

PAGL NEWS

An Unexpected Healing

By Patrick McCarthy

I have been a student of Metapsychiatry since 1998, and have read all the books by Thomas Hora repeatedly over those twelve years, and even though I am well read on the subject, actually witnessing Metapsychiatry change the life of another has been infrequent, if at all. I am living in New Zealand and am not acquainted with any other Metapsychiatric students in this country as yet. So when I see something happen as a result of Metapsychiatry, something that changes a life for the better, I would share with a friend in the USA. This

is one of those occasions in which to share with her and the readers of the PAGL News.

Just recently I have been giving an elderly man a few lessons on his new computer. One of those lessons involved having him sit in front of the camera, being videoed while talking with me. It was to show him how to use Skype. When I replayed the video to him, he was surprised to see himself blink so frequently during the two-minute conversational video. He saw himself hold his eyes closed for about a second per blink,

and that would happen every three or four seconds. To the other person being with him, it could be rather off-putting. We started talking about his newly discovered and disconcerting behavior and he realized that it was nothing new, that it was a life-time habit, normal to him.

He shared with me that in his early years he had avoided others, at school and in his early social life, and to this day he preferred to live a somewhat private life, socially

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Life, Changing

It was just after Christmas 2011 when the seemingly solid ground of my life began to shift beneath me. The holiday had been muted as it became clear that my grandmother could no longer easily play host to a small gathering at her home; future celebrations would require different plans. My parents, too, had new concerns that had come with the passage of time. Then came a message from my closest faraway friend, the perfect traveling companion and confidante with whom I'd just taken my first international trip months before: She had fallen in love with a man whom she would marry within months, and our future opportunities for travel as a twosome seemed to be over just as they had barely begun. And as I absorbed all this, although I knew I had always treasured my largely

quiet and often solitary life, it started to seem more sinister: I began to envision myself old and alone.

Thus began my private, intense campaign to change my life. I needed to develop a larger social network, I decided, and to be having more adventures...to make my life larger right now in every way I could so that if and when it eventually contracted, it would not become too minuscule to be seen at all. I joined a walking group and walked until my feet blistered; I planned to go on a group tour of a distant city; I visited every relative and friend I could; I chastised myself whenever I didn't have specific weekend plans. I started to think I was really "getting somewhere" with my life...or at least

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An Unexpected Healing

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 uninvolved with others. He used the term “hiding from others,” which seemed to have offered him comfort. He is 74 and yet very much open to learning new things, and keeping up with developments in an ever-changing world.

I began considering what his mode of being was likely to be, and of course it was hiding from others, so as to avoid suffering rejection. It came to me that closing his eyes so frequently during our conversation was yet another attempt to “hide”

while in a conversation. I put this to him and he, being open-minded, quietly agreed that closing his eyes may indeed be a form of hiding from others, even at his age, as hiding made him feel safe. After that, we completed our lesson and I returned home.

The next day, I returned to complete that same lesson and videoed him talking to me for another two minutes. It was during this video, I noticed that he never blinked at all, other than natural blinking which we all do. I then asked him to stare at the camera while I recorded his staring for a whole minute. On playing it back to him we were surprised to

see that his blinking has ceased and he was looking at me normally with wide eyes and concentration during our conversations.

He said to me, “Patrick, yesterday when you were speaking to me about my eyes and my blinking, I felt something tell me that if I am spirit then I don’t blink because Spirit cannot blink.” He is grateful and understands that God’s power of understanding has worked through him to remove an unconscious habit, and I am also grateful to witness God’s power in action, the power of “understanding” that truly transforms character and our unconscious behavior. ■



Dear PAGL Community:

Historically, the annual meeting, held in Spring in NYC, has been a place for students to share learning with fellow students in an atmosphere of PAGL. For as long as I have been a student, these meetings have been facilitated by Ruth Robins. After many years of outstanding service, Ruth has asked that we consider alternate formats.

Here we have a wonderful opportunity to seek ideas for an annual meeting, including: subject matter, format and venue, and so we invite all students of Metapsychiatry to offer suggestions about what you would like to see in such a reunion. PAGL will lead us to an efficient, effective and effortless path to what is needed in this regard. In the meantime, we are postponing plans for a Spring PAGL meeting until a new and wonderful idea presents itself.

Please send any ideas that come to mind to nancy@pagl.org. We look forward to your communication.

PAGL be with you,

Robert Wieser, President The PAGL Foundation.

From the Archives:

Two poems from the PAGL Newsletter of June, 1991:

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 fears 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

Life, Changing

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soon would be.

