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EDITORIAL

The Editorial Staff wishes all readers of the NEWSLETTER a happy Christmas season. As Christmas is the celebration of the birth of the Christ, the NEWSLETTER articles all deal in some way with "being born again." One article is focused on the loss of one's false identity, another on the love that is requisite for helping such an event along; and still another explores the values which give children an early start in the process. All these articles can help us prepare for the Conference in the Los Angeles area scheduled for February 13th and 14th, 1982, which will have the theme: "Is it possible to be born again?"

We are pleased to also announce the establishment of the Hawaiian branch of the Institute of Metapsychiatry, Heather Brodhead coordinator, and the first Hawaiian Conference to be held in Honolulu on January 30th, 31st, and February 1st, 1982.

Finally, this NEWSLETTER brings you news about P.A.G.L. Groups around the country and about study materials which became recently available.

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ON BEING BORN AGAIN

(Report on the Advanced Telephone Seminar with Dr. Hora, 10-10-81)

by Fern Rubin, M.S

STUDENT: Hello, Dr. Hora. I had planned to teach a seminar on the relationship of family ties and physical symptoms, and then I found myself struggling with my own physical symptom and I had to postpone the course. Now I am not sure if I am qualified enough, due to my own experience, and I would like to see the meaning of thinking about canceling it.

DR. HORA: Oh, don't cancel it. You can go through this and use it to increase your understanding that you are created by God and not by your family (mother). It is a good opportunity. Teaching helps us to learn, if we are sincere. We all have to understand that as long as we are ignorant, we are just living out our parents fantasies about us, and that is the meaning of the necessity to be born again. We must leave our parents fantasies behind and begin living for God. To be born again is to start consciously manifesting what God wants, not what our parents

have dreamed up for us. We must come to know ourselves as spiritual beings. That is a crucial point in our development. Jesus said: "I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law"(Matthew 10:35). It is necessary to come to the point where we recognize that blood ties are not real. They are only fantasies. Our tie is to God who is our creator. We are spiritual beings created to reflect the perfection of our divine Father and Mother.

STUDENT: How is it possible to know the fantasies our parents have for us?

DR.HORA: Whatever fantasies we are entertaining, they are not our own. They go from generation to generation. Whatever symptoms, problems, invalid modes of being we experience, they are just elaborations of our parents' fantasies. We may pick up some on T.V., but they just get woven into the old fantasies. Human existence is an unreality, a dream. Even the good human life is just a better dream. We have to wake up and be born again. Which means, we come to realize that God is our creator. We must emancipate ourselves from fantasies and be born of the Spirit, not just emotionally and in belief only - as some religious groups are practicing it- but through complete realization. First, that all human existence is fantasy. Second, that liberation comes from truly seeing ourselves as individual manifestations of divine consciousness. That's what being born again means. In proportion that we get glimpses of this truth, we are healed of many, many problems: emotional, physical and mental. These problems tend to disappear as they are recognized as manifestations of a deeply rooted inherited fantasy life. The Bible says: "The fathers have eaten a sour grape, and the children's teeth are set on edge"(Jeremiah 31:29).

STUDENT: I have two small children (whose teeth are set on edge) (laughter), and I would like not to pass on these parental fantasies, yet it seems inevitable.

DR.HORA: Yes, it is inevitable, but not necessary.

STUDENT: Will our children need to be born again on their own terms?

DR.HORA: Yes. Jesus said, "Verily, verily, that which is born of the flesh is flesh; and that which is born of the Spirit is spirit" (John 3:6). The fleshly human person is a fantasy. The divine consciousness, the spiritual being, is the real man; this must be thoroughly, deeply understood. that is called being reborn of the Spirit. By studying Metapsychiatry, you are a great blessing to your children, since your own fantasies are becoming less and less important and your consciousness is increasingly becoming spiritualized. That kind of consciousness is a beneficial presence in the world and your children are the first to benefit from it.

STUDENT: Thank you Dr.Hora.

STUDENT: Being born again, is it a moment in time, or an event, or is it an evolution?

DR.HORA: It is a moment in timelessness.

STUDENT: How are we to know if we are in the womb or born again?

DR.HORA: The womb of being born again is called Metapsychiatry. Usually it comes through a crisis. Every birth is taking place as a crisis. If a child is born through human channels, it is a critical moment in the child's life and in the woman's life. Being born again usually takes place when we are experiencing some crisis while on the spiritual path.

