



PAGL ASSOCIATES NEWSLETTER

FOR THE STUDY OF METAPSYCHIATRY

Year 9, No. 3

Summer 2010

PAGL Associates Newsletter

Editor ~ Deborah Sofferman

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

Phone ~ 860.567.2201 **Fax** ~ 860.567.2201

The PAGL Associates Newsletter is published tri-annually. Your thoughts are welcome; please submit Letters To The Editor at:

ReverendDeborahS@aol.com

The PAGL Associates Newsletter is published by the
PAGL Foundation, a non-profit organization
dedicated to supporting the study,
research and teaching of
Metapsychiatry, founded by Thomas Hora, M.D.

**\$20 DONATION IS GRATEFULLY ACCEPTED
TO COVER THE COST OF THE NEWSLETTER**

Send to:

The PAGL Foundation
c/o Bruce Kerievsky, Treasurer
7 Arrandale Avenue, Great Neck, NY 11024
or: WWW.PAGL.ORG

METAPSYCHIATRY RESOURCES

THE PAGL BOOK STORE

P.O. Box 4001

Old Lyme, CT 06371

Tel: 860.434.1512 PAGLBooks@aol.com

THE PAGL ASSOCIATES NEWSLETTER

◆ Published Tri-annually

READ IT ON-LINE WWW.PAGLASSOCIATES

VISIT OUR WEBSITE WWW.PAGL.ORG

- ◆ Purchase books and audio tapes
- ◆ Receive notices of annual PAGL Associates Conferences
- ◆ View Concordance to Dr. Hora's Writing

CONTACT COUNSELORS AND FELLOW STUDENTS:

www.paglassociates.com

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

Although every life form in the universe—from all animals to a blade of grass—is in a perpetual state of flux, reality never changes. Spiritual transformation is consciousness understanding the completeness of God. It is a hallelujah revelation where truth recognizes itself. Herein lie various stories as presented at the annual PAGL Associates Meeting in New York. You may appreciate the variety of roads these travelers walked before they arrived at an awakened place.

PAGL is yours ~

Deborah Sofferman, Editor

IF YOU DO NOT RESPOND THIS WILL BE YOUR LAST ISSUE

Dear Fellow Student,

The PAGL Foundation is focusing its efforts, with the intention of better serving its purpose. One part of this effort is to assure that resources are spent wisely and that this Newsletter is sent only to those who are interested in receiving them.

Many of you responded to our previous mailing. We have recorded your responses and to you we send our gratitude. For those of you who have not yet responded, but remain interested in receiving the PAGL Associates Newsletter we need your help.

Please return the enclosed self-addressed stamped card to us, so that we know of your continued interest. On the card there are two options, the first of which is focused on greening our efforts, saving resources for other purposes.

If you don't wish to continue to receive the newsletter and/or other correspondence, simply do not respond. We will discontinue sending Newsletters and all other communications to any individuals that do not respond with a positive statement of interest. If you would prefer to respond electronically, you can send us an e-mail to: PAGLFoundation@gmail.com.

We thank you for your considered responses,
Robert Wieser, President
PAGL Foundation

“TRANSFORRRRMATION: BEYOND FORGIVENESS

“I will restore to you the years the locust hath eaten...”
Joel 2:25

Today I live a life overflowing with blessings, but it was not always so. My spiritual growth over the last 40 years mirrors the ideas expressed in the Thomas Hora’s booklet FORGIVENESS. Every step of the way offered a new healing, a new insight, a new manifestation of God’s grace, some of which I’ve written about before.

I began this journey in the depths of despair with a totally mistaken view. My mental pre-occupation was self-preservation, manifested in the attempt to control and manipulate my environment and everyone in it. I was not aware of this mode of being; all I knew was that I had hit a wall. I was overcome with what are called panic attacks and felt I was losing my grip on reality. I was led to Dr. Hora who I hoped would prescribe a drug **that** would stop the attacks. He said if I felt better I wouldn’t be interested in hearing what was needed. He did prescribe committing the 91st Psalm to memory, and as I worked with it he clarified its meanings. At first I began suffering dizzy spells. He discerned that I was disoriented, leaving an old way of thinking behind, but not yet understanding “in favor of what?” He taught me more about the nature of God. The attacks soon faded away; they were just the tip of the iceberg.

