

PAGL NEWS

How does Beholding Heal?

Excerpt from a small group meeting with Dr. Hora that will be available as an audio download at www.pagl.org soon.

Question: The highest form of prayer is the prayer of beholding. What does beholding mean as it applies to the following issue? A friend of his came to call on my son. He came in a car, with his eyes blood-shot, and on the car seat was a 6 pack of beer. I don't want Mark to drink or to go with such a boy, but to want and not to want is the same and has the same effect. How can I see the Good of God?

Dr. Hora: Sometimes we can behold it for a split-second; sometimes we have to work on it for a long time. We are not trying to influence anybody, or to change the 6 pack of beer to Coca-Cola. The Prayer of beholding is not an

interactional intervention. What is it? Ordinarily people think of prayer as petitioning God so that he intervenes in human affairs. This is a situation of potential danger to a loved one; a teenage boy who is in danger with a blood-shot eyed driver and a 6 pack of beer. Now what is a mother to do? There is nothing she can do; there is no way a mother can reason with a teenage boy and protect him in any way through human means. And yet a mother would like to protect her child. So we say, you can pray the prayer of beholding, provided you do not want to do anything. That is very frustrating. Isn't it? How can we understand the effectiveness of a prayer that is not designed to

change anything? Which is not an intervention?

Student: There is already harmony.

Dr. Hora: Aren't you just kidding yourself? Mother sees the danger into which her son is entering – her thoughts naturally focused on what he should do or should not do – what should happen or what shouldn't happen – usually a mother will get very worried. She is actually in a state of intimidation. The blood-shot eyes and the 6 pack of beer elicit maximum intimidation on the part of the mother.

If the mother is panic-stricken

Continued on page 7

Inside This Issue

How does Beholding Heal?	1
Depression	1
Where Is It?.....	3
The Fog of Self-Confirmation.	3
It's dark because you are trying too hard	4
Submissions to PAGL News	
Between fig and tree	5
PAGL Community	
News Listings	6
Poetry Corner.....	7
Every student has a mission .	8

Depression

Edited by Bruce Kerievsky from a small group seminar.

Question: How do you treat depression?

Dr. Hora: This question indicates an operational approach. Operationalism makes us presumptuous, where we imply that we already know what depression is. We seem to know what depression is, because we know what it looks like. Actually, few people know what depression is.

The correct question to ask is "What is the meaning of a

depression?" What it looks and feels like or what its cause is are not helpful. We tend to ask the 6 dumb questions: What's wrong? How do you feel? Why is this happening? Who is to blame? What should I do? How should I do it?

Even though we see people being sad, often angry and joyless, slowed down, with physical symptoms of constipation, loss of appetite, sleeplessness, etc., for

Continued on page 2

How does Beholding Heal?

Continued from page 1

and hides it, the intimidation is successful and the danger is magnified – the devil succeeds!

If the mother, instead of becoming intimidated is provoked, and starts yelling and screaming and makes a scene, the devil will succeed even more. If the mother pleads, interaction will go on between the red-eyed driver and the son and the 6 pack of beer!

In such circumstances there is an interactive type of communication going on.

Suppose the mother is a student of Metapsychiatry, and instead of interacting she turns to God and says: “O God, show me that everything, everywhere is already all right.”

We have a breakdown in interactive communication – that, in itself, is a tremendous blessing.

It is a strange way of looking at it. Nothing can be more beneficial than a breakdown of pathogenic communication. The moment the mother turns to God and starts communicating with God, there is a breakdown in the pathogenic communication – and what we have is: instead of interaction, there is omniaction, and omniactive Love-

Intelligence is the harmonizing principle of the universe. So there is a marvelous solution to the situation by simply turning to God.

Question: One alternative would have been for mother to say: “to heck with it; do what you want.”

Dr. Hora: That would be an aggravation of the communication process. The intimidation and provocation have turned into hostility – and the hostility provokes counter-hostility. Pathogenic communication therefore has not been severed. The only way a beneficial breakdown in communication can take place is by turning to God. ■

Depression

Continued from page 1

each individual depression, there is a specific meaning. This is true even though the general meaning of depression is that someone has lost something of vital importance to him or her, like a loved one, money, jewelry, self-esteem or friendship.

