



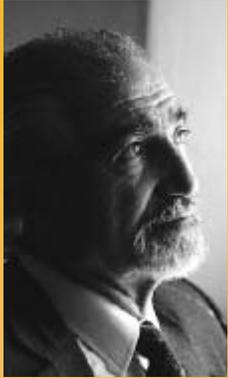
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OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

SEPT / OCT 2006



Torkom Saraydarian
1917-1997

Contents:

- ❖ *Introduction*—
Gita Saraydarian....1
- ❖ *How To Increase
Our Love* —Torkom
Saraydarian.....2
- ❖ *TSG News and
Calendar*.....5
- ❖ *Leaves From My
Spiritual Journey*—
Gita Saraydarian....7
- ❖ *Contact Informa-
tion: International
& USA*.....Back Page

How to Increase Our Love

"A selfish person condemns himself to dreadful loneliness and complete oblivion. Happiness is in giving love; and happier is the one who loves rather than the one who is loved. Become accustomed to love everything beautiful, and develop active compassion toward everything that is not yet perfect."

- *Letters of Helena Roerich, Vol. I, p 103 -*

Dear Friends:

In this issue of Outreach, we present to you a wonderful article about how to increase our love. We all certainly need to increase this Divine energy within us and in all our relations.

The Ageless Wisdom Teaching tells us that our Solar System has been built on the energy of Love. The Divine Love pours onto our planet from the Second Cosmic Ray and fills us with the energy of love.

We see love operating on individual, family, and to some extent on community and national levels. When people relate with each other on a personal level, love tends to find a way to flow into the relationship. However, when people relate with each other on impersonal levels, such as business, politics, travel, shopping, love is not seen as an important quality and it is blocked and relegated to a non-important, back-room place in our relations.

At closer look however, we can see nothing can be accomplished without the power and attraction of love.

Love starts with us. If we hate ourselves and our parents and our past, we do not have the capacity to love others and to trust others. Those who degrade and distrust others hate themselves first and foremost. Hateful groups and nations are filled with hateful individuals. There is no escaping that people filled with self-hatred end up doing everything that they can to demean and hurt others. Love then is not a simple sentiment but an essential antidote to the hatred, intolerance, and demeaning of other human beings.

We have focused this year's Outreach articles on the essential foundations of family life. We need to focus on building a loving and nurturing family where members learn to love themselves, love others, forgive, and learn to tolerate others. Individuals make up humanity. Healthy individuals will go a long way to building better relations on a global level.

Sounds simplistic? Read on for a beautiful discussion of the power of love.

With love and appreciation,

How to Increase Our Love

by *Torkom Saraydarian*

Love is a Being, a great Magnet, a great Energy Who out of His own substance created everything that exists. This is a fact which is not well-known, although many philosophers and disciples have hinted about it throughout the ages.

The more love you express, the closer you come to that great Creative Power in the Universe. As you increase your love, you become a co-worker of that Great Power. If you decrease your love, you become a contradictory force against that Being.

In the same sense, when you increase your love, you become capable of cooperating with the Plan and Purpose of that Great One. If you are lacking in love, you cannot fit yourself to the rhythm of the Plan and the Purpose.

God is love, and if everything is created by Him, it means that everything He created is love. When people hate each other, they cannot be in harmony with the Creator; they divide themselves. When love is divided, man suffers. All suffering, disturbances, sicknesses, cleavages, wars and revolutions in the world are the result of the lack of love.

Similarly, man is love in his essence. As he loves, his essence comes into existence. We are living as bodies, emotions, thoughts, but essentially we are love, hidden within our form. When we start to express love, our essence starts to manifest. As we love, we externalize ourselves.

This is the process of creativity, the process of externalizing yourself. Creativity, heroism, and all great actions in life come into being because of love in the process of manifestation. You become a great talent or genius in any field because your True Self is coming into existence. When you come into existence, you become a God in manifestation, a son of God in manifestation. You become like your Father. As your Father created the Universe and the galaxies, you create your own galaxies — poems, music, books, paintings, relationships, great activities, and organizations. All these are the result of the manifestation of your True Self.

Creativity is nothing else but a process of building a mirror and watching yourself in it. In creativity you build an outer image which exists within your inner being, and you bring that inner image out and look at it.

The more you love, the more you become yourself. And the more you become yourself, the more mastery you gain over your weaknesses. Everything that is ugly, limiting, disharmonious, or contradictory within you is not you. It is the not-self. As you become yourself through love, you conquer everything that is the not-self. This is why we say that love leads to self-actualization.

