

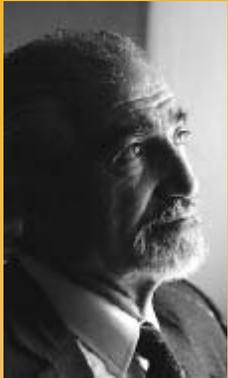


PUBLISH • DISTRIBUTE • TEACH • PRESERVE

# OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

NOV / DEC 2007



Torkom Saraydarian  
1917-1997

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## TSG 2007 Highlights Now Celebrating 20 Years of Service!

Dear Friends,

In this issue of *Outreach* we have reprinted another article about *Initiation*. It is very deep and appropriate as we enter the Holiday Season. We also have wonderful events planned for November and December at our Cave Creek Center.

On November 1st, we will have a birthday celebration to honor Torkom and his work. Our 20th Anniversary will be celebrated on November 30th. We will have a special Christmas celebration on December 23rd, evening. Please see inside this issue for more details.

### New Website and Publishing News:

This year has been a very intense year of labor for us. From September 2006 to September 2007, we worked to create a brand new website. We updated and rewrote every description and every piece of information on the site. The look and feel of how orders are processed and how you navigate around the site have completely changed. I am very happy with the results and hope you will have the opportunity to visit our new site!

We have worked on the two major manuscripts, *Teachings of Christ* and the *Wisdom of the Zodiac* for several years. Each title grew into four-volumes each! We are happy to report that *Teachings of Christ, Volume 1: The Birth of Christ* is now at the printer and will be available by the end of November. The other three volumes are scheduled for printing early next year.

Total donations this year have been lower than expected and we have thus far not met our financial goals. We are very concerned about our abilities to continue publishing Torkom's books and urgently need your help. We know that you believe in our work. Please consider a renewed effort in offering your financial support this year.

**TSG**  
**Mission**  
**Statement**

*Publish*  
*Distribute*  
*Teach*  
*Preserve*  
*Torkom*  
*Saraydarian's*  
*Creative Works.*

*TSG*  
*provides*  
*tools to live*  
*Successful*  
*Healthy*  
*Happy*  
*Joyful*  
*lives*



Gita Saraydarian

**London and Germany Seminars:**

We scheduled seminars on Relationships and Family Enrichment in London and Frankfurt in September.

In London I worked with couples to help them resolve specific marital issues and challenges. I found this work very satisfying and fruitful.

Then I flew to Germany with three TSG-UK group members. Five people met us at the airport and with all nine of us hugging and laughing, it was a joyous reunion!

We drove out of Frankfurt and into the hills and forests nearby. The scenery became more and more beautiful as my eyes beheld the tall trees, the green grasses and beautiful flowers hanging from the windows and porches. Imagine what this looks like after living in the deserts of Arizona! We drove to a charming little hotel tucked away in the forest. The seminar room was already set up and it was so lovely with large windows on all sides, soft lighting, surrounded by lush greenery and tall trees.

We had people from all over Germany and Europe, old friends and new friends. A lady whom I had met in Switzerland in 1994 had driven straight from Poland to attend the seminar! And, for the first time for TSG, we had a program for children. Robert Constat, a trained psychiatrist and student of the Teaching, traveled to Germany in order to participate and lead the discussion sessions with the children.

The seminar consisted of two days during which I gave two hours of lectures in the morning, then lunch, then breakout into smaller groups, followed by more lectures in the afternoon. We completed the day with relaxation exercises, sacred songs, sacred movements, and simple meditation. The adult groups discussed a Chapter from *Other Worlds* about friendship and brotherhood. The children discussed the topic *What to look for in the Heart of Your Partner*, one of the booklets in the Family Values Series. Robert and I were happy to experience the children's passion and seriousness about such deep topics.

