



PAGL ASSOCIATES

NEWSLETTER

FOR THE STUDY OF METAPSYCHIATRY

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PAGL Associates Newsletter

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Editorial: *What's Inside ... divine protection.*

As we continue to examine the global concern for protection, it becomes clear that the common thread which weaves through the newsletter papers reveals the realization that the peace which we are seeking lies within us. Walls, weapons or legal documents do not provide security; the only true "safe room" is the "secret place of the most High."⁽¹⁾ Whatever inspires understanding—may it be quiet prayer, singing a hymn, riding a bicycle or even being spat upon—reflects the unique individual expression of the one constant Truth that God is All Love.

Divine protection has at times been a prominent theme in my own consciousness. Anyone who is a parent can appreciate the necessity in knowing that our children near or far are not out in the far country, but, rather, ever near and dear to the almighty I Am. Therefore, protection is perched on a correct view of identity as "a place where God's presence reveals itself as omniactive Love-Intelligence."⁽²⁾ As we internalize peace, assurance will express itself externally.

Often, I am reminded to ask the question, "What is what really is?"⁽³⁾ This makes all the difference as it is my understanding that "what you see is what you get," though, not reflected in the common viewpoint of making assumptions based on human behavior, but, rather what we set out to see or know about our fellow brothers and sisters is what we will uncover.

As I often say, spirituality is not for sissies. Our words and gestures must not be idle, but, rather, actively demonstrated and conscientiously exercised like a muscle. It is a humble journey and it is perhaps, here, in humility, where our ark takes sail. I look forward to seeing many of you this May at the PAGL Associates Meeting where we will further explore the daily application of Metapsychiatry principles.

Tributes to our friend, and former PAGL Associates Newsletter Editor, Jan Linthorst, as well as reflection upon the works of Dr. Hora, exemplify that their lives continue to teach and bless.

We come together in the search for Truthful living by sharing understanding for enlightening the path and our purpose in Life, one shining, conscious ray at a time.

PAGL ~
Deborah Sofferman

Editor

(1) Psalm 91 (2) BEYOND THE DREAM, P. 86 (3) Ibid, p. 155

THE PRAYER OF PROTECTION

BY HEATHER BRODHEAD

Prayer. Quite frankly, that word conjures up negative religious thoughts in my mind. Prayer traditionally means asking God to do something. When learning about God we tend to think in terms of “self and other.” Us, here, asking God, there, for something we want. In Metapsychiatry we learn that God is Love-Intelligence, not a superhuman who grants or denies favors. Yet, at our most fearful or desperate times, we turn to God to be delivered. This isn’t wrong, it’s just incomplete. God is not here to do our bidding; however, as the Psalmist said, “God is our refuge and strength, a very present help in trouble.” (1) Is this contradictory? As we continue on the spiritual path we dispense with the petitions to God, even though pleas may be our first inclination. There’s such a thing as prayer *for* protection, which is petitionary prayer and assumes a separation from God. Then, there is the prayer *of* protection.

The desire for protection stems from the human condition called fear. Self-confirmatory ideation is the ego’s constant prayer *for* protection - - its response to existential dread, or the fear of non-being. On the surface, it manifests itself in the myriad forms of fear we entertain daily - - fears for our safety, well-being, reputation, etc. As we learn in Metapsychiatry, “fear is inevitable, but not necessary.” The alternative to praying *for* protection is the prayer *of* protection. “We define prayer as a constant conscious endeavor to be aware of our place in reality.” (2) The prayer *of* protection is a conscious endeavor, in which we realize that we are already, always protected.

***The prayer of protection
is a conscious endeavor,
in which we realize
that we are already, always protected***

A prayerful state in which we are asking for something requires sincere humility and receptivity. Such openness is necessary to receive understanding when we ask two intelligent questions: “What is the meaning of what seems to be and what is what really is?” These are the crux of Metapsychiatry. They are the basic tools to help us shift from personal to non-personal. When faced with a crisis, there’s no time to look for meanings. Our first inclination is probably to pray *for* protection, which can be a gateway to the prayer *of* protection.

