

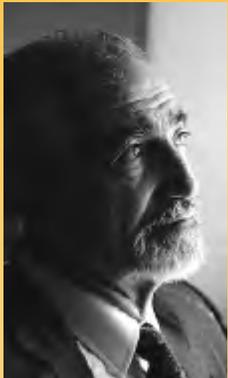


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JULY / AUG 2007



Torkom Saraydarian
1917-1997

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Building Your Psychic Shield

By Gita Saraydarian

In the Ancient Wisdom Teachings, great teachers always emphasized the wisdom of staying far away from dangerous psychic practices, and encouraged the development of our protective psychic shield. They taught that there are two kinds of psychism. One is called lower psychism and one is called higher psychism.

What is called lower psychism involves mediumistic activities, channeling, psychic readings and fortune telling, and other such practices that are even more sinister and very dangerous. These are practices in which the person is contacting shells of dead persons, or thoughtforms, or mass emotional forms in the subtle levels of the world called etheric, astral, and lower mental planes. Such persons have no control over what and whom they contact and are bothered by beings and phenomenon out of their control. Eventually, such practitioners become mentally ill, full of illusions and glamors, and cause dangerous conditions to themselves and to others. Although many such practitioners think they have special gifts and talents, they are simply dabbling in psychic phenomenon and will eventually develop serious mental, emotional, and physical ailments. The focus of these practitioners is mundane, such as marriage, death, money, jobs, and such. It also involves methods and ways to materially control others and situations by the use of magic. These practices incur heavy karma for the practitioner and are completely against all truly spiritual Teachings. They increase illusions, glamors, vanity, and mislead people into thinking that this is all there is in the higher worlds. We have warnings against such practices by saints, teachers, prophets and other great spiritual teachers.

Higher psychism involves the ability to have complete and conscious control over one's spiritual experiences. It involves the abilities of your soul, the human psyche, to contact ideas, truths, and teachings that bring healing and upliftment

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Gita Saraydarian

Continued on page 2

to all of humanity. They are not involved with marriage dates, fortune-telling, mundane prophecies and the like. Such highly evolved individuals never talk about their psychic abilities and are sane, normal, balanced, and are in total control and have a deep protective shield for their life. Whereas in those who practice lower psychism you will always hear boastings, readings, fortune telling, a heavy sense of illusions and deceptions, inability to control what comes into their mind and who does the talking. Such people will often end up imbalanced and in the worst-case scenario, completely obsessed and possessed.

In the study of psychism and protection, there are two ideas that I want to mention. They are as follows:

- Psychic Shield
- Vulnerability during attacks

Psychic Shield: This is made up of our aura, which is the radiation of our physical-etheric, emotional, mental bodies' radiations, plus the radiation of our Solar Angel, and the radiation of our ever growing and expanding human soul. This shield is built and strengthened by building healthy physical bodies through right diet and exercise such as sports and hard physical activities; a healthy emotional body by practicing virtues, creative works, loving and forgiving, creating beautiful and serene surroundings, cleanliness and purity; a healthy mental body by reading beautiful literature, meditating, praying, studying the sciences and mathematics and music, undergoing high-level academic training, learning how to think clearly, creatively, critically, and overall, engaging the mind in healthy activities. All of these translate into connecting ourselves through our striving to higher vibrational qualities, such as virtues, love, and a disciplined and discerning lifestyle.

A psychic shield is something you can build for yourself. It is made up of your bodies and the healthy connection that you make to your spiritual being. Whatever you have inside of you, however you live your life, you will attract the same to you. Your vibration will attract similar vibrations. Hatred will bring hatred; gossip will bring gossip; jealousy will result in jealousy toward you. Whatever we give, we will receive. On the other hand, a life lived in purity, goodness, joy and beauty

will bring the same to you. Living a life that circulates the energies of love, prosperity, and kindness will keep the psychic energy circulating inside you as well.

Some people have a strong psychic shield and some are much more sensitive to incoming energies. In my observations, those who are especially sensitive can build a stronger shield around them by doing creative works, teaching others in creative endeavors, prayer and meditative reading, as well as solid grounding in physical activities such as gardening, building, and outdoor activities. Particularly sensitive individuals need to learn to forgive and let go of past hurts. As the bodies get stronger, the shield does also.

