



OUTREACH

PROVIDING PRACTICAL TOOLS FOR ETHICAL LIVING • SEPTEMBER 2019

Embrace Freedom

by Jane Hawley Stevens



Jane in her garden in Wisconsin, U.S. Courtesy of www.facebook.com/4elementsorganicherbals.

When we realize our choices create our reality, we become much more aware of how we want to manifest life. For years, I have believed in the ethic of “you have to work hard to get ahead.”

I proceeded to start my business, based on the love of plants and nature, and it eventually turned into a real business! The management of employees, supplies, accounts, and financials did not feed my soul. In fact, I started resenting even the gardens that were my real passion.

Gita offered the Wesak group last year an opportunity to write about one of the virtues. I immediately chose Beauty. Then Gita said, “Don’t everyone choose Beauty!” I frowned, then was challenged to choose the hardest virtue to imagine, **Freedom**.

I started studying Freedom in Torkom’s books to explore,

learn, and expand my reality of what I saw as a very stuck life, unfree.

Last autumn, the FDA came and conducted such an intense review of my company, *Four Elements*, that I thought I might have to just walk away from my life’s work with nothing to show for it. I saw no way to manage my way out of the intense amount of challenges they put in front of us. I started to look for help with this momentous task. Luckily, the right person applied who could manage all the details to satisfy the FDA requirements. Later, a local woman moved back to the area with lots of farm experience. She could help manage the farm aspects! A team was built!

Choosing to study the virtue Freedom allowed me to open up to new possibilities. I was looking for Freedom in a space where I saw none. Then I chose to take five weeks to visit some

LETTER FROM THE EDITOR

Year In Review

by JB Maza

After the summer, I like to re-evaluate my New Year’s resolutions. Were they realistic? Did I make them a priority? Am I still disciplined in them today? In asking these questions, we have a chance to realign ourselves and our life with our goals.

This *Outreach* issue’s theme is discipline. This could put a bad taste in our mouth. You may have experienced discipline in a hurtful way in the past. But think how strong you are today and how you discipline yourself in the Teaching. You cannot be a student of the Ageless Wisdom without this key ingredient. Review where you are and where you want to go for the rest of the year and apply that discipline that every disciple requires.

herbal and horticultural highlights of the world. My world did not shatter – it expanded!

I put effort into learning the most I could to bring back the inspiration and knowledge gained for my community. Returning, I am motivated to create more beauty in my community and increase freedom for my family, my employees, and myself.

I am grateful to Gita and this group for support in the development of a better me, to bring the virtues of Beauty, Goodness, Righteousness, Joy, and Freedom for a greater world.

Energy Matters

by Gita Saraydarian

Our new Center is being designed and built on the standards of The Living Building Challenge. The Living Building Challenge is a green building certification program and sustainable design framework that visualizes the ideal for the built environment. It uses the metaphor of a flower because the ideal built environment should function as cleanly and efficiently as a flower. There are “petals” that guide the design, building, and furnishing of a building to make it a living structure. Each structure in our life, like a human being, grows out of an organic foundation of nature. Wise designers and builders have committed themselves to try to factor in as many of these “petals” into their designs as possible. Of course, that is not an easy proposition since every city and municipality has its own laws and regulations. However, our team at Orcutt & Winslow are doing as much as they can to invigorate as many petals as possible into our new Center.

We can help!

As we move through our building process, we can energize the Center and our commitment to these living principles by focusing on one principle every month. These will energize the building blocks of the building.

September and October will be *Beauty* months.