During the past few months, I have experienced a spate of problems across the board: a trespasser, storm damage to the house, a car accident, and a theft. None of these caused me harm, although, they were costly or disturbing enough to get my attention. And, all of this happened as I was musing about writing a paper about “protection.”

As a student of “Metapsy” these many years, I find it surprising how, to this day, I tend to resist looking for meanings in mis-

haps! “Nothing comes into experience uninvited.” (3) is one of the elusive concepts for students to grasp, or perhaps, turn to, once understood. I understand it, but my ego doesn’t like it! The ego knows only blame, credit or intellectualizing, not spiritual discernment. When each of the events mentioned above occurred, my first reaction was operational or interactional: fix

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the lock, install lighting, look into the cause, wonder who was to blame, etc. As I began to meditate after the first event, I harkened back to my first real awakening which came to me years ago when a stranger spit on me and said “Woman, prepare to die!”

Insights came to mind following distress last summer when birds were being attacked at the birdfeeder. I came upon a statement by Eckhart Tolle “... your perception of the world is a reflection of your state of consciousness. You are not separate from it, and there is no objective world out there. Every moment your consciousness creates the world that you inhabit ... If you believe on a deep level, in a separation and struggle for survival then you see that belief all around you, and your perceptions are governed by fear. You inhabit a world of death and of bodies fighting, killing, and devouring each other.” (4)

As I looked for a meaning with every apparent “assault,” I found not only specific meaning, but a healing idea which swooped me up to a higher plane. The common thread in every problem was, of course, the pervasive desire to see existence in terms of self and other. Victimization of any kind takes place in the land of “self and other.” We need to enter the kingdom of heaven, where seeking the meaning of experiences leads us to the gates.

As we build a foundation of understanding, we will find countless assists. One of the difficulties which brought me to Dr. Hora was extreme fear manifested in panic attacks. I asked him for a drug to make me feel better. He pointed out that if I felt better I wouldn’t be receptive to changing my way of thinking. He prescribed an idea instead, recommending that I commit the 91st Psalm to memory. (It’s the one which begins “He that dwelleth in the secret place of the most High, shall abide under the shadow of the Almighty.”) As I did so, I contemplated the meaning of every word and phrase. Dr. Hora helped me to understand the symbolism (lion=animality; serpent=deviousness) and to spiritualize the language. Whenever a panic attack would occur, I immersed myself in the ideas of this psalm, and the fear dissolved immediately. Soon after, I came to understand the meaning of my fears and increase my understanding of reality. The attacks left, never to return. This is the journey of the spiritual path. The 91st Psalm is about protection, and

yet, it culminates beyond protection in the promise of a long and satisfying life in the knowledge of God.

In retrospect, I realize now that I had dozed off these past few months, losing awareness of reality and my place in it. With each insight my foundation strengthened. It is such a blessing to understand that we're not just being knocked about in a chaotic world, but that we are being led, step by step, to understanding what is real and true. In the Bible, Isaiah prophesied that "a man shall be as an hiding place from the wind, and a covert from the tempest." (5) To me, that means that when one is awake to , and yes, protection: a beneficial presence in the world. This is the prayer of protection.

(1) Psalm 46:1 (2) *BEYOND THE DREAM*, by Dr. Thomas Hora p. 305
(3) *Seventh Principle of Metapsychiatry* (4) *THE POWER OF NOW*, by Eckhart Tolle p. 164-5 (5) Isaiah 32:2

Heather's path has led her through several cities and professions: artist, business manager, and the current one, librarian. She lives in Santa Barbara, CA and offers spiritual guidance on a part time basis.



LOVING MUSIC

REFLECTIONS ON A TELEPHONE SEMINAR WITH JAN LITHORST

The intelligence of love
Tunes the recorder,
Instruments of song
Letting Jan play up and down
From the blessing.
Somehow his inward ear
Would catch the moment
The rhythm required
And we would hear it.
Merely instruments, too
Our whole being
Listens; quiet sounds
Behind the melody;
Each note is a thought
That carries us to that place
Of wisdom
Where we really play.