*As long as we believe we have been hurt by someone,
It is impossible to forgive.*

My life was fraught with problems: confused identity, two phobias, loneliness, housing issues, financial woes, lack of fulfillment, and I hated my job. I also had a well developed acting skill of pretending that I was okay. The pretense had crumbled and the troubles were overwhelmingly painful. (At that stage I was not interested in shedding addictive pleasures, and would not be for a long time.) I longed for an authentic life but didn’t know what it was or where to start as I sobbed out my woes as Dr. Hora listened.

A blessing of Metapsychiatry is that it specifically addresses the present most immediate problem, guides us to seek the meaning, turns us to the spiritual counter fact, and we address whatever problem surfaces next. It sounds like a linear progression, but it is more a simultaneous expansion of one’s universe. In the beginning I was unaware of and incapable of asking Metapsychiatry’s Two Intelligent Questions. Dr. Hora silently asked them on my behalf, as we were both guided to see the answers. I didn’t realize what was going on, but I saw light at the end of the tunnel. Gently I was guided to see the anger at those who had hurt me as a child. There was a persistent (and I thought justifiable) hatred and sense of victimhood to which I clung with elaborate self pity. People in the fields of psychology and religion are well aware of the havoc wrought by such thoughts and have various ideas about what to do with them. We in Metapsychiatry take the leap beyond psychology and religion to develop spiritual discernment. I was advised to sepa-

rate the individuals from their behavior and to see us all as spiritual beings. Blaming ignorance instead of blaming a person requires understanding true identity. This is what loving is—seeing true identity. I really didn’t know what all that meant, but I tried. In the meantime I also tried to forgive. Trying to

The tragedy of abuse is a dream

from which the victim and the abuser can awaken.

The “abuser” is innocent; therefore there is no abuser.

The “victim” is untouched; therefore, there is no victim.

Ignorance is to blame.

This is the truth of being.

forgive says “I forgive you for your ignorance, but I still think you did something bad.” This assumes there are separate persons—the abuser and the victim. As long as we believe we have been hurt by someone, it is impossible to forgive. It was necessary to go beyond trying to forgive. I was not yet ready.

As a fledgling, I was learning to spread my wings, and graduated from “patient” to “student.” This occurred as I depended less on Dr. Hora to do the work, and became able to ask and receive answers to the Two Intelligent questions without his help. I flew the nest—literally, flying from New York to Hawaii to live, leaving behind the anxiety, the phobias and a skin disease, but lugging along the heavy baggage of remaining problems, primarily a continuing confusion about who I was. Although I was unaware of it, this ignorance manifested itself as lack in three major areas: love, wealth, and fulfillment.

In the ensuing years, it was the day-to-day versions of these problems that came up and allowed me to chip away at them by applying every tool Metapsychiatry offers. Understanding came in partial unfoldments—here a little, there a little. The meaning of each problem kept pointing back to my major misconception about true identity, and each of the problems was healed as a different facet of this was understood. When I saw—at last—in a vast non-verbal way that our true identity can never be touched and is one with God, I let go of victimhood and blaming. We cannot stop mental pre-occupations; we can only lose interest in them. We release them when we don’t want them any more. It is the only answer, but we cannot “do” understanding. It comes when we are ready to receive it. The tragedy of abuse is a dream, from which the victim and the abuser can awaken. The “abuser” is innocent, therefore there is no abuser. The “victim” is untouched, therefore there is no victim. This is the truth of being. Ignorance is to blame. Seeing this goes beyond forgiving to compassion. As soon as I saw that I had never been hurt but had only been involved in a dream, the phrase “there is nothing to forgive” made sense. This awakening to true identity was the ground on which I stood as I addressed full-on the remnants of the major remaining problems, all of which came to a head in rapid succession. It was intense but necessary, and each problem has been healed.

The “3 Rs” of Metapsychiatry, Recognition, Regret, and Reorientation, describe the steps in healing. Recognition and Reorientation are the fruits of the Two Intelligent Questions. Recog-

niton comes with understanding “the meaning of what seems to be,” and reorientation comes with seeking “what really is.”