We wanted to address two questions regarding children: how to present the Teaching to them at home without sounding "preachy," and what topics are the most appropriate and at what age. We also wanted to make the seminar fun and fulfilling, realizing that children do take ideas very seriously and we did not want to overwhelm them. We wanted them to retain

the joy of learning about something that they inherently wanted to know about. The schedule for the children was to have them start the day with us with a simple mantram and focus, and then they were allowed to go outside and play and spend time together in the beautiful forest. They joined us for lunch and then had their own discussion hour, then more play before once again joining us at the end of each day for the relaxation and sacred songs. It was the perfect fit!

We found the "Heart of Your Partner" booklet the perfect vehicle for the children. We provided the English as well as the German versions. The chapter was rich with discussion topics such as forgiveness, non-separatism, responsibility, and such. The children had serious discussions and remembered the key issues that they discussed. They also found a kinship in each other, and found in the discussions and topics something that their hearts were yearning to understand. At the end of each day, I would ask them for feedback and they were so honest and forthright in sharing their experiences.

Another highlight was how the teens and the adults related to the sacred songs and dances. We chose to sing three songs: *Asatoma*, *Om Mani Padme Hum*, and *Beloved Lord* with movements. The children learned the songs and movements immediately and performed them with utmost seriousness and solemnity. The joy that everyone had was infectious and created a very loving, relaxed, and family-like atmosphere.

The adults were also very moved by the topics of the seminar. The theme was how to care for the sacred bonds that we have through marriage and group association as well as relations between serious friends and co-workers. We had to start by understanding the unique roles and needs of men and women. A key theme was this: to realize that we all want to have a true love, a true friendship, that is the representation on earth of the immortal love that we so deeply seek in every lifetime. The immortal love is that never-ending love, a love that is dependable, forgiving, understanding, cherishing, and unconditional. This is a love that provides us with the safe harbor in which we can be ourselves, to try out different phases of our beingness and to eventually and safely come to the understanding of who we really are. This kind of love provides each partner in the relationship the freedom

to take the time to discover who they are.

In the core of it, this immortal love is the love we seek to unite with our Solar Angel. All our serious relations on earth are representatives of the Solar Angel. This is why each relation with adult or child is sacred. As we learn how to treat each relation, and we learn how to treat ourselves, we learn how to build lasting and loving relations on earth and we become more truthful and integrated beings. Eventually this beingness brings us face to face with our Solar Angel. It is in the presence of such a love that we can pay our karmic dues and grow and eventually construct relationships that we will enjoy lifetime after lifetime. Good relationships do not just happen by accident; they are built step by step.

I spoke about how I experienced relations and what I learned by facing truths and realities in my life. I used the Teaching from the book *Sex, Family and the Woman in Society* as well as unpublished materials from Torkom's writings. Sometimes people think that the principles of the Teaching regarding relationships are only for "advanced souls." But I found that there is considerable work being done now in relationship counseling that uses principles contained in the Teaching. It is only spiritual principles that empower us to have the deeply loving relations that we crave. There are many "tricks and such" that people are taught to have good relations but nothing takes the place of truthful principles to better our life and to be able to see the greater life in which we live and operate in our many lifetimes.

I really love these seminars for several reasons. I have the joy of being with our group brothers and sisters from many parts of Europe. It is an expanding experience to see language, culture, and distance boundaries disappear instantly. It is spiritually satisfying to see beautiful and striving individuals in all parts of the world. I also love to share what I know about the Teaching on a focused topic that is most useful to the people's every day lives. I love to see the depth of feelings as each person sees the truths and recognizes how these principles could apply to his or her life. They know that as they face challenges in their relations, the Teaching supports them. There is a shared experience of healing and understanding. I know that the Teaching stirs up many memories, hopes, dreams, visions, and desires and expectations from life. Each

person has a particular set of issues that confronts her or him every day. The internal turmoil comes up every time and every person has to deal with it. So, in effect, we provide a loving environment in which people could shed a few tears and come to new realizations about their innermost feelings. Such experiences are life affirming and very important for our sane and balanced spiritual development.

