

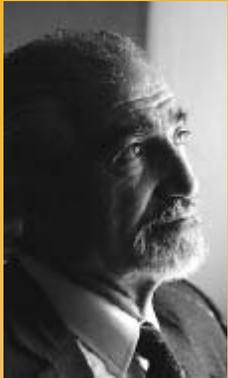


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# OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

SEPT / OCT 2007



Torkom Saraydarian  
1917-1997

## Contents:

❖ *Introduction* —  
Gita Saraydarian....1

❖ *Initiation* excerpt,  
Ch. 18 — Torkom  
Saraydarian.....2

❖ *Gita's Lectures on  
DVD, Torkom's  
Birthday, plus TSG  
Calendar*.....6

❖ *Leaves From Our  
Readers' Journeys*—  
Steve, Canada.....7

❖ *Contact Informa-  
tion: International  
& USA*.....Back Page

## The Path of the Heart

By Gita Saraydarian

The path of illumination is through the heart.

Before I went off to college in 1981, I went to my father's study to say goodbye. He stood up, gave me a hug, and then took a book off his shelf and gave it to me. The book was "Heart", published by the Agni Yoga Society, and in it was inscribed his name and the date 1947. I took that book everywhere as I traveled and lived in different places all over the world. It is still on my desk today and it is one of the most moving books that I have ever read. Whenever I need a lift, I read a passage from this book. The first paragraph especially is deep and inspiring. I would like to share my thoughts about a part of it:

*"To behold with the eyes of the heart; to listen with the ears of the heart to the roar of the world; to peer into the future with the comprehension of the heart; to remember the cumulations of the past through the heart; thus must one impetuously advance upon the path of ascent. Creativeness encompasses the fiery potentiality, and is impregnated with the sacred fire of the heart. ... How can the manifested rays be radiated if the flame is not affirmed in the heart? It is precisely the quality of the magnet that is inherent in the heart. The highest creativeness is imbued with this great law. Hence, each consummation, each union, each great cosmic unification is achieved through the flame of the heart. By what means can the foundation of the great steps be laid? Verily, only through the heart. Thus the arcs of consciousness are fused by the flame of the heart.*

(Excerpted from Agni Yoga Society, Heart, paragraph 1)

People are afraid to live by listening to their hearts. We often equate our heart feelings to be silly, romantic, illogical, and sentimental. We do not really listen to our heart because we do not understand it. It takes a lot of maturity and spiritual understanding to know how the heart operates and to learn to trust it and its voice.

Our heart is the strongest instrument that we have inside of us. Our heart does not even belong to us; it is a gift given to us by

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Gita Saraydarian

Continued on page 2

the Universe so that we have an instrument by which we can contact every living being in the Universe.

This Agni Yoga teaching is a blueprint for the way to live and respond to people from the depth of our hearts.

What does it mean when we can relate to the world with our heart? It means:

- ❖ We have holistic understanding of life.
- ❖ We have forgiveness for others and ourselves.
- ❖ We are not judgmental and critical; we clear up the lines of communication.
- ❖ We are a loving parent, a nurturing mentor, a good teacher, a good friend.
- ❖ We see the human frailties in ourselves and in others; we are not blind.
- ❖ We see the human potential and we can wait for them to bloom; we are patient.
- ❖ We are not identified by the world's values or the values of others; we have deep principles that we live by.

How does this come about?

*First, by developing the ability "To Behold with the eyes of the Heart."*

*How do I see the world around me? What part of my being do I use to see? When I look at a family member, a friend, a stranger, someone of different color or culture or social class, what do I see? How do I distinguish the person from myself? Do I separate or do I see myself in the other, or the other in myself?*

When we love someone, we see with different eyes. As soon as we fall OUT of love, what happens? All the stuff that was so cute and wonderful is now an irritant, a big deal. Instead, we can keep the eyes of the lover, see the beloved in the other, and let the heart condition how you see.

This is easy with people we love and like. But can we do this with those who have wronged us? When we are wronged, can we use the eyes of the heart? If we can do this, we will be able to see immediately the bigger picture and the causes of what truly happened.