Vulnerability during attacks: This means anything in our nature that acts as our Achilles' heel. This can be any addictions, hunger for power, hatred, greed, fears, desire for position and money, or simply blind spots. It can also result when a person is involved in lower psychic practices and keeps himself or herself open to thoughts, ideas, activities that he or she cannot control or is deceived by. When a person has these, he or she will attract elements that will want to exploit this weakness. The weakest parts of our life are those areas where we are blind about or have the least control over. When our weaknesses attract these elements to us, we can be hurt by them. Conversely, when our beauty and strength and striving attract people to us who may want to hurt us, our psychic shield will protect us.

For anyone who has experienced psychic problems, first stop all and every kind of psychic practice so that you stop the leakage of energy and stop attracting bad energies to yourself. Remember that lower psychic practices carry a lot of glamors that create a huge ego. This is a trap that a person can fall into. Ancient Teachers even went so far as to say that whenever a person fell into such traps of illusion and glamor, it was most difficult to extricate themselves out of it, nor was it easy for a teacher to come along and extricate them! In fact, teachers of initiation would say better not to fall into such a pit in the first place.

Engage yourself instead in making yourself healthy and balanced. Work and strive to make your life and the life of others around you better. Study the best of

the spiritual and religious traditions. Don't "dabble" in anything that seems suspect and where you cannot keep total control over your life and use of your bodies. This refers to books and classes as well as so-called teachers or gurus. Build strong and healthy physical, emotional, mental, and spiritual bodies. Engage in sane and safe spiritual studies. Most importantly, remember that anything worth having and developing takes time. Don't believe in "flavor of the month" approaches to spirituality. Don't believe in teachings that promise instant abilities and instant initiations. Nothing is "instant" in spirituality, but striving and doing the hard work will result in a beautiful life for all your lifetimes.

Become real and honest. If you feel something went wrong in your life, have the courage to look at it and resolve it. Make amends and take the steps necessary to heal the wounds you have caused or that were caused to you. This way, your karmic debts will decrease and your spiritual savings account will increase.

If we strive to build a psychic shield around us and slowly eliminate elements in us that can be exploited by others, we can see a great growth in our spiritual nature. This growth process is called initiation in the Ancient Wisdom Teachings. A Psychic Shield helps us break barriers in our life and go beyond our present circumstances. ❖



For information about psychism and protection, see the following books by Torkom Saraydarian:

- ❖ *Aura, Shield of Protection and Glory*
- ❖ *The Psyche and Psychism*
- ❖ *Battling Dark Forces, Guide to Psychic Self Defense*
- ❖ *Breakthrough to Higher Psychism*
- ❖ *Obsession and Possession*

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Preparation for Initiation

by Torkom Saraydarian

The first exercise to prepare for initiation is to observe the physical body very carefully. All that is part of the body must be observed step by step.

The second step is to observe the body in action. When you are moving, walking, or doing anything, stop and watch your body. Then watch it during an action. When you are writing, observe how your hand is moving; observe how you are sitting; watch your face and its expressions; observe the conditions of your eyes, tongue, legs, and so on. . . .

Progress on the path is easier when the vehicles are healthy, energetic, and well-nourished. When you are healthy, you can slowly detach yourself from the vehicles; but if they are sick, they hold the human soul as a slave. When you have a toothache, you are stuck to your body. If you do not have any pain in your body, you do not feel your body.

We must make our vehicles healthy and perfect to allow ourselves to withdraw beyond them and to focus the light of our consciousness on higher planes.

The next exercise is related to the emotional body. We must watch our emotions. What kind of emotions do we have? Where do they come from? How do they affect our physical and mental bodies? What effect do our emotions have on our environment, on other people, and on objects we use? How do they condition our breathing, digestion, and blood circulation?

Try to observe how colors, sounds, symbols, words, and various behaviors create different emotions within you, and find out why. If you watch your own emotions for three years, you will begin to read the hearts of others. As you become more yourself, people's hearts are revealed to you more and more.

