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Mission

The purpose of TSG Foundation and The Torkom Saraydarian University (operated under the auspices of T.S.G. Publishing Foundation, Inc.) is to be a pathway for self-transformation based on the Core Values and Higher Principles of the Ageless Wisdom. We offer a complete line of spiritual products and services, including intensive spiritual training on site and by correspondence. T.S.G. Publishing Foundation, Inc. is a non-profit, tax-exempt organization.

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Sacred Music & Sacred Dance

The following text is excerpted from the book *The Creative Sound: Sacred Music, Dance and Song*

Torkom Saraydarian was born into a musical family. His Mother was an organist and pianist. His sisters were violinists, and his Father was a composer and a conductor of a small orchestra. Torkom was raised in an atmosphere of music and creativity. He attended almost all the rehearsals of his Father's orchestra.

Often he used to sit with students and listen to the lectures and rehearsals his Father was giving. Every week, and specifically on Saturday night, the family used to play sacred and folk music in the home.

Torkom did extensive studies in Middle Eastern and Far Eastern music. His specific interest was in sacred music, sung and played in monasteries, churches, and sacred brotherhoods.

He studied for many years on violin, cello, piano, guitar, mandolin, oud, and flute. In 1947 he became first violinist for the British Royal Air Force Orchestra. He has composed over 200 piano compositions and many songs. They not only give deep esthetic pleasure, but they also elevate and expand people's consciousness. About his music Torkom has said, "People are built by the music they listen to. In most cases the music they listen to crystallizes a

pattern in their electromagnetic sphere. The intention of my music is to annihilate such crystallization and offer people opportunity to come in tune with the beauty that exists within them. My music brings health, happiness, and offers new channels of inspiration."

He says that most of his music is born through translating his visualizations into music. And it is true that you can almost see and hear in his music what he said he visualized in his mind.

An Interview with Torkom Saraydarian

Question: *How do you compose?*

ANSWER: My compositions are the translations of moments of inner experiences, states of consciousness, visualization, and identification with some of my life's dreams. During my composing, I try to use the notes as if they were colors in the air, with their specific shapes and hues. For example, I may create a rose in the air with the flow of the sound. My visualization is translated into notes to build that rose exactly as I see it in my vision.

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Every piece for me is a formation of architectural and natural forms. If music cannot be built by vision, then there is something wrong with it.

I also create different scenarios. For example, I visualize high mountains, the moon, snow falling, and a little hut with a boy sitting near a fire. I visualize inner states of consciousness, and I create music corresponding to such states.

I generally receive my inspiration from inner states of consciousness or from outer events or scenarios that present some symbolic form of my inner states of beingness. For example, a river, a creek, a lake with birds, a waterfall, bamboo, or flowers are for me the symbolic manifestation of my inner states of beingness.

Question: *About the music you have composed, how should we utilize it?*

ANSWER: Without attachment I recommend that you listen to my music. It is the only sounds purposefully created to destroy your crystallizations. If you have any crystallization physically, emotionally, and mentally, listen to this music one hour daily, and one week later you will not have those crystallizations. 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. Sit quietly and listen to it. This way it penetrates into your aura, into your etheric, astral, and mental bodies. Do not listen to it while going to sleep. This would be hypnotic. Just read the commentaries on the songs. Then listen to the music. If you are sincerely listening, one week later you will want to listen to it more. This music will purify your whole system if you do hard labor to change yourself in the meantime.

A university professor once wrote, "I heard your obnoxious music and put it away. But later when I was divorcing my wife, I was looking for some music and your tape popped out. I listened to it into the early morning hours, crying as I listened. When I was finished, my consciousness was very expanded and beautiful. I went directly to my wife and asked her to listen

to this music with me. We are now back together." This music creates transformation.

My music is a very powerful means to destroy crystallizations in your aura — etheric, astral, and mental crystallizations. Once your crystallizations are broken and dispersed from your aura, you have a great chance to build new behaviors, new kinds of responses, and new ways of thinking.

