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# OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

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Torkom Saraydarian  
1917-1997

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## Building Better Relations

Dear Friends:

As karma works itself out in our life, we need the support of a good family structure. Our family is formed by our relations, both biological and non-biological. A good support system is invaluable to our growth and development. We need to pay special attention to how we relate with others, especially those closest to us. Only through our relations with others do we grow and expand and become deeper and wiser human beings. We cannot change the past; but we can learn to deal with the present in such a way that our debts are paid and we do not incur new ones.

Human beings need people around them who love them, support them, sacrifice for them, and have unconditional support for their transformation.

Never underestimate your need for a good friend, a good family member, a good co-worker, a good spiritual brother or sister. These kinds of relationships are parts of God (or the Universal Intelligence, Will, and Love) in your daily life. If you learn how to relate with others in a noble and beautiful way and build bonds of family, you will have learned how to communicate with God and your Solar Angel. Family life is a life of initiation that eventually leads to the Mystic Marriage with our Solar Angel.

Family bonds are very important. In these kinds of relationships we are able to bloom and grow and transform ourselves. Family relations, biological or non-

biological, are the key places where we learn the art and science of discipleship. This kind of training is not offered anywhere else in our life. In family life we learn how to love and be loved. We learn the art of effective communication and right timing. We learn detachment and divine indifference. We learn how to sacrifice as well as how to set healthy boundaries. We learn to be expert organizers, psychologists, economists, and leaders. We learn how to manage our home, our life and our business.

It is only in our family life that we are exposed to all kinds of open, raw, confrontational experiences not available anywhere else in our life. The science of life is learned when we interact with others on a daily basis when our guard is down and we are ourselves. If we cannot get along with people in our homes, how can we even begin to approach the Solar Angel?

In this issue of Outreach, we present for you two articles from Torkom Saraydarian's books. A third article is written by a student about responsibility. I hope you enjoy these articles and learn how to better your most precious human relations.

With love and appreciation,

## Who's the Boss in a Marriage?

by Torkom Saraydarian

The majority of married couples have an inner anxiety over who is going to have the last word and who is going to make the decisions. Many tensions arise when a couple fights over who is going to be the one in command, who is going to decide the future of the children, and who is going to say what must be done or not done.

The answer to this inner question is that a united couple should not have such a question. The "commander" is neither the man nor the woman, but the most essential need. Instead of fighting for command, a couple must try to find what is most essential for the whole family, to find the highest good for the family as a whole. This "most essential" can be found by the husband, the wife, or by both. It should not make any difference who finds it.

When a person marries in good conscience, that person decides in his or her heart not to continue to cherish the ego but to leave it behind.

There is a joy greater than that of being "the commander" —that is the joy of co-working. Instead of exercising superiority over each other, a couple must exercise cooperation and understanding in relation to what is most essential. But this is impossible if the ego still rules and works for superiority, for individual interests, or for separative intentions.

*"The 'commander' is neither the man nor the woman, but the most essential need ... Each of them can lead the family alternately, according to the need and knowledge about the need."*

This brings up another question. What should be done if one person is able to see the most essential need, but the other person is completely opposed to it? First of all, one could comment that the couple did not use the best discrimination in choosing each other, but the answer to the question will be that the wiser one should try to prolong the time before any decisions are made. During that time he or she should use every skill to convince the other party by using intelligent reasoning and logic and by trying to make that spouse have a

wider outlook. Sometimes this approach works, if it is done intelligently and with loving understanding. If it does not work, the couple must find an experienced, impartial counselor who can discuss the matter with them.

There are issues that arise in a marriage that are not very important. Both marriage partners must see to it that such minor issues never become the cause for hurt feelings or actual cleavages. Let either spouse give up quickly or sacrifice to keep the family united. For really important decisions, however, let them strive for agreement. Significant decisions are not made by one spouse or the other, but by both of them together.