We can link energetically together in Beauty, link to the Principle of Beauty in the Higher Worlds, and maximize Beauty in our lives as much as possible during these two months. As we maximize Beauty in our lives, the design and building will be energized and the building will be beautiful in its appearance and function. Here are some



Above is a chart created by Orcutt & Winslow, the architects hired to build TSG's new Center, to illustrate how they plan to connect TSG's seven living principles with The Living Building Challenge principles.

suggestions on how you can be part of the building blocks of the *TSG Center for Spiritual Development*:

1. Commit to Beauty in September and October and find the best ways you can maximize beauty in all forms in your life. For example, make yourself more beautiful, organize your home and your office. Dress to express beauty. Speak beautifully. Write beautiful words in beautiful cards to friends and family. Send your psychic energy to anyone through writings, your voice, and your choice of words.
2. Every morning, be sure to say the simple prayer to Beauty and visualize the TSG Center as you do so:

**O Giver of Light, the Cosmic Beauty, permeate my whole nature with Thy rays. Kindle the flame on the altar of my temple, so that I may live as a beam of light, in Beauty, until the sunset of the day...of my life.*

As you recite this prayer, think of hundreds of others saying it with you and energize the TSG land with the power of Beauty.

3. Send a *Beauty Donation* to TSG in any amount. Make this your contribution to the principle of Beauty for the TSG Center.

In taking these three simple steps, we energize the Principle of Beauty in our life, link it to the Center, and imbue our donation for the building to be filled with Beauty.

These simple steps will help us build and sustain a spiritual Center on the Seven Principles, starting with Beauty.

Click here to give your Beauty Donation.

*Prayer from Torkom Saraydarian's *A Daily Discipline of Worship* p. 7.

Concentration Changed My Life

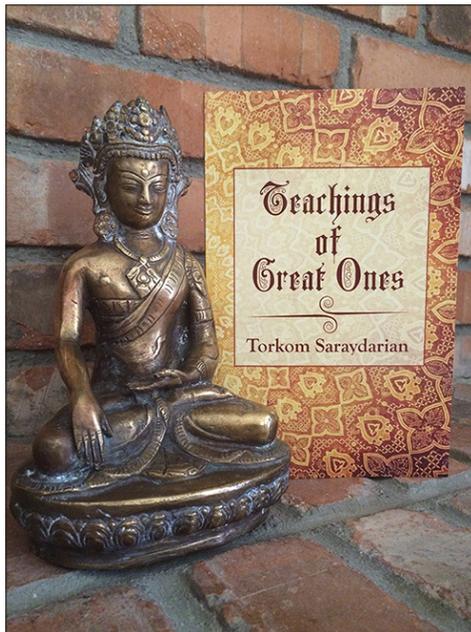
by Sreenivas Kadiyala

I would like to cite a point which caught my attention and deeply influenced me while studying the chapter “Upanishads” from *Teachings of Great Ones* and that point is **concentration**.

In the chapter, Torkom says, “... generally concentration is taken to mean to focus your mind. But in reality concentration is total dedication of your life for a great purpose, for a great vision, for a great plan.”

While I was reflecting on this new view given by Torkom Sir, slowly I could understand, and get a different perspective which made a lot more sense to me. What I liked the most is that the object of our concentration should help in our spiritual growth and advancement and that is the central and key point.

In my life, I constantly struggled to keep myself motivated, whether it is personally or professionally. Nothing really interested me in my life. For some reason, physical life could never motivate or drive me to improve myself or achieve something. Even if it did, it was only for a short duration of time and was always temporary.



Fortunately, I started to develop an inclination toward the spiritual life, and it all started from my quest to know what is going on in my life. For several years, there was just one question in my mind which was, “What is going on in my life?” This started at the age of 15. This constant quest continued for 10 long years till 2010 and finally, I found Torkom Sir’s teachings.

Instantly, I was able to strike a chord with Sir’s teachings. At that time, I had no idea that Torkom

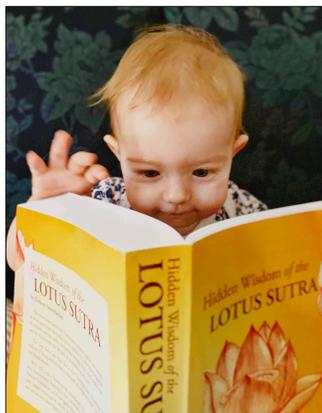
Sir’s teachings would permanently change my life, forever. These teachings slowly gave me the answers to all the questions that I had for so many years.

