronomy 30:20)*

What we want to know is that our thinking is in line with the will of God.

*And thine ears shall hear a word behind thee, saying: "This is the way, walk ye in it..." (Isaiah 30:21)*

We are not interested in being right. We are interested in the truth.

## THE FIFTH PRINCIPLE



### God helps those who let Him.

*I, the Lord have called thee in righteousness and will hold thine hand and will help thee... (Isaiah 42:6)*

Only intelligence and love and understanding that God is Omniactive Love-Intelligence will help us.

*Thou shalt have no other gods before me. (Exodus 20:5)*

God only asks one thing – our complete attention.

*Blessed are the eyes which see the things that ye see. (Luke 10:23)*

The power to heal is in the Truth and the way the Truth reaches human consciousness is through being seen.

*Take fast hold of instruction; let her not go; keep her; for she is thy life. (Proverbs 5:13)*

God is an “IS” system and the way we are benefited by it is by understanding it.

*Seek ye me and ye shall live. (Amos 5:4)*

When we find there is something we want, we reorient our attention to the good of God.

*Not as I will but as thou wilt... (Matthew 26:39)*

Jesus completely surrendered himself to Love-Intelligence.

*Put on therefore....humbleness of mind. (Colossians 3:12)*

We don't take action. Understanding takes action.

## FIRST PRINCIPLE



**Thou shalt have no other interests before the good of God which is spiritual.**

*Let him that glorieth glory in this: that he understandeth and knoweth me.  
(Jeremiah 9:24)*

The first principle, when actualized in daily living liberates us from the various attachments.

*Thou shalt worship the Lord thy God and him only thou shalt serve. (Matthew 4:10)*

When we can live by this principle every day of our lives, then we shall be whole.

*Speak, Lord for thy servant heareth. (1 Samuel 3:9)*

When the soundless music of life is heard, then the will of God governs man.

*Blessed is the man that walketh not in the counsel of the ungodly...his delight is in the law of the Lord. (Psalm 1:2)*

Truth becomes an active idea in consciousness and has a transforming impact on our lives.

*O Lord, my God in thee do I put my trust. (Psalm 7:1)*

Our focus is on what is.

*Let everyone be subject unto the higher powers. For there is no power but God. (Romans 13:1)*

Interest is focused on the Kingdom of God which means the conscious awareness of the truth of being.

*Fear God and keep His commandments: for this is the whole duty of man. (Ecclesiastes 12:13)*

There is no such thing as man apart from God. We pray to realize who we really are.

# FORGIVENESS



**As we keep forgiving, we realize greater and greater peace, assurance, gratitude and love, and we are healed.**

*Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth at the door. (James 5:9)*

The simplest way to define forgiveness is to give up blaming.

*Then said Jesus, Father, forgive them for they know not what they do. (Luke 23:34)*

We are always victims of ignorance rather than of an individual child of God who is malevolent.

*And forgive us our debts as we forgive our debtors. (Matthew 6:12)*

The way to be healed of problems which seem to be is to realize that neither the problems nor the sense of personhood is part of our true being.

*Lord, how oft shall my brother sin against me, and I forgive him? Till seven times? Jesus said unto him . . . until seventy times seven. (Matthew 18:21, 22)*

We must forgive endlessly, continually . . . we are not doing them a favor, we are doing ourselves a favor.

*Love thine enemies: bless them that curse you: do good to them that hate you; and pray for them which despitefully use you and persecute you, that ye may be the children of God. (Matthew 5:44)*

As long as we hate someone and carry a grudge, we are not able to be conscious spiritual beings because a spiritual being is a manifestation of Love-Intelligence.

*Prepare ye the way of the Lord. (Isaiah 40:4)*

When there is a sincere desire to forgive, then God gives us the power and the wisdom and the love to accomplish this holy process.

*I know the thoughts that I think toward you, saith the Lord, thoughts of peace and not of evil . . . (Jeremiah 29:11)*

The secret is knowing ourselves as God knows us.

# GENEROSITY



**Generosity is a loving response to manifest needs with no strings attached.**

*Freely ye have received; now freely give. (Matthew 10:8)*

Pure generosity is a spiritual quality.

*And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing. (1 Corinthians 13:3)*

There is a difference between being generous and acting generously. One is existential and the other is operational.

*A man can receive nothing except it be given him from heaven. (John 3:27)*

You cannot “do” generosity.

*Give to him that asketh thee . . . (Matthew 5:42)*

Generosity is very rare. It is spontaneous and it is not an act but a response.

*Let all your things be done with charity. (1 Corinthians 16:14)*

We respond the best way we know how without any kind of ulterior motive. Essentially it is spiritual love.

*A new commandment I give unto you. That ye love one another as I have loved you. (John 13:34)*

What everyone needs is to be seen as a living Soul and we can give that to everybody that we think of or that we meet.

*Be ye doers of the Word and not hearers only. (James 1:22)*

We are generous in consciousness by blessing people with the knowledge of their true identity.

# THE GLORY OF GOD



**Everything that we do must be to the glory of God.**

*O earth, earth, earth, hear the word of the Lord. (Jeremiah 22:39)*

God wants us to manifest Love-Intelligence.

*Therefore choose life that both thou and thy seed may live. (Deuteronomy 30:19)*

The good of God becomes available to our understanding the moment we are sincerely committed to being here for God.

*... thou art my servant: I have formed thee: thou art my servant ...” (Isaiah 43:21)*

We have to learn to do everything and to be everywhere as instruments of God.

*Blessed is the man that heareth me, watching daily at my gates. (Proverbs 8:34)*

If consciousness is on the beam then everything we do will be intelligent, effortless and effective.

*Let brotherly love continue. (James 13:1)*

If you learn to love being loving then you are fulfilling the purpose of your existence

*O, Lord how manifold are thy works ... the earth is full of thy riches. (Psalm 104:24)*

There is a constant activity of divine energy manifesting Itself in the whole universe. Everything is in a dynamic process of manifestation.

*... God is love and he that dwelleth in love dwelleth in God and God in him. (I John 4:16)*

The way to love God is to love being loving. Then you are the image and likeness of God which is love.

