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Mission

The purpose of TSG Foundation and The Torkom Saraydarian University (operated under the auspices of T.S.G. Publishing Foundation, Inc.) is to be a pathway for self-transformation. Our work is based on the Core Values and Higher Principles of the Ageless Wisdom. We offer a complete line of spiritual products and services, including intensive spiritual training on site and by correspondence. T.S.G. Publishing Foundation, Inc. is a nonprofit, tax-exempt organization.

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Continuing the Legacy... Mind Set and Goals

By Gita Saraydarian

In the Ageless Wisdom Teachings, we are taught to be one-pointed, determined, and focused in our life. We are taught to follow the purpose of our life, to set goals and live a goal fitting life. We are taught to set high standards and let our hearts guide us through our life's journey.

In the process of setting goals, the inner standards that we have and use will determine the kind of outcome we have. Our physical health, our emotional belief structure, our mind set will color our choices. The simple act of setting goals and following them can be extremely helpful in our life, or it will start us on a difficult path. The results of goal setting can vary and manifest as one of the following:

- Deep commitment and faithfulness
- Fanaticism
- Fundamentalism
- Dropping out, not caring to go on any path, having no goals

Whenever we set goals for ourselves, we need to be mindful that we are taking care of our own personal needs and growth, and doing this in a way that is harmless to others. When a disciple sets his goals, he takes into account the effect his goals will have on others around him.

When we set spiritual goals for our life, it is important to ask the following questions:

1. Why am I setting these spiritual goals?

2. How do I expect to achieve them?
3. What tools do I need?
4. What conditions in my life will help or hinder me?
5. What effect will my plans have on others around me?
6. Are my goals selfish and exclusive, or are they inclusive and expansive?
7. What are the foundations that color my physical, emotional, and mental bodies?

The spiritual goals and plans must be just as realistic, honest, and clear as a sound business plan. When we work with our spiritual nature, the deeply complex human mechanism comes into play. Most often, we have no clue as to what lies hidden beneath our consciousness. As soon as we embark on a journey, everything hidden in our life comes out.

We will discuss four possible conditions that can result from the process of setting spiritual goals: Faithfulness, Fanaticism, Fundamentalism, and dropping out. Let us look at each of these in more detail.

1. Faithfulness

If we want to have a deep faithfulness develop in our life and a continued commitment to the Teachings and to our goals, we need to find out what faithfulness is and how it is accomplished.

Faithfulness is the most desired condition that comes out of our goal-oriented life. In

such a life, we set goals and plans for our life that always take us along the path of spiritual development for ourselves and for everyone we come in contact with. We understand, deeply, that the principles that we believe in are good and will help us and others achieve their goals in life.

Faithfulness means to have a deep belief and understanding of the essence of the spiritual Teachings. You know, without a doubt, that the Light and Truth will always triumph. This can be due to conscious experiences you may have had, a memory from the Higher Worlds, or an imprint on your soul from past experiences.

A faithful person understands, intuitively and in his heart, the truth of the Higher Principles. Such a person lives a principled life no matter where his life takes him. His goals, his purpose in life are always toward the good and the highest.

How does this work? A faithful person understands, deeply, the foundation, the wiring system of the Teaching. Such a person understands the basic source from which we derive our entire understanding of our placement in life.

What is the foundation of the Teaching?

“The Ageless Wisdom is the path which leads to synthesis and unity.... The purpose of the Ageless Wisdom is to create synthesis. Each part and expression of the Ageless Wisdom stands for unity and synthesis; it teaches the steps of how to reach unity and synthesis.” (*The Ageless Wisdom* by Torkom Saraydarian, p. 24.) Foundational principles help us have the mind-set, the emotional balance, and health that will lead us into a pure life and pure goal-fitting living. When we have these foundations firmly in mind, and when we live and make our decisions and base our relations with all of life on these principles, our choices will reflect our inner essence. Some of these foundations follow:

1. There is One Creator, One God.
2. The Spark of God is in everything, in every part of existence. God is the Creator. And in each of us there is the Spark of God.
3. The Masters of Wisdom, the Hierarchy, are composed of initiated men and women who assist God. They are Great Ones who have graduated from the human experience and achieved Mastery over Their personality lives. These Masters are assistants, workers, who help God manifest His Divinity on Earth.