*Second, by developing the ability "To listen with the ears of the heart to the roar of the world."*

*When I hear something being said to me, what do I really hear? With what part of my body do I listen? Do I listen with my hurt, my subconscious recordings, my yearnings and expectations? Do I listen with fairness, with neutrality? Do I listen to hear what I want to hear or what is being said? How often do we not hear what is really being said?*

In this sentence, we connect the ears with the heart. What we hear is not always accurate. There is much that is said around us that has many levels of meaning. Sometimes people say nice things but they mean really bad. Sometimes a hurtful word is said carelessly, unknowingly. Sometimes a person hides behind the words and really does not say what he means. So, when we connect our ears with our hearts, what happens? We start to listen to motive, coloration, tone, timing, purpose, and choice of words. More than 80% of what we say is heard and understood not based on the words we say but by what we really mean. We sometimes think others are fooled by our words. Or, people may think that we did not really understand their meaning and they fooled us. In reality, we are never fooled once we get in touch with our hearts. We will hear exactly what is being said, what is being implied, what the motives are. In addition, when our ears and our hearts are connected, we will be understanding and take the right actions. We will learn the art of truthful communication.

The world is roaring around us: Television, newspapers, cell phones, internet; gossip, ugliness, wars, droughts, dangers, disease and death; all kinds of roars are occurring around us every minute.

There is the roar of audible noise; there is also the roar of emotional accumulations in the emotional world that we feel and hear; there are the roars of mental thoughtforms; there is the roar of your soul and of the Teachings of Great Ones; and there is the roar of your striving, your fears, your hurts, your wonders.

**What are the roars of your life? Do you have so many physical roars around you that you cannot hear anything else? Do you have emotional roars? What about mental roars? Cultural roars? Fear roars? What are the roars that we humans operate under day in and day out?**

So, can we respond to all these roars with our hearts? Can we connect our ears and our hearts and then listen? What happens when we listen, truly listen, with our hearts?

**Listening is an art form.** We do not know how to listen. We listen usually with our own prejudices and expectations. We swallow what we think we heard.

**Listening with the ears of our hearts means to be fully conscious of what is being said, what is not being said, and is implied.** It means to be able to hear everything and still be of kind heart and understanding. When I listen with my heart, I say, "It's OK, he does not know what he is really saying." Or, I say, "Let me listen carefully, let me not react, let me see where this person is coming from, what he is really saying." Or, I will say, "This person is saying nice

things, but I feel like he is not saying all there is to say. What is being left out? Why is it being left out? What do I understand from this? Let me wait and see what happens.” So, my heart makes me slow down, listen, give the other a chance, and let life work itself out for me. I do not need to immediately jump and react to everything.

*Third, to be able “To peer into the future with the comprehension of the heart.”*

If we can do this, it means we have achieved a level of spiritual maturity. The future is tomorrow, next year, next life. It is everything that is ahead of us, from the next moment on.

What does it mean to develop the capacity to look into the future with the comprehension, the understanding of the heart?

**The heart is holistic. It is not divisive.** It knows. If we can see what the future results of our actions will be, we will be better guided to what we should do today. The heart knows; it is connected to the universe and it understands the great laws that operate in the universe.

Just think for a minute, how will your life change if you can see into tomorrow and judge it with your heart? Immediately the criticism will stop, the fear will stop, the judgment will stop, the unhealthy living will stop. This means that we will graduate from simple action and reaction to a more complex living based on the law of cause and effect. When we can truly live, daily understanding the effects that are generated from every action that we take, it means we are able to peer into the future with the comprehension of the heart. The heart will immediately know when you are doing something and what kind of results it will have in the future.

As we use the heart to comprehend the future, we are guaranteed not to repeat the mistakes that we have done in the past.

People who take substance abuse recovery seriously are religious about how they treat themselves and others. They have learned the causes and effects. They have taken inventory of their life, their relations, their finances, and their health. They decided to come clean, sober up, and go through the 12-step program. What is this program? It is a way to look at cause and effect and to use the heart: forgive, ask for forgiveness, understand your humanity, and go on with life.

*Fourth, to be able to “To remember the cumulations of the past through the heart.”*

## Initiation - Illumination

*by Torkom Saraydarian*

Enlightenment or illumination starts when a person becomes aware of his own condition as a whole. People think this is very easy to do, but in reality it is very difficult. To see yourself as you are, to see the conditions in which you live, and to see the condition of your physical, emotional, and mental nature needs very sincere and honest efforts.

Many people think they are great scientists when they earn a bachelor’s degree. Many think they are philosophers when they read a few philosophical books. Many think they are great artists when they paint a few trees and lakes. Many think they are unique leaders when they are promoted to leadership positions. It is also true that some people think very little of themselves; they think they have no value.

Thus most people are deluded by their superiority or inferiority complexes; they cannot see exactly what they are. To see yourself as you are, physically, emotionally, and mentally, is a great progress. This is, in itself, illumination.

Sit down and try to see whether you know yourself as you are mentally, emotionally, and physically. You will be surprised how ignorant you are about yourself as a personality. Dispelling this ignorance and seeing your real condition leads to illumination.

