

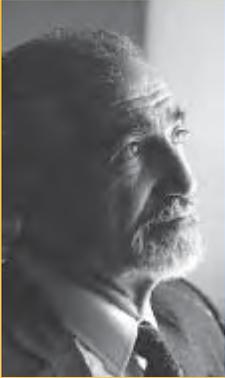


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# OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

NOV / DEC 2009



Torkom Saraydarian  
1917-1997

## Contents:

- ❖ *Editorial* —  
By Lou Schwartz.....1
- ❖ *Forgiveness and Reconciliation* —  
By Robert Constas....2
- ❖ *Thanksgiving* —  
By Torkom Saraydarian.....4
- ❖ *TSG News & Events* .....6
- ❖ *Defining Our Service* — By  
Gita Saraydarian  
.....Back Page

## Thanksgiving, Forgiveness, and Nation Building

On October 3rd, 1789, George Washington signed into law the country’s first Thanksgiving Proclamation. In it, the President asked ‘the Lord and Ruler of Nations’ for forgiveness of national transgressions and to guide and bless all nations.

Torkom Saradyarian once wrote about an imagined Thanksgiving dinner hosted by the President of the United States, inviting leaders and their families from many countries to have a day of joy, a day of gratitude, respect, forgiveness and future vision. He contrasted achievements gained by such events with those gained through direct pursuit of national interests. He concluded that greater, more effective long term solutions come from this kind of diplomacy and concern for others than from strict nationalistic, ideological policies.

The underpinnings of representative democracy in the Articles of Confederation, the foundation for the U.S. Constitution, were influenced by acts of forgiveness and thanksgiving; but how many of us are aware of this?

In this timely and inspirational issue of Outreach, we present for your consideration how forgiveness founded a nation, and how thankfulness and gratitude preserve it. You’ll read highlights of the story of the Iroquois Nation before Columbus arrived in America. Here, through the efforts of two individuals, a great and lasting peace was created by previously warring tribes, resulting in a new nation. The principles embodied by the Iroquois nation were championed by Benjamin Franklin, who helped in their ultimate adoption by the colonies as a model for representative democracy.

This story is told by Dr. Robert Constas, whose long-standing work as a child and family psychiatrist within the Native American community has allowed him access to extensive research into their rich history and culture.

Our feature article is some of Torkom’s expanded writings on Thanksgiving Day and the holiday’s far-reaching meanings directed toward nation building. You’ll want to pay close attention to his words on the challenges posed in developing consistent gratefulness. He closes with a beautiful ceremony of thanksgiving which we can incorporate into our lives, if we are inclined to do so.

**TSG  
Mission  
Statement**

*Publish  
Distribute  
Teach  
Preserve  
Torkom  
Saraydarian’s  
Creative Works.*

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



Gita Saraydarian

Editorial - continued from page 1

Thanksgiving Day, as well as Days of Remembrance observed in many countries and cultures, is a day in which the restoration of the heart can take place in the joy of gratitude, of caring for others and, forgiveness. The Outreach staff extends heart-felt best wishes to all of you at this time of giving thanks.

- Lou Schwartz



### Forgiveness and Reconciliation

*by Robert Constat*

The story begins sometime during the 14th or early 15th century. It is the story of how the virgin-born divine messenger, Deganawidah, the prophet known as the Peacemaker, met his spiritual brother, Hiawatha, and how their remarkable efforts over a period of five years united the warring tribes of what is now the upper New York state into the Iroquois Nation. These spiritual warriors ended a time of great darkness, fear, war, revenge killing, and even cannibalism. It is a story of how forgiveness and reconciliation transformed a twisted, evil, war chief, and powerful black magician into such a noble and respected person that he was ultimately made keeper of the sacred flame of the Iroquois.

Hiawatha, whose name is familiar in Western history and lore, was a great orator who ultimately became the spokesperson for Deganawidah — who had a speech disorder. Hiawatha was one of the chiefs of the Onondaga tribe, who opposed the evil war chief, Todadaho. Todadaho sometimes murdered his opponents by black magic or by his loyal assassins. Hiawatha was too powerful for him, but Todadaho arranged for the murder of Hiawatha's wife and three daughters.

As a result, Hiawatha abandoned the Onandaga and became a recluse full of hatred and revenge against any

and all warriors. It was then that he met Deganawidah and became transformed by the spiritual power of Deganawidah. Hiawatha became dedicated to the vision of a Great Peace espoused by Deganawidah, a peace which was enthralling in its scope and depth.

