

# Newsletter of the PAGL Foundation Institute

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*The PAGL Foundation Institute* is devoted to the study and exploration of modes of being-in-the-world, their meanings in terms of qualities of consciousness and cognitive processes. The approach is educational, emphasizing prayer, mediation, spiritual values, and existentially valid metaphysical principles.

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## What is Perfect Love and What is Parenting in Metapsychiatry

By Donna Ziller  
Sydney, Australia

Metapsychiatry says: "Perfect Love is nonpersonal, nonconditional benevolence." Perfect Love is *benevolent*; it is goodwill, kindness, friendliness, gentleness and generosity. Perfect Love is *nonconditional*; it makes no demands. It places no conditions on the continuation of Love. It is loving without thought of return, with no strings attached. Perfect Love is its own reward. It is not withdrawn in seemingly hostile situations. It understands that lack of understanding. It is compassionate and is present regardless of the unloving or invalid thoughts which may seem to exist elsewhere. Perfect Love is *nonpersonal*. We cannot say that we personally have the power to love, and we cannot say that we love anyone. Metapsychiatry shows us that: "We don't love anyone, we love being loving."

When we love personally we believe that we are loving another person, another self. This is self-deception because what we really mean when we say that we love someone is that they make us feel good, then like us, they are confirming our existence as a personal self. And when the individual that we supposedly love stops making us feel good, we temporarily or permanently stop loving them. This sort of love, human love, is very fragile and burdensome. It is what the world tells us is love and it is the basis of most marriages. Because it is an invalid idea, marriages have tremendous problems, and are fraught with disillusionment, disharmony, sorrow, and hatred.

When we love personally we also believe that love comes from our own resources. Real love is spiritual and we cannot produce it. It comes from God and a receptive consciousness is a channel for it. Because we have no personal power to love, and because we cannot, in truth, say that we love another person, in the presence of spiritual love both self and other disappear. The thought of personal self dissolves and what is left is pure love, which is God, and we are part of it, just as a window lets in the sunshine, or as a tree shows forth its divine nature through being what it is meant to be.

Nonpersonal love is not impersonal, cold and uncaring. It is caring and considerate thoughtful kind. It is all the qualities which God is. Nonpersonal love means that we can take no credit for being loving. The love comes from God, infinite Power.

The idea of nonpersonal love may seem rather daunting if we think that we need certain people to love us, or that they need us to love them. However, we have to learn to see that God is our only real need and is the source of all intelligence and inspiration. God is our only attachment. We cannot get love from any person. And we don't need to get love from anyone because we are not here for that purpose. We are here to be a manifestation of Divine Love and a beneficial presence in the world. So we do not need anyone, and further, no one needs us.

Everyone is a Divine idea and in need of realizing his true nature. This does not mean that we are cruel towards our families and friends who may think that they do need us personally. We have to be considerate and affectionate, generous and tactful. It just means that we are free from the fear of abandonment ourselves and that no one can influence, manipulate, seduce or provoke us. It means that we keep in mind that everyone is here for God (whether they know it or not).

It also does not mean that we neglect our children who are very vulnerable and by nature of being children think that we are God. They think that we are the source of love and everything

that they need. This explains the universally inevitable but not necessary phenomenon of sibling rivalry. If we think that our parents are God, then it seems that anyone who threatens to take their attention and devotion from us is a major risk to our safety and happiness.

The enlightened way of parenting is to protect our children, pay attention to them, help them when help is needed, love them nonconditionally, all the time being consciously aware of the fact that they only temporarily seem to need us. The real need is the same for us, to know that God loves them, to know Truth and then gradually the children will loosen their attachment to us and find their security in God. All the time we are loving our children nonpersonally which means that we are careful to maintain a loving climate in the home. We are aware that it is not us loving them, but that there is just love present everywhere, and that our children and we are part of it. We live and move and have our being in a mental climate of peace, assurance, gratitude and love, where all things work together for good and we are all safe, joyous, and greatly blessed.

There are three different ways of parenting. We could neglect our children, maybe even abuse them; we could love our children with Perfect Love, which means to see them in the light of divine Truth.

