



# PAGL ASSOCIATES

## NEWSLETTER

FOR THE STUDY OF METAPSYCHIATRY

Year 7, No. 1

Winter, 2007

### PAGL Associates Newsletter

**Editor** ~ Reverend Deborah Sofferman

**Mailing address** ~ P.O. Box 1525  
Litchfield, CT 06759

**Phone** ~ 860.567.2031

**Fax** ~ 860.567.2201

The PAGL Associates Newsletter is published tri-annually. Your thoughts are welcome; please submit letters to edit at [ReverendDeborahS@aol.com](mailto:ReverendDeborahS@aol.com)

Donations are gratefully accepted to cover the cost of the Newsletter. \$20 is suggested, payable to:

The PAGL Foundation  
c/o Bruce Kerievsky, Treasurer  
7 Arrandale Avenue, Great Neck, NY 11024  
All contributions are tax deductible.

### East Coast PAGL Associates Meeting

Sunday, April 29, 2007

### West Coast PAGL Associates Meeting

Saturday, May 5, 2007

### METAPSYCHIATRY RESOURCES

#### THE PAGL BOOK STORE

P.O. Box 4001

Old Lyme, CT 06371

**Tel: 860.434.1512** [PAGLBooks@aol.com](mailto:PAGLBooks@aol.com)

**THE PAGL NEWSLETTER** ♦ Published Tri-annually

**VISIT OUR WEBSITE @ [WWW.PAGL.ORG](http://WWW.PAGL.ORG)**

- ♦ Purchase books and audio tapes
- ♦ Receive notices of annual PAGL Associates Conferences

**CONTACT COUNSELORS AND FELLOW STUDENTS @ [www.paglassociates.com](http://www.paglassociates.com)**

### Editorial: *What's Inside ... inseparability.*

Several weeks ago, our playful Bernese Mountain dog, Heaven suddenly appeared lethargic and disinterested in food or water, which left us quite perplexed. I thought that perhaps she was being finicky. So I tried to coax her with every pup palate appealing delight, but to no avail. She just turned her head away. This was not our Heaven. I prayed but her condition seemed to slowly deteriorate until she appeared limp and could hardly stand. Temporarily mesmerized, I fearfully phoned our friend, a veterinarian, who told me to bring her to his office immediately.

An x-ray showed an object lodged in her intestines. The doctor informed me that she would require an emergency operation to remove the obstruction with a 50% chance of survival!

The office staff read me the riot act when I told them I was taking her home. "You have a very sick dog who may die if the doctor does not operate at once." I remember thinking that we have the ultimate physician and I'm going to place her in His care. Psalm 3 reminded me "salvation belongeth unto the Lord." At home with God, which is wherever we are, was the place we both needed to be.

My earlier prayers had one eye peeled on the picture — the symptoms. With new eyes absorbed in Truth, reality became clear: that there is no object on earth that can come between God and any life form. Separation is an "impossibility," and "can only be an illusion."<sup>(1)</sup> Capitulating on bended knees I was devoted to an unwavering certainty — that where there is oneness, there is no obstruction. No thing or no one can repress or prevent the healing, holy flow of all mighty Love.

Soon after, Heaven passed a two foot long piece of material and was thankfully, once again, bouncing and wagging.

This newsletter is bursting with inspiring testaments to the healing power of one Mind inseparable from God as understood in Metapsychiatry. These papers, poems and hymns reflect the theme of last year's annual Meeting: Metapsychiatry As A Daily Practice. I look forward to spending an enlightening day with many of you at the upcoming 2007 exchange.

PAGL to you ~  
Deborah Sofferman  
Editor

(1) *ONE MIND*, p.21



## STRESS REDUCTION MEDITATION

JAN LINTHORST

Stress reduction meditation is a method of meditation by which we let the Word of God do its own work.

The benefits of this method are innumerable and defy easy description. Daily practice over a period of several months can be expected to yield an increase in:

- ◆ physical fitness
- ◆ mental concentration
- ◆ mental abilities
- ◆ healing ailments
- ◆ stress reduction
- ◆ calm and peace of mind
- ◆ certainty of the goodness of life

The Word of God works not differently from any other word. When a child learns the word “more,” it can ask for “more food.” When a traveler in a foreign country knows the word for “breakfast,” he can order breakfast. Without a word for your experience, the experience cannot be expressed and understood.

In the story of Helen Keller, the girl who was deaf and dumb, the teacher finally succeeded in helping her connect the experience of water and the word water on her lips. That was the beginning for Helen to learn the meaning of her experiences and express herself.