As you observe your emotions, you withdraw to the mental plane. As you go higher into the mental plane, you have better control of your emotions.

The next exercises are for the mental body. In the first year, watch your thoughts: how they form, where they come from, how they associate with each other, how they influence your health, emotions, actions, environment. In the second year, watch the thoughts of others, or the thinking process of others, and its effect on your life and the planetary life. In the third year try to stand out of your mind and watch the activities of the mind as if it were a self-running machine, separate from you.

Immortality is gained through such withdrawal. As you withdraw yourself from level to level and from plane to plane, you build bridges between levels and planes and you

become aware of the life going on upon higher planes.

There is no immortality for those who are not aware of the life beyond the physical existence. Most people do not know how many times they have died and were born. For most people this life is the first time they were born, and this life will be the first time they are dying. Immortality is conscious awareness of where you are going and how you are coming back. . . .

The birth process applies not only to your physical body but also to your emotional and mental bodies. In the first initiation, your physical body is born. In the second initiation, your emotional body is born. In the Third Initiation, your mental body is born along with the physical and emotional bodies. In the Fourth Initiation, the human soul is born with all his vehicles also being born at the same time. . . .

Thus a person is born as a physical body, an emotional body, and a mental body. In the Fourth Initiation, he is born as a human soul. In the Fifth Initiation, he is born as a Monad. There are also other births. He must be born as a Planetary Logos and as a Solar Logos. This happens when, through higher initiations, greater stages are awakened within the Monad.

In each initiation we build the proper mechanisms to understand the mystery of life going on around us. We cannot use a mechanism built in the first initiation when we enter the second initiation because that mechanism is obsolete on the new level. A higher counterpart of the mechanism must be built if the initiate wants to relate himself to the life on the higher level. All our past measures are useless in our new situation.

In each initiation we prepare the senses, the centers, and the vehicles for the next initiation. If anyone enters the plane of the next initiation through illegal methods, such as through drugs, pranayama, or hatha yoga, he has no ability to translate the things he sees, hears, and senses because he is an intruder. And because of the pressure the new symbols exercise on his mind, the intruder very often loses his equilibrium or even his sanity. . . .

In the Third Initiation, the electrical wiring system runs through the entire physical, emotional, and mental nature of the Initiate. Initiates of this degree are very careful not to create any short circuit because they know that it will affect the whole system and cause disturbances not only in the physical, emotional, and mental realms but also in the centers with which they are now connected by virtue of their initiation.

A Third Degree Initiate is a walking beam of light. He

carries light everywhere instead of prejudices, superstitions, hatred, jealousy, fear, and greed. He carries the power of unity, instead of the poison of separatism.

In the Fourth Initiation, whatever you have, whatever you are, and whatever you know are placed on the altar of sacrifice for humanity. Sacrifice has many levels. On the first level, you use your physical resources to help others without expectation. On the next level, you sacrifice your emotions. If they are negative, you renounce them. If they are positive, you use them to uplift people.

On the next level, you sacrifice your knowledge, thoughts, opinions, and ideas. If they are limiting and separative, you renounce them. If they are helpful, universal, and highly charged with Cosmic vision, you use them to enlighten people and help them to expand their consciousness.

On the next level, you sacrifice your energies, blessings, and Divine beauty to help people live according to the principles of right human relations, in the light of unity and synthesis.

On the next level, the accumulated evil of the ages — separatism, greed, and hatred — confront you as a beast of destruction. You are given the greatest opportunity to prove yourself as a Fourth Degree Initiate and place yourself, with all that you are, on the altar of love for humanity. It is after this sacrifice that you surpass the human level and enter superhuman evolution.

The Fourth Degree Initiate gains his freedom in letting go of all that he is. This is a moment of intense mystery; the vision of the Cosmic Self reveals itself and the Initiate sees how the individualized Self will merge into the Cosmic Self.

The Fifth Initiation is called the Revelation because, as a reward for your agelong sacrificial service, the great mysteries are revealed within you. The Plan of the Planetary Soul and the Purpose of the Solar Lord are revealed to you. You now know where you came from and where you are going, and you consciously cooperate with the Creative Forces of Nature. You are now a conscious part of those Forces Who are trying to bring Cosmic synthesis. You are a Master. A Master is a person who knows the Plan of the Planetary Lord and the Purpose of the Solar Lord and works for Them without reservation.

