

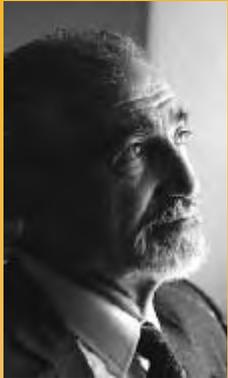


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# OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

SEPT / OCT 2008



Torkom Saraydarian  
1917-1997

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## Shine Your Light!

Dear Friends:

In this issue of *Outreach*, we have an inspiring article from Torkom's writings on the topic of shining your light and the three senses needed to do so: The sense of direction, the sense of universality, and the sense of synthesis. This is a very powerful topic that can propel us to build our inner communication system and bring a deeper and broader meaning to our life.

Dr. Robert Conostas, a lifetime student of the Wisdom and a practicing psychiatrist wrote a book review and a detailed research paper on Torkom's book, *Hiawatha and the Great Peace*. We reprint the book review in this issue. See our website for the entire article.

We are working hard to expand our service and take the Teaching to more places in the world using the latest technology. The Teaching helps us to see life from the inner, spiritual perspective and inspires us to change our approach to life. It is our firm understanding that when people are able to see a new and deeper side to life, their life will change for the better. We make life choices either through responding to mass media and mass consciousness, or we make conscious choices based on our true inner needs and the greater needs for humanity.

I ask each of you to help us spread the Teaching by making a financial contribution to TSG. When all people respond to the Teaching, we will have plenty of resources to do our work. Call us or visit our website for updates on what we are doing at TSG to share the Teaching with everyone in the world.

### Wireless Communications and the Subtle System

I was struck by the similarities between wireless communications and the etheric body and the aura. The internet is a replica, in physical form, of the etheric body and the aura.

There is a subtle form for all of life. That subtle form is called by many names: etheric body, etheric plane, ethers, or electromagnetic energy system in the Universe. It is a substance that permeates all of life. It is the "tissue" that connects us to each other, to all of life on the planet and even beyond. It is an entire network that is right there around us all the time. This

**TSG**  
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**Statement**

*Publish*  
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*Preserve*  
*Torkom*  
*Saraydarian's*  
*Creative Works.*

*TSG*  
*provides*  
*tools to live*  
*Successful*  
*Healthy*  
*Happy*  
*Joyful*  
*lives*



Gita Saraydarian

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**Sense of Direction**by *Torkom Saraydarian*

There are three things necessary to shine our light and they are called the sense of direction, the sense of universality, and the sense of synthesis. The sense of direction is found in our mind, in our mental body. It keeps us in the direction of the Cosmic direction. This galaxy in which our solar system is a little part has Purpose, has a direction. The Great Life That is ensouling the galaxy has a specific direction, and every human being is going to feel that direction, awakening and unfolding without resistance and entering into that Cosmic rhythm. But we don't have that direction yet.

For example, when Christ was talking about the Prodigal Son, who told his father that he was leaving home to wander all over the world, we can see that the Prodigal Son lost the direction. Now it is time that humanity feels the call and the direction and goes toward that direction.

It is very interesting. You must have a special sense to feel the direction, just as the birds have some kind of sense of direction. If you take them to South America or Europe or Asia, they find their direction and go to their place. Humanity lost that sense of direction. We call it "the hearing of the call." The call that is broadcast all over the world, the Father That is calling back the children to the Home is not finding a response in the ears of human beings because they lost that sensitivity. They lost that sense. When humanity finds that sense and develops that sense, their whole life will change because their life will be lived in the direction.

It is like having a compass that is looking to the North. That is your direction. Do you see? It is the direction of the North Pole. If you are going south, the needle turns and shows you where the North is. If you are going east, the needle shows again that that is the North. You are going toward the North.

What is going toward the direction? It means that all the activities of your physical life are going to

be goal-fitted, which means in harmony with the goal toward which you are going. For example, if you are going toward the North, you cannot do things that are harmful to your body. Then you don't have direction.

If you are going to be a doctor and you are not studying, you are not disciplining yourself, you do not have enough time, enough money, enough energy, then you do not have any success. You don't have direction.