The Word of God works the same way. The Word of God is with us in a variety of spiritual words, such as light, infinite, harmony, joy, peace, love. To express and understand our spiritual experiences, we need to learn these words. These words need to become deeply rooted in our thoughts in order for them to be part of daily experience.

Check your thoughts and words during the course of a day. How many times have words of peace, light, infinite, harmony entered in to your vocabulary? For most people the answer is: not very often.

With meditation this will change. Take, for instance, the following meditation:

### **“God’s light of infinite harmony”**

Repeat these words over and over again, slowly and with deep attention for about three minutes. Repeat this practice three or four times a day for about a week. You will find that words like infinite, light and harmony spontaneously enter into your thoughts and words. You express them. But, more importantly, you will express and feel harmony.

That is how stress reduction meditation works. You learn to meditate on spiritual words. They become the thoughts, which in turn become your experience. Just as you learned in school the words that first determined your basic human experiences, spiritual words will form the basis of your spiritual experience. Later, as a grown up, you learned more words to help you develop a skill, a profession, an art or a science. When you advance with spiritual word meditation, you will develop the art and science of living harmoniously.

*From: The Stress Reduction Meditation Booklet by Jan Linthorst*

## THE GOLDEN RULE OR LOVE?

HEATHER BRODHEAD

The Golden Rule, “Do unto others as your would have them do unto you,” is ancient good advice on an interpersonal level. It helps manage our behavior by reining in selfishness, and requires we think of someone else—or does it? If our motive in treating others well is conditional (hoping they’ll treat us well, or like us, or that we’re pleasing God, or building up good karma) then our motive is still self-serving.

This came to mind recently with regard to a houseguest. One early morning I headed to my study with the newspaper for some quiet time. My guest was still asleep, but she would be getting up soon. The thought came to leave part of the paper for her to read when she gets up. I could come back and trade sections later. Leaving a couple of sections on the kitchen counter, I looked at my motives.

This is a minor event but a good example of subtle yet significant issues which arise constantly. The Golden Rule would say “Yes, leave a part of the paper.” It is a behavior-based rule, greasing the gears of civil co-existence. In Metapsychiatry we have been introduced to a more valid and joy-filled response which also says “Yes, leave the paper.” It is the loving response. We define love as “non-personal, non-conditional benevolence.”<sup>(1)</sup> The desire to make someone else’s life more pleasant with no strings attached is a joyful way to live. The purified motive, which is free of self-righteousness or expectation of a return on our good behavior investment, realizes that there is no do-gooder “self,” but rather, conscious awareness as “a place where God’s presence reveals itself as Omniactive Love-Intelligence.”<sup>(2)</sup> What might appear to be a trivial moment and the fruit of interaction thinking has been transformed into an opportunity for both of us to participate in the full loving abundance of God’s nature. By choosing Love one is transformed from being a beneficent person to being a beneficial presence in the world. <sup>(3)</sup>

*(1) ONE MIND, by Dr. Thomas Hora, p. 35 (2) BEYOND THE DREAM, by Dr. Thomas Hora, p. 89 (3) DIALOGUES IN METAPSYCHIATRY by Dr. Thomas Hora, p. 141. This concept begins to take form in IN QUEST OF WHOLENESS, but, not until EXISTENTIAL METAPSYCHIATRY is it articulated (p. 6), later to become the 4th of the “4 W’s.” See BEYOND THE DREAM, p. 60.*

---

### **(UNDER) STANDING**

Where do I stand? Where do I walk?

Where is my “mode of being?”

What do I crave? What do I fear?

What is my way of seeing?

Is stance on feet, or hips, or knees?

Is context bound to sod?

Or rather, do I understand

I live and move in God.

---

*Heather Brodhead lives in Santa Barbara, CA*

# MY PRACTICE OF METAPSYCHIATRY

BRUCE KERIEVSKY

For more years than I care to recount, I have been a mostly neglectful, unconsciously fickle student of Metapsychiatry, only becoming somewhat steadfastly sincere in the face of moments of crisis. Recently, a succession of such concerns and troubles have established themselves as unwelcome intruders in my ex-

---

***Metapsychiatric principles & aphorisms,  
having blessed my entire adult life,  
come readily to mind,  
shifting attention toward a healthier direction***

---

perience and, under that duress, I have been impelled to seek spiritual solace. Where previously I had been content with the not inconsiderable inspiration provided during daily slow jogs with our reluctant dog, and the insights intermittently available in the shower, now I recognized that there was a greater urgency to make a more genuine commitment to finding a redemptive truth to relieve my and others' discomfort.