Every beauty created in the Universe is the result of an act of love. If there is love in your home, there is beauty there. If there is love in your nation, then peace, creativity, achievement, and fulfillment are there in your nation.

Love does not mean sentimentalism or feelings. Real love has three branches — intellect, compassion, and power.

The first branch of love is pure intellect, light. This is why a great disciple once said, “Whoever loves has light. Whoever hates has darkness in him.”

If you have real love, you understand people. You read their motives and intentions. If you have real love, nobody can deceive you. This is a very important idea. Whenever people manipulate you or cheat you, it means that you have a certain degree of lack of love in you.

Love is not “goody-goodyness.” Many people think that if you have love, everyone can use you, sexually, physically, emotionally, and mentally, and then throw you away like rubbish. This is not real love. Real love cannot be exploited. Love is not a surrender to the devil or to a self-destructive process.

Light means penetration and even Intuition. If you love someone, your love opens the door of his heart and tells you what is going on in its depths, no matter what the surface appears to be. Love, compassion, and power work together.

Compassion means unconditional care, understanding, and help. Compassion is not emotional sentimentalism; it is unconditional help. Whenever you help someone unconditionally, you do not help an individualized form, but you help the divinity or the Divine Presence within him.

Love and compassion are sources of power. Whoever has love and compassion has power. The power of the Great Ones originates from Their love and compassion.

How to Increase Our Love - Cont. from page 2

No one can defeat you unless you have hatred, jealousy, greed, anger, separatism, or ugliness in your heart. These things create holes in your aura through which the dark forces can penetrate and defeat you. But if you have love, you have a shield around you. The Teaching says, "God is your shield." God is love, and His love is a shield around you.

Our Teachers in the monastery told us many times that when a dangerous animal approached us in the forest we should "love, love, love him..." We tried it and it worked; they actually ran away from us!

When you love, you create eight positive effects in your life:

1. Through love you heal your physical, emotional, and mental illnesses. When you start expressing love, you radiate that innermost radioactivity which cleans you physically, emotionally, and mentally, creating tremendous magnetism and joy within you. This is why we say that joy heals.

Whenever you have some weakness physically, emotionally, or mentally, go back and observe yourself and you will find that you yielded yourself to some wave of darkness — hatred, criticism, gossip, etc. When you do these things, you weaken yourself and germs can penetrate into you. We are even advised to love our body when we become sick.

The great Masters are called "Masters of Love and Wisdom." Love is the essence of harmony. Increase the love in your life, and you will see that miraculously all illnesses and disharmonies will disappear from your life.

One day I wanted to create some music, but it was not coming out the way I wanted it to. Suddenly I said, "Let me think about love." Then I forgave and blessed all those I really didn't like. I created great love and forgiveness in my heart, and suddenly something clicked inside of me and I could create my music. Love integrated me and created harmony in me.

2. Love heals not only you, but your friends as well. You can try this experiment with your own friends: If you have a friend who is sad because his girlfriend left him, show him love, send him loving thoughts; and you will see how his grief disappears.

3. Love brings right human relations and goodwill. Hate someone and you will see how he increases his own ill will and plans to harm you.

One day I visited a home and the little boy there was acting so nastily — creating trouble, showing off, trying to get attention. I asked his mother, "Why is he like that?"

His mother said, "He is always like that."

I went to him and said, "What a beautiful boy you are!"

I shook his hand and played with him for 10-15 minutes.... Later I talked with his parents for two or three hours and that boy sat quietly at my feet without speaking a word!

If a person is acting in a nasty or obnoxious way, check his life and you will probably find that he has a lack of love in his life. Give love to that person, and you will see him creating right relations with you.

This is what we are lacking in our world life. We think we can solve our problems with guns, by demonstrating with force that we are a great nation. This may create a temporary solution, but then it creates reactions and greater problems that are even harder to solve. Why to spend all that money? Demonstrate love; find ways and means to express love. When you love people, they will surrender to you.

Napoleon once said that with all his armies he could not conquer a little part of Europe, but one naked man with twelve disciples could conquer the whole world. Christ's power was love.

4. Love increases creativity. If your creativity is becoming more shallow or stuck on one level, love a little more and you will see that you are making a breakthrough in your creativity.

Once I knew a girl who was a beautiful singer. She came to me one day for advice because she felt there was something lacking in her singing. I told her, "Yes, something is lacking. You need love. You need to love somebody."

"Well, I have my boyfriend. . .," she said.

"Not like that. You must have a love that will touch your heart and bring the real fire out."

