

O Outreach

Practical tools for ethical living • Publishing & Distribution • Spiritual Education

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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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The Mystery of Worship

The following is excerpted from the book *Challenge for Discipleship* by Torkom Saraydarian

Worship is an intense focus of our etheric, emotional, and mental forces on an object which either stimulates our animal nature or opens the prison bars of our soul to fly toward his destiny. The difference between these two kinds of worship is that the first one acts under the pressure of dark forces and is obsessed by them, and the second one acts like an arrow flying toward one's vision, to become one with the vision.

This second kind of worship is a part of human life. If it is taken away by force, human life slowly degenerates.

People think that in this scientific age worship is outmoded, but, in reality, worship still exists in both of these forms. In most cases a human being has an object of worship. If the object of his worship is lofty, he is on the path of advancement and survival. If the object of his worship is related to transient values, he is on the path of degeneration.

People fluctuate between these two poles. They either worship matter, sex, money, position, pride, ego, war, and terror, or they worship purity, beauty, love, wisdom, light, righteousness, and freedom

and gradually evoke the glory hidden within their natures.

There are changeable objects of worship and changeless objects of worship. Worship of changeless objects brings into expression the principles within us that are changeless.

The process of worship was a discipline prepared by Great Ones to gradually evoke the glory hidden in man. The object of worship acts like a magnet. It attracts out of your core all those qualities which belong to the changeless spirit within you. This is the true process of worship.

In ancient times Great Ones organized the path of worship in a very scientific way. They created beautiful forms and arrangements of sound and color; They created sacred dances and beautiful statues as objects of worship.

The average religious person did not understand this technique and often called it pagan worship. The Great Ones chose spiritual principles and presented them as statues and organized beautiful ceremonies around them to evoke from people the corresponding principles latent in their hearts.

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This worship mainly concentrated on major principles such as light, love, beauty, joy, freedom, self-sacrifice, synthesis, ecstasy, silence, creativity, solemnity, sincerity, prosperity, heroism, sacrifice, harmony, and detachment. Great Masters of art and ceremony prepared these objects of worship and the process of ceremonial worship. For many generations all around the globe, They tried to transform human life through worship.

Contemporary people think that devotees are worshipping idols, but in reality behind the idols there is the ideal, and behind the ideal there is the idea.

Not everyone worships on the same level or to the same degree. Our worship deepens as the release of the light in our core increases.

Great festivities were organized for the public, and every advanced ceremonial worship was programmed for those who had developed the capacity to touch the spirit beyond the form. Thus average and primitive man were developed in these festivals of worship, and advanced man was initiated into greater mysteries of life.

These festivities had three dimensions:

1. To create enthusiasm, which organizes the etheric body, puts into action various chakras, and makes etheric energy circulate in the etheric bodies of all the participants, uniting them etherically.

2. To create emotional upliftment, through color, sound, and movement and fuse the hearts of the participants, through raising the intensity of the rotations of the astral centers.

3. To create mental focus, through imparting ideas and abstract symbols and concepts to the minds of the participants, thus making their minds ready to receive the Divine Fire and the pure, intuitional light.

Through these dimensions of worship, the participants were advanced on their spiritual path according to their readiness and striving, and they had greater contacts with the objects of their worship.

The human body has reached such a state of beauty because age after age the Great Ones presented to humanity forms of ideal bodies. When man's attention was focused on these beautiful forms and when his etheric, astral, and mental forces were concentrated on these forms, gradually the body transformed itself and his future bodies became more refined. As a person becomes more refined, he carries on the process of refinement of his bodies, molding them on the ideal presented to him in his worship.

Man becomes that which he worships.

Almost the entire educational system of the ancient world was based upon the mystery of worship. Millions of temples, churches, and places of worship were built for humanity just to provide them with the opportunity to transform themselves. The dogmas, doctrines, and philosophy behind this worship were not so important, but rather the act of worship was important. Dogmas, doctrines, and religious formulas are often mental games, but you cannot play in worship. You either worship, or you do not worship, but you can play "Churchianity" religion without causing an inch of transmutation in your nature.