# GLOWING



**The acknowledgement and realization of God as the principle of infinite harmony, wisdom, love and goodness will open the door to joy and from joy to glowing.**

*In thy presence is fullness of joy: at thy right hand there are pleasures forevermore. (Psalm 16:11)*

When we are here for God and we are grateful for knowing that God is good and infinite power then glowing is spontaneous.

*Be glad in the Lord and rejoice. (Psalm 33:1)*

Gratitude is the door to joy. The more there is inner joy due to gratitude, the more there is glowing.

*His face did shine as the sun. (Matthew 17:1)*

Glowing is a spontaneous manifestation revealing our state of consciousness. It is not something we do. It is something we know.

*For with thee is the fountain of life: in thy light shall we see light. (Psalm 36:9)*

Glowing for God is an existential manifestation of the creative process. A beneficial presence is God's work of art.

*God is light and in him is no darkness at all. (1 John 1:5)*

Anyone who glows is very beautiful regardless of physical structure. There is an inner quiet joy which comes from awareness of God's good.

*And they that be wise shall shine as the brightness of the firmament. (Daniel 12:3)*

There is a radiance around us when our consciousness is filled with Love-Intelligence. We are manifesting God.

*The Lord is my light and my salvation. (Psalm 27:1)*

Of myself, I can do nothing, I can know nothing, I am nothing. I am an aspect of infinite Love-Intelligence glowing here for God.

# GOD



## **God is the governing power of the Universe.**

*No man hath seen God at any time. If we love one another, God dwelleth in us and his love is perfected in us. (1 John 4:12)*

God is invisible to the eyes; yet we know there is such a thing.

*There is but one God, the Father of whom are all things and we in him . . . (1 Corinthians 8:6)*

God is our life. All intelligence and love flow through us from the one Source.

*Draw nigh to God and he will draw nigh to you. (James 4:8)*

All problems are dissolved when we place ourselves in the context of God.

*Eye hath not seem, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him. (1 Corinthians 2:9)*

The good of God is infinite.

*The Lord hath made all things for Himself. (Proverbs 16:4)*

Everything and everyone is here for God whether they know it or not.

*He that is of God heareth God's word. (John 8:47)*

Our attention and trust and expectance of good are focused on God, Love-Intelligence.

*I am that I am. (Exodus 3:14)*

All Reality is in the context of God, the context of infinite Love-Intelligence. It is the broadest possible mental horizon.

# GOD IS THE ONLY MIND



**God is the only Mind and all ideas, all power, all life, vigor, vitality, accomplishment, love, energy – everything flows out of this creative source.**

*There is no power but of God: the powers that be are ordained of God. (Romans 13:1)*

Of myself, I am nothing. I am just an aspect of infinite Love-Intelligence – here for God.

*God is my strength and my power and he maketh my way perfect. (II Samuel 22:33)*

We make ourselves available. Divine Mind takes over and guides us.

*Seek the Lord and his strength. (Psalm 105:4)*

There is no other solution but God.

*The Lord he is God in heaven above and upon the earth beneath: there is none else. (Deuteronomy 4:39)*

God is the only Mind and we all have the same Mind. This Mind is infinitely loving and generous to all.

*There are diversities of gifts but the same Spirit. (I Corinthians 12:4)*

Everyone finds his own fulfillment by expressing and manifesting the divine Mind in his own unique way.

*I am the Lord and there is none else. (Isaiah 45:4)*

The center of all power, perception, comprehension, creative intelligence is the divine Mind.

*If any of you lack wisdom, let him ask of God, that giveth to all men liberally. (James 1:5)*

A God-conscious individual is constantly aware of where his intelligent and creative ideas come from.

## GOD IS THE ONLY POWER



**The way to cope with life is not by coping but by yielding to the good of God.**

*Seek the Lord and his strength. (Psalm 105:4)*

In proportion that we understand our inseparability from the good of God, from God's presence, we will be able to let go of the compulsion to be in control.

*I have called thee by thy name; thou art mine. (Isaiah 43:1)*

Whatever exists is the emanation of God's being.

*Cease ye from man whose breath is in his nostrils: for wherein is he to be accounted for? (Isaiah 2:22)*

There are no independent persons anywhere in the universe.

*O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his step. (Jeremiah 10:23)*

In order to survive in life and prosper, it is not power that we need but understanding our absolute oneness and contingency on Love-Intelligence.

*I have made and I will bear: even I will carry and deliver you. (Isaiah 46:4)*

In the realm of Love-Intelligence, the issue of power doesn't exist because power belongs to God.

*He that hath my commandments and keepeth them, he it is that loveth me and he that loveth me shall be loved of my Father. (John 14:21)*

The more we understand life in the context of God, the less destructive we are towards others and ourselves.

*... the battle is not yours, but God's. (II Chronicles 20:15)*

God helps those who let him.

# THE GOOD OF GOD



**The good of God is harmony, peace, assurance, gratitude, love, perfection, freedom, wisdom, joy.**

*The earth is full of the goodness of the Lord. (Psalm 33:5)*

The good of God already is.

*In him was life; and the life was the light of men. (John 1:4)*

God is the source of love, intelligence, life, creativity.

*The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith. (Galatians 5:22)*

When we are in harmony with God, we become aware of the fact that we are peaceful, we have a sense of assurance, we are fearless, and we are grateful and loving.

*All things were made by him: and without him was not anything made that was made. (John 1:3)*

God has created a perfect Universe and everything in it is already perfect.

*In thy presence is the fullness of joy: at thy right hand, there are pleasures forevermore. (Psalm 16:11)*

God is good and God is life and God is Love-Intelligence.

*In Him we live and move and have our being. (Acts 17:28)*

We prosper in the context of God.

*Do I not fill heaven and earth? saith the Lord. (Jeremiah 23:24)*

Nothing really is except omniactive Love-Intelligence.

# GRATITUDE



**Gratitude is the acknowledgment of the good of God.**

*This people have I formed for myself: they shall show forth my praise. (Isaiah 43:21)*

We are created to manifest God in the world.

*Be glad and rejoice with all thy heart. (Zephaniah 3:14)*

Constantly remind yourself and maintain a state of gratitude in your consciousness.

*And thou shalt rejoice in the Lord and shalt glory in the Holy One of Israel. (Isaiah 41:16)*

Man can be aware of God as a self-revealing presence in his life and be grateful and joyous.

