



PAGL ASSOCIATES NEWSLETTER

FOR THE STUDY OF METAPSYCHIATRY

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Winter 2010

PAGL Associates Newsletter

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Editorial: *What's Inside ... sincerity*

As you read the following stories contained within the pages of the Winter PAGL Associates Newsletter, you may notice that each author shares with us the process of what it entailed for him or her "to be here for God," the theme of the Annual 2009 Meeting.

To progress spiritually, there seems always to come a time when each one of us must become quiet to listen to "the still small voice," which forever speaks Truth. Herein lies PAGL.

PAGL is yours ~
Deborah Sofferman

ANNUAL N.Y. METAPSYCHIATRY MEETING

Sunday, April 25, 2010

9 AM ~3:30 PM

House of the Redeemer

7 East 95th Street

New York City

When we are more interested in spiritual truth
than anything else,
it can transform our consciousness,
our character, and even our everyday experiences.

How has Metapsychiatry transformed your life?
From a simple shift in awareness to a life altering
experience, we'd like to hear your story.

What ideas have you
found to be uplifting,
transformative, and healing?

Please consider submitting
a paper (1-2 pages) to Ruth Robins
(Robinspagl@aol.com)
by April 10th.

Everyone is encouraged to participate.

The meeting will consist of
paper presentations and
group dialogue to discuss
the application of these ideas
in everyday life.

Come join us
for a day of learning and laughter.

WHAT IT MEANS TO BE HERE FOR GOD

CAROLE SURACI

Jesus said, "I am the way, the truth and the life: no man cometh to the Father, but by me." (1) Dr. Thomas Hora said that Jesus was the way shower, pointing the way of Truth and Life found within the I Am. God is the great I Am revealing itself within each of us as we go beyond calculative and intellectual mind to the spiritual Mind: the great I AM.

We arrive at this state of being through submission and humility. We submit our ways unto the Lord, "...bringing into captivity every thought to the obedience of Christ," and come to that place within where the human mind is still and we are a willing listener to the Voice for God speaking through us. (2) In Psalm 46, we are told to "Be still and know that I am God." (3) It means that I AM within us is God and to be here for God "Thou shall have no other interests before the good of God, which is spiritual blessedness." (4)

Dr. Hora's teachings of Metapsychiatry were based upon the spiritual Truths of the Old and New Testaments, the Kaballah, Buddhism and many of the Eastern spiritual traditions. He knew the value of the teachings of the enlightened Masters and came to the realization that "Problems are basically psychological ...and solutions are spiritual." (5) To be enlightened is to allow ourselves to be a place where God's love and wisdom manifest. This Metapsychiatric statement is very meaningful to me because if we are a "place," then there is no unruly ego to

When we speak, it is to clarify or to shed light.

Dr. Hora would say, "I am here for God;

God is not here for me."

contend with; no self or other. We are a vessel through which God's love and wisdom flow. This is freeing because if there is static or interference from ego mind trying to distract us we can be aware of those thoughts that come from anxiety and turn our attention back to God Mind. The ego mind is always in a hurry; God Mind is quiet and still and there is always peace. "And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it." (6) "He speaks in the still small voice." (7)

I am so grateful for Dr. Hora's teaching, because he put wings on the Master's teachings and was able to apply them to everyday life. If, for example, there is a problem with placing people on a pedestal or seeking approval from others, Dr. Hora would quote the Zen Master saying, "In the realm of the real there is no self or other; there is only that which really is." (8) From the Metapsychiatric perspective, only omniactive love-intell-

igence exists. Often, he would say, "There is no interaction anywhere; there is only omni-action everywhere." (9) When we are here for ourselves or here for others we become lost in interaction. We see the world from a horizontal perspective. We are trying to get something from out there in the world. When we realize our oneness with Divine Mind, we dwell in Omni-active Love-Intelligence. We learn to let be, letting ourselves be and others be.