Actually, as humanity withdrew further into the worship of matter, ego, interests, positions, and possessions, it went further away from its core and even lost its core. To bring humanity back to its core, the mysteries of worship will again be established in the world, and people will have the chance to learn to worship things that are changeless, transcendental, universal, and infinite; things that will bring health, joy, prosperity, peace, harmony, and understanding.

We have the Statue of Liberty standing in the ocean outside New York City. A new movement of worship of freedom will release the creative rivers in the human soul which are blocked by the powers which directed the human soul toward the worship of transient values. Exploitation of human beings starts the day when the lofty objects of man's worship are replaced by the worship of money, possessions, sex, ego, and separative interests.

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In true worship, man becomes group-conscious, sharing, giving, and cooperative. The contemporary person is too busy worshipping material values. Real worship needs time, detachment, retreat, and an intense spiritual focus on the object of worship, which stays constant even through all waves and storms of life.

Psychologically man loses higher objects of worship when he gradually becomes the object of his own worship, when he worships his own body and its urges and drives, when he worships his own emotions and glamors, when he worships his own thoughts and illusions.

In order to worship, one must reach a certain degree of detachment. It is not necessary to be a scientist or a professor to know the art of detachment. Detachment is a heart quality. One wonders how detachment can be a conditioning factor for true worship, when the ultimate goal of worship is to attain total unity with the One Self. The answer is that one must learn to detach his spirit from all those objects, emotions, and thoughts which create cleavages in his consciousness and prevent him from going toward fusion with the One Self.

There is a danger of hypocrisy in worship. It is very important to stress that whenever worship is forced or done for self-interest, to please people, to create an image of holiness, or to influence people, it leads to a most obnoxious disease of the psyche, which is called hypocrisy.

When a covert hypocrite succeeds in penetrating into fraternities, brotherhoods, churches, or religious institutions, he turns into a gopher and does irreparable damage, not only to the Teaching but also to the Teachers. He steals money and property and prevents qualified people from entering holy ranks. If by the power of their beauty, certain people succeed in taking holy offices, the hypocrite makes every effort to prevent their progress and constructive works.

Once my Teacher said that the worst hypocrites are attracted to holy places and to organizations which

are really dedicated to the upliftment of humanity. Such hypocrites are very strong, smart, and foxy. They are charged by the places of worship and by people who have sincerely dedicated their lives to the worship of the Supreme, hence their power.

It is easy to heal average hypocrites, but it is almost impossible to heal hypocrites who come from sanctuaries and religious fields.

Real Teachers are very cautious not to allow hypocrites to sneak in. There are many disciplines that they present to candidates for leadership in order to reveal their true nature. But it is recorded that born hypocrites can even survive hardships and various disciplines in order to succeed in their destructive work. This is why in certain churches they pray, "Lord, protect us from our visible and invisible enemies."

People think that worship means a little reading, a little singing, preaching, listening to sermons, and screaming hallelujahs. . . . But real worship transcends all these things. In real worship, you gradually lose all that you are not: your vices, your ugliness, your shortcomings, your vanities, and your ego.

One may ask, "What will remain if all these things are lost?" The answer is you - the Real You! Pure worship is a process of finding your true Self in the object of your worship.

Dark forces are always busy, working very intelligently to take from you the lofty object of your worship. If they are not successful in taking away the object of your worship, they have a subtle diplomacy to slowly change the image of the object of your worship. Very few people suddenly realize that the object of their worship is not the one with which they started. They painfully realize that the original beauty of the object of their worship was changed into ugliness and for a while they were worshipping ugliness! Such an awareness can have two kinds of effects on worshippers:

1. Some of them totally reject any act of worship.

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2. Some of them search for the original object of worship which was taken away from them by subliminal techniques.

Sometimes the worshipper himself distorts the image of the object of his worship by projecting on it his own limitations, dogmas, doctrines, illusions, and even expectations. At this stage he begins to demand from the object of his worship that it give him whatever he wants to satisfy his urges and drives. If the object of worship fails to satisfy his desires, he abandons it and even hates it.