And then came the pain. It began as spasms in my back that morphed into a searing pain that made it agonizing to walk, stand, or sit and difficult to sleep. That lasted weeks, and medical treatment had little effect until I agreed to try an injection...after which I almost forgot about the back pain, but only because—in defiance of anything medical literature indicated “should” happen—I developed excruciating abdominal pain and nausea that never receded, day or night. There was no position in which I was ever even slightly comfortable; lying down brought the worst agony of all, and even the strongest painkillers were useless. I dragged myself to work because it would have been equally torturous to stay home, but otherwise I could barely function and had to cancel all plans; the pain was unbearable, as if I were being torn apart. Even the simple dream of rest seemed impossible, medicine had no answers, and I often imagined that death would be preferable to the unremitting agony I was experiencing.

Friends and family tried to help, but there was little they could do; the only true hope or comfort I could find was in talking with the two people in my life who guided me in Metapsychiatry. Not that it was easy even with them; I often despaired and feared that nothing would ever improve to the point where life even seemed bearable... but somehow, because they were completely and unconditionally present and never gave up on me, I couldn't give up, either. Desperate to feel better and knowing that

symptoms were manifestations of thoughts, I put huge amounts of mental effort into trying to “figure out” the thoughts behind my symptoms in hopes that I could “fix” them. When this method yielded no immediately apparent results and I remained wracked by pain, I raged at the universe. I never stopped trusting that something could change, but for what seemed like an eternity, I had no clear idea what or when that might be.

I did my best to keep in mind the four W's and the three R's. Yet the shift, when it occurred, came through not a sudden flash of understanding, but a gradual removal of layers of confusion and a corresponding increase in clarity. I had always prided myself on being, I thought, relatively non-materialistic, seldom yearning consciously for material items to any great extent. Yet, threatened by the perception of impending loss, I had unwittingly become a hoarder of “connection” and “experience,” frantically attempting to collect these intangible but still potentially troublesome “things” in hopes of having a hedge against the terror of potential deprivation.

I went through months of agony, both physical and mental, and often felt “stuck” because even after recognition came, the process of regret and reorientation was far from linear and predictable. Yet I was ultimately able to discern that indeed something had shifted. Gradually, the pain became slightly easier to focus through and see beyond. I made a few tentative plans as quiet time at home unfolded into an opportunity for activity, then reformulated itself again to bring restorative peace. The less ardently I tried to dictate its direction, the more smoothly life flowed.

As I began to feel more able to “see” beyond the pain, I was physically able to “do” more, and I dared imagine I might travel again for pleasure, but “seeing the world” for me became less about the world and more about the seeing. Getting to know more people began to seem less important and interesting to me than getting to know people more. And I discovered that there was a way in which I could know myself never to be truly alone even when there was no one else around me, and that even the ultimately inevitable failure to collect and hold on to people and experiences as “mine” did not necessarily result in actual loss.

My overall healing is still unfolding, as evidenced by some residual physical discomfort, but despite my having received no official diagnosis and no effective medical treatment, the unbearable physical torture is absolutely gone. Opportunities and plans arise in my daily life to “do” things both alone and with others, and I enjoy both the activity and company and the calm in between. The “better” life for which I was so desperately searching before I was forced to a halt by pain no longer seems to be something separate from the life I already have. In my frantic quest to gather what I thought would ensure the stability and permanence of what I perceived as good, I didn't get what I thought I wanted, but I absolutely got what I needed, and I am grateful beyond measure for the good of God, which is always available. ■

The author of this article requested to remain anonymous

Practicing Letting-Be, So I Can See

By Carole J. Suraci

When I first heard of a book called *Practicing the Presence*, I thought the word practice seemed a much too cold and mechanical approach to what I felt was a heartfelt devotion, faith and trust. "What does it mean?" I thought. As I began to think of *practicing the presence*, I thought of practicing riding a bike. Besides learning the mechanics of riding a bike, the most important part is maintaining our balance and staying focused. It is as if we have to become one with the process and then transcend it in order to maintain our balance. Little by little it becomes easier and easier, as we stop thinking about it. It becomes second nature to us. The key is to practice.

In reading *Practicing the Presence*, by Joel Goldsmith, I began to realize that the same devotion to learning any skill was needed in staying focused in meditation. In Zen Buddhism, the idea of one-pointedness, having our focus and attention so attuned to God that we desire nothing else is needed in order to come to a realization of the glory and love of God's Presence filling our mind and heart. The Bible verse, "If thine eye be single, your whole body will be filled with light" (1) has become very important to me. I often will say, "If my eye be single (and my focus be One), my whole body will be filled with light." We practice turning or re-turning our attention to that upper room of our mind, "The secret place of the most high." (2)

