

CHALLENGE FOR DISCIPLESHIP
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CHAPTER 56

HOPE

One wonders why in our recent psychology and psychiatry there cannot be found any serious study or discussion about *hope*. Hope certainly has a great effect on our emotions, our glands, and our behavior. Hope can change the chemistry of the secretions of the glands and the condition of the blood circulation. It releases energy from certain etheric centers and gives us courage and strength, bringing great changes in our electromagnetic field or in our aura.

Hope creates a frame of mind in which man searches and strives continuously to find a solution. Because of such a positive tension, his Higher Self responds and brings the needed light.

Hope prevents negative thoughtforms from building themselves within your aura. Negative thoughtforms are the cause of many failures. Hope creates a sphere of consciousness in which negative thoughtforms cannot breed. When the consciousness is free from negative thoughtforms, higher impressions can reach it and register themselves upon it.

Most of our failures are the result of defeatist or failure thoughtforms. We not only create them, but we also import them from our friends and enemies. Imported and created failure thoughtforms literally eat and destroy any positive or constructive thoughtform. Many people try to be successful, but when success approaches, they give up because the failure thoughtforms reverse the gears on their path.

Hope prevents such an action. It not only nourishes the constructive thoughtforms but also broadcasts them, thus creating a magnetic atmosphere around you.

Hope continues even if you attain the object you hoped for. Hope leaves you, enters a different dimension, and makes you search for it. Thus you are led from one dimension to another because of the hope that is attainable and because of a hope that is still unattainable.

On the other hand, when you see the evaporation of your hope, hope does not vanish but appears from another corner in another form and encourages you to follow its steps. Thus whether you attain your hope or lose it, it is always in Pandora's jar.

The power of hope is based on the fact that it is not an attribute but rather the feeling of the existence of the True Self, dancing and playing with every object of hope, hiding and reappearing behind every interest to challenge you for your future. Hope is the voice of the future, the thread of the True Self, pulling up His reflection which is wandering in the lower worlds. This is the reason why hope is always there whether it is met or it is lost.

A person, a group, or a nation advances by hope. Hope creates a proper atmosphere in which growth and development become possible.

There are three kinds of influential people:

1. *The first kind are those who speak about doom, about final destruction, about annihilation, who pump fear into the hearts of people, using fear to control or exploit them.* These people can be found everywhere, talking about the shifting of the axis of the Earth, about floods and earthquakes, and about the numerous diseases which are supposedly going to engulf humanity.

Some of these people are false prophets. Some of them are pessimists. Some of them have hidden interests behind their words. They spread poison, and this poison affects your nervous system and your heart and breaks off the wings of your soul.

2. *The second kind of people are those who are very rosy and goody-goody.* Everything is beautiful and just right for them. They are satisfied with life. No matter what happens, they feel safe, content, and happy, and they sleep under the blanket of their goodness until the flood comes and dumps them into the ocean. One of my Teachers used to say that such people enter hell in their sleep.

Such people allow evil to spread roots and branch out in such an immensity that people of goodwill find themselves incapable of fighting against it and stopping its growth. Because of their goodness, they indirectly encourage those kinds of activities which eventually lead people into destruction.

Such people are not only optimistic fools but also cowards, who hide behind their selfish interests and let evil grow around them.

3. *The third kind of people are those who see the danger, the corruption, the pollution, and the evil of totalitarianism and take conscious action to prevent its expansion, without pessimism but with inflamed optimism.* They see the situation clearly. They see the difficulties and obstacles on the path. They see the growing power of evil, but they never lose their hope for victory over evil.

They have the experience that the opportunity for progress comes when there are crises and obstacles, against which man walks with hope and determination to win the victory. This third kind of people belong to the race of heroes. They know that in unexpected hours the *help* reaches them and that on the edge of the abyss the *hand* touches them. They feel that all events going on upon Earth are watched by Higher Forces. They know that there exist higher resources of energy which, in unexpected times, come to the rescue.

The substance of hope makes such rescue work possible. Hope provides the right atmosphere through which the fires of Space reach us. It is not pessimism or sickening optimism that provide such a channel but real hope — which is the foundation of true optimism.

Unfortunately, our daily newspapers and radio and television programs perpetuate the pessimistic spirit and day and night nourish it with their gloomy news and with movies of violence and destruction. After reading your morning paper and listening to the news on your television, you fill yourself with the spirit of pessimism and negativity, you lose your hope for life, and all day your body produces poison or imperil. Once you poison yourself, your handshake becomes poisonous, your smell becomes poisonous. To whatever you touch you impart poison. You carry poison into your office, workshop, and home. Day after day you increase your poison, and eventually you defeat yourself with your pessimism.