One becomes his true Self in losing his self in the lofty object of his worship. This is the mystery of worship. There is a stage in worship in which you become one with the object of your worship. This is the stage in which all that you are not in your essence is taken away from you. It is only after such a purification that you find your true Self in the fire and the light of the object of your worship.

Once a lawyer was talking with a monk and saying, "Every early morning my wife is going to church to worship the Holy Mother. I am afraid that she will one day be a Holy Mother."

With a fatherly smile, the monk said, "Wouldn't it be to her advantage to be like Her?"

The secret is that we discover ourselves only when we go through an intense worship of an object, which calls forth what we are in essence.

The process of worship:

The process of worship must proceed on a gradient scale. For example, one must learn to worship tangible beauty, practical goodness, demonstrated righteousness, expressed joy, and actualized freedom. Then one must be led to see beauty, goodness, righteousness, joy, and freedom in higher dimensions with their deeper meanings, demonstrated in greater fields of human life.

A beautiful statue can evoke feelings of worship. A similar feeling must be cultivated in regard to things that are abstract, such as beautiful feelings, beautiful

thoughts, beautiful relationships, beautiful ideas, music, paintings, dances, beautiful visions, and revelations. . . . The heart opens slowly over thousands of years. As its petals unfold, the power of worship increases and becomes gradually more inclusive.

Some people boast of their education, certificates, diplomas, and positions, but most of their knowledge and achievements are used for selfish or separative interests. It is only after learning how to worship and after exercising true worship that education, knowledge, and positions can be used for the Common Good, and for right direction.

Worship is the flame of the heart which is magnetically oriented toward the Highest. Worship creates balance and equilibrium in our inner and outer worlds if it is accompanied by clear reason and right knowledge.

Thus the first stage of worship is devotion. Devotion mobilizes and focuses etheric and astral energies on the object of worship and expresses itself as action and emotional enthusiasm.

The second stage of worship is concentration on the object of worship. Concentration is an intense mental labor to put the inspiration coming from the object of your worship into creative manifestation through your actions, words, and thoughts to such a degree that other objects of interest cannot interfere with the process of your worship.

The third stage of worship is through our thoughts and actions. We do this through thinking and meditating on the significance of the object until we penetrate the mental sphere of the object and see its power in our life. Through thinking and meditating on the object of worship we transcend our limitations and expand our consciousness.

Worship through words means to use such expressions that translate our devotion and love and make the energy of our heart flow toward the object of our worship.

Worship through our actions can be divided into various forms:

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a) Actions or activities that practically demonstrate your spirit of worship of the Highest. For example, if you worship beauty, your actions must be beautiful. If you worship freedom, your actions must spread freedom and make people free. If you worship love, you must not engage yourself in activities based on hatred, fear, or revenge.

b) You must act, move, and behave as one who is inspired by the spirit of worship. There are many kinds of postures which suggest worship. Many such postures increase your spirit of worship. Graceful, respectful, harmonious movements and certain postures increase the spirit of worship.

Similarly, the tonality of your voice can be full of worship. The way you talk and the words you use can be made full of the spirit of worship. Your voice expresses your states of consciousness and reacts upon your consciousness. It is possible to change the tonality and pitch of your voice and make it express the spirit of worship.

Action and movement also refer to ceremonial rituals, which often synthesize color, sound, motion, feeling, ideas, and inspirations.

The fourth stage of worship is contemplation. In a state of contemplation, we pass through transformation, transmutation, and transfiguration and fuse with the object of worship. We become charged by the inspiration, vision, and beauty pouring out of the object of our vision. In contemplation, the seed slowly breaks its limitations and unfolds its flower in full beauty. In contemplation, you see your future glory.

The fifth stage of worship is singing. Singing is not yet well understood. It is a process of radioactivity and gratitude for the experiences gained in contemplation. Every attainment expresses itself in singing. Singing also protects the aura from overcharging energies and acts as a release wave for accumulated tensions.

