

PAGL NEWS

From The Archives

PAGL Newsletter, Year 18, Number 1, October 1993

DR. HORA: We have spoken about Moses who saw a phenomenon which he couldn't understand, namely, the burning bush. And what he said is very important for someone who really is sincere about meditation: I shall now turn aside that I may know what this is. (I will now turn

aside, and see this great sight, why the bush is not burnt." Exodus 3:3) When the Bible says, "Be still and know," it means stop speculating, stop trying to figure things out, just wait patiently and let it reveal itself to you. This is a very important point of realization – anyone who

is sincere about meditation has to reach the point where calculative thinking is set aside. Usually we are thinking about others, or we are thinking about ourselves. So what is needed is neither interaction nor self-confirmation; just listen without trying to imagine anything, just wait for wisdom to obtain in consciousness, and what we really need usually appears.

Question: What is the meaning of the burning bush – the bush that

Continued on page 7

Inside This Issue

From The Archives	1
PAGL Newsletter, year 18, Number 1, October 1993.....	1
Embarrassment is a doorway to grace.....	2
Spotlight on Class Audios.....	2
A Healing Voice	3
Dear PAGL Seeker,	3
Q & A	4
A BENEDICTION	4
PAGL Community News	
Listings.....	6
POETRY PAGE	8

Embarrassment is a doorway to grace

By Michael Leach

“ALL HUMAN NATURE vigorously resists grace because grace changes us and the change is painful.” -- Flannery O’Connor, *The Habit of Being*

Many years ago the painful truth that I was more interested in being “a nice guy,” a people pleaser rather than the kind individual I thought I was, came to my attention and was killing me. I didn’t want to face it. I didn’t want anyone to know it. I was at a crossroad and could either stay asleep or awake from a bad dream. I was with my wife, Vickie, sitting in our car in front of Baskin Robbins. I had to tell her. My thoughts poured out like soft-serve ice cream. I was embarrassed. Though I knew better, I feared she would think less of me. Me, a phony? What could be worse?

“I know,” she said. “It’s all right.”

“I’ve spent my whole life trying to get people to like me,” I confessed.

“I know,” she said. “It was the only way you knew to get through life. It’s all right.”

I talked, and Vickie listened. Her few words were the right words. The pressure started to release like someone else’s bad breath coming out of a punctured balloon. “I’ve really gotten good at it, haven’t I?” I said.

“Nobody does it better!”

We both laughed. And my laughter turned to tears, the kind that heals.

The courage to be embarrassed is a doorway to grace.

And it only hurts for a moment.

“Sweetheart,” she assured me,

Continued on page 2



Embarrassment is a doorway to grace

Continued from page 1

“you are the kindest man I’ve ever known. Nobody’s perfect.”

I knew then, in front of Baskin Robbins, what Julian of Norwich knew eight centuries ago when she thought she was facing death: “All shall be well, and all shall be well and all manner of thing shall be well.”

Peter must have had a day like that when he jumped off the boat to walk on water like Jesus did, only to sink like a crosier. How embarrassing to realize you’re a fool. How healing to be told, “Peter, upon your imperfect

character I will build my church!”

It takes the grace of embarrassment to face our foolishness and then accept the assurance that despite our lack of understanding, in Jesus’ eyes we are perfect, even as our heavenly Father is perfect.

Dr. Thomas Hora used to say that we would rather confess to murder than to being ignorant. Admitting that we don’t know something, especially a thought that hides in our hearts, is too embarrassing. But he reminded his students, “The heat of embarrassment is the consuming fire of ‘hell’ in which the ego is annihilated.” A Zen master earlier counseled: “Erase yourself, utterly.”

Jesus taught that if you want to find your life you must lose it.

We cannot do this without the courage to be embarrassed.

Embarrassment is not the same as being ashamed. Shame is the handmaiden of guilt. It says, “Look at me! I’m awful!” Embarrassment is the companion of truth. It says, “Look away from me! I’m weak.” The Bible comforts the embarrassed: “Who is weak, and I am not weak? Who is made to stumble, and I am not inflamed?” (2 Corinthians 11:29). Guilt is a form of bragging. Embarrassment is a sign of humility. It grounds us, invites God to make us whole.

Spotlight on Class Audios

THE THREE CLASSES on the PAGL.org website that Robert mentions in his letter are summarized here. They are still available from the Bookstore in CD format. All three are from a class of professional psychotherapists and pastoral counselors.

Class # 51 – The Basic Stuff of Life.

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—Heraclitus: “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

Continued on page 3

PAGL News

is the newsletter published by the PAGL Foundation and supported by its readers. Its 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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Spotlight on Class Audios

Continued from page 2

Class # 50 –Ambition & Aspiration.