Severe depression can arise from severe loss or trivial loss. How come? It depends on the degree of attachment, of which there are three forms: what we cherish, what we hate, and what we fear. Attachments can be persons, places, things, and ideas that we value and that we overestimate, either negatively or positively. We then become hung up on it. And when we lose the object of our hang-up, we get depressed, because we have the illusion that something vital has gone, leaving us empty. A void appears, making life seem meaningless. One of the symptoms is apathy or passionlessness.

Being attached to something means being vitally interested in it and that gives zest to life. It can even be something quite foolish, like skateboarding or stamp collecting. Yet it gives us the illusion that our life is meaningful.

So depression is not the problem, but the tremendous self-pity connected with having lost something is the real issue that must be discerned in therapy.

An example is a woman feeling helpless (i.e. powerless), illustrating attachment to the idea of personal power. She could not act in a competent and powerful way in a certain situation. She had the realization of not being able to control the family. She had a secret yearning for power-madness. To lose this illusion is not a tragedy, but a liberation from a form of insanity. This depression was an opportunity for her to be healed of power-madness. Hence, this problem was designed for her edification.

Two things are needed for a depression to be healed and

recurrence avoided.

1: discernment of the underlying attachment that the depression reveals and of its existential invalidity

2. appreciation of and attachment to something existentially valid

The loss of a loved one, even for an enlightened individual, can result in experiential grief, which is existentially invalid, but it is not pathological grief, since it is temporal and not disorganizing.

Excitement is the other side of depression. Gratified power-madness, like bullying somebody or making them obey, can lead to excitement, a counterfeit form of happiness.

In Metapsychiatry, we help patients not only to be healed from depression, but also from the tendency to have invalid attachments. We help them to become meaningfully connected with the existential truth of valid attachment that “I and my father are one.” When we know this, our joy is not precarious. ■

WHERE IS IT?

The PAGL Foundation is in the process of re-editing the works of Dr. Hora and publishing them through Amazon print-on-demand and Kindle, as well as having the books and audio classes available for reading, listening and researching through the website: www.pagl.org. As of right now this is where you can find the various works of Dr. Hora:

Books and Booklets:

www.pagl.org &
www.amazon.com

Audio Recordings:

Listen and download mp3s at www.pagl.org for purchase contact Ruth Robins: robinspagl@aol.com

Video Documentary

“The Blessings of Metapsychiatry” view at www.pagl.org for purchase contact Nancy Rosanoff: nancy@pagl.org

The Fog of Self-Confirmation

By Heather Brodhead

One morning, while sitting on a bluff above the ocean, I gazed in the distance, noticing a fog over the water. The sky was blue, the waves lapped gently below. I was there to contemplate the Truth of Being, and expose prevailing self-confirmatory thoughts. A helpful method for me is writing down any mental preoccupations and worries of the moment lest they slip away in denial and distraction—any “me” thoughts. There they are on the paper, all laid out. It’s an individual spiritual guidance session with Omniactive Love-Intelligence, you might say. Whatever the preoccupation, as we learn in Metapsychiatry, there is a meaning, and that meaning has a specific counterfact in the Truth. These are written down as well, to help establish the ideas. For example: Preoccupation: So-and-so annoys me with her constant know-it-all-ness. Meaning: Only my own sense of a personal self with a personal mind, that is also interested in knowing it all (ouch!), is annoyed. The Truth: Neither one of these “selves” exists. There

is no self or other—no interaction anywhere, no separate personal minds—only One Mind, and we are each places where it manifests. At some point the writing stops, and PAGL abides.