After five years of working together with the region's tribes, they convinced four of the five to make peace, but the Onondaga tribe refused to join the Great Peace unless the evil war chief, Todadaho, gave consent. He was the final obstacle — and would have to be literally transformed in order for the Great Peace to become a reality.

So Hiawatha, the Peacemaker, and many other men rowed their canoes to the cabin of Todadaho along the southern coast of Lake Ontario. Todadaho used his psychic powers to make large waves in an attempt to impede their path. They could hear his voice shouting, "There can be no peace. There can be no peace. Go away. Go away."

On arriving at his cabin they approached Todadaho. His body was deformed and twisted, and he had snakes tied in his hair to frighten people. Todadaho immediately saw Hiawatha alongside Deganawidah and thought that Hiawatha finally would take revenge on him for murdering Hiawatha's family.

Can you imagine what you would feel if you were Hiawatha confronting Todadaho? But Hiawatha was a new being, enlightened by the transforming vision and spiritual power of the Peacemaker. Hiawatha approached the twisted war chief and began to sing to him! The war chief could not believe his ears. What power had transformed Hiawatha? Hiawatha sang of goodwill, of the tribes becoming strong in unity, of forgiveness and letting go of the past, of reconciliation, of the beauty of the future, of overcoming all fear and ending the darkness of the past. Todadaho knew that this spiritual power (called 'orenda') was greater than his, and he surrendered to the song of Hiawatha. Hiawatha then combed the snakes out of Todadaho's hair, and as he did so, Todadaho's body literally untwisted, and the snakes in his mind left him as well.

Todadaho felt forgiven and accepted by those who in the past, especially in childhood, had ridiculed him mercilessly about his twisted body (the Indians admired beauty and strength of the physical body as much as did the ancient Greeks). At the advice of the Peacemaker, the united tribes made Todadaho the keeper of the Sacred Flame, thus strengthening in Todadaho the

continued on page 3

striving to live up to the nobility of the new position. Finally, Todadahó enjoyed acceptance by the people, and his heart nature began to open.

The new nation created a constitution and a representative democracy. It was very enlightened with far-reaching effects. It is interesting to note that their political elections were controlled by women; only women were allowed to vote for the chiefs and senators (“sachem”), all of whom were men and who then voted in council. The women, or clan mothers, had the right to recall the sachem from their clan, similar to an impeachment proceeding.

At the age of twenty-three, Deganawidah rowed away in his white stone canoe to the West and was never heard from again. Hiawatha remained with the Iroquois for many years, guiding them and educating them in the Great Peace. His influence eventually spread and benefited many others.

Fast forward to 1744. Benjamin Franklin (Pennsylvania commissioner of Indian Affairs) met with a chief of the Iroquois who advised Franklin to have the colonies make a constitution similar to that of the Iroquois because it would increase the colonies’ strength in dealing with the British. Franklin concurred, but the colonies rejected the plan at that time. Twenty years later, however, many of the principles of representative democracy were included in the Articles of Confederation which later became the foundation for the American Constitution.

As for us today, let us ask ourselves, individually and as a nation, where we need to forgive or seek forgiveness. There is a need to forgive ourselves, to let go of the past resentments and grievances that prevent our moving ahead on the path free from fear, to enjoy greater joy, goodwill, and beauty in living. Let us let go of those last drops of poisonous resentment and enjoy the fountain of living, loving light that is the hidden glory in the core of our being.



## Thanksgiving

by Torkom Saraydarian

(Excerpted from, *Education as Transformation* Vol. 1)

### *A Caring Heart*

Thanksgiving Day is a day in which we must take special care of each other without expectation or diplomatic hypocrisy. A human being advances on the spiritual path only when he begins to really care for others. This is an idea that will be understood and practiced by those who are entering the path of transformation.

If you search scientifically for the reasons why individuals, groups, and nations degenerate and eventually disappear, you will find that the major reason is that they do not care for each other, for other groups, and for other nations. Such a carelessness prepares their downfall and forces them to disappear.

When you see a family in which the members do not care for each other, the disintegration of that family is very close-at-hand. The same is true with groups and nations, and even with humanity as a whole.

People think that wars, earthquakes, and epidemics come and destroy people, but these are not the causes of the destruction. The causes of natural catastrophes are in the hearts of the people. Once the heart becomes careless, it no longer communicates with the forces of Nature, and the person creates a certain imbalance between himself and Nature. Nature cannot exist without balance, so it wipes away all that causes the imbalance and restores balance.