~ *Mary Jane Treloar, Saratoga Springs, New York*

GOD'S PROTECTION

BY REVEREND CAROLE J. SURACI

Dr. Hora taught, as do other spiritual teachings, that what we hold in mind manifests in our bodies and in affairs. First, there is a thought or an idea and then there is the manifestation. Jesus said, "In the world you have tribulation but be of good cheer; I have overcome the world." (1) This statement doesn't mean very much unless we understand that there are really two worlds, one of phenomena and the other being spiritual reality.

In the 91st Psalm, the Bible tells us:

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty ...

He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler ...

Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;
There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

We are bombarded with negative thoughts from the news media and TV commercials promoting the latest medication for all types of diseases. Dr. Hora speaks of thoughts coming from either the "sea of mental garbage" or "from the ocean of love

***Are we thinking from a horizontal perspective
or are we allowing God's thoughts
obtain in consciousness?***

intelligence." (2) We have a choice of what we allow to enter into our minds. Are we thinking from a horizontal perspective or are we letting God's thoughts obtain in consciousness?

In fact, as Metapsychiatry teaches us, we don't really think. We only think we think. From the horizontal perspective, we think from past experience and project those thoughts into the future. There is no inspiration coming forth. When we are open to God Mind, we allow inspired wisdom to enter consciousness and with it comes a harmonious unfoldment of good. There is always something good following. We come to this realization through stilling the mind and realizing that "I can of my own self can do nothing: as I hear I judge..." (3)

If I am afraid, it is because I am out in the far country of my mind knowing want. Fear and want go hand in hand. The Prodigal Son took his inheritance and went out into the far country and spent all that he had. He came to know want. Then the Bible says, he came to himself, he arose and went to the Father and the Father came out to greet him bringing the robe, the ring and the sandals. (4) The Prodigal Son had come to the realization that he was wanting, an anxiety producing state. He rose from a horizontal perspective to a vertical one

and came to abide “in the secret place of the most high” or upper room of the mind, as we do in meditation.

The Bible states “My ways are higher than your ways, and my thoughts are higher than your thoughts.” (5) Metapsychiatry teaches, “Problems are basically psychological ... and solutions are spiritual.” (6) All solutions to our problems are spiritual and come from letting “this mind, (The Divine Mind), be in you, which was also in Christ Jesus.” (7) It is said “... when thine eye is single, thy whole body also is full of light ...” (8) In the realization of the Presence of this Light, healing and wholeness occur. We let our attention rest in what is called the third eye area (in the middle of the forehead).

Returning to the 91st Psalm, “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.” We could also say “nature.” Name and nature are synonymous. What is the nature of God? Metapsychiatry describes God as “love-intelligence: omnipotent, omniscient, omnipresent, and Omniactive.” (9)

Questioning the “meaning” of any circumstance, will call forth the thoughts associated with our separation or wants. What more do we want than the love of God? Asking “what is what really is?” brings us to the realization that there is only one God, manifesting in our heart, mind and affairs as PAGL -- peace, assurance, gratitude and love. Where there was fear, calculating and judgment, there is harmonious unfoldment of good manifesting.

The kingdom of heaven is experienced on earth through you and through me when we allow it. We are invulnerable to thinking in error as we let God’s presence “go before us and make the crooked places straight.” (10) That is the protection of the highest order.

(1) John 16:33 (2) CAN MEDITATION BE DONE? BY Dr. Hora p.13 (3) John 5:30 (4) Mark 15:11-32 (5) Is. 55:9 (6) BEYOND THE DREAM, p.100, second edition, p. 104 (7) Phil. 2:5 (8) Luke 11:34 (9) BEYOND THE DREAM, p. 111 (10) Is. 45:2

Carole is a grateful student of Metapsychiatry and will be starting a new class in Hackensack, New Jersey.