4. God has a Purpose for our Planet.

5. Life progresses and the Spark of God moves from one kingdom to another: mineral, vegetable, animal, human, superhuman, angelic.

6. Hierarchy plans for the unfoldment of the Purpose of God. They inspire, encourage, and guide mature and pure human beings who will listen to Them and are able to express this inspiration in their own fields. Inspirations are expressed in literature, social movements, science and education, music and dance and art, political movements, religions, financial and economic and philosophical movements. The men and women who are inspired by the Hierarchy and who in turn express and formulate these impressions are the leaders, the movers and shakers of our planet Earth. They are the heroes. They are the intellectuals in the truest form. They are the philosophers, the vanguard of culture. In every corner of our life, we can see the new thought, the new movement taking form, given birth by someone in the vanguard of society.

7. God sends His Avatars in time of great need. In various times of the history of the world, we saw very Great Ones, such as Buddha, Christ, Zoroaster, Lao Tze, Confucius, Mohammed, Moses, Krishna, and many others who are Great Beings sent to earth to help uplift humanity and reinforce anew the primary principles of Divinity.

8. The heart helps us understand the Teaching. We tap into these Teachings according to our level of consciousness and according to the development of our minds and hearts. It is the heart that understands the Teaching; it is the heart that guides us to what is true and not true.

9. The Teaching is organic, ever expanding, responding to the unfoldment of humanity. Our experiences, longings, invocations have a response from Divinity. The Teaching is never static, but each expression, no matter how far back in antiquity or how modern, still maintains the kernel of truth and connection to the source.

10. The Ageless Wisdom Teaching is expressed in the Seven Fields of Human endeavor. Each expression can be inspired by the truth, but it also reflects the person who is expressing it.

Faithfulness seeks the truth in any situation. “The attitude of faithfulness is a search for truth and fact, no matter where they are found. To be able to pursue such a search, one must really believe that his faith is based upon a real foundation.

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“Faithfulness gradually turns into an all-inclusive search for Truth. Such a person no longer belongs to his church, philosophy, group, and so on, but he belongs to the Truth. Such a person fits in with all religions, in all philosophies and sciences because he is able to sense and see the essence of things instead of their phenomena.” (*Ibid.*, pp. 47-48.)

When we adhere faithfully to the principles of the Teaching, it helps us place ourselves in the world. We need to feel that we belong to something far greater. We will have answers to questions such as: What am I doing? Why am I doing this? What is the reason for my striving? When we understand the principles of the Teaching, we will see that there is a purpose and plan for our life, and that our life builds a tapestry with other lives.

Being faithful in our life means that we understand these ideals in their essence. We understand them in our hearts, and that gives us the courage to continue with our striving. As long as we understand these with our hearts, we will be able to have some wonderful qualities and personal integrity.

We will be tolerant of other expressions, be they religious, cultural, or political. Tolerance means we are able to see the larger picture and we do not view other opinions or beliefs as a threat to our way of life. Being tolerant gives us courage and strength to have confidence that our life is good, that it is directed by good principles, and that our expressions are one of many other good expressions. Tolerance is not limited to being open to varying ideas in one field, but to be open to ideas and opinions coming from across disciplines. In other words, there is interdisciplinary appreciation for all things good and beautiful.

Faithfulness helps us see the uniting thread in all expressions. Can we see the thread in music, art, poetry, sacred scriptures, cultural expressions, dance, books, and so forth? Every revelation, every truth and wisdom, in whatever form is part of the Teaching when it is based on core values and principles.

A faithful person is able to revere the original source. “Faithfulness to the Teaching is based on the belief that the accepted and taught Teaching is going to be carried on as it was given by the original Source.

“Faithfulness to the Teaching does not attack the other forms of beliefs, the followers of which consider their own beliefs beneficial for many people, but faithfulness to the Teaching rejects all those elements in other beliefs that are sectarian, superstitious, separative, and charged with the spirit of fanaticism.” (*Ibid.*, p. 45.)

Faithfulness is a state of mind. You have the confidence that you will find the truth when you search for it. This means that a faithful person has a solid foundation. For example, if a person has no self-confidence and needs to be boosted up in his belief system, he is likely to believe anyone who makes claims. There are many claim makers and they have followers. Why? Isn't it because a person with little faith, with no self-confidence, seeks ways to validate himself? Such a person is looking for someone to take over his life and tell him what to do and not do. In the Teaching, no teacher, no leader will allow blind followers.