A careless heart cannot receive right direction from higher sources and thus loses the path of life. Carelessness makes a person disintegrate within himself. If a person is not already disintegrated within himself, Nature will never destroy him. If you do not care, the weeds grow, the thieves increase, the termites and fleas invade your nation and the world; and Nature tries to clean the mess through so-called natural calamities.

(p. 378.)

### *The Science of Giving*

Thanksgiving Day can be a day for intensive research in the science of giving.

The best way to prevent your progress, your blooming, and your unfoldment is to attach and identify yourself with all that you have and all that you wish to have. The greatest darkness is the darkness in which you become the slave of your accumulations. In dispersing your accumulations and breaking your identifications with them, you find your True Self.

continued on page 4

Thanksgiving Day is also a day in which people must learn to appreciate each other's beauty without envy. Beauty is a great gift not only for those who have it but also for those who behold it or enjoy it. In appreciating beauty, we become beautiful. Gratitude felt for the beauty of others is the only way to develop beauty — not only beauty of form but also beauty of heart, beauty of spirit, and beauty of nobility and creativity.

We can celebrate Thanksgiving Day by making it a day of contemplation. The first thing we must contemplate upon is, "What blessings did we receive from others and how can we pay them back?" On Thanksgiving Day we must remember all the blessings we received throughout the past year and make some plans to share our blessings with others during the coming year. When we receive and do not give, we fall into a state of psychological congestion.

On Thanksgiving Day we must remember those who have shared their blessings with us. When this is done by a great number of people, a network of electrical webs of gratitude will be built around the globe, that will protect humanity from many evils.

You must remember first your Teachers, then your parents, then your friends, then all those who helped you and shared their blessings with you. Send them your love and gratitude. In doing this, you will notice in the meantime that you will get rid of most of your pride and vanity and develop a sense of humility and recognition of the value of others.

Sometimes, of course, it is impossible to share your blessings with those from whom you have received. This does not matter. You can give to any stranger in the name of the one from whom you received. In the spiritual plane, your blessings reach the right address; they reach the one from whom you received, even if you shared them with others due to conditions which made you unable to pay back directly the one who helped you.

Once a friend's house was on fire. As we were trying to put the fire out, a passenger stopped his car, jumped out, and helped us to put out the fire. Then he jumped back in his car and disappeared.

Days later when I was walking in the market with the same friend, he noticed a poor boy dressed in very worn-out shoes. He stopped, greeted the boy and said, "What about if I buy you a pair of shoes?"

"Thank you, but..."

"The shop is here. Go and try on the ones you want, and we will pay for them."

The boy was shy. He hesitated, but eventually he went into the shop with us. My friend paid for the shoes and said good-bye to the boy. As we were walking out of the shop I said, "Who was that boy?"

"I don't know."

"Then why did you buy shoes for him?"

"What else could I do?"

"Well, I can't understand why you would buy a pair of shoes for a stranger."

"Do you remember the stranger who came and helped us put out the fire in my house?"

"Yes."

"I wanted to pay something to him for his help, but I couldn't find out who he was. So I paid a stranger."

For the remainder of the walk — two miles — we did not speak.

What a network of goodness will surround the globe if everyone achieves such a state of consciousness.

(pp. 380-382.)

### ***Greed and the Heart***

Accumulation creates the seeds of civil wars and wars between nations because accumulation is the act of breaking the law of right human relations and hindering the circulatory flow of the blessings of Nature. If you study the history of nations, you will see that their downfall started when their spirit of accumulation reached a certain degree and the destructive forces began to act.

Some people argue and say, "I do not need to pay back anything to anyone because all that I have is the result of my hard labor." To such a person you can say, "You lived seventy years. Nature did not charge you anything for the air you breathed, for the flowers, forests, and mountains you enjoyed, for the songs of birds you heard, for the oceans, lakes, and rivers in which you fished and swam.... You didn't pay for the rain, for the snow, for the rainbows.... Can't you express your gratitude to the Giver of all these blessings by sharing your blessings with others?"

He may laugh at you because greed closes the heart center and kills the sensitivity of the heart. Or perhaps he will see the light and proceed toward it.

(p. 383.)

Thanksgiving - continued from page 4

### ***Gambling with God?***

During one period of my life I used to visit those who were passing their last days on earth. Often they used to tell me, "If God lets me live, I will give all my money for His service." They could say this because their money had no value for them anymore, and they wanted to bribe God. Where were they for seventy years? Why did they not work for His Plan and His Purpose during all that period of time?

Gratitude is not a business. Flattery and bribery have nothing to do with gratitude. Such people are trying to draw one more card, like in a poker game. If it works, well.... If not, everything is already lost anyway. You cannot play cards with God.

