

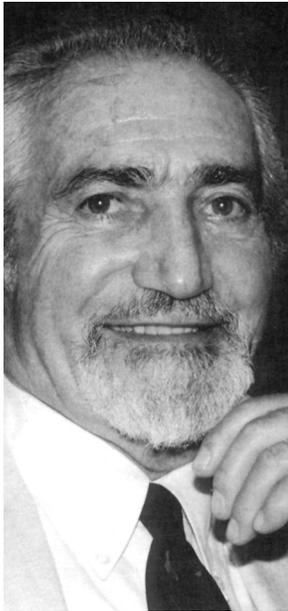
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Practical Tools for Ethical Living • Publishing & Distribution • Spiritual Education

# Outreach

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## 8 Powerful Tools for a Healthy Self Image

*"Success images are built by remembering over your whole life the smallest successes you have had and bringing them into focus. And remembering that God within is the source of success."*

*(The Mystery of Self Image by Torkom Saraydarian, p. 124)*

Dear Friends:

In this issue of *Outreach* we are pleased to present for your reading pleasure a wonderful article excerpted from the book *The Mystery of Self Image* by Torkom Saraydarian. This article is very important in that it shows us how we can build a positive image based on affirmations that are intrinsically true.

When making affirmations, it is important to make statements that are true and believed by us internally. If we do not really believe what we are affirming, then we create a duality inside of us and our soul starts to "fight" with our personality. If we are not sure of an affirmation, we can ask God: "Is there any reason why this should not be true for me?" Then go deep inside of your heart and ponder on the affirmation. Ask yourself, "Do I believe this statement?" If yes, then, "How and in what ways can this statement come true?" If no, then "What is an alternative, positive statement that I can affirm to help me in a particular aspect of my life?"

The right kinds of affirmations will help us build a strong image and at-

tract to us the very positive forces that we are thinking about. The wrong affirmations will create confusion and rejection from the soul.

Our mind is an incredibly powerful tool. Whatever we think, we will program ourselves into. If we continuously think about failures, sadness, and lack, we will have exactly that in our life. If we make confusing statements or half-hearted statements, we cannot expect anything other than a confusing or half-hearted response from life. If we dare to think in abundance and believe that a positive love-filled life can be ours, then we will have exactly these conditions in our life. When we start to think and affirm our divine heritage, we will be pleasantly surprised how much we already have!

The following article emphasizes eight fundamental affirmations that we can say whenever we wish. Notice that these affirmations are not just empty words that we repeat to ourselves but powerful affirmations of our divine heritage. Believe in yourself and affirm yourself. Then, do all that is needed to achieve success and abundance in every part of your life.

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pain on your nose, you think cancer is developing. Well, remember that you are putting that in the diskette. Always you are going to find a way not to admit that you are going to die, that you are going to be sick, that you are going to be in trouble because when your computer is programmed by the fear of dying prematurely, it is going to come. That is why they say, "Whatever you fear, it comes to your life." You have already programmed it. That is why it comes.

**...I can find the keys of the treasury of wisdom.** You are going to have faith in yourself and build an image that if the Teacher dies, if the books are taken away from you, if the lessons are taken away from you, you can still find the treasury of wisdom because the treasury of wisdom is God and that One is within you. You always have access to that treasury, but too often people become hopeless, discouraged, and they no longer search for the wisdom because the one who was feeding them disappeared or refused to continue.

**All nature loves me, respects me, and needs me** is the next one. Immediately you get a little down or depressed, you say, "Nobody loves me. Everybody hates me." Of course everybody is going to hate you because you are evoking that kind of reaction. On the contrary, you are going to develop the image that everyone is loving you.

**...No slander, no treason will discourage me from my image, but I will learn great lessons from it and even be able to improve my nature.** Any slander, any treason is an effort by other people to build within you a nasty program to destroy yourself. What is gossip? What is slander? It is an image they are building to project into you and make you use it on yourself. Once you start believing what they are saying or thinking or imagining, you are already caught in their programming. Every morning you are going to say that these things are not going to affect you, and in the meantime you are going to be sensitive to what they are saying if there is a little truth in it. You can say, "Well, I know I made a few

mistakes but that is nothing. I am going to correct myself." But you are not going to accept wholesale what they are saying because what they are saying is not the pure truth. There are malicious feelings, hatred, and destruction in the image that they send to you.

**...I am formed by the image of the Almighty Creative Force so my possibilities are unlimited.** You can notice that all these things you are programming are really true. They are not plaster. They are not artificial. They are true because, essentially, you are a Spark of the Almighty Spirit. Everything that that Great One created and all that creative power is within you, so you are not hypnotizing yourself. You are not even doing self-suggestion.