You must listen to the music in a very relaxed and focused way, absorbing every move of it with the intention to transform yourself, until you are able to memorize it. You must not be passive but conscious and awake while you are listening.

It is very important to understand that if you listen to this music while you want to keep your negative emotions in your heart, your hidden motives in your mind, and your jealousy in your bones, the music will amplify them and bring them to the surface. Many people turn into traitors and others fall into paths of crime and slander.

This is similar to feeding yourself with vitalizing food and taking vitamins. You use the energy for what you are. You stimulate your vices if you have them, and you become the victim of your vices.

It is important that people do not overcharge themselves through meditation, reading, listening to my music, or eating extra food before they have a pure heart to use the energy for worthy purposes. Increasing the supply of energy works in positive or negative ways. People do not understand that to benefit from highly charged music they must have clean motives and life directions.

Once you decide to live for the service of light, love, and beauty, my music will take you on its wings and lead you to your spiritual destination.

How Torkom Composes His Music

My compositions are built upon certain visualizations. Before I compose a piece of music, I visualize, for example, a lily near a lake reflected in the cool, calm water. Then I visualize a deer drinking water, and

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the concentric circles it makes on the surface of the water. This is my framework, which contains, of course, the trees, the rocks, the vegetation, and the lake with ripples upon it.

The second phase of composition deals with the feelings of the lily and the deer, the water and the trees. This makes the work a living event.

The third phase of composition deals with the symbology of the lily and the deer and the concentric waves. It is this symbology that evokes certain ideas, thoughts, and intuitive flashes from my higher realms and adds a new charge to the framework.

The fourth phase of composition is to translate these ideas, feelings, and symbols into music in such a way that they subliminally convey to the listener my feelings, ideas, and vision.

During the creation of the composition, I use the framework, the feelings, and the ideas presented by the symbols through my visualization and, in the meantime, try to translate my visualization into music.

I feel that as I proceed in such a labor, the outer and the inner parts of the symbols and meanings come closer to each other and I feel unified within myself.

Musical composition and performance is a unique opportunity to synthesize the subjective and the objective natures of our being. We thus eliminate cleavages existing in our psyche and let the creative current circulate within us without meeting any hindrances.

Creativity in music must be progressive so that gradually higher levels of our being are called out and fused with the objective side of our nature.

It is essential that we transform our lower nature into light and also make the light of our higher nature operate through the transformed mechanism on the physical plane without losing its magnitude and magnanimity.

In essence, all forms and their relationships with each other are nothing else but musical phenomena.

All forms, symbols, and ideas are condensations of musical notes. As ice melts to become water, so when any form melts away, it turns into sound, into a note.

The task of the musical genius will be to "hear" the notes of forms, symbols, feelings, and ideas, and translate them through the musical instrument.

When such a task is a success, then the composer will realize that he himself is a combination of sounds, and his duty is to compose a symphony through these sounds, and thus unify or synthesize all his nature with the inaudible music of the Universe.

It is possible that one sits down and plays beautiful music in an "inspired" moment, and if we analyze this "inspired" moment, we will possibly find that it is a moment of tuning in between the outer circumstances or experiences and the inner aspirations, ideas, or visions formed around a symbol that was keyed in to the outer circumstance.

Often outer symbols are like keys in a computer that put a whole event or impression into action.

All creation and every form carry within itself the AUM. This is a symbol, which refers to the creative chord existing in each form.

Disintegration of any form is the departure of the AUM.

Human consciousness can release the creative melody in each form or symbol that Nature created and compose a symphony, adding on it the melodies and rhythms found in his Chalice.

As the greater composers and musicians come to earth, they will compose such music, which will literally

- Heal people
- Transform their nature
- Link them to their higher nature

Even it will be possible that such music will create conscious communications with the Higher Worlds.

Humanity will slowly realize that it is through sound that all beings and all forms in existence can communicate with each other.

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As communication becomes conscious and involves higher and higher levels, the symphony of the Cosmos will emerge.