Early in my journey, there was no regret. The only regret was that I had ever been born. Clinging to the pain of victimhood felt so bad it felt good (well, not really “good”, but the self will settle for anything, as long as it feels something). In order to stop blaming others and ourselves, we need to expose self-confirmation in its infinite forms (Recognition) and replace it with an understanding of the truth of being (Reorientation). When there is sufficient understanding of both, we come to a place of regret. Regret consists of an awareness of the mistake of self-confirmation and how it governs every thought we entertain. It is regret that allows wisdom to supplant suffering as our motivator.

This is what happened to me. The locust of ignorance consumes the lush harvest of God consciousness. I can still spot the old misguided tendencies, but they have lost their power. When they appear, PAGL fades, but now wisdom usually takes charge, nipping the desires for persecution, and even (sometimes) praise and pampering in the bud, and freeing me to turn attention to the Truth of Being. The former problems have fallen away, replaced with the assurance that “everything everywhere is already all right”. There are continuing insights and the promise of growing clarity, as we are told that aging reveals unresolved issues. Mostly, there is an overwhelming abundance of good in every aspect of my life. With the 3 Rs came a 4th R: Restoration. The years which the locust had eaten have been restored.

Hora, Thomas. BEYOND THE DREAM, p.11 (2) See: the “4 Ws” Ibid, p. 60 (3) FORGIVENESS, p.3 (4) See: “pampering, praise and persecution,” Tape #58 “Three Rs of Metapsychiatry” & BEYOND THE DREAM, p. 250 (5)EXISTENTIAL METAPSYCHIATRY, p. 25 (6) Tape #98 “Freedom from Anxiety.”

This article was anonymously contributed.

ABOUT THE MEETING

RUTH ROBINS

An enthusiastic group of students, new and old, participated in the annual East Coast PAGL Associates Meeting in New York this past April. The theme was "Transformation". An abundance of joyful, heart-warming papers were submitted - four of which were read at the conference. All will appear in the Newsletter over the coming year. There was a wonderful spirit of at-onement throughout the day as conference participants gathered in dialogue, asking questions and sharing stories about how certain transformative ideas in Metapsychiatry impact our everyday life.

The upcoming annual meeting will be held on Sunday, May 1st at the House of the Redeemer in New York. We hope to see you there! The theme will be announced in the Fall Newsletter. Any suggestions are happily received. Please send to Ruth at: Robinspagl@aol.com. Thank you!

THE SEVEN STUDENTS

SUSAN VON REICHENBACH

Dr. Hora described seven kinds of students: there are the thinker, the knower, the dreamer, the hitchhiker and the thief, whose modes of being in-the-world and, thus, motivation for studying and class participation are discerned as existentially invalid:

misguided and corrupt. Then, there are the seeker and the finder. (1) Of the seven students, the “seeker” and the “finder” are the only ones who are motivated by existentially valid values and are, therefore, sincere; and of these two, the “finder” is most blessed. Hence, the following rhyme:

**“As seekers, we quest;
As finders, we’re blest.”
“You will seek me and find me
when you seek me with all your heart.” (2)**

(1) Hora, Thomas. ONE MIND, pgs. 56-58 (2) JER 29:13

Susan von Reichenbach, a longtime student mentored by Dr. Hora in New York City, offers spiritual guidance as a teacher of Metapsychiatry in person or by phone. Her work is known as The MetaWay™. # 860.434.8866. www.TheMetaWay.org.

**WOULD YOU LIKE TO RECEIVE
OR GIVE THE GIFT OF PAGL ?**



One Year Subscription: \$20 Suggested Donation

Name _____

Address _____

City/State _____ zip code _____

Message From: (if gift subscription) _____

**Send Tax Deductible Check or Money Order
Credit Cards Are Now Accepted**

**To: PAGL ASSOCIATES NEWSLETTER
c/o Bruce Kerievsky
7 Arrandale Avenue
Great Neck, New York 11024
or: WWW.PAGL.ORG**

A STATUS REPORT: AWAITING TRANSFORMATION, OR WHEN *DO* THOSE DEAD TREES COME ALIVE? (1)

BRUCE KERIEVSKY

Since we know that transformation cannot be done, how do we understand it? We are informed that we can recognize it by its fruits, most notably that the transformed individual manifests an understanding that becomes a blessing to the consciousness of those encountering her or him.