It is so blissful to dedicate yourself to the great human cause when you are still young. On every Thanksgiving Day, try to rededicate yourself to working for God, as an expression of your gratitude for life. Thanksgiving is a day on which you must contemplate the Will of God and dedicate yourself to that Will, until His Will becomes your will.

### ***The Hermit***

Once we three young boys, after traveling nine days, reached a high mountain cave in which a hermit was living. He was very old but healthy. When he saw us, he said, "Why did you come here, my children?"

We said, "We came here to receive your blessings and ask a few questions."

"My goodness," he said, and he smiled. Tears came from his eyes. "Young boys like you, walking nine days and coming to see me for my blessings! Blessed are those who search for wisdom while they are young. Well, sit down."

"Holy man," I said, "What do you do here?"

"It is not easy to explain, but because of your nine days of walking you need to hear."

"Yes."

"Most of the time I express my gratitude to the Giver of Beauty," and he pointed to the hills and the valley in front of us, with fields of trees, flowers, and streams.

"Then I transmit His peace, His love, and His joy to all people and to all living forms. Then I ask His pardon for all that I did wrong.

"Then at night I try to attend classes of Great Ones, and in the morning I meditate on the wisdom gained in the classes.

"Then I go and collect fruits, herbs, and greens to feed my body. Then I observe the beauty of Nature and give thanks. That is all that I do.

"One thing I will tell you — learn to be grateful for everything."

"Everything?"

"Yes, everything. Only in such gratitude do you learn the Will of God."

The trip back home was a hard one. We had snow, rain, sleet, and dangers from animals. One of us hurt his leg.... In all this we tried to be grateful for "everything."

When we were home, one of us said, "The hardest thing is to be grateful for everything."

And another one added, "That is why it is so precious!"

(pp. 388-390.)

### ***Inclusive Gratitude***

Your gratitude is not accepted if it is gratitude for things that serve your separative interests. This is a very important point.

Gratitude must include the welfare of all beings. All that you have and are must be dedicated to establish unity, to build bridges, and to actualize the synthesis of humanity. The ultimate goal of everything we give and do must be for the welfare of the whole. Helping separative interests will perpetuate pain and suffering on this planet. Those who work for one humanity, for the health and beauty of the globe, and for the progress of every race and nation must be helped by all means.

For millions of years people have thought that they belonged to this race, to that nation, to that country, to that color, etc. This is all illusion. There is only one humanity. This fact must be established deep in our consciousness so that we think, speak, feel, and act in terms of one humanity. The day we realize this on a global scale will be the day of the salvation of humanity.

A separative spirit creates antagonistic camps in humanity, and separative camps perpetuate the illusion of races and the conflict between races. As long as the "house is divided against itself," the day of the liberation of humanity will remain as a dream.

We have been able to fly to far-off planets and dance in space, but we are still unable to see the most important fact of life — the need for one world, one

continued on page 6

Thanksgiving - continued from page 5

humanity. The greatest victory of the human intellect will be the day in which man is able to formulate a plan to make people live on the planet in terms of one humanity and one earth.

(pp. 390-391.)



### Ceremony of Gratitude

To keep the fire of gratitude alive in your heart, you can do the following ceremony every night or once a week on Saturday night:

Holding a lighted candle, stand facing the north and say very solemnly and with all your heart,

“My gratitude to the Laws of Nature.”

Face the east and say,

“Gratitude to the Distributors of Light.”

Face the west and say,

“Gratitude to the Carriers of the Fire of Beauty.”

Face the south,

“Let Light and Love and Power restore the Plan on Earth.”

Then turning north again, say the following invocation:

“I will serve Thee, O Lord, everywhere and in everything.”

(pp. 393-394.)

## 12-Part Lecture Series

***The Science of Becoming Your True Self***  
by Gita Saraydarian



This series is based on the book by Torkom Saraydarian, *The Science of Becoming Oneself*. Gita takes this classic work and brings it to life through a series of lectures designed to help us apply the Teaching to our life in original, practical, and deeply personal ways. Each month we look at a different aspect of our true self, and examine the ways in which we can best express the most essential part of our natures. Click [here](#) to order previous lectures or subscribe to the whole set!

## TSG Cave Creek Center Upcoming Community Lectures



**Sunday, November 1, 2009**

10:00 am - 11:00 am

*The Science of Becoming  
Your True Self #5 of 12*  
with Gita Saraydarian.



**Sunday, November 29, 2009**

10:00 am - 11:00 am

*The Science of Becoming  
Your True Self #6 of 12*  
with Gita Saraydarian.