In proportion that we approximate
the truth of our own being,
in that proportion we shall
be able to effectively benefit
the people who seek our assistance.

~ Dr. Hora

HUMMER PROTECTION

BY CAROL MARGANIAN

The protection value of being a hummer — not the automotive tank-like vehicle, but rather a silent singer of sacred song and truthful verse — was explored. The idea first occurred to me when wandering in a Paris crowd separated from my husband. Fear arose with resentment following. What am I nothing to him?” I thought “He’s not even looking for me.” At first, the loud, static noise of the fear of nothingness and self concern

*Suddenly, a thought came to silently
hum the hymn,
“God will take care of you.”
My fear was erased and I knew I was safe.*

were huge, when, suddenly a thought came to silently hum the hymn, “God will take care of you.” (1) This helped quickly. The fear was erased and I knew I was safe.

Singing psalms and hymns have helped others through life threatening illnesses. Recently, I heard of an opera singer who voluntarily sings with hospice patients. My dad and aunt were comforted by singing and listening to psalms and hymns until they passed away. Robert Morgan, in his book, THEN SINGS MY SOUL, a compilation of hymnal origins, admits that singing sacred songs to himself “was a cure for shot nerves ... it restored my soul.” (2)

*“Our being is absolutely secure.
We are inseparable from God.
God is our being.”*

Silent singing helps us to reorient to Divine Omniaction as illustrated in the 3 R’s (recognition, regret and reorientation). It is helpful to recognize the fear in order to understand its meaning. Instead, I usually overeat or shop (compulsive efforts to avoid fear). Dr. Hora said We can recognize the fear as “misdirected interest in self. We can regret this and reorient to the Good of God which already is ... (and when healed of self confirmatory mental preoccupation we become fearless, loving, intelligent and joyful.” (3)

In the chapter, “Being Nothingness” from BEYOND THE DREAM, Dr. Hora stated: “The fear of nonbeing is a universal human experience which needs to be individually confronted. Furthermore, we have to come to see how this fear drives us to seek escape from loneliness, or from being ignored, or insignificant, abandoned, etc. Loneliness is often experienced as excruciatingly painful and frightening. We have to come to understand that what we are afraid of is an impossibility. In order for an individual to cease being, God would have to be destroyed. Therefore, our being is absolutely secure. We are inseparable from God. God is our being. Therefore, nonbeing is an impossibility.” (4)

I extend to you an invitation to sing silently or out-loud the following verse from the hymn:

God Cares

God will take care of you
Be not dismayed what e'er be tide,
God will take care of you
Beneath his wings of love abide,
God will take care of you.
God will take care of you through every day,
O'er all the way.
He will take care of you,
God will take care of you.

Recently, I have found it helpful to hum "The Prayer Of Glowing," to the tune of "Let There Be Peace On Earth And Let It Begin With Me." (5) It has been a silent singing meditation during early morning walks.

The Prayer Of Glowing

"Now is the accepted time ..."
Now the Eye of my eyes is open
Now the Ear of my ears hears.
Now the Mind of my mind knows
Now the Love of my love glow.
"I and my Father are one ..." (6)

Another story from "Guidepost" Magazine entitled, "His Mysterious Ways," (7) exemplifies the third Principle of Metapsychiatry: "There is no interaction anywhere, there is only omni-acton everywhere." An American-Armenian college student, studying in Paris was intensely homesick after a telephone conversation with her parents in Florida. She thought it would be a comfort to visit an Armenian church which she had walked by many times but never entered.

The young woman sat in a back pew, prayed, looked up and saw an old woman walking with a cane entering the Church. She asked the elderly woman to sit. At once, the old woman was deep in prayer. The student said "I could not keep my eyes off of her ... there was something familiar in her face ... she could have been my Grandmother."

After briefly talking, the old woman reported that she had several nephews in Florida with whom she had lost touch with. One of the nephews was the father of the young woman. The elderly woman took the hand of the college student and said "Asdudzo Cords, God's work ... I am your great Aunt. We are family." God will take care of us.

