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DIRECTOR

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NEWSLETTER

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EDITORIAL

The current issue of the Newsletter contains contributions from many various sources and does not have a single theme. As a summer issue it may be assumed that it is a harvest issue, collecting the good fruits from the many trees that have blossomed in the orchard of Metapsychiatry. The STUDY MATERIALS section offers new features for study: a manual of biblical references compiled from the writings of Dr. Hora and their interpretations; a scholarly dissertation by Tim Ryan on the educational and therapeutic aspects of Metapsychiatry and finally, something commuters by car may enjoy, an audio tape with selections from the Dialogues narrated by David Edman.

WHAT IS WHOLENESS

(Excerpts from the Phone Seminar 3/27/82)

By Fern Rubin, M.S.

Student: We have been discussing the issue of Wholeness, Dr. Hora, what would make it possible for us to see wholeness?

Dr. Hora: Wholeness means that there is no separation between God and man. Infinite Mind, the ocean of Love-Intelligence and its contents are inseparable and they are one. "I am in the Father and the Father is in me." Not I and the Father, but I in the Father. The right understanding of our inseparability from God, Infinite Mind, our oneness with the creative principle of all life, this is wholeness. Ordinarily, we assume that there is God somewhere in outer space or another country, and we are here, autonomous, independent, separate entities. We think we are persons with minds of our own and we can produce love, give love and get it, and we think our own thoughts. We run on our own batteries so to speak and have our own energy; we see people being on their own and we don't see God anywhere, but Infinite Mind is our creator and spirit is our substance. We are made of the same stuff God is made of, Spirit, Mind, Love-Intelligence. We cannot be really independent. Existence apart from God is an illusion which we all need to be healed of. We can understand our own wholeness and we can understand everyone else's wholeness by beholding them in the context of God.

Student: If I find that I have the illusion that I am separate from God, what would help me turn away from this to the truth?

Dr. Hora: A helpful analogy is to contemplate the wave and the ocean. The wave can never be separated from the ocean. The substance of the wave is the same substance as the ocean. Just as the wave is inseparable, so we are inseparable from Divine Mind. It creates us, sustains us, energizes us and maintains us in perfect health and harmony.

There is much confusion in psychology and medicine nowadays about wholeness, especially with the advent of the so-called holistic thinking. If it were clear what wholeness is, then there would be no need for "holism;" there would only be a recognition of wholeness as the realization of our at-one-ment with the creative principle of life. This realization has the power to heal. By understanding wholeness we become spontaneously whole, which means healthy. If we are at-one with perfect Mind, then we must be perfect. The understanding of this reality immediately abolishes our problems, just as, if you know that $2 + 2 = 4$ then all other possibilities are abolished. You can have an endless number of wrong or sick mathematical formulas until you know that $2 + 2 = 4$. This knowledge, (which is another analogy), abolishes, heals, all erroneous formulations. So the issue of wholeness is important and we must work on it everyday. Through meditation and study we seek to understand our own wholeness. The 10th principle says, "The understanding of what really is, abolishes all that seems to be." This principle also explains spiritual healing.

Student: Recently I have been praying for my family and friends, but I must be looking for results because I see more chaos. I must not be praying right, can you help me?

Dr. Hora: If you are looking for results then you want something. If you want something you will be frustrated. How can we pray without wanting something? Everyone who reaches an understanding of his own wholeness will at the same time be able to catch a glimpse of the wholeness of the other, and that glimpse of wholeness results in healing. The interest is not so much in the healing, but rather in the glimpse of wholeness.

Student: Is it important then to pray for our friends and family?

Dr. Hora: We pray to see wholeness, period! The rest is up to God. You can see chaos, you can see suffering, but you must unsee it in order to see wholeness. The presence of Infinite Love-Intelligence is the only reality. There is a temptation to delude ourselves that we have personal healing powers or that we can personally do something even though Jesus said, "of mine own self I can do nothing." It is the "seeing" of beholding wholeness that makes all the difference.

Student: Thank you, Dr. Hora.