I'd like to share what the topic "Practicing Letting-Be, So I Can

See" means to me. Many years ago, my boy friend said to me, "I need you to see me as I really am." I thought about it and contemplated what he meant. Then, a few years later, he said it again -- "See me as I really am." That was the beginning of a major shift in my consciousness. My faith in God needed to be broadened in order to transcend myself and others. It was for me an opening up to an idea that, in the years to follow, began to change my life and our relationship. At the time, I had been counseled by Dr. Hora and attended group sessions. My boy friend later began counsel with Dr. Hora and we were in group together. We attended Unity Church of Practical Christianity in New York, as well. My faith and trust in God was growing and my relationship with him was undergoing a major change. It was only as I focused on what he meant by saying "see me as I really am" did I begin to refocus my attention from trying to change him, to letting him be. One day, I finally realized that I can't teach him. Contemplating Dr. Hora's teaching of letting-be (3), I said to God, "You teach him; he's your son, you know what he needs; I don't." In my mind I gave him to God. There were a few significant times when I was put to the test in our relationship and began to really see God in action. In one instance, my boy friend was emotionally distraught and verbally loud. The thought came to my mind -- "this is a practice." I said to God, "I'm going to trust you." As I sat down, I remained

silent and endeavored to turn my attention completely to God. He was yelling as he stood in front of me. A peace came over me and suddenly he stopped talking. It was as if he didn't know what had happened. He became very calm and within several minutes he left my apartment.

This wasn't the first time I turned to God to intervene. It happened a few years before when I was living with my dad. My mom had passed a few years earlier. One evening my father and I were in the kitchen, my father was eating and I was standing by the stove over a small pot of boiling water. My father was rambling on and on about something. His voice was low and I could hardly hear him. All I know is that I became extremely agitated and suddenly didn't know what I might do. In fear that I might lose it, I quickly moved from the pot on the stove and gave my whole self to God, crying out in the silence of my heart saying, "God!" In that very moment, my only desire was to be in God's Presence. My whole focus was turned toward God as my attention was upward, waiting on Him. Within less than a minute, my father stopped talking in the middle of his sentence. I became filled with gratitude and in complete awe. Within another minute or two, he put his fork down and walked slowly towards the sun porch. After several minutes remaining motionless and being encompassed with God's Presence, I began washing the dishes and later went out to the sun porch to

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Another Lesson

By Elvira Sisca

When I heard
That my impatience
Is a lack of compassion,
I was surprised
And embarrassed.
I had to understand this.

I saw that not only
Do other people,
And certain circumstances
Try my patience,
But my own inabilities
Greatly annoy me.

I heard
What I was saying was:
"People are so obdurate!
This situation is intolerable!"
And, "Why can't I do this?"
It was an unbelievable discovery
To see that impatience
Is a tantrum!

A childish response
To vacuous expectations and
shoulds,
To wanting things MY way.

Rather, it is clearly
Having no understanding
That others do not understand.
And that goes for me too,
Often hard on myself
I become a harsh judge all around.

Seems like impatience means:
I need to be gentle with all things,
Accept that I am one of the crowd,
(Pluck the log out of my own eye),
Must love myself first
Before I can love the other,
And then I can begin to be
Compassionate.

Practicing Letting-Be, So I Can See

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be with him. He was lying on the couch and I sat nearby. Not a word was spoken. As we watched a family program, I saw that he had tears in his eyes. My heart was filled with love and compassion and, for the first time, I began to understand him. He was hurting. We began to talk. There was peace and harmony in my heart and, I am sure, in his heart as well.

Within a couple of years, I was given another opportunity to practice. My boy friend became very upset and angry. Again, my attention was focused on God, quieting my mind and realizing God's Presence. He stopped talking in the middle of his sentence, as my father had. He quietly gathered his things and left. In all of these cases, it was as if nothing had really been happening. To an onlooker it might have appeared that way, but I knew that God was happening. God's Presence was manifesting in me as

I let both of them be and focused all my attention on "being here for God." God is the only way; God is the only power. God is real. As I endeavored to let my boy friend and my father be, becoming more interested in being here for God, realizing God right where I am, God became very real to me in my heart and mind. The "interaction thinking" (4) was dissolved in my mind and in their minds as I chose not to react back; choosing instead, to let God's Presence be realized right in the midst of me. Both my boy friend and my father were blessed. My father passed on peacefully at work in 1982. The rough places have become smooth and joyous as I practice letting my boy friend be, so I am able to see him as he really is. ■

1) Luke 11:34; 2) Psalm 91-1; 3) *Beyond the Dream, T. Hora Pg 31 & Pg 241*

"Consciousness is the Sole Reality" IV

The MetaWay of Metapsychiatry announces a Retreat on Saturday, Nov. 16th, 2013: The Nature of Prayer and What Constitutes Effective Prayer. "Man is an eminently prayerful being. The question is not whether we are praying, but what are we praying to and how?" (Thomas Hora, MD)

This daylong Retreat, 9:45-4:00, led by Susan von Reichenbach, will take place at Guest House, Chester, CT for \$55 per person, including a divine lunch. Visit <http://www.themetaway.com/www.theMetaWay.com> (Click on Retreat Page for details & directions); or email Susan at metabooks@metapsychiatry.info or tel. 860.405.4044 for inquiries.