STUDENT: When we are born again, do we have only good fantasies?

DR.HORA: When we are born again, our fantasy life fades away for lack of interest. We don't entertain fantasies, we are oriented toward manifesting Love-Intelligence.

STUDENT: Do we participate on the human level which is fantasy?

DR.HORA: Yes, but we do not take it seriously. We are just going through the motions of being human. It is of no importance to us.

STUDENT: Thank you Dr.Hora.

DR.HORA: You are welcome, and bless you all.

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LOVE AND TRUTH

by Ann Linthorst, M.Div.

A recently popular song melodiously declared:

"What the world needs now is love, sweet love;  
That's the only thing there is just too little of."

It certainly seems that way. The violence and strife that dominate the news reports bear witness to lovelessness on every level of contemporary life.

But where are we going to find the love that is needed? Inside people? Shall we join with religions in their plea to people to love each other? That hasn't worked yet? Nobody becomes loving by being told that they should be so.

Perhaps the quest for love involves a mistaken understanding of where it can be found. Of course, any student of Metapsychiatry knows that love cannot be "gotten"; it can only be realized. But still, that doesn't really solve the problem for us. We don't know how to get to the realization of Love. We keep looking at the gameboard for the square which says: "Go to Love. Go directly to Love." But we don't find it.

There is another square, however, which we may not have noticed. It says: "Go to Truth. Go directly to Truth. Do not get distracted along the way. Do not give credence to anything but Truth." Truth is where Love is located, and apart from truth there is no love to be found. What the world really needs is the truth of being. For we are most loving with one another when we

are most truthful with one another.

In many circles today -religious, philosophical, psychological- the concern is with personal growth and with helping one another, and this concern is expressed in a certain pattern of behavior. Individuals are encouraged with their psychic depths and to express those thoughts and feelings openly. This leads to greatly emotional "sharing", which is coupled with "loving support" by the other group members. People sob as they verbalize their deepest miseries, and others "help" by holding, stroking, and reassuring them. All of this is well-intended but, no matter how gratifying it is to the people involved, it is not healing, and it does not contribute to the world's realization that God is love.

We might find an interesting contrast to such helping techniques in the approach of a Zen master, as reported in the book "A Glimpse Of Nothingness" by Janwillem van de Wetering (Boston, Houghton-Mifflin, Co 1975). He describes the presence of a somewhat disturbed young American man at the Zen temple in Japan where he was a student. The Zen master had given permission for the boy to stay in the temple and he was given certain chores to do. But the other students were instructed not to let the boy engage them in any conversation whatsoever. The boy, who continually wanted to "tell his story" to anyone who would listen, found no audience. Every morning the Zen master would seek out the boy, wherever he was and say to him in a kind and friendly voice: "Good morning. How are you today? Are you still a little bit crazy again today?" And then he would leave him.

I see three spiritual values manifested by the Zen master in this story. The TRUTHFULNESS manifests a remarkable RESPECT for the young man, and this truth and respect demonstrate the foundation of LOVE. Every support is given to the boy himself, but none to the ignorant thoughts with which he is so captivated. The master's daily appearances say to the boy: "I am here whenever you decide to be here. But I am not available to your pathology."

Most of us find such a demonstration of truthful love shocking, and it is quite beyond us in ordinary circumstances. The fabric of social amenities is based on pretense, not truth. An example like the Zen Masters, however, can help us clarify what love is and what it is not. We do not demonstrate love for others when we gratify their mistaken beliefs and concerns. When people receive interpersonal "goodies" in return for emotional self-indulgence, they are having their attachment to the ignorance which troubles them reinforced, not resolved. And God is not honored by a "Tsk, tsk, you poor dear" reaction to an individual's suffering.

Every persons' story is a very sad and painful affair. That's

the nature of personal existence. But the dramas of personhood are not the truth. God is love, that is the truth. A love of Truth ushers us into the presence of Love which is the "essence and destiny of all things."

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NOTES FROM A SPIRITUAL JOURNEY

by Claudette Maddox

Recently, I had the opportunity to go to New York with the purpose of studying with Dr. Hora. This is an attempt to relate a few insights obtained on this memorable occasion.