Every decision has two sides, the subjective side and the practical side. Generally, the man is better at deciding the practical side and the woman at deciding the subjective side. For example, a joint decision is made to build a house. It is then usually better if the man leaves the preparation of the blueprint and the interior decoration to the woman. He can add his wishes to these things, but she handles them. The woman then leaves the problems of actually building the house to the man.

Man can use the Intuition of woman as a guiding light, as foresight and insight. Woman can use man's experience, logic, and reasoning as her foundation. Without a practical foundation, intuition cannot work; and without intuition, the practical foundation cannot be built upon.

Cooperation is a misunderstood word. In cooperation, people do not do identical work to build one object; rather, each person has a different job to do in building one object.

If necessary, a couple can play certain games to satisfy their dying egos, to give each other a chance to play "commander." For example, when the family goes on vacation, they can take turns being the boss during that period of time.

*"Remember, in an ideal family there is no superiority or inferiority but only cooperation."*

*"Both marriage partners must see to it that such minor issues never become the cause for hurt feelings or actual cleavages."*

The success of “commanding” is based on the ability to be considerate. To be considerate means not to give any order until all sides of the problem or issue

*“Every decision has two sides, the subjective side and the practical side.”*

have been carefully checked and all expectations of the family members are felt. This develops in the “commander” the sense of responsibility. When the sense of responsibility develops in a person, he becomes a better co-worker.

When the vacation is over, if the commander was the husband, the wife and children should sit with him and express their appreciation and gratitude for his leadership. Then, after the man has accepted their appreciation and gratitude, he should ask the following question of them:

“If you were the commander during our vacation, what would you have done that I did not do, and why?”

Such a discussion not only brings in new ideas but also teaches the whole family how to be better commanders, which is good training for work in the world.

Remember, in an ideal family there is no superiority or inferiority but only cooperation. A married couple must always think that the interest of the whole family is more important than their personal interests.

People ask me who is the head of the family, and my answer is that a couple who really loves each other and respects each other does not have any trouble in finding the one who will be the head of the family. And if there is no love, understanding, and respect, no matter who the head is, there will be no head because they will not listen to each other.

In the past because of his education, experience, and physical superiority, man was considered the head of the family. This can still be true if the man is more educated and has deeper understanding, more experience, and more leadership qualities than his wife. In this case, she will not object to seeing her husband as the head of the family because he is qualified

and because she deeply loves him, respects him, and trusts his judgment.

If a loving family has a simple husband and a very educated and experienced wife, the husband naturally will allow her to be the head of the family because he loves her, trusts her, adores her, and to follow her lead will be a joy for him and more productive for the whole family.

To be the head of the family means to be under great responsibility, to do the best to maintain the integrity of the family, and to meet the needs of the family. It also means to be the servant of the family.

In more advanced couples who really love and trust each other, the question of who is the head of the family never occurs. Each of them can lead the family alternately, according to the need and knowledge about the need. The husband or wife will not argue if one of them knows how to handle a situation better than the other.

The most important thing is to annihilate the urge to be superior. In true love, understanding, and trust there is no superiority. The couple feels as one, and in that foundation there is no competition to be the head or tail.

Spiritual energies usually descend into the family through the head center of the man and the heart center of the woman to create a current of mind and heart. In certain conditions or needs the heart must rule, whereas in others the mind must rule. But this does not make any difference to a couple who feels one with each other.

If a man becomes the head of a family without spiritual, moral, and physical qualifications and he boasts of being the head, he will soon find out that he is only an empty hat.

Any effort to exercise superiority in a marriage or family ends with great failure. All superiority van-

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*“Instead of exercising superiority over each other, a couple must exercise cooperation and understanding in relation to what is most essential.”*

*“When the sense of responsibility develops in a person, he becomes a better co-worker.”*

ishes in the presence of love; then understanding and cooperation can be achieved.

In true marriage, a couple is obedient to the vision of unity, to the goal of sacrifice, and to the demands of cooperation — not to the demands of the personality of one or the other.

*“Significant decisions are not made by one spouse or the other, but by both of them together.”*

To obey does not mean to be inferior. On the contrary, it means to play a key role. On certain occasions, obedience can help save not only your own life but also the lives of others.