I learn more about my life every time I give a seminar. I know that I have to speak from a perspective of integrity and truthfulness. So, I also start to think about the topics and how they affect my life and how I can better express these Teachings in my life. The most moving realizations are ones that I also realize and experience and speak from that inner force that made me see something I had not seen before. Each seminar is a profound experience for me as well.

At the end of each day, Catriona (TSG-UK) led the whole group, teens and adults, in relaxing and soothing stretches. She helped us breathe deeply and slow down and expertly prepared us for the songs. Robert provided flute accompaniment. Everyone quickly learned the songs and sang them with such joy and feeling. At the end of each song we would hear a collective sigh as each person recognized the sublime simplicity and beauty of sacred songs and group singing. The psychic energy that has accumulated from the lectures, thinking, and processing, and deep feelings is released through singing. We experience the power and majesty of sacred songs and movements and their role in spiritual gatherings for balancing and bringing inner peace. Each day ended with a simple and colorful visualization appropriate for teens and adults alike. If only I could express in words the expressions on the faces of these beautiful people; it was worth all our efforts just to see these expressions.

When the seminar ended, it was apparent to me that no one wanted to leave! Everyone hugged and reluctantly said their goodbyes. Everyone seemed to feel the energy and release of the work that we did together.

We flew back to London on Monday after the seminar. The UK group dropped me off and went straight to their office to work until late that night. It was really inspiring to see this level of dedication. I rested in London for a few days, met with more people, and flew back home. I too went to the office

**Initiation - Steps To Freedom***by Torkom Saraydarian*

The first step to freedom is to realize that we are caged by our crystallizations.

The second step is to learn about the stars and discover their relationship to the life of the planet.

The third step is to aspire and strive to come in contact with the Lives of the stars.

Expansion of consciousness must be achieved by your own effort. Others can help you the moment you decide firmly to expand your consciousness.

The study about initiations can help you break through your level of consciousness because it takes your mind beyond your religion, traditions, and ideology.

According to the Ageless Wisdom all the stars, planets, galaxies, constellations, and systems are nothing else but the bodies of great Souls, great Entities, in which or on which numberless entities are living and developing upon the path of their evolution.

Every existence in space is a living body that once upon a time passed through the human stage and developed further on the path of evolution.

Every star, every sun, every galaxy reminds us of our future. This is an enormous idea that inspires in us courage, hope, striving, and joy. Those who are charged with these ideas will be invincible, unconquerable travelers on the path of eternal life. All our failures, oppositions, defeats will not discourage us, and we will be able to strive toward the summit.

This planet on which we live is a living Mother. We pollute her because of our insanity and greed, which in turn make it difficult for us to live and evolve.

Every star Soul and each planet Soul has three aspects. Each of these great Lives has

- Willpower
- Power to attract and repulse
- Intelligence

Willpower is the power of striving toward a purpose. Every atom, every cell, every form of life is striving toward a destination. Each one has a captain, a plan, and a purpose.

H.P. Blavatsky says, "Every atom strives to be a man, and man strives to be a God." The term "God" refers to the Souls of the planets or suns. Nothing is static. All is moving forward toward a destination. A Cosmic Magnet is attracting every star to surpass its level of beingness and the level of its consciousness.

Willpower is the essence of every entity. It manifests according to its level of evolution, responsibility, and destiny.

Also, each entity has an inner electromagnetic energy, which in our language is called love or the power of attraction and repulsion.

You can see this in the space. Each star has a power to attract and repel. These two energies keep it in the right distance to other stellar bodies. With this love energy, it receives and gives, breathes in and breathes out. It is through love that all stellar bodies communicate with each other without interference. Love energy is the energy of balance and a protection from falling into extremes. Also, it is love that makes these bodies run in the rhythm of eternal motion.

Most of us see the attracting power of love but do not see its repelling power.

Repulsion is not a negative attribute of love but the power to respect the freedom of other bodies in rhythm and order. Love also is pure discrimination, choice. Love is the point of balance between attraction and repulsion. Only through balance can you demonstrate your true love. If there is no balance, there is no love.