Those people who change crises into a process of purification and opportunities for transformation, victory, and achievement are called "the hopes" of the nation and the world,

who stand in front of humanity as paths leading toward greater achievements, new courage, daring, and striving.

In reading and hearing about such people, we are filled with new hope and we think, "If they achieved, if they conquered in those difficult conditions, we, too, can achieve and conquer!" Thus we become a source of hope for ourselves and for others.

When darkness descends on our path; when we are lost in the dark nights of our lives; when we feel that all is lost in the chaos; we still see a distant light, the light of hope — which shines and inspires us to forge ahead and achieve victory. That distant light is our Inner Guide, Who passed many dark nights and Who knows that each one of us must fight for his own victory.

Hope is a subconscious and superconscious confidence that all possibilities exist. While your concrete mind gives up, your subjective mind still searches for a solution or an answer. Such a labor is called "hoping for." I imagine the act of hope as a torch carried in your right hand in darkness through intriguing caves to find the passage leading to the sunlight.

The psychological and physiological effects of hope are:

- balance of mind
- stability in confusing conditions
- control over negative elements within us and around us
- aspiration
- joy
- physical strength
- better circulation of the blood
- courage and daring
- regulation of the glands and the functions of the organs
- healing
- inspiration

Hope creates spiritual magnetism which draws inspiration or clear direction from Higher Sources. Hope keeps the vision of achievement in our hearts in spite of all conditions and thus keeps alive our aspiration toward the vision.

Our hope can have a very positive effect on people who are hindering our success. It melts away their negative attitudes and creates an urge in them to open our way and help our efforts to fulfill our destiny. For example, if I hope that I will be able to cooperate with a certain person, I naturally send him thoughts of cooperation. Those thoughts gradually weaken his negative attitude toward me, and he eventually cooperates with me. Hope reaches his soul and his soul washes away personality antagonism.

Hope is psychic energy. It uses thought constructively. Hopeless thoughts never reach their destination.

Hope changes the currents of energy from destructive toward constructive ends. Hope gives the possibility to Higher Forces to reach you, to impress you, and to guide you. Hopelessness is like living under a thick fog: The rescuers cannot see you from the mountaintop. Hope gives a signal to Higher Forces to reach you and strengthen you.

When you are full of hope, you combat against all ugly and defeatist thoughtforms sent by dark forces and by failed friends or enemies. These thoughtforms cannot penetrate and control your thinking as long as your hope is alive.

Once a few thieves were planning to rob a house. After they had climbed the fence and gotten into the yard, one said, "There is a light on inside. Someone is awake. We can't do it today." And they turned back. Hope is like that light in the house which repels the thieves.

Hope sends signals to friends on earth and in Higher Worlds to hasten to our rescue. It creates communication lines between people and worlds. Hope strives to the end, and each end turns into a beginning. One day people will see on a screen how hope creates harmonious and colorful brain waves and stabilizes disturbed auras, creating health, happiness, a cooperative spirit, and joy.

Hope inspires people and makes them achieve sometimes impossible victories. Dark forces hate hope, and by all means they try to uproot hope from the hearts of people. When hope is cut off, man turns into a slave of dark forces or into the slave of chaos. A hopeless person is like a trapped animal in the hands of his physical, emotional, and mental enemies.

Hope turns into a destructive tension when freedom is taken away. Hopeless people serve the forces of destruction.

If we analyze people, we see that hope has the following elements:

1. *It is an image of an achievement found within our minds.* This is sometimes called "vision."

2. *It is a conviction that help from the Invisible or Higher Worlds is a possibility.*

3. *It is a confidence that we can achieve and accomplish something very beautiful.*

4. *It is an inner feeling that the next step for us is to move ahead and strive for victory.* We cannot take the next step without hope, and no progress is achieved without taking the next step. Any challenge evokes hope, and we take the next step toward it.

5. *It is the tension of evolution urging us toward greater achievements.* It is a deep subconscious urge and drive within us, pushing us to climb and conquer difficulties. If we feel that energy and utilize it, we can go forward with victory.

Hope focuses all our forces and energies toward a goal and urges us to achieve that goal. Focus of action, focus of emotion, and focus of thought lay the foundation of success.

Every evening when you go to bed, you have hope that you will awaken the next morning. You put dates on your calendar because you have hope that you can meet those dates. Hope extends the span of your life. Those who are suicidal are those who have no hope. Hope makes you live longer. You can save someone who wants to commit suicide if you can give him hope.

People cannot do well in their jobs, business, or studies if they lose hope. A person cannot continue a friendship if he loses hope in his friend or partner. Once a psychiatrist came to me and said, "I am really tired. I cannot face the condition on Earth. I see global destruction. I do not want to live any more."

I said, "I see the condition exactly as you see it, but I see something deeper."

"What is it?"