Throughout my life I seemed to have difficulty with people who were loud and aggressive. If I had to work with them or live with them, I would become frightened to speak. As a young girl I often wouldn't even know what I thought because I felt no one was listening. It wasn't until I left the academic environment that I learned to voice my ideas without concern for someone to agree with me. Gradually, I understood that thoughts that were coming through me were valid regardless of others' approval. I would keep what I valued to myself until I felt safe in sharing it. In retrospect, I suppose the 11th Metapsychiatry Principle, "Do not cast your pearls before unreceptive thoughts," was high on my list.

*The original title of Dr. Hora's book, ONE MIND,
called, "Before You Say Hello, Say I Love You,"
summarizes the motivation to be here for God.*

While working at a Unity Church in New Jersey I learned much, as there was a Minister who intimidated me. In order to be in her presence to speak to her I needed to be in the Presence of God. She was very forceful and, in many ways, demanding. In the early years, I recall being a Board of Directors member and afraid to speak. I realized if I was going to say something meaningful I needed to first come to peace, and then what I would say would be understood by her. Being with her at meetings became a practice of remaining in the presence, as Dr. Hora would say, "being here for God," and "being a beneficial presence." (10)

In a group situation, there is always a temptation to think we should say something in order to appear knowledgeable; therefore, often the spoken word is old, uncreative or uninspiring. I began to pray at those times and say, "God if there is anything you desire me to say, you speak it through me; I am here for you God." Even before coming to Unity, I was involved in Dr. Norman Vincent Peale's Marble Collegiate Church. I was on an outreach committee to contact prospective speakers for the church, and began to speak up only as I became quiet and asked God to speak through me. Sometimes it seemed as though I waited for a long time.

At Unity, I was a platform assistant; however, it was only after sitting in the pew one day seeing the empty seat where the platform assistant would sit, when the idea came to me, "someday I'm going to sit up there." Sure enough that day came. Here I

was up at the platform practicing being in God's Presence, speaking before the congregation even while I still felt uneasy in a one-on-one conversation, never knowing what to say. When I read the book "Practicing the Presence," by Joel Goldsmith, I realized that being here for God was really something I needed to consciously practice. I needed to be interested in turning my attention to God moment-by-moment and actually growing in the awareness of the Presence of God. We take our eyes off of judging by appearance and turn our attention inward and upward to that "secret place of the most high" mentioned in

***Being here for God requires only
that we become an empty vessel,
empty from our doubts, fears and wants
and become interested in letting
Love love through me,
enlightening me and bringing me to peace***

the 91st Psalm where we rest in God. The original title of Dr. Hora's book, ONE MIND, entitled, "Before You Say Hello, Say I Love You," summarizes the motivation to be here for God. We look away from calculating, figuring out, all intellectual or human mind pursuits and turn attention to Divine Mind, God's loving presence of peace, assurance, gratitude and love.

In 2001, I became an Interfaith minister, although prior to that our minister, the one who brought me to my knees, figuratively, and was the catalyst for me to pray in the silence during our Board Meetings, asked me to give several sermons throughout the years. You could call it on-the-job training. Whenever I am called upon to pray at a meeting, pray at a class, hold a class, or give a sermon, it becomes a matter of practicing resting in the Spirit and listening for the impartations of Spirit. It is truly becoming a way of living life fully. It is not about coming from what will someone think of what I may say, or even thinking of what I will say, but rather being interested in and giving my attention to what God desires to say through me.