And so I turned to meditation, a discipline of which I had consistently been more of a dilettante than a disciple or enthusiast, reasoning that it has always seemed mostly an unproductive waste of time, a low priority in my self-imposed, busy schedule. I started slowly, just 15 or 20 minutes before retiring, but it was immediately compelling. They were should-less sessions, gently purging me of the exigent thoughts pestering my consciousness like unrelenting mosquitoes. As an addictive "do-er," I began to appreciate even seemingly haphazardly practiced meditation for its ability to sweep away the cobwebs of desire that tyrannically trap and immobilize awareness. This newfound interest has followed a sudden transformation of my life from a state of under-employment to one of ostensibly, albeit perhaps temporary, over-employment. Such a miraculous revolution, unimaginable even a month ago, was one more piece of persuasive evidence of God's presence in my life. At the minimum, meditation produces an immediate calm-in effect, a welcome slowing and quieting of the thought rate that is abundantly helpful during these days so ripe for descent into frantic thought and behavior. Somehow, I receive assurance that I can only focus on one thing at a time, and that that is enough. Metapsychiatric principles and aphorisms, having blessed my entire adult life, come readily to mind, shifting attention toward a healthier direction, a boon to a better state of being.

When I consider the nature of spiritual mindedness, it always entails a commitment to mindfulness. And how can that become a mental habit without meditation as a daily practice?

This is not to imply that I don't, at times, lose it. I can and do sometimes forget my real identity and purpose and get sucked into the vortex of "should thinking." And so I ask: does there ever come a time in one's life when it seems so

vital, crucial and essential to manifest a beneficial presence, that existence without it is utterly empty, devoid of meaning, painfully self-confirmatory, full of the sound and fury that signifies nothing?

On a more upbeat note, Dr. Hora has written, "spiritual values ... are qualities of being emerging in consciousness whenever sufficient attention has led to the realization of their absolute reality." (1)

(1) *A Hierarchy of Values, p.14*

---

*Bruce Kerievsky, a long-time student of Metapsychiatry, provides spiritual values counseling.*

## WELCOME TO THE LISTENING ROOM

ANNE KUBITSKY

Where "shoulds" and "shouldn'ts" erase from your mind  
And anger and fear are left behind.

Listening to the moment as it floods in the door,  
Peace, Assurance, and Gratitude suddenly pour

Into your heart and out through your hands,  
You send love to the world without any plans.

It's here where you can listen,  
Listen to the moment.  
The quiet,  
The still,  
Without any worries  
Or hurries for a pill.

Just open your heart and  
Let go of your mind.  
Listen to your inner voice  
And you may quietly find...

That peace is in YOU.  
It's not "Out There."  
So tell your mind "hush"  
As you come in here.

Listen to the Peace.  
The Quiet.  
The Still.

That's already in YOU,  
Not over the hill.

---

*Anne currently resides in Guilford, CT and enjoys studying Metapsychiatry with Ruth Robins.*



# DAILY BLESSINGS OF METAPSYCHIATRY

NANCY ROSANOFF

The teachings of Metapsychiatry have allowed an understanding of what is True to take root within my consciousness. It has allowed defenses, judgments and fears to slowly melt away, allowing room for peace and assurance.

How has this great miracle of realization occurred? I've known the reality of God since early in life, yet something about the teachings of Metapsychiatry engendered realization.

The miracle of Metapsychiatry seems to me to be in its precise definitions of spiritual substance. Defining spiritual substance with great clarity allows us to perceive the non-dimensional with confidence. For example, having Dr. Hora state the distinction between "experience" and "realization" allows us to recognize the truth of that distinction.

---

*Daily study of the concepts and definitions  
coupled with meditation  
invites the realization of the truth*

---

The consciousness that recognizes the truth is then present in everyday life. It seeks truth, like a bear seeks food after winter's hibernation. Combined with an awakened, receptive consciousness, the concepts of Metapsychiatry provide a clear structure for an orderly reorientation to spiritual reality.

This miracle of spiritual transformation cannot be done, yet it can be received. Daily study of the concepts and definitions coupled with meditation invites the realization of truth. The awakened consciousness seeking truth takes up more and more space in our daily awareness.

Another key element has been dialogue and communion with one who is more realized in the truth of spiritual existence – one who holds the awareness of Love-Intelligence. The transmission of awareness passes between two willing consciousnesses. Enlightenment occurs within a dialogue of interested individuals.