(1) "God Cares" by Civilia D. Martin alt./W. Stillman Martin v.1, *HYMNS FOR THE FAMILY OF GOD*, p. 56 (2) *THEN SINGS MY SOUL* by Robert Morgan, p. x (forward), (3) *BEYOND THE DREAM*, by Thomas Hora, p. 188 (4) *Ibid*, p.105 (5) "Let There Be Peace On Earth and Let It Begin With Me" by Sy Miller and Jill Jackson, *HYMNS FOR THE FAMILY OF GOD*, p. 681 (6) *CAN MEDITATION BE DONE?* By Thomas Hora p. 32 (7) *Guidepost Magazine*, "His Mysterious Ways" by Natalie Garibian, 2004:31

Carole Marganian is a licensed clinical social worker with a Metapsychiatry practice. She is a learning parent of three adult sons and a teenage daughter.

RIDING A BICYCLE

BY SUSAN FISHER

The image that seems elucidating and helpful is that of freely riding on a bicycle smoothly and creatively lined up with presence as well as momentum.

When talking about Metapsychiatry, that common image seems clarifying and without dispute, especially, when observing what happens when the bicycle is not lined up with gravity. That, of course, makes everyone laugh with a sense of A-HA. How many of you remember the TV show, "Laugh In," with Henry falling over his tricycle at least once in every program segment? We all know of that experience and can easily translate it into

*Go into that big space,
wait quietly, and listen.*

the abstract, such as what happens when we are under the influence of "The Four Horsemen" or the prongs of the devil's pitchfork, or interaction?

Often I say "Please, God, just this once, please, couldn't I just have what I want? Could I just gossip or scheme, control or react? Could I just ride the bicycle at this particular angle?" But gravity takes over and "Pow," another lesson comes into experience.

In the mini book, *CAN MEDITATION BE DONE?*, Dr. Hora writes "In meditation we focus our attention on the will of God so that we might come into ever more perfect alignment with the built-in intentionality of the creative Principle, God." (1) Gravity represents "perfect alignment" with Love-Intelligence. It is that intentionality of the creative Principle that protects us from crashing. The bicycle is not here for me, but, together, we jointly participate in gravity, free to move harmoniously.

As a teacher of three to six year olds in a Montessori classroom at a Catholic school, I learned to translate Metapsychiatry in a way that would effect the children's everyday lives. After all, as Dr. Hora would say "what is the point, if it doesn't work," (pronounced woyk)? These ideas align the children with the good of God, which is spiritual blessedness, so that they, too, could ride creatively and harmoniously into the sunset and be protected from the many influences they encounter.

Wanting has become a recognizable thought that does not work very well. Looking for God's next good idea works much better. We find these ideas by going into that big space which appears when we close our eyes, wait and listen. Concepts such as "friendships," while a common part of the children's vernacular can become easily troublesome, especially when contrasted with being "friendly." Can you see the bicycle straightening up in alignment with the concept protecting the rider from the hurt and blame of an interactive crash?

A TRIBUTE IN APPRECIATION OF THE LIFE OF JAN LINTHORST

WATERING THE SOUL

One lovely healing demonstration of Metapsychiatry, “The understanding of what really is, abolishes all that seems to be,” (2) came to J.J., aged five and his teacher. J.J.’s contemporaries had completed a long and many phased assignment of making a globe. J.J. had been invited to do this project several times, yet, found himself in complete gridlock from intense and somewhat, chronic performance anxiety.

What to do? I wondered how I could align him with the “built in intentionality of the creative Principle”(3) and protect him from the crippling thought that was rife in his mental climate. First, was to practice what the children already knew: go into that big space, wait quietly and listen. Then, Thank you, Lord, for your infinite, inspired wisdom which comes to us every moment.