Finally, all great and small entities or lives not only have willpower and love but also intellect or mind. There is no unconscious atom, cell, form, or life. Consciousness is in everything. And the intellect is the expression of the innate consciousness.

Intellect is the power of appropriation, relationship, creativity, and adaptation. All chemistry in the Existence is the result of intelligent choice and discrimination. Affinity between elements is caused not only by willpower and love but also by intelligence.

The mind is in every atom. In reality each atom is part of the body of an entity. All planes are formed of living substance. It is the mind in every form that creates according to its level, responsibility, and evolution.

These three powers together move the creation forward to greater and greater achievements.

Expansion of consciousness means the greater application of these three powers in the heart of every atom, man, planet, and solar system.

Willpower is the cause of existence. Love is the cause of relationship. Intellect is the cause of organized manifestation and creativity.

All the stars are challenges. We strive toward them

because they subjectively invite us. Because the stars are there, we grow and advance. Once I asked my Father why the trees grow tall toward the sky. At first he smiled and then with a serious face he said, "They grow tall to drink the nectar of the stars and to get closer to their light and beauty." Later when I became a teenager I thought he was very poetic. Now, seventy years later, I think he gave me a very scientific answer.

Every entity, every living form is striving toward its star. In the stars are hidden our future.

The Ageless Wisdom says that every star has its own culture, civilization, and organized relationship with all manifestation. We are also told that the higher the level of life of the star, the higher its discipline. The higher states of consciousness impose on us higher levels of the sense of responsibility. And to meet our higher responsibility, we go through a more serious type of discipline.

Discipline means to train yourself to such a degree that you overcome your own limitations and transcend the level in which you were living. And this is for all forms of life on all levels.

Scientists of the world think that if any life form exists on any globe in the Universe, it should be tangible and visible. This is not true. Globes, stars, and galaxies exist in different substances. For example, there are etheric beings, there are astral beings, there are mental beings, and even there are intuitional beings and more. Their bodies are different. The Ageless Wisdom talks about those who are like stars or flames or lotuses.

Many years ago we could not see what we are seeing now with our microscopes and telescopes. Hundreds of years later we will see so much more that our present telescopes and microscopes will be obsolete devices to us.

The Ageless Wisdom affirms that you can visit many celestial people through your corresponding body to the substance in which they live.<sup>1</sup>

All of space is full of living entities — microscopic and telescopic — but the present scientists have such encapsulated imaginations.

Evolution is the process of transcending your limitations and entering a new level where you can use more willpower, more love, and more intelligence.

The disciplines in higher realms are more serious because the fields of your responsibility expand your need for more discipline to carry on your duties and responsibilities in the light of your principles, standards, revelations, and laws.

We are caught within our own spider web of blind urges and drives, posthypnotic suggestions, negative emotions, and mental vices such as vanity, ego, greed, separatism, and fanaticism, and we never think to break such webs and free ourselves.

Our life becomes a source of misery because we translate life through our limitations. We do not see things as they are. We see things through our negative emotions, mental vices, and physical problems, and it seems to us that whatever we are doing, feeling, or thinking is right. This is where we are stuck and cannot surpass our level. We try to use the life, our environment, and people for our own ends as if we were the axis of the world.

Unless we find a way to release ourselves from our limitations, we cannot expand our consciousness, and the life around us revolves as it did five thousand years ago.

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Chapter 31: "Steps to Freedom," excerpted from the book *Initiation, The Path of Living Service*, by Torkom Saraydarian, pp. 309 - 314. Copyright: The Creative Trust, printed by permission. All rights reserved. For more information, please see the TSG website: [www.tsgfoundation.org](http://www.tsgfoundation.org)

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#### Editorial staff - USA

Gita Saraydarian - Matthew Borum - Helena Saraydarian

TSG Publishing Foundation, Inc.  
 P.O. Box 7068  
 Cave Creek, AZ, USA 85327  
 Tel: 480-502-1909  
 Fax: 480-502-0713  
 E-mail: [info@tsgfoundation.org](mailto:info@tsgfoundation.org)  
[www.TSGFoundation.org](http://www.TSGFoundation.org)

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1. See *The Science of Becoming Oneself*, Ch. 14, "The Seven and Sevens," & the Diagram in *The Creative Sound*, p. 98.

