

Outreach

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Our purpose is to be a pathway for self-transformation. We offer books, audio tapes and videotapes, classes and seminars, and home-study courses based on the Core Values and Higher Principles of the Ageless Wisdom.

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Outreach

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Essential Creativity

Disciples are creative people. A disciple is creative in his or her approach to *all* of life, whether it be an expression of art, music, or literature, a conversation with a loved one, or the carrying out of his or her work or service.

Here in this issue of *Outreach* we explore some aspects of creativity as explained by a model of creativity: Torkom Saraydarian. May his words sensitize us to the greater meanings of creativity and its essentiality to life and enlighten us to the importance of nurturing creativity in all aspects of our being.

Creative Living

“Creativity must involve our whole life. We must create a new physical body, a new emotional body, and a new mental body. If our bodies stay as they were in the past, in spite of the new demands of our life, they cannot help us to proceed on the path of our spiritual unfoldment.

Our major goal is to recreate our personality, to have a better personality with which we can do higher things, just as we create better telescopes or better cameras to see and to photograph in better ways.

Not only must our personality be created anew, but also our physical, emotional, and

mental relationships must change their nature and dimensions to meet the progressive unfoldment of our consciousness that is due to our creative actions.

When the personality vehicles are appropriated to the inner spiritual demands, when our relationships are of a higher order, then we will see a new expression of creativity in our artworks.

We have the image of our former self. This image imposes itself upon us and we are almost unable to get rid of it. It is this image that must be broken and recreated, rebuilt or modified, to enable us to live on a higher dimension of living and relating ourselves to others. This is done through meditation and contemplation.

One must sit down and visualize the way one wants to

- a. think
- b. talk or express himself
- c. behave or relate to others
- d. react emotionally, physically, or mentally

All these visualizations will be new ways to create a new self-image. This must be done slowly and gradually, working on various aspects of one’s image. This image eventually will be absorbed by one’s aura and etheric body, and in due time he will see the change he caused in his character and behavior.

Take, for example, those occasions in which you feel

Creativity and the Muses

“There are many kinds of helpers in the creative labor of humanity. Man is not alone in his creative labor. There are those around him who bring ideas into his consciousness, visions to his mind, fire to his heart, and energy to his body and brain.

There are those who build communication lines over the cleavages of our mental, emotional, and etheric bodies.

There are those who prepare and purify our nature to receive a greater voltage of energy.

There are those who transmit inspirations from the Higher Worlds and open windows in our consciousness to make us see beyond our mundane life.

There are those who help us to receive higher impressions from great Centers of Light, inspirations which become the seeds of new cultures and new civilizations and bring us closer to the stars.

There are many helpers who project into our mind the seeds of great dramas, operas, ballets, dances, paintings, sculptures, stories, legends, and so on. They work close to us, helping our labor to be beneficial for humanity and a service for Higher Forces.

These helpers are called in the ancient world, Muses. They are angelic beings who communicate with us when

Q&A



Q “You spoke about four levels of creativity. Can you please summarize them for us?”

A Of course. Making your physical life creative affects other people by your example to be creative. In the moments of creativity some kind of energy manifest through you. This is psychic energy. It goes to others and makes them creative physically. Your physical plane creativity manifests as right human relations.

When your inner Divinity begins to be creative in the emotional level, the first sign you see is right relationship with Nature and other life forms and people. Right relationship with other people is a process or ritual to help others manifest the Divinity that is concealed in them.

When the concealed energies begin to manifest through the mental plane, it expresses itself as a labor through which you build those conditions in your environment which make the Plan of the Hierarchy manifest in man, in groups, in humanity.

When the concealed energies of creativity manifest in spiritual planes your entire life is dedicated to manifesting the Purpose. ‘From the centre where the Will of God is known, Let Purpose guide the little wills of men.’ Your purpose of life is revealed. You inspire other people to reveal the purpose in their life. In humanity the purpose is revealed. Creativity is to unfold the purpose that is planted in you and reveal the programming. Creativity is self-revelation: ‘O Self-revealing One, reveal Thyself in me.’”

(From *The Creative Fire* by Torkom Saraydarian, p. 37)

The TSG Bookstore is open weekdays from 9 AM to 5 PM. You can order by phone or fax or e-mail, or come in and browse. We have incense, lectures on audio and videotape, note cards, bookmarks, and more.

My Books

by Torkom Saraydarian

My books are not sheets of papers with prints and diagrams and numbers.

My books are vortexes, energy waves, lightnings.