It is clear that anyone who achieves outstanding results in any area of human endeavor does so from a combination of single-minded interest that creates wholehearted receptivity accompanied by enthusiastic attentiveness. And then the gift of inspiration may be bestowed. So the mystery of the elusiveness of spiritual transformation is solved.

*Real transformation is known ...
in recognizing and cherishing the truth of being,
in ourselves and everyone else.*

Despite a nearly lifelong involvement in the study of spiritual ideas and many blessed insights over the years, I have certainly lacked the dedicated purity of motive required for spiritual transformation. All deviations from the path are invariably marked by one of my intimate acquaintances too frequently observing, using the h-word among many embarrassing others including a colorful variety of imprecations, while wagging an accusing finger, “Is that the kind of enlightened behavior of a student of Metapsychiatry?”

To which my usual rejoinder is that I never claimed to be enlightened. In fact I typically point to the realization that there is no such thing as a permanently, consistently enlightened individual; there are only enlightened ideas issuing from inspired consciousness for which we can be profoundly grateful.

This remark unsurprisingly tends to elicit complaints from the unrelenting Zen mistress about my being in denial of my shortcomings, always having an answer, always supplying a retort, instead of acknowledging what an insufficiently therapeutized pretender I am. To which there is no reply but silence.

The relative comfort that I experience in life is a principal obstacle to committing myself to a spiritual orientation. Not that I’m seeking some form of torment to prod me to pay greater attention to spiritual reality. Dr. Hora did indicate that early on students of Metapsychiatry are driven to it by suffering, while later they are drawn to it by wisdom.

Probably the relevant distinction explaining the absence of transformation is between “knowing” and “knowing about.” The latter is sustaining and helpful when one turns one’s attention toward remembered truths. Of course what is most important to us we never forget. Hence we can say that real trans-

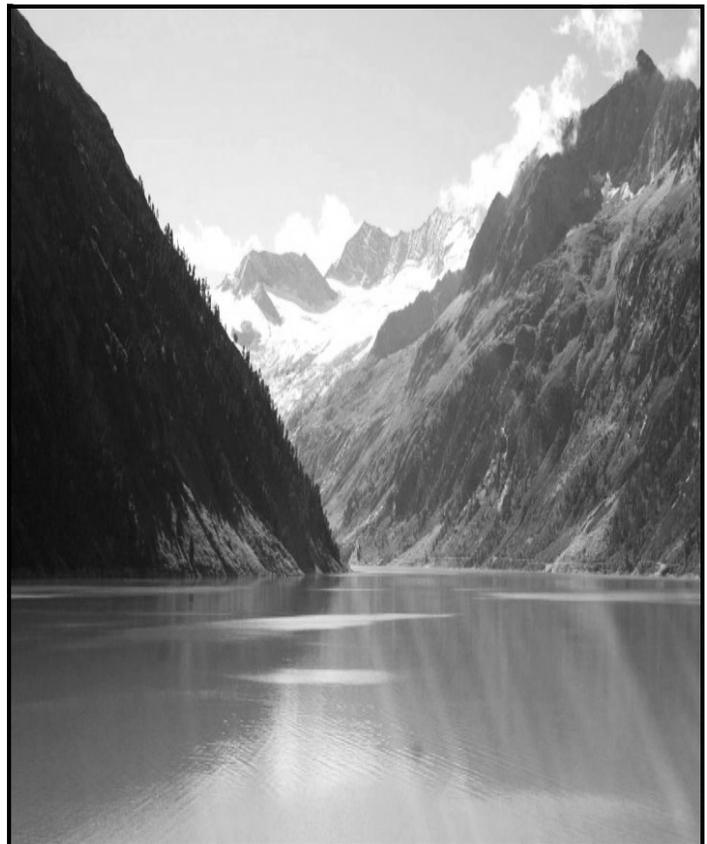
formation is known not by outer appearances or even by effects, but by the redirection of our interest in life. It is in recognizing and cherishing the truth of being in ourselves and everyone else. Being consciously aware at all times that “Everything and everyone is here for God, whether they know it or not.”