When you have a direction, when you feel the direction, then you harmonize all your physical activities toward that direction. You are like a magnet that polarizes and orients millions of iron filings in the same direction, in patterns. When you find the direction, your physical cells and your etheric, emotional, and mental atoms become a symphony in the keynote of the direction. It is just like you are an orchestra and every part of you is tuning its instrument, but when the leader comes and stands there, the orchestra starts because the orchestra has direction. Your creativity has direction now.

Ask yourself, "Why am I creative? Am I filling a position in the orchestra of the direction?" This is very important. To develop that direction in you, you are going to do three very important exercises. As much as you can do, you must manifest Beauty, Goodness, and Truth. That is what puts you in the direction — Beauty, Goodness, Truth. Any time you do anything against Beauty, against Goodness, against Truth, you will stop it because if you are not in this direction you lose the direction.

You lose the direction. You become a liar. You become a hateful person, a separative person. You become ugly in your physical, emotional, and mental activities, and you don't care anymore. You lost the direction.

When you have lost the direction, your orchestra becomes chaos, which means you lose your health in proportion to losing the direction. If ten percent you lose the direction, ten percent your sickness increases because your atoms, your cells, the systems in your body, in your emotional body, and in

your mental body are not functioning as an orchestra, as a symphony. They have lost the direction.

You are going to develop that sense of direction. Sitting in silence is a way to find the direction. This is the practical side of it. When you are going to make a decision, take ten deep breaths. Don't think about any decision. Take ten breaths and then relax and keep silent and ask for direction.

The most important thing in our life is to develop a sense of direction, and it is a real sense. For example, it is a sense like hearing. We have a sense of hearing, but it can be slowly developed and become sharper and sharper. You listen, and your hearing is much more accurate. If somebody plays an instrument and makes a little mistake you know it.

The same thing happens with your sense of direction. Immediately when you say something that is not in the direction, that sense tells you. "Hey, stop!" If you are doing something that is not in the direction, that inner tuning fork says, "You are not in tune."

The spiritual life is personal, individual discipline within yourself so that you transform yourself. Daily you must have at least half an hour or one hour to do these things — if you want to enter into the direction. Then at night, half an hour before you sleep, you will check yourself, "Was I walking in the direction today? What did I do that was out of the direction? I spoke these things. No, they do not fit in the direction. I did these things. No, they don't fit there. I was thinking in this way. No, that does not fit the direction."

When you eliminate the things that are not fitting the direction, the sense of direction becomes clearer and clearer and clearer. Actually, the lowest expression of the sense of direction is your conscience. Do you know what the conscience is? It says, "Hi," and you say, "Hush, I have business now. Don't talk. I have business. I must lie to make some money. I must do some monkey business." Do you see? And when you do not hear the sense of direction, it becomes dulled. Eventually, you don't hear it any more.

When a man loses the sense of direction, he becomes an animal. The difference between animals and human beings is that one has a sense of direction and the other did not develop it yet. The progression is instinct, conscience, sense of direction. That is how it goes.

When the sense of direction is really developed, it becomes your intuition. In intuition, you know how to "walk." Before you talk, maybe ten minutes before, mentally you know that these things must not be told, these things must not be done, these things must not be thought or felt. So you are putting your whole physical, emotional, and mental mechanism into the keynote of the direction. Just like a musician, you are composing and orchestrating your life in the keynote of the direction. Isn't that beautiful?

So try to develop this sense. Christ, we are told, is going to give more Teaching about the sense of direction because it is only the sense of direction that will make you able to find the Father's Home. You are going to "smell" and find the way that will take you Home. Then the Prodigal Son is going back to his Father. When you go to the Father, He will make a big feast for you, a party. He will say, "You are welcome back. You have found the Home." This is all allegorical. It is symbolic language.

There is great joy and expansion when you are going back Home, and the sense of direction takes you there. From the physical viewpoint, the sense of direction will give greater health to your body. Look how interesting it is! Karma is produced when you do things that are out of the direction. If you do things, physical things that are not in harmony with the direction, you create karma and karma makes you late. It increases your suffering, your pain, and your physical troubles so that you pay whatever wrong you did and find your direction.