You are really opening your mind to the Reality that is within you. That is the difference you must see.

You can try to separate your daily image from the Eternal as follows. When you notice that you are caught in transient activities, forced by your glamors and illusions, stop a moment and remember your Eternal Image and try to act as if you were the Eternal Image.

**...Really, I never have failed, but I have learned lessons.** People sit and start crying, "I failed, it is finished, I failed." You have never failed; you have learned a big lesson. But can you stand in that programming? It is so serious. You are defeated, people really crushed you, and you are thrown into the prison. Your whole reputation and fame have gone and you say, "That is all. They defeated me." Can you stand there and say, "It was really a nice comedy. I learned so many things that I could not have learned in ten million years." Maybe that is true.

Everyday in building your new images you automatically, naturally destroy all negative, poor, miserable, and ugly images from your mind. By always dwelling in your positive images, you slowly destroy the images that you built in the past. If you do not like all your physical, emotional, and mental beingness, still you built them and it means that now you are going to build a different image.

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Actually one of the great duties and responsibilities of the leader is to teach people how to build positive images for themselves. You can give them outlines but not details. If you give details to them, you may trap them in their own vanity and ego. They must build the image, but you will inspire them with the outlines.

Positive images are not built by hallucination, imagination, or by repeating words. How are they built? Your success image is built not because you imagine success, not because you hallucinate success, not because you read about success. Here is the secret: Success images are built by remembering over your whole life the smallest successes you have had and bringing them into focus. And remembering that God within is the source of success.

It is good to go back and find your successful experiences, but you are not going into the pit of the subconscious. You are going to go to your memory banks. Memory banks are not the storages of your subconsciousness. There is a huge difference between memory banks and the subconsciousness. Maybe we can say that the subconscious is like your hard disk, the memory is like your diskette.

The memory bank is in the etheric brain. Memories in this bank either slowly sink into the subconscious mind or are annihilated by various thought processes.

Often, people are taught to build a health image by imagining that they really are going to be healthy. This is positive and may help. But the best thing is to go to your childhood memory banks when you were running free and wild and climbing trees, jumping into the ocean, and doing every kind of fun thing to show that you were really healthy. Bring that image back into focus.

When you bring these things out of your memory banks and compile them, these compilations of success moments will be an image of success within you. This image has a basis, a foundation. It is real. But the memories were far apart from each other a million years, fifty years, ten years. They

were not effective. Their effectiveness and influence increase in you when you collect them, put them closer together, and thus create greater and greater tension. Let them start controlling your life. Instead of closing your eyes and going on about how many people damaged you, hurt you, scolded you, cursed you, gossiped about you, slandered you, instead of falling into the trash, do just the opposite. Then you will find success.

Here is even a little deeper layer of what we were saying. Sometimes we mess the images that we made for ourselves by projecting bad or ugly images on others. When we gossip about and slander people or say bad things about them, we build an image in our mind, and this image contradicts the beautiful images that we were trying to build in ourselves. This must be understood.

For example, I am saying to this man, "You know, I am trying to be very successful, very beautiful, very healthy." Now I have built that image in me. Then later I turn to him and say, "You are a nasty, ugly man. You are really square. You are really going to fail in your whole life."

What am I doing? The things that I am saying to this man, I am saying first to myself. The beautiful image that I was trying to build in me is already messed up. That is why the religions and higher philosophies forbid us to speak evil and slander other people. When we do this to others, we first build a dirty image within ourselves. If we are thinking ugly things about others, we mess up the image we are building in us. Why? Because when we are building an image for ourselves, we are almost neutral, happy, and relaxed. Hatred, force, and willpower are not involved in it. But when we say to another person, "You stupid, you rascal, you failure, you defeated man," our thoughtform is filled with a tremendous amount of force. That thoughtform is overpowering and destroying our relaxed image that we built within us because the image does not have the same tensivity of force, anger, fear, furiousness, obnoxiousness. These words are names of forces.

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The thoughts that you think about others, these are the thoughts that affect your programming. For example, if you think that people are really beautiful, you do not damage the beautiful programming for yourself. But from the beginning of the day until midnight, people think evil about others, in the meantime thinking they themselves are so beautiful. Eventually it happens that they become the most evil and ugly persons. Continuously thinking evil about others makes you evil because before that image goes to them it is really impressed in your mind and in your diskette.

If you think about this very carefully, you will not spend so much money on doctors or asylums.

(Excerpted from *The Mystery of Self Image* by Torkom Saraydarian. For the complete text, see pp. 115-139.)

