

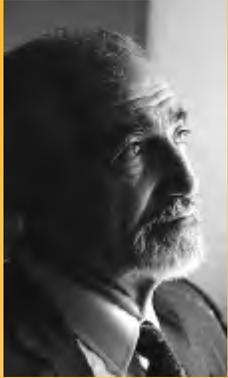


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OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

NOV / DEC 2006



Torkom Saraydarian
1917-1997

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Foundations of Right Relationships

Dear Friends:

The November/December issue of Outreach completes our family and relationship articles for 2006. We hope you have enjoyed them.

Our whole life is based on how we relate to others. Every living thing in the world, from minerals to angelic and cosmic kingdoms operates on the principles of building relations. Minerals congregate together, plants congregate together and help each other, and animals congregate with others of their kind.

When I observe the backyard of our desert home, I notice how outdoor watering bowls attract many kinds of animals all seeking water. I see a variety of species drinking from the same bowl, at the same time. It is really beautiful to see this natural order of life at a microcosmic level. Similarly, human beings cannot live alone and they must learn to build relationships in order to survive and enjoy life. More than ever before, the need for right human relations, tolerance, understanding and compassion must be operating in our daily lives. Nothing in Cosmos lives and operates on its own; everything is linked and coordinated and in rhythm to everything else.

When Christ returns, He will teach on the subject of right human relations. This is not an idle or simple topic; it is deep and complex and it touches our core values and our abilities to understand the core values of others. The article we have reprinted here defines these core issues and gives you a solid foundation to build right relationships.

From all of us at TSG, we send you and your family joyous greetings for the upcoming holy days. May you all have abundant Thanksgiving celebrations, Christmas, and may all your Holidays be blessed. We wish you a most inspiring New Year and look forward to serving you in 2007.

With love and appreciation,

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Gita Saraydarian

Foundations of Right Relationships

by *Torkom Saraydarian*

Some people think that right human relations is an easy subject and one they already know all about. But right human relations is a complicated science. All our personal, family, group, social, and international problems are proof that we do not yet know how to relate to ourselves and to others. And if we do not know how to relate with each other, the structure of our society will eventually collapse. If we do not know how to relate in the right way, the accumulated knowledge that we have will work against our own long-range interests. We see this happening in the world today....

To improve our relationships means to build the foundations of a healthy global life, to secure prosperity and progress, and to bring in a new era of greater creativity.

There are two main principles upon which the science of right human relations is built:

1. **Every human being has a divine origin.**
2. **The highest potential of a human being can be released and cultivated only in right human relationships.**

If we understand these two principles, we will gradually improve our relationships with our own manifold nature, with other human beings, and with life in general.

As we depart from these two principles, we become more and more separative, antagonistic, and destructive. As we approach these two principles, we come closer to each other with increasing understanding and creativity.

Right human relationship is just like climbing a mountain. At the foot of the mountain, people can be miles apart from each other. But as they climb toward the summit they come closer and closer, until at the summit they meet.

As people climb to the summit of their divine origin, they discover not only their own divine potential but also the beauty and glory hidden in other human beings.

These two principles are achieved in two stages:

Right human relationship starts from our own nature, from the world of our own being. We must establish right relationship among our actions, emotions, thoughts, motives, and the divine source within.

This is not an easy job. We must integrate and align our vehicles and fuse them with the source of Beauty, Goodness, and Truth within us. This is the foundation. If we are not integrated physically, emotionally, mentally, and spiritually, we cannot experience right human relationship.

When we are divided within ourselves and there is no inner harmony, all our relationships will lack harmony, respect, and righteousness.

A confused person has confused relationships. Those who cause suffering to others, who exploit others are the people who have no integration, alignment, or fusion within themselves....

Selfishness and self-interest are a direct result of cleavages in human nature. Selfishness and self-interest can be healed when cleavages are bridged through right relationship.

Untuned instruments cannot produce harmonious music. Your whole being has to be harmonious before you can live in right human relationship. When you are integrated, aligned, and fused with the higher value within your Self, you evoke greatness, beauty, and the sense of righteousness from those people with whom you come in contact. Therefore, the first step toward right human relationship is to put your own being into order and harmony....

The foundation of right human relations is our own Self. The global problems are the aggregations of the problems of individuals. If we learn how to create harmony and peace within ourselves as individuals, we can create harmony and peace within the world.