Karma is a blockage on your Path. You must clear and pay that karma to find the next direction. But if you have the direction, you do not have karma, bad karma. You don't have karma because direction does not create karma. That is why when

you become a Fourth Degree Initiate, your physical, emotional, and mental karma is totally finished. You are not bound mechanically to the Law of Cause and Effect because you become a cause and never become an effect.

It is so interesting. If you sit down and think, “Who is controlling, what is controlling my life? Is my body controlling my life? Of course, eighty or ninety percent! My emotions? My thoughts?” Where are you? If effects are controlling you, you are not healthy. If you are a cause, you are creating and re-creating your life according to the patterns of the direction — which you know.

It is so beautiful. Again in your emotional nature, you do not create tensions and pressures in your emotional system because any pressure, any tension in your emotional body will reflect to the etheric centers and the etheric centers will reflect to the glands of the body and your body will suffer. When you take the disharmonious vibration from your emotional body, your emotional body is an orchestra, is a symphony. You don't have karma there. Only love and peace radiate out of you.

There was a lady who came to me and said, “Torkom, I cannot digest anything.” I said, “Did you go to a psychologist or a psychiatrist or maybe to a doctor? Did you get yourself checked?” “Oh, Torkom, I am paying and paying and paying. It is not helping.” So I said, “Is there anybody that you hate?” She said, “Of course — my husband!” “Oh,” I said, “do you want your stomach to work good?” “Yes.” “Then love your husband. It is simple. Unless you love, you are not going to get rid of that stomach trouble. The emotional body grabs the stomach and the glands and different energy systems and does not let them function in harmony with the body.”

You see — the whole secret in the life is harmony. Health is harmony. When the parts of your body are functioning in harmony with the rest, you are healthy. When you are walking toward the direction, you are healthy and you are radiating health.

It is the same for the mental plane. When you have direction, your mental body is very creative

because the divine energy is absorbed and creatively expressed through your mental body. You don't have any sickness in your etheric body either because your mind is pure. Mental tension, mental disturbances reflect immediately to the etheric body and the etheric body reflects to your heart, to your stomach, and to your kidneys. It comes from your mind. Your imagination immediately produces changes in your body because whatever thoughtforms or emotional forms you build, they channel a corresponding energy into your system.

Thinking is a way of letting energy flow into your body. If you have wrong thinking, wrong energy is coming into your system. If you have right thinking, thinking of Beauty, Goodness, and Truth, you are filling your aura with Light and Love and Power. Then your body is floating in that energy. It is blooming and becoming beautiful. This is the sense of direction.

It is so important that in silence you sit sometimes and say, “Lord, what should I do? Let me feel it. Let me sense it. Let me know it.” Then as much as you know, try to use it.

You see, four things are very important. Actually there are three things but one thing can help you from the outside. The three are Beauty, Goodness, and Truth and the fourth is Harmlessness. If you follow these four things, you are very fortunate and eventually you will find your direction.

People go to teachers to find direction. It is impossible. No one can teach you to have direction, just as no one can teach you how to smell or how to hear, how to touch or feel. It is a sense that must develop within yourself. You are going to develop the sense of direction in doing it. That is so important. Your whole life will change. Your home will change. Your relationships will change. Your creativity and understanding will change. All your relationships change once you feel the direction. You don't need anything anymore — just direction.

(From *Teachings of Christ, Volume 3: The Transformative Power of Christ*, Chapter 14, by Torkom Saraydarian. The other senses are discussed in subsequent Chapters.)

Wireless Communications - continued from page 1

network contains thoughts, feelings, and imprinted replica of activities on all levels, even wishes and dreams. In short, the etheric system of the planet contains everything in subtle form that humanity does, plus emanations from plants, animals, minerals, and more. It is the super Internet of the psychic world.

Once we grasp this and experience how it operates, a huge problem of a materialistically focused life is solved. Now, every life choice that we make will be seen from an energetic perspective. Imagine if we know that someone is watching us, picking up our vibrations and thoughts, and responding to us. What happens to our life choices? Imagine that everything that we transmit via our words, actions, thoughts, feelings, plans and so on are also “out there” to be picked up by anyone who tunes into us with their “equipment.”