Dr. Hora: You're welcome.

GOD IS MINDFUL OF US AS WE ARE MINDFUL OF HIM

By Claudette Maddox R. A.

Recently, I had a lovely demonstration of God's care and love. The thought had occurred to me that I needed to have some maintenance work done on my car. I had put it off way too long. I took the car in for service, estimating it would cost about \$200 dollars. When the service department called later in the day and informed me that the bill would be over \$600 dollars, my first reaction was one of dismay. However, my thoughts were full of God's goodness from meditating and

transcribing tapes most of the day and an inspired idea came to me; wait a minute, I am here for God, to bear witness to His words, not the thoughts of ignorance! I remembered Dr. Hora telling me that my Maker is my husband. Well, it's the husband's job to take care of the car!

I informed the mechanic on the phone to go ahead and take care of what was needed and I continued on with my communion and typing. Later that same afternoon, the phone began to ring with appointments of a business nature, tripling my income for the week. To my surprise I found there was sufficient money to pay the unexpected car repair bill. I was grateful and amazed at this demonstration of the spiritual principle, "God is mindful of us as we are mindful of Him"--when we give up self confirmatory thoughts for God confirmatory thoughts, then Love-Intelligence, God meets every need.

GLOWING

By Susan Brown

In Metapsychiatry we speak of glowing...as we glow, we manifest the qualities of God. Our attention is on God and we glow. The glow that emanates gives evidence of what is. Glowing's aim is to shed light on what is. We do not have to explain or defend what is. When glowing we act in accordance with the principles of Love-Intelligence. Our lives become demonstrations of these principles. This is one way of being what we really are. We can be thankful for an opportunity to glow. How blessed we are when this occurs!

A principle is absolute and always true. It has no flip side. It is in the realm of the nondual. How grateful we can be for the principles of Metapsychiatry!

One principle which Dr. Hora brought to my attention is: We work for a living, we live for God. "We are in this world but not of it." When this idea became clear, the principle actualized itself in my life. It is as true as $2 + 2 = 4$. When we work for money (not prestige, ego gratification or happiness), the truth elevates work out of a personal arena. When our hearts are fixed on living for God, whatever is done is a joy (we bring happiness to work), and we are continually provided with whatever is needed from moment to moment, always being mindful of the good which is. Our attention is not on what doesn't work, but on what does work and who is doing the work. "It is the Father that dwelleth in me that doeth the work, I can of mine own self do nothing" (John 14:10). With this awareness, we transcend the horizontal and turn our attention to the divine. This way much energy is freed to respond to the tasks we are given.

The following is offered as an example of how life has harmoniously unfolded demonstrating the validity of this and other principles.

I work as a secretary. I was working in Philadelphia, commuting to New York once a week to see Dr. Hora. When the principles of Metapsychiatry became clear, two things occurred. First, I was offered a job in New York which increased my yearly salary by \$6,500. Second, I was given an opportunity to attend evening classes in Metapsychiatry. I was now moving from blessing to blessing!

The way in which these things occurred was effortless. On one of my weekly visits to New York, I picked up the New York Times. My eyes were drawn to an ad for a secretary. The idea came: "The moment we are willing to be here for God, we become part of that all-seeing, all-knowing presence...the divine Mind, and whatever is needed at that moment appears." I wrote a letter to apply for the position. The idea occurred, let God write this letter, "If you know what, you know how." The letter serves three purposes. First to introduce you; second, to ask for an interview; third, to show gratitude. Clearly, simply, stick to the issue! The letter was received, I was called and interviewed on a Sunday. The trip was effortless; everything ran like clock work. The interview was successful. Questions were posed, answers came. I can remember praying, "glow for God, remember who you are and what your purpose is." A few days later, I received a phone call offering the job. There wasn't a moment's hesitation or doubt. There was no agonizing over this or that. The answer came...."of course, thank you."