Some people start their education from the wrong end. They go to universities to learn the cause of social problems before they learn the cause of their own problems.

I remember a friend of mine who studied international relations and eventually received his Ph.D. One day he came to me and said, "I am in a terrible condition. My wife and I make each other miserable. There is no harmony, no peace within our family. Everything is in chaos."

"Well," I asked, "where is your Ph.D. in international relations?"

"Now, come on...."

"Well, if you learned some principles or laws in your studies, apply them to your family life," I said.

"It doesn't work. We can't understand each other."

"That's true because you don't really know what you are, who you are, or where you are," I replied.

This Ph.D. left me, saying, "I did not come here to joke with you. I need help."

Continued on page 3

The foundation is you. Unless your foundation is good, you will not be able to build right interpersonal relations, much less right international relations.

Right international relationships start with those individuals who have integrity, nobility of character, honesty, and inner beauty. Unless these “stones” are solid, we cannot build the temple of humanity. If the foundation is not solid, all that we try to build will collapse on our own heads or will increase the misery in the world. When internal right relations are achieved, right human relations spread naturally.

The physical body must be brought into shape through rest, exercise, discipline, right diet, and the economy of energy, sex, and time.

Next the emotional nature must be tuned. It becomes healthy through aspiration toward ideals and great qualities of heroism, through joy, love, and silence, and through cultivating an emotional “positivity.”

Then you must work on your mental nature. Through right thinking, meditation, observation, and study, you make the mental body healthy and creative.

The next step will be to orient your actions, emotions, and thoughts to Beauty, Goodness, and Truth. This will help you to fuse your personality with the Inner Source of Light, Love, and Power. Then you will be a harmonious being, and your presence will evoke harmony and beauty from others.

An inharmonious person cannot see things as they are. He interprets everything through his own fears, desires, illusions, and chaotic thinking.

A harmonious person sees things clearly and makes right decisions in relationships with others. A harmonious person creates harmony within those who are clear and pure. Harmony attracts co-workers, those who cooperate with you to bring beauty to the world.

Cooperation with others is the second stage of right human relationship. There are five steps in the science of cooperation that can be used to create a better future for you, your family, and the world.

1

The **first step** is physical, emotional, mental, and spiritual communication.... Try to communicate on all levels with your spouse and your children, and make your communication more beautiful, clear, sincere, and open.

If you have only physical-emotional communication, make it also mental by cultivating some mutual interest. If your communication is focused mentally, do not stay there. Expand it toward

spiritual-planetary interests.

Higher communication is achieved when people dedicate their lives to a great cause for humanity. Such a cause or vision creates those conditions in which right human relations become possible. If you do not have a vision that is attracting your actions, your heart, your mind, and your soul, you cannot reach a higher state of communication. You cannot cultivate deeper human relationships.

Communication and right human relations create co-workers. Co-workers are those people who have a great dream, and for that dream they sacrifice all that stands against the vision and the dream.

The greatest friends on the path of love and sacrifice are those people who have seen a vision and have dedicated their lives to materializing that vision. The more we stick to things and to our own ego, the less we can love and respect the rights of other people.

Communication among people deepens when they are dedicated to the service of a common cause. You never get tired of people who are progressively expanding their consciousness and are dedicating themselves to greater and greater service....

For good communication it is important not to flatter others. Flattery creates deep cleavages in human relationships. Right relationships cannot be built on a false foundation.

Flattery creates personality reactions. Flattered people do things that they would not do otherwise. They feel eventually that they are being manipulated, and they try to reject the will of the flatterer. It is after this moment that the flatterer loses his prestige and dignity to the one whom he tried to flatter.

Flattery is an effort to control other people and use them for selfish interests. Do not flatter your friends or family members. Tell them you respect and love them. You should stand by them, but do not flatter them....

Flattered children are the most dangerous children. They cannot adapt themselves either to school or to society. They become addicted to flattery, and if no one flatters them, they fall sick or become emotionally unbalanced.