Faithfulness means that when we have a solid foundation, we search for the truth wherever it may lead us. It is just like a good investigation: We do not have preconceived outcomes before we start an investigation. We are searching for the truth. If we dare to see the truth when it presents itself,

we can find freedom. Being truthful is a solid armor for us. It gives us strength and protects us. It puts us in line with the creative energies of the universe. This is how we gain strength from the Truth.

Faithfulness means that the person is firmly established in the life of core principles. Beauty, Goodness, Righteousness, Joy, Freedom, Striving, and Sacrificial Service are ways with which we can measure every aspect of life, every teaching, every person, no matter what their claims are. When we adhere to these principles, we will see that every expansion of the Teaching in various lands and by various Great Ones, is always in harmony with the original. When we look at the essence of any Teaching, we do not see contradictions. Contradictions appear in commentators who are not well versed in the essence of the Teaching.

A faithful person does not allow any faulty Teaching to enter into his expressions. He guards the Teaching and stays true to the treasures of Wisdom. Such a person is dedicated to the Pure Light.

We can set our spiritual goals by having deep faith in the goodness of life; with faith in the principles of the Teaching; with the faith that the love of God and the Great Ones will see us through our difficulties; with the view that life grows and ever expands; with the view that we are part of the greater life; with the view that we will grow and become triumphant; with the view that we will benefit from life by becoming faithful to the essence of life itself, the love that underlies everything in life. Such a foundation will propel us into a deeper life of faithfulness.

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2. Fanaticism

A person who defines his goals in life with narrowness and intolerance can end up being a fanatic. Such a person defines his goals in terms of getting others to believe in what he believes. He is not happy being a fanatic by himself. He has to control the actions, feelings, and thinking of others as well.

“Fanaticism is the imposition of a set of beliefs on others, proclaiming that all else is against the Truth. A fanatic thinks that his beliefs are the only way to achieve perfection. Generally, fanaticism carries with it a few ugly companions—anger, violence, imposition, treason, malice, and slander. Fanaticism uses them all.

“A fanatic is always closed to new revelations or discoveries. He is attached to whatever he has, and he cannot expand his mental prison.” (*Ibid.*, p. 45.)

Fear is the mode of operation in a fanatic. This fear makes the person take actions that hurt others.

A fanatic person has taken one part of a belief system and has tried to impose that version as the only one. A fanatic is someone who views life very narrowly and allows for no other interpretations or ideas. It is most prevalently expressed in religion but can also be seen in separate nationalism, racism, and hatreds of the worst kind.

Fanatics use race, nationality, religion, or a leader as weapons to control and oppress others. They use wealth, power, position, education, and other external and personality inspired measures to divide and separate people.

A fanatic falls into anger, violence, imposition, treason, malice, and slander. Why? —Because there is no faith in the fanatic. There is no respect for the Divine Essence. There is no self-confidence. There is no heart. The fanatic feels threatened and wants to control. Fanaticism breeds the likeness of itself.

Fanatics believe that they indeed have faith in God and His messengers, but in reality they do exactly the opposite of the Teachings of the Great Ones, especially the One they profess to follow. Fanatics do not even do what their own teacher stood for and taught! If every student did exactly as his Teacher taught, or as his Master taught, we would have no wars, no intolerance, no greed, no hatred.

A fanatic is closed. There is no way you can open the person to new discoveries or revelations. The person is in a prison: mental, emotional, and spiritual. A fanatic does not grow, but stays on the same old tune, on the same old ideas. Such a person is in danger of obsession and possession.

When fanaticism expands beyond the individual, it persecutes other individuals, family members, groups, and nations. When fanaticism is strengthened by political power, economic power, by fear of others, it uses everything from religion to culture to express this power. The motive behind these actions is not to govern and help others to grow, but to control, to harm, to stop the evolutionary progress of life.

When fanatics express their ideas, they use bits of truth, and draw conclusions and opinions that are totally distorted. Unwary people can easily fall into these traps if the power of discrimination and discernment is not present.

We find fanatics in every religion. We find fanatics in every nation. We find fanatics in every system of thought and in every field of human endeavor. We find fanatics who hate people even within their own culture and religious beliefs. We have fanatics who hate people within their own race and color. We even find these fanatics in the Ageless Wisdom Teachings! Such fanatics have forgotten the source of their wisdom, and have not seen that the Source is the One and the Same.