While immersed in a similar exercise that morning, the distant fog had rolled in and surrounded me! I looked up to discover that I could see only me, and a small radius around me. No sky. No ocean—just me. Yet light and clarity had flooded thought. I noticed that in the fog only my body and its immediate surroundings were apparent, and how self-confirmation is like living in a dense fog. It is nearsighted and disorienting. In order to see the Infinite we see not with our eyes but with spiritual discernment. We don’t need to rearrange the fog of material life, as Dr. Hora has pointed out, rather we “Look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, and the things which are not seen are eternal.” (2 Cor. 4:18) ■

PAGL News

is the newsletter published by the PAGL Foundation and supported by its readers. It’s purpose is to publish articles by students, teachers and counselors of Metapsychiatry, inspired excerpts from Dr. Hora’s books and tapes and information about opportunities and events for the further study of the teaching.

Robert Wieser, President: Robert@PAGL.org

Bruce Kerievsky, Treasurer: Bruce@PAGL.org

Ruth Robins, Bookstore: RobinsPAGL@aol.com 860-434-1512

Nancy Rosanoff, Newsletter Coordinator: Nancy@PAGL.org

Newsletter Committee: Nancy Rosanoff, Heather Brodhead and Bruce Kerievsky

It's dark because you are trying too hard

by Michael Leach

“My yoke is easy and my burden light” (Matthew 11:30)

Dr. Thomas Hora taught me, “Don’t take anything seriously.” I took him seriously and tried not to take anything seriously. Things got harder. Good thing is, life wore me down until the wisdom of his counsel was as clear as a window that has no glass, darkly or otherwise. Nothing is worth being taken seriously, not even expert advice.

To take something seriously is to clench our mind on it like a fist. It squeezes out joy and brings headaches. The antidote is to understand what Zen master Matsuo Basho knew: “Sitting quietly, doing nothing, spring comes, and the grass grows by itself.” We don’t need to think or act, just see and be a light in the world. Jesus put it like this: “Behold the lilies of the field and see how they grow! They toil not, they spin not -- and yet I say unto you that Solomon in all his glory was not arrayed like one of these” (Luke 12:27). The opposite of seriousness is delight.

Seriousness swells the sense of self. Delight extinguishes it.

The Bible tells us that Martha of Bethany was serious about serving others and it was burdensome. Her sister Mary sat lightly at Jesus’ feet. Martha was busy doing things. Mary just was. Jesus had said, “Where your treasure is, there your heart

will be also” (Matthew 6:21). Mary treasured peace and love above all else. We can help others without effort only if we are interested first in authentic love, which is neither physical nor emotional but spiritual. “Spiritual love,” Hora taught, “is the love of being loving, with no strings attached, just for the sake of being what God wants us to be.”

I’ve been caretaker to my wife, Vickie, who has what doctors call Alzheimer’s, for more than 10 years. I have been learning day by day that not taking it seriously and wanting what Love wants me to be moment by moment is the only thing that saves me from dwelling for the next 10 years on what our life will be like next year. I am discovering, despite my worst efforts, that spiritual love converts to humor, not anger, when Vickie puts my keys in a sudsy pot. It becomes kind eyes when she looks at me with confused eyes, a light heart when she has an embarrassing accident, and caressing fingers when she is afraid.

I am hardly that way all the time. Learning not to take things seriously helps me get closer. Moment by moment, I discover that the love of being loving makes the hardest yoke easy and the heaviest burden light. It is just meeting needs as they come to us on the spot where we’re standing. Spiritual love is nonreflective. It brings lightness

of being to lover and beloved.

We don’t have to experience a life-changing event to lose our interest in solemnity and start living in the buoyancy of genuine love. Martha’s spirits sank from taking her responsibilities seriously and planning them and wanting other people to perceive her as good. Mary’s joy came from gratitude for the good of God who was right in front of her. I’ve been Martha for much of my life, but the older I get, I would rather be Mary or Basho.

Aldous Huxley writes about taking things seriously in his book *Island*: “It’s dark because you are trying too hard. Lightly child, lightly. Learn to do everything lightly. Yes, feel lightly even though you’re feeling deeply. Just lightly let things happen and lightly cope with them ... on tiptoes and without luggage, completely unencumbered.” Our luggage, what weighs us down, is rumination over what life should be and how we can control it. Loving as God does -- spontaneously and without restraint -- sets us free.