I told him “J.J., you don’t have to know how to do this work, all you need to know is how to hear God’s good idea of what to do next.” How joyous it was to watch that little boy sit quietly, eyes closed and then spring into assured action, pencil tracing furiously, pause, sit quietly, eyes closed, then repeat the pattern until he had completed the globe, which we both enjoyed. Icing on the cake were the words that came later when he communicated with his mother what had taken place. With God’s grace they were received and understood.

There is one last story which speaks again of the infinite ways to align with Truth. A sweet, but sometimes over conscientious mother had a habit of rushing into the classroom as her child was shaking hands good-bye with his teacher. She would kneel by the child and say “eyes, Johnny, look at her eyes.” Needless to say, the teacher and the child had a lot of difficulty with this, thus the bicycle continually crashed. Finally, after a very long time, the teacher said, “Johnny, don’t look at me with your eyes, look at me with your heart.” “O.K.,” said a smiling, direct boy with all the eye contact a mother could hope for. Yes, off into the sunset, at last. Thank you, Lord.

(1)CAN MEDITATION BE DONE, by Dr. Thomas Hora, p.2 (2) Tenth Principle of Metapsychiatry (3) CAN MEDITATION BE DONE, p. 2

Susan Fisher, a retired Montessori teacher is now teaching classes in spiritual parenting & counseling in Metapsychiatry.



PRAYER OF RECONCILIATION

BY JAN LINTHORST

When you have an issue to settle with another person, you may think of this person and, without going into the details of the incident, pray as follows:

I forgive you, you forgive me. (3x)

You and I are one in God.

I am grateful to you and you are grateful to me. (3x)

You and I are one in God.

I love you and you love me. (3x)

You and I are one in God.

I bless you and you bless me. (3x)

You and I are one in God.

I was in deep despair the first time I met Jan Linthorst. He listened to my tale of woe, smiled, and simply said, “You are a rose that blooms in the desert.” It was as if someone watered my soul - the most amazing feeling of relief. For the first time in my life, someone told me I was whole and good.

Jan put things into a perspective that brought comfort. When my brother was diagnosed with AIDS he was so terrified that I sent him to see Jan, who told him “The AIDS virus is so small - and God is so big.”

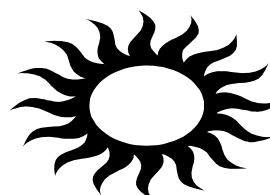
When it was needed, Jan was also the Zen master who would hit you with a stick. Once, when trying to choose between two possible career paths: computer design or investing in a frozen yogurt franchise, I pontificated about how computers were more intellectual, sophisticated and meaningful. Eventually, Jan blurted, “God doesn’t know the difference between computers and frozen yogurt!”

Last year, my mother, who is under Hospice care, fell and hit her head on the concrete. The nurse at the facility where she lives called and insisted I take her to Emergency as soon as possible. As I raced into town, my mind was a tornado of fear that this might be “the end.” I thought I was prepared for her death, but found myself overcome with panic. I called Jan, and thankfully, he was able to talk to me.

He calmly reassured me that dying is nothing to fear, and soon had me laughing. He told me he was often called to the bedsides of dying people, but that they always refused to die after he arrived and began praying. Then, I remembered a story about Baba Ram Das: after studying in India for several years, his guru told him to go home and share what he had learned. Ram Das asked what he should tell the Americans about dying, “because they’re all terrified of death.” His guru laughed hysterically, “Tell them there’s nothing to be afraid of! It’s a big relief - like taking off a tight shoe!”

We both had a good laugh and by the time I arrived at the care facility the panic was gone. My Mother was sitting in her chair, happy to see me. I said the Nurse insisted we go to ER, but my mother said she was sure she hadn’t broken anything, and could we just have a beer instead? The crisis had dissolved. Jan put the “B” in Beneficial.

~ Debra Rylla, Maui, Hawaii



IN GRATITUDE AND LOVE

Dear Friends of the PAGL Community ~

I want to express my gratitude for the last PAGL Associates Newsletter, with its tributes to Jan. The statements were heartfelt and beautiful and touched me deeply. Thanks also for the PAGL Board for its various expressions of support and appreciation, and to all those who sent me cards and notes. Your loving response to Jan's passing has been wonderfully helpful.