So where was I to live? On my next visit to New York, I again picked up the New York Times. I remember speaking to someone on the train about good areas to live in New York...Forest Hills was suggested. I was looking at the paper and my eyes fell on an ad for a studio apartment in Forest Hills. I called that evening; there was no answer. "Yes is good, no is good." At that moment my roommate began speaking to me. I asked in consciousness, what does God want, and sat down to lend an ear. A little while later, when the conversation was over, I called again. This time someone answered and said: "I have just rented the apartment." I was not disappointed, but I stayed on the telephone. As we spoke, an idea came to the man: "I have a neighbor across the street who has a studio for rent, call him!" So I did. As it turned out, this apartment (where I now live) is perfect and preferable to the other, full of light, fully furnished with exactly what is needed. Every step of the way, the prayer occurred, thank God for the good of God. There is peace, assurance gratitude, love. As it turned out, my roommate was given a company car that weekend and could help me move.

The position is perfect in every way. The work is challenging, varied, never a dull moment. I am learning about effective, effortless, efficiency and being useful. This is great training for whatever may come as life unfolds. Problems have cropped up which have offered perfect lessons. It turns out that the individual I work for is a psychologist and has had eight secretaries in the past year! His schedule does not permit him to give a great deal of time or personal attention to the office. What a perfect place for one who needs to let person (not identity) fall to the wayside. As attention is fixed on working for money, living for God, issues become the focus. Work becomes very clear-cut and trouble-free. It is not in the realm of personal wants or not wants, but what is needed. Personal self, which thrives on attention, falls away, little by little, from lack of interest. On several occasions if I slip out of a state of gratitude, fall asleep, and become joyless, I will be asked to perform a task which seems very difficult on a human level where the temptation is great to be afraid. I hear a voice: "Refuse to be human, insist to be spiritual." And the prayer comes that there is PAGL (Peace, Assurance, Gratitude, Love), there is no fear, and whatever is needed appears.

As I begin to understand that I am a place where God's presence reveals itself

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as omniactive Love-Intelligence, it is becoming clearer how this place is needed where it has been put!

Effortlessly ascending
This peace, God's grace
Here to glow
With quiet joy.

Principle #5: GOD HELPS THOSE WHO LET HIM

By Bill Rubin, R.A.

God and I are in the lamp business. Yet the struggle to let God help is a daily one. For the past several years there has been a yearly problem in the rainy season with a roof that leaks. Whenever it rains, we have to move lamps, put out buckets and make a mess of the store until the storm is over.

I have always sought an operational solution, calling the roofing company to come out to fix the roof. Together the workman and I climb on top of the roof, and come up with our idea about how to fix the roof. We would settle on "what to do," patch the roof and wait for the rain, to see if we were successful.

There were years of failures and much frustration and expense, but the roof would not get fixed! This year the rainy season came again; I awoke in the middle of the night to the sound of pouring rain and couldn't sleep. I decided it was time to be radically sincere about the leaks and my own consciousness. I began to meditate to try to understand the meaning of the leaks. The meaning seemed to be that so far, I had tried to figure out how to stop the leaks. It had not occurred to me that I could ask God to help me overcome the tendency towards relying on "thine own understanding," personal speculation. I had not let God help me see what was needed.

The next morning, I again called the roofers, but this time I sought God's help. A thought occurred to me where the source of the leaks were. The roof was able to be fixed in no time and has not leaked since. Operational thinking was replaced by Love-Intelligence, God's thoughts. GOD HELPS THOSE WHO LET HIM.

REBORN

By C.K.E.

Recognize that errors will such suffering bring.
Regret them now, so humbly,
 Embarrassment heals the sting.
Reorient in Love. It is a fertile land.
Receive all blessings prosperous.
 True life is now at hand.

THERE IS NO STRESS IN THE KINGDOM OF PAGL

By Adele F. Ryan, M.A.

In the past two decades stress has become one of the most talked about syndromes of twentieth century man and woman. Research in medicine has linked illnesses of all sorts to this rather insidious culprit. Because the tension of stress manifests itself in a number of ways, individual in nature, well meaning doctors and psychologists take it upon themselves to warn potential victims, defining its unique dimensions and prescribing techniques for stress management.