That subtle form is multi-leveled and is infinite in capacity. Every physical form has its subtle counterpart. The machines and inventions in the computer age are very much the replica in physical form of what already exists in the subtle form. Simply put, the etheric body and the aura operate exactly like a wireless device operates. Or, rather, the wireless device operates exactly like the aura and the etheric body.

What is the etheric body? This is the electromagnetic sphere or energy body that surrounds our physical body. It is an exact replica of the physical — organs, glands, body parts and all — but made up of energy ‘wires’. These etheric ‘wires’ have a special color and have conductivity. The ‘wires’ also have the capacity to transmit and receive huge amounts of data, and also act as a protective shield when they are strong, pretty much like good spam and virus software on your computer. The etheric ‘wires’ take energy, light, or messages from the surrounding space and “download” the messages onto the physical brain and, conversely, the etheric ‘wires’ take out energy from the physical body and broadcast messages into space. The “messages” can arrive from anyone or anything in space. We also receive messages into and through any parts of our bodies. A mentally focused person receives mentally. An emotionally focused person receives emotionally. Wherever our focus of life is that is the station of reception and distribution. The same thing happens in transmitting. Wherever our focus in life or consciousness is determines the quality and quantity of the data. So, everything that is received and transmitted is colored by its place of entrance or exit in your body. So, every time you do or say or feel or plan something, remember, what you are feeling and thinking matters.

When the etheric body is strong, it acts as a shield and keeps out unwanted “messages” that I call psychic spam and psychic trash. Similarly, a healthy person does not dump his or her trash into space that may infect others.

You can choose what to let in and what to let out. When the etheric body is weakened, or the person has serious health issues or bad life choices, the wires can get blocked, broken, or develop little knots in them referred to as “imperil”. These knots prevent, or slow down, or even distort the even flow of energy into and out of the etheric body. When the wires are all mixed up and there is mental and emotional immaturity and imbalance, the person can receive and transmit all kinds of psychic trash, much like computer viruses!

When we “pick up” energy in any form, it is first picked up by the etheric body and its complete system of wires and centers. When we send energy, in any form — such as thoughts, wishes, dreams, prayers, plans, visions, or desires — we are again using the same system of wires.

What is the aura? It is an energy system that includes the etheric body. It surrounds us and is made up of many layers. The aura contains the radiating energies of physical, etheric, emotional, and mental bodies, as well as the complex energy that is transmitted from our true being or true essence, sometimes called soul consciousness or inner consciousness. So, the aura is a collection of all and every subtle vibration that is occurring at any time in our life. It moves, fluctuates, radiates, or shrinks according to our state of being, thinking, feeling, and health in its complete sense. It can be clean and clear, reflecting the total health of the individual, or it can have all kinds of patches and knots that

continued on page 6

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#### Editorial staff - USA

Gita Saraydarian - Matthew Borum - Debbie George

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](mailto:info@tsgfoundation.org)

[www.TSGFoundation.org](http://www.TSGFoundation.org)

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reflect the imbalance, ill health or lack of development of a particular aspect of an individual.

The aura is not a simple device; it is really complex and its proper functioning is the most essential part of our life. A strong and healthy aura is the best subtle computer protection system that you can have.

The wireless computer picks up signals that are transmitted from somewhere via a device that picks them up and your computer then links up to the same electronic signal and translates it into emails or retrievable data of some kind. Your computer system works perfectly as long as you have the right software, the right protection from nefarious spam and viruses, and you have connectivity. All the information you need is stored somewhere in the world of the Internet. Billions and billions of currents are continuously passing and criss-crossing all over the world as people log in and link up to information. The same is true of the aura. Billions and billions of subtle energy currents are moving all over the planet's etheric surface. People pick up our thoughts across the world. People send prayers and blessings to someone and it makes a difference in that person's life. We can pick up information from hundreds of stations in the various levels of the subtle worlds. All we need is our internal computer system; the most sophisticated wireless system that is yours to build and keep if you want to do the work. Understandably, it takes a little more work to build our internal wireless than it does to build a computer and order it online. The former is forever, lasting throughout all our lifetimes; the latter is guaranteed to be out of date within a few years if you are lucky.