When we define our life goals through our narrow definitions and understandings of life, we are susceptible to mixing our fears, frustrations, and lack of faith into our life plans. If we have low self-esteem, are easily swayed by others, or are looking for something to lead us and give us self worth, we can fall victim to fanaticism. Fanatics are never happy with their own state of affairs; they are constantly looking for ways to manipulate and impose themselves on others.

3. Fundamentalism

“Fundamentalism is not faithfulness. Fundamentalism is a belief based on certain foundations that were laid two thousand to seven thousand years ago. Tradition, or the writings that were given long ago, had a different meaning then than our current translations and we erroneously tend to accept our translations as the solid truth.

“Even if these foundations are understood as they were before, they will not necessarily meet all the various needs and demands of contemporary humanity. Human life is progressive, and on each step of its progress it has new needs, new keys to solve problems, new demands, and new aspirations.” (*Ibid.*, p. 51.)

When we define our goals in terms of restoration of the past and using the tools of the past to solve our present problems, we can fall prey to fundamentalism. In a simple

News

The Full Moon lectures by Gita Saraydarian are now available on audio tape; \$8.00 per tape.

Wesak 2002 Conference (April 25-28) is almost upon us. The deadline for registration is fast approaching. Please call us for late registration.

The play I Was, written by Torkom Saraydarian, will premier on Saturday evening, April 26th, from 6-8 pm at the Sedona Creative Life Center. If you are registered for Wesak, admission is free. Or, you can purchase tickets for you and your family for \$12.00 per ticket. Call us for reservations.

Gita Saraydarian will be in London, Edinburgh, and Aarhus (Denmark) in September 2002 for a series of seminars and lectures. Contact us for details.

Calendar

May: 7th, 14th, 21st, 28th and June 4th, 11th, **Higher Dimensions and Other Worlds**, Tuesdays, 7-8 pm

Full Moon Meetings in Cave Creek: Please note the next two full moons will take place on Sundays:

¶ **Sunday, May 26th, The Sun in Gemini:** Lecture and Meditation with Gita Saraydarian, 10:00 am to 11:00 am.

¶ **Sunday, June 23rd, The Sun in Cancer:** Lecture and Meditation with Gita Saraydarian, 10:00am to 11:00 am.

Sedona Full Moon Meetings

¶ Sunday, May 26th, The Sun in Gemini: Lecture and Meditation with Damon Catizone, 11 am to 12 noon.

¶ Sunday, June 23rd, The Sun in Cancer: Lecture and Meditation with Damon Catizone, 11:00 am to 12:00 noon.

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example, we cannot use typewriters to manage our office needs; computers are needed. The work culture of the past is no longer a valid model for today. We cannot use the old Yoga disciplines. They can be harmful to our health. Discipleship in the present world demands life in a family, group, and community setting, and not monasticism. The Teaching is not hidden away and given only to a few selected hermits. It is open to anyone who knows how to read. Children need love and joy in their upbringing, and not corporeal punishment and threats. What was good enough for our parents and grandparents no longer work for us.

Fundamentalism grows once again from fear—fear of change, fear of uncertainty of the future, fear of new tools and new challenges. It can grow into rampant conservatism that becomes isolationistic, separative, and erects physical, emotional, and mental barriers. The Teaching tells us to bring down these barriers by showing us how we are all one, and how we need to take responsibility and learn cooperation, even on a global scale.

A fundamentalist is not necessarily a fanatic and harmful to others. But he or she has a narrow approach to life and a fearful approach to life. It can harm others when it

is used as an excuse not to help others, not to educate others, and is used to maintain the status quo in power and position.

Fundamentalism self-destructs eventually because it does not allow for human growth, expansion, and progress. It does not allow for innovation and creativity and adaptability to new conditions and needs in life.

So, our goals cannot be based on the restoration of the old, sticking only to the past, not allowing growth, not giving room for innovation and creativity. Our goals need to be future oriented, allow for growth and creativity, allow for expression of diverse ideals and beliefs. Our goals cannot be set in reaction to someone, to counter someone else, or get even with anyone. Our goals need to consider the legacy of the past, and see how this legacy can be taken into the future. The past has the spirit of truth in it, and it is the spirit that is used for the new formulations.