The Future of Music

In the future, thinkers will find out how music can create certain illnesses and diseases in certain parts of the body. They will be able to trace the source of illness to the music the person listened to for years, or throughout his lives.

Our body is built on the principle of sound expressed as notes, as vibration, as frequency. Flowers, bushes, and trees are built on the same principle. The sound waves create either harmony or disturbances in them. For example, because you were hearing certain kinds of music, you developed liver problems or kidney problems or heart problems or skin problems. Or because of the music you heard, you have the best health possible.

People worry only about nuclear radiation, but they never think that music is a form of radiation. Sound bombards the body, the brain, and the glands and creates certain effects.

The notes in music are chemical elements of sound. A good musician is a good chemist who knows when to use what element and in what proportion. These chemical compounds can change the elements in your body by increasing, decreasing, or totally eliminating them. These chemical changes in your body create changes in your psychology, behavior, relationship, thinking, feeling, talking, and so on.

When you are listening to music, you must know that you are absorbing chemical elements into your system. We do not yet have an apparatus to convince the "blind" about these facts, but steady observation and experiences with music will not leave any doubt in people's minds about chemical changes.

Sound controls the function of cells and neurons, and the chemical reactions and secretions of the glands. Eventually scientists will prove that both the

mentally impaired and the genius are the products of age long bombardment by certain music.

One may ask, if music must be listened to for an ideal condition of the body, emotions, and mind, then how can we help people who live in violent psychological conditions in asylums? The answer is that people in asylums must not listen to music, but they must listen to the music of waterfalls, rivers, forests, and thunder. Also, rhythmic drums can have a great healing influence on them, if a sensitive composer creates the rhythmic patterns.

Steps for Listening to Music

1. Physical relaxation
2. Emotional quietness
3. Mental serenity
4. Elimination of worries and anxieties
5. Concentration on the music, following its moves and listening with your entire body
6. Visualizing that the music is purifying your etheric, astral, and mental bodies
7. Visualizing how it is coordinating, healing, and tuning all your vehicles
8. Visualizing how you are building communication lines with Higher Beings

Listening must not be longer than ten minutes. At the beginning, even six minutes is too much. When the music ends, sit quietly until your aura settles down.

After six months of experience with music, you can do the following:

1. Continue to listen to music in a relaxed state.
2. Dance or do movements to it.
3. Read, write, or paint with music.
4. Talk or give a lecture while music is playing.
5. Eat with music.
6. Embrace someone while listening to music.
7. Pray or meditate with music.

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It is recommended that you do not play music while you sleep. It may stimulate your brain and create associative disturbances. It may also keep you on lower planes and not let you engage in your higher responsibilities.

In the future, a kind of music will be composed that can be used to assist your withdrawal from the body and to raise yourself into higher spheres. Such music will be composed by those who are knowledgeable about astral, mental, and spatial music.

The location where you listen to music is very important. It must fit the music and also your goal in listening to the music. The location must be restful, comfortable, beautiful, and quiet. You can also light candles. You can listen to music near the sound of waterfalls, rivers, oceans, or wind in the trees. Play the music softly.

Ways of Listening

It is important that people not only listen to music but also use music as a means of unfoldment and as an expression of consciousness. There are many ways to listen to music:

1. One must learn how to hear the music in a color, visualizing notes as a sequence of colors, colors that are not usual.
2. One can visualize these colors in various geometrical or natural forms of flowers, then petals and colors.
3. One can visualize geometrical forms in harmonious movement with each other.
4. One can visualize fragrance emanating from every note.
5. One can visualize a beautiful dance in harmony with the music.
6. One can visualize a process of purification, healing, and sublimation of all vehicles, through music and of contacting the Inner Core.

7. One can visualize some mysterious ceremonies and rituals for spiritual attainment.
8. One can visualize in intense concentration a transformation process through music.
9. One can visualize through music a beautiful change in others and transformation of their nature.

In doing such visualizations you will discover more advanced uses of the music that will enable you to create, to purify, to heal, and to contact higher sources of guidance and inspiration not only for yourself, but also for those whom you love or for those whom you aspire to transform.

What music does

1. Music has the power to dispel old elements and forms. Combined with thought and visualization, it can be a potent way for creative work. You must choose music that fits your visualization, not music that agitates your emotions and disturbs your visualization.
2. Music also helps you attract purer elements into your nature, destroy the old thoughtforms, and stimulate latent seeds of beauty.
3. Music creates communication with your Solar Angel and with those beings that watch your evolution. Music is so important that dark forces do all that is possible to make people use it as a means for degeneration. It is very important to learn how to listen to music in deep concentration and involvement.
4. Music can also help you detach yourself from your bodies and pass on to higher planes of existence. There is special music that helps you withdraw when your vehicles are prepared to let you go.

All universal creativity is carried out by music — inaudible to our average ears.

All forms are embodiments of music. Beauty of form is the result of harmony of sound.

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Music and the Psyche

Music is the expression of the human psyche. If the heart and mind do not aspire and strive to something beyond, music stays on a horizontal level and does not make a breakthrough toward space.

Space is not nebulous, confused music that has no characteristic and no direction. It is built of various states of consciousness opened to the entrance to space.

The music of the future slowly detaches itself from old rhythms that are familiar in our physical, emotional, and mental worlds. New music is not based on old rhythms, on old melodies or measures. It has its own rhythm and measure, evocative of the future or space.

Temple Dances

According to the esoteric tradition, Temple dances originated from the Hierarchy. When the Hierarchy came to this planet, they saw that humanity was really animal like. Human beings needed rhythm, melody, music, and harmony so that they could create some kind of integration, alignment, and synchronization in their physical, emotional, and mental natures. Health, happiness, intelligence, consciousness, and energy all depend on harmony, synchronization, and rhythm. For example, if a dancer is dancing with rhythm and harmony, he generates a very beautiful rhythm and harmony in space.

In space there are lots of disturbances — short waves, long waves, gossip going on through radios and televisions. All of this chaos being poured into space creates contradictory, antagonistic forces that are always battering and annihilating each other. Every energy that is going from your mind is an entity. It may be a short-lived or long-lived entity. It does not have a soul, but it is animated by your etheric, astral, and mental bodies.

But all these disturbances that we have in space can be eliminated slowly if we create rhythmic physi-

cal movements, rhythmic emotional movements, rhythmic mental movements and harmonize them together and project them into space. Whatever you are doing now, the next moment it belongs to space. As soon as you think, it is gone; an energy wave is gone. It is in space. If that energy wave is really harmonious, what you are doing is creating in some part of that space a cleaning, a harmony, and beauty. Higher worlds, higher forces can only reach us through such areas that are harmonized in space.

So, the Hierarchy taught little dances: first, to synchronize, align, and integrate our physical, emotional, mental nature; second, to purify the space in which they exist.

We are dancing in this space, bringing in rhythm and harmony. We are purifying the space. That is why they are called Temple dances. Dances in the Temple make the Temple holy because all these harmonious emanations are changing the atomic structures of the things around you.

Temple dances not only transmit energy, but they also regulate the chemistry in the neighborhood of gardens and orchards, repelling all those forces or influences that are dangerous to the plants.

Certain dances were performed during the time of the new and full moons to attract, regulate, and channel beneficial energies into the environment. Certain dances were performed at the equinoxes, or at sunrise and sunset. A beautiful Temple dance is a prayer, meditation, and contemplation. The day will be different if a dance is performed at sunrise; the night will be different with a dance at sunset.

Sometimes dancers show symptoms of fatigue and develop certain mysterious pains in their bodies, or go through a period of emotional and mental tension. This happens when the group of dancers, trying to transmit energies and prevent pollution, acts as a refinery in a physically or psychically polluted atmosphere. Such uncomfortable periods are understood and handled with gratitude because the dancers were informed that such experiences are the signs of their sacrificial service for humanity.

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Dancers recover miraculously once they discharge the poison and they dance again. This is why Temple dances need highly purified personalities.

Dances performed during the most outstanding full moon, the full moon of Taurus, bring extra-planetary energies to humanity and distribute them to highly advanced and purified individuals. Such a dance is performed by Great Ones. Every movement and dance at the full moon of Taurus is a scientifically formulated device to draw energy from various constellations and stars.

In trying to restore the harmony in space, people do have a role to play in affecting the human life and gradually eliminating disturbances going on all over the world in the inner fields of man. Thus, real dance and music are agents of healing, restoring, and harmonizing.

Temple dances build a bridge between your personality and the Soul, if there is right intention behind your dancing.

Spiritual development is not based on any mental thought form or knowledge but upon the assimilation of energies. The Holy Spirit is not evoked by sermons, learning, and discussions but by devotion, dedication, purity, aspiration, and spiritual striving. These are gifts that are received as a person harmoniously coordinates his entire being into sacred dance. Dances, rituals, and ceremonies speak to the heart. When evoked energies touch the heart, transformation begins.

When the dances are performed to speed the evolution of the human soul and offer a service for others, the human soul affects the physical, emotional, and mental bodies and gradually subjects them to his will through the rhythm and music. Then, instead of being captivated in the bodies, he disciplines them to do his will. Gradually the personality vehicles become more and more sensitive to the human soul, and they absorb his light and fuse with him.

It is after a certain degree of discipline that the human soul attracts the attention of the Solar Angel, and gradually the influence of the Solar Angel penetrates

into the personality vehicles and helps the human soul to proceed further on the path of his freedom and fusion with It.

This is all done through the Temple dances, through the rhythm of movements, and through the rhythm of music and singing or chanting.

Thus, Temple dances are daily rituals to accomplish fusion with the human soul or personality vehicles and fusion between the human soul and the Solar Angel. Thus the dance is a daily ritual to accomplish the building of the bridge between the Higher Worlds and draw inspiration, ideas, visions and impressions for the service of all living forms in the Universe.

During the process of this ritual or dancing, the vision of the Soul slowly penetrates into the mental body, into the emotional and physical bodies, and brings them under the rhythm of Its vision. Thus the body, emotions, and thoughts align themselves to be a transmitter for the vision of the Soul.

Thus the dance and music not only coordinate your personality vehicles but also align them with your Soul, and it is through a coordinated personality and Soul that the Higher Forces can find an opportunity to reach humanity.

A group of people integrated in their personality and with their Soul can turn into a transmitter for the Hierarchical assistance to the world.

It is interesting to note that the audience can be transformed through the energy of rhythmic dance. The energy is easily absorbed by the aura of the audience, causing in it purification, upliftment, and harmony. If the transmitted energy is of the highest quality, it may create higher aspirations in the audience and expand their consciousness.

Excerpted from Creative Sound: Sacred Music, Dance and Song by Torkom Saraydarian.

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Calendar of Events

Cave Creek Schedule: TSG Foundation

- **November / December Classes:** To be announced. Call TSG for details.

November and December Celebrations:

- **Sunday, November 9th, Sun in Scorpio and Torkom Birthday Celebration.** Full Moon lecture and meditation with Gita Saraydarian. 10:00 am to 11:00 am. Potluck brunch follows. See insert for details.
- **Sunday, December 7th, Sun in Sagittarius.** Full Moon lecture and Meditation with Gita Saraydarian. 10:00 am to 11:00 am.

Christmas Celebration: Candlelight Service: Sunday December 21st, 7:00 pm to 8:00 pm. Lecture, Communion, Meditation with Gita Saraydarian.

Sedona Schedule: The Ageless Wisdom Group

For Full Moon and lecture information call Damon Catizone:
928-282-3242

United Kingdom Schedule: TSG (UK) Ltd.

For information on Winter class schedules and TSG plans in the UK, please contact Catriona Nason at 020-8979-8444. info@tsg-uk.org.

Meditation Courses in Edinburgh: Contact John Dumigan at 0131-228-9101. jd@tsg-uk.org

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