You cannot have Cosmic enlightenment, you cannot take great initiations until you really know the condition of the vehicles in which you live and the condition of life or the environment where you live. Many people claim to have “Cosmic consciousness,” but at the same time they do not know how to dress or even where their stomach is and what it does.

Enlightenment means to see things as they are. This is the first step. The next step will be to know exactly who and what your immediate associates are. This is more difficult, but it helps you to know yourself better. Many people mix their memories, impressions, fears, prejudices, past events, expectations, glamors, and illusions through their imagination and reach wrong conclusions. If you want to be enlightened, you must try to see not only yourself as you are, but also those who are associated with you in their true reality.

We cannot really understand and know people as they are unless we first understand and know ourselves as we are. When people try to know others before they

know themselves, they see their own image in others, and they see in others those qualities which they hate within themselves. This creates around them a world of unreality, which does not lead to enlightenment.

In Asia there is a technique of getting to know yourself called the mirror technique. You are going to face yourself and see yourself as you are, not only physically but also emotionally and mentally. See what you represent as a person, mentally and spiritually. See if you are aware of the conditions in which you live.

For example, a condition exists in your home. Do you see exactly what the condition is, or are you just imagining it? Or because of your past wounds — physical, emotional, or mental — or because of many shocks, are you evaluating the situation correctly or the situation incorrectly? Because you do not see things as they really are, you may take wrong actions.

If you want illumination, you must start seeing things as they really are. Your success in life depends on the clarity of your vision and your true appreciation of the conditions. You will not fail when you are enlightened. Failure is the proof that you could not see things as they are. We know that every one of us has failed or is failing. But why are we not learning to make our practical, daily life really successful, powerful, beautiful, joyful, and enlightened?

How can you develop this enlightenment? Not by sitting and repeating mantrams. You must try to see — to open your eyes. Do not be swayed by your emotions, thoughts, nerves, irritations, anxieties, desires, drives, and urges because all these things will mislead you. Instead of you leading your own life, they will lead you.

The future servants of humanity must have common sense. Common sense means to see things as they are. We are not learning these things to benefit only ourselves. We want to raise the standard of humanity and awaken humanity in any degree possible. The future of humanity depends on the present students aspiring toward enlightenment. If more and more people start to be enlightened, your government will be enlightened, your police will be enlightened. If you do not become enlightened, the blind will lead the blind. Blindness means that you do not have enlightenment, or it means that you are seeing things through the windows of your glamors, illusions, maya, inertia, urges and drives, jealousies, hatreds, or irritations.

To see things exactly as they are, good or bad; to see the facts means you are becoming a Master. Masters are

not built in schools and colleges, in exoteric, occult, or metaphysical circles, or in meditation. Masters are built in the heavy and hard life of reality. In facing facts, you learn. When you have learned, then you can change the direction of your striving because you no longer deceive yourself.

Enlightenment means to come in contact with reality. If we look very deeply, we will see that sickness originates from self-deception. The best thing we can do for our health is to take off the masks behind which we are hiding and which are preventing us from seeing reality.

If we see reality or help others to see reality, we are enlightened persons. It is a matter of honesty — intellectual, spiritual, common sense honesty. There are some people who are poorly educated and seem to have few social graces, but they have sound judgment. This is their foundation, and the most important thing is to have the right foundation.

Some people say everyone is beautiful, but this is not seeing reality either. Only if you know his real situation can you help a person. For example, if your son is dirty you must say, “Your feet are dirty, your face is dirty, but I love you, my son. Now let’s go and wash you.” You must stand on reality and then expand yourself.

There is a difference between seeing the real condition and mental criticism. Criticism, even when it is based on reality, comes from your superiority complex. First criticize yourself. Then criticize others. Before you start thinking about others, look at yourself in the mirror — physically, mentally, emotionally, socially, morally, and spiritually.

Christ said two very important things: He said to keep awake and to see.

We are talking about practical life — about your shoes, your body, your eating habits, your kitchen, your relations with others. Illumination begins with these things because illumination is nothing else but the result of friction with reality. It is just like the result of two dry sticks that you rub against each other to produce a spark. If you face reality, you are enlightening yourself.

The greatest Master is reality. You do not need to go to the Himalayas to see Masters. Reality is in front of your nose, and that is the Master. The Master is the truth, the fact, the reality that you can meet everywhere, at any time. When you see facts, you are with God. Wherever truth is, God is. Wherever reality is, God is.