Hierarchy is composed of those human beings who have reached the Fifth Initiation. Hierarchy is the human future. To explain the concept of Hierarchy, imagine that some people worked so hard that they advanced 5000-6000 years ahead of the rest of humanity in their understanding of the laws of life. Through their virtues, they became sources

of Light, Love, and Power to be expressed through the seven fields of human endeavor and help those behind them. . . .

People have the opinion that initiation is related only to religion. This is not true. Initiation is related to all seven fields of human endeavor. Initiation is related to politics, education, communication and philosophy, arts, science, religion, and economy and finance. In all these fields people can take initiation. To take initiation in any field means step by step to bring that field under the rhythm of the Divine Plan and Purpose.

When, for example, a politician eventually realizes his responsibility toward one humanity for the survival and transformation of the whole, we say that he is initiated into the Plan. When he purifies his nature in such a degree that he consecrates his life for the service of humanity, he is a Third Degree Initiate. When he stands as a living sacrifice for the welfare of humanity, renouncing whatever he has and is, he has had a glimpse of the Purpose of the Solar Lord and has taken the Fourth Initiation. If he consciously cooperates with the Purpose and stands as an agent of Divine principles and has the ability to contact the ruler of the planet, he is a Master in politics, and into his hands will be given the power of Divine rulership and guidance. . . .

When a person realizes the true meaning of education and tries to make education a way by which people expand their consciousness, find their Souls, build right human relations, and express goodwill toward all people, he is an Initiate in the field of education.

As the Initiates in the field of communication and philosophy increase, they will restore the essential purpose of communication: to create awareness of reality on all levels. In a sense, communication is the reflection of the Antahkarana in the masses of humanity.

Philosophy is the higher counterpart of communication. It is an effort to contact and communicate wisdom — the world of meaning and significance. Communication and philosophy will build the network of contact which the Hierarchy will use for the redemption of humanity.

There are Initiates working in the field of art, bringing beauty to the world through their creative genius. They are making people realize that human beings are more than what they think they are, that there is a creative Center within them.

Beauty builds a bridge between man and his visions and releases the spirit of adoration, worship, and ecstasy. Art is intended to reveal the Source of beauty. Creativity puts you in contact with this Source.

Initiates in the field of science are trying to solve the problems of life. They are building ways and means through which man will consciously touch his visions. Science is going to prove the visions of great Avatars. It will confirm that all these Avatars did was based on Cosmic Laws. Thus the intangible will become tangible; the unseen will become concrete; the abstract will become practical. Distance and time will be conquered, and man will see in the mirror of science that which goes on in the subtle planes of life.

Great Initiates have bloomed in the religious field and have caused sublimation of lower forces and transformation of life. It is true that when religion becomes crystallized, it becomes a hindrance on the road of human progress. But Initiates always try to bring a new current into religion so that all religions eventually become one current — from man to God and from God to man.

In the field of finance and economics, great Initiates are working very hard to solve the problems of sharing, barter, and exchange and to make the resources of Mother Nature available to all people everywhere in abundance.

Greater Initiates will come in all these seven fields to speed the evolution of humanity, to bring into manifestation the Kingdom of God, and to help the Planetary Soul take Its initiation into Cosmic mysteries. ❖

Excerpted from *Chapter 8: Preparation for Initiation* from the book *Initiation* by Torkom Saraydarian, pp. 49 - 58.

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Editorial staff - USA

Gita Saraydarian - Matthew Borum - Helena Saraydarian

TSG Publishing Foundation, Inc.

P.O. Box 7068

Cave Creek, AZ, USA 85327

Tel: 480-502-1909

Fax: 480-502-0713

E-mail: info@tsgfoundation.org

Website: www.tsgfoundation.org

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During his lifetime Torkom Saraydarian was a world renowned speaker and gave thousands of lectures on many topics. These lectures have been preserved on audio and video tape exactly as he gave them. We are in the process of converting all of his audio lectures to CD, also available as .mp3 download, and all his video lectures to DVD. If you are interested in helping to preserve Torkom's legacy, donations to our Archiving Fund are always greatly appreciated.