*Break forth into joy, sing together. (Isaiah 52:9)*

When God inspires us, we are peaceful, assured and grateful.

*Enter into his gates with Thanksgiving, into his courts with praise; be thankful unto him, and bless his name. (Psalm 100:4)*

Gratitude is God-confirmatory.

*Be glad and rejoice for the Lord will do great things. (Joel 2:21)*

Gratitude is the only protection against bragging and bragging is dangerous.

*Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness neither shadow of turning. (James 1:17)*

Everything good in life is a gift of God.

## HARMONIOUS PROSPERING



**Harmonious prospering is a quality of being. It is joyous, free, peaceful, assured, loving. The good life is to be found in the land of PAGL.**

*I am come that they might have life and that they might have it more abundantly. (John 10:10)*

Spiritual qualities are the true riches and they constitute the abundant life Jesus was speaking about.

*Seek ye first the Kingdom of God and his righteousness; and all these things shall be added unto you. (Matthew 6:33)*

If our idea of the good life is existentially valid, then everything that belongs to that good life will be available to us without any stress or struggle.

*And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in season; his leaf also shall not wither and whatsoever he doeth shall prosper.*

A living Soul is infinitely blessed.

*No good thing will be withhold from them that walk uprightly. (Psalm 84:11)*

If we are here for God, then all needs are met.

*He hath filled the hungry with good things. (Luke 1:53)*

What we seek is not equality, not success, not failure, not competition, not rivalry but harmonious prospering in life.

*This is life eternal that they might know thee, the only true God. (John 17:3)*

Harmonious prospering is the fruit of increasingly spiritualized consciousness.

*They are not of the world even as I am not of the world. (John 17:16)*

We transcend the phenomenal world.

# HARMONY



**God is the harmonizing principle of the universe.**

*Thou madest him to have dominion over the works of thy hands. (Psalm 8:6)*

The will of God is infinitely good and all we have to do is come into harmony with that power.

*Mark the perfect man, behold the upright; for the end of that man is peace. (Psalm 37:37)*

The way to live in harmony with God and have all the blessings which flow from divine Mind is to be concerned with what God wants, not what we want.

*Thy word is lamp unto my feet and a light unto my path. (Psalm 119:105)*

God wants us to love being loving. God wants us to be intelligent; God wants us to be beautiful and joyous and secure and peaceful and grateful.

*For God is not the author of confusion but of peace. (I Corinthians 14:33)*

When the value of harmony and love is fully appreciated, healings take place.

*And hereby we know that he abideth in us, by the Spirit which he hath given us. (I John 3:24)*

The faculty of spiritual discernment proves that we are spiritual beings.

*The whole earth is at rest and is quiet. (Isaiah 14:7)*

The more we understand ourselves as awareness, the more we become harmonious and life becomes effortless.

*When he giveth quietness, who then can make trouble? (Job 34:29)*

Everything that is harmony-inducing is a gift of God.

# INSPIRED LIVING



**Inspired living is an inner flow of intelligent, creative and loving ideas.**

*The water that I shall give him shall be in him a well of water springing up into everlasting life. (John 4:14)*

There is a source of wisdom, energy, power, love, creativity which is continually flowing into consciousness. We call it Love-Intelligence.

*For the Father loveth the Son, and sheweth him all things that himself doeth. (John 5:20)*

When we live out of this source, we are living in an inspired way.

*Blessed are the pure in heart for they shall see God. (Matthew 5:8)*

Enlightened man abandons calculative thinking and allows inspired wisdom to obtain in his consciousness.

*For as the Father hath life in Himself so hath He given to the Son to have life in himself. (John 5:26)*

We endeavor to become available to this source of wisdom and seek to let it inspire us with the right ideas we need for effective living.

*I can of mine own self do nothing – as I hear; I judge. (John 5:30)*

We get in the habit of thinking by listening instead of through calculating.

*I seek not mine own will of the Father which hath sent me. (John 5:30)*

The ultimate goal is surrender to the source.

*I and my Father are one. (John 10:30)*

It is possible to continually live from this center. We are in at-onement with this source.

# JOY



**Joy is the awareness of the good of God.**

*In the house of the righteous is much treasure. (Proverbs 15:6)*

God is everything that is beautiful, harmonious, loving, good and joyous.

*Thou hast put gladness in my heart. (Acts 2:28)*

Gratitude is the door to joy.

*Make me to hear joy and gladness. (Psalm 51:8)*

We see what we are interested in.

*The joy of the Lord is your strength. (Nehemiah 8:10)*

The first sign of being hypnotized is always a loss of joy.

*For the Lord had made them joyful . . . to strengthen their hands in the work of the house of God . . ." (Ezra 7:22)*

The moment you lose your joy, wake up. Don't let anyone hypnotize you. Don't let anyone take your joy away under any circumstances.

*Happy shalt thou be and it shall be well with thee. (Psalm 128:1)*

When we enter the Land of PAGL, we find the world has changed. Everybody had become happier and more friendly and efficient and effortless.

*Be glad in the Lord and rejoice, ye righteous: and shout for joy, all ye that are upright in heart. (Psalm 32:11)*

Everything has a dynamism in the direction of manifesting life, beauty, vigor, vitality, goodness, joy, harmony. Everything that God has created has a built-in intentionality to glorify the Creator.

## LETTING



**The most important things in life cannot be done and it behooves us to learn to let.**

*... the Spirit of truth is come and he will guide you into all truth. (John 16:13)*

Awareness involves letting. It is something which we allow to happen.

*For it is God which worketh in you both to will and to do of his good pleasure. (Philippians 2:13)*

Understanding happens under certain conditions of reverence and loving receptivity.

*Let patience have her perfect work that ye may be perfect and entire. (James 1:4)*

The most difficult thing to do in life is letting something unfold.

*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.

*For this is the message that ye have heard from the beginning, that we should love one another. (I John 3:11)*

Letting be is Love.

*Whosoever is born of God doth not commit sin . . . he cannot sin because he is born of God. (I John 3:9)*

We don't have to have problems any more because Reality is perfection and harmony and glowing. We are places where awareness of that perfection constantly takes place.

*Neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height nor depth nor any other creature shall be able to separate us from the love of God . . ." (Romans 8:38, 39)*

Inspired ideas flow freely from the Ocean of Love-Intelligence through an individual's consciousness into manifestation.