They are visions and roaring waterfalls

and rivers and rapids.

My books are not written on sheets of paper, they are frequencies in Space.

The forms of my books may perish but the Spirit will live forever traveling with spirals of visions.

It is not the pages, paragraphs, sentences, and words that are important, but the target, the significance they reveal in the souls of readers.

They carry you from the unreal to the real, from your not-self to your Self, from your Self to the All-Self.

Each book is a stepping stone.

They do not move under your feet but they will help you to move toward All-Self.

If you hate or love the book, you cannot move on.

My books are not intended to make you a learned person, but intended to make you actualize the greatness that is within you.

On every page of my books, you will meet yourself and demand that

you transcend yourself.

Only

by transcending yourself, you will fulfill the purpose of your life.

My books are whispers from your soul to your ears.

(From an unpublished volume of poetry by Torkom Saraydarian)

Creative Living cont. from p. 1

depressed for some reasons or without apparent cause. Visualize such occasions and act as a stable and joyful person. Do this many, many times, and act in your visualization the way you actually want to see yourself.

Later try to actualize your visualization in real situations. If you see that you are failing to a certain degree, go back to your visualization exercises until you are sure that you changed the mood or inclination of depression in your nature.

This must be done for various parts of your nature as a sculptor works with a hammer and chisel to objectify the image in his mind. This is the essence of creativity.”

(From *The Creative Fire* by Torkom Saraydarian, pp. 143 – 144)

(For more information on these subjects, please refer to the booklet *The Art of Visualization, Simply Presented* and *The Mystery of Self-Image*, both by Torkom Saraydarian)

Muses cont. from p. 1

we are in joy, in ecstasy, in a lofty state of consciousness, in a heroic mood, and when we are daring and courageous.

They contact us through our moments of prayer, meditation, aspiration, and intense labor.

They contact us when our consciousness enters into an intense labor of creativity....

We are told that Muses do not approach people who are engulfed in jealousy, treason, fear, anger, revenge, malice, greed, slander, vanity, and ego. Such states of emotions create a poisonous gas which repels the Muses.

The goal of the Muses is to bring beauty and uplift human consciousness toward harmony, peace, joy, and bliss....

We are told that they are attracted to human beings when they aspire toward beauty. They live in areas of fragrance

and express gratitude, serenity, compassion, tenderness, gracefulness, forgiveness, and righteousness.

Such states of consciousness create a magnetic field for them to which they are attracted....”

(From *The Creative Fire* by Torkom Saraydarian, pp. 335 – 336)

“How Can Our Life be Creative for Others?”

Only a creative life makes life creative for other people. When you begin to manifest the concealed beauties through your life, you stimulate the expressions of Divinity in others.

People force others to be creative without themselves being creative. That is imposition, totalitarianism.”

“What is the Purpose of Creativity?”

It is to create those conditions on the planet through which it can be possible for further creativity, for Self-manifestation in individual, group, national, global, and solar dimensions.”

Why Must We All be Creative?

“In light of so many children being raised now watching television and all this violence, crime, and murder right in our living room, what can be done?”

Creative people will do exactly the opposite of what we have done in the past. The nations and humanity are like big trees. The trees bloom and become big, and then the winter comes and all the leaves fall. That is one generation. The next generation is going to do greater things. Their leaves will be evergreen. That is the process.

Creative people in the very near future will start to write, to produce films and programs that will be based on beauty, cooperation, compassion, spiritual visions, and self-sacrifice. They will deal with the mystery of human psychology, the mystery of the solar system and galaxy.

You have a big tree and the leaves are falling. The tree is humanity. The leaves are individuals. They are falling — drugs, prostitution, crime, violence. Corruption is everywhere. They are falling, but they are those elements that are going to fertilize our new tree which, passing through the transformation of creativity, will bring new leaves. They will be transformed through creative actions. That is why everyone of us, who is really anxious to see humanity in a better life, in a better condition, must be creative. Create things — paintings,

Book Review

The Eyes of Hierarchy — How the Masters Watch and Help Us by Torkom Saraydarian

For humanity to take the next crucial step in its evolution, it is essential that there be an increasing awareness that a Great Planetary Hierarchy exists.

According to *The Eyes of Hierarchy*, Christ and the Masters are totally dedicated to humanity, and are ready at any moment to pour down Their love, strength, and assistance if only humanity would create a safe line of communication through which to receive that high voltage of energy.