Both are useful. One is for now; one is for both now and forever. But, until we have our own internal sophisticated wireless system firmly in place, we will rely on the computer and have to log in and make sure that the computer is protected with good software. At least, start out right and stay out of sites that infect and cause damage!

And, don't forget that just as computers need updating, so does our internal wireless. Do the spiritual work, keeping yourself balanced and healthy physically, emotionally, mentally, and spiritually. You will reap the benefit of a healthy, protective aura that will act as the best tool to access the beauties of the Higher Worlds.



Excerpted from Gita's blog  
[gitasblog.blogspot.com](http://gitasblog.blogspot.com)

## Try

**T**ry to be  
 always joyful  
 when  
 things go wrong,  
 when things go right.  
 Remember -

There is day.  
 There is night.

Sometimes  
 in the day  
 great things  
 are accomplished.  
 Sometimes  
 during the night  
 stars are seen.

Try  
 to be joyful  
 when the darkness  
 surrounds you,  
 when the dawn  
 shines on your path.

Many people  
 lost their path  
 because of day.  
 Many people  
 found their path  
 because of darkness.

During the day,  
 during the night,  
 keep the candle  
 of your joy  
 always lit.

Remember -  
 Light brings darkness.  
 Darkness brings  
 light.  
 Behind every wave  
 there is an abyss.  
 Behind every abyss  
 there is a swelling wave.

During the day  
 during the night,  
 keep the candle of your joy  
 always lit....

Only joy  
 will give you wisdom  
 to keep your  
 direction  
 toward the stars.

(Reprinted from Torkom Saraydarian's collection  
 of poetry, *From My Heart, Volume I*, p. 151.)



## Hiawatha & the Great Peace

*Review by Dr. Robert Constat*

This book is based on a true story. The Legend of Hiawatha and the great Native American prophet, Deganawidah, is one of the most inspiring stories in all religious and political history. This legend is based on real life happenings occurring before Columbus came to the Americas in 1492. This is a story of a virgin birth of a Native American, the great prophet, Deganawidah, miracles, cannibalism, black magic with an evil Mohawk shaman, transformation of character, establishing a wonderful political and social structure in America, and the foundation of representative democracy that led to the formation of the American Constitution.

It is my hope that every Native American will become familiar with this marvelous legend. It can help to restore their sense of spiritual contact with the higher worlds. They need to realize that God, our Great Grandfather, sent messengers to them in America long before there was any contact with the Europeans. The vision of this Legend will help empower the Native American to live in harmony with the Great Spirit. Some prominent medicine people (traditional spiritual counselors) among the Indians now are carrying out the mission of Deganawidah and Hiawatha, by seeking to restore the sense of what it truly means to be an Indian. The true and traditional Native American is a person who is in contact with the higher worlds.

Saraydarian superimposes on this legend his version of what likely occurred, weaving in and out of the history the inspired oratory of Hiawatha who was a masterful orator. The author makes Hiawatha the dominant person in this book. Hiawatha is the one who gives almost all the messages. The messages are the essence of spiritual and political wisdom, expressed in great simplicity and beauty. It is as if someone who was actually there recorded the speeches, and used the power of verbal music to convey the essence of the meaning. This is the expression of Saraydarian's genius.

Deganawidah was the prophet of the Great Peace, born to a virgin Huron maiden on the north side of Lake Ontario. Although he had great spiritual power, called *orenda*, he had a speech impediment and used his spiritual brother, Hiawatha, as his spokesman when dealing with

the five original tribes that became the Iroquois nation. The Great Spirit sent Deganawidah to put an end to the constant warfare, cannibalism and revenge killing that was so prevalent among the tribes of upper state New York.

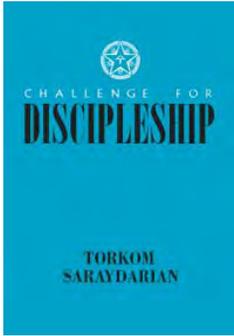
When eighteen Deganawidah rowed his white stone canoe across Lake Ontario to the spiritually dark world he was to transform. After he and Hiawatha established the foundation of the Great Peace, at the age of twenty-three Deganawidah rowed away to the West in his white stone canoe and was never heard from again. Hiawatha remained among the Iroquois for many years and is still highly revered by them.