# LIBERATION



**We seek liberation in becoming aware of ourselves as God created us.**

*God created man in His own image, in His image created He him. (Genesis 1:27)*

God is expressing Himself through His creation and we are part of His creation. It is not something we do. It is something we are.

*In the world ye shall have tribulations but be good cheer: I have overcome the world. (John 16:33)*

We are continually engaged in an effort to overcome the world of appearance.

*Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. (Romans 8:21)*

The process of liberation is the freedom to be what God wants us to be.

*And ye shall know the truth and the truth shall make you free. (John 8:32)*

In order to be liberated from the problems of the phenomenal world, we have to reach a realization of non-dimensional Reality.

*Stand fast therefore in the liberty wherewith Christ hath made us free and be not entangled again with the yoke of bondage. (Galatians 5:1)*

In proportion that we are aware of the perfection of life in the non-dimensional realm, the material world ceases to torment us.

*For I am come to set a man at variance against his father and the daughter against her mother and the daughter-in-law against her mother-in-law. (Matthew 10:35)*

We have to realize our true identities which are completely antecedent to any parental fantasies about us.

*Be ye therefore perfect as your Father which is in heaven is perfect. (Matthew 5:18)*

Realize that God has created you perfect without any problems.

## LIVING IN REALITY



**Living in reality means there is a constant endeavor  
to behold what is real.**

*I will be satisfied when I awake with thy likeness. (Psalm 17:15)*

Our interest lies in higher levels of consciousness.

*They are not of this world even as I am not of this world. (John 17:16)*

We live in this world but are not really of it.

*I am the way, the truth and the life. (John 14:6)*

The Christ is a consciousness which is aware of being an emanation of divine Mind. That is permanent meditation.

*Ye shall seek me and find me when ye shall search for me with all your heart.  
(Jeremiah 29:13)*

We struggle and we endeavor to become increasingly receptive and interested.

*We all, with open face beholding as in a glass the glory of the Lord, are  
changed into the same image from glory to glory. (II Corinthians 3:18)*

As we practice living in reality, the struggle to maintain contact becomes somewhat easier and more meaningful.

*The way of the righteous is made plain. (Proverbs 15:19)*

It is easy to lose contact with transcendent reality but we get back into it.

*While I live will I praise the Lord. (Psalm 146:1)*

If we have reverence for truth and appreciate spiritual values, then our life becomes a prayer.

# THE LIVING SOUL



**The Soul is the spiritual essence of every individual life form. It is a manifestation of the divine Principle.**

*Without father, without mother, without descent, having neither beginning of days nor end of life, but made like unto the Son of God . . . (Hebrews 7:3)*

In Metapsychiatry, Soul is a word used to describe a non-dimensional entity which is alive, which was never born and which never dies.

*So God created man in His own image, in the image of God created He him. (Genesis 1:27)*

When we realize that we are living Souls, we have beheld ourselves in the context of God.

*With my soul have I desired thee in the night; yea, with my Spirit within me will I seek thee early. (Isaiah 26:9)*

The Soul is the spiritual consciousness present in all of us reminding us of spiritual values.

*I know thee who thou art; the Holy One of God. (Luke 4:34)*

Enlightened man lives and moves and has his being in Christ, divine Reality.

*Then said I, Ah, Lord God! Behold my soul hath not been polluted. (Ezekiel 4:14)*

The Soul is overlooking our thought process and we can know the difference between what is valid and what is invalid.

*And Mary said, My soul doth magnify the Lord. (Luke 1:46)*

All the spiritual qualities and ideas flow from God into this individual living Soul which we all are.

*When thou goest, it shall lead thee: when thou sleepest, it shall keep thee and when thou awakes, it shall talk with thee. (Proverbs 6:22)*

The closer we are to the realization that we are living Souls, the more we find that the Soul becomes increasingly active in our consciousness and is constantly monitoring our thought processes and correcting them.

# MEDITATION



**Meditation is a wholehearted attentiveness to the presence of God.**

*Speak Lord; for thy servant heareth. (1 Samuel 3:9)*

The essence of meditation is attentiveness.

*Let every soul be subjected unto the higher powers. For there is no power but of God... (Romans 13:1)*

Meditation is a form of responsiveness to the will of God, continuous alertness and responsiveness to the inspired wisdom governing us throughout life.

*Blessed is the man that heareth me, watching daily at my gates, waiting at the posts of my doors. (Proverbs 8:34)*

The ideal is to be meditating all the time.

*Make you perfect in every good work to do his will. (Hebrews 13:21)*

Meditation has to become a mode of being-in-the-world. The meditative mode of being is being here for God.

*Peace I leave with you, my peace I give unto you. (John 14:27)*

The best indicator of effective meditation is PAGL.

*Whosoever will lose his life for my sake shall find it. (Matthew 16:25)*

The more successful we become in understanding our complete at-one-ment with God, the more our problems disappear because they are only indications that we believe ourselves to be apart from God.

*... the Father is in me, and I in Him. (John 10:38)*

The real healing meditation is when we don't seek to be healed. We seek to understand our at-one-ment with God and actualize it in our lives.

# OMNIPRESENCE



## Reality is the infinite presence of God.

*And he that sent me is with me: the Father hath not left me alone . . . (John 8:29)*

The love of God is like an infinite ocean in which we all live and move and have our being

*Yea though I walk through the valley of the shadow of death, I shall fear no evil for thou art with me. (Psalm 23:4)*

Our security is based on a clear, realized awareness that Love-Intelligence is infinite, omnipresent and absolutely reliable

*. . . In Him will I trust. (Psalm 91:2)*

Love-Intelligence is the foundation of our security and our sense of peace, assurance, gratitude, freedom and joy.

*Surely goodness and mercy shall follow me all the days of my life . . . (Psalm 23:6)*

The realization of the Infinite Omnipresence inevitably brings with it the realization of perfect order and harmony and good ever present.

*The Spirit itself beareth witness with our spirit that we are the children of God. (Romans 8:16)*

We are capable of beholding the infinite presence of God everywhere in the Universe.

*My God hath sent his angel and has shut the lions' mouths that they have not hurt me. (Daniel 6:22)*

A beneficial presence is glowing with the consciousness of the presence of God and that presence accomplishes its blessings all around.

