

**From Germany**  
**November 8, 2005**  
**By Constanze Bretthauer**  
**President TSG Germany**

Hello dear Gita, now yesterday was our Torkom's Birthday Celebration in our group.....I want to give you a report.

Also Zeitoon will write something about our impressions and how we celebrated Torkom's Birthday for the Yahoo discussion room.

We were four people: Janina, Zeitoon, Renate und I... Several candle were burning and we had flowers and Torkom's beautiful photo at the table...The one, which were made at your wedding with Steve.

At first we said the "Great Invocation" all together, followed by three OM.....

Then we made the Candlelight Service followed with a few minutes silence and then we said the Mantram "In Beauty we are united....."

We made a conscious look at Torkom's photo, closed our eyes and visualized Torkom glad and brightly shining in our imagination.....Then we meditated about 20 minutes about the following questions: What can I do or in which way can I work on myself to support the Teaching and a great Teacher like Torkom was ? What means unity, group love, cooperation, friendship and selflessness under this aspect ? .....last question was : What means "One Humanity" for you ?

We closed with the "Mantram of Unification", followed by three Om.....

Later we listened to the Sacred Songs and still a bit later we shared our insights and impressions with each other.

It was interesting for us to notice that the bells from our church in Friedberg rang as we began to meditate. Our meditation was deep, intensive and energizing. We all had the impression that "somehow" Torkom and a still greater group were with us.....We felt unity in our group and a feeling of belonging together .....We felt connected with you, Gita, TSG USA and with Catriona, John and TSG UK.

The impression came up, that we will start to grow now and that we're supported and sheltered on many levels. For me the aspect of gratitude was most important...and it was so easy to say thank you to all and to all of you in my heart.....I had the feeling, always when I want to give something, it will come back instantly and multiplied.....This always touches me so deeply that words sound so stupid in every kind of explanation. In our group we came to the conclusion that at the end there is no difference anymore between "giving and receiving".....Yes, this is great...

Love, Blessings, Gratitude and many hugs to you, Constanze

## **From TSG-UK 2004 TS Birthday Celebration**

Dear Gita:

Last year (2004) we had a candlelight ceremony and some prayers followed by a short Meditation. We read your letter to the group.

We celebrate Torkom's birthday because of his influence in our lives and the legacy of the Teaching. We celebrate to express our heartfelt and deep gratitude to the Teacher.

We celebrate to anchor blessings to the group, to our location in London and we also reflect and think about the network of similar groups and friends throughout the world and also the subjective links and subjective co-workers too. We celebrate our unity with our brothers and sisters throughout the world who labor to serve the Teaching and Hierarchy.

Love

John Dumigan  
TSG-UK

## **Torkom's Birthday Celebration In Europe November 2004**

Dear Gita:

Here is my story and how Torkom's Teachings helped me.

In celebration of Torkom's birthday in November 2004, I read this to the group:

When I was about 4 years old, my life was and has been marked by no care from my parents. I suffered assaults and incest. After an episode with incest I had what I would call a vision. I had a hint that when I would grow up, then I would live a life in love, in contact with other people, we would understand and help each other in trust, frankness and honesty. This vision gave me the courage to go on living my life, and to hold on to it, I invented an inner world/psychotic escape that fulfilled the vision.

As an adult I went to a lot of psychotherapy, and here I remembered my vision again, I felt I was living my vision with my husband and children, and in my working life, but not enough.

Then I went to school to get an education to become a psychotherapist, but it still wasn't enough, I felt the loss of something spiritual. I was very afraid of this, because I was afraid to become psychotic again.

Then I met a friend who was studying the Teaching and through him I met Torkom, and I saw that this was a safe way to work with the spiritual matters. I have always felt safe in this form, whenever I felt afraid, I just stopped the meditation, and dealt with the matter of my anxiety.

I have come a long way through my years with psychotherapy, but it is nothing compared to the steps I have taken through the meditation course *The Science of becoming Oneself*.

The self I could become through psychotherapy was a very damaged personality, which I could learn to live with, but which couldn't give others much, and couldn't make any difference in the world.

The Self I can become through the Meditation course using Torkom's book is a Self that gives Light, Love, and Power to the world and to other people, through showing them the way to their own True Self.

This is very beautiful and very hard to describe, but I have a neighbour, who in his entire life has worked very hard and had no time for anything else other than money. He wrote to me the other day : " You are so full of life and you do not hesitate to express it – in this way you are able to get any person to feel, that he/she is something special. It is a gift from God ! It is very beautiful to see and very hard not to be caught by it."

For this I owe Torkom a great THANKS and a great Congratulation on his birthday!!

I also owe great thanks to my friend who inspired me to start this meditation course.

I also want to thank the study group, which I am now leading. It gives me the privilege to give to others all that I have got.

I want to thank Gita very much, she has been a great support for me lately, especially in relation to various crises. Gita and Catriona in London have shown me that my vision can be lived in the real world, THANK you both! In Love, contact, trust, frankness, and honesty we can help each other and make the world a better place!!

Thanks to my friend for having the courage to show absolute trust in me and the Teaching and to bring me to Torkom!!!!

(The writer wishes to remain anonymous. Written on the occasion of Torkom's Birthday celebration in November 2004.)

**Los Angeles Group 2004:**

Dear Gita:

Every year, we hold Torkom's Birthday celebration on November 1<sup>st</sup>. All the group members in Los Angeles meet and we do the following:

We read *The Legend of Shamballa* aloud, as he asked us to do on the anniversary of his birthday each year. We do about half of the book, which takes an hour. Then we have some refreshments. It is always a moving, powerful, and enthusing experience for all participants.

Los Angeles Group Member  
2004

**From Marianne Secher in Denmark:**

Dear Gita:

TS Birthday in 2004

In 2004, we celebrated Torkom's Birthday in Denmark with a group of friends and co-students in two cities. We did the following:

- Say the Great Invocation, and say three OM's, sending gratitude to Torkom
- Say a few words on how Torkom's writings and music and work has had an impact on our life.
- Give the chance for others to do the same.
- Sing a song or do the Beloved Lord if you remember.

We celebrated Torkom's birthday in gratitude for all his work, that helps us a lot, the celebrating meant an occasion for us to express this gratitude.

**From Denmark:**

Dear Gita:

In Denmark, we had two celebrations. In addition to what Marianne said, here are more points I would like to share with everyone:

1. By celebrating Torkom's birthday we celebrate the possibility of the birth of great vision and leadership in all people in the world. We celebrate the lighthouse that Torkom's ideas have been to us and thousands of people, and still is.

2. It means a great deal to know that people around the world are celebrating his birthday too. It connects us with our brothers and sisters, and strengthens our group consciousness. It also connects the group with Torkom and the vision he had. It gives him the needed channels of light to help us and inspire us from the level he exists on now.

For me personally it means that I can create a solemn atmosphere, in which I can express my gratitude towards the vision and inspiration he was and still is. He was a kind of a father to me, in the way that his ideas taught me how to behave and what to strive for in life, and that on multiple levels. So he has been a very important complement to the work my own father tried to do in showing me what a man should be like.

From Lasse Ljungholm in Denmark  
2004 celebration