Denouncing the fast pace of modern living and the social and economic pressures of life as the source of stress, people, plagued by this seemingly pervasive malaise, helplessly turn to experts for understanding. Before long a conclusion is drawn that the good old times of horses, buggies, country store living and open spaces were much more conducive to health and wholesomeness. There is a yearning for turning back in time and a dream of buying our way out of the city rat-race for a more pastoral, slow paced life-style where we can be more in tune with nature and therefore more creative and fulfilled. Sounds good, doesn't it?

Memorabilia of past eras is marketed and collected; back to nature books begin to fill bookshelves in the hope of uncovering the key to this idealized age of wholesomeness. And then there are some adventurous souls who have determined that life in the city is unbearable and decide to act, NOW! "Sell everything and go to the country" where surely peace and health can be found even if it means having to cook on a woodburning stove and pump for water. Choosing one's own life-style (with gusto), seemingly provides a momentary, illusory sense of control. But when the ego attempts to redefine itself in this new environment, there is an untenable confrontation with its sense of meaninglessness, resulting in restlessness and disharmony. "What does an ego do out in the country?"

We have seldom asked, what is the source of this perceived stress, this state of tension? The source is the desire for ego-gratification...wanting and not wanting, confirming oneself. The nature of the ego is to try to maintain a position for itself, an identity, in the mass of clamoring egos all competing for the same thing, all having the mistaken notion of gaining personal control over one's own life.

Conversations at parties are often a vivid scenario of this source of stress and tension. The dialogue usually centers around our latest possessions, degrees, new career skills, job promotions and finally where to go to get away from it all.

So what do we need to know about stress? It seems that generally life is seen in terms of cycles or stages. There is an attempt to explain environmental, economic, and psychological cycles as an inevitable part of life which need to be anticipated, controlled or coped with by acquiring new skills and purchasing new objects that afford us the illusion of personal control. This gives us only an illusory sense of autonomy over life, and the sense of personal self continues to be defended by our work, possessions, careers, knowledge, skills, etc.....

It is helpful to see that stress stems from a mistaken idea of who we are and what our purpose in life is. As long as we define ourselves in terms of the material world (careers, family, possessions, knowledge), we will continue to experience the burdens and tensions of our wants, the wants of others, and the wants of institutions. When we begin to see ourselves in a spiritual context, our perception of life is changed. We see that cycles are only man-made ideas, that harmony, order and peace are always the facts of life. As we begin to acknowledge the truth that we are the image and likeness of God and not who we think we are, that God is always in control, we see that our purpose is to manifest Godly qualities: intelligence, joy, peace, harmony, love, humility. We begin to align ourselves with spiritual values and cleanse our consciousness of invalid desires for ego-gratification, interpersonalism and personal power.

Miraculously, we find ourselves moving to the rhythm of life, responding to our needs, letting our inborn talents unfold in a creative, health promoting way and being the right man, in the right place, at the right time. When we are mindful of maintaining the qualities of Love-Intelligence in our lives (humility, gratitude, peace, assurance, love, compassion, reverence, and receptivity), we will see the burdens and tensions of ego-wants dissipate. Let Jesus be our model; although He lived a life which might be called stressful by today's definition, having no permanent place to live, criticized and persecuted by political fanatics, having meager material possessions, yet He possessed great richness of understanding. He understood He was not of this world and His loving, peaceful, assured and humble quality became a healing presence in the world.

It may be helpful to heed His words: "Take my yoke upon you and learn of me for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yoke is easy and my burden is light " (Matt. 11:29,30).

LEARNING TO SEE BEYOND PERSONAL IDENTITY

By Ilona Urban-Blakeley, M.A.

Student: What is existential fulfillment?

Dr. Hora: The greatest sense of fulfillment comes from an increasing awareness that God is our life and God is the power which underlies our existence. "That all things are made by Him and without Him, nothing is made that seems to be made".