One common ignorant thought among spiritual seekers is that knowing we're whole should be enough to make it so. Ignorance is judged as "unacceptable" and we pretend to be enlightened.

The truth is that shedding light on ignorance is what we are here for. To judge ignorance is self-confirming. To hide our ignorance by attempting to dissipate it on our own manifests as independent effort, and it will not work.

Revealing the ignorance residing in consciousness in the presence of a loving witness who clarifies the truth is enormously beneficial. The light of awareness is thus shed on the darkness and without effort, healing occurs.

Reflecting on one recent day revealed the following blessings of Metapsychiatry. Waking up to the early morning sun, I was filled with joy and gratitude for being alive. The pressure to perform I used to wake up to, demanding that I account for the upcoming day in productivity and achievement was gone.

The main part of my life at this moment is managing an old building my husband and I have been restoring and turning into professional office space over the past four years. Right now the project is out of money, tenants are just moving in, contractors have not completed their jobs and there are many problems continuously surfacing.

The house has been ground zero for much of the unhealed consciousness for both my husband and me. It is the mirror where I can see God's good works and ignorance playing out. Knowing that God is in charge and that healing is allowing light to be shed in darkness has made it possible for me to face the results of ambition, greed, fear and the need for attention. Each embarrassing moment sheds more light. Each "crucial decision" that demands attention is addressed by waiting for PAGL and watching how the decision makes itself. The upheavals and relentless rising to the surface of problems from invalid ideas are amazingly healed by God, through this individual consciousness. The gratitude that is present as I watch truth heal with such love and compassion is truly humbling. I cannot escape from what is unfolding, nor can I fix it. The principles of Metapsychiatry remind me that my job is to be present and respond to each issue shedding the light of love-intelligence and compassion. Not by taking action, but through understanding that God is actively here will the path be revealed.

Each day God provides exactly what is needed. Each day I yield another cherished or feared thought. Today, I recognize that I've been attempting to bribe God. I'm thinking that if I "do it right" the project will prosper, and I keep defining "prosper" in my own terms. Of course, the truth is that the Good of God is already present and has been the whole time. I can know that, and all is well.

At the end of another long, healing day I take a look at my husband --the one I've blamed for my problems, the one I've credited as the source of my suffering, the one I've judged and attempted to influence. Yet, he is the one who is also my life companion, and who is open to realizing the truth of his own being. Releasing my grudges and judgments, acknowledging my tyrannical behavior towards him, has given him room to release his demons and our life together is healing right.

The day ends with reading the following Stephen Mitchell translation of the first psalm. In it I find all I really need to know:

Blessed are the man and the woman  
who have grown beyond their greed  
and have put an end to their hatred  
and no longer nourish illusions.  
But they delight in the way things are  
and keep their hearts open, day and night.  
They are like trees planted near flowing rivers,  
which bear fruit when they are ready.  
Their leaves will not fall or wither.  
Everything they do will succeed. (1)

(1) *A BOOK OF PSALMS* by Stephen Mitchell

---

*Nancy is producer and host of the talk show: "The Listening Place" and a Metapsychiatric counselor.*

## “IT AIN’T ME, BABE”

NATHALIE JUDSON

Bob Dylan probably didn’t know it when he wrote his song of protest to a clingy lover, but he expressed a core concept of Metapsychiatry. He was not the person she was “looking for” and was honest enough to opt out of trying to contort himself into her preconceived idea of who he should be, just to please her. When we think of ourselves as “persons,” as separate autonomous beings, we believe that the quality of our lives is determined by our interpersonal skills in playing the roles we are offered by others. Many of us spend a lifetime looking for validation, respect, approval, happiness, satisfaction, and love in all the wrong places. We fail to understand the nature of what we think of as reality. We believe we are who we seem to be, and are ignorant of who we truly are.

But this ignorance, born of seeing only appearances, is unmasked by Metapsychiatry. We are not good or bad persons, depending on how well we follow our scripts. We are not really persons at all. We are spiritual beings in physical form, manifesting the Holy Spirit in a specific convergence of time and space. True identity derives, not from the world of the interpersonal, but from God. Our challenge is about authentic being, simply being who we truly are. The key to this lies in learning to distinguish between valid and invalid ideas. Recognizing our invalid thoughts as ideas coming from the world instead of from God releases the “person” from invalid thoughts being held in consciousness.