My companion and I were at the Los Angeles airport, having checked our bags. As we were approaching the area to get our boarding passes, I realized that my purse was missing. Immediately, a flood of invalid thoughts rushed in consciousness - See, you probably should not be going - you don't deserve it, etc.- The confusion and fear were so great I couldn't even remember the last time I still had my purse. Then I tried to remind myself that I was still undivided from God. My companion, however, remained calm, and as we walked back down the ramp to retrace our steps, a sense of PAGL descended on us. Then I remembered that I still had my purse upon arrival and I had shown my ticket as the bags were checked at the curb. When we reached the point where the electronic equipment scans all carry-on baggage, there, on the moving belt, was my purse. It seemed amazing that no one was noticing it.

At this point I remembered that for several years I have had recurring dreams of losing my purse. Now I asked myself, What is a purse? A container. What does one carry in a purse? Personal identification, money, make up.....When I related the experience to Dr. Hora, he reminded me that the spiritual quest entails losing one's identity as a human person and finding that one is a spiritual being, an individual manifestation governed by Love-Intelligence. As I discerned the action of Love-Intelligence in my experience, a sense of gratitude overwhelmed me.

The metapsychiatric principle says: "THE UNDERSTANDING OF WHAT REALLY IS (a spiritual being is an image and likeness of God, an individual manifestation of Love-Intelligence) ABOLISHES ALL THAT SEEMS TO BE" (personal identification -driver's license, running one's life, money, make-up, pretensions).

This was my first experience of time in New York. What a contrast to Southern California! We were not used to seeing so much dirt, garbage, and human suffering as we walked down the streets. It was an opportunity to practice the second

metapsychiatric principle, "TAKE NO THOUGHT OF WHAT SHOULD BE OR WHAT SHOULD NOT BE; SEEK YE FIRST TO KNOW THE GOOD OF GOD, WHICH ALREADY IS."

We have all heard stories about how the streets of New York are unsafe, and that one must not walk the streets at night. We walked everywhere from our hotel, including to Dr. Hora's office. I can't remember ever having walked so much at one time! Even though the thoughts would pass through consciousness -ladies should not be out alone- we held to the thoughts: "We live and move and have our being in God." "The secret place of the most High is our protection." It may seem that we live in a particular city, but we really live in God, and that is our protection! We had no problems throughout our stay.

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SPIRITUAL VALUES IN THE DEVELOPMENT OF THE WHOLE CHILD  
by Adele Ryan, M.A.

In preparing a presentation for parents on child development, it became apparent for me that we have spend a great deal of time and money in studying and writing about physical, intellectual, and emotional well being of children. But very little is said about the development of spiritual values.

Many techniques and ideas for developing healthy, intellectually aware, and emotionally stable children have been suggested. Such ideas look at children as separate little bodies, which given the proper nutrition and an intellectually stimulating home environment, should develop good feelings about themselves, can learn academically, and will become assertive individuals who can get their needs met. Parents, on the other hand, learn to manage and modify undesirable behavior by means of rewards, reinforcement, and contracts. When these techniques proved ineffective it was believed that if the entire family system was studied from as perspective of a power structure, then we could learn to discern the hidden power struggles and the "games" played by each member. Thus, we could learn to communicate, negotiate, and compromise in order to lessen interpersonal tensions and to develop a more democratic family life.

However, there still existed a perceived need for personal growth and personal freedom. Humanistic values, such as unconditional positive regard, dignity, and freedom, began to preoccupy the individual members of the family. It was argued that each individual, including children, had certain rights: to make choices and to develop without coercion, manipulations, or contingencies, that is, the right to their "own person." Responsibility towards others and towards the environment was not denied, and, the operational and interpersonal view of life, which sees man in the context of others and of his environment,

led to increased interest in movements which favored humanistic-ecological causes. While antipollution wars were fought and environmental projects were encouraged, people continued to be horrified at the violence and the high use of narcotics among young people. They began to question whether there was too much personal freedom and not sufficient structure or restraint. Strict child management approaches became appealing again to the extent that corporal punishment seemed a desirable alternative. Thus, the two-sided circle of dualistic thinking is completed.

What then is the alternative?

It seems that parenthood is an idea which is often exaggerated. It can represent a burden if we see it as a task of raising and disciplining children. When seen in this way, parenthood will be filled with the experience of frustration, resentment, and guilt. If we see parenthood as an opportunity for love, however, this phase of our lives will be full of lessons which help us grow in love and in understanding of truths. But as long as we concern ourselves with managing our lives and our children's lives by means of interpersonal techniques, we will continue to see ourselves and our children as separate persons playing tug of war.