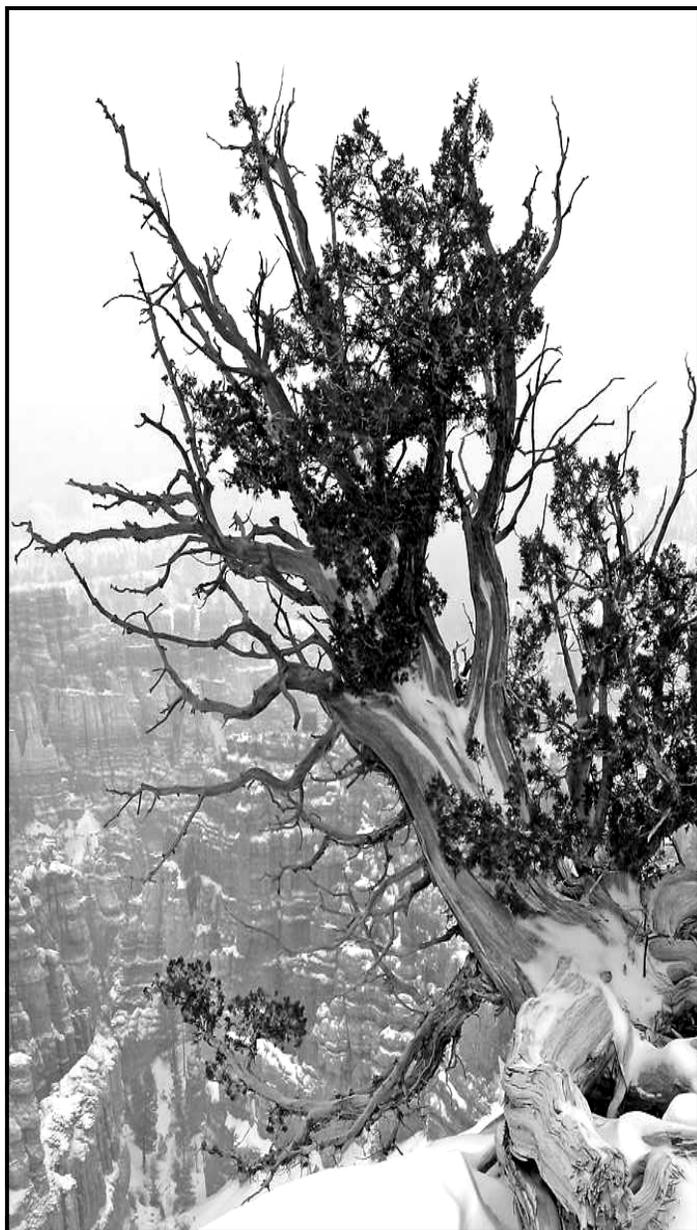
When we speak, it is to clarify or to shed light. Dr. Hora would say, "I am here for God; God is not here for me." We are a vessel for the living God, for the energy of God, the love and wisdom to flow through us, enlivening us and filling us to overflowing with joy. We respond to life's situations from this place rather than react to people or situations out of fear or anxiety. Joy is realized when we are being here for God. Even as I write, I am filled with God's Presence as I turn my mind to hearing what God would have me say.

Being here for God requires only that we become an empty vessel, empty from our doubts, fears, and wants and become interested in being loving, letting Love love through me, enlightening me and bringing me into peace. Dr. Hora would say, "I am a place where God's love and wisdom manifest," and "there ain't nothing like it," (or something like that.) He had a

wonderful Presence of Joy and playfulness. When you practice being here for God, it gets easier and easier every time you practice. Your life will truly become meaningful and, as scripture says, "I shall be satisfied, when I awake with thy likeness."

1) John 14:6 (2) II Cor. 10 (3) Psalms 46:10 (4) BEYOND THE DREAM, Thomas Hora, M.D., xxv, Eleven Principles of Metapsychiatry #1 (5) Ibid, p. 100 (6) Is 30:21 (7) I Kings, 19:12 (8) DIALOGUES IN METAPSYCHIATRY, Thomas Hora, M.D., p. 210 (9) Metapsychiatry Principle #3 (10) DIALOGUES IN METAPSYCHIATRY, p. 141 (11) Psalms 17:15

Carole Suraci lives in New Jersey and studies Metapsychiatry.



At the rim of Bryce Canyon, Bryce Canyon National Park, Utah

***Ye are my witnesses,
saith the Lord, that I am God.
~ Isaiah 43:12***

DIVINE MIND AT WORK ... AT WORK

B. BUBAR

Just about a year ago, as I sat listening to the presentations at the East Coast PAGL Associates Meeting, I was particularly struck by a fellow Metapsychiatry student's story of a time when she had faced potential unemployment and not known what to do. She spoke of how she had asked God for guidance--she had always wanted to work for an airline, but had thought, "Yes, but God, *everybody* wants to work for an airline!" Still, once she had allowed the idea to arise, an ad she had spotted in a discarded newspaper had led her to her next job working for an airline, just as she had dreamed!