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## Resources for Prosperity and Success from Torkom Saraydarian:

### Books

- *Dynamics of Success*
- *Spring of Prosperity*
- *The Mystery of Self Image*
- *Prayers, Mantrams, and Invocations*
- *Daily Discipline of Worship*

### Lectures - CD or Cassette

- What is Real Success? 1/22/95
- How Can We Build a Better Self Image 12/12/93
- How to Improve Our Self Image 3/13/94
- Self Image (More Radiant than the Sun) 1/9/94

### Video

- What is Real Success? 1/22/95
- How Can We Build a Better Self Image 12/12/93



## Leaves from My Spiritual Journey

Submitted by Tonia Schwartz

"Disease, both physical and psychological, has its roots in the good, the beautiful and the true. It is but a distorted reflection of divine possibilities. The thwarted soul, seeking full expression of some divine characteristic or inner spiritual reality, produces within the substance of its sheaths a point of friction. Upon this point the eyes of the personality are focused, and this leads to disease. The art of the healer is concerned with the lifting of the downward focused eyes unto the soul, the Healer within the form. The spiritual or third eye then directs the healing force, and all is well." (Alice A. Bailey, *Esoteric Healing*, Law IV p. 134)

The discussion of this Law in *Esoteric Healing* focuses on the conditions needed in the healer and the healing group before being engaged in the process of healing. Basically, these conditions are the integration of the healer's personality with his soul, the achievement of magnetic purity, the necessity for the healer to know the thinking and desire nature of the one seeking healing, and lastly, the need for the healer and the healing group to use the love aspect and not the will aspect in the process of healing. These are powerful statements that can be discussed in detail in a subsequent article. In the following article, I would like to focus on the individual's responsibilities for his or her own healing in reference to the Law of Healing given above.

The physical manifestation of all life is a condensation of divine energy into form. Because there is friction between the perfect expression of divine energy and the form on the physical, emotional or mental levels the potential for disease is present.

We can say that in reality all life on the planet, in the solar system, and in the galaxy is composed of the same basic components. This demonstrates a connection and relationship with all that exists. In the spiritual sense if God is omniscient, om-

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nipresent, and omnipotent we exist within His energy field.

Disease, whether physical or psychological, represents the gap between the ideal state that the divine represents and the actual state of the evolving form on any level.

Let us examine some of the causes of disease. Most of us are aware of the basic guidelines for healthy living. Some of these factors are a balanced diet, good hygiene, exercise and 7-8 hours of sleep a night. How consistent are we with applying these simple rules on a daily basis? The level of our physical health is directly related to our consistent application of the rules for health. Even if an individual has inherited problems healthy choices will maximize the expression of health.

When we look at healthy emotions we can define them as love, patience, compassion, tolerance, and joy. How much time in a single day do we spend in these emotions or in negative emotions? Positive emotions give us energy, help us relate to others in a constructive way, help us solve problems more easily and keep our bodies more relaxed. Even our digestion works better when our emotional state is positive. Our sleep is more peaceful and refreshing when our emotions are calm. Our appearance is more open and attractive when we are in a positive emotional state.

A healthy mind is a creative mind that is able to see the beauty in many different ideas. A healthy mind functions on the principle of unity and ideas are based on what is best for the greatest number of people now and in the future. If we examine our advertising it is clear that the idea of superiority is exploited to make people feel better than those around them. Many of the methods used in industry are creating problems of pollution for generations to come. Are we freeing ourselves from limiting thoughts embedded in our education, our racial and national identities, our religious training and our political identifications?

As we examine our lives on every level, we can begin to identify how illness is created by our inability to apply the basic laws of health to each area of our

lives. Yet as expressions of divine energy health is our birthright.

To create a greater level of harmony and health in each aspect of our lives we can honestly examine ourselves from the viewpoint of our soul or spiritual values. By asking ourselves some basic questions as: Do my daily choices and habits support my physical health and help me fulfill my responsibilities? Are my emotional reactions/responses helpful or harmful in my personal and professional relationships? Is my thinking creative, inclusive and based on the future? Is there anything in my past that is limiting/controlling me that I need to resolve?

We can improve our overall quality of living by taking inventory at the end of every day and creating positive visualizations to improve those interactions that did not meet our standards.

It is essential that our focus is increasing the influence of our soul to reveal to us the source of those behaviors that we want to improve. This puts us in harmony with the evolutionary trend of Nature. Everything we do to cooperate with the laws of Nature builds health; everything we do against the laws of Nature limits health.