To most everyone it is obvious that to neglect a child is harmful. The more ignorant the parent is, the more likely he is to neglect the child in favor of his own pursuits.

To most of us it is not so obvious that to love a child with human love does not make the child happy, confident, secure and peaceful. We are aware that psychologists are telling us that human love is the key to child's happiness and we are all too aware of our own parents' failing to love us well enough - if only they had been more loving, we think. We blame them for our problems today. But the problem with human love is that it doesn't work. We can be devoted, endlessly patient, careful never to criticize, a constant companion during the child's waking hours, thinking of interesting games and always available to talk with the child and all to no avail. He can still end up frightened, timid, insecure, lacking in confidence, and forlorn. He could be demanding, throwing tantrums and have problems making friends at school. For all the interesting and stimulating activities we provide for the child, he may seem interested in nothing and have no enthusiasm for learning. It is a no-win situation. No matter how devoted and conscientious we are to provide our child with human love and human affection, it will not work.

What will work is Perfect Love which is nonpersonal, nonconditional benevolence. We have to see the child in the light of the Truth. We have to see that he belongs to God. He is God's child, a manifestation of Divine Love-Intelligence. He is here for God, just as we are. When we see this, suddenly everything will improve. We will relax and so will the child. We certainly will not neglect the child, but we will be a conscientious parent in the right way, conscientious is reminding ourselves that the child belongs to God. He is a spiritual being, made in the image and likeness of God. He lives and moves and has his being in Divine consciousness. We can be assured that he will be protected by God's love. All the frustration and worry will disappear from the parent and be replaced with peace, assurance, gratitude and love. And the insecurity, joylessness and fear will disappear from the child and be replaced with confidence, joy and enthusiasm.

Parenting will no longer seem such an arduous process, but rather an opportunity to learn this beautiful lesson that we are all God's children, we belong to Divine Love, and we are all here for the purpose of manifesting Divine Mind. "Thou shalt keep him in perfect peace, whose mind is stayed on thee." (Isaiah 26:3)

## Frictionlessness

We are inseparable from divine consciousness  
Which is the only power,  
Intelligence, vitality, and good.  
Spiritual joy is frictionless happiness.

I don't have to cope with life,  
I am being lived by an infinite intelligence  
Which is expressing itself through me  
As infinite good.

I have no fear or worries of any kind;  
There are no obstacles in my path;  
I don't have to influence anyone;  
Coerce, bribe, or pressure anyone.

Learn to let God do his work in our lives.  
Learn how not to interfere  
With the good of God  
Expressing itself in us  
And through us

Thomas Hora, M. D.  
Dialogues in Metapsychiatry  
Pages 121 and 9

## Happiness

We can't get happiness from people  
Or from things or from activities;  
We bring happiness to our activities,  
To people, to things and to situations.

Happiness is not something we can get.  
Man is not here to get happiness from life.  
Man is here to manifest the happiness of GOD,  
Which already is. Happiness already is

Happiness flows into the world through man.  
There is nothing to get  
But everything to let.

Thomas Hora, M. D.  
Dialogues in Metapsychiatry  
Pages 137 - 138

## Good Numbers To Know

One Mind

Two Intelligent Questions

Three R's Of Metapsychiatry

Four Horsemen

Five Gates Of Hell

Six Futile Questions

Seven Steps Of Seeing

Eleven Principles To Live By

## Windows by Anonymous

### Taoism

Problems happen.  
This is the tao

### Confucianism

Confucious say,  
“Problems happen by  
incorrect conduct.”

### Buddhism

If problems happen, it  
is not really a problem

### Zen Buddhism

Problems are the  
sound of two hands

### Hinduism

Problems happened  
before, and will  
happen again.

### Islam

If problems happen, it  
is the will of Allah

### Protestantism

Problems happen to  
others.

### Catholicism

If problems happen,  
you are to blame.

### Judaism

Why do problems  
always happen to us?

### New Age

Visualize that  
problems do not  
happen to you

### Atheist

I don't believe this  
goddamned problem  
is happening

### Rastafarian

Let's roll that problem  
up and smoke it.

### Metapsychiatry

Problems are lessons  
designed for our  
edification