Parents must try not to flatter their children from the beginning if they want them to be sane and successful. If they did something good, the parents must tell them it is good. If they do bad things, the parents must tell them it is bad. Parents should not tell their children that they are great talents or that they are going to be great and important persons. They should tell them instead that there are great potentials in them, as in other human beings, and if they strive and work hard, they can awaken their

potentials and become creative and beneficial members of society

Another point important in communication is to emphasize principles in your conversations rather than people. Principles are, for example, beauty, goodness, truth, unity, synthesis, service, and responsibility. Instead of telling other people that they are ugly, emphasize beauty and other principles. When weaknesses are emphasized, they grow and create reactions, hatred, fear, and attacks, and then work against right human relations. Stand on principles when you have problems with people, and do not criticize people if they do not agree with you. Principles will show the way of resolution and right communication.

2

The **second step** of cooperation is called understanding. Unless we understand other people, we cannot establish right human relations. To understand means to see the causes. Unless we see the cause, we cannot understand a phenomenon, a behavior, or an event. The cause enlightens the whole process.

Right human relations cannot be built upon false opinion, prejudices, and superstitions but upon reality. Understanding is the ability to see the subjective, hidden reality. Once reality is seen and understood, right human relations naturally follow.

A person of understanding does not criticize, gossip, or waste time judging people. When we see the causes of many events, we develop compassion, and compassion leads to right action.

Understanding is increased through an attitude of optimism. In optimism we try to see the bright side of people and not make wrong deductions from their words, behavior, and actions. Optimism encourages the light to grow and shine more brightly in people.

Pessimism is a real obstacle on the path of right human relationship. Pessimism turns off the sense of direction, the sense of universality, and the sense of synthesis.

Optimism channels the energy of the Higher Forces and establishes relationship with them; pessimism channels the force of darkness, which discourages people and paralyzes them....

3

The **third step** of cooperation is service. To improve our right human relations, we must try to render selfless service to others whenever an

opportunity is given to us. Service rendered without expectation builds a path of right human relationship.

Service is radiation of the Beauty, Goodness, and Truth of your soul. To serve means to awaken in others a spirit of striving toward perfection.

If your relations with people are encouraging them to surpass themselves, to transcend their problems and habits, and to dedicate themselves to higher goals, then you are rendering a great service.

Right human relations is based on non-exploitation. Do not exploit the beauty, patience, tolerance, joy, talents, or knowledge of your spouse, your children, or your friends. Do not exploit each other sexually, even if you are married. No relationship lasts if it is built on exploitation.

Exploitation is based on attachment. Attachment brings fear. Fear brings anger. Anger brings confusion. Confusion brings insanity. Insanity brings crime. Crime brings suffering and death. This is the circle of failure.

Through doing service for others, exploitation is eliminated and cooperation is increased.

4

The **fourth step** is freedom. There is no right human relationship if there is no freedom in your relations. Problems emerge when people force themselves upon each other. When there is imposition, you cannot develop right human relations.

Freedom expands your consciousness and makes you stand on your own feet, use your own willpower, and cooperate with love and joy. An effort to limit the freedom of other people makes them focus their consciousness on separative interests.

In right human relations, there is no imposition of yourself on others. Imposition creates reactions and disturbances in relationships and eventually results in rejection.

Try not to impose your moods, images, beliefs, religion, or political, social, or nutritional viewpoints on others. Let people search, find, and follow their own path....

You must never impose your love, ideas, or visions on others. If they are open, they will see your value. If they are closed, they will hate you because of your imposition....

One of my Teachers used to say that even our "holiness" must not be imposed on others.

5

The **fifth step** in cooperation is the sense of oneness. Through the sense of oneness, you feel that

whatever you do to others, you do to yourself. In each person there is a presence called the "point of unity" by which you relate and build the path of right human relations.

A sense of oneness is developed by trying to see the viewpoints of your spouse, friends, or other people with whom you relate. Do not hold on to your own opinions and impose them on others. Expand your consciousness by trying to see the views of others. When you respect the views of others, you give them a chance to understand yours. This does not mean that you accept various viewpoints. We are not talking about acceptance. The important thing is to see their viewpoint without prejudice.

It is important also to see why people reject your ideas. Sometimes people reject ideas because of the form through which they are presented. If this is the case, change the form, change the words, and you will be surprised how they will accept your point of view.

It is important that you present your viewpoints in beauty. If you tell me an idea you have, I may reject you. But if you sing and play your idea, possibly I will accept it.

Sometimes words do not have the same meaning as the idea they present because certain words may create irritation in others. If this is the case, present your idea through art or in other forms, and then others will see its beauty and accept it.