Birds sing when they are set free from their cages. Worship is the moment when you begin to set your Self free.

The sixth stage of worship is solemnity. Without solemnity, worship cannot exist. Solemnity provides the right atmosphere for the spirit of worship. Solemnity creates integrity in you and a magnetic field around you in which you carry on your worship.

The next stage of worship is ecstasy. Ecstasy is a state in which your soul becomes one with the object of your worship. The moments of ecstasy are the moments of transfiguration.

What does worship do for us?

Worship gradually integrates all your systems - physical, emotional, mental, and spiritual - because it brings all these systems into focus. In other words, the object of worship tunes up the strings of your harp.

Second, through worship you activate your higher centers; your animal nature slowly fades away and your divine nature emerges in greater light. Education and knowledge cannot lead into sublimation until the spirit of worship begins to shine within you. Worship makes you live the moral principles inspired by the object of worship, according to the laws of perfectment; it makes you manifest your higher aspirations in your daily relationships.

Worship creates those conditions in your vehicles which allow you to receive and transmit psychic energy. Many simple persons who have no formal education are charged with a tremendous amount of psychic energy because of the integrity of their worship.

Through worship you begin to manifest the virtues of the object you worship. If you are worshipping a hero, you gradually notice that a heroic spirit is developing within you. Actually, it is not the virtue of the object that is imposed upon you. The real fact is that the object of worship is evoking the similar virtue from within you; it is evoking the hidden glory that is within you.

Worship helps you to transcend your level of beingness. You actually feel it and become aware of it, and you know that you are not the same person. You deal with people in different ways. Your reactions and

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responses are more refined and on higher levels. You now have different and better ways to solve your problems and surpass your hindrances.

Through worship you become a source of beauty for others and an example of beauty for others. If you are becoming a beauty, people will notice it before you do and they will think, "What a beautiful person he is!" Your beauty will evoke beauty from them.

Did you ever feel that your husband or wife is so beautiful? Did you ever admire someone? Did anyone ever admire you? If you worship someone, your face and eyes slowly change into the image of the one you worship.

Once there was a great Teacher who collected in a monastery many orphans and raised them in the noblest Teachings. Years later, when they were twenty to twenty-five years old, almost all of them had the most beautiful eyes, just like the eyes of their Teacher whom they worshiped. That monastery was called "The Monastery of Beautiful Eyes."

Worship heals the body. It heals emotional and mental wounds which usually turn into physical illnesses in time. Worship heals these wounds, bringing in new energy, and replacing the wounded or dead atoms of the bodies with new and living atoms.

Worship gradually annihilates your ego, your vanity, your glamors, and your illusions. All that is not genuine in you disappears under the light of the object of your worship. When your nature is purified from ego, vanity, illusions, and glamors, you turn into a magnet and attract those ideas, inspirations, and beings which will cooperate with your vision and your plan.

A leader cannot be a leader unless he has such a magnetism. A school cannot inspire people if it has no magnets in it. Even a family loses its integrity when parents lose their magnetism by worshipping material, physical values. It is the same for an individual: Disintegration on all levels - on the spiritual, moral, mental, emotional, and physical planes - takes place when the

human soul loses his magnetism by falling into the mud of egotism, illusions, glamors, and vanity.

Worship cleanses away all such debris and charges the human soul with magnetism. A magnet leads people toward greatness. He creates striving in them. He awakens in them the virtue of self-observation.

The greatest service for humanity is to be somebody, one whom people can look at and feel inspired to be somebody themselves.

Practical suggestions:

1. If it is possible, have a little sanctuary in your home. Make it private, and go there for prayers, meditation, and worship. Have an altar there. Put on it a symbol, a candle, an Image, a word, a picture of stars or galaxies, a flower. . . . Sit in front of it and worship. Worship light, love, beauty, goodness, justice, and wisdom, one at a time. Let your soul pour out to the inner essence of the object you are worshipping. You do not need hours to do this. Just five, ten, or thirty minutes will be enough.