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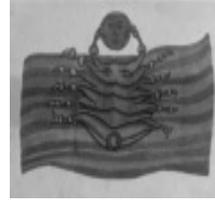
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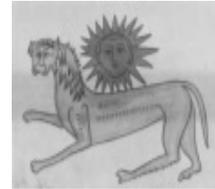
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What is Lower Psychism?

by Lisa Froman
June 11, 2007

Answer: There are two kinds of psychism, higher and lower. Those whose consciousness is elevated to the higher mental plane develop higher psychism. Those whose consciousness is focused predominately in the astral plane develop lower psychism. People who develop their astral senses without developing the mental senses fall into mediumship and spiritualistic phenomena.

Lower psychism comes into existence when the unfolding human soul expresses itself through the lower part of the solar plexus center, which is directly connected to the astral plane. As a consequence of this connection, astral clairaudience, astral clairvoyance, automatic writing and mediumship come into being.

Lower psychics are filled with glamor because they believe that all the “information” they receive through these channels is the truth. Lower psychics are unconscious liars because 90% of what they say is not the truth; they just don’t realize it. They spread non-truth and fear, they prophesize unreality and mislead people. In the process, lower psychics harm many people and accrue great amounts of karmic liability.

Another danger of lower psychics is that they become hosts for astral entities and gateways for the dark forces. Lower psychics become obsessed and possessed with disincarnate astral entities wanting to come back in contact with the physical world to fulfill their desires. Many of the crimes committed are done so by people who engage

in lower psychism. Additionally, the dark brotherhood uses lower psychics as their pawns to spread fear, hatred, and create confusion. The dark forces thrive when man is in fear and confusion.

Everything that a lower psychic comes in contact with is either astral or physical in nature. Their understanding and registration of objects is limited only to their physical and astral senses. Lower psychics are unable to receive impressions from higher planes because they have not yet advanced themselves to those higher levels of consciousness. They cannot tune themselves to receive higher impressions because they have not yet prepared their own vehicles to become receivers of higher transmissions. Essentially, lower psychics are stuck in the frequency of the physical and astral planes and receive only distorted impressions coming from these planes. These impressions are further distorted by the glamors, illusions, maya, and vanities of the lower psychic himself. Everything that a lower psychic receives goes through not one, but two filters of distortion. By the time they communicate their “message”, it is a polluted, distorted perception of reality.

Lower psychism can be compared to taking a detour that significantly sidetracks the journey of the evolving human soul who is trying to become its perfected Self. Not only does the lower psychic delay his own progress, he can also delay the spiritual progress of another through his distortions of the truth. One of the heaviest karmas a man can accrue is to delay the spiritual advancement of another. ❖

(Lisa Froman is a student of TSG University. More information, including full catalog, available online.)

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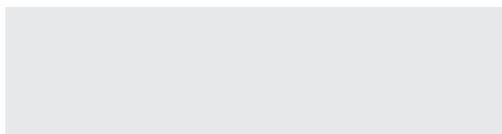
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CONTACT INFORMATION

USA / Main Office
TSG (USA)
PO Box 7068
Cave Creek, AZ 85327-7068
Tel: 480-502-1909
Fax: 480-502-0713
email: info@tsgfoundation.org
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U.K. Branch / England
TSG (UK) LTD - Serving all of Europe
4 The Wilderness
East Molesey
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United Kingdom
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TSG USA/ Cave Creek, Arizona
TSG Foundation Center
Gita Saraydarian: info@tsgfoundation.org
<http://gitasblog.blogspot.com>

TSG United Kingdom (UK) Ltd.
Catriona Nason/John Dumigan: info@tsg-uk.org

TSG Denmark (DK)
Lasse Ljungholm: ljungholm@stofanet.dk

TSG Germany (DE)
Constanze Bretthauer: constanze.bretthauer@t-online.de

TSG Peru (PE)
Gladys Moran: gladysmoran@speedy.com.pe

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