A few months later she came and told me about a book she had found and how she loved the man who wrote it. (It was written by The Great Sage) I went to one of her rehearsals. She sang so beautifully.... I asked her how she did it and she said, "I was singing for Him, not for the audience."

Continued on page 4

5. Through loving, you increase your intellectual light and your Intuition.

6. Through loving, you build communication with the Higher Worlds. When you start loving, your instruments become very sensitive to the creative waves that are flying around you in space. You don't need a magnet to attract them because your magnet is your aura. If your aura is purified by love, you can attract these creative energies, ideas, visions, revelations, and inspirations.

7. In loving, you increase your sensitivity to higher spatial impressions from the Subtle Worlds. We are divided here. We live in the human level, but millions and billions of people are living in a different dimension, and we do not have contact with them. Love puts you in contact with them and makes it possible for you to start receiving guidance, light, help, and inspiration from them.

8. In loving, you eventually become a co-worker of the Great Ones. Once I was reading about a Master Who would not accept a certain disciple into His Ashram. "But why not?" the others asked Him. "He is so beautiful. He wrote many articles. He is a great leader. He has many scientific inventions...." The Master refused to accept him because he was not increasing in love.

Knowledge in the hands of a person whose love is not increasing becomes a dangerous weapon. Without love, such a person will misuse everything he has, he is, and he knows.

When the love in your heart increases, you feel that the power of your observation also increases. You handle people in a way that they do not hurt themselves and their future, and, also, they do not create complications in your life.

Many people have sentimentality but not real love, and because of that, in the name of love, people manipulate each other and eventually complicate each others' lives.

Love not only attracts friends but also repulses those who have darkness in their heart. The period of repulsion can be a period in which the dangerous elements of the repulsed ones can come under control. Love acts as an agent of purification. Love cannot grow in darkness.

How can we increase our love?

1. Learn not to speak evil about anyone. Gossip, malice, and slander are like poison in your aura. Whenever you do these things, they increase like microbes and cover your whole aura with their poison and contamination.

Do not speak ill about friends, even in jest. One day a girl came to see me because she was having some troubles with her husband and she could not find any cause for it. "Can I ask you something?" I said. "Do you sometimes criticize or talk ill about your husband, even for the sake of fun?"

"Oh, yes, I do that a lot."

"That's it. You are weakening your whole relationship. With your little words, you are putting one drop of poison into a barrel of pure water and contaminating the whole barrel of water."

Whenever you speak ill against a friend, you will find there is a wall built between you and him. This wall must be eliminated if you want to increase your love.

2. If you hurt anyone, ask his forgiveness. Do not think that you are becoming smaller by asking for forgiveness. On the contrary, you are building your love. It does not matter whether the other person did something wrong, too. If you were wrong, ask for forgiveness. Actually, it does not matter who is wrong or right. If you know that you hurt someone, ask for his forgiveness. Forgiveness can change the whole atmosphere of your family, office, church, or group.

3. Meditate on the fact that people are different from each other, but God is one within them. Think about the oneness in all living forms. We are separate individuals, but within us, God is one.

4. Help those who are in need. This will create tremendous love within you. Once I was visiting a household and the fourteen-year-old son was struggling with his algebra. He had an exam the next morning, and he needed help. I sat and worked with him until three o'clock in the morning. I was the most happy man; I went home full of love — because the boy was now enlightened about his algebra problems.

5. Daily, monthly, and yearly share something with others.

How to Increase Our Love - Cont. from page 4

6. Never carry the thought that you are better than others. This is the greatest human weakness and a feeling that really defeats you.

7. Rejoice for those who do something for humanity. This greatly increases your joy. Sometimes I see someone in the United Nations or Senate speaking so beautifully on television and I shout from my chair, "Good for you! That's so beautiful!" It is so important to encourage people.

What if we would start printing in the headlines the beautiful things that people are doing to help others, instead of printing headlines about crimes and murders? We must go in the right direction — which is toward increasing love.

8. Do not kill, and do not make others kill. The commandment, "Do not kill," was given to us 6000 years ago, and still we do not understand it. It was Buddha who added the second part, "And don't make others kill," when He saw people claiming they were not killing while they were making other people kill for them.

You cannot destroy what God built. If you kill somebody, that same person may eventually kill you in another life. This is the Law of Karma: whatever you sow you are going to reap. How can we make people listen to this advice?

9. The less you hurt people, the more love you have. When you hurt people, you really destroy the reservoirs of your love. Do not waste your love by hurting others.

10. Increase gratitude within you. This increases your love.

11. Do not condemn people but understand them.

12. Sometimes do the following exercise for two to three minutes: Visualize a closed, golden lotus behind your shoulder blades. Then visualize it opening with golden petals and a blue light manifesting.