This book brings an increased awareness to us of the Hierarchy’s readiness to help mankind. It also shows us how to build the safe line of communication through purification, meditation, devotion, and dedication. It inspires the reader with the beauty and nobility of the Master-disciple relationship, dispelling many misconceptions, illusions, and glamors about that relationship while providing specifics on how a person can become closer to his Master. For example, in the chapter on “How to Contact Your Master,” Torkom emphasizes, among other things, the importance of having a service plan. Another chapter, “Twelve Ways to Serve Hierarchy,” provides clear, specific details on what would be

movies, books, poetry, songs, dances, and so on — that inspire a new life, transform life. Transformational activity is creativity.”

(From *The Creative Fire* by Torkom Saraydarian, pp. 15, 16, and 38)

Creativity & Psychic Energy

“The psychic energy in Space is drawn into our subtle mechanisms through our striving. Thus our Core builds around Itself a ring of fire and psychic energy which puts that Core in a position of response to the calls of the Cosmic Magnet. The relationship between our Core and the Cosmic Magnet is the source of all true creative manifestation.

All such creative manifestations are paths toward perfection, when people

considered valuable forms of service at this time in history, especially activities and attitudes which will aid in the salvation of humanity. On a global level, this book provides a vision for bridging the human and superhuman levels of consciousness, helping humanity to evolve to its next level of achievement, that of Hierarchy.

As expected by the title of the book. Torkom also describes the amazing ways the Masters watch and help those who seek to serve humanity. The chapter, “The Eyes of Hierarchy,” explains how the colors and radiations of disciples’ auras are measured and what the Hierarchy looks for in future servers. It shows how limited is our most sophisticated technology in comparison to Hierarchical technology, and reveals that the Hierarchy is not a group of religious figures, but great scientists, researchers, analysts, super-psychologists, and physicians.

One cannot read about the Hierarchy’s labor to sacrifice Themselves for humanity without developing deep gratitude to Them. They labor day and night — not eight, or ten, or twelve — but twenty-four hours a day.

– K. Stanford

Note: The reading of this book and focus on Hierarchy is especially timely now as we enter the signs of Taurus and Gemini and celebrate the Festival of Wesak and the Festival of Humanity. Now is the right time to turn our gaze up toward the watchful eyes of the magnificent Masters of Hierarchy.

contact and assimilate them. This is because in each such creative manifestation radiates the fire of Space and psychic energy. All creative manifestations are charged by fire and psychic energy.”

(From *A Commentary on Psychic Energy* by Torkom Saraydarian, p. 35)



*Creativity is the
process of giving birth
to one’s Real Self.*

– Torkom Saraydarian



Sun in Taurus: The Festival of Wesak

Keynote: "I see, and when the eye is opened, all is illumined."

Meditation at Wesak

1. Relax your body. Have great joy in your heart and deep peace in your mind.
2. OM
3. Say this mantram:

O Thou Who called me to the path of labor, accept my ableness and my desire. Accept my labor, O Lord, Because by day and by night Thou beholdest me. Manifest Thy Hand, O Lord, Because great is the darkness. I follow Thee!

4. OM
5. Salutations to Lord

Christ, the Avatar of Sacrificial Love, and the Desire of all nations.

6. OM
7. Meditate on the following seed thought for fifteen minutes:

Let the light pouring down from the Eye of Taurus enlighten the leaders of all nations so that they work for the transfiguration of one humanity.

8. OM MANI PADME HUM
9. OM
10. Repeat:
 - Love to all beings — North, South, East, West, Above, below.*
 - Love to all beings.*
 - Compassion to all beings —*

North, South, East, West, Above, below.

Love to all beings.

Joy to all beings — North, South, East, West, Above, below.

Serenity to all beings — North, South, East, West, Above, below.

Love to all beings."

"The Wesak Festival is a festival of liberation, awakening, and transfiguration, and the journey toward Home. At the exact moment of the full moon, the Light of the Eye of Taurus shines upon Christ and He transmits this light to humanity. For a short moment, an awareness of the Path instantaneously

passes through the Soul of humanity, and humanity receives a shock. The aspirants are stimulated in their aspirations and disciples and Initiates become firm and more stable on the path directing them Home."

(From *Symphony of the Zodiac* by Torkom Saraydarian, pp. 96, 108 – 109)

Note: This meditation will be done at the exact time of the full moon at the T.S.G. Center for Learning on May 11th at 7:30 a.m., Mountain Standard Time. Join us wherever you are — in person or in spirit.

You can also meditate on the keynote of Taurus during the full moon observation period: 3 days before, the day of, and for 3 days after the full moon.