2. See beauty in Nature and in people, and do not be afraid to worship beauty and greatness. Remember, one cannot be great without worshipping greatness; one cannot be beautiful without worshipping beauty.

Once you start seeing beauty in others and worshipping beauty, you will see how your ego and jealousy will evaporate. Until you get rid of these two chains, you cannot achieve true beauty and true greatness.

3. Every day at sunrise and sunset, be in your sanctuary. I remember my father used to walk three miles every day to go to a monastery to join the worship at sunrise and sunset. Every time he returned home, he was more beautiful, more magnetic, and more joyful.

Once people saw a wolf walking behind him like a lamb. They shouted, "There is a wolf behind you!"

"Leave him alone," answered my father. And he continued his walk.

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When I asked about that incident later, he replied, "Animals, trees, and flowers become friends of those who worship. Worship makes them contact the One Self, which is also the essence of animals, flowers, and trees. In worship the real brotherhood of all living forms is realized instinctively and intuitively."

Make your worship sincere, real, and regular.

4. You may have a robe especially for worship, in either white, violet, blue, or orange.

5. Do not be afraid that you are now becoming a member of a cult. Were not all religions cults at their start? Actually, "cult" means worship. Those who instinctively hate beauty and fire will use the word "cult" to express their hatred and jealousy to you.

Remember also that culture means the worship of the Creative Fire. In worship you fuse yourself with the Creative Fire of the Universe.

6. When you look at your object of worship, try to contact its essence. Then you may say:

*May my inner essence
fuse with the glory
of Your essence.
May our fusion
become a blessing
for the world.*

Take a deep breath and visualize your soul fusing with the essence of the object of your worship. Then say:

*May the spirit behind the symbol of worship
inspire me today
in all my thoughts, words, actions, and relations.*

Of course, you can perform your worship the way you want, as long as you raise your spirit toward the Supreme.

You may also have on your altar a picture of Krishna, Moses, Buddha, Christ, Mohammed, Hiawatha, or others who embody beauty, power, wisdom, grace, solemnity, glory. . . .

Once my Teacher told me that the heart has the fire of worship and the mind has the power to put that fire into practical usage. "But," he added, "often the mind grows at the expense of the heart, and the heart slowly closes its petals." It is in this stage that people worship their knowledge and the results of their knowledge, and they lose sight of the Knower, the Source of Knowledge.

When this happens, man loses his spiritual sanity and is caught in the whirlpool of mechanical, selfish life, in the exploitative business, competition, fighting, war, and the ways that lead him toward self-extermination. Such a person worships his pleasures, the dollar, his food, his land, his property.

There is a great law in the Universe which can be formulated as follows: "Those who worship their ego, their self-interest, and their vanity gradually lose all that they have. Those who worship the Supreme are those who endure the destructive ways of Nature." It will be interesting to read the history of humanity from the angle of such a viewpoint.

7. There is also an advanced method of worship, which is called "the worship of the spirit." Through the expansion of your consciousness and your compassion you allow your soul to fuse itself with the fire of the One Self.

Every true disciple must strive toward higher ways of worship. Worship is one of the royal paths leading to unity with the Supreme.

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Dear Friends:

All of us at TSG USA and TSG UK wish you and your family a most joyous and healthy New Year. We thank you for your continued prayers and support. Please let us know how we can serve you better in the New Year.

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Calendar of Events January-February 2004

Cave Creek Schedule: TSG Foundation

- **TSU 403: Discussion/Study Classes: Higher and Lower Psychism: TSG Center, Tuesdays, 7-8 pm:** January 20th, 27th; February 3rd, 10th, 17th, 24th. Registration required. Also available online.
- **Sunday, January 4th, Sun in Capricorn.** Full Moon lecture and meditation with Gita Saraydarian. 10:00 am to 11:00 am.
- **Sunday, February 8th, Sun in Aquarius.** Full Moon lecture and Meditation with Gita Saraydarian. 10:00 am to 11:00 am.