Student asks about previously presented case about a boy, and Dr. Hora had observed that the boy suffers from parents’ ambition. – Difference between conceptual and existential communication— Difference between a teacher and a therapist—Information vs. transformation—The therapist as an existential model—A patient’s subliminal awareness of therapist’s mode of being-in-the-world— Children as extensions of parental consciousness—Definitions of

“ambition” and “aspiration”— Breathing mentally—Receptivity to creative intelligent ideas—The art of therapy—Ambition and calculative thinking—Importance of therapist’s mode of being-in-the-world—The essence of inspired creativity—Metapsychiatric therapy vs. traditional therapies— Definition of “person”—Separating reality from pretense in a patient— Discerning a mode of being— Individuals, not persons—The art of phenomenological analysis— Unimportance of historical events—Blame obstructs healing.

Class# 52 – Attention.

Knowing God’s thoughts— Existential validation and PAGL— Response to inner disturbance

when working with a patient— Meditation and prayer—3 phases of meditation: verbal, contemplative, listening—God is our Ego—Self-transcendence— Realization vs. experiencing— The importance of meditation— Consensual validation/sharing of an illusion—Normal life’s dream state vs. wakefulness—Divine consciousness is the substance of the Universe—Cogitation/ calculative thinking vs. inspired thought—Paying attention— The epistemological Christly principle of psychotherapy: “Greater love hath no man than this, that he lay down his life for his friends”(John 15:13)—“The 4 Ws” (Who am I? What am I? Where am I? What is my purpose in life?).

A Healing Voice

By Gerry O’Hara

The following comments were made by a student after listening to the recordings of Dr. Hora now available at www.pagl.org.

There is a source of understanding and healing available to those who listen, quite literally in this case, to the CDs currently posted on the PAGL website.

Class #51: The Basic Stuff of Life has Dr. Hora explaining, with great clarity and contemplative voice, the essence and sequence of our thought processes from the Metapsychiatric perspective.

Although officially a class, there are sequences many minutes long of Dr. Hora speaking...teaching... inspiring.

Class #50: Ambition and Aspiration is structured much the same and illuminates the difference between these two ways of being in the world.

What a blessing it is to ‘tune in’ to this tremendous source of understanding, authenticity and wisdom: the healing voice of Dr. Hora.

While the PAGL Foundation is not planning an annual conference, it has been suggested that students of Metapsychiatry consider organizing meetings in their own locales. As Jesus remarked, “For where two or three are gathered together in my name, there am I in the midst of them.” (Matthew 18:20). If any of you do get together, please let the rest of us know by writing a brief summary of the meeting that can be published in the next newsletter.

PAGL Foundation Update

THE PAGL Foundation Board just finished its review of the Foundation’s efforts over the past year and it has been quite a year. You may have noticed that we are in transition between the world of print-only texts and the e-age. Along these lines, you have seen the development of a new website (www.PAGL.org), one that is distinguished by its clean lines and modern styling. Along with the new look, we are adding new capabilities, all of which enhance the availability of and access to the works of Metapsychiatry.

Paperback books have been the staple of a PAGL seeker’s life, since the publishing of *In Quest of Wholeness*. We learn to love reading and rereading the books, as with each rereading we discover

Continued on page 5

Q & A

Ruth Robins

Q. What is the meaning of the fact that Dr. Hora spoke so little about death, especially in an era when so many books were being written on the subject?

A. Dr. Hora's response to those who posed such a question was that Metapsychiatry was about life, not death; he added, "Birth is the appearance of an appearance, and death is the disappearance of an appearance." This challenging statement revealed the tendency to judge reality by appearances rather than seek the truth of being with an open mind.

On another occasion, he said, "Life is consciousness. Life without consciousness is just decaying organic matter." This led to the definition of consciousness as "being aware of being aware"—being aware of our identity as a consciousness rather than a physical person with a mind and will of our own. From here arose discussion of the four levels, or states, of consciousness:

1. Being aware of oneself;
2. Being aware of the content of consciousness;
3. Being aware of the world;
4. Being aware of Divine Reality.

Ideas such as these, when deeply contemplated, can lead to the realization that there is no death—there is only eternal life.

Metapsychiatry does not say that the mourning of a loss "should

not" be. Rather, it sheds light on the experience of mourning as expressed in the Beatitudes—"Blessed are they that mourn; for they shall be comforted" (Matthew 5:4)—by asking, What is the meaning of mourning that makes it a blessing? The meaning is revealed as an expression of the tendency to form attachments to people, places, things, and ideas. (Commentaries on Scripture, p. 2). If suffering becomes troublesome, we learn to "attach only to God," to rely solely on Divine Mind for peace and healing.

Discussing his own grief following the passing of his wife, Dr. Hora spoke about the importance of facing what needed to be faced, without fear or embarrassment, and seeing the event of mourning not as reality but as self-preoccupation. (Encounters with Wisdom 1, p. 46). Self-preoccupation, Metapsychiatry teaches, can be healed by turning attention to "being here for God."