When you increase your love, you increase your life. When you increase your life, you become more creative and more useful for the One Life.

The light of the One Life shines in the heart of every true disciple.

(Reprinted in part from *Education as Transformation*, Volume II, Chapter 18. For special offers on this and other titles, please see the TSG website.)

TSG Cave Creek Center Upcoming Events

Call or visit us online for driving directions

❖ *Sunday, September 3rd:*

Virgo Full Moon - The Sixth Labor of Hercules: Seizing the Girdle of Hippolyte - Lecture and Meditation by Gita Saraydarian, 10:00 am - 11:00 am.

❖ *Sunday, October 1st:*

Libra Full Moon - The Seventh Labor of Hercules: The Capture of the Erymanthian Bear - Lecture and Meditation by Gita Saraydarian, 10:00 am - 11:00 am.

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

Library gift books:

To date, we have sent a total of 66 sets of books to libraries around the world. Thank you everyone for contributing to the *International Brotherhood Fund*. These books are available to all public libraries or legitimate group libraries or church libraries. If you wish to contribute books or shipping costs for this project, or if you know of a group or library that would benefit, please contact us or check online for more details.



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TSG Mission Statement

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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Starting in October we will offer the *five-year intensive training program* at the TSG Center. This course is designed to immerse you in the foundation of the Teaching and to help you transform your life. You can take this intensive course online or join us at TSG. Check our website or call us for details.

On August 24th, we started a 6-week course on *Mental Exercises*. This is a very healing and regenerating course built on powerful visualizations and meditations. Gita Saraydarian will present these classes. Recordings of the 6-part classes may be available on CD. Contact us for details.

TSG International 2006 Events:

❖ *Conference in Frankfurt, Germany* *Improving Our Family Relations*

Friday October 6th - Sunday October 8th, 2006

Gita Saraydarian will present a two-day seminar on the deeper meaning of and how to improve every facet of our family relations. The Full Moon of Libra will be celebrated with a lecture and meditation on Friday evening. Visit our website for information in English & German.

Labors of Hercules Series:

Sign up for our auto-send list to receive each month's *The Twelve Labors of Hercules* series of Full Moon Lectures directly to your mailbox!

These lectures given by Gita Saraydarian are based on both the Alice Bailey book *The Labours of Hercules*, and transcriptions of a series of lectures and seminars given by Torkom Saraydarian in the 1970's.

Lectures now available for purchase on Cassette (\$8.00), CD (\$10.00), or online download (\$6.50). Contact TSG for details. A.A. Bailey's book is available at TSG.

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New Books

❖ *Ashrams* is the newest book addition to the Collected Works of Torkom Saraydarian and is now available for \$25. *Ashrams* discusses the many different meanings and functions of Hierarchy, including their formation, importance, and our relationships with them.

❖ *Joy & Healing* has been reprinted in its 3rd Edition. It has a beautiful new cover design and is available for \$22.00.

❖ *Compass of Light*, an extensive study of the parts of speech of the Great Invocation has been completed by Starling Hunter and is now available for \$15.00.

Matching Grant Update:

To date we have raised nearly \$22,000 toward the \$35,000 matching grant. Friends, we need your help to continue raising needed funds for our work. Your generosity will help us continue our publishing and archiving Torkom's creative works. This Fall, our plans are to complete the three-volume set of *The Teachings of Christ*. This is a magnificent collection of writings about the mystery of the birth of Christ, the esoteric meanings of the Teachings of Christ, as well as the esoteric meanings of resurrection and initiation. We appreciate your continuous generosity.



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Thank you for responding to our recent mailing regarding Outreach. With this current issue of Outreach, we have resumed printing and mailing to you a printed copy if you asked us to do so. We are happy to mail a printed version anywhere in the world. We appreciate donations to help us cover our costs. A donation to cover an annual subscription will be appreciated and subscriptions will be renewed every year in August. If you wish to receive Outreach online, it is free. Send us your email and we will be happy to add you to our mailing list. Or, you can register online in one quick step.

Gita has a new blog! Come read, link, and comment at <http://gitasblog.blogspot.com>



Report on the Lima, Peru Visit in August 2006

by Gita Saraydarian

I always begin my travels with the question: what lessons will I learn on this trip? With that question firmly in my mind, I started an exciting trip to Lima, Peru to present a seminar on ***Total Prosperity and Abundance***.