There is strong evidence to suggest that the political system of the Iroquois influenced Benjamin Franklin and other writers of the American Constitution. Unique to the Iroquois was the provision that only women were to vote for the representatives who would meet in council. The clan mother of the representative also had the right of recall.

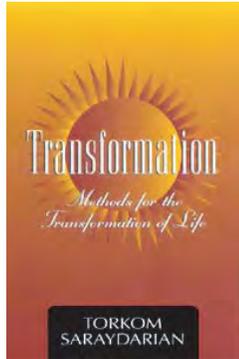
The Iroquois sachems (chiefs or representatives) were to be men with clear minds, full of goodwill and peace. They were to set the example of freedom from corruption, to be detached from material possession, and to show no signs of selfishness. The Iroquois Confederation remains a model for global cooperation and goodwill. Saraydarian's account reveals the beauty and wisdom of this noble people.

Deganawidah used the example of the pine tree in explaining how the Great Peace eventually would spread over the entire world. He showed the people a great pine and said the white roots of the pine tree grew in all directions, and that is how his ideas given to him by the Great Spirit would grow. The Council of the Iroquois Confederation remains to this day near Syracuse, New York. It is interesting that the headquarters of the United Nations also is in New York. The United Nations, despite its limitations, still maintains the vision of a world at peace.

The introduction gives a complete summary of the historical legend and clarifies some contradictions in the versions. Despite the various presentations of this legend, this does not affect the beauty and profound significance of the story. The reader can easily look beyond the names to the inspiring quality of the characters of Deganawidah and Hiawatha and their magnificent achievements. They gave a wonderful gift to the Iroquois tribes and offered America an advanced social system that has yet to be surpassed.



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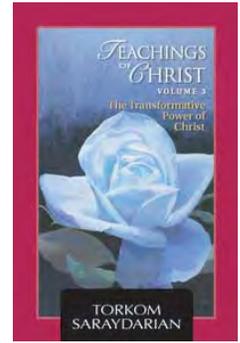
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individual discipline within yourself  
so that you transform yourself.**



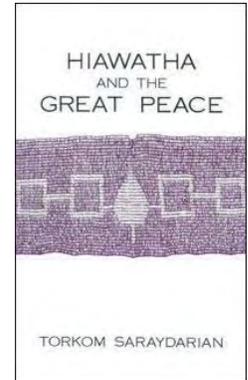
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The Transformative  
Power of Christ



**Excerpt Inside**



**Book Review Inside**

## TSG Cave Creek Center News & Upcoming Events

**New 12-Part Series!**

**Building the Group Chalice:**

**Expanding Our Service to Humanity**

Gita first presented a comprehensive study of the path of Discipleship in the Labors of Hercules lectures. Then she moved to the internal struggles of building the individual Chalice, in the Building The Lighted House Series. Then she presented a 3-part series on Initiation. Now she explores how this newly developed capacity can be used to help others and build a group chalice that becomes a stronger and more powerful repository of wisdom, love, and truth.

Each presentation takes place at the TSG Full Moon Celebration in Cave Creek, AZ and includes a lecture, followed by Meditation and Prayer. Sample clips are now on YouTube!

Available on CD (\$10.00) Downloads (\$10.00) and DVD (\$20.00) individually or buy the set of 12 and receive a 15% discount!

**Coming soon!**

**November 28th - 30th** Gita will give a seminar on the Human Soul and Other Worlds in **Lucerne, Switzerland**. Check our website for details

**Virgo Full Moon**



**Sunday, September 14, 2008**

10:00 am - 11:00 am  
Lecture and Meditation on  
Sun in Virgo: Group Chalice  
with Gita Saraydarian.

**Libra Full Moon**



**Sunday, October 12, 2008**

10:00 am - 11:00 am  
Lecture and Meditation on  
Sun in Libra: Group Chalice  
with Gita Saraydarian.

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\*Christmas Specials will be featured in our Nov-Dec issue