This story particularly resonated with me because, as I listened, I was facing my own unemployment-related fears. Six months earlier, long before "economic crisis" had become the buzzword on the daily news, my company had made a restructuring decision that meant that the editorial production job I'd held for nearly a decade was being phased out. It was happening over a period of months, so I had been given plenty of notice, but I had no idea what I would do without my production job. It was a comfortable enough job, one that I had envisioned holding for the foreseeable future and what was more, I realized, it was largely by this job that I defined myself to myself. I did not have a spouse or children; this job was where my life was.

What life, I wondered with trepidation, could I possibly find without it? I'd been a student of Metapsychiatry for several years by the time I heard that my job would be disappearing, and as the weeks passed, I talked regularly to my Metapsychiatric counselor about it. In fact, for a long time, I talked of little else! I was reminded, over and over again, that my definition of myself as "this person with this job" was an inaccurate one. I was a spiritual being, here for God, and what was needed was always available. And yet, where and how was God possibly going to come into my job situation?

Periodically I thought about my fellow meta student's paper about God and employment, and I scanned the ground and the subway for discarded newspapers—hey, if that was the means by which God had helped her find a new job, perhaps that would be my answer, too! But all the job listings seemed to be online now and nothing there was looking particularly promising. Anyway, it wasn't as if I had a special, unique goal such as working for an airline! The only thing I would really love to do "next," I thought, would be to be a copy editor...and yet, while I'd always volunteered to proofread things whenever I could and had once taken a copyediting course and had done the occasional freelance project, I'd never been employed as a full-time copy editor.

Employers looking to hire copy editors, especially full-time ones, would either be seeking new college graduates for entry-level positions (for which, with all my not-directly-related production experience, I would be overlooked as overqualified) or people with years of full-time copyediting on their resumes. "And anyway," I thought in all seriousness as I dismissed the idea, "there will always be too many of those 'perfect

candidates' for anyone to consider hiring me for such a position---especially because, after all, surely *everybody* would love to be a copy editor!"

I continued to speak with my Metapsychiatric counselor and further separate my understanding of what I was (and was not) from what my job was (or was not). Meanwhile, through a couple of friends, I was able to get some freelance copyediting work on the weekends---I figured maybe this would help tide me over if and when I was unemployed, while I figured out what my "next thing" was going to be.

And then I spotted a rare job listing for a copy editor within my company...hmmm, maybe this was my answer! I applied, got an interview, took a copyediting test...and, while I came close, I did not get the job. I was sure that job that had slipped out of my grasp had been meant for me if any job was, and I didn't understand how there could be any good in this outcome...but I tried to keep in mind that I was here for God.

As my production job wound down to a close and winter moved toward spring, I still did not know what would be next for me. Now and then, though, I would get a glimpse of something other than panic. The glimpses gradually lengthened and began to carry me through the periods of fear, while the periods of fear, in turn, became shorter. I still knew I would soon need a job other than the one I had, and I did not yet know what it would be, but the more I saw that there was something I could lean on that was not dependent on whether I had this or any other job, the more I began to trust that one way or another, I was going to be all right. Then, in the last waning days of my production job, came unexpected news. Further restructuring in the company meant that there was going to be a NEW job offered to me when my old job ended---and, what was more, it was right at the publication where I already worked.

With an awareness of my interest in copyediting, and in consideration of how my production experience would fit into the new restructuring, the powers that be at my company had decided not to lay me off after all, but to move me 20 feet from my old desk...into the Copy department! Now, a year after I sat listening to that fellow student's paper about God and her need for new employment, I have a new job myself. It's a job that I love even more than I ever imagined I would. In fact, even if I were offered my old job back, I would beg to continue doing exactly what I am doing now. I now am what a year ago I (along with ...well, perhaps not everyone else after all...) only dreamed of being: a copy editor! And yet, in true Reality, "a copy editor" is not what I am at all. What I truly AM is a spiritual being, here for God...and grateful that, thanks to the light shed by Metapsychiatry, I can come ever closer to fully understanding this.