(Excerpted from *Sex, Family, and the Woman in Society*, Chapter 26, 2nd edition, by Torkom Saraydarian. Printed by permission of Copyright Holder, The Creative Trust. All rights reserved.)

Free first edition copies of *Sex, Family, and the Woman in Society* are available upon request. Shipping and Handling charges apply. Order online or contact TSG for shipping details.

*“People ask me who is the head of the family, and my answer is that a couple who really loves each other and respects each other does not have any trouble in finding the one who will be the head of the family. If there is no love, understanding, and respect, no matter who the head is, there will be no head because they will not listen to each other.”*

## *The Recognition of Others*

*by Torkom Saraydarian*

The sense of responsibility is the foundation of human relationships. A sense of responsibility in a person is a sign that he is advancing toward spiritual achievements. Without a sense of responsibility, a person does not have direction and usefulness. In this case, others cannot be benefited from whatever he has in his heart and mind, because it is the sense of responsibility that causes a person to use his body, emotions, mind, and life constructively, as a tool to uplift others' consciousness and as a tool to create right human relations. A great Teacher once said that the first sign of a person awakening to spiritual realization is the presence in him of the sense of responsibility.

Responsibility is based on the word meaning "responsiveness." There is no responsibility if you do not respond to things. Responsiveness is the registration of people's thoughts, feelings, motives, circum-

*“A great Teacher once said that the first sign of a person awakening to spiritual realization is the presence in him of the sense of responsibility.”*

stances and conditions. When you start responding to these things and when you discriminate between your responses, you feel more responsible for people's actions,

thoughts and how they live. Responsiveness creates in you a sense of oneness with other people and Nature. When you cannot see the trees, you cannot respond to their beauty. If you do not see rivers and mountains and do not hear the beautiful songs of birds, you do not respond and feel one with them.

Responsiveness is the first step which puts you in contact with other existences, causing you to feel one with them. For example, as you feel responsive, you will understand your friends and family members better. As you understand, you analyze more, and eventually you know the person better. Responsiveness is a device which brings you closer to that to which you are responding. Let us say

*“To what degree have you recognized talents in others?”*

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that there is a teaching to which you respond. When you respond to it, that teaching absorbs you and you absorb the teaching, eventually becoming one with it. Through responsiveness, you feel that you have a share in everything that is happening in the world.

When you become more responsive in your home, you realize that you share in the responsibility of what your children become-good or bad. First you give a body to the child. With your behavior, thoughts and emotions, you give your children, husband or wife a particular type of environment. Years later you may feel that because you acted and thought in certain ways, felt, reacted, and responded in certain ways, the children have become the type of persons they are. When you feel this, you become responsible. Thus you take actions to correct the things you did wrong, or you change your actions to create a better result.

On the one hand you took a certain type of action. On the other hand you know you should have taken a certain action, but did not. You feel responsible for each of these sets of circumstances. For example, your child or friend wanted your love and respect, but you did not give it to him. Instead, you ignored him and did not feel responsible for what he may be in the future. Or, you may have used drugs, fought and cursed. This created a child who became almost identical in character to you. You feel responsible for the results, thus creating a tie of oneness, feeling one with others through your responsiveness.

In the third case there is a sense of responsiveness in which you feel the talents of others. If you do not respond to their talents, the talents become "frozen." For example, a beautiful girl was trying to be a ballerina. Her parents were very cold toward her dancing. They did not respond to her talents. She felt frustrated and used her talents in destructive ways. The mother and father said, "We didn't do anything. We didn't tell her to dance

or not dance. She is responsible for her condition, not us." But in a subtle sense her parents were responsible, because they did not see her talent; they did not encourage her to work for and nourish her talents. Because of that, the girl used her talents destructively. A law may be extracted from this: **Whenever you do not recognize the talents of others, you cause them to use their talents destructively.**

Most of the problems in our families and friendships lie in a lack of responsiveness and responsibility. Once you respond to another person's talents, you feel responsible to cultivate and encourage those talents. Help that person to manifest his or her talents. **Only by recognizing the talents of others and working with them to manifest and cultivate those talents, do you find the corresponding talents sleeping within yourself and bring them to the surface.**

This is why jealousy, hatred and indifference are types of sins and crimes. For example, I may know of your talents, but I do not respond to them; I react to them. When I react, this turns your positivity into negativity, and you begin to use your talents destructively. If you analyze the problems around you, in your home, your community, your church or temple, wherever you are, you will see that this factor plays a big role in the inter-relationships of people.