Although there are moments when this truth arises in consciousness, it is far too often that my thoughts are occupied with worldly matters based substantially on values with which I was inundated while growing up. I neglect to cultivate a meditation practice that could incline mental activity toward dwelling on the reality of divine perfection and the alleviation of personal calculation and struggle, satisfying myself with a routine of busy-ness that provides the justification that there is not enough time to fulfill my daily obligations, enjoy some leisurely pleasures, and cultivate my spiritual identity.

So yes, “God-centered living is the only alternative to self-confirmatory ideation.” Incontrovertibly true. I guess that we need to recognize the burden that self-confirming thought and activity bears upon us so that we could be willing to relinquish and replace them and perhaps allow ourselves to be transformed.

(1) This refers to the Zen story of the fishmonger who was said to have become enlightened and was asked by his friends, who noted that he still looked the same and he still stank from fish, how life was different for him. He replied that everything was actually just the same as before, except that wherever he went, the dead trees came to life.

Bruce Kerievsky is Treasurer of the PAGL Foundation, a long-time student of Metapsychiatry, and a teacher, along with his wife Diana, of Metapsychiatric ideas.



TRANSFORMATION

CAROLE SURACI

The Apostle Paul, of the Bible said, “Be not conformed to this world: but be ye transformed by the renewing of your mind. (1) We may ask, “How are we to be transformed?” Jesus said, “I can of my own self do nothing ... it is the Father within me who does the work.” (2) If God is “doing” the transforming, then what is my part? As in the Prodigal Son parable (3), we realize that we are out in the far country of our mind and we are aware that we are wanting. Dr. Thomas Hora has said, “We suffer from what we want and don’t want.” (4) So, when we become aware that we are anxious and are in a state of wanting, we need to return home. When the Prodigal Son realized he was in want, “... (he) came to himself and arose, and went to the Father.” (5)

*When we quiet the mind and
return to the Father within,
the Presence makes Itself known,
as did the Father who saw his “Prodigal Son”
from afar and met him with robe, ring, and sandals.*

As we still the mind of its incessant chatter we may realize that we are anxious and out in the far country of our mind. We may be trying to handle a situation or pushing to make something work. When we quiet the mind and return to the Father within, the Presence makes Itself known as did the Father who saw his “Prodigal Son” from afar and came out to meet him with robe, ring, and sandals. The robe represents the mantle of God’s Grace, the ring symbolizes heir to all that the Father has and the sandals, implies understanding.

The steps to transformation are to first recognize that one is in a state of wanting. Then, we must return to the Father and enter into our heart, which is home. When we quiet the mind, we wait upon the Lord of our being, the I AM within, and bask in the radiance of God’s love which dissolves all fear and erroneous thinking. The “3 R’s” of Metapsychiatry are: Recognition, Regret and Reformation (or Re-orientation). (6) Here we recognize the problem, regret (or own up to our part in it) and let God reform (or transform) our thinking.

On the human plane of horizontal thinking of what “should be and shouldn’t be” we are subject to what Dr. Hora has labeled the “three prongs of the devil’s pitchfork; seduction, intimidation and provocation.” (7) Jesus was tested at all points. His response was “get thee behind me Satán.” The accent over the letter *a*, as revealed in the Kabbalah, means ego mind. Our focus is then outside looking for someone or something to fulfill us within. We are looking in the wrong place because as the Bible states, “I shall be satisfied when I awake with thy likeness.” (8) What is this “likeness?” We are made in His image and likeness. We are told when we love we are like Him. In contemplation, we realize that “image and likeness” represents spiritual qualities. When we become aware of spiritual qualities as love, peace, joy and wisdom, we are beholders of

where I Am is in spiritual consciousness. Our attention is inward and upward and we are cognizant of beauty, harmony, love and peace, whereas before we may have been anxious, angry, or even depressed.

We have the responsibility to become “gatekeepers” (9) of our thoughts. At any moment we can choose to turn our attention from the calculating mind that judges by appearance and instead become interested in being here for God. We become a vessel through which we let His qualities flow. Jesus said, “In the world you have tribulation: but be of good cheer; I have overcome the world.” (10) He overcame the world of “interaction thinking about what others are thinking about what we’re thinking.” (11) He overcame temptation by allowing God’s Grace to fill his heart and mind. Jesus came into this world to teach the spiritually blind to see.