B. Buber lives (and copyedits) in New York City, and has been a student of Metapsychiatry for five years.

There are valid and invalid ideas to be aware of — that's what it means to be "stewards of consciousness."

~ ONE MIND, Thomas Hora, M.D.

THE GIFT OF A CRISIS: PAGL (PEACE, ASSURANCE, GRATITUDE, LOVE)

ANNE KUBITSKY

“PAGL” (pronounced pay-gul) is an acronym for “peace, assurance, gratitude, and love.” It describes a joyful state of awareness that occurs in the presence of a good idea. This awareness allows you to know whether an idea is harmonious, beneficial, loving, and intelligent. As ideas are the basis of every choice that we make (and every experience that we have), the implications of PAGL are far reaching. It has the power to transform your life and bring world peace into being. As PAGL recently precipitated an incredible turn of events for me, I’d like to share my story.

Four years ago, when I graduated from college, I was handed a bill for thirty thousand dollars in student loan debt. Although this may not seem like much, to a new graduate with absolutely no money, it was staggering. Having become disenchanted with the biology field (which was supposed to be my source of income), I was completely overwhelmed with debt and the immediate pressure to “get a job.” Although I had held many jobs, I didn’t like the idea of a “real job” that, in my mind,

Right there, in the middle of the problem, I became completely and utterly aware of PAGL. All my wants suddenly vanished and I knew everything was already all right.

was working 9 to 5 in some cubicle. I was rediscovering that I liked to draw, to write, to reflect, and listen for good ideas. This didn’t really fit in with the jobs I knew about and seeing no other option, I went into a sort of hiding.

For three years, I lived with my parents as I looked for a job. Although I was offered many good jobs all over the country, I hadn’t followed through with any of them. None of them had PAGL — a concept I was just beginning to apply to my life. This isn’t to say that I did absolutely nothing. As I hunted for the “real job,” I held part-time jobs to offset basic expenses and took classes at a local art college. I even wrote a book! But as my parents and I were generally on bad terms, living with them wasn’t easy. We fought, disagreed, and were given many opportunities to heal. Although I’m grateful that this allowed me to face unresolved issues and see my parents anew, I desperately wanted to leave as soon as possible.

So, in January of 2008, I took a job as a teacher. By then, I was so frantic to get a job that I didn’t see the warning sign that this, again, was not the right fit. Beginning with a car accident the week I took the job, things went from bad to worse. But it wasn’t until October, when I heard myself saying, “I feel like I’m dying,” that I knew I had to quit. Even though the economy had just tanked and I had no place to live, nor a job lined up, I knew — with all my being — I had to quit. Right there, in the middle of the problem, I became completely and utterly aware of PAGL. All my wants suddenly vanished and I just knew everything was already all right. I wasn’t just telling myself this anymore. I really knew it. A mental shift had just occurred: I had let go of trying to better my experience and became completely focused on the quality of my consciousness. I kept asking

“What thoughts am I aware of? Is PAGL present? If not, what might be a better idea?” Using PAGL as a guide, I somehow left the job quietly and gracefully, in the middle of the semester, with no hard feelings, which seemed amazing!

Jobless and soon to be homeless, where was I to live? I couldn’t live with my parents anymore. That would be too much! The question, “What is the right idea?” kept repeating itself over and over. And in this quiet questioning, a good idea came — in the form of a phone call. Out of the blue, a stranger called and asked if she could pay me to live in her house and take care of her pets. This was nothing short of a miracle. Suddenly, I was being paid to live in a gorgeous house overlooking the ocean with two adorable animals. My life was suddenly simple. All I needed was to pay attention to the quality of my consciousness moment-by-moment. Every time PAGL was present, something good happened. As I continued to watch for PAGL, other places to live popped up — each a beautiful home with a generous owner and a lovable pet.