*I am not alone but I and the Father that sent me. (John 8:16)*

There is evidence of God's presence all around us and within us.

# ORDER



**Healthy order is based on love and aesthetic appreciation which are spiritual qualities.**

*Delight thyself also in the Lord. (Psalm 37:4)*

If you love order and you are conscious of divine order, then orderliness is a natural appreciation of beauty, harmony and order.

*He shall be like a tree planted by the rivers of water, that bringeth forth his fruit in season; his leaf also shall not wither; and whatsoever he doeth shall prosper. (Psalm 1:3)*

Order facilitates productivity and creativity.

*He that keepeth understanding shall find good. (Proverbs 19:8)*

Order based on spiritual values is an entirely different quality of order.

*And the Lord shall guide thee continually and satisfy thy soul in drought and make fat thy bones: and thou shalt be like a watered garden and like a spring of water whose waters fail not. (Isaiah 58:11)*

The more our mode-of-being is God-centered, the more orderly our lives become.

*Walk with wise men and thou shalt be wise. (Proverbs 13:20)*

One has to be educated to cherish order and beauty and harmony.

*He hath made everything beautiful in his time. (Proverbs 3:11)*

Order is beautiful. Aesthetic values are always harmonious.

*To everything there is a season and a time to every purpose under the sun. (Proverbs 3:1)*

Cherishing spiritual values manifest itself in effortlessness, efficiency and effectiveness.

# PAGL



**The supreme good of life is PAGL – peace, assurance, gratitude and love.**

*There shall be showers of blessings. (Ezekiel 34:26)*

In the land of PAGL, everyone lives in a state of spiritual blessedness.

*To give light to them that sit in darkness and in the shadow of death to guide our feet into the way of peace. (Luke 1:79)*

Consciousness is liberated from the various hardships, difficulties and frictions of life. All these things are washed away through the process of prayer and meditation.

*They that seek the Lord shall not want any good thing. (Psalm 34:10)*

First we have to learn that there is a land of PAGL, then we study it, hear about it, contemplate it, pray about it, meditate, look for it everywhere and then we find it.

*Blessed are the pure in heart: for they shall see God. (Matthew 5:8)*

We have to be careful about the quality of our thoughts, maintain the purity of consciousness and refuse fantasizing.

*Thou wilt show me the path of life. (Psalm 16:11)*

There is nowhere you can find anything that is more valid and satisfying than PAGL.

*And God said, . . . let them have dominion . . . (Genesis 1:26)*

God gave us a special power to turn our attention in the direction of reality, from doing to knowing.

*Blessed is the man whose strength is in thee. (Psalm 84:5)*

When you are still, you are in consciousness of the presence of a benevolent intelligence in charge of your life under all circumstances.

# PEACE



**When you can develop an awareness of being loved by infinite Love and you see how blessed your life is and you learn to be grateful, then you will find peace.**

*Preserve me, O God; for in thee do I put my trust. (Psalm 16:1)*

It is a heightened awareness of the good of God which is needed.

*His work is perfect. (Deuteronomy 32:4)*

All problems disappear because God is perfect life.

*Rejoice and be exceeding glad: for great is your reward in heaven. (Matthew 5:12)*

When you are in proper alignment with the truth of being, there is peace.

*See that ye love one another with a pure heart fervently. (1 Peter 1:22)*

We will never be at peace in this life until we stop trying to get love and understand ourselves as manifestations of love.

*And the peace of God which passeth all understanding shall keep your hearts and minds through Christ Jesus. (Philippians 4:7)*

We need to lose interest in self-confirmatory ideation and thereby become increasingly peaceful, assured, loving and grateful.

*But the path of the righteous is as the light of dawn, that shineth more and more unto the perfect day. (Proverbs 4:18)*

When we are attentive exclusively to the valid thoughts which flow into consciousness then there is a sense of peace.

*He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty. (Psalm 91:1)*

If we are in complete peace, we are not susceptible to the frightening reports which we hear. We must learn to be concerned with PAGL.

# PRAYER



**When we glow inwardly with the knowledge of God through the awareness of his infinite love, power and presence that is prayer.**

*All the earth shall worship thee and shall sing unto thee. (Psalm 66:4)*

The prayer of glowing is contemplating how wonderful God is, what a great blessing and privilege it is to know God in an existentially valid way.

*Seek ye the kingdom of God . . . (Luke 12:31)*

The prayer of glowing is the deepest form, the most powerful form, the most valid form of prayer.

*My people shall know my name; therefore they shall know in that day that I am he that doth speak. (Isaiah 52:6)*

When you are fully conscious of God's presence and power in your life, you can see that infinite Love Intelligence was and is and always shall be the only Reality.

*Ask and ye shall receive that your joy may be full. (John 16:24)*

Prayer doesn't involve any effort on our part - only devotion, attentiveness and gratitude.

*And ye also shall bear witness . . . (John 15:27)*

The right prayer is to remain peaceful and undisturbed.

*Am I not an apostle? Am I not free? (I Corinthians 9:1)*

Intercessory prayer is being influential by virtue of the purity of consciousness.

*Open thou mine eyes that I may behold wondrous things out of thy law. (Psalm 119:18)*

The purpose of prayer is to increase receptivity.

# RECEPTIVITY



**Receptivity is a sincere desire to understand.**

*Call unto me and I will answer thee and show thee great and mighty things which thou knowest not. (Jeremiah 33:3)*

If we are interested in realizing divine reality, perfection, harmony, we will be quiet and turn away from all fantasies, shoulds and distractions.

*The Lord is nigh unto all them that call upon him. (Psalm 145:18)*

In stillness of consciousness, the nature of divine Reality is discerned without interference.

*The Lord is good unto them that wait for him. (Lamentations 3:25)*

Remind yourself of the true nature of God and it opens the door to a new perspective on your situation and the new perspective results in a healing.

*Pray without ceasing. (1 Thessalonians 5:17)*

Ceaseless prayer is nothing else but the constant monitoring of thoughts as to their existential validity.

*Ask and it shall be given you, seek and ye shall find, knock and it shall be opened unto you. (Matthew 7:7,8)*

Whenever a meaning remains unrecognized, it is usually something we are embarrassed about and don't want to know.