People may ask, “Why are we told that we must

first seek the Kingdom of God?" The answer is that the Kingdom of God is reality. When you meet reality, you have everything. As Christ reminded Peter, "The Kingdom of God is within you."

Everything will be given to you when you are enlightened. You will know how to put people in the right places, what jobs to give them, how to give, what to give, when to give, what to say, and how to handle things.

Sometimes we are overwhelmed by the task of seeing ourselves as we really are and we feel trapped and frustrated. We see only our shortcomings, rather than the vision of the truth within us. Who says this is easy? It is not. We are always deceiving ourselves. Sometimes we think we are our stomach. Sometimes we identify ourselves with our sexual organs. Sometimes we think we are our mouth, head, or eyes. Sometimes we are spirit; sometimes only mud. Try to find your own right position within this confusion; try to see where you are and see yourself exactly as you are at any moment.

You must try to find your exact condition without any hallucinations, dreams, or imaginations. You must face reality with your mind and with your logic. When you have a realistic attitude, you try not to identify with confusion, mirages, hallucinations, or lies.

Unfortunately, our whole system is based on deception: how we can deceive each other to make a little more money, to gain a little more fame, a little more . . . . People deceive each other because they are deceiving themselves. You cannot deceive anybody else if you are not deceiving yourself.

Enlightenment is the ability to see a situation as it is and start improving yourself, step by step. If you are honest with yourself, life will make you meet the conditions needed to develop yourself. You may think that life is a blind chaos, but life is built with such minute, precise planning and mechanics that whatever happens to us is consciously planned or produced by our karmic actions or reactions. It is exactly that life in which we are going to live and find our way.

If you are honest, people will come and meet you; books will be dropped in your path; a friend or a problem will come and awaken you. Even a sickness or an accident will awaken you. The right person will come and tell you something and, because you are honest, your soul will be open for the truth.

There is a real light inside of us which knows, if we watch it. But we deceive that light. How many times do

we know that we are doing something wrong, but we do it anyway? Do not be like the commander who, though he sees that his army is surrounded by the enemy, says, "We are strong; we can destroy the world." Try to see the true situation with your enemy. What is your enemy? Your fears, jealousies, hatreds, separative attitudes, racism, nationalism, deceptions, urges, drives, and imaginations are all your enemy. All these things form a huge wall around you. Do not hide behind that wall and think you are something that you are not.

If you fool yourself, you are doing a very dangerous thing: you are creating a double, even a multiple personality around you. Then you are confused as to which one you are. One day you will act this way, one day that way, another day that way.... Try to get rid of the prisons that you are living in and face greater beauties. In this way, you will increase your light, unveiling the reality in everything. ❖

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Chapter 18: "Illumination," excerpted from the book *Initiation, The Path of Living Service*, by Torkom Saraydarian, pp. 193 - 199. Copyright: The Creative Trust, printed by permission.

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## Building the Lighted House: A Nine-Part Series by Gita Saraydarian

We have a new series of lectures about building the Chalice. Each is presented at the TSG Cave Creek Center during the Full Moon celebration. The Series began with the Cancer Full Moon 2007, and will end at Pisces Full Moon in 2008.

The Series will consist of a lecture, meditation, and a healing prayer coinciding with the energies of each full moon. Each lecture will focus on one area of life that presents a specific challenge in the process of building our Chalice. This building process is also the process of achieving the first three initiations. At each three month interval, the lecture will discuss one of the three major crises involved with the first three initiations.

For Cancer, the topic is healing the emotional body. The Leo Full Moon focused on Illumination to help us remove the masks that we hide behind. The Virgo Full Moon will focus on the first crisis of initiation. For more information about the topics covered in the next six lectures, call us or check our website.

**Ordering Information:** CDs, DVDs, and .mp3 downloads of the lectures are available. CDs are \$10.00 each; downloads online are \$6.50 each; DVDs are \$20.00 each. You may order online, or call us.

You can order each lecture individually, or subscribe to the entire series and we will mail a copy to you one week after the lecture is presented.

### MORE NEWS:

Please, come visit our beautiful, New Website! It has been one year in the making and now is finally launched! We have added lots of new information and details to make your visit more enjoyable.

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## TSG Cave Creek Center Upcoming Events

### Libra Full Moon



**Sunday, September 23rd**  
10:00 am - 11:00 am  
Lecture and Meditation  
by Gita Saraydarian.

### Scorpio Full Moon



**Sunday, October 21st**  
10:00 am - 11:00 am  
Lecture and Meditation  
by Gita Saraydarian.

## Torkom's Birthday Celebration

We celebrate Torkom's Birthday every November to honor his life and his service to mankind. Participate by joining our groups or create your own special celebration. Please call us or check our website for specific dates. At the TSG Center in Cave Creek, Arizona, Torkom's Birthday will be celebrated on **Thursday, November 1<sup>st</sup>, 7-8 pm**. We will have a special group meditation and reading of inspirational materials. Refreshments will be served following the celebration. Contact us for more details.