*Whenever you do not recognize the talents of others, you cause them to use their talents destructively.*

To what degree have you recognized talents in others? Have you really discarded your jealousy and dedicated yourself to "water and nourish" the talents of others and helping them bring their talents into manifestation? If you do this, you will see the corresponding talents within you starting to bloom and express themselves. Only those with talents can recognize the value of talents in others. Once again, it is only through recognizing the talents in others that you are able to recognize the talents within you. Only in this way can you cherish those talents within you.

(Excerpted from *The Sense of Responsibility in Society*, Chapter 2, pages 55 - 58 by Torkom Saraydarian. See pp. 58-75 for additional information on the steps needed to recognize your own and others' talents.)

NEWS

Full Moon Lectures and Meditations for 2006 will center on the *Twelve Labors of Hercules*. Each month a new Labor will be discussed. The Introduction to this series will be given at the Aquarius and Pisces full moons.

The lectures by Gita Saraydarian will be based on the *The Labours of Hercules* by Alice A. Bailey, and a transcription of a series of lectures and seminars given by Torkom Saraydarian in the 1970's. You can join us in person or order the recordings by mail.

Lectures will be available on Cassette (\$8.00), CD (\$10.00), or downloaded online (\$5.00). You may subscribe to the entire set or order individual lectures. Contact TSG for details. A.A. Bailey's book is available at TSG.

**Lima, Peru Prosperity Seminar**

❖ August 5th, 2006

(Contact [gladysmoran@speedy.com.pe](mailto:gladysmoran@speedy.com.pe) for details)

❖ If you would like to sponsor a seminar, join our Seminar Interest List, or need additional information, about the scheduled seminars, please see online or contact us.

**TSG Challenge Grants:**

We are happy to report that we have met our two Challenge Grants for 2005! Thank you everyone for your generosity. Your donations gave us a huge boost to continue our work.

**Financial Needs for 2006:**

We still need your help in 2006. We have many archiving programs to accomplish and books yet to publish. Please remember TSG in your monthly tithes. The continuous flow of funds keeps us alive and able to serve you and to do our work in serving the Teaching.

EVENTS CALENDAR

TSG Cave Creek Center

Call or visit us online for driving directions.

❖ **Sunday, March 12th:**

Pisces Full Moon - Part Two: Introduction to the Labors of Hercules (Intro. Part One was given at Aquarius Full Moon) - Lecture and Meditation by Gita Saraydarian, 10:00 am - 11:00 am.

❖ **Sunday, April 9th:**

Aries Full Moon - The First Labor of Hercules - Lecture and Meditation by Gita Saraydarian, 10:00 am - 11:00 am.

❖ **Sunday, April 16th:**

Easter Celebration - Lecture, Meditation, and Holy Communion with Gita Saraydarian, 10:00 am - 11:00 am.

*The 2006 Full Moon Calendar* is online. Contact us for a printed copy.

**TSG 2006 Annual Events:**

❖ **Wesak Conference & Retreat - Cave Creek, AZ**

*May 11th-13th, 2006*

*See enclosed flyer and our website for details.*

❖ **London Conference**

*Fall 2006*

*Email TSG (UK), or visit website for details.*



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*To Publish, Distribute, Teach, and Preserve all of Torkom Saraydarian's Creative Works*

*TSG provides tools to live healthy, happy, successful, and joyful lives*

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## What is meant by "brother's keeper"?

