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OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

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Torkom Saraydarian
1917-1997

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*“We can
change
people by
changing
ourselves.”*

What Love Does

Dear Friends:

In our 2006 issues of Outreach, we will reprint wonderful articles about the subject of family life. These articles will be taken from two published books By Torkom Saraydarian, *Woman, Torch of the Future* and *Sex, Family and the Woman in Society*.

The following quote best exemplifies how the Teaching about family life helps humanity uplift itself:

"This book...will broadcast a new attitude into the mental 'air waves' of space. It is intended to help clear many low-level, ugly, and confused thought-forms that are floating all over the world and creating distress for humanity. The mental, emotional, and etheric airwaves in space are polluted with destructive images of women and men and their relationships. Images of sexual violence, rape, pornography, desire, fear, hatred, revenge, divorce, and greed are being broadcast every minute by millions of people. These images affect the thoughts and feelings of men and women around the world, damaging not only the quality of their individual relationships but also the health of their children and future generations, as well as the politics and health of nations....

"This book will help clarify certain problems in relationships by exposing their

causes... . Often what we believe to be our own 'rights' are thoughtforms of others imposed upon our minds through various images received from the mass media, traditions, religion, friends, and relations. These images control us automatically, without our conscious understanding and approval. To become self-determined, to become free enough to declare our own rights, it is imperative that we learn the science of marriage and family relationships. Without prejudice or superstition, we must search for new ideas and new principles that will bring us greater freedom, health, and happiness.

"A fundamental reform is needed in marriage and family relationships. . . .

"...A new world can be created by those who build the foundation of the family and prepare their children to face their responsibilities and duties in the communities of all nations." (Excerpted from *Sex, Family and the Woman in Society*, Introduction.)

We hope you enjoy these articles. Please see inside this issue for our Calendar of Events, TSG News, and Challenge Grants. We have planned wonderful events for 2006. We look forward to meeting you in the New Year.

With love and appreciation,

Gita Saraydarian

What Love Does

by Torkom Saraydarian

Loving is an act of service. When you love somebody you give him courage; you uplift, transform, and cause enlightenment in that person. You evoke creativity.

Has anybody loved you in a way that increased your energy, creativity, and enlightenment? If his love did not do that, you have not yet tasted love.

Love between a man and a woman is not just having sex. When you really love someone and that person loves you, you can do things that seem impossible because of the power of love pouring through you: you will climb any mountain, cross any wild river, and try to win gold medals because of his love. Many a boy has failed in a sports competition because his girlfriend called at the last minute and told him she was not able to come and watch him.

If your son or your daughter is failing, it might well be because you are not loving deeply enough. He or she does not feel your love. The bottom line in all failures is, "Nobody loves me."

If partners in a marriage do not love each other, they actually weaken each other. When a wife does not love her husband it will affect him mentally, causing him to act stupidly and do irrational things. He may lose his focus or even his job because he lost his wife's love. When men have problems at home, they cannot concentrate on their jobs or do their work correctly. Even men of the highest caliber, even rulers of nations cannot do their work right if their wives or girlfriends do not love them.

It is better not to be involved in any relationship at all than to be in one where there is only pseudo-love. A woman once told me she had rejected many men who wanted to marry her because they did not really love her in a deep way.

We all experience disappointments in our relationships at times. We love and we are not loved in return, or we choose the wrong person to love. In the future, schools will be opened which will teach the science of love, marriage, and sex. Then people will learn how to pick partners who are best suited to them and how to make a marriage last their whole lifetime.

Love is an act of unification to create co-workers. I saw an example of this when I was working at a large railway station. New supervisors had been hired and fired ten times in a row because none of the 600 workers ever liked the person appointed. Any time a new boss was brought in, the workers would rebel and do many things to make him fail.

I was one of the workers there and the manager of the station came to me and said, "What if we make you supervisor?" "Me," I exclaimed. "I don't know if I can do it. Give me a few days to think about it." I went home and thought and thought. "My Lord," I prayed, "how can I unite these 600 wild men?" Suddenly I heard a voice at the center of my head say, "Love." "These bums?" I asked.