Transformation begins with humility and submission. We are told, to “commit thy works unto the Lord, and your thoughts shall be established.” (12) When we realize we are here for God, and not here for ourselves or others, we begin to see and behold spiritual reality right where I Am. We can in any moment begin to see and discern with spiritual eyes. We just need to be interested in being here for God.

What is known as the prayer of Jabez (13) has been very helpful to me in turning my attention from thoughts of being here for myself or others to being here for God. (14) Jabez asked God to expand the borders of his tent (spiritual consciousness) and then he asked to be blessed and to be a blessing. Praying these

*“Let me be blessed and let me be a blessing”
quiets my mind,
so I am open and receptive to God, Mind;
aware of His presence*

words, “Let me be blessed and let me be a blessing” quiets my mind so I am open and receptive to God, Mind; aware of His presence. As Paul said, “Let this mind be in you which was also in Christ Jesus.” (15) We open our mind to becoming aware of God’s Presence and our mind and heart are transformed. We receive a new name, (16) or we could say, a new nature, and we are transformed.

At the time I was attending private and group counsel with Dr. Hora I had the opportunity to take a familiarization trip to Italy as an airline employee. I was the only one on the trip traveling alone. There were moments when I would have been more comfortable had I traveled with a friend. One day I felt somewhat sad for a lack of someone to talk with. It was raining and dark outside. I began to reflect on Dr. Hora’s teaching of prayerfully contemplating a desire to know God’s peace and love. Having become peacefully filled with God’s loving presence, I realized that this was the day I would have had my weekly visit. Having no idea what time it was, I looked at my watch. My session with Dr. Hora would have just ended. I became very grateful and knew in my heart that he had been beholding me in the realization of God’s love. I was so grateful for God’s peace, assurance, gratitude and love. When we

NAILS ON A BLACKBOARD

SUSAN FISHER

Human relationships are fraught with moments of intense irritation that my friend, Jim, describes as “nails on a blackboard.” These moments send shots of adrenalin through the body, put red in front of the inner eye, and generally deplete human approbation, exposing it as conditional. But wait. It could get better. What’s love?

Metapsychiatry students know love as “Non personal, non conditional benevolence.” This translates love into “the love of being loving,” enjoying the flow of good will. This “loving” is not between beings since there is no object, no person. We needn’t love a person that is annoying, needy, selfish, stupid, embarrassing in public, full of predictable gender traits, etc. etc. We notice behavior, even register irritation, but it does not impede our choice to remain loving.

We simply love being loving and are not tied by commitment to something that is clearly flawed. This is not something to do, but something to know. Riding this wave of generosity, affection, and good will, we become aware of our own well being, which is a blessing to all.

PS. This flow of good will together with discerned need sometimes manifests as giving away money.

BOOKSTORE NEWS

Tape # 51 – The Basic Stuff of Life

Setting: Class of professional psychotherapists and pastoral counselors. **Time:** 52 min. 30 sec.

Thought is the basic stuff of life—The meaning of: “In the beginning was the word...”—The physical is mental—the appearance of concepts—The universe is a thought in the Divine Mind—The dynamics of creative ideas—obtaining and transmuting of thoughts—Thoughts as units of mental energy—The tendency of thoughts to transmute into concepts, speech, behavior or symptoms—Thoughts made visible—Phenomena—Everything in the phenomenal world is a manifestation of thought—Seeking the meaning of a phenomenon—Cause & effect reasoning vs. discernment of meaning—Mental equivalents—Healing vs. sickening thoughts—Emotions as manifestations of thoughts—The transmutation of thought to emotion to symptom—Healing vs. curing—Wholeness—At-one-ment—“The devil”—Self-confirmatory ideation—Explosive and impulsive personalities—Thoughts precede concepts—Children as extensions of parental consciousness—Heraclites: “Without thought there is nothing”—(Quotes of Shakespeare, The Bible, Buddha on the importance of thought) - We see with our thoughts—“The Sea of Mental Garbage”—“The firmament” in Genesis—Discerning the origin of our thoughts—The method of Metapsychiatric therapy.

Tapes are available in cassette or CD from the PAGL

Bookstore #860.434.1512 or www.pagl.org.

