



T.S.G. Publishing
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Outreach

Providing practical tools for ethical living: Publishing • Spiritual Education • Meditation

MEDIATION

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Mission

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. T.S.G. Publishing Foundation, Inc. is a nonprofit, tax-exempt organization.

Outreach

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Editorial staff:
Gita Saraydarian
Helena Saraydarian
Vivienne Pierce
Nurhan Thompson

The Future is Ours... The Path of Service

By Gita Saraydarian

Discipleship does not exist without service. No matter what we do in our lives, if we do not serve others, we are not advancing on the path. This is a natural law and it is wonderful when we see how well it works. The Teaching of the Great Ones is all about the natural order of things. All of life moves in harmony with these laws. As we observe nature closely, we see the mystery unveiled and the normal and orderly way things proceed.

Nowhere is this more apparent than in service. As we serve, we keep the divine flow of psychic energy moving through us and through all of life. This flow cannot be impeded with any form of expectation or attachment. Whatever motive we have behind our acts of service, it will color everything we do. Even if we do not say anything, the subtle energy patterns that we build through our thoughts and emotions that build into expectations will clearly influence our service. That is why often an advanced Teacher will immediately see why we are approaching the Teaching, the Temple, the Group, and see in our coloration why we are serving. We may not be consciously aware of anything other than our desire to serve. However, the unconscious expectations are definitely impressed and will color the work that we do and

will show up somewhere down the line of our service.

If we serve with expectation of reward, it does not work. We must serve without expectation, without any need for affirmation or recognition. If we want to grow as souls and become soul conscious, it is very important for us to check with our hearts every time we do something as an act of service and see if we are doing it for a reward, recognition, or affirmation. Even if we see that we do not expect any rewards at all from others, we need to check again and ask if we are rewarding ourselves! Are we looking at our actions as important or are we forgetting them altogether and forgetting ourselves by totally immersing in the service. This is tricky.

All of us want to serve and do something worthy for humanity. However, in order to be true servers, we need to question our motives and expectations in an open and honest fashion. Even when we volunteer to do work for others, and sacrifice our time and talents for others, we still need to question our motives and expectations.

It is sacrificial service that helps humanity to grow in all the fields of life. Those who serve perform crucial functions for all of life. Some servers help break old forms so that a new form can

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begin to grow. Some servers enthruse, lead, and energize people so that they stand up for their rights and beliefs. Some servers heal and nurture so people are healthy and strong and able to struggle and grow. Some servers educate and teach so that children and adults can learn right from wrong, learn how to think and how to express themselves in a free society. Some servers think, explore, and invent — thus breaking into new and unexplored fields to find answers to problems and challenges. Some servers worship, pray, meditate, and communicate with the Higher Worlds and show the rest of us the path to God and Hierarchy. Some servers show us their visions and ideals in art, drama, song, music, dance, poetry, and paintings. Some servers envision a more humane community and build homes and living spaces that nurture the soul and give a sense of human belonging to all. Still other servers grapple with ideas, problems, issues, contact the great thought-forms in space, and formulate these thoughts into solutions for every aspect of our life.

We see then that there are many kinds of servers. Some push; others pull. Some heal and build; others help break down old forms. Some nurture and take us into their hearts; others push us out of our boxes. One thing is for sure, every true server forgets himself or herself and labors tirelessly to make sure that a Higher Principle is formulated into a workable form in

our life.

We see in the history of humanity that we never moved an inch without the sacrificial servers within all races. They pushed, they pulled, they healed and nurtured and showed us the way to a better life. They died trying, they gave everything, and never thought they had any choice to do otherwise.

But this is not possible for all of us to do. We can ask, if we want to grow in our discipleship, how do we look at the idea of service and how do we find the path and field of service?

“Service has many levels. One level is that you do something very constructive to meet a real need and receive your reward. Another level is that your presence and your example make people become more noble, honest, and striving. There is also a level where you try to help people to meet their spiritual needs, without any expectation. Another level is to help people while they reject you, slander you, or show many other signs of ingratitude. Teachers say that this is where true service starts.”

(Spiritual Regeneration by Torkom Saraydarian, p. 159.)

Before we start patting ourselves on the back and identifying ourselves as the most mature and sacrificial of servers, let us consider the following categories: “Spiritual people fall into two categories. The first category consists of those who are sincerely striving to:

- develop their inner beauty
- develop their inner Divinity
- shine their Light
- penetrate into the mysteries of creation
- reach perfection

“The second category is eager to

- serve
- sacrifice
- live a life that uplifts, transforms, heals, and enlightens people
- help people reach great heights of wisdom and efficiency
- bring beauty into the world

“The first category is formed by those who exploit the Teaching and use it for their own attainment, glorification, and power. Such people demonstrate ‘spirituality’ for a long time, but slowly fall into the trap of self-interest. Ego develops and veils itself in ‘spiritual selfishness,’ which is a more dangerous weapon than ego. Such people generally become traitors to the Teaching and eventually end their lives in misery and deep psychological depression. They are those without a mission.