When I went to work the next day I watched the men working, and compassion came into my heart — they worked so hard in all the noise, dirt, and pollution. Suddenly I felt that I really loved them, and I went to the railway office and said I would accept the position of supervisor.

Early the next morning I called all the workers into a field. I shouted, "I love you! I will kill myself to raise your standard of living. I will do everything to improve your working conditions." Those 600 big laborers jumped up and hugged me and shouted their approval.

The next day I attended a meeting with the directors of the railway and told them, "You are killing these people. We must change the conditions here. We must raise their salaries and clean the bathrooms and buildings." I listed many things that needed improvement.

For five years I was the boss. What I requested of the workers, they did. They had no fear of me. I did not bully them or punish them. I simply tried to make them do their job through my love.

When workers were late or missed days of work, I would call them into my office to talk about it. Once a worker's wife was having difficulties with her pregnancy. When he told me about it, I told him to go and take care of her. When he came back in four days, he found that he had four days overtime on his record. I was supposed to cut his salary for four days,

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but instead I had increased it by four days to help him pay his wife's medical expenses.

When the workers saw that I really loved them, they worked with me and they were willing to die for me. Once they knew I loved them, they cooperated 100 percent with me to make that railway station the most efficient and best-operated station anywhere in the Middle East.

Your love must have the intention of creating co-workers, ones who will cooperate with you and labor to carry out a great vision with you.

Love is not giving or receiving greeting cards that say, "I love you." If you and the one you love do not join together to work for something beautiful and uplifting, there is not yet love between you. If your child loves you, he cooperates with you around the house.

A man once came to me complaining about his wife. He said, "I scold her. I take her to psychiatrists. I even beat her. But she never cooperates with me. She is rotten." I told the man it was he who was not acting wisely because he did not love his wife. He just wanted her to be his slave.

A woman is especially sensitive to love because her heart center is more open than a man's. But if her heart center in the head is not working, her sense of discrimination will be absent. A woman without discrimination will feel a man's love even if it is only sexual or emotional and be taken in by it. Then she will get into trouble in the relationship because of the low level of the love.

The test of love is whether or not it creates co-workers. This holds true not only in marriage but in other relationships as well. The following is a case that illustrates this point. A psychiatrist asked me to give a series of seminars for a certain organization. The first session was attended by ninety-five people. At the second seminar there were 120 people and at the third almost 200. At this point the psychiatrist said to me, "Now I will continue the lectures myself and organize the people into a regularly meeting group." "Wonderful," I said. "That's what I was aiming for." Six months later, however, nobody at all came to his seminars or lectures. He came to me again and said, "Tell me, scientifically, psychologically, what is the reason why peo-

ple are not coming to my classes?" I said, "The only reason is that you don't love them. You are using these people as your business. You don't care for them deeply and they know it. When you start caring for them, they will stick with you and even die for you."

If you do not love, do not expect cooperation. Force does not work. Intelligence alone does not work. Counseling alone does not work. If counseling worked, we would not have so many divorces and so many problems in relationships at home and at work. If counselors just use their minds and do not give full love, they turn into machines. For counseling to work the counselor must love his clients and take a deep interest in their lives. He must raise himself to a higher level, to his higher mind or to his Intuition, in order to sustain the sanity and health he needs to do the job successfully.

Loving is an act that creates co-workers and leads them into creative labor with each other. This is the first step.

As a second step those same co-workers, those you have loved, relate creatively with people in their own families, groups, and organizations. Love creates a circulation of energy that goes beyond two loving individuals to draw in those who are related to them so that in their unity all are used for a creative labor.

We recall how Christ answered when His closest followers asked Him how people would recognize that they were His disciples: "They will know because of the love that you have for one another." Such a relationship in love creates a triangle connecting the one who loves, the recipients of that love, and the love itself that flows between them.

Whenever love circulates between you and others, you will find progressive advancement, development, and unfoldment. The circulation of love energy causes transfiguration in people's natures. No person who loves deeply remains the same person. Through love, people redirect themselves toward beauty and toward a higher level of consciousness. If a relationship keeps you on the same level or draws you down lower, it does not involve true love. Instead, it is someone's method of sapping you, of misusing you.