TSG 2007 Highlights - continued from page 3

the very next day and worked over the weekend to catch up.

I want to express my deepest gratitude to everyone in the London Office — Catriona, Sarka, and John. They are the most joyous travel companions anyone could possibly have. I would travel in a camel caravan with them and go to the ends of the earth with them, although the modern conveniences of Internet access and airplanes were quite acceptable!

My deepest gratitude goes also to the TSG Germany group. Constanze and her team organized and coordinated the seminar and attendees from all over Europe with professionalism and elegance. We had two expert translators who worked with tireless joy and enthusiasm. The setting was perfect, the food delicious, and the organization impeccable. Both groups provided everything that Robert and I needed to make us welcome and to serve in the best of our capacity. I also thank Robert for taking the time to travel and work so effectively with the children.

I look forward to many more years of service and group building. I wish each of you a blessed Christmas and a most joyous New Year. I hope that as the many new years unfold before us, all of us have the opportunities to travel and form ever greater family relations all over the world — truly a brotherhood in this and in Higher Worlds.

With love and appreciation,



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## TSG Cave Creek Center Upcoming Events

### Sagittarius Full Moon



**Sunday, November 25th**

10:00 am - 11:00 am

Lecture and Meditation on  
"Building the Lighted House"  
with Gita Saraydarian.

### Capricorn Full Moon



**Sunday, December 23rd**

\*\*\*\*\***Evening Service**\*\*\*\*\*

7:00 pm - 8:15 pm

Lecture and Meditation on  
"Building the Lighted House,"  
and Holy Communion with Gita Saraydarian.

## Torkom's Birthday Celebration

**Thursday, November 1<sup>st</sup>, 7 - 8 p.m.**

We celebrate Torkom's Birthday every November to honor his life and his service to mankind. At the TSG Center in Cave Creek, Arizona, Torkom's Birthday will be celebrated with special group meditation and reading of inspirational materials. Refreshments will be served following the celebration.

## TSG Anniversary Observation

**Friday, November 30th, 7 - 8 p.m.**

Everyone is invited to join us for a gathering to celebrate 20 years of TSG's service in the spiritual community. Group prayer and meditation will be observed.

## Essential Oils on Sale!

For the next two months, we are offering some of our most popular essential oils at a discount (including lavender, eucalyptus, & peppermint) - up to 30% off! See our website, or give us a call for details on available oils, sizes, and prices while supplies last!

## Donate to the Torkom Saraydarian Legacy Fund

See insert with this issue for donation information.



### How I found Torkom and his Teachings, by Melissa Lundberg

I had been spiritually seeking intensely since I was 27 years old. I looked at everything that was out there: new therapies, channelers, astrologers and such. I wasn't finding what I was looking for. I felt that much of what was out there was dangerous and misleading and were leading me out the very same door I went in. My spiritual longings were so strong and I felt I needed a teacher to help me navigate this journey and a rational, safe system of practice. When I was 35 I moved to Sweden with my husband of four years. The first thing I did was to find the New Age bookstore where I continued my search for the spiritual group and teacher. I looked through all the trendy books, new age periodicals, and the bulletin board postings. I came upon a book called *The Science of Meditation* by Torkom Saraydarian. I could see at a glance that he was writing about the Teachings of the Hierarchy. I loved his language, bought the book and went home. There is a special, happy feeling you get when you find something you have been looking for — the way he brought the Ageless Wisdom Teaching to me in an easy flowing language that I could grasp easily. "He is an advanced disciple", I thought. "He is an Initiate of a high degree", I said to myself. "He is teaching the Ageless Wisdom Teachings and I believe he must have a lot of people around him." I felt the spontaneous impact and instantaneous recognition of the caliber of this book.