Jesus asks us to delight in the birds of the air and to love being loving with all our heart and soul and mind, and our neighbor as our self (Matthew 22:37-38). The magnificent thing -- the thing we haven’t gotten yet -- is that he doesn’t ask us to take his request seriously. ■

Receive the PAGL News and Support the PAGL Foundation

Tax Deductible donations to the PAGL Foundation support its efforts to make Metapsychiatry available to interested individuals.

Subscriptions to PAGL News are suggested amounts. Any amount will bring a subscription to an interested individual.

_____ \$20 (suggested amount) for “paper”, calendar-year subscription to PAGL News

_____ \$10 (suggested amount) for “electronic”, calendar-year, subscription to PAGL News E-mail address _____

Contributions made in order to receive the PAGL News are tax deductible and may be made via credit card on the PAGL Foundation’s website: www.PAGL.org. or by check sent to the PAGL Foundation c/o Bruce Kerievsky: 49 Timber Hill Drive, Monroe, NJ 08831.

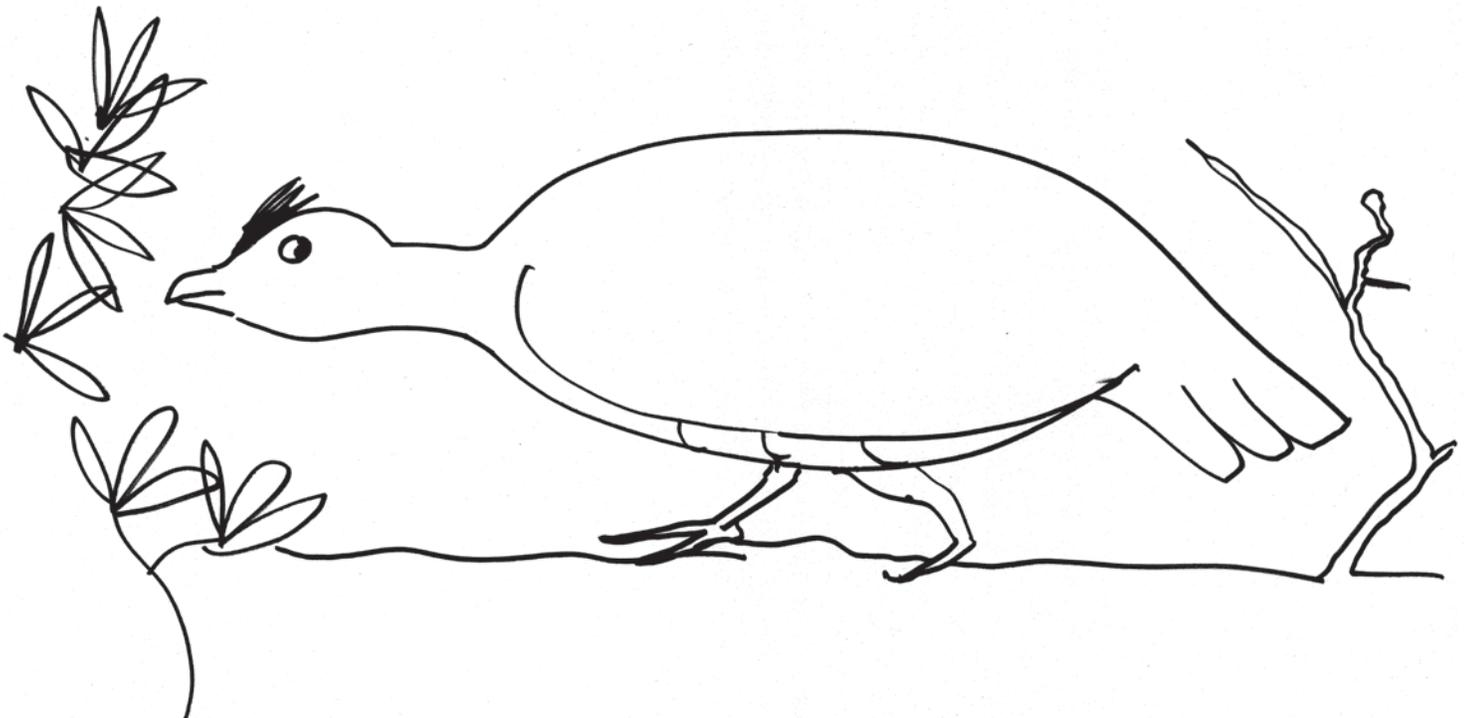
We recognize that some interested individuals may not have the means to make payment for the PAGL News. If this is the case for you, we ask only that you send us a statement of your continued interest in receiving the newsletter in December of each calendar year. This notice may be sent to PAGLFoundation@gmail.com

Submissions to PAGL News Welcome!