Frequently it is beautiful men and women, those who are full of magnetism, who become trapped

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in the messes of life. This happens because dark forces try the hardest to destroy those who give promise of being universal in their thinking and creativity, who seem destined to bring some great beauty to the world. Dark forces try to block love; they do not want beauty, goodness, truth, joy, and freedom to increase. Especially when a man or woman is beautiful, intelligent, and creative, he or she must be very careful not to be misused in sex or pseudo-love. They must try not to end in the traps of dark forces that would prevent them from expressing their beauty and worth in the world.

Perhaps you have seen the very beautiful painting by Nicholas Roerich entitled "The Mother of the World."¹ The Mother's face is hidden behind a veil that is said to cover Her beauty, purity, dignity, and spiritual glory. Until you reach Her level of dignity, purity, and beauty, you cannot unveil Her. In the olden days, an unmarried woman wore a veil when she went out in public. Symbolically this says the same thing: she is a jewel that must remain covered until someone equal in radiance can take away that veil to merge in cooperation with her. Many people in the modern world would call this an outmoded superstition, but one must ask whether the marriages of this age are happier than those of the old age.

You may think that you have made so many mistakes in this life that your life is now gone. Life has not departed from you. When you learn something in this life, no matter how old you are, you will keep that wisdom and in your next life you will not make the same mistakes. Some teenagers are very wise. In spite of all the temptations and all the traps around them, they wait for real love because they learned their lessons in former lives.

Real love raises your level in such a way that you become more beautiful, your emotions become higher-level, and you become mentally creative. Right love will refine your dress and behavior. It will concentrate you, focus you and make you think creatively.

This second step in love means to create right relationship in your environment, in your family, in your group, in your church, and in your nation. You evoke cooperation among people so that they cooperate together in a creative labor. Creative labor is a la-

bor to transform and sublimate your own nature, your family as a unit, or your group or nation, and make it an expression of great beauty and virtue.

Years ago a woman came to work with me. She was nasty and would not do what I asked her to do. She just complained and was lazy. I decided I would have to let her go, but I really wanted to find a way to keep her on the job. One day I went up to her laughing and joyfully hugged her. She looked at me like I had gone crazy, but on that day she was a little happier and did her work a little better. The next day I gave her the same joyful hug. Gradually she became the best worker. Her mood became so positive I never had any more trouble with her.

If your workers or your spouse feel that you are exploiting them or that you are with them only because of your own interest, they will not cooperate with you. You must really care for them and feel for them and show them that you do. Once they feel your love, they will be with you all the way.

Loving is an act of purification. When you really love, you purify and transform your nature through aspiration and through becoming an object of someone else's aspiration and striving.

Mary Magdalene was a prostitute who was making lots of money but losing her value. In her heart, as in the heart of every woman, she knew prostitution and its resulting wealth had no value. When she met Jesus she took her most expensive perfume and stood before Him at His feet weeping. She began to wet His feet with her tears and to wipe them with her hair, and she kissed His feet and anointed them with perfume.² The other disciples wanted to stop her, but Jesus let her do it. That woman became the holiest of women and a pillar in the Church and teaching of Christ. She became purified because of her love. All other men had only offered her sex and no real love. Because of Christ's love, she dedicated herself to Him.

Where are those men who can look at a woman and say, "I really love you," and mean the kind of love Christ had? When most men meet a woman they say, "Let's go to lunch." Then later, "Let's go to dinner." Later, "How about some wine? What if we go to my apartment?" When they get there, "What about if you take off your clothes?" And the woman leaves exhaust-

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ed and possibly sick and says, "Again I fell into this trap! I don't like it!" But she repeats it again and again because she is looking for real love.

People are transformed through their aspiration. Suppose a man loves a woman who is as deep and beautiful as the ocean. He is like a little bug next to her, interested only in her body. But because she is so beautiful, he starts raising his level and starts looking at the beauty of her wisdom, talents, and voice. Through aspiring to love all her deeper layers, he becomes sublimated.