In the past six months, I have moved over a dozen times. Each move has given me the opportunity to tap into PAGL. The more I let PAGL guide me, the more I thrive — even with no “job” in the midst of an economic recession. Furthermore, this has been sustainable. From the money I’m given to do this, I’m able to pay my bills and work on creative projects. Actually, I have more money in the bank now than I did before I quit my job.

I share this story not because I have it all figured out. I definitely haven’t. By outward appearances, it probably still looks like I am in the middle of a crisis: I don’t have a reliable job or a reliable place to live. Yet, with PAGL, this is all secondary. It doesn’t matter. What really matters is the quality of consciousness... right now. If I keep paying attention to this, with PAGL as my primary interest, then I will always be protected - no matter what. These past few months are living proof. To know this is deeply assuring. It means that I have the ability to live a good life — one that is blessed and abundant. And if a crisis can facilitate this sort of understanding, I can only see it as a gift. Thank you, God.

Since writing this, Anne Kubitsky has been offered payment for the creative projects she has pursued during her unemployment and now affords to live in her own apartment. PAGL, also known as the Principle of Existential Validation was first introduced to Anne by her teacher, Ruth Robins, ten years ago. aokubitsky@yahoo.com; www.annekubitsky.com



EXPOSING SELF-IDENTITY TO THE LIGHT

BY NANCY ROSANOFF

What does it mean when a shadow disappears?
What does it mean when water evaporates?

Metapsychiatry has made it possible to glimpse the truth that being here for God is the only possible true fulfillment. To be here for God is effortless. That makes it sound easy – but “effortless” is very different from “easy.” “Easy” is the flipside of effort. It comes from personal power. But Divine Mind is not easy and it is not operational. Divine Mind is effortless. Like the Sun, it shines into individual consciousness, revealing itself as inspired ideas, authentic expression, solutions to problems.

We are “present” to the Lord when there is receptivity. We are “here” for God when we are aware of the unfolding spiritual blessedness. There is no effort, there is only inspired ideas, responsiveness, and solutions. Invalid ideas evaporate in the light of this truth.

If “releasing” invalid ideas was something that we had to do ourselves, it would be lots of work. Think about water releasing its liquidity to be as free as vapor. If it was up to “water” to evaporate, it might not happen. Evaporation of water and of invalid ideas happens upon exposure to the light. In the light, it is nothing at all. It’s like a drop of water waking up to being vapor. When do we begin to know that we are here for God? It is when we expose the content of consciousness to the light, and let evaporation of invalid thoughts take place.

This is the dilemma. In the human realm, living is all about struggling with what we do or don’t do, what we have or don’t have. In Divine Mind existence is receptivity, responsiveness and expression of all that is good. The two modes of being are completely different. There is no “getting” from one to the other. There is only exposure to the light of what is true. It’s like a shadow, experiencing only two-dimensional life, waking up to discover it is really light. Everything about the shadow was dependent on something that was blocking the light. When the object that separates us from the light disappears and we are no longer the shadow – we are the light.

Self-Identity is a puddle in a gutter,
On its way down the drain,
The shadow of a fantasy.
God-awareness is blissful evaporation in the light of truth.
Nothing is happening.
God is being expressed.

Nancy Rosanoff works as a spiritual coach/Metapsychiatric counselor and facilitator in Westchester County, New York.



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BOOKSTORE NEWS

Celebrating its 14th anniversary this year!

WHOLENESS

Tape # 70, Time: 60 min.

Setting: Telephone Class, Dr. Hora in N.Y, students in CA.

Asking intelligent questions—How to realize wholeness—
Definition of wholeness—“The wave and the ocean”—
Darkness/ignorance in juxtaposition to the realization of
wholeness—The 10th Principle of Metapsychiatry—
Moment-to-moment realization of Truth—Information to
transformation—Awareness of our motivations—The sin-
cere seeker vs. the “knower”, “thinker”, “thief”, “dreamer”,
“hitchhiker”—Radical sincerity—Valid motivation --“The
devil’s pitchfork” of seduction, provocation, intimidation—
Immunity to distractions—Praying for others—Praying with
out wanting something—The desire for personal healing
power—Forgiveness—The 7th Principle of Metapsychiatry
—Paying attention—“Ex tenebris lux.”