All submissions need to be relevant to Metapsychiatry in accordance with the Newsletter’s mission to make available the teachings of Metapsychiatry and share the work of students. Suggested length is 300-500 words.

Metapsychiatry values dialogue as a means to seek understanding of the Truth. We see the Newsletter as a means of inviting dialogue within the PAGL community. If something you read here sparks a desire to respond, you are invited to share your thoughts.

PAGL News is published 3 times a year in February, June and October. Submissions are due by the 10th of the previous month. Newsletter committee: Nancy Rosanoff, Newsletter Co-ordinator, Bruce Kerievsky and Heather Brodhead. Please send your submissions to: nancy@pagl.org. ■



PAGL Community News Listings

PAGL Group Meetings

Monthly PAGL Teleconference on the third Wednesday of every month at 6:30 PM Pacific time, 9:30 PM Eastern Time for 55 minutes. The meeting is led by Heather Brodhead, a spiritual guide in the practice of Metapsychiatry, who is also available for private consultation. For more information, contact Heather at: hbrodhead@cox.net or call (California): 805-898-9931.

Weekly PAGL groups with Ruth Robins:

Mondays, 5:30-6:30 PM, Greenwich, CT., in person

Thursdays, 9:30-10:30 AM, Old Lyme, CT., in person

Ruth is also available for private consultations in person, by phone, or by Skype. Call 860.434.2999 (EST) or email Robinspagl@aol.com for information about classes or consultations.

META Classes in Metapsychiatry are led by Susan von Reichenbach in Old Lyme, CT. on the second Saturday morning of every month from 10:00-12. For inquiries, please email susan@theMetaWay.com or tel. 860.405.4044. Susan also offers spiritual guidance in Metapsychiatry in person, by telephone or Skype. www.theMetaWay.com

PAGL Groups with Nancy Rosanoff. For info: 914-930-7095 or nancy@rosanoff.com. Nancy is also available for private consultations in person and by telephone.

Monthly PAGL Group on the 1st Wednesday of each month at 8 PM Eastern, with Bruce & Diana Kerievsky. For info: 609-662-4911 or bruce.kerievsky@gmail.com. Diana is also available for private consultations by phone and by Skype.

THREE META BOOKS: A set of two companion books to Metapsychiatry: "Meta Meanings," which defines Metapsychiatry's core ideas/vocabulary and juxtapositional method with examples; and "Meta Prayers and Principles," which is a collection of Metapsychiatry's "guidelines to spiritual living" with elucidations. \$25 for the set US, \$30 abroad (S&H incl.) or separately \$10 each (S&H \$3 USA, \$5 abroad); and "Metatations," a collection of wisdom from Dr. Hora on diverse topics for contemplation.

\$5 all inclusive. Check or m.o. to: Susan von Reichenbach, PO Box 1024, Old Lyme, CT 06371. Phone: 860-405-4044 or visit www.theMetaWay.com

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 series, visit: www.metapsychiatry.org

PAGL Associates Newsletters are translated into Dutch by Jenny Rutten. To find out more please contact Jenny: jennylaponrutten@gmail.com ■

Dear friends,

I thought that you would like to know about the progress of my website, which is based on the teachings of Metapsychiatry and similar spiritual teachings. In the past year, it has attracted almost 40,000 followers from around the world. To my surprise, many of these interested people come from Muslim and Hindu countries such as Egypt, Iraq, Afghanistan, Indonesia, India, and Pakistan. There is a particularly strong interest from countries which are unfortunately suffering. I know that you join with me in praying for all people and that you, likewise, extend the hand of friendship and spiritual respect to a world where we choose to look towards that which heals and joins. To view website and either of my books, "The Love of Being Loving" and "The Love of Devotion" go to www.donnagoddard.com

Poetry Corner

The Journey

I am beginning to see
 What this journey
 Is all about:
 Continually healing of the self;
 It affects everything.
 And my salvation
 Depends on it.
 Always more revelation
 About ignorance.