This insight came to me most powerfully in a recent encounter with a woman who is part of my history. I was invited to attend a workshop that she was giving, and I struggled for days with doubts about whether or not to go. Finally, I decided to “bracket” our history and attend. During that day, I became the same “person” that I had been years ago when I was around her. Most of the next day I spent engulfed by self-judgment until I decided to use the tools of Metapsychiatry to shift my perspective. When I started meditating on the Four Ws, (1) negative thought patterns about myself evaporated. Then Jesus’ words “Seek ye first the kingdom of God, and all things will be added unto you” (2) arose in consciousness, and a new perspective was opened. I saw both myself and this woman, no longer as two persons painfully interrelating, but as two expressions of Divine Mind who are on different paths to authentic identity. A deep release came with that realization of true Reality!

Looking at it now, I see how easily I slipped into the personal identity role that I assumed to be mine. The misperception that we are who we seem to be is so pervasive and persuasive that it overtook me and overwhelmed me, until I sought relief in Metapsychiatry from my self-created suffering. This insight allows me to understand how we all struggle to be free from the identity roles that we have accepted as real, and which veil our true identities. To see through this veil of ignorance, even momentarily, lifts us out of our darkness into the light of awareness and brings us closer to at-one-ment with true Reality. I am a distinct living expression of Omniactive Love-Intelligence. (1)BEYOND THE DREAM, p. 60 (2) Mt 6:33

---

*Nathalie Judson is a student, mother and grandmother who lives in Old Lyme, CT where she designs houses.*

## HEAL YOUR OWN EXPERIENCE

SUSAN FISHER

Once upon a time my beloved father, aged 82, developed post operative pneumonia and was on a respirator. With the family, I kept vigil at the hospital, allowed to be with him in short spurts. Of course, I had an edge over the others because if I could uncover the meaning of his difficulties, I could affect his return to being the beloved patriarch. Imagine my surprise at Dr. Hora’s answer to my urgent question of what was the meaning of Dad’s illness. “Heal your own experience,” said Dr. Hora.

What! It’s not my experience; it’s his. Not so fast! In due course and with Dr. Hora’s loving, gentle and not so gentle encouragement I came to see issues such as Dad is here for me or won’t the family take note of my holy and intelligent effectiveness, finally my brothers will be impressed; or what will I do without Dad. Who will love me the way he does? What we cherish, what we hate and what we fear; what else is there?

“Heal your own experience” has become a touchstone of Metapsychiatry that wakes me up, bringing me back to what’s real and truly helpful. It is an effective and efficient, although, not always, an effortless way of responding to that keep-’em-coming, lessons-designed-for-our-edification experiences.

In the healing of our own experiences, consciousness is realigned to divine qualities such as peace, harmony, assurance and to inspired wisdom, God’s good ideas unfolding moment to moment. We trust in the process of the lessons and wait on the Lord for the unfolding of our understanding of what is Good.

Dad eventually died, surrounded by a loving family, at least one of whom was a bit closer to letting him be.

---

*A retired Montessori teacher, Susan now counsels and teaches a class for parents in “Spiritual Parenting.”*



## LET THERE BE PEACE ON EARTH

JILL JACKSON AND SY MILLER

Let there be peace on earth  
And let it begin with me  
Let there be peace on earth  
The peace that was meant to be

With God as our Father  
Brothers all are we  
Let me walk with my brother  
In perfect harmony.

Let peace begin with me  
Let this be my moment now.

With every step I take  
Let this be my solemn vow  
To take each moment and live  
Each moment in peace eternally

Let there be peace on earth  
And let it begin with me.

# CONTEMPLATION & APPLICATION OF METAPSYCHIATRIC PRINCIPLES

REV CAROLE SURACI

In contemplating the topic, I began to see that contemplation of Metapsychiatric principles is the best way to apply them. To let the ideas come forth, there are several steps which I take:

1 ~ Be aware of the problem of interaction thinking and any conflict that may be attracting mental, physical, or emotional pain. "Problems are for our edification," therefore, we can look at a problem in light of what it has come to tell us. Also, that "problems are basically psychological ... and solutions are spiritual." (1)

2 ~ Become interested in seeking the solution which is spiritual. I may contemplate one of the "Eleven Principles of Metapsychiatry" to live by.