The website, www.janlinthorst.com, is closed, but my books will still be available through Amazon.com. I am currently formulating ideas for a possible book, the working title of which is, at this point, DYING TO SEE: The Marvelous Crisis of Dying, Death and Loss. If any of you wish to be on the list to receive an occasional email newsletter from me, in which I am sharing some of the ideas as they are coming to me, please let me know at annlinthorst@cox.net.

I wish you all further adventures in PAGL and continuing joint participation in the Good of God.

~ Ann Linthorst, Irvine, CA

BOOKSTORE NEWS

Celebrating its tenth anniversary this year

“ ENCOUNTERS WITH WISDOM ”

A New Book !

Published by The PAGL Foundation

Never Before Published Dialogues with Dr. Hora

A new series of short volumes that present Dr. Thomas Hora's Metapsychiatric teachings through dialogues with his students during the early to mid 1990's is now available for purchase. It is the first of a series from classes which are being prepared for publication.

These dialogues are as fresh and meaningful as the moment they happened. Issues include: spiritual blessedness, abundance, spontaneity, attachment, mourning and the meaning of koans. To purchase the soft-cover booklet (\$12. plus S&H) or for more details, go to: www.pagl.org.

Dialogue Tapes may now be ordered on CD

Several of the tapes that were professionally “mastered” six years ago are not of sufficient quality for purchase. Our apologies. If you have one of those tapes, we would be happy to extend a refund or replace it with an improved copy. Just send it to the bookstore and let us know if you would like a CD or cassette.

IN DR. HORA'S WORDS ...

“ When Jesus was approached by a leper who begged to be healed, he said: “Thou art made whole and pure,” and the leper was healed. What had happened? Jesus could see wholeness where fragmentation seemed to be. He was able to see the wholeness of God's creation and this effected the healing.

If this is difficult to understand clearly, it is because we have the ingrained notion that healing is done by one person to another. We see everything in terms of interpersonal actions. Jesus saw Reality as whole and perfect and harmonious and totally free of personal interaction. He could see issues. Where others saw a person afflicted with leprosy, he saw an issue, namely, an existentially invalid idea of impurity. The leper's plea to Jesus was not, Please heal my leprosy, but: “If thou wilt, thou canst make me clean.”

Issues are always mental. When we learn to focus on issues the way God sees them, healings take place, not because we have done something but because what really underlies the situation comes into view. Where there was an appearance of impurity, suddenly purity is revealed. The two fundamental questions we ask in Metapsychiatry: “What is the meaning of what seems to be?” and “What is what really is?” can help us understand the issue involved in the leper's healing. This individual may have been diagnosed as suffering from leprosy, but Jesus understood that he was suffering from an idea of impurity. He healed this invalid thought by seeing the man as God saw him — pure and whole. ”

From *COMMENTARIES ON SCRIPTURES* pp.28-9



**DO YOU KNOW SOMEONE WHO WOULD
LIKE TO RECEIVE
THE PAGL ASSOCIATES NEWSLETTER?**

Send Name of Recipient or Change of Address

Name _____

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City/State _____ zip code _____

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LETTERS

T O T H E E D I T O R

Your Thoughts Are Welcome

This is your space. I encourage and invite you to keep the dialogue open, share spiritual healings, offer musings, thoughtfully comment on articles and ask insightful questions. Inform us, as well, of ways in which the application of PAGL principles has expanded consciousness in your personal or current events.

PAGL Newsletter As A Reminder Of Who We Really Are

Almost 30 years ago, I heard about Dr. Hora and his Existential Metapsychiatry at the Guild at Wainwright House. Being here in upstate New York and rearing seven children after my husband died, I could not follow my impulse to study with the Guild. However, the book, EXISTENTIAL METAPSYCHIATRY has been a mainstay in my spiritual development, and, PAGL has only recently made the full "connection."