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LETTERS TO THE EDITOR

Your Thoughts Are Welcome

This is your space. You are encouraged and invited to keep the dialogue open, share spiritual healings, offer musings, thoughtfully comment on articles and ask insightful questions. Inform us of ways in which the application of PAGL principles has expanded consciousness in your personal life or current events.

THE WAY OF COMPASSION

I was very moved by Shawn Putansu's article in the Autumn 2009 PAGL Newsletter. It is uncommon enough for someone to become a genuine student of Life. To do so within the confines of a prison is both rare and deserving of our sincerest respect. At the same time, it is also the only intelligent and life-saving choice that one could make in such circumstances!

My second husband served a jail sentence during the time we were together. It was for something that had happened much earlier in his life and which he needed to correct. In fact, correcting it was part of our karmic purpose together. Although people do many things which are ignorant — sometimes very much so — always, when one looks deeply into it, one can understand why.

We are all innocent, just ignorant. That is the way of compassion. So often people walk through life with blinkers on, being totally absorbed in their own considerable problems, not really noticing the struggles that others have. And it is very easy to be oh so judgmental and self righteous about things that happen to other people that we assume would never happen to us. Life is complex and many, many things can happen that we would not expect. To lose all sense of judgment is probably the first indicator of any truly dedicated spiritual student.

Of course, there are also the many situations in which our rather limited justice systems fail to be just, and people are convicted falsely. Even so, as a spiritual student, one never bemoans one's lot in life - it is pointless anyway. What we can change through our spiritual growth, we do. It is a law of life that the more our being is filled with love, the greater our freedom and happiness at every level. Those things which we cannot seem to presently change, we accept with all the grace we can muster, trusting that we are loved by Life, and that our job is to let that Love shine through us.

Let us all be very grateful for the wonderful and uncommon grace of knowing that we are loved, and let us all know that whatever situation we are in, we have our freedom. It is an inherent part of our soul's being and destiny.

~ Donna Goddard, Melbourne, Australia

IN DR.HORA'S WORDS ...

“

AWARENESS

Student: If we stop thinking about our relationships with others, wouldn't that be rejecting them?

Dr. Hora: Rejection is just another interaction thought. We don't reject anyone—we just abolish the context. We are not rejecting people: when we reject people, or we love people, or we like people, or we dislike them, that is interaction thinking. It is nowhere, and it is harmful.

Student: We say we must switch the context. If we are aware of the interaction context—which is self and other—maybe the only real switch we can make is from an invalid context to a divine context. We cannot say, “Well now I will think nice thoughts about this person,” because we will still be in that interaction context.

Dr. Hora: Yes. If we think nice thoughts about someone, or if we think nasty thoughts about someone, or if we reject someone, we are still in the interaction context. Some people would say that this is impossible; there is nothing else but interaction life. Everything is interaction. This would seem to be true. If we don't have the blessing of Metapsychiatric education, there is no way we can expand our mental horizon and get out of this trap of interaction thinking—that is the world. Jesus said that we have to “overcome the world.” What did he mean? What is this “world” that Jesus overcame? The world is made of, and is the product of, interaction thinking. What happens to the world when we overcome it?

Student: We transcend our erroneous thoughts, and it disappears.

Dr. Hora: Interestingly enough, the world is redeemed. What does that mean? The world is redeemed—from a miserable conflict-filled world, it turns into a harmonious, peaceful, intelligent divinely governed situation.

Student: What about wars and such?

Dr. Hora: That is someone else's world. If we are involved with the thoughts about a war, then it is our world. But our world, the world of our experience, is redeemed—everyone in this world of ours will become a spiritual child of God.

Student: Does that include those sufferers who are still living in the world?