SUMMARY

We cannot change world conditions at once. They have a great influence on us. But we can minimize their influence by changing ourselves and making ourselves immune to those influences we do not want and open to the influences we do want.

The key is the person. When we master ourselves, we can control any influences reaching us and even use them in our creative work and expressions.

Right human relations is the key for the future progress of humanity. It is very possible that right human relations will be taught soon in universities as the fundamental science behind politics, social sciences, history, religion, and economics.

Excerpted from *Sex, Family, and the Woman in Society*, Chapter 41, 2nd Edition (Ch. 39, 1st ed.), by Torkom Saraydarian. Copyright, The Creative Trust, printed by permission. All rights reserved. For special offers on this and other titles, please see the TSG website: www.tsgfoundation.org

Free first edition copies of *Sex, Family, and the Woman in Society* are available from U.S. office upon request. Shipping and Handling charges apply. Order online or contact TSG for shipping details.

I wake up. I have to relate with love, understanding, detachment, patience, and nurturing with everyone. I have to be able to honor the soul of the very people I live with no matter what is happening in my life. I have to rise above my personal needs and at the meantime, honor my core values. I have to deal with people not based on my moods or internal conflicts, but with freshness and understanding of what it is that they are trying to do. I have to do the same when I go to the airport or to the supermarket, whether in Phoenix, London, or Frankfurt. Imagine the responsibility of airline employees and how they feel about safety and security. Imagine how the crew feels as hundreds of people sleep soundly and they go about their duties for 9-10 hours 35,000 feet up in the air, somewhere above Earth. I had to remain patient and understanding, no matter what happened to me.

I also learned that men and women really want to understand each other and want to build better marriages, better friendships, and better relationships. Conflict arises when they do not understand the special role each of them plays in the other person's life or when we think our way is the only way. Conflict also arises when we want to apply fresh approaches but are hampered by our culture or upbringing.

I saw walls melt in people's faces as they became aware of their inner divinity and tears slipped silently on their faces. They recognized their inner truth, and recognized how they had missed it and put it aside. I saw my role was to remind them to hold onto those core values and to fashion their lives and relationships in concert with these values. I wanted to emphasize that each person knows the truth, but they had to stick to it and not let it be swept away from them. There are core values that are not negotiable in our life.

What is the foundation for right human relations? It is the ability to connect with yourself and with others as a soul.

I want to express my deep gratitude to my group brothers and sisters in London and Germany for their dedication and labor. My deep gratitude also goes to my husband, my family, and my co-workers at TSG. I could not serve without their understanding and their help. Thanks also to our donors and patrons whose continuous support allows TSG and my service to continue. I send each of you loving thoughts and gratitude. May you be blessed always by the Teaching and by your loving hearts.

Gita

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These lectures, by Gita Saraydarian, are based on the book by Alice Bailey, *The Labours of Hercules*, combined with transcripts from a series of lectures and seminars given by Torkom Saraydarian in the 1970's.

A student writing about the *Labors of Hercules* series says: "The lectures are excellent. I will be listening to them several more times...At first I was not sure how I would resonate to the myth story approach to the Teaching. In general I like straight knowledge, however, I am finding tremendous value in this series. Your interpretations are excellent and really get the wheels turning in my mind. I am already learning a lot..."

Lectures now available for purchase on Cassette (\$8.00), CD (\$10.00), or online download (\$6.50). Contact TSG for details. A.A. Bailey's book is available at TSG.

Gita has a new blog! Come read, link, and comment at <http://gitasblog.blogspot.com>

Matching Grant Update

As this issue goes to press we have raised \$25,760.22 toward our \$35,000 Matching Grant.

Our work is focused in publishing, distributing, teaching and preserving Torkom's creative works. Our labor guarantees that his creative genius is not lost and continues to be available for generations to come. Your participation and your support help us actualize our plans and ensures that we keep Torkom's Flame alive.

We appreciate your continuous generosity.

TSG Cave Creek Center Upcoming Events

Scorpio Full Moon



Sunday, November 5th

10:00 am - 11:00 am

The Eighth Labor of Hercules:
Killing the Lernaean Hydra

Lecture and Meditation by Gita Saraydarian

Sagittarius Full Moon



Sunday, December 3rd

10:00 am - 11:00 am

The Ninth Labor of Hercules:
Killing the Stymphalian Birds

Lecture and Meditation by Gita Saraydarian

The 2006 Full Moon Calendar is available online.