My daughter died last March at age 48. Six sons remain to help, but she was my only daughter and the grief had become too much a part of me. Thank you, PAGL Newsletter, for reminding me of who she and I and we *really* are. And, oh yes, she was truly a beneficial presence in the world.

I'm feeling that the PAGL Newsletter has brought me a new turn in my Real Life ... or rather, re-turn! If you know of any PAGL students in the Ithaca—Syracuse area, I would love to connect with them.

~ Dorothy Lonsky
Genoa, NY



If you would like to contribute to the PAGL discussion, you may submit your article, poem, cartoon or letter. References and quotes need to be cited by author, book & page number. Please send to:

PAGL Associates Newsletter
Reverend Deborah Sofferman
P.O. Box 1525
Litchfield, CT 06759
or: ReverendDeborahS@aol.com

Articles & Letters may be edited for length and clarity.

The editorial policy regarding contributions of students is to see to it that the article is substantially related to the teaching of Metapsychiatry. The opinions expressed are entirely the responsibility of the writer. Neither the PAGL Foundation nor the PAGL Associates Newsletter Editor endorses them.

PAGL COMMUNITY NEWS AND SUNDRY ITEMS:

Be at the East and West Coast 2006 PAGL Associates Meetings: Sunday, May 7 in New York City and Saturday, May 13 in Fullerton, California. You are invited to a day of "Life, Love, Laughter and Listening," as we explore the application of **Metapsychiatry as a Daily Practice**. "We come here so that our lives can be improved" (ONE MIND, p.242). If you have not yet received an announcement or know someone who would like to, contact Ruth Robins at: # 860.434.2999.

Found In Translation ~ BEYOND THE DREAM is being translated into foreign languages. Russian and Chinese translators have embarked on expressing the ideas of Metapsychiatry in their native languages. A retired French and Communications teacher in Belgium is **translating the PAGL Associates Newsletters into French**, and is making them available on her website which is linked to pagl.org for the purpose of readers learning more about Metapsychiatry.

Weekly PAGL Telephone Conference ~ with Carol Marganian. For more information, call her at: # 714.446.0115.

Carole Suraci is starting a study of Dr. Hora's books & tapes at a PAGL Group in her home. Contact her at: # 201.488.0370.

4 1/2 hours of Metapsychiatry available on DVD or VHS: Metapsychiatry counselor & teacher, **Ruth Robins**, introduces several of Metapsychiatry's core ideas in dialogue with **Nancy Rosanoff**, host of the cable TV show, "The Listening Place." Cost: \$45 (S&H \$5 US, \$9 abroad). Use credit card, check or money order from US bank, payable to: Sunnyside Productions. Send to: Nancy Rosanoff, 109 Sunnyside Ave., Pleasantville, NY 10570 or Ruth Robins, P.O.Box 4001, Old Lyme, CT 06371.

Bruce Kerievsky has compiled a set of 81 aphorisms categorized as "Definitions," "Problems," "Solutions," "Inspirations," and "Koans" from Dr. Hora's works. Provided are commentary and practical examples for each aphorism. Also included is "Metapsychiatry and the Elusive Truth of Being," an essay that appeared in the Journal of Religion & Health, and "Experiencing the Passing of a Master," a memoir based on his relationship with Dr. Hora. Cost: \$20. Send to: 7 Arrandale Ave., Great Neck, NY 11024. Tel: #516.466.2872 or kbruce@optonline.net.

Interfaith Minister, **Deborah Sofferman, officiates spirit-filled weddings, baby blessings and other sacred life-cycle ceremonies.** She offers spiritual guidance in person and by telephone, as well as facilitates workshops and retreats. Deborah is available at: #860.567.2201 or ReverendDeborahS@aol.com. You are invited to participate in her weekly Spiritual Study Group and join in the dialogue leading to self-realization.

YOU MAY SUBMIT TO THE EDITOR WRITTEN INFORMATION THAT IS OF INTEREST TO THE PAGL COMMUNITY