“People in the second category are not interested in themselves. They obey the command of higher impressions and inspirations and live life as a service to the Common Good. They have a mission and as they meet their mission, they grow, unfold, and bloom more than

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those who are trapped in spiritual self-interest.”

(*The Purpose of Life* by Torkom Saraydarian, pp. 179-180.)

There is no end to service. Whatever category we find ourselves in, it is never too late to grow and change and serve in ever larger dimensions. However, we must also recognize that a field of service is not going simply to drop into our lap. We have to choose a field of service as a response to our soul's need to give and radiate. Our field of service opens as we pay our karmic debts. How do we know the condition of our karmic debts? By carefully and honestly looking at our life. In the book *Karma and Reincarnation*, Torkom discusses five jewels that reveal our karma to us. They are

1. The conditions of our physical body and environment
2. The condition of our emotional life
3. The condition of our mental life
4. The degree of development of our soul
5. The fact that we are what we want to be

We can take a look at each of these categories and see where we are in our life. If our karmic debts have been paid, or are in the process of being paid, then we will find less obstructions from the above categories and will find ourselves already in a field of service. If we see interferences in our life

every time we want to serve and give, then there are karmic areas we need to look at and clear up.

The condition of our soul is especially tied to our field of service. “The development of the soul is the result of three things:

- a) the service we have rendered to others
- b) the degree of our self-renunciation
- c) the joy that we feel for the success and beauty of others

These three things make the soul bloom.

“Service means to live, talk, act, and think in ways that increase the light and joy of others. Self-renunciation is freedom from ego, freedom from imposing your will upon others, freedom from imposing your fanaticism and traditions upon others. Self-renunciation is the exact opposite of manipulation. Feeling and experiencing joy in the success and beauty of others is a condition where jealousy cannot exist. When you begin to feel this joy, your flower opens.

“Service, being able to serve, is a privilege. It is a gift from God. Our field of service is the result of sacrifices we have made for the world. If you have a field of service, it means that you demonstrated sacrifice in the past. If your field of service is great, it means that you graduated from the Law of Sacrifice in the past....

“...If you want to be a server in the future, you must graduate from

the Law of Sacrifice. You must prove that sacrifice so that the Great Supervisors of the Higher Worlds see and promote you. A great server has a history of sacrifice because Life cannot promote him until it knows that he is really sacrificial....

“Sacrifice leads to resurrection. Christ did not resurrect before the crucifixion. Every time a person has an expansion of consciousness, he has performed a sacrificial action just before. Every time a person feels joy, it is because he sacrificed something a few minutes before. If it is an echo, it could have been a sacrifice from days or lives before....

“The field of service is the result of past sacrifice. If your field is increasing, you serve more people. It is a privilege, a gift given to you because of past sacrifices, because of self-renunciation, control, harmlessness, sacrificing your ego and feelings. This is a tremendous test for us.”

(*Karma and Reincarnation* by Torkom Saraydarian, pp. 22-27.)

Now we can understand why we cannot impose service nor sacrifice on others. Each person has to decide to serve in his or her own capacity. If we force someone to serve, it is not going to be real and, after a short time, the person will start making excuses or making the conditions so difficult and self-centered that you are forced to stop the service altogether. The best

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thing to do is not to focus on why others are not serving, but to focus on the service that we ourselves perform. In this way, we can slowly understand the real meaning of service in our lives and eventually become a fine example for others.

So, if we want to serve more, what do we do? We must strive and strive to serve, no matter what happens. We must build our willpower, because it is willpower that will help us become better and selfless servers. Willpower “means the ability to control the automatic reactions of the three bodies to outer stimuli. It is cessation of automatism.

“This power of the will is an accumulated quality. Every time we conquer an obstacle; solve a problem constructively and selflessly; overcome a difficulty; dissolve an animosity; control a habit; are able to reject being in a glamor, vanity, or ego; are able not to be operated by our push buttons and subconscious blind urges and drives; are able to refuse to fall into the traps of our five senses and pleasures; are able to survive after lengthy and painful tests of labor and hostility; are able to transcend our levels of consciousness and beingness, we prove that we are using our willpower....

“The marathon race of world service and perfection can be run only by those who develop their willpower.”
(*Karma and Reincarnation* by Torkom Saraydarian, pp. 117-118.)

Willpower is directly influenced by the accumulation of psychic energy. We increase psychic energy in us when we are able to live in such a way that we receive and we give; we keep the flow of our soul’s energy moving through us.

