

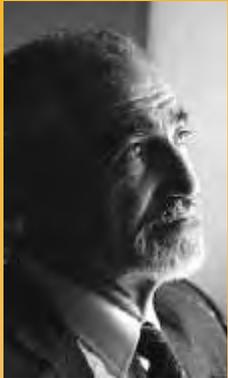


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OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

MAR / APR 2008



Torkom Saraydarian
1917-1997

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Teachings of Christ

Holy Communion

Dear Friends:

In this issue of Outreach we present for your reading enjoyment excerpts from a Chapter on Holy Communion taken from the soon to be released Volume 2 of Teachings of Christ. Torkom served Holy Communion several times a year and they were always very rich and healing experiences. Torkom studied many spiritual traditions and found the ritual of Communion present in many. I know you will love this Chapter, especially when you read it in its entirety.

We are really excited to finally complete *The Teachings of Christ, Volume 2: The Esoteric Principles of Christ*. We expect this Volume to be ready to ship by the second week of April. We will update you online or you can call us for information.

The deadline to register for Wesak Conference is March 21st. We will present a program that teaches and inspires in a variety of ways so as to engage all our senses and all parts of our learning faculties. It is always a tremendously moving and inspiring event. You can register online or call us.

I am recommending a very special lecture given by Torkom. It is titled "The Full Moon of Taurus", dated May 21, 1989. It discusses the significance of celebrating two Taurus full moons in one year, as we will in April and May of this year. See details in the News section.

Lastly, I will be presenting a weekend seminar in Minneapolis in May on the Cosmic Christ. This will include lectures, healing workshop, as well as visualization and meditation. For more information visit us online, or give us a call.

I hope you enjoy this issue. Thank you for your continuous and loving support.

With love and gratitude,

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Gita Saraydarian

Holy Communion & its Meaning

by Torkom Saraydarian

Holy Communion is one of the holy mysteries of the apostolic church. A holy mystery is a special mystery related to the higher powers. That is why it is a “holy” mystery. There are many mysteries that are not holy, but this mystery is specific, special. It was created for certain reasons to create certain results....

The holy mystery was a ceremony first. They started with a ceremony of movements and actions. Then it became a ritual. What is a ritual? A ritual is action, movement, plus thoughts and ideas. This is so interesting. Voice, music, color, and vestments are added, and they are all united now.

What does the ritual do? Ritual affects the inner consciousness. For example, your higher consciousness and your emotions are affected through ritual. If you do a ritual at your home, you will see that while your body is moving, while you are doing certain movements, some different emotional state of consciousness is awakening within your nature. This is because any action you do physically affects the emotions. It affects the mind as well. If your actions are scientifically organized and if the corresponding sound and thought are related to the action, then the power is deeper. For example, I can make a movement. This is an action, but if I have the thought in my mind that I love you, I respect you, now that became a ritual.

A holy mystery is more advanced than a ritual. It is action, sound, and thought I really must respect and love you. Something in your emotions and mind is changing, but in the meantime in the holy mystery, mentally you are communicating with hosts of angels, invisible subjective forces, and bringing them together into your action so that you radiate a powerful influence on people and upon yourself. Now it became a holy mystery.

Every holy mystery has three things. First it has action, movements, for example, walking, dancing, singing, light, and color, all used scientifically. Then it has thoughts and ideas behind it about why you are doing it that way. For example, you are turning and circling and coming back. Why are you turning? There is an idea behind it. What is the idea? You are greeting the four corners of the world, North, South, East, West. There is a meaning behind your movement. When you

do a movement in the sign of a cross, what are you doing? You are making the sign and sending the thought, “I give my peace to you.” You see, behind the movement, there is thought and idea.

Now, when it is a holy mystery, behind the action, behind the movement, behind the words, behind the ideas, behind the thoughts there is the power you are invoking from invisible forces to come and help you and charge your movements and voice and ceremony and ritual so that certain results eventuate. I want you really to understand these things because people take ceremony and ritual mechanically. It is not something to be taken mechanically. It has deep and powerful meaning.

Who created these ceremonies, rituals, and holy mysteries? Of course, they were created by great spiritual scientists, people who could see clairvoyantly, hear clairaudiently, people who could see what is happening when you do movements. For example, you can test this on yourself. Stand in front of a mirror and do something. What happens in your emotions when you