For other events at TSG please visit our  
Event Calendar Online

## Hiawatha and the Great Peace by Torkom Saraydarian

The story of Hiawatha is deeply moving and inspiring. It helps us understand how the Wisdom Teachings are contained in many traditions and nations that quietly form the foundations of our cherished cultural expressions.

Hiawatha was a great leader, statesman, and visionary who gave his nation “The Great Peace” or the confederacy of the five Nations. This unique constitution later formed the basis for the constitution of the United States.

*Hiawatha and the Great Peace* is an epic poem about the life and great political contributions made by the Native American hero Hiawatha. This work is a living tribute to Native American Culture as well as the culture and origin of leadership by the wise women of a Nation.



# TSG FOUNDATION NEWS

## WISDOM OF THE ZODIAC

Dear Friends,

[The Wisdom of the Zodiac](#) book Chapters are now ready to email to you digitally in time for the Scorpio full moon!

You no longer have to wait to have these huge books published, packaged, or mailed to you. You can get them right now, delivered electronically to you just in time for each full moon.

I have been reading, editing, and indexing these books for the last four years. Our publishing team has worked hard to make the books available to you and you don't need to wait any longer. They are magnificent and represent Torkom's work from the late 1970's until his passing in 1997, comprising 4 Volumes and 200 Chapters!

Thinking seriously about these treasures, I asked myself, "What is the best way to make them available to you, at an affordable price, and delivered in such a convenient way that you can easily read and study and enter the rhythm of the Zodiac?" The answer is: By offering them digitally!

So, here is our plan: We offer you a subscription plan for one full year, comprising of 12 Chapters. We will begin the plan for the Scorpio full moon, which is on November 2nd and coincides with Torkom's Birthday. We will email you the first Chapter for download as soon as your registration is processed. **When you [sign up](#), you will immediately receive a link for a free introductory Chapter about full moon celebrations.**

### What is in each Chapter?

- A transcription of Torkom's lecture, or a special seminar or writing by Torkom on the specific full moon.
- A Meditation that may be done individually or in group formation
- Mantrams, Invocations, or special prayers that you can use during the full moon
- References to a special sacred song to use during meditation

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**Online Yahoo! group forum begins Nov. 1st. with paid subscription. You can now study with friends around the world.**

### Benefits you will enjoy with your subscription:

- You receive each Chapter just in time to read and meditate in preparation for the upcoming full moon
- You are linked to every person in the world studying the same material, doing the same meditation
- You are energized and uplifted and joined with others all over the world
- You are automatically reminded of the next full moon and can begin deliberate preparations
- You help keep Torkom's work alive and the flame burning
- Together, we release the energies of the Teaching and let it flow to the entire world

# Defining Our Service

By Gita Saraydarian

Dear Friends:

As Torkom's Birthday celebrations begin on November 1st, I am reminded of the tremendous service that he gave to the Teaching and the clarity with which he gave all that he had for the benefit of humanity.

Once I asked him, whom do we serve? He said, always know that you serve the Teaching. Do not think that you are serving anything else but the principles of the Teaching. Do not personalize your service so you do not run the risk of self deception.

I thought about this over the last 22 years and I am beginning to understand what he meant.

If we think we serve Hierarchy, or a particular Master, or Christ, or God, we can easily build an ego and vanity and all kinds of self deceptions thinking that we are so special, gifted, and "chosen". We run the risk of discouragement and depression if we think of Great Ones as our family and friends and are disappointed if they do not "appear" to us or visibly "guide" us. We can get angry at God for not helping us or Christ for not listening to our pleas! If we think firmly that we are serving principles, then we do not run the risk of disappointment or self-aggrandizement. Principles can be understood at whatever level of consciousness we have. We cannot get angry or disappointed at principles. They come alive when we serve and engage in them. They are inert to us if we do not engage in actualizing them.

This advice has guided me through the years and has helped me stay the course of service as I gain understanding of the principles that guide humanity.

What are these principles? They can be distilled into seven: The ideals of Beauty, Goodness, Righteousness, Joy, Freedom, Sacrificial Service and Giving, as well as the ability to Strive Toward Perfection.

To this end, all of us at TSG pledge our service.

Thank you all for your loving support these many years. Through your loving support, we have accomplished so much. I am ever mindful of the family and friends I have in you and send you each my sincere love and gratitude. I could not do any of this work without you and your love.

With deep love and gratitude,  
Gita



**All of Us at TSG  
Wish you and yours a  
Merry Christmas and a  
Happy New Year!**

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