4. Dropping Out

There are occasions when a person sets goals on a regular basis, gets into some sort of discipline, yet after some time, he drops out and is never able to stay consistent with his desires and visions. How does it happen? There are many reasons for this:

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1. By doing too much too soon, we take in more than we can chew. Our list of goals gets longer and longer. Our bodies get tired, our centers get overloaded, and the energy coming in is not able to circulate freely since the bodies are not ready. We can become discouraged, get exhausted, and give up. Or, if we keep trying to fulfill our goals, we get physically, emotionally, and mentally ill.

2. Our life and karma may be standing in the way.

3. Not practicing what is learned but continuously reading and loading our bodies with information and experiences will cause us to drop out. Every new addition becomes a burden. Eventually, the entire package is thrown off or the person suffers from various ailments.

4. Not knowing how to organize and prioritize is another reason. Goal setting does not consist only of writing down ideas. There must be a plan of implementation.

5. Being unclear about one's role in life, with the family, with the children, with parents, with friends, and so on is another. Sometimes people are stuck in relationships even within their families that hinder the fulfillment of their goals.

6. Being exposed to high mental ideals before the mind is fully developed is dangerous. This is especially harmful to children. If they are forced to believe a certain set of beliefs too early, and they are not able to comprehend them, they will eventually drop out or become fanatic and harmful. So, it is very important how we present the Teaching to children or to young minds.

7. A person studying and following too many varieties of Teachings too soon will eventually be confused and overwhelmed. "To be able to achieve such a state of consciousness [discrimination], the beginner, no matter of what faith, must be protected against the penetration of other religious beliefs or philosophies until he develops a foundation in his own faith. The mechanism of the mind can be damaged very easily if, for example, a child is taken from his environment of faith and beliefs and then filled with other presentations of the Teaching. At such an early stage, only contradiction and confusion will be created in him, nothing else." (*Ibid.*, p. 48.) Only after clearly understanding the principles of one path is it safe to study and learn about others. We must not approach the Teaching as a supermarket from which we can take a little bit of this, a little bit of that.

8. A person also drops out when he approaches the Teaching in order to stick to the Teacher. Many people see the Teacher as their goal. They want to be like the Teacher, marry someone like the Teacher, live a life that they think the Teacher lives. Soon they get disappointed and give up. They become fanatic, exacting, rigid, and pretend to be greatly spiritual and observant. But when a crisis occurs, they are not equipped to deal with it and they are overwhelmed and drop out. It is interesting to observe that such people either drop out or seek another similar relationship that they can build with another teacher.

9. A person drops out because he is not open in his heart to the suffering of humanity and the need to serve and help others. Such a person has only one goal: self-gratification. Such people are only concerned with their own mate-

rial well-being and comforts and cannot be moved to look beyond it. They only take, and give nothing in return to anyone. Such people are spiritual gluttons.

10. A person subconsciously sabotages his path due to deep underlying issues and guilt complexes.

11. Being disappointed after following the wrong teacher and the wrong teaching is another reason. There is a deep wound created in the person because he feels his trust was violated.

We can set ourselves up for failure if we become, consciously or unconsciously, spiritual gluttons. We are doing a great disservice to our souls. We want enlightenment, everything, immediately. We set our goals primarily for self-interest, no matter what we sound like to others. If we set our goals to satisfy our selfish spirituality, we are in danger of being attracted to the wrong teacher and the wrong teaching. We are in danger of hurting ourselves. We will eventually drop out because this does not cause the Teaching to take root in our souls and it does not cause transformation. If we set our goals for the wrong reasons, as soon as life adjusts itself, we will find ourselves with no goals, no purpose, no direction in life.

The following signs, singularly or in combination, are an indication for you that something is wrong:

- If you start to study and meditate and do not continue
- If you see the same pattern of challenges that interrupt your progress
- If you see physical and emotional and mental imbalance or ill health

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- If you see you are involved with the wrong teacher or teaching
- If you are having lower psychic developments
- If you see an increase in ego, glamors, illusions or other vices
- If you are internally very unhappy with your present situation

These are signals for you that something is wrong. If this happens, it is time to take a break and have a real heart to heart talk with yourself. Be honest and open. Face yourself. See what the challenges are in your life. Seek help from a good friend, a counselor, or a good teacher. This is not a process of self-blame but of self-responsibility and purity of motive.