We are in awe of this infinite, intelligent, loving power taking charge of all our affairs and in amazement we realize how harmonious things are in our lives and how fruitful and blessed. This kind of awareness is existential fulfillment. We discover that we are nothing but an individual awareness, an individual unit of spiritual awareness; this is the ultimate beholding of, infinite presence. To be able to watch God at work is ultimately fulfilling.

Student: It isn't individual fulfillment and it is not ego-confirmatory?

Dr. Hora: That's right. You see, when you work in the kitchen and make bread and preserves and it comes out beautiful, you realize there are two possibilities: either it was good luck or a higher intelligence must have been active in that project. There is no such thing as luck; therefore a higher intelligence is operating in our lives and that is ultimately satisfying.

Student: We become aware that we are part of this larger process and this extends us?

Dr. Hora: Yes, into infinity. A spiritual individual consciousness is an infinite life, with an infinite mind. How puny ego-gratification is in comparison to that. It always leaves an unpleasant after-taste. Jesus spoke of it as "drinking the water from the well and thirsting again and again," but then he said, "If you drink from the water of life which I give you, you will never thirst." He juxtaposed two possibilities, one was ego-gratification and the other was existential fulfillment.

Student: It is individual fulfillment of our existential purpose.

Dr. Hora: Yes, that is very well put. (Excerpt from July '81 phone seminar)

The awareness of being a spiritual, individual consciousness corrects the mistaken sense of identity that is limited to a group or a minority or a neighborhood. I came to see this a few days later when I drove through a minority dominated neighborhood. The thought of "gang violence" of which we hear so much in the media occurred to me. There were several groups of people in the street, some were sitting on parked cars, others were on the curb smoking. I thought of identity, and how individuals see themselves in the context of their respective group, how they identify themselves with their leaders, their members or their territories. I thought of the identity we had discussed in the seminar and anxiety left me. I laughed as I realized that no matter how threatening a situation looks, it is only a manifestation of a mistaken thought about oneself. When we see ourselves in the context of a mistaken personal identity--responsibilities, jobs, friends, family, marital status or the lack of one--we have lost sight of our true identity: that we are spiritual manifestations of an infinite Life with an infinite Mind. Seeing ourselves in this context, all our needs are met and we are protected in all situations.

STUDY OPPORTUNITIES

A PAGL Group is being organized by Mrs. Lynn Nacht & Susan Shalom. For information write to Sue Shalom, 234 Booth Ave., Englewood, NJ 07631

STUDY MATERIALS

A BOOK compiled from the writings of Dr. Hora, which comprises all references to the Bible and interpretations from the viewpoint of Metapsychiatry, entitled: "About My Father's Business: A Metapsychiatric Viewpoint of the Scriptures". This work is compiled and edited by Joan Rubadeau, M.A. and can be ordered at the School of Metapsychiatry for \$12. Please make checks payable to Joan Rubadeau. (CA residents add 6% sales tax). Postage and handling \$4.

DIALOGUES ON TAPE: There is now available a one hour tape with selections from Dialogues in Metapsychiatry. The tape is narrated by David Edman and is of excellent sound quality, especially for car stereo listening during commutes. Price is \$10...plus sales tax for CA residents and \$1 for postage and handling.

DISSERTATION: A comprehensive dissertation on Metapsychiatry has been completed by Tim Ryan, Ph.D., entitled: "Metapsychiatry: The Quest for Wholeness. A Critical Assessment of Values in The Educational and Therapeutic Healing Process." The dissertation has been written under supervision of Dr. Hora and was submitted to the International College for the doctoral degree. It is published by PAGL PRESS and is available for \$15. CA residents add 6% sales tax. Postage and handling will be added.

TAPE LIBRARY: Taped lectures by Dr. Hora are available in printed form. A table of contents is included with each manuscript.

Tape #56

A Sense of Culpability: Table of Contents; Blameworthiness; Exploitation by children or patients; Becoming incorruptible as a therapist and a parent; Responsibility of therapists; Valid reason for having children.

For information see Claudette Maddox, at the School of Metapsychiatry (address below). Available for \$10.

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