After long hours of journeying, we arrived in Lima at 6 am. That same morning, I was taken to a radio interview, during which I was asked to comment on what abundance and prosperity means when half of the population lives in dire need every day? What is needed to change this situation not only in Peru but many places all over the world? These were heavy questions and started my thinking about the meaning of abundance in developing countries.

The next morning, I was invited to the INSTITUTO SUPERIOR TECNOLÓGICO LATINO DE OSWALDO MORÁN MARQUEZ to speak about how to achieve success. 130 students gathered to hear the lecture. It was wonderful to see how students respond to the principles of the Teaching, especially when these principles are presented to them in a way that will enhance their lives and their potentials for success and happiness.

The full day seminar was held the next day, Saturday. We had simultaneous translation from English to Spanish and vice versa. The translator is a very capable woman who was also my translator the last time I was in Lima. I was amazed at the number of participants and the passion with which everyone participated.

The next day, Sunday morning, I was invited by the Brotherhood Group in Lima to present the Leo Full Moon lecture. Participants filled the various rooms on multiple floors and saw the lecture on closed-circuit TV. It was a lovely experience for me to speak to such a group of spiritually alert people. When we chanted the OM in unison, I fully appreciated the power of the Sacred Word. One could hear the sound carry through all the floors of the building. I felt so deeply moved by the group's dedication to the principles of the Teaching. They paid great honor to Torkom and his Teachings and he was remembered with great reverence by the group leaders.

Everywhere I went, I began to see the human pattern of friendships and building relationships. The answer to my question was taking form. I saw that the success of the seminars, interviews, and lectures were all due to the tremendous level of love and friendship that organizers were able to create. Based on these friendships, people gathered together to have a shared experience that lifted their hearts

and their minds. Everywhere we went, we saw friendship-building in action. I saw how far away we in the West have drifted from this warm social structure. We pride ourselves in our independence and detached attitude; people all over the world pride themselves in the love of friends and family!

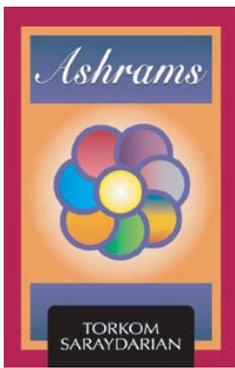
That same night at 10 pm, we had another radio interview about the Teaching and its application in daily life. The two interviewers were brilliant young men with a deep social conscience and commitment to help better people's lives. It turned out that both have studied the Teachings in depth and had a strong grasp of the foundations of the Ancient Wisdom.

We flew to the Sacred Valley the next day, where we spent several days visiting Machu Pichu and other ancient Inca sites. I was continually asking myself, what happened to such grand civilizations? Where are they now? How did they have such expert and sophisticated social structures and buildings and farming methods that are a wonder to behold even now, hundreds of years later? Now we see only the ruins, the dried "bones" of the society that once thrived. We see the poverty, the desperate situation for so many people in the very place that life once thrived. What happened?

I am still wondering about this flow of life and what imprints we leave for the generations that will follow us. Once grand and strong, we all end up as dust, leaving behind only the legacy that we worked hard to build. Then, as time goes by, that very same legacy becomes an item of curiosity and wonder for tourists, while the life all around keeps moving along as it did for hundreds of years.

So, my friends, what were the lessons that I learned? I learned that our life's depth and joy is fully expanded by the friendships and relationships that we build with other human beings. I walked into the lives of hundreds of people, and walked out having taken a part of each of them with me. I am hoping that I left a good part of me behind as well and that we are all better because of this exchange. I learned that we need to speak about the Teaching in every place that we can find and not hide its light nor hide our light under the barrel. I learned that our lives are short, we come and we go and we leave behind the dust of our lives, or we leave behind something worthwhile.

I thank my hosts in Peru from the depth of my heart. I thank the radio hosts. I thank the Brotherhood and the leaders who welcomed us. I thank the participants whose presence gave energy and joy to all the events. Steve and I are grateful for having been with our Peruvian family once again. What a blessing to have friends and see truly that there are no boundaries anywhere in the world, both physically and in our hearts.



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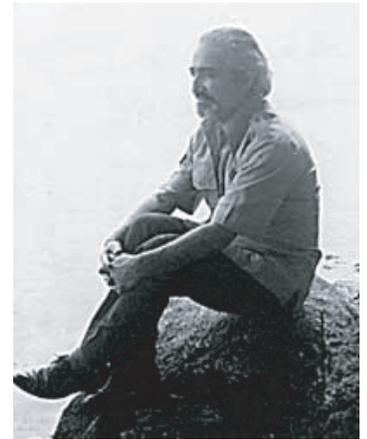
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