*None of these things move me any more. (Acts 20:24)*

The whole process of redemption entails a willingness to abandon our convictions and to realize that spiritual consciousness is what really is.

*To them that received him gave he the power to be the sons of God. (John 1:12)*

Don't be distracted from the good of God which is spiritual. Not even Jesus could heal the unreceptive.

# REDEMPTION



**Redemption means being lifted out of the darkness of the sea of mental garbage and getting the great gift of being able to see Reality from a higher perspective.**

*... seek and ye shall find; knock, and it shall be opened unto you. (Luke 11:9)*

Redemption is available to anyone who is really interested in it.

*It is written - be ye holy. (I Peter 1:16)*

The whole process of redemption is rising above the firmament and discovering that we are living souls.

*We are not children of the bondwoman but of the free. (Galatians 4:31)*

Redemption entails a willingness to abandon our convictions and to come to realize that spiritual consciousness is what really is.

*Fear not - for I have redeemed thee, I have called thee by the name; thou art mine. (Isaiah 43:1)*

The principles of Metapsychiatry are golden threads guiding you in the direction of redemption.

*And you hath he quickened who were dead in trespasses and sins. (Ephesians 2:1)*

We are not persons - we are spiritual emanations of divine Mind, aspects of the divine Consciousness.

*Your heart shall rejoice and your joy no man taketh from you. (John 16:22)*

In our study and our prayers, we are continually engaged in an effort to overcome the world.

*... I am not of the world. (John 17:16)*

Redemption is rising above the firmament and discovering that we are emanations of the divine Mind.

## THE SECOND PRINCIPLE



**Take no thought for what should be or what should not be.  
Seek ye first to know the good of God which already is.**

*Blessed are the meek for they shall inherit the earth. (Matthew 5:5)*

Blessed are the shouldless for their lives shall be effortless, efficient and effective.

*In thine hand is power and might. (I Chronicles 29:12)*

The word “should” is tyrannical and implies an endeavor to exercise personal control over others and situations.

*Little children, keep yourselves from idols. (I John 5:21)*

When we are imagining and visualizing, we are creating forms and asking God to fix things according to our design, what should or should not be, what we want.

*Open thou mine eyes that I may behold wondrous things out of Thy law. (Psalm 119:18)*

Once you become aware that you see with your thoughts, then you realize that you are really blind. People who are awakened to the faculty of awareness can really see.

*How precious are thy thoughts unto me, O God. (Psalm 139:17)*

Prayer is attentiveness to that which really is.

*Let us choose to us judgment: let us know among ourselves what is good. (Job 34:4)*

Christ consciousness is aware of all the problems of the world and is here to relieve the suffering and illuminate the possibility of advancement of mankind.

*Unto thee do I lift up mine eyes, O thou that dwellest in the heavens. (Psalm 123:1)*

The real work takes place in consciousness. It is the struggle to see through the eyes of God.

## THE SEEKER



**When you become a seeker, you become receptive to Truth.**

*I will put my spirit within you and cause you to walk in my statutes. (Ezekiel 36:27)*

You will catch glimpses of the Truth of being and this realization will heal you and bless you and transform you.

*In that day shall the deaf hear the words of the book and the eyes of the blind shall see out of obscurity and out of darkness. (Isaiah 29:18)*

If you become a seeker, then your faculty of awareness is awakened and you can see things which you did not expect to see.

*Thou shalt have none other gods before me. (Deuteronomy 5:7)*

The whole point of life is to reach God realization.

*The wise in heart will receive commandments. (Proverbs 10:8)*

The basis of realization is being reached by divine Mind, inspiration.

*Teach me O Lord, the way of thy statutes; and I shall keep it unto the end. (Psalm 119:33)*

The contemplative seeks to be mastered by the Truth whereas the thinker wants to master it.

*Study to show thyself approved unto God. (II Timothy 2:15)*

The success of the endeavor is determined by the purity of your motive.

*The way of life is above to the wise. (Proverbs 15:24)*

If we are interested in manifesting the qualities of God then our attention will always be tuned to God and we will seek to be here for God.

# SINCERITY



**Sincerity is the commitment to truthfulness.**

*Go, stand and speak on the temple of the people all the words of this Life. (Acts 5:20)*

We appreciate the existential value of truthfulness.

*Keep thy heart with all diligence; for out it are the issue of life. (Proverbs 4:23)*

As we become increasingly humble and radically sincere, it becomes easier and easier to face up to unintelligent thoughts which underlie our problems.

*Truth shall spring out of the earth and righteousness shall look down from heaven. (Psalm 85:11)*

The more sincere we are, the faster the meaning of a problem reveals itself.

*By mercy and truth iniquity is purged. (Psalm 16:6)*

Sincerity is often arrived at through suffering which brings about a willingness to face up to certain painful ways of thinking.

*Lead me in thy Truth and teach me . . . (Psalm 25:5)*

We are using our problems to come closer to God.

*Open ye the gates that the righteous nation which keepeth the truth shall enter in. (Isaiah 26:2)*

If you persist in a sincere desire to understand yourself as a living Soul, gradually it becomes simple and clear.

*O how I love thy law! It is my meditation all the day. (Psalm 119:97)*

You become sincere by being sincere. It is not something you do; it is something you appreciate.

# SOUL EXISTENCE



**We are elevated to higher levels and higher values and life is harmonious and perfect, beautiful and intelligent and creative.**

*When I became a man, I put away childish things. (II Corinthians 13:11)*

If you realize yourself as a living Soul, then you have escaped the influences of your parents and your authenticity is complete.

*... willing rather to be absent from the body, and to be present with the Lord. (II Corinthians 5:8)*

We pay more attention to God than to our physical experiences.

*I am become rich, I have found me out substance. (Hosea 12:8)*

We are living Souls living in the context of infinite Mind.

*Our sufficiency is of God. (II Corinthians 3:5)*

The way to see life is the way God sees it. We see the world spiritually in the context of spiritual values.

*Shew me thy ways, O Lord: teach me thy paths. (Psalm 25:1)*

We look at life through the eyes of God and we listen to what God has to say.

*He leadeth me in the paths of righteousness for his name's sake. (Psalm 23:3)*

Life is a quality of God and God makes Himself known to us through inspired ideas.

*Let thine eyes look right on and let thine eyelids look straight before thee. (Proverbs 4:25)*

We see divine qualities in everything and the whole world changes.