When I was young my Father told me a story which impressed me very much. A boy fell in love with a very pretty Italian girl. The boy said to the girl, "You know I love you. Will you marry me?" The girl looked at the boy, and said, "You are really very nice, but I have decided that I want to marry a violinist. If you learn the violin and can play before the public as a great musician, then I will marry you."

The girl challenged the boy to demonstrate his love with his creativity. She wanted him to be worthy of her love. He studied violin for nine years and became one of the great concert violinists in Rome. Then the woman married him. That man was so grateful because he realized she had sublimated and transformed him. She had made him into somebody when he had been nothing.

Where are those women who try to make men great through their love? Women are afraid that if they do not do whatever men want them to, the men will go with other women. That is usually what happens, we know; but those women who challenge men to raise their level so that they meet at a higher point of love will be more successful in their love.

Those who love each other must say to each other, "First finish college. Prove that you are somebody to love me." They must present a vision and make their lovers aspire toward it. Women and men must transform each other through their love so that they feel proud to be with each other.

Loving is an act that dispels ego in yourself and others, and the destruction of ego makes you lovable. Ego is the most dangerous thing within a person. If your love creates ego within you and others, it is not real love but something else. Ego eventually leads you

into isolation, depression, failure, and frustration. Real love destroys ego.

You can test a person to see whether he has a big ego before you enter into a close relationship. For example, you can cook something very delicious and serve him only a small piece while you put a large piece in front of yourself. If he has ego, he will look hurt and want a bigger piece. Tell him to take yours and watch what he does. Use your creativity and you will find many ways to trap a person into revealing the amount of ego he has.

When you sense ego in someone it is better to escape than to continue a close relationship, unless you are powerful enough to be able to transform him into a selfless person. If you continue a close relationship with an egotistical person, he will misuse your body, your time, your energy, your position, and your beauty. To such an egotistical person you have no value beyond feeding his ego. When you stop feeding his ego, he may consider you worthless and discard you. If you are not strong enough to clean his ego with your love, it is better to escape. Sometimes escape is the most intelligent thing to do because if the ego is stronger than your power to clean it, you will be dominated and enslaved. . . .

Only you can decide what is the best action to take in your own relationship. If you see hope in your spouse, if you see a great jewel that will someday shine, it is worth the sacrifice. But if it is a hopeless case, sometimes it is better to prepare yourself for the possibility that the relationship will end.

We cannot change people directly. We can change people by changing ourselves. Our beauty and love evoke change within the other person. This is what the sun does. The sun loves the seeds so much that they sprout and become flowers. Then it kisses them.

1. Reprints of this painting can be ordered through the Nicholas Roerich-Museum in New York City.
2. Luke 7:38.

(Excerpted from *Sex, Family, and the Woman in Society*, Chapter 4, 2nd edition by Torkom Saraydarian. Printed by permission of Copyright Holder, The Creative Trust. All rights reserved.)

First edition copies of *Sex, Family, and the Woman in Society* are available for only the cost of shipping. Contact TSG for details.

NEWS

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 2006 Gita Saraydarian will continue to present *Total Prosperity and Abundance Seminars* to help you have the life that you want and deserve.

Cave Creek Prosperity Seminar, Part 2

❖ January 14, 2006

(Prerequisite: participation in Part One in person or by correspondence. Lectures are available on CD)

Los Angeles Prosperity Seminar

❖ January 28th-29th, 2006

❖ If you would like to sponsor a seminar, join our Seminar Interest List, or need additional information, about the scheduled seminars, please see online or contact us.

TSG Challenge Grant:

We are happy to report that we have met the \$25,000 Challenge Grant! Thank you everyone for your generosity. Your donations help us continue to do our work. Please see *Leaves of My Spiritual Journey* on the next page for details and our **NEW Challenge Grant**.

Financial Needs for 2006:

We still need your help in 2006. We have many archiving programs to accomplish and books yet to publish. Please remember TSG in your monthly tithes. The continuous flow of funds keeps us alive and able to serve you and to do our work in serving the Teaching.