Wesak 2008 is already being planned. The dates are April 17th - 20th. Details will be available in the Nov-Dec issue of Outreach.

2007 International Seminars  
with Gita Saraydarian:  
September 6th - London, England  
September 8-9th - Frankfurt, Germany

*Information and on-line registration:*  
www.tsg-uk.org

The Path of the Heart - Cont. from page 3

**One of the trickiest parts of our being is how we remember things.** Have you found yourself telling a story of what happened to you and you are really embellishing on the events a little bit? We rarely remember everything exactly as it happened; we exaggerate, we forget, we add things that will bring us into a better light. We either exaggerate on how great it was, or how bad it was. We mix into our memory of the past all of our expectations, misunderstandings, feelings, motives, and our level of maturity on which the events were recorded at that time. We forget that we are only seeing one part and even then, in a limited way.

Why is it important to remember the past through our heart? Because we do not want to record into our mechanism the false, the mixed up, the not true. We do not want to make ourselves the victim and identify with it. What happens when we believe we are the victims? We act like victims. We speak as a victim. We do everything as if someone owes us something and we are poor and pitiful. When we are victimizing ourselves, we cannot go beyond the event. We never grow, we never get over it but instead, we do grow in creative ways of self-deception.

Conversely, if we think of an event and remember it only as a perfectly positive event and do not really see all the complexities in it, we also record a false impression of the event.

So, the heart is truthful; it does not lie, it does not exaggerate, it does not manufacture. It does not want attention; it wants the truth, without condemnation. What good are experiences if we condemn all of them and not learn from them?

What a gift we can give ourselves to use our hearts with which to see, to hear, to see the past and to see the future. What a perfect tool to use to find out who we really are and where we are going.

Creative living to me means to find fresh ways of expressing ourselves in life, based on the truth of what we see. As we sharpen the senses of our hearts and learn to trust our heart, our life will take on a new level of creativity and joy. With our hearts, we can remake ourselves and re-create ourselves into the real person we want to be. ❖



Originally printed in Gita's blog. August 6, 2007.  
For all of Gita's blog articles available, please visit  
<http://gitasblog.blogspot.com/>



Dear Gita:

I have been reading Torkom for some time and he has influenced my thinking and work so much, especially the heart-language and heart-reasoning related to our environmental and global problems.

What is so special about Torkom are his insights and feelings are expressed in contemporary language and simple psychology on the true and higher character of Ageless Wisdom, with a mature, developed, spiritual mind and worldview.

Torkom is helping us and allowing us to see and reflect time and time and time again: are we coming from a deeper place of authentic higher spiritual expression and learning or are we still functioning from a place of separateness, ego, self-interest, exploitation, and the lower intentions?

I have had discussions with many world experts and when I start to speak in terms of the relationship between our social and ecology problems and our lack of love and compassion for each other and the sacred earth and our focus entirely on the mental, statistical and scientific aspects of a specific global issue, they seem to go into freeze mode or shut it out. It is not part of their education or worldview that these problems are reflections of our state of consciousness and our preoccupations with self-interests, competition etc. As Torkom says, we have so much education but we have so little concerning developing our true inner identity and the Diamond Heart that is our true nature. We educate so many people to go out into industries and just exploit other people or exploit the earth and now we are asking ourselves how we got into this global environmental quagmire.

We think the way out is our technology, our mind, our innovations, our policies, our science. Yes this is some of it. But we do not want to reflect on the contamination within us, our thinking, our separateness from divine creation and each other, or how we have allowed a few dominating systems and people to create the ideologies of our current economies and systems. Well as Torkom knows, these systems and things are just ideas - ideas and systems whose time has come to be changed by a higher perspective and a new spiritual worldview.

Your beloved Father has inspired me, and many others to reach for the Heroic in our actions and activities. I have helped facilitate many projects, most of which were with people in activities they had little faith that they could manifest. I encouraged them as Torkom has stirred me with a commanding FIRE that their work is indeed possible, if they will sacrifice and work and labor for what could serve the purpose of a new and better world. That if they will do their part in faith, spirit will do its part in assisting them.

Kind Regards and I will stay in Touch,

Steven - Canada

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*Enlightenment means to see things as they are.*



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