"In such a condition we could continue poisoning and killing all planetary life, but because of this condition we can now see how and why we created it and how we can change it.

"One who escapes meeting the challenge is less courageous and less intelligent than one who does not give up and fights to the end. You may choose one of these paths. Have hope. In the darkest hours of our life, doors will be opened and humanity will enter a new life. Such doors exist for those who do not give up hope."

Days later this man called me and said, "For the first time in many years I can digest my food."

Hope regulates the glands of digestion. Hope regulates the glandular system as a whole, and all your health improves in the light of hope.

There are various types of hope:
hope for physical well-being
hope for emotional satisfaction
hope for mental illumination
hope for success
hope for spiritual victory
hope for immortality
hope for a great humanitarian service
hope for service for the Hierarchy

How can we increase our hope?

1. Never hope for something harmful, neither for yourself nor for others. If you do this, you create short-circuits in your electrical system. You often say, "I wish I would die." "I hope he has an accident and passes away." These are wrong kinds of hope.

People often say, "I hope they destroy them. . . ." Every time you hope for something harmful, you minimize the possibility of hope becoming active within you. People are busy hoping evil for others. Such kind of hope spreads poison everywhere in Space. This poison darkens the lives of many people and also adds a heavy burden to their own karma.

Real hope is a divine urge within us to help life proceed toward beauty and goodness.

2. Try to see positive elements in any person or event. Know that often negative elements are servants to positive elements. One type of people say, "This event is absolutely evil and extremely bad." Others say, "Oh, that is nothing. It did not bring harm to me. It happened many times, and it may happen again." The third type of people say, "Well, the causes of this event are as follows . . . and we can eliminate such events by taking the following steps. . . ."

In the first case, people are caught in the arms of the octopus of the bad event. They are frozen and motionless, and they conclude that it is the end of the world. In the second case, people are indifferent to the suffering, loss, and aftershocks, and they are content because they think that the event had no effect on them. In the third case, people realize the seriousness of the event, but they can see a way out of it. They try to think how similar events can be prevented, how such events can be utilized to bring out a new way for which the world was searching, and put this new way into action for the benefit of people.

Hope is not an emotional attitude but a clear mental and intuitive insight, charged with courage and determination to achieve. Every time we read our newspapers we say, "That is it. The end is not far away." This is how we slide downhill and lose our hope.

Every event is the result of certain causes. It is possible to initiate new causes to change the causes of future events. Sometimes the accumulated causes must manifest to clear the sky for a new sunshine.

The evolution of the planet cannot be stopped by the conflict between the fleas living on its skin. It is possible that a worldwide catastrophe may take place, but it will not be the end. Maybe it will be a new beginning. Maybe the consciousness of man will expand enough to totally change his instinct to fight and his glamor of separatism and self-interest. Great truths often reveal themselves in great shocks.

Hope will never leave us. It remained on the bottom of Pandora's jar. It is the foundation on which we build our lives.

Often things cannot be stopped. They run their course in spite of all opposing efforts, in

order to consume and exhaust themselves and be wiped out from the path of evolution. We must not allow our minds to be frozen by fear and paralyzed by indifference. We must enthrall our minds with hope, see the situation as it is, and plan for the future.

In many cases negative elements serve to increase the power of positive elements. Often the victory of the positive elements is achieved through negative elements.

We are told that the Hierarchy has used the technique of "tactica adversa" to achieve success for evolution. "Tactica adversa" is an extremely cautious and wise action to channel the flood to destroy obstacles. For such a purpose They watch the building up of the flood, but They take those steps which prevent the flood from destroying the foundations of life so that it only destroys itself.

Hope allows you to develop patience, and patience allows time to plan, to study, and to take wise action. Patience is the ability to stand unaffected by the negative elements of events and the ability to see and to cooperate with the positive elements which emerge from events. You see the events taking place, you feel they must exhaust themselves to give an opportunity for positive forces to take over, and you cooperate with those elements in order to increase their potency.

3. *To increase our hope, we must also read the biographies of successful and victorious people.* Great leaders became great when they overcame greater obstacles. Hope was the leading star in their lives. Under the inspiration of hope they did not give up when many obstacles appeared on their way.

4. *To increase our hope, we must daily, for a few minutes, visualize success, victory, and the manifestation of beauty in ourselves and in the world as a whole.* People build ugly and destructive thoughtforms daily and pollute Space. To overcome such a pollution, people of hope must send doves of hope to inspire people with constructive and bright visions. Once hope is put into action, it inspires us and leads us toward heroic action.

Try to increase your hope daily for a few minutes by visualizing beauty, goodness, and justice spreading everywhere and charging all life forms from their foundations. Hope is a great magnet. It attracts powerful energies and forces to help you achieve your constructive goals.