TSG-Germany Website: *www.tsg-germany.de*

EVENTS CALENDAR

TSG Cave Creek Center

❖ *Saturday, January 14th:*

Part Two Prosperity Seminar: 10:00 am - 4:00 pm.

❖ *Saturday, January 14th: (following seminar)*

Sun in Capricorn Meditation, 4:30 pm,
(Everyone is welcome to attend the Capricorn Full Moon Meditation on Saturday, January 14th, at 4:30 p.m. Will NOT be held on Sunday)

❖ *Sunday, February 12th:*

Sun in Aquarius, 10:00 am - 11:00 am.

Lecture and Meditation with Gita Saraydarian.

The 2006 Full Moon Calendar is online. Contact us for a printed copy.

TSG 2006 Annual Events:

❖ *Wesak Conference & Retreat - Cave Creek, AZ
May 12th-14th, 2006*

❖ *London Conference
September 30th-October 1st, 2006*

*Outreach*

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TSG Mission Statement

*To Publish, Distribute, Teach, and Preserve all of
Torkom Saraydarian's Creative Works.*

*TSG provides tools to live healthy, happy, successful, and
joyful lives.*

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Leaves From My Spiritual Journey

By Gita Saraydarian

Challenge Grants for TSG!!!

All of us at TSG wish you and your family a most blessed and joyous New Year. Thank you for your continued patronage and your support.

As we go to press with this issue of *Outreach*, I am delighted to give you some great news:

First, we are thrilled to announce that we have met our Challenge Grant for \$25,000!

I thank each of you who took the time and found the generosity in your hearts to offer us your help. I thank you from the depth of my heart for giving TSG your trust and support.

We also have a second wonderful announcement: Another anonymous donor has offered us a Challenge Grant of \$4000 good through January 31st, 2006! We look forward to meeting this challenge as well and starting the New Year with renewed vigor.

We depend entirely on donations to publish books. Publishing the remaining 47 manuscripts is the most important part of our work for the immediate future. Publishing entails detailed and labor-intensive production work. Each manuscript must be digitized, edited several times with corresponding computer work, proofed, typeset, indexed, cover designed, and printed before it is ready to be released. Your donations help us hire and train the staff that we need. When we have the needed donations, work continues; when the donations slow down, work slows down as well, and sometimes even stops.

We have named four pillars that form the foundation for TSG. They are:

- Publish · Distribute · Teach · Preserve ·

Every time you make a donation, you are helping us manifest our vision and our purpose. This is not a one-way street; you too are gaining tremendous val-

ue in knowing that you are doing your part in the work of the Teaching. Your gifts make the Teaching available to everyone in the world and you are adding to the treasury of your Chalice with your love and sacrifice. What a wonderful way to add to your spiritual bank!

When everyone does his or her part, the Universal Fire of Space circulates through all of us and brings us total abundance: spiritual, mental, emotional, and physical riches. We receive what we give to others.

People contact us from all over the world expressing the healing and balancing nature of Torkom's writings and music. They tell us how his books give clarity and guidance to them and help them deal with life's problems. People are finding Torkom's Teachings and they are finding a safe harbor that guides them and nurtures them in their spiritual practice.

Friends, we need your continuous generosity in 2006. Many people think that their ability to contribute is limited and small. Many people think that they have to be very rich before they could afford to contribute. The reality is that a large number of selfless people can make a huge difference. Imagine how much more we can accomplish if each of our readers contributed \$1.00 a day! The future of TSG would be guaranteed and we would not be encumbered with limited funds and resources; our work will take off like a rocket and we will be able to bring more rich resources to the entire world!

Please make your pledge to help TSG in 2006. Please consider making a monthly tithe, of whatever amount you can, on a regular basis.

I thank each of you from the depth of my heart for your loving support.

With love and appreciation,

Gita Saraydarian

Three easy ways to make a donation are:

- ❖ Make a monthly pledge, using a credit/debit card
- ❖ Mail in an annual donation
- ❖ Online donation, see our website for details

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