By Lisa Froman

A "brother's keeper" is someone who watches over you: protecting you, keeping you safe and out of danger, guiding, teaching, counseling, and advising you. A "brother's keeper" is someone who watches over you to ensure you have a happy, healthy, and successful life. A "brother's keeper" protects you from danger and leads you to abundant success, prosperity and freedom.

If men emphasize being their brothers' keepers they can unfold and reveal the great constructive usefulness which is hidden within them. It is only when we use what we have to serve others that our true usefulness is revealed to us.

Man is like a dammed up lake filled with gifts, talents, and abilities, just waiting to be released so they can flow out for the service of mankind. If a lake is dammed up, the lake will eventually become congested as it accumulates more and more water. The lake will stagnate. If man allows his lake to be filled with more and more money, resources, knowledge, and success, without releasing any of it to humanity, he too will become a stagnant, congested pool of wasted resource. Many of man's diseases are caused by greed (the lack of sharing). Greed creates an over accumulation and over accumulation leads to congestion and stagnation. Being a brother's keeper is having the awareness and knowledge of what you have to offer and offering it to your fellow man. When you share what you have, you reveal to yourself that you have even more than you ever imagined. You must release your gifts, talents, and abilities, and let them flow towards your fellow man: nourishing, inspiring, serving, and uplifting him.

Our gifts, talents, and abilities lay dormant within us until we take them out and share them with our fellow man. Talent is of no value unless it is used to uplift others. Knowledge is of no value unless it is used to teach, guide, and expand the consciousness of others. Money is of no meaningful value if it is only used for our own personal pleasures and not shared with others. Kindness is wasted if it is not given to others.

Man spends most of his incarnation accumulating things: money, knowledge, expertise, talents, and successes of many different types. But the "value" of these things is nothing unless they are used to teach, guide, uplift, assist, serve, inspire, and bring joy and success to others. For example: if you have one hundred million dollars in a vault and you never use this money, it really has no value. It is just printed paper sitting in a metal box. The value of the money only comes to life when the money is used.

Money is energy and energy sitting in a vault has no purpose. It is wasted energy. It is energy sitting idly, not fulfilling its purpose. Let's say that this money is used for selfish interests only. In this case the energy of the money is being utilized, but the energy of the money does not travel out very far into the universe. It stays close to the person who uses it exclusively for his own interests. The effects of the money do not reach out and benefit others. The energy and effects of the money are used but not to its greatest ability.

However, if the one hundred million dollars is shared with humanity, the energetic value of the money greatly increases. The energetic value of the money is calculated in direct proportion to the way it is used. Money can become a cause to create great effects.

In the same way, man is like money: he has an energetic value. His value is not determined by what he has; his value is based on what he gives, how he shares his assets, and how much he serves others. His knowledge is of no value unless he teaches others. His strength is of no value unless he protects others with it. His experience and wisdom are of no value unless he guides and inspires others with it. It all comes down to helping others. This is what a "brother's keeper" is. A "brother's keeper" is someone who understands that his purpose is to use all his resources, successes, talents, knowledge, and wisdom to assist his fellow man. It is in the process of serving others that hidden resources within ourselves come to the surface.

When we help another, we help ourselves. When we assist another to become successful, we become successful. The purpose of man is to serve others and help them become successful. A brother's keeper helps make other people successful and in the process reveals his own inner assets.

When man offers himself to his fellow man as a brother's keeper, he will discover that he is a powerhouse of "wealth" and resource. It is only when we offer our resources to others that we reveal them within ourselves. Our own capabilities reveal themselves to us and we realize we have much more to offer humanity than we ever thought.

Being a brother's keeper turns our attention away from our own selfish interests and turns it toward the interests of the greater whole. When all of man looks out for his brother's interests instead of his own, man will reach a harmonious state of joy, truth, unity, freedom and love. A man who becomes his brother's keeper helps other men reach their success, and in the process discovers his own power, resources, and abilities.

Lisa Froman is a student at TSG University. This article was written in response to one of the lessons from the Sense of Responsibility in Society.

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