Mastercard & Visa Are Now Accepted

Transformation (Continued from Page five)

When we arrived at the restaurant another group of people on the tour asked me to sit with them. The unfolding of God’s grace was, for me, the “highlight” of my trip. I was truly blessed by bringing my concern to God. God’s omni-active love-intelligence blessed me, transformed my consciousness and manifested the qualities of harmony and love. The following week we spoke of what had transpired. As a beneficial presence, (17) Dr. Hora was a conduit through which love-intelligence (18) flowed — and I was a grateful recipient.

Our true purpose is to be a beneficial presence in the world. We are to be the Light of the world. “The people who lived in darkness have seen a great light.” (19) Recently, I participated in a Good Friday service with the Ecumenical Council in New Jersey. I received my reading when I arrived at the church. After looking it over, I thought, “how am I to read this?” It was unfamiliar and it lacked any type of feeling. My piece was to bring people to listen to the sounds of Good Friday with the inner ear. I asked if I could add something having to do with spiritual seeing. I prayed in earnest. The thought came: maybe I have received this in order to be humbled. I asked that Jesus speak this piece through me. Having approached the reading humbled and reverent, I soon became aware of the Presence of the Holy Spirit within my consciousness. There was a Holy Silence within me that seemed to permeate the whole room. The reading ended with: “Let us have ears that hear: hear the sounds of God’s love in the Passion of our Lord, hear the cries of others who are desperate to hear of that love, and let us share in the mission of him who came to open the ears of the deaf.” And then I added: ...and to come to see and behold spiritual reality. We just need to release all our concerns to God and seek to “have no other interest before the good of God, which is spiritual blessedness.”

(1)Rom 12:2 (2) John 5:30, 14:10 (3) Luke 15 (4) Hora, Thomas. *EXISTENTIAL METAPSYCHIATRY*, p. 124 (5) Luke 15:5 (6) Hora, Thomas. *BEYOND THE DREAM*, Pgs. 69-70, 86, 271(7) von Reichenbach, Susan. *META MEANINGS*, p. 20 (8) Ps. 17:15 (9) Hora, Thomas. *DIALOGUES IN METAPSYCHIATRY*, p.157, (10) John 16:33(11) von Reichenbach, S. *META MEANINGS*, p. 42 (12) Prov. 16:3 (13) Wilkerson, B. *THE PRAYER OF JABEZ*, 1 Chron. 4:9-10 (14) *META MEANINGS*, von Reichenbach, p. 54 (15) Phil. 2.5 (16) Is. 62:2. (17)*META MEANINGS*, p. 55 (18) *EXISTENTIAL METAPSYCHIATRY*, p. 194 (19) Is. 9:2(20) von Reichenbach, *META, PRAYERS and PRINCIPLES*, p. 49

Rev. Carole, Interfaith Minister, holds a weekly PAGL study group in Hackensack, N.J. She may be reached at # 201-488-0370 or lyngl2@aol.com. Carole also guides a class in "A Course in Miracles," and is available for spiritual counsel, weddings, and workshops.

The beloved of the Lord
shall dwell in safety by him;
and the Lord shall cover him
all the day long,
and he shall dwell between his shoulders.

~ Deuteronomy 33:12

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 Everlasting Gift

What an everlasting and meaningful gift to me and to the world Metapsychiatry is. My life is constantly freed, inspired and rewarded by what I am learning. Dr. Hora said that Metapsychiatry is all about “seeing.” I hadn’t heard this before and I like the description, as it is simple to explain to others.

It has become even more essential to understand the importance of knowing one’s identity (one’s truth of being) if one is to be established both spiritually and psychologically. I think for me, seeing the phenomenal world as the shadow of the substance (the spiritual life) is such an insight and this knowledge helps me to take life and personal issues less seriously.

So once again, thanks so much to Dr. Hora and to his teachings which have renewed and inspired my life. My 90 year old mother is now showing an interest in reading the booklets due to the many conversations we have shared on Metapsychiatry.

~ Patrick McCarthy, New Zealand



Beach At Dusk

IN DR. HORA’S WORDS ...

“

SHIFTING ATTENTION

Student: In prayer and meditation, is this where this shift of focus takes place, when illness and other tangible things are seen as nothing, not real?