3 ~ At this point, it may dawn on me that I need to contemplate the 3-R's of Metapsychiatry: "Recognize," or become aware of thoughts that I have been holding in mind; "Regret" my mistaken beliefs or ignorance and realize that I have been seduced, intimidated, or provoked by a thought I am holding that has brought this into my experience. Finally, I "Reorient" by forsaking my erroneous beliefs. (2)

4 ~ I turn my attention to the solution which is spiritual reality and come from a dimension where I no longer think or calculate; a spiritual dimension where thoughts obtain in consciousness. At this point, I am more interested in beholding spiritual reality than in seeking healing. To quote Dr. Thomas Hora, "In beholding we endeavor to be aware of love, of beauty, of goodness, of truth, of joy, of freedom, and of peace in their pure reality. We can be in existential contact with the pure reality, which is neither a thought, nor a feeling nor a concept, nor anything else. That is how we can behold God, divine reality. That is the kind of seeing we need to learn if we want our problems to disappear." (3)

5 ~ The two intelligent questions we ask in Metapsychiatry: "What is the meaning of what seems to be?" and "What is what really is?" bring us to beholding. (4) When asking the meaning we turn our attention away from asking the futile questions: "Who is to blame?," "Why did it happen?," "How can I fix it?," and, "What should I do?" (5) In asking, "What is the meaning of what seems to be?" we are willing to be embarrassed. A thought obtaining in consciousness reveals the meaning of the invalid ideas we have let dwell in our mind; beliefs we cherish, hate, or fear. (6) We then are willing to be healed of these erroneous beliefs and are eager to seek the solution by asking the second intelligent question, "what is what really is?" We are not seeking intellectual understanding, but an awareness of God's omni-active, love-intelligence filling our mind and heart. It is then when we become beholders of spiritual reality filling us with PAGL; Peace, Assurance, Gratitude and Love.

(1) *BEYOND THE DREAM* by Dr. Hora, p. 100 (2) *DIALOGUES IN METAPSYCHIATRY* by Dr. Hora, p. 271 (3) *Ibid*, p. 56 (4) *Ibid* p. 57 (5) *The Soundless Music of Life*, p. 20 (6) *BEYOND THE DREAM* by Dr. Hora, p. 13

*Rev Suraci guides a Metapsychiatry class in Hackensack, NJ. She is grateful for the love Dr. Hora let radiate through him.*

6 PAGL Associates Newsletter | Winter 2007

# FORGIVENESS, COMPULSIONS AND THE EVERLASTING ARMS OF LOVE

CAROL MARGANIAN

While looking at a CD by a Turkish composer, Grandpa Hayrig came to mind as it was he who as children told us, that Turks were bad. They orchestrated the first Holocaust of the 20th century — 1.5 million Armenians. Leaping from judge to painful, angry grudge, I gratefully recognized this as an opportunity to forgive. Buddha said, "Anger is like a hot coal you pick up to throw at somebody else, but it is you who gets burned."

The self confirmation of this grudge is the self destruction of compulsions. We are encouraged to forgive often in the Bible. The Prayer of Right Seeing is a starting point in the process of forgiveness, as "Everyone and everything is here for God whether they know it or not." (1)

Dr. Hora states that the method of forgiveness "consists of de-personalizing our grievances. We have to separate the individual from the ignorant idea that has governed his behavior ... we come to see that the enemy is always ignorance and miseducation. When there is no person to blame, our grievances fizzle out of consciousness, and while we may hate ignorance in any form, it is not possible to carry a grudge against it. Thus, forgiveness takes place and with it, the healing of compulsions." (2) If compulsions stubbornly stick to us for years it may mean that we are reluctant to yield cherished beliefs to what is of value. We may cling to them as if our very life depends upon them. It may be anything: food, sex, intellectualism, or secret ambitions. We may think that without this cherished belief that life would be empty or there would be nothing worth living for. When we reach the point of staring down into the abyss of absolute nothingness, we can say "There is nothing good but the good God gives." (3)

Grateful for a glimpse of freedom from this grudge— hatred between nations—and for the glimpse of Love that is ever present is like seeing the beauty of the Pacific Ocean for the first time. I am reminded that I am not a victim, but, rather a wavelet of Divine Love inseparable from an ocean of Love Intelligence. (1) *ONE MIND*, p. 382 (2) *FORGIVENESS*, p. 1 (3) *BEYOND THE DREAM*, p. 148

*Carol is a social worker with a Metapsychiatry practice in CA.*

## A Call For PAGL Stories

I am in the process of putting together a collection of PAGL stories for a small book to demonstrate how useful the PAGL Principle can be in guiding our life journey and in living our daily lives. Realizing PAGL is the doorway to healing, liberation and the realization of truth, whatever the situation, whether it be physical or emotional, social, work related or economic, simple or difficult. The PAGL Principle can guide us in the right direction. PAGL can in a sense be considered the cornerstone of Metapsychiatry.