Our task is not to fill our children with the "right" foods, with "sound" knowledge, or with acceptable manners. Our task lies in acknowledging that strength, health, and wisdom come from the One Intelligence already operating, which knows nothing outside of harmony, order, perfection, and health. Our task is to continue to nourish with love the health and perfection which already are. As spiritually aware parents, we place ourselves and our children in the care of this Intelligence. Our part is to be steadfast in the obedience of spiritual principles and in expressing the qualities of Love-Intelligence in our lives. These qualities include compassion, appreciation, gratitude, peace, assurance, love, and reverence.

Children can express the perfect intelligence of God. We participate with them in the journey of learning the infinity of God's good and love. As our children grow in understanding, they will learn to reject the invalid ideas of the material world. They will learn to see themselves in a spiritual context, to see everyone as a perfect expression of God, and to be appreciative and grateful because they know God's generous abundance.

Depending on the child's level of understanding, we can begin to discuss with them the meaning of individual spiritual principles. When appropriate, we can pray together. It may be helpful to have some time set aside for meditation or quiet contemplation of Godly thoughts: We can read stories to them or with them which illustrate spiritual principles or values such as gratitude, love, harmony, forthrightness, compassion,

reverence, and joy. Most importantly, we can affirm these wholesome spiritual values by cultivating them in our own consciousness. When we cultivate the values of peace and assurance (quiet confidence), love (paying attention to understand), joy and gratitude (appreciating goodness), harmony (shouldlessness, willfulness), and inspired wisdom (listening to our thoughts in quiet contemplation of what is healthy and good), then our lives will be a testimony of inspired living, free from anxiety, and highly creative. The fruits will be inspired, creative children interested in what is healthy and beautiful.

We may still be subject to the tensions that arise out of day-to-day living; the difference, however, lies in our perception of the situation before us, that is, in being able to observe and to listen to what is revealing, being sincerely willing to pay attention to understand its meaning, and to dispel invalid values or thoughts with the truth which reveals itself by the fruits of our lives in Peace, Assurance, Gratitude, Love, Health, Wisdom, Affluence, Joy, Harmony.

We and our children will all be healthy, wealthy and wise.

Children Learn What They Know

When a child knows God's infinite good he is at PEACE.  
When a child knows God's perfection he has ASSURANCE.  
When a child knows God's abundance he expresses GRATITUDE.  
When a child knows God's love he sees LOVE manifested everywhere.

He is a PAGL child.

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P.A.G.L. Groups

AVAILABLE

On November 21 the San Francisco PAGL-Group held a starting off seminar conducted by Dr. Jan Linthorst. New groups have been formed in San Diego and San Antonio, TX. Coordinators of PAGL-Groups are in California: Huntington beach, Fern Rubin (714) 846-0209; Los Angeles, Roberta Carasso H. (213) 474-8200 W. (213) 792-5101; Newport beach, Phyllis Larzalere, (714) 673-4603; San Diego, Carol Huish (714) 284-3921; San Francisco, Alice Kruegel H. (415) 631-0143 W. (415) 556-0951. In Phoenix, Arizona, Jay Roundy, H. (602) 892-5292 W. (602) 835-3111. In San Antonio, Texas, Grey Means H. (512) 698-1458 W. (512) 342-4567.

Tapes have been transcribed and indexed by the TAPE LIBRARY. A table of content of each tape is provided with the transcript. Transcripts now available are of tapes 38, 41, 44, 52, 54, 55, 56, 57, 58, 59, 64, 69, A.T.S. 10-10-81, Conference phone 9-5-81. Price per transcript plus index \$10. payable to Claudette Maddox. For information write to Claudette maddox, 814 Park Center Dr. #40, Santa Ana, CA. 92705 or call (714) 558-8322 or (714) 638-7466.

A MODIFIED CONCORDANCE of Dr. Hora's book "Existential Metapsychiatry" has been collated and presently available topics are: Reality, Ego-gratification, Fulfillment, Consciousness. Price per topic \$7.50 payable to Tim Ryan. For information write to Tim Ryan, 16152 Beach Blvd, Suite 179E, Huntington Beach, CA. 92647. Phone (714) 842-0209.

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