I hope I can remember
 That confirmation of self
 And interaction
 Are inextricably linked
 Like the sea and its wave;
 Neither exists without the other.
 And confronting one or the other
 Could begin the healing.
 But when in the fray
 So hard to remember!

Alas! Habits are so ingrained!
 I need to see,
 That being embarrassed
 Over ignorance
 Might be uncomfortable
 But is really a gift:
 For it alerts me
 That all is not well.
 Perhaps I need to be grateful
 For discomforts—
 And other healthy things I hate.

The Grin

Lately
 As I go about my day,
 I am aware of a smile in my head.
 It reminds me of the cat
 In “Alice in Wonderland”—
 “Only the grin remains”—
 Now, no matter what appears before
 me,
 In my head is that smile,
 Because I have been assured
 That all is well with the world.
 How’s that for bouncing out the day?

-Elvira Sisca

Pizza before then

To all my friends in the sky
 To every star and sliver of moon
 that brightens the lonely night.

Every curtain has a hole
 where the light spills out.
 The same hole where
 my humanity peeks in
 Beyond the perception
 of little mind
 and orbs in the sky
 Beyond the canvas
 draped over the world.
 Through that portal,
 a field without borders
 where concepts melt.

Horizons are untied,
 like soft golden bows.
 It is not a place
 apart from darkness
 but a Being
 on the other side,
 One who is Light
 And the miracle

of my relationship
 to a shaft of starlight
 pulls me through
 the illusion

into universal union,
 not universe perception.
 Moon winks
 slicing a smile
 into the midriff of midnight.
 Perhaps it is amused
 with my luminous fantasy.
 After all, the body is dense
 and blotchy and weary.
 Or possibly I am right,
 and in a moment
 the universe will disappear.

In phosphorescent glory,
 my body will fade away
 like a sun drop once seen
 then transformed as sheen
 on shimmering ocean
 A part of me hopes
 I get a pizza before then
 with. . . why not?
 gobs of extra cheese.

-marybeth scalice



Every Student Has A Mission

By Dr. Hora

Every student of Metapsychiatry has a mission in the world -- to spiritualize the mental climate in the world, to heal the world of its ignorance.

When we watch TV or listen to the evil reports on the news, or see pictures of evil, disease, contagion, disaster, if we can transcend the picture and destroy it in our consciousness, refusing to be hypnotized by the picture, and, instead, become aware of the truth of God's perfect, harmonious universe, to the point that in spite of what we see and hear -- political propaganda, rumors of wars, and even war

itself -- we can still seek to attain PAGL for ourselves, then we have succeeded in "overcoming the world." Every time we succeed in realizing PAGL in individual consciousness, it is like throwing a pebble in a big body of water in which the waves keep radiating further and further out, so that what blesses one blesses the whole world. And the more such individuals there will be in the world the better the world will be because the dreams will not be permitted to spread and to create a contagion.

So, a beneficial presence in the world has a very far-reaching

effect without even being able to perceive it or know it. It is not necessary to be fully enlightened to be a beneficial presence; one only needs to know how to pray. Whatever blesses one individual blesses the whole world, is, actually, a blessing to the rest of the world. And there is no other way that one can conceive of, eventually, realizing a world which will be peaceful and harmonious, until "the earth will be filled with the knowledge of the glory of God, as the waters cover the sea" (Hab.2:14). So, not only are we saving ourselves from evil influences, but we are also benefiting mankind. ■

Metapsychiatry is a gift of God to our time.

We have built a new road,
Which is neither religious,
Nor materially scientific,
Nor political.

We have come to understand it
As an epistemological method of
truth realization.

-Dr. Hora