Please mail checks payable to Susan von Reichenbach, PO Box 1024, Old Lyme, CT 06371 before the registration deadline of Nov. 6th.

NEXT RETREAT of The MetaWay @ Guest House: SAT., FEB.15TH, 2014 on "LOVE."

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. Each month prior to the meeting participants are invited to contemplate a suggested topic as a springboard for dialogue. The meeting is led by Heather Brodhead, a spiritual guide in the practice of Metapsychiatry. For more information, contact Heather at: hbrodhead@cox.net or call: 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.

Wednesdays, 8AM Eastern, teleconference and Wednesdays in NYC 6pm-7pm 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; "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. A longtime student of Dr. Hora, Susan teaches and offers spiritual guidance in Metapsychiatry in person or by phone.

The Love of Being Loving, by Donna Goddard, has now been published. It can be ordered through the Bookstore at www.balboapress.com.au Soon it will also be available from Amazon etc. \$14.99, \$3.99 (e-book). The book is based

CD Summary:

With the constant sword-rattling between nations, and the 24/7 local, national and international news broadcasts stirring up fear, it is essential we understand safety & security. This CD, available from the bookstore, can help us. (For a list of available CDs, please contact the PAGL Bookstore until our website is updated.)

CD # 95b – Safety and Security

Fear of one's own thoughts—"Above the firmament" in the ocean of Love-Intelligence—Being attentive to valid vs. seductive, frightening, provocative thoughts—Learning to be safe in the world—"Nothing comes into experience uninvited"—The attraction of sexual, violent, negative thoughts—Fascination of evil—Self-confirmation and self-destruction—The 91st Psalm—Attention as "dwelling place"—Consciousness of the ultimate Reality—Locking our doors—Awareness of what we are concerned about—"Am I still susceptible to distraction?"—Human vs. spiritual happiness (PAGL)—Fear for another's safety—What it means to "bless" someone—The only "I AM"—Belief that we are persons separated from God vs. understanding that we are emanations of God's being—Fear of guns—"The fear of the Lord is the beginning of wisdom"—Fear of death—Discovering our identity—The attraction of excitement—Sensualism—The "five gates of hell"—The compulsion to be in control—Violence as a form of sensualism—Phobias and the desire for control—Understanding vs. belief—Skepticism—Biblical use of "belief" and "trust".

Setting: Seminar via telephone. Dr. Hora in New York, students in seminar, led by Ann Linthorst, in California. Time: 57:49

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PAGL Community News Listings

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on the teachings of Metapsychiatry and Christian Science. It is also a personal journey. The journeys of each one of us help to elevate the world by our sincerity, devotion to God, and dedication to “spiritual work”. Spiritual Healing and Counselling, donnagd1@optusnet.com.au

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 in Belgium and available at PAGLBELGIE.

A PAGL Moment

by Janice Gallick

A recent Mother and Daughter conversation:

D: I am honestly a bit exhausted and unsure of this path (career), but I think sometimes things look and feel that way right before they work out.

M: Go with what gives you PAGL. It is easy to support any direction

Guidelines for listing in PAGL Community News: All listings need to be about Metapsychiatry and relevant to the PAGL Community regarding its shared interest in Metapsychiatry. Any listing that involves the selling of a produce or services costs \$20 annually for listing in all 3 yearly newsletters. Submit your listing to: nancy@pagl.org and send payment to: PAGL Foundation, c/o Bruce Kerievsky, Treasurer, 49 Timber Hill Drive, Monroe, NJ 08831.

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

This notice may be sent to PAGL-Foundation@gmail.com, or mailed to:
PAGL Foundation c/o Bruce Kerievsky: 49 Timber Hill Drive, Monroe, NJ 08831

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.

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 & Heather Brodhead. Please send your submissions to: nancy@pagl.org

intellectually. There is only one path that is right if you can stay aware.

D: Good call Mom. Thank you for that important reminder, it is amazing that there is such a genuinely helpful decision-making framework like PAGL.

M: Life is amazing and the fact that we can only live it moment by moment is humbling we can’t live the past, we can’t live the future only the now.

D: Yes, humbling, and this really points to how important it is to focus on the right now.

M: Have a great “now”.

D: Thanks, Mom. Safe travels, and you have a great “now” too! Ha ha That’s great.

(Even a small understanding of Metapsychiatry shared between a mother and daughter can have great impact.)

Please visit our new website:www.pagl.org

where you can access all the books and booklets, subscribe to the newsletter and make a donation to the PAGL Foundation

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.

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