Where is the PAGL in your life? Can you recall times when PAGL has affected the outcome or direction situations have taken in your life? We would like to know your stories and to share them with other students of Metapsychiatry. Please send your story (as simple as one or two paragraphs or up to two pages, signed or anonymous) to me at: [Robinspagl@aol.com](mailto:Robinspagl@aol.com). Thank you!

~ Ruth Robins, Old Lyme, Connecticut

## Would You Like To Join A PAGL Group?

Are you interested in participating in a PAGL Group and meeting with other like-minded students to share concerns and study Metapsychiatry? If so, send your name, address, phone number and email address to Tom Groarke: 4705 Henry Hudson Parkway, Apt # 11-L, Bronx, NY 10471. Tel. #347-275-5839 or email me at: [tgroarke@optonline.net](mailto:tgroarke@optonline.net).

Every effort will be made to match you with other interested individuals in your area. If you already belong to a PAGL Group, let me know the time and place you meet so that I may refer new students. Suggestions on running such a group may be made available. ~ Tom Groarke, Bronx, New York

## Remembering PAGL

Those wishing to provide financial resources to the PAGL Foundation may now also send a stock contribution. In the interest of maximizing tax deductions for our contributors, as well as benefiting the foundation and its projects, the Board of the PAGL Foundation has altered its previous policy of only accepting cash contributions. Contributions in stock may now be made by transfer to TD Ameritrade Account # 785085697 for DTC # 0811. Making the Foundation a beneficiary in a will is also gratefully accepted. Contact PAGL Foundation Treasurer, Bruce Kerievsky at: [kbruce@optonline.net](mailto:kbruce@optonline.net).

## Correction

In the Autumn 2006 PAGL ASSOCIATES NEWSLETTER, In Dr. Hora's Words ... The word, "not" was omitted from the biblical verse, "Nothing shall remain hidden ... what shall *not* be revealed." (Matt. 10:26) Dr. Hora goes on to say: "This is an indication that whatever is repressed has a tendency to manifest itself in one way or another. Our best protection is to learn the art of forgiveness." (*Forgiveness pp.8-9*)

## IN DR. HORA'S WORDS ...

"Metapsychiatry' "Prayer of Correct Self-Identification" endeavors to help us see ourselves correctly, beyond the appearances of flesh and blood, in order to realize Christ's words: "I and my Father are one." We are non-dimensional transparencies through which God's presence is revealed — In all situations, under all circumstances — one with and inseparable from the divine Mind.

"I am what God is."

God is not a person — I am not a person.

God is Mind — I am intelligent.

God is Love — I am nonpersonally, nonconditionally benevolent.

God is Perfection — I am healthy.

God is infinite Mercy — I am compassionate.

God is Humor — I am laughter.

God is Peace — I am peaceful.

God is Life — I am vitality.

God is Goodness — I am generous (in thought as well as in deed).

God is Infinite — I am nondimensional spirit.

God is Joy — I am joyful.

God is divine Parent — I am assured forever.

God is Eternity — I am "never born, never dying."

Regular devotion to these ideas can lead individuals to realize enlightenment."

From *ONE MIND*  
p. 362



## BOOKSTORE NEWS

Continuing Our 11th Year Anniversary Celebration

SPECIAL HALF-PRICE OFFER

The Complete Set  
of 53

Metapsychiatry Conference Tapes  
with Dr. Thomas Hora for \$265.

(To read the list of tapes, log on to [PAGL.org](http://PAGL.org))

**To order:** Send your name, address, check or credit card information (number, expiration date, 3 letters at right on back), and specify **CDs or cassettes**, to:

The PAGL Bookstore, P.O. Box 4001,  
Old Lyme, CT 06371 or order by phone at:  
# 860.434.1512

Give The Gift Of PAGL  
Send a Gift Subscription to  
The PAGL Associates Newsletter  
\$20 Suggested (Tax Deductible) Donation

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ zip code \_\_\_\_\_

From (Your Name) \_\_\_\_\_

Message \_\_\_\_\_

TO: PAGL NEWSLETTER MAILING LIST  
c/o Bruce Kerievsky  
7 Arrandale Avenue  
Great Neck, New York 11024  
Or: [WWW.PAGL.ORG](http://WWW.PAGL.ORG)

# 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 Translation of Teachings & Letters Are Healing

Thanks for mentioning the translation of Dutch in the Autumn 2006 Newsletter. It has already been fruitful. When I began the translation I wondered what I could do to bring it to a wider audience because Dr. Hora's teachings and letters from his students are so healing. Then, I thought: if God wants it, those who are ready for it will find the way. I also thought that it's a pity that I am so far away when reading the articles about the PAGL Associates Meetings.