I was deeply homesick and wanted desperately to go home. I secretly wished I could head out to Arizona and learn from this person. My husband and I were still building up our lives and we had an important job to do, so my search became a passing dream. 22 years went by and the jobs my husband and I had to do all turned out successfully, but I still had that nagging unfulfilled longing for my "group" and the teacher. I was in my mid 50's by now. We were successful, by most people's standards, but I had really lost my enthusiasm for life, I was the classic middle-aged woman who felt I had done everything life had asked of me. I felt stagnated. I had thrown in the towel. I had no goals and no longer felt any purpose. I had forgotten about Torkom's book.

I started to do some chanting and wrong meditation forms and was starting to get some difficult consequences. I pulled out the Tibetan Master's book on meditation and saw the warnings and symptoms there in *Dangers in Meditation*. How could I be so stupid after all these years of knowing better? At the same time I had started a computer course, but the focus it demanded was getting too strenuous on my brain. It felt like my brain was shutting down. I knew I was in deep trouble and needed help fast.

I remembered Torkom's book from so long ago and pulled it out. I went to the computer and did my first Google search! TSG in Arizona came up just like 'open sesame'; just a fingertip away after all these years! I was so amazed. I felt a guiding hand showing me the way.

I called TSG and talked with Gita at length and got the assistance I needed. Now I am reading Torkom's books and taking a meditation course under Gita's professional guidance. I also attend seminars regularly in Europe.

Through Torkom's books, I have been able to reevaluate my view of life, my sense of meaning and purpose and restore my enthusiasm and self esteem. My study of Torkom's writings fills that empty spiritual longing I carried with me for so long. To find my way in the spiritual quest was my deepest longing and I had come to believe that I would never find it. I've never met Torkom but I can say that his spirit of love and compassion for people shines through in all his writings.

There is one truth that shines out in all of this for me. "To everything there is a season and a time to every purpose under heaven."

Torkom not only gave us the Teachings in practical, comprehensible ways, he gave us a clear and practical and safe way to apply them in the every day life.

I am grateful to Gita and everyone at TSG for their work in carrying on Torkom's legacy.

In joy and gratitude,

Melissa,  
Stockholm, Sweden

(Melissa is an artist living in Stockholm. Her beautiful paintings are featured at [www.tsg-uk.org](http://www.tsg-uk.org))

T.S.G. PUBLISHING FOUNDATION, INC.  
PO BOX 7068  
CAVE CREEK AZ 85327-7068 USA

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must be achieved by your own effort.*



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## CONTACT INFORMATION

### USA / Main Office

**TSG (USA)**  
PO Box 7068  
Cave Creek, AZ 85327-7068  
Tel: 480-502-1909  
Fax: 480-502-0713  
email: [info@tsgfoundation.org](mailto:info@tsgfoundation.org)  
[www.tsgfoundation.org](http://www.tsgfoundation.org)

### U.K. Branch / England

**TSG (UK) LTD - Serving all of Europe**  
4 The Wilderness  
East Molesey  
Surrey KT8 0JT  
United Kingdom  
Tel: (0)20-8979-8444  
Fax: (0)20-8979-8473  
[info@tsg-uk.org](mailto:info@tsg-uk.org)  
[www.tsg-uk.org](http://www.tsg-uk.org)

## Classes, Lectures, and Seminars

**TSG USA/ Cave Creek, Arizona**  
**TSG Foundation Center**  
Gita Saraydarian: [info@tsgfoundation.org](mailto:info@tsgfoundation.org)  
<http://gitasblog.blogspot.com>

**TSG United Kingdom (UK) Ltd.**  
Catriona Nason/John Dumigan: [info@tsg-uk.org](mailto:info@tsg-uk.org)

**TSG Germany (DE)**  
Constanze Bretthauer: [constanze.bretthauer@t-online.de](mailto:constanze.bretthauer@t-online.de)

**TSG Peru (PE)**  
Gladys Moran: [gladysmoran@speedy.com.pe](mailto:gladysmoran@speedy.com.pe)

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