“We are told that willpower is refined and sharpened psychic energy. This energy is everywhere in space, and a person can charge himself with that energy through

- Expanding and raising his consciousness
- Living a life in harmony with higher principles and virtues
- Living for the good of all that exists

“The charge or flow of psychic energy will then be transmuted and sharpened by heavy, creative labor, with focused concentration, and turned into willpower.” (*Leadership*, Vol. I, by Torkom Saraydarian, p. 443.)

Seven Ways of Labor

There are seven ways of laboring or serving that increase our willpower. These seven ways of finding and organizing our labor are definitely not for the timid or for those who are looking for easy ways to get “spiritual points.” Sacrificial service is for those who are daring and fearless to overcome anything that stands in the way of their service. Sacrificial service is the radiation of the human soul. If we are growing as souls, then we serve sacrificially and daringly. Otherwise, our service is for our personal needs, and it is qualified

by timidity and self-centeredness, it is full of self-pity and hurt feelings, and, when the opportunity comes to show off, it is full of false brevity and posturing.

Here are the seven ways of labor to increase our willpower:

1. **Learn to keep yourself under discipline.** “One cannot perform a continuous labor without keeping his personality and his time under discipline.” (*Ibid.*, p. 444.) Those who lack discipline cannot be taken into service. They will promise you everything and leave you when the least difficulty or challenge arrives.

2. **Find a labor that is a challenge to you in every way.** “Every phase of labor must challenge not only your knowledge but also your virtues, your health, and your insight and foresight.” (*Ibid.*) When we are not ready for challenge we are a burden to those we try to serve. We behave as children do, looking for constant reassurance and constant direction. We are actually not serving in this case, but looking for accolades.

3. **Organize the labor so that it has the element of unexpectedness.** “...your labor must keep you alert every moment with a shock of unexpectedness.” (*Ibid.*) A person who serves must be ready at any time for the unexpected. He or she must be ready and willing and able to move into a different phase of service at any given moare

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serving? Sometimes we forget that a steady labor, done even in short periods, over a long period of time will bring results. How do you tackle a huge job? One item at a time. We truly build our willpower when we are able to tackle a job one small part at a time and stay with it until it is finished.

6. Labor with joy no matter what happens. “It is joy that changes the character of labor and causes transmutation into psychic energy. Joy makes labor a source of happiness and pleasure. It is in joy that labor turns into a voluntary discipline.” (*Ibid.*) How do we get joy? It is a conscious choice that we make. Joy is an inner conviction that there is a Plan in the Universe, that there are Great Ones, that They are watching us and guiding us. If we can tap into that source of joy, nothing will stop our labor, our sacrifice, our service, no matter what happens. You see, when people start to serve and suddenly they do not want to serve anymore, they were lacking the most important element of joy. They did not have faith in what they were doing.

7. Labor with accuracy and efficiency. “Without accuracy, the labor turns into a source of problems and complications. Every part of the labor must be performed with accuracy and with maximum effort to reach perfection.” (*Ibid.*, p. 446.) You can see this quality in real servers. They do a job so beautifully that you do not have to do it over again. They carry out a duty

fully and do not bother you every step of the way. They are responsible and dependable and do not waste your time by taking on a job and then not doing it. They know their strengths and weaknesses, and you do not have to step around the minefield of their egos to get anything done.

It would be too much to expect these qualities from just anyone. But we should expect it from ourselves. We should learn to sacrifice and serve as disciples in everything that we do. The work will flourish even more, and the expressions of our souls will reach the skies.

What sustains people when they serve and sacrifice? The answer is psychic energy. “Psychic energy comes from the human psyche, the universal psyche, the solar psyche, the galactic psyche. Actually, psychic energy comes from the Cosmic Magnet. Psychic energy is the primeval energy, the only energy that is creative energy. The other energies are from the same source, but they are branched out and recycled, changed and united with different kinds of forces and currents of energies.”

(*Transformation* by Torkom Saraydarian, pp. 138-139, soon to be published.)

How to Increase Psychic Energy

There are three ways that we can increase our psychic energy. They are as follows:

“Psychic energy cannot be increased or developed in human

beings, except when a true purity of mind exists.

“Our thoughts must be pure and dedicated to the service of uplifting, enlightening, healing, protecting, and transforming people. Unless such a foundation is there, one cannot accumulate the fiery energy....

“In certain places the psychic energy will increase and nourish the rest of the world. In certain other locations the psychic energy will be depleted and devoured by groups lacking psychic energy.

“Through tower observations it will be possible to see the cause of all weather phenomena on Earth, as well as of the psychological and physical conditions of all nations and of life forms in all other kingdoms.

“Psychic energy controls all facets of life. Such an observation will give man wisdom to live a noble life on this planet.

“The second foundation for increasing psychic energy is to have pure motive behind all our actions. Pure motive means a motive that has no selfish interests. Motives built upon selfish interest, ego, and vanity repel the currents of psychic energy or devour them from the environment.