The Teaching is fiery. It is to be used only for the actualization of your higher potentials and to cause transformation in your life. "The Teaching must be approached also with the intent to learn the following: how to love, how to lose self-interest, how to serve, how to increase joy and freedom, how to liberate people." (*Ibid.*, p. 132.)

We can ask ourselves: How am I approaching the Teaching? How do I involve the Teaching when I set my goals in life? Are my goals driving me further into faithfulness to my essence? Are my goals so self-centered that I will eventually be disgusted and give up all together? Or are my goals geared to serve only my own personal needs? Do my goals make me adhere only to fundamentals of the past or am I open

and willing to learn new applications of the foundations of the Teachings?

We can examine our lives carefully and re-adjust our goals in life. Every aspect of our life, whether it is eating and drinking, exercise, meditation, prayer, service, study, making money, whatever it is should be based on a solid goal. We can check our goals and see how our mind set is affecting them and what our mind set is making out of our opinions, feelings, and beliefs. Even our spiritual study and meditation and prayer cannot, at the end of the day, be self-centered.

"The foundation of the Ageless Wisdom is Light—Light which is ever-progressive in Its expressions and manifestations." (*The Ageless Wisdom*, p. 52.)

The Origin of Temple Dances

Excerpted from *The Creative Sound: Sacred Music, Dance and Song* by Torkom Saraydarian

In trying to restore the harmony in space, people do have a role to play in affecting the human life and gradually eliminating disturbances going on all over the world in the inner fields of man. Thus, real dance and music are agents of healing, restoring, and harmonizing.

Temple dances build a bridge between your personality and the Soul, if there is right intention behind your dancing.

It is important to know that dancers on the dark path cannot build this bridge, first, because the Solar Angel does not agree with them, if they have Solar Angels, and second, the human soul, or ego in the personality, cannot detach himself from the bodies and aspire to freedom.

When the dances are performed to speed the evolution of the human soul and offer a service for others, the human soul affects the physical, emotional, and mental bodies and gradually subjects them to his will through the rhythm and music. Then, instead of being captivated in the bodies, he disciplines them to do his will. Gradually the personality vehicles become more and more sensitive to the human soul, and they absorb his light and fuse with him.

It is after a certain degree of discipline that the human soul attracts the attention of the Solar Angel, and gradually the influence of the Solar Angel penetrates into the personality vehicles and helps the human soul to

proceed further on the path of his freedom and fusion with It.

This is all done through the Temple dances, through the rhythm of movements, and through the rhythm of music and singing or chanting.

Thus, Temple dances are daily rituals to accomplish fusion with the human soul or personality vehicles and fusion between the human soul and the Solar Angel. Thus the dance is a daily ritual to accomplish the building of the bridge between the Higher Worlds and draw inspiration, ideas, visions and impressions for the service of all living forms in the Universe.

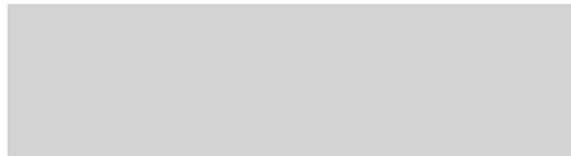
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Special Announcement

As a service to future generations

As a service to future generations, TSG Foundation is interested in collecting, archiving, and publishing the experiences, anecdotes, photographs, and stories of those who studied and worked with Torkom over the years. We believe that this undertaking will provide those who did not have the opportunity to meet Torkom personally with a deeper insight into this exceptionally deep and complex Teacher of the Ageless Wisdom. In this process, we might all gain insight into this man traveling the path together with us toward the future.

If you would like to join with us in this effort to provide a historical biography of Torkom, we welcome your observations and experiences in whatever format you would care to present them, whether written text, photographs, cassette recording, or video tape. Your contribution to this effort will provide future students and historians the opportunity to see this man through your eyes and provide an opportunity for your voice to be heard.

If you are interested in contributing your experiences and photos to this project, please complete the form provided below and mail it with your story. For the sake of efficiency regarding this project, please direct your correspondence, manuscripts, or tapes to the address provided below. Requests for anonymity will be fully respected. Those who would like to provide their experiences for the record, but do not want to have them published, please check the last box below.

We look forward to hearing from you at your earliest convenience and appreciate your contributions to this endeavor.

Please feel free to pass this on to any other person who may also be interested in sharing his or her experiences.

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