Dr. Hora: Yes. We are unimpressed by symptoms; we know they are just invalid thoughts.

Student: I have a habit of watching a symptom to see if it is going away as proof that I am on the right track. It seems that I pay attention to the symptom. What don’t I understand about that? I seem to be impressed with the symptoms.

Dr. Hora: Well, if you are watching a symptom to [see it] go away, then you are praying to an illness. Instead of going away, it will get worse. The Bible says, “They that are at home in the body are absent from the Lord; let us rather be absent from the body and present with the Lord” (II Cor. 5:6).

Student: Real corrections and changes are made for us then, as we come to see reality. The healing that goes on is in consciousness instead of in the body or in the symptom?

Dr. Hora: That’s right. The body is just an externalization of consciousness. It is not helpful to be fascinated with the symptom. The crucial factor is reaching PAGL and staying in PAGL; this is the focus of our attention, rather than the symptom. Don’t be distracted from the Good of God, which is spiritual.

Student: What would one have to understand in order to turn towards prayer rather than trying to alter external events?

Dr. Hora: You would have to understand the dynamic of illness. If you know that illness is just hypnotism, which means that certain invalid thoughts are accepted in consciousness as being true, and having power, then you will be able to differentiate between the truth, which has real substance and power, and every other thought which claims power but is an imposter insinuating itself into consciousness either to be cherished, hated or feared. Sometimes we get sick because we cherish something; sometimes we get sick because we hate something, and sometimes we get sick because we are afraid of something. It is always an invalid idea. Jesus could look at a leper full of sores and disfigurement of his body, and he would see a perfect spiritual manifestation of God. This is the prayer of beholding; it is a marvelous healing prayer. The clarity of Jesus’ spiritual vision communicated itself to that leper in such a powerful way that the leprosy instantaneously disappeared, because it was hypnotism. This is what we are seeking to understand and realize, but we cannot accomplish it through personal effort. It will come to us by the grace of God if we are sincerely and

”

humbly receptive to this idea.

From: Healing Through
Spiritual Understanding
Pp. 25~27



PAGL COMMUNITY NEWS AND SUNDRY ITEMS:

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 \$5. USA, \$10. 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.

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

Reverend Deborah Sofferman is an ordained Interfaith Minister who **officiates custom-designed, 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: RevDeb.com.

A Live Presentation CD, Music as a Divine Language, traces the spiritual origins & purpose of music. It includes many of Dr. Hora's unique insights shared with **Susan von Reichenbach** during her international career as an opera & concert singer. \$10 (S&H \$3 USA, \$5 abroad.) Check or m.o.: Susan von Reichenbach, P.O. Box 1024, Old Lyme, CT 06371. #860.434.8866 or: www.theMetaWay.org.

**All good things work together for good
to them that love God.**

Romans 8:28

**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.

"**GOD AT WORK: The Application of Metapsychiatry to the Workplace**" is a series of classes offered **once a month** via **telephone conference** starting in September 2010 by **Heather Brodhead**. Class size limited to six. Contact: hbrodhead@cox.net or (805) 898-9931. Time to be determined (Wednesday evening? Saturday morning? What's best for you?) Heather has applied these ideas in business management (profit & non-profit) for 30+ years.

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.

The Blessings of Metapsychiatry videotape of Dr. Hora's legacy to all of his students is in production. A 4 1/2 minute **video clip may be viewed online** at: PAGL.org. To order a CD, contact: PAGLBooks@aol.com or Tel. # 860.434.1512. 58 min. CD — Cost: \$25. (\$5. S&H).

In her book, **Love and Compassion: Their Application to Healing in Psychoanalytic Psychotherapy & Metapsychiatry**, **Christie Rinehart, M.A.**, contrasts various cultural & therapeutic ideas about love, compassion, & wholeness in psychoanalytic psychotherapy & Metapsychiatry. She uses comparisons to clarify how these qualities of consciousness can lead to greater mental & spiritual healing. Christie was a Research Associate of the Institute of Metapsychiatry. \$15 (incl. S&H). Hard cover: \$26. (incl. S&H). Tel # 310.375.4187 or contact Christie at: christierinehart@earthlink.net.

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. Contact Heather at: hbrodhead@cox.net or call her Tel. # 805.898.9931.

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