“The third foundation for increasing psychic energy is a life of sacrificial service, and a field in which we can demonstrate our service at a very high standard.

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“If these three foundations have been built, one can trust that he can slowly turn into a dynamo of psychic energy.

“Purity of mind and thinking connects a person to Higher Spheres.

“Purity of motive evokes will energy from Higher Centers.

“Sacrificial service creates trust in Higher Entities Who draw closer and give Their cooperation to our efforts.

“When psychic energy increases in a person, he experiences an expansion of consciousness.

“Psychic energy is the first power that expands our consciousness. Without psychic energy, no learning, no education, no information or knowledge can help to expand our consciousness.”

(A Commentary on *Psychic Energy* by Torkom Saraydarian, pp. 125-127.)

Responsibilities of Volunteers

So many organizations need help. Volunteers are needed and cherished in all humanitarian organizations and places of worship. If you wanted to volunteer for an organization as an act of service, what should your qualities be? Here are some points summarized from *Leadership*, Vol. IV, Ch. 35, “Responsibilities of Volunteers.”

1. We should never be a breach of security for the organization. We should not steal, gossip, or bring personal problems to the labor.

2. If we have serious health problems that hinder the work, we should stay at home and not impose ourselves.
3. If we have certain political or religious beliefs, we should keep them private. A volunteer labor is not the place to preach or to win converts to our way of thinking.
4. We should never volunteer or serve in order to pass the time, to take away loneliness, or to “stick” to other people. We must not be jealous of other workers or their duties.
5. We must clearly state the amount of time we can serve and the special talents we have. We should be regular and consistent until the job is finished.
6. We should be orderly and not expect others to clean up after us.
7. We must never force our ideas or opinions on other workers, on the leader, on anyone. If we are asked for our opinion, we must not be married to it, but offer it as an opinion only and be totally detached. We are part of a team, and we should know how to work as a member of a team.
8. We should not have hidden motives and agendas such as sex, money, recognition, or acceptance by others. This can be very visible or very subtle.
9. We should never be a bad example. We should be aware of

our dress and cleanliness, our odor, our habits, our complaining, our incessant talk about our problems, health issues, opinions about anything that we do or others do. We should even be aware of what and how we eat and how we smell after we eat. We should be examples of punctuality and order, keeping quiet and doing the work asked of us without complaining.

These are very important to consider when we want to serve. Often, people want to serve and soon they leave because their opinions were not immediately carried out. Or they talk so much that they waste time and pollute the office with their chatter. Or they get angry if their work is given to someone else to finish. Or they think that office rules and procedures do not apply to them.

If we observe the rules for discipleship and for the betterment of others in our field of service, then no matter where we are placed and what we are asked to do, we will be a joy for the organization, for the leadership, and for the betterment of others. Our service will be an expression of who we really are. We will be noble and beautiful and carry out our work to the best of our ability.

“They asked M.M.: ‘Who is the greatest disciple?’ He said, ‘He is the one who is always present at the time of labor’.”

(*Talks on Agni Vol. II* by Torkom Saraydarian, p. 332)

T.S.G. PUBLISHING FOUNDATION, INC.
PO BOX 7068
CAVE CREEK AZ 85327-7068 USA

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TEL: (480) 502-1909 • FAX: (480) 502-0713 • E-Mail: info@tsg-publishing.com • Web-site: www.tsg-publishing.com

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The Future is Ours... *The Path of Service*

Schedule of Events

In September, we start the first classes for *Saraydarian University*. Every month we will also have Full Moon Meditation and Group Worship. See enclosed flier for more information.

All classes will be held at TSG: 28641 N. 63rd Pl. Cave Creek, AZ 85331

September

- 5th Introduction class - 5:30-6:30.
Class 101 - 7:00-8:00
- 12th Group Worship and Meditation, Sun in Virgo,
7:00 p.m. to 8:00 p.m. with Gita Saraydarian.
“Virtues of the Neophyte: Chastity”
- 19th Introduction class - 5:30-6:30.
Class 101 - 7:00-8:00
- 29th Introduction class - 5:30-6:30.
Class 101 - 7:00-8:00

October

- 3rd Introduction class - 5:30-6:30.
Class 101 - 7:00-8:00
- 10th Group Worship and Meditation, The Sun in
Libra, 7:00 p.m. to 8:00 p.m. with Gita
Saraydarian. “Virtues of the Neophyte:
Stability.”
- 17th Introduction class - 5:30-6:30.
Class 101 - 7:00-8:00
- 24th Introduction class - 5:30-6:30.
Class 101 - 7:00-8:00

Sedona Full Moon meditation and group worship will be celebrated on the following dates: Sunday, September 10th, and Sunday, October 15th, at 11:00 a.m. till noon with Gita Saraydarian. For information and directions, please call Hamid Sani at 520-282-6744.