5. *No one must run his life on the gears of defeat.* Defeat and self-defeat are the result of hopelessness. Where there is hope, there is no defeat. To have hope is in itself a great victory; it makes you keep on in your striving. Striving is a thread on which the pearls of all achievements are hung.

Do not accuse or hate yourself. Deal with yourself very carefully. You do not have the right to build obstacles on your own path. Accusation destroys your hope and makes it go deeper and deeper and hide in one of the caves of your being. You must not let it hide itself, but it must burn forever and ever in your heart, always charging you with new inspirations.

Defeat and failure are great lessons on the path of success.

Hope is not only an energy which gives you courage, daring, strength, and tranquility, but it is also a step-by-step process of illumination. Hope reveals you to yourself. In the process of hoping, often you do not see how the veil is pulled away from the face of your true nature. But this realization becomes a fact in your consciousness immediately after your hope disappears or your hope turns into a reality. The hoping process is a self-actualization process in which you not only bring into reality that which was hidden, but you also perceive the process of transformation of what you were and what you are in the process of becoming.

Hope thus pulls you up, but very often it knocks you down, too, to cast away that which you are not and pull up that which you really are.

6. *Do not feel sorry if you failed or were defeated.* Try to find out the causes of your failure and the lesson you can learn from your failure or defeat. Often through the hands of defeat we discover the treasures of life. Wisdom is often the gift of failure.

When people work for fifty years and then fail, they think that all is lost. Thus they condemn themselves to fifty years of labor. In reality, we can fail in our actions, but we do not lose the accumulated wisdom gained through the labor to be saved for new opportunities and new occasions. Our Chalice accumulates many treasures which may be used in unexpected moments.

7. *Whenever you see difficulties on your path and feel discouraged, look back and see how many miles you already crossed on the path of your progress.* In my childhood when I would be traveling a long distance on foot, I would stop and look back and think, "So many miles already trodden. I can do the rest!" Past achievements can be used as sources of courage for future achievements.

8. *Seek the company of successful and enlightened people.* In their company your hope and your courage increase. In their labor and striving you can see that nothing comes easily; things that come easily, go easily.

I had a friend who used to always think that he was going to die. All my efforts to divert his mind from that thought were in vain. One day I took him to see a man who was 117 years old. This man was building a new home himself. Conversing with this old man and being in his presence for several hours changed the whole attitude of my friend. When we left him, my friend said, "I did not know that people could live so long. I am still a child, and he is building a house at age 117!"

Success, victory, beauty, health, and labor can inspire us with new life.

Once a child asked me what was the name of God. I said that one of His names was "Hope," the hope of glory, the fountain of all possibilities and opportunities. All great achievements are accomplished because of hope.

Sometimes the happenings of the times discourage us, but there are events that cannot be avoided. Throughout centuries people thought, spoke, wrote, acted, and created causes. These causes cannot be defeated in one or two days. They will create results with great tension, and catastrophic events will come into being.

There are problems that cannot be solved. We can expand our consciousness and see exactly how the problems developed and how in massive explosions they manifested. But we cannot solve them in one day. We study world problems, thinking that we can solve them. We can only prevent the creation of new problems if we study old problems carefully.

Events have their course. They rush on like a flood and exhaust their tension and force. Those who have hope begin to initiate new causes to prevent the development of future destructive events.

9. *Sit by a river and watch it flow.* See how many rocks the flow hits but how the river continues to flow. Such an observation can inspire you with hope. No matter how many curves and rocks try to prevent your course, you must feel the urge to keep on striving. Actually, you have greater joy and beauty if your river of life has curves and falls!

10. *Try to face all your labors as if the One Self is working through you for the benefit of the All-Self.* Hope is generated in you when you plug your soul into the One Self. As long as you feel and know that the One Self is functioning through you, you will always have hope and success because the One Self is the source of all hope.

When you limit your thoughts about yourself, you cut your contacts with the opportunity found in the One Self. Feel and know that it is the One Self Who thinks and acts through you. Recognize the One Self, and free yourself from the limitations of your separate self. All victories are achieved by the One Self; all failures are met by your separate self.

Hope *is* the One Self. Separate selves may fall into defeat — but not the One Self, Who is always victorious in His progress toward perfection.

Faith is the intuitive knowledge that things exist. Hope reveals the things that exist in subjective planes. Hope is the promise of salvation and the path leading to Higher Worlds. But we also have love. We have a trinity which is called, "faith, hope, and love," and the Apostle says that the greatest of these is love. This is a very interesting statement.

Through faith you know the existence of things which you cannot see. Hope reflects the image of the Self, Whom you are not aware of. Love is the revelation of the hidden Self or the actualization of the Self, Who made His existence known to you in your faith, Who made you strive in your hope, and Who made Himself manifest in your love.

Every true disciple is a fiery pillar of hope.

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