As little as it focuses on physical death, Metapsychiatry speaks a great deal about death in another sense—in terms of the need to identify thoughts, beliefs, and values that seem to be destructive to quality of life so we can let our interest in and preoccupation with them die. Metapsychiatry is most of all about life, and it counsels us to practice being in PAGL consciousness every night as we go to sleep so that when we do pass on, we will already be in the Land of PAGL, our eternal dwelling place!

A BENEDICTION

By Susan von Reichenbach

Metapsychiatry defines death as "the disappearance of an appearance" (and birth as "the appearance of an appearance"). In this world of dualistic thinking, life is sometimes mistakenly spoken of as the opposite of death; but, really, birth is the opposite of death. Life – real, spiritual Life, what we call divine Reality – has no opposite. It IS: an invisible, ever-present, Unstoppable, Divine Force Field of Love-Intelligence, unaffected by birth or death, from which we can never be separated – regardless of appearances (or disappearances) to the contrary. We are "never born and never dying"

(Heb 7:3). In truth, we are just "living souls" making a passage across substances (transubstantiation): from ex-carnation (spirit) to incarnation ("birth"/appearance/matter) to ex-carnation ("death"/disappearance/spirit).

Death reveals that the dimensional yields to the nondimensional and the finite to the Infinite; in the end, the material experience is subsumed by

Spirit. Therefore, the

Continued on page 7

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

PAGL Foundation Update

Continued from page 3

new insights and understanding. At the same time, it has been very challenging to annotate, find, or to re-locate topics of interest in the paper texts.

While some will still prefer the feel of paper, seekers now have a choice of formats. By the time you read this letter, most of the major texts and the booklets will be available both as print-on-demand books and e-books at Amazon.com, which can be accessed directly from the PAGL.com website. So, interested individuals will now be able to carry the texts in a form that is lighter than air, annotatable, and accessible at the speed of light. The e-books will also be loaded onto the website, where they may be read, in their entirety, on-line.

For me, perhaps the most exciting

news is that, with the e-books on the website, we will be adding a search engine capability that will allow interested individuals to search for a phrase among the works, and perhaps in the more recent newsletters, as well.

At the same time that we are enhancing the access to and availability of textual work, we are doing the same for audio recordings. At the moment we have put three re-mastered audio recordings on the website. These three recordings may be listened to on-line and may be downloaded to your personal listening device, freely. Over the next months, we will be adding all the audio classes to the website, so that they too can be listened to on-line.

For individuals that would like

to put classes on their personal devices, making it possible to listen to them anywhere, as we enhance the sound of each recording, we will make good quality recordings available for download on Amazon.com. After we finish with the class audios, we will expand our efforts to include PAGL seminar audio recordings, as well.

Thank you for your economic support and, more importantly, thank you for your interest in spiritual study. Your interest makes our world a better place and without interested individuals, these efforts would truly be in vain.

May PAGL be with you,
Robert Wieser, President
The PAGL Foundation

A BENEDICTION

Continued from page 4

disappearance of a loved one does not mean extinction or obliteration: it is an occurrence which points to the movement of individual consciousness through the phenomenon of form back to the substance of spirit. Christ said: "I came from the Father and have come into the world; again, I am leaving the world and going to the Father" (Jn 16: 28). The experience of dying is as much illusory as the experience of life in matter – these are dreams of existence in personhood. The One Life of consciousness is uninterrupted and untouched by apparent death. Our

Oneness in God is never in any danger, and no experience can ever separate us from It.

Dr. Hora made an important distinction between the instance

of "death" and the experience of dying. He proposed that most of us are not really afraid of death as much as we are dreading the possible unpleasantness surrounding the experience of dying. But even if death "seems to be" a struggle, it still remains only a transitory experience – and the inevitable experience of dying does not make it real. "What really is" survives any and all experiences. The only "death," as Dr. Hora went on to clarify, is the crucifixion of the ego-identity – our dying to the illusory belief in ourselves as self-existent persons and in the phenomenal world as real. This "death" can be painful and occurs gradually as we "overcome the world" (Jn 16:33) and its lie-messages, as we overcome the carnal mindedness and materialism of

self-confirmatory thinking. In the ascension process, we have the opportunity to purify the contents of consciousness and thereby to become increasingly aware of our identities as divine entities of awareness.

"Over such, the second death has no power" (Rev 20:6). The "second death" (of the physical body) can have no "sting" (I Cor 15:55) when we have come to realize the truth of our being as an immortal "image" and "likeness" of God, made of Its same nondimensional, immutable, indestructible and eternal substance which is spirit.