As a society we are becoming more aware of the short term and long term effects of our interaction with our environment. Science is documenting the damage that has accumulated in our soil, water, and air and even to our atmosphere. National and global movements have been created to address this damage and to correct it. Large companies are creating methods to limit and prevent pollution even before the legally required deadlines.

Our personal "deadline" is the length of time we are willing to live in our current condition and the consequences we are willing to face by not improving our condition.

(This article was written as part of the Five Year Training Course at The Torkom Saraydarian University. Tonia is an experienced colon therapist and is presently training in iridology. She has many years of experience in the naturopathic and holistic health fields.)

## TSG London Seminar 2005: Sept. 2nd - 4th

Gita Saraydarian will present a 2 day seminar in London on *The Ancient Teachings for Total Prosperity*. The Ancient Wisdom Teachings are guidelines to help every person have a healthy, joyful, abundant, successful, and creative life. The Great Teachers of humanity were very successful people who had every kind of abundance imaginable in their lives. Great Ones always taught about the right use of resources and inner gifts so that our entire life is one of joyful abundance. We often forget the wisdom of the Ancient Teachers and feel that a life of poverty and lack is the one ordained for us by God. Nothing can be further from the real truth. God wants us to be successful and have abundance in every way.

The Ancient Wisdom Teachings show us the path of this success and abundance. In this seminar, Gita Saraydarian will present the Teachings that will guide you to have the life you have dreamed of having.

Topics will cover the following:

- The Laws of Nature and the Energy flow of the Universe
- Mental, Emotional, and Physical habits and attitudes of abundance
- The abundant and prosperous lifestyle
- The inner life of the family
- Spiritual group affiliations: your powerbase
- Specific prayers and affirmation for daily use
- Turning around: from poverty to total prosperity

The seminar presentations will include dynamic and creative lectures; group discussion; meditation and visualizations for inner balance and harmony; sacred mantrams and songs; sacred movements that connect us to our inner harmony. The teachings given by Gita Saraydarian are based on her research and study of the foremost Ageless Wisdom teacher and writer Torkom Saraydarian. Torkom was

a successful teacher, author of over 150 books, and a dynamic person who helped thousands of people achieve their inner goals. His teachings are a synthesis of the world philosophies, spiritual Teachings, and the deep esoteric meanings of religious traditions.

**To receive further information about the London seminar please contact Catriona Nason at TSG (UK): [www.tsg-uk.org](http://www.tsg-uk.org) or email [info@tsg-uk.org](mailto:info@tsg-uk.org) or visit our website at [www.tsgfoundation.org](http://www.tsgfoundation.org)**

**Fall Prosperity Seminars:** Gita will present Part One of the Prosperity Seminar at TSG in Cave Creek on November 5, 2005. Details will be available online and in the next issue of *OUTREACH*. Plans are underway for one day seminars on the West and the East Coasts. Please sign up for the Seminar Interest List by sending an email to [info@tsgfoundation.org](mailto:info@tsgfoundation.org) or by phone (480) 502-1909.

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In 2005, the *OUTREACH* articles will feature the spiritual laws of prosperity and success. If you would like to share experiences of success and prosperity, send us your articles by email and we will consider it for publication.

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## Calendar of Events July - August 2005

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### Cave Creek Schedule: TSG Foundation Center (Two Cancer Full Moons This Year!)

- **Sunday, July 17th, Sun in Cancer.** Full Moon lecture and meditation with Gita Saraydarian. 10:00 am to 11:00 am.
- **Sunday, August 21st, Sun in Leo.** Full Moon lecture and meditation with Gita Saraydarian. 10:00 am to 11:00 am.

**Sedona Schedule: The Ageless Wisdom Group**  
Full Moon & lectures. For information call Damon Catizone: 928-282-3242. [ageless-wisdom-group@earthlink.net](mailto:ageless-wisdom-group@earthlink.net)

### United Kingdom Schedule: TSG (UK) Ltd.

Meditation Courses will begin in London in the Fall. Contact John Dumigan at TSG (UK).

### Denmark Schedule: TSG (DK)

Meditation Courses in Aarhus and Holstebro ongoing: For schedule and for creating new groups in Denmark, contact Lasse Ljungholm at +45 0227316 or +45 86187316. [ljungholm@stofanet.dk](mailto:ljungholm@stofanet.dk) or Marianne Secher at [marianne@secher.info](mailto:marianne@secher.info)

### Peru Schedule: TSG (PE)

Meditation & Full Moon Courses in Lima ongoing: Contact Gladys Moran at [gladysmoran@speedy.com.pe](mailto:gladysmoran@speedy.com.pe)

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