Dr. Hora: There is the world at large, and then there is “our world.” For instance, at this moment, this group is our world. When we are in a family situation or on the job, whatever is immediately around us, it is our world, and we can redeem it by expanding our mental horizon. Instead of seeing interpersonal relationships, we see the Presence of God. When we see the situation in the context of God, immediately there is peace, assurance, gratitude and love—no conflicts, no hatreds, no jealousies, no rivalries, no deceptions, no evil—everything is pacified and harmonized and intelligent. That is what a beneficial presence in the world is: the way he sees reality redeems the world around us. He is a focal point of harmony and healing by virtue of his ability to see the situation in the context of God. ”

From: ONE MIND
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PAGL COMMUNITY NEWS AND SUNDRY ITEMS:

Metapsychiatry on TV ~ In The Listening Place's nine part television series "Who am I? & What is the Purpose of My Life," **Nancy Rosanoff interviews Ruth Robins** about the core ideas of Metapsychiatry. If you would like to watch a free clip from the show, read the text of some interviews, or purchase the DVD/VHS series visit: www.metapsychiatry.org. A longtime student of Dr. Hora, Ruth counsels and teaches Metapsychiatry in person and by telephone and can be reached at # 860.434.2999.

Diana and Bruce Kerievsky have been hosting a 60 minute **Teleconference** on a **once a month** basis (currently the first Thursday evening of each month). Each participant dials in to join the conference call. There is a fee of \$15/month. Call: # 516-829-5027 or email bruce@industriallogic.com,

Two companion books to Metapsychiatry: **Meta Meanings**, which explains the juxtapositional method with examples and **Meta Prayers and Principles**, a pocketbook reference with elucidations. Send \$10.00 each (S&H \$3. USA, \$5. abroad) check or money order to: **Susan von Reichenbach**, P.O. Box 1024, Old Lyme, CT 06371. # 860.434.8866 or visit: www.metapsychiatry.info. Susan is a spiritual guide & teacher of Metapsychiatry, in person or by phone.

Humorous Meta black and white cartoons depicting 11 Principles of Metapsychiatry may be purchased. For 15 cartoons printed on "8X5" cardstock, Send: \$20 (S&H \$3 USA, \$5 abroad) to: **Anne Kubitsky** 317 Boston St., Guilford, CT. 06437. aokubitsky@yahoo.com

Reverend Deborah Sofferman is an ordained Interfaith Minister who **officiates joy inspired weddings, baby blessings** and other **sacred Life ceremonies**. For spiritual guidance in person or by phone, you may contact her at #860.567.2201 or at: ReverendDeborahS@aol.com. For more information, you may visit her website: ReverendDeb.com.

The Manager of the PAGL Bookstore in Australia is **Silvia Viaggio**. You may contact her regarding PAGL publications via: metasilvia@yahoo.com.



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

PAGL Associates Newsletter
Deborah Sofferman
P.O. Box 1525
Litchfield, CT 06759
or: 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 endorses them.

Hold the Date: New York Metapsychiatry Meeting:
Sunday, April 25, 2010. 9 AM ~ 3:30 PM.

For more information, contact: Robinspagl@aol.com.

Monthly PAGL Teleconference ~ **Heather Brodhead** leads a **monthly Teleconference** on the third Wednesday of each month, 6:60 PM Pacific Time, 9:30 PM Eastern Time for 55 minutes. Upcoming meetings are: **February 17th** discussing the 2nd Principle of Metapsychiatry, **March 17th**, the 3rd Principle, **April 21st**, the 3rd Principle. Contact Heather at: hbrodhead@cox.net or: Tel. # 805.898.9931

AN INVITATION

HEATHER BRODHEAD

Come to the place
of shadowless light,
Where everything
everywhere --all--
is all right.

Rise on the wings
of transcendent sight
To stay
where we are,
yet also take flight.

How can this be,
go nowhere
yet soar?
It's all in the choice
of what we adore.

Come to the place
of shadowless light,
Where everything
everywhere --all--
is all right.

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