"There has never been a time when you and I did not exist – there will never be a time when we will cease to be" (Bhagavad Gita).

PAGL Community News Listings

Emory Ayers, a student of Metapsychiatry, and the first President of the Board of the PAGL Foundation, passed away on January 11, 2014. We were blessed by his devoted service to the PAGL Foundation, from its inception in 1982 to 2000, when Michael Leach succeeded him as President. Many have benefitted from the inspired idea to establish the PAGL Foundation and its primary focus on preserving and making available the works of Metapsychiatry. The fruits of this seminal idea, , have been many and far reaching and, most importantly, they have had existential impact in our own lives. As beneficiaries of spiritual study, we are grateful for the attention that Emory, and many others, unnamed here, have focused on the PAGL Foundation's efforts.

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.

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.

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

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.

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 Community News Listings

Continued from page 6

org and send payment to: PAGL Foundation, c/o Bruce Kerievsky, Treasurer, 49 Timber Hill Drive, Monroe, NJ 08831.

Receive the PAGL News and Support the PAGL Foundation

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

Separately, the subscriptions 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.

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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

NEWS – “The Love of Devotion” has just been released. It is based on the teachings of Devotional Nonduality and similar teachings aligned with the transforming power of the Divine. There are many references to Dr. Hora and Metapsychiatry. The author, Donna Goddard, has a deep love of God and mankind, and a lifelong interest in understanding the causes of human suffering. From this love and understanding she also shares with you a revised edition of “The Love of Being Loving” which is based on Metapsychiatry and Christian Science. Both books lend a simplicity and clarity to complex spiritual ideas. To view books and join 17,000 interested followers go to www.donnagoddard.com/buy-books

From The Archives

Continued from page 1

wasn’t consumed?

Dr. Hora: God has presented himself to Moses as indestructible life, the bush was burning and it was not consumed, this is a symbolic message, I am the Lord thy God, besides me there is none else. This is God – God awakened Moses to an understanding of the nature of Divine Reality through inspiration, not through scientific research or speculation. Then he heard God say, You have to go to the children of Israel and tell them who I am. And Moses asked, Who are You, what will I tell them? And God said, “I am that I am.” (Exodus 3:14) This is another mystery. But Moses understood and said I’ll tell them, but they won’t believe me! God was saying to him: I am what

is and that is all there is. So Moses discovered God on Mount Sinai, and he tried to convey it to the world with more or less success. There are many skeptics in the world. There are two things that militate against enlightenment: one is vanity, and the other is vanity of vanities. The desire to be right, self-righteousness, is the vanity of the mind.

Question: What is skepticism?

Dr. Hora: Skepticism is disbelief. But if a skeptic starts believing he hasn’t gotten anywhere. Believing will not help. It does not help to be a skeptic, it does not help to be a believer.

Question: Is self deception an aspect of vanity?

Dr. Hora: Definitely. And then there is another aspect of vanity: we always blame someone else for our problems.

Comment: Blaming gives it an excuse. We don’t have to face the embarrassment.

Question: Dr. Hora, how does one know if one is suffering from vanity?

Dr. Hora: Vanity doesn’t want to know that. This is really a koan. We are suffering and we don’t want to know the meaning of our suffering. Sometimes it drags on and on-we have a certain symptom which does not yield, and we try this and we try that until we are desperate enough to say, God how long will I have to endure this? When we reach a point of sufficient despair we allow ourselves the thought: Maybe I am just vain; my resistance to knowing the full meaning is a sign of vanity. I am too embarrassed to face up to something. There is a secret warfare between self and the ego. After awhile the whole thing crumbles and you can see – it is a great relief.

POETRY PAGE

The Balloon

When I saw a clown
 Tie off pieces of a blown-up
 balloon
 To create an animal
 And when untying them
 The parts went back into the
 balloon,
 The thought came up:
 Maybe that is how we are created
 And dying is simply
 Returning into the balloon.

Original Sin

They tell us "Original Sin"
 Is the human condition;
 That Eve seduced Adam
 To give her what she wanted:

Control
 Or to have the power
 Of a God.
 How delicious is Control!
 How great to give ourselves
 Everything we want!
 Oh, this brain of ours.
 So inventive;
 With our brilliance
 We have made life easier;
 Easier means feeling good
 For that's the purpose of life:
 Gotta feel good!
 But Tribulation is still out there,
 The world more chaotic and
 violent,
 Technology with its side effects;
 The flip sides of intelligence,

And that doesn't feel good.

 Yet, we can renew our
 environment:
 Recycle, conserve, preserve;
 Such good deeds
 Will make us feel good,
 We will be in control
 And that feels so good!
 Still,
 Something is missing:
 In some way
 We have polluted everything
 Even our minds;
 Maybe intelligence doesn't work
 well
 Without Love.
By Elvira Sisca



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