Contact us for a printed copy.



Holy Communion will be offered.

Classes Available

Two courses are now available in Cave Creek. See online or call us for details.

1. Five year intensive classes began in October. If you are interested in joining us, please call us.
2. Beginning meditation & visualization class starts November 14th. Open to all students. Four weeks. Everyone is welcome.

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Family Relations Seminar in Frankfurt, Germany

by Gita Saraydarian

My experiences during my travels to Europe were truly memorable. I always travel with the question in my mind: "What am I going to learn during this journey"? My lessons are always within reach, waiting for me to recognize them. But my mind has to be ready to allow them in and recognize them! As soon as I pose the question and remove my focus from myself, my mind is sharpened to the experiences ahead and I am less caught up in the arduous business of travel. I find that I learn the most subtle lessons and I need not look for that large, ground-shaking lesson that I may expect to hit me in the forehead.

The seminar topic was building strong family relations. I knew that this is a very important topic, but I had no idea how important it would be to me and to others.

There is no life without relationships. Every being on earth is engineered to want, desire, need, and drive toward relating with others. Nothing survives without building relationships with others.

My flight from Phoenix to London and Frankfurt had many challenges. I had to remember patience and grace and the subtleties of the lessons that I had to learn. The flight was delayed from Phoenix to London for two hours. The job of connecting flights in London to Frankfurt seemed an almost impossible task. I started worrying about lost luggage and corresponding inconveniences and immediately my husband tried to calm me down by offering suggestions as to what I could do when I arrived in London and so on. Of course, I did not want to hear alternatives and did not recognize the leadership and conflict resolution role that he had quickly adopted to help me through it!

A few days later when I started to talk about the way men and women relate to each other and how they complement each other, I remembered this little incident. I remembered the conversation I had with Steve and started to smile inwardly. I had certainly failed in my understanding of the meaning of the incident and stuck stubbornly to my way of resolving the conflict! Lessons are right there only if I choose to see them.

The flight made up some lost time and I walked out of the airplane in London with only 15 minutes to spare! The ground crew was all ready for me and I was astonished how beautifully they handled their duties: they whisked me off to the next flight, and

informed the waiting airplane that I was on the way. The clock was ticking and we drove our way through traffic across the huge airport. I had to jog to the next flight at top speed. I had been taking daily walks here in the desert, and at this time, running in the London airport at full speed, I felt that I could do a nice, short marathon without a heart attack! I made it, but the luggage did not! Finally, after a full night and day, the luggage and Gita were re-united and I had clean sleeping clothes. I realized that no matter what happens, I still had a seminar to present and I had to see the bigger picture. Lessons were there again for me; I was beginning to see them.

On Friday evening, we had a Libra Full Moon celebration. The seminar was beautifully organized, everything sparkled, and a cooperative spirit was clearly visible. The room was full and the audience was ready to listen and to meditate. I had a translator standing next to me, so I had to be very aware of my inner rhythm and appreciate what she was trying to do. I slowly became accustomed to speaking in a different rhythm, in time for the translator to do her job. I had to learn to relate correctly to the challenges facing my translators. It took time, but we all benefited from this little exercise.

On Saturday, the audience was ready for the seminar. They came from Sweden, London, Switzerland, Netherlands, and many parts of Germany. For the next two days, we had the most fantastic and gratifying seminar on building better relations. As I watched the faces of the participants, I could see that these issues were deeply meaningful to all of them, things that each person struggles with every day.

There are many problems and challenges that people are facing within their families and friendships. People recognize that they need to have good family relations. There seems to be a heightened expectancy that as aspirants and disciples, our family life must be sane, loving, and nurturing so that we can face the challenges in life.

Building right relations is the foundation of our life. When we start this building process, our heart registers the flow of love and energy. The Teaching gives deep guidance on every facet of building relationships, and this is called *right human relations*. This encompasses every facet of our discipleship. I would expand this title and say that it is for the purpose of *building right relations with Cosmos*, the microcosm and the macrocosm. We are continuously building relations with every level of life.

Here are some highlights of what I learned: I learned that *right human relations* start the moment

Continued on page 5

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