# SPIRITUAL HEALING



**Spiritual healing is an aspect of the non-dimensional realm of reality. It is the perspective of life that is healed, not material parts of the body.**

*I said Lord be merciful unto me: heal my soul: for I have sinned against thee. (Psalm 41:4)*

Mistaken beliefs take on the appearance of illness; therefore illness can be healed by correcting our mistaken beliefs.

*Thou art loosed from thine infirmity. (Luke 13:12)*

Healing is not a change in dimensions. Healing is a discovery that there was nothing wrong to begin with.

*Be of good comfort: thy faith hath made thee whole: go in peace. (Luke 8:48)*

Pathology has no place within divine Consciousness. Valid thoughts re-establish the fundamental order, perfection of divine Reality and that's what a healing is.

*Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. (Romans 8:21)*

We are inseparable from the divine Mind which creates us and sustains us and energizes us and maintains us in perfect health and harmony.

*Be ye therefore perfect even as your Father which is in heaven is perfect. (Matthew 5:48)*

Realize God has created you perfect without any problems. God has created a perfect universe and everything in it is already perfect.

*But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles . . . (Isaiah 40:31)*

We can become so interested in PAGL that we would like to be aware of it all the time. That is the way to healing and enlightenment.

*Because he hath set his love upon me, therefore will I deliver him. I will set him on high because he hath known my name. (Psalm 91:14)*

If your outlook on life is spiritual, then you will be healthy in all ways.

# SPIRITUAL INTEGRITY



**Spiritual integrity is a firm adherence to spiritual values.**

*The just man walketh in his integrity. (Proverbs 20:7)*

Endeavor to conduct your affairs in such a way that you are here for God completely.

*And still he holdeth fast his integrity. (Job 2:3)*

A greater devotion to study, prayer and meditation, attentiveness and cherishing PAGL is what is needed.

*Let me be weighed in an even balance that God may know mine integrity. (Job 31:6)*

Life becomes a devotion.

*In the integrity of my heart and innocency of my hands have I done this. (Genesis 20:5)*

We learn to keep focused on divine perfection.

*The integrity of the upright shall guide them. (Proverbs 11:13)*

God demands radical sincerity.

*Wilt thou be made whole? (John 5:6)*

All God asks of you is to dissolve into pure Love-Intelligence.

*As for me, thou upholdest me in mine integrity and settest me before thy face forever. (Psalm 41:12)*

We are instruments of an invisible force expressing itself ever more clearly.

# SPIRITUAL LOVE



**Spiritual love is non-personal, non-conditional benevolence.**

*God is love .... (1 John 4:16)*

Spiritual love is objectless.

*Beloved, now are we the sons of God. (1 John 3:2)*

Spiritual love is existential. It manifests itself in our mode of being-in-the-world.

*And on earth, peace, good will toward men. (Luke 2:14)*

Spiritual love is non-conditional love. In non-conditional love we extend our good will to everyone.

*Judge not according to the appearance but judge righteous judgment. (John 7:24)*

Spiritual love is righteously judgmental. When the truth is acknowledged, there is a prayer and a blessing and that is righteous judgment.

*For whatsoever is born of God overcometh the world. (1 John 5:4)*

When you have learned spiritual love, non-conditional, then you are spared a great deal of anxiety and irritation and condemnation and conflict.

*For this is the message that ye heard from the beginning, that we should love one another. (1 John 3:11)*

If you can see all others as God's children then your love becomes universal rather than personal.

*Love thy neighbor as thyself. (Matthew 19:19)*

Only as we understand our true being as spiritual can we understand the true being of another.

## SPIRITUAL MATURITY



**Spiritual maturity consists of increasingly becoming aware of the fact that we are spiritual beings and the Mind of our mind has no evil in it.**

*Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator... (Romans 1:25)*

Man can only be understood in the context of God.

*For this corruptible must put on incorruption and this mortal must put on immortality. (I Corinthians 15:53)*

The evil and the bad of the human personality can be discarded and exchanged for the pure enlightened manifestation of divine Love-Intelligence.

*Walk in the Spirit and ye shall not fulfill the lust of the flesh. (Galatians 5:16)*

If there is a conflict within us, that means we have not yet reached a wholehearted interest in the spiritual life.

*Then Jesus said unto his disciples, If any man come after me, let him deny himself and take up his cross and follow me. (Matthew 16:24)*

The process is that of moving from sense existence to soul existence – from unenlightened human personality to enlightened spiritual being.

*Old things are passed away and all things are become new. (II Corinthians 5:17)*

Through a spiritualized consciousness, we find a new identity derived from a sense of divine sonship.

*If thine eye be single, thy body also shall be full of light. (Luke 11:34)*

Wonderful things happen when we reach a point of understanding that we are not separate units of life. We are one with the creative principle of existence.

*Behold my servant whom I uphold, mine elect in whom my soul delighteth: I have put my spirit upon him. (Isaiah 42:1)*

When our consciousness is filled with Love-Intelligence, we glow. There is a radiance around us. We are manifesting God.

# SPIRITUAL VALUES



## Values are what we value.

*This is life eternal that they might know thee the only true God and Jesus Christ whom thou hast sent. (John 17:3)*

Spiritual values are the substance of what is real.

*Hereby know we that we dwell in Him and He in us because He hath given us His spirit. (1 John 4:13)*

Spiritual values are Christly values.

*Stand fast therefore in the liberty wherewith Christ hath made us free. (Galatians 5:1)*

We move from the narrower to the wider horizon – from the finite to the infinite.

*For God who commanded the light to shine in the darkness hath shined in our hearts. (II Corinthians 4:6)*

Spiritual values come to us through grace and receptivity.

*The wind bloweth where it listeth and thou hearest the sound thereof, but canst not tell whence it cometh and whither it goeth: so is everyone that is born of the spirit. (John 3:8)*

We define spirit as a non-material substance.

*In a moment, in a twinkling of an eye ... we shall be changed. (I Corinthians 15:52)*

Spiritual values are existential because they are qualities of being emerging in consciousness whenever sufficient attention has led to the realization of their absolute reality.

*For he spake and it was done. (Psalm 33:9)*

God is the context in which all life is occurring.