Sun in Gemini: The Festival of Humanity

Keynote: "I recognize my other self and in the waning of that self I grow and glow."

Meditation at Gemini

1. Say the first verse of the Great Invocation:

From the point of Light within the Mind of God Let Light stream forth into the minds of men. Let Light descend on Earth.

2. The symbol of this verse is a rising sun behind the mountains.
3. Visualize the sun within your head, a very small sun which is getting bigger and bigger, penetrating all the cells and atoms of your personality, releasing their latent light, while the whole personality is entering a process of transfiguration.
4. Meditation seed thought: "Let Light descend on Earth."
5. OM

6. Say this mantram:
 - Let the Forces of Light bring illumination to mankind.*
 - Let the Spirit of Peace be spread abroad.*
 - May men of goodwill everywhere meet in a spirit of cooperation*
 - May forgiveness on the part of all men be the keynote at this time;*
 - Let power attend the efforts of the great Ones.*
 - So let it be, and help us to do our part.*

7. OM, OM, OM
8. Say the second verse of the Great Invocation:
 - From the point of Love within the Heart of God Let love stream forth into the hearts of men.*

May Christ return to Earth.

9. Visualize a river, the symbol of life more abundant.

10. Say:
 - Salutation to the Masters of the Wisdom.*
 - Salutations to the Christ, the Head of the Hierarchy, the Teacher of the Aquarian Age.*

11. Meditation seed thought:
 - "Our love is the path on which Christ will appear."*

12. Say the mantram of the New Group of World Servers:
 - May the power of the one life pour through the group of all true servers.*
 - May the love of the one Soul characterize the lives of all who seek to aid the Great Ones.*

May I fulfill my part in the one work through harmlessness, self-forgetfulness, and right speech.

13. OM, OM, OM

"The Gemini festival is the Festival of Humanity, a festival in which the Divinity in man will be recognized. We are told that at this full moon, the Heart of the Sun opens and embraces the whole of humanity...."

It is during this month that we can deeply cultivate right human relationships within our nature, society, and the world. This light shows us where we fail in our relationships and how we can build better ones."

(From *Symphony of the Zodiac* by Torkom Saraydarian, pp. 170 – 171, 343)

Music & Song

The response to the information on Torkom Saraydarian's music in the last issue of *Outreach* was *fantastic!* Again, in Torkom's own words, "This music might initially 'bug' you. Many people do not like it because their crystallizations fight against it. But give it one week and see what is happening to your consciousness." Many more people are now listening to this transformational music and feeling its regenerative effects.

We wanted to respond to your enthusiasm by providing additional information about music's influence on life: to provide guidelines for making conscious and enlightened listening choices, to encourage the use of music to create right conditions in the consciousnesses and environments of people, and to formulate a vision of the music of the future.

"Music can be composed in eight different dimensions:

1. On the first dimension, music is composed to give us emotional pleasure. Rhythmic music creates pleasure in our emotional nature, and many musicians are just interested in creating that pleasure. Here, music is used to create happiness, excitement, fear, anger, hatred, or carelessness.
2. On the second dimension, music is composed for some idea, or to make a breakthrough into a higher level, mostly using rhythm and melody.
3. On the third dimension, music is composed to bring healing to the physical, emotional, and mental natures.
4. On the fourth dimension, music is composed to manifest the rhythm of the energies behind the manifested Universe and to create alignment with them.

5. On the fifth dimension, it is composed to initiate the soul into his higher destiny.
6. On the sixth dimension, music is used to protect the Pilgrim on the higher path from dark attacks.
7. On the seventh dimension, music is composed to reveal the Divine Mysteries.
8. On the eighth dimension, music is used to express gratitude to the highest Glory.

...Music in the coming centuries will play a greater role than the roles played by physics, chemistry, and engineering combined. Through the utilization of sound, many scientific discoveries will be rendered obsolete. It will be possible through music to lead nations and humanity to a higher realization of divine principles.

Greater than the influence of musical instruments will be the influence of the human voice. Great singers will emerge who will sing about striving toward one humanity and greater unity between Cosmos and man. They will sing about the mysteries of the subjective spiritual lodges. They will sing about the mysteries of Shamballa, the Father's Tower.

The human voice carries the energy of the level where the consciousness or awareness of the singer is anchored. If he is in contact with his Soul, he will transmit the energy of goodness, beauty, and joy...

Future Initiates, no matter in what field they had worked, will be singers and musicians, or at least highly appreciative of music and singing. As in the past when Pythagoras healed, elevated, and transformed people through his music or lyrics and songs, future Initiates will study and discover the secrets of creative sound."