As time passed by, my love for Torkom Sir’s teachings and spirituality grew day by day and slowly I started to develop an interest in my life. With Sir’s teachings, I was able to give a new meaning to my life. Finally, my life got to a point where I realized that my spiritual life is the most important and that I am here for my spiritual progress and growth.

Once there was genuine teaching in my life, slowly everything fell into place and I could experience tremendous changes and transformation. I was eager to know about spirituality and what it really is. I started to attend classes on Torkom Sir’s teachings. I started to feel good and slowly I was getting true motivation as the Teaching was real.

When our group started to form and we had to maintain it, we needed resources and this motivated me to earn money. Whenever I was lacking motivation, I thought about

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Teaching Future Disciples

Guilia (pictured left) explores the page-turning *Hidden Wisdom of the Lotus Sutra* by Torkom Saraydarian. Her parents have studied the Teaching for years. It is so beautiful to see not only how the Teaching has impacted people’s lives for the better, but also how they express their new-found joy with others, especially their children!

If you have any photos of your little ones or big ones enaging with our books, please email the photo and a brief description to jb@tsgfoundation.org.

We would love to feature photos of how we express this beautiful work around the world and throughout humanity.

Concentration Changed My Life *from page 3...*

my group and that gave me the necessary energy and motivation to move forward.

I can say that Torkom Sir's books have truly changed me and my life completely.

Years back, I was a person who never understood what was going on in my life, why I was even here on this planet in the first place, or what was the goal and purpose of my life. But, after coming in contact with Torkom Sir's teachings, slowly I started to realize that the Teaching is what I love the most. My spiritual progress is what I actually want in my life.

Then slowly, slowly I realized that just reading or listening to the teachings will not help me in my spiritual progress, but it's only by applying the Teaching that real and actual progress can be made. This realization again gave me tremendous motivation to strive, to learn the Teaching, understand it, and apply it in my day to day life. The power of the Teaching is truly unbelievable, and one can only understand and realize its power when he experiences it for himself.

There is something truly magical about real Teachings. Once we are able to touch it, our life changes forever!

Torkom Sir's teachings gave me a glimpse of what a human life is actually about, where we are supposed to go from here, how we are supposed to live, and what our duties and responsibilities are. People generally don't talk about our actual purpose in life or why we are here or what our actual destination really is. We are mostly stuck in our physical life with our family, friends, work, earnings, which after a certain time do not give us the needed satisfaction or motivation to progress in our lives. Our life gets well, but truly mechanical. Only our will and zeal for our spiritual progress can provide us with ultimate motivation which will help us to strive and make real progress in our lives.

My life started to evolve and take shape over Torkom Sir's teachings. Just like how a creeper plant needs support and uses that support to grow, I started to take the support of Torkom Sir's teachings, grow and make progress in my life. It's my extremely good fortune that I

found the real Teaching in my life on which I could rely and dedicate my entire life to an extraordinary vision given by an extraordinary spiritual master and teacher.

Added to all this is a group like TSG Foundation which has students who are totally dedicated to the Ageless Wisdom Teachings and are dedicating their entire life to actualize a great vision and constantly striving towards it.

When I started to reflect on the seed thought meditation, all the above slowly started to flash in my mind and I could deeply connect to it. I was able to recollect all the experiences I had been going through since I came in touch with Torkom Sir's teachings and how my life had changed.

All of this gives me a tremendous amount of confidence, motivation, and inspiration. My life is moving forward in the best possible direction. I plant to keep up my striving, commitment and become a totally dedicated student of the Ageless Wisdom Teachings. I have firm faith and trust that I can confidently dedicate my entire life towards a great vision and strive towards actualizing it.



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TSG's 2020 Annual Conference

Join the conference prep course today!
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