# THANKSGIVING



**Whatever is of God is good.**

*Thanks be to God for his unspeakable gift. (II Corinthians 9:15)*

If you realize that God is the only power and there is no other power and you are part of it and it blesses you, then you are in it and you are it, and you can glow.

*Rejoice evermore. Pray without ceasing. In everything give thanks for this is the will of God... (I Thessalonians 5:16)*

When we are sincerely appreciative of being here for God, it's as if the whole world wakes up and starts having a positive attitude towards us and all things work together for good.

*Bring ye all your tithes into the storehouse ... saith the Lord of Hosts, (and) I will ... open the window of heaven and pour out a blessing that there shall not be room enough to receive it. (Malachi 3:10)*

When we keep our attention on what God wants, then everything good will be freely available because we are not interfering with the good of God.

*Be ye glad and rejoice forever in that which I create. (Isaiah 65:18)*

Only the good of God is real and deserves our gratitude.

*Enter into his gates with thanksgiving and into his courts with praise. (Psalm 100:4)*

Happiness is Peace, Assurance, Gratitude and Love.

*In all thy ways acknowledge him and he will make plain thy paths. (Proverbs 3:6)*

Those who commit themselves to realizing God-consciousness are reaping a rich harvest of freedom and joy and understanding.

*Let us come before his presence with thanksgiving. (Psalm 95:2)*

In the land of PAGL, we are aware that a benevolent intelligence is evidently active in our lives and things go well with us.

## THIRD PRINCIPLE



**There is no interaction anywhere; there is only Omniaction everywhere.**

*I am Alpha and Omega ... saith the Lord, which is, and which was, and which is to come, the Almighty. (Revelation 1:8)*

There is only one God.

*I will pour out my Spirit upon all flesh. (Acts 2:17)*

Right “where” me seems to be there is only God, nothing else.

*...the Lord He is God in heaven above, and upon the earth beneath: there is none else. (Deuteronomy 4:39)*

In the realm of Love-Intelligence there is neither self nor other.

*Men spake from God being moved by the Holy Ghost. (II Peter 1:21)*

We seek to rise above interaction thinking and quickly become a beneficial presence in the world.

*If ye live after the flesh, ye must die; but if by the spirit ye make to die the deeds of the body, ye shall live. (Romans 8:13)*

Never immerse yourself in interaction thinking for there you can drown. Seek awareness of Omniaction.

*He that loseth his life for my sake shall find it. (Matthew 10:39)*

Life is more harmonious and intelligent when the “me” is out of the picture.

*For all the gods of the nations are idols ... the Lord made the heavens. (Psalm 95:5)*

The fullness of God’s glory becomes manifest in the emptiness which is left after the “me” is gone.

# TRUTH



**When it comes to being born again, it is necessary to realize absolute truth.**

*Enlarge the place of thy tent, and let them stretch forth the curtains of thine habitations. (Isaiah 54:2)*

We expand our consciousness in the relative to the absolute, from the finite to the infinite.

*I am the way, the truth and the life. (John 14:6)*

Divine Mind is the source of all right ideas.

*...we are of the truth... (1 John 3:19)*

Only God's thoughts constitute our true being.

*The law of the wise is a fountain of life to depart from the snare of death. (Proverbs 13:14)*

When you turn your attention wholeheartedly to the truth, you lose sight of all your problems.

*For as the heavens are higher than the earth so are my ways higher than your ways and my thoughts than your thoughts ... saith the Lord. (Isaiah 55:9)*

Realization is a higher level of seeing which sees truth.

*Know ye that the Lord he is God: it is he that has made us and not we ourselves. (Psalm 100:3)*

The broader our perspective on life and Reality, the more enlightened we become.

*For the Lord is good: his mercy is everlasting and his truth endureth to all generations. (Psalm 100:5)*

Divine Reality is eternal and absolutely perfect.

# UNDERSTANDING



**Understanding is an event in consciousness. It is a gift of God.**

*For God giveth to a man that is good in his sight wisdom and knowledge and joy. (Ecclesiastes 2:26)*

Understanding cannot be done. It reaches us by the grace of God when we are receptive.

*Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding. (Proverbs 4:7)*

What we need always is the right idea and divine Mind provides us with the right idea.

*If any man among you seemeth to be wise in this world, let him become a fool that he may be wise. (1 Corinthians 3:18)*

An explanation is not synonymous with understanding.

*He that getteth wisdom loveth his own soul: he that keepeth understanding shall find good. (Proverbs 19:8)*

Problems are always resolved in consciousness.

*They that seek the Lord understand all things. (Proverbs 28:5)*

There is no such thing as interpretation in Metapsychiatry. There is revelation, inspiration and understanding.

*In righteousness shalt thou be established: thou shalt be far from oppression. (Isaiah 54:14)*

Everything in our life has a meaning. Meanings can be discerned and understood and problems healed.

*The meek will he guide in judgment: and the meek will he teach his way. (Psalm 25:9)*

We can learn how to understand what we are facing and how to be available to inspired wisdom.

# WHOLENESS



**There is no separation between God and man, infinite Mind; the ocean of Love-Intelligence and its contents are inseparable.**

*I am in the Father and the Father is in me. (John 14:10)*

Wholeness is the right understanding of our inseparability from God, the infinite Mind, our oneness with the creative principle of all life.

*I and my Father are one. (John 10:30)*

We seek to understand our at-one-ment with God and we seek to actualize it in our lives.

*To this end was I born and for this cause came I into the world that I should bear witness unto the truth. (John 18:37)*

God had created the whole universe for himself and that includes us. Everything that God has created has a built-in intentionality to glorify the creator.

*Thou shalt also be a crown of glory in the hand of the Lord. (Isaiah 62:3)*

Everything has a dynamism in the direction of manifesting life, beauty, vigor, vitality, goodness, intelligence, joy, harmony.

*Whosoever will lose his life for my sake shall find it. (Matthew 16:25)*

Whosoever would be willing to die to the illusion of separateness from God will be healed by discovering his oneness with God.

*But now, O Lord, thou art our father; we are the clay and thou our potter; and we all are the work of thy hand. (Isaiah 64:8)*

We seek enlightenment and healing by the process of rediscovering our place in the bosom of the Father, the creative Principle.

*In the beginning God created the heaven and the earth. (Genesis 1:1)*

There is no one here but God.

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