Before I contacted PAGL Associates in the USA, I had been looking for a center in Belgium and the Netherlands. A person who is familiar with PAGL since 1980 contacted me after reading the Dutch site and informed me of a PAGL group in Bruges (nearby). There is an interest in reading the translated newsletter, while it is also an opportunity to meet other Metapsychiatry students. We will listen to Dr. Hora's lessons and discuss them. I look forward to reading and translating the winter PAGL Associates Newsletter. ~ *Jenny Rutten, Veurne, Belgium*

## Substance

I love the newsletter: clear, clean, full of substance. ~ *John Scherer, Seattle, Washington*

## Appreciation

I can't remember if I told you how much I appreciated the Autumn issue. It's got beautiful stuff in it, none more so than your gratitude for the blessings you've found in caretaking. Peace.

~ *Mike Leach, Riverside, Connecticut*

If you would like to contribute to the discussion, you may submit your article, poem, cartoon or letter to:

**PAGL Associates Newsletter**  
**Reverend Deborah Sofferman**  
**P.O. Box 1525**  
**Litchfield, CT 06759**  
or: [ReverendDeborahS@aol.com](mailto:ReverendDeborahS@aol.com)

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 is endorsing them.

## PAGL COMMUNITY NEWS AND SUNDRY ITEMS:

**PAGL Associates Meetings:** The 2007 East Coast PAGL Associates Meeting is Sun., April 29, and the West Coast Meeting is Sat., May 5. See the enclosed flyers for more information.

**The Blessings of Metapsychiatry Video** is in production. A 4 1/2 min. video clip may be viewed online at: [Pagl.org](http://Pagl.org).

**BEYOND THE DREAM** by Dr. Thomas Hora is being recorded by **Deborah Sofferman for The Blind & Physically Handicapped** in association with the U.S. Library of Congress.

**Metapsychiatry is now on TV!** In the Listening Place's nine part television series "Who am I? & What is the Purpose of My Life," **Nancy Rosanoff interviews Ruth Robins** about the core ideas of Metapsychiatry. If you would like to watch a free clip from the show, read the text of some interviews, or purchase the DVD/VHS series, please visit: [www.metapsychiatry.org](http://www.metapsychiatry.org).

**Humorous Meta black and white cartoons** (as seen in the Autumn '06 newsletter) depicting 11 Principles of Metapsychiatry are available for purchase. For 15 cartoons printed on "8X5" cardstock, Send: \$20 (S&H \$3 USA, \$5abroad) **Anne Kubitsky** 317 Boston St., Guilford, CT 06437 or: [aokutbisky@yahoo.com](mailto:aokutbisky@yahoo.com).

You may reach **Heather Brodhead** at: [hbroadhead@yahoo.com](mailto:hbroadhead@yahoo.com).

**Bruce Kerievsky compiled a set of 83 aphorisms** categorized as "Definitions," "Problems," "Solutions," "Inspirations," and "Koans" from Dr. Hora's works with commentary & practical examples; "Metapsychiatry & the Elusive Truth of Being," & "Experiencing the Passing of a Master" appeared in the Journal of Religion & Health. Send \$20 (S&H \$2) To: 7 Arrandale Ave. Great Neck, NY 11024. #516.466.2872. [MeaningAndTruth.com](http://MeaningAndTruth.com).

To order: **Meta Meanings**, a select glossary of Metapsychiatry's terms and definitions & **Meta Prayers and Principles**, a collection of Metapsychiatry's guidelines to healing & enlightened life. Send: \$10 each (S&H \$3 USA, \$5 abroad) check or money order to: **Susan von Reichenbach**, P.O.Box 1024, Old Lyme, CT 06371. #917.650.4286 or: [www.metapsychiatry.info](http://www.metapsychiatry.info).

Interfaith Minister, **Deborah Sofferman officiates** joyful, spirit-filled, memorable **weddings, baby blessings & other sacred life-cycle ceremonies** — honoring all faiths, designed for your individual expression. She offers healing prayer and spiritual guidance in person and by phone, as well as facilitates groups, workshops, and retreats. You may contact her at: # 860.567.2201 or visit her website at: [ReverendDeb.com](http://ReverendDeb.com).

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