(From *The Creative Fire* by Torkom Saraydarian, pp. 109 – 110)

T.S.G. News Briefs!

- ◆ **DONATIONS UPDATE: Thank you, thank you all!** In December, we told you about 10 manuscripts that were targeted for publication in 1998, and to date funding has been received for 5 of them! Between large single book donations and the accumulation of many smaller contributions, the publishing of these 5 books will be paid for: *Sacred Music and Song; Education—Theory and Practice, Volume I; How to Lecture* (now called *Teaching the Ageless Wisdom*); *Karma and Reincarnation*; and *Avatars*. Our goal for this year is to publish 5 more: *Education, Theory & Practice, Volume II; Happiness, Joy, and Bliss; The Theory of Obsession and Possession; The Aura*. Partial funds have been received toward *Path to Sirius*. Please continue to give as you are able. Truly, there is no small or large donation; every dollar is appreciated more than you know! We have lots more to do, and will continue to keep you posted on the progress...
- ◆ **NEW RELEASE: Leadership, Volume V!** As *Outreach* goes to press, the latest and final edition of the *Leadership Series* is being printed. Copies will be available mid-May. All pre-orders will be shipped promptly upon the book's arrival. A special 20% discount will be offered to those who wish to purchase the entire five-volume set.

The *Leadership Series* is "required reading" for all students of Wisdom; it is the quintessential guidebook for living and leading by example.

512 pages; \$30 softcover, \$35 hardcover, plus s&h.

- ◆ **DISCOUNTED BOOKS: A Commentary on Psychic Energy**, usually at \$14 (softcover only), has been reduced by 50% to \$7! If you do not mind slightly damaged covers, you can save \$7 per copy on this beautiful book. **Contact us for availability on this and other discounted titles.**
- ◆ **WEB-SITE UPDATE: If you have access to the Internet**, check out our web-site as it expands. Ordering books through Internet is easy and efficient. Ray Boone continues to work diligently to add and edit information. In the future, you will be able to order anything from Torkom Saraydarian's creative collection, as well as read *Outreach*, on your computer.
- ◆ **"YES" TO OUTREACH: If you are reading this**, we got your response and have kept your name on our mailing list so that you continue to receive *Outreach*. Thank you all for your enthusiastic responses! If you have friends who would like free copies, let us know.

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Inside: *Creativity and Muses and Meditations for 2 Major Festivals*

Creative Striving with Heart

“Joy, aspiration, and striving release the crystals of psychic energy and vitalize the whole body. This is why during critical times one must remember the experiences of joy and try to reexperience them through visualization or creative imagination. Joy hidden in our memories, when released, serves as the transmitter of the current of psychic energy.²”

The store of psychic energy is inexhaustible, and during spiritual strivings its strength is multiplied. At the time of spiritual aspiration this energy becomes a constructive impulse for new supplies. The properties of this fiery energy are thus multiplied, and its potential surpasses every other energy, because the life contained in it can transmute all other energies.³

The heart, when filled with psychic energy, resembles a small sun with rings of twelve colors. Each color is a ring which registers impressions from far-off worlds.

A sensitive heart thus registers the conditions in far-off spheres, and also conditions going on upon this Earth.

It is also true that all worldly events connected to us individually reflect on our heart. No thoughts, emotions, actions, or even motives pass without leaving their trace upon the twelve-colored sphere of the heart.

This is why the heart is emphasized so strongly in the Teaching. The Great Teacher says to ‘guard and protect your heart’ especially in those conditions when we are almost forced to take actions that are heartless.

Psychic energy increases around our heart when we are in turbulent conditions, while we are being attacked from every source by various weapons, if we do not lose our compassion and do not force our heart to become involved in antagonistic actions.”

(From *A Commentary on Psychic Energy* by Torkom Saraydarian, pp. 108 – 109)

For more information on healing through the heart, please refer to *New Dimensions in Healing*, and *The Flame of the Heart*, both by Torkom Saraydarian. And if you can, please join us for class at T.S.G. Center for Learning during the months of July & August as we study health and healing in the Ageless Wisdom.



Creativity is the labor to manifest beauty.

– Torkom Saraydarian



In the next *Outreach* ...

- Guidelines on starting a study group
- The 7 Fields & The Future
- More on Healing with Heart

Contact us for a free catalog of books and music and for information regarding The T.S.G. Center for Learning. Audio & video lecture tape lists available for a nominal fee.