Full Moon Calendar for 2004 will be available mid December online and by mail upon request. (*Exact full moon times: Capricorn-Jan. 7th, 3:41 pm MST; Aquarius-Feb. 6th, 1:48 am MST*)

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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TSG Annual Retreat and Wesak Conference

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The TSG Annual Retreat and Wesak Conference will take place at the TSG Center in Cave Creek and *The Lutheran Retreat Center* in Carefree, Arizona.

- ✦ **Topic: *Avatars: Messengers of God*** (based on a soon to be released book by Torkom Saraydarian)
- ✦ **Dates:** Saturday, May 1st- Tuesday, May 4th.
- ✦ **Events:** Lectures, Group Discussions, Soul-to-Soul Communication Workshops, meditation and visualization, Sacred Songs, and Sacred Dances. Led by Gita Saraydarian and selected leaders and speakers.

Wesak Full Moon Meditation will take place at the exact time of the full moon, Tuesday, May 4th, 1:34 pm.

- ✦ **Daily Lunch** will be provided at the Retreat Center
- ✦ **Contribution:** \$300.00 (Includes lunch)
- ✦ **Detailed schedule** of events, speakers, accommodations, and maps will be available in February, 2004.

Work/study scholarships available.

Accommodations are available at the *Lutheran Retreat Center* as well as local motels and hotels.

We look forward to seeing you.



Registration

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TSG News Briefs

TSG USA has been in operation for 16 years!

We thank all our family, friends, and co-workers for your love, support, prayers, and financial contributions. We hope that your love and support continue for the coming years and together we continue Torkom's Legacy.

Our goal for the year 2004 is to archive all the manuscripts yet to be published. An anonymous donor has contributed generously and made it possible to hire a full time employee to prepare each manuscript for the editing process. Your continuous contributions to the Book Fund will help us publish the remaining 65 books. We are deeply grateful to all our contributors.

Archiving the audio and video lectures continue and we will soon find ways to begin work on the reel-to-reel recordings. This process will make all the creative works available in perpetuity.

Two books will be released in the Spring of 2004: *Initiation* and *Avatars*. Both are in the final stages of completion. They are targeted to be released in time for Wesak and will be the subject of our Wesak conference.

All of Torkom's music previously released on cassettes are now available on CD's.

The Russian edition of *The Science of Becoming Oneself* has been published! Our gratitude to our two co-workers in Los Angeles who translated and completed the manuscript for publication. Gita Saraydarian presented the book and Torkom's works at a reception given in Los Angeles at the Russian Library on November 23, 2003. A large group of Russian, Armenian, and American friends gathered to welcome our new translation.

The Second Armenian Edition of *The Science of Becoming Oneself* has been released and was also presented in Los Angeles.

Gita Saraydarian will travel to Lima, Peru to present a seminar *The Flame of the Heart* on February 14-15, 2004, Valentine's day weekend! The seminar consists of lectures, sacred songs, healing visualizations, and sacred dance.

John Dumigan, a co-founder of TSG (UK), has been training at The Torkom Saraydarian University's Teacher Training program. He is teaching Meditation courses in Edinburgh, Scotland, and has just been accepted as a seminarian at the Sophia Divinity School, the Church of Antioch.

Free Wisdom, a free email bulletin service, has just been launched. This service is available to anyone who has email. Every two to three weeks we will email a topical chapter to you from Torkom's published and unpublished writings along with news and product features. You can subscribe on our website.

TSG en Español, our Spanish Website has just been launched. A co-worker from Lima, Peru translated the site and you can view it or send it to friends. Our gratitude to her gracious help.

The Library Gift Program is continuously sending books to groups, churches, and interested libraries. If you know of a group or a church that would appreciate these fine books, please let us know. Several co-workers make monthly donations to the *International Brotherhood Fund* which pays for the shipping and handling expenses for a limited set of gift boxes. If a group is interested and cannot afford to pay for the shipping charges, it can apply to this *Fund* to receive library books.

To all of you, from all of us at TSG, we wish you a happy, healthy, joyful, and successful New Year!

Stay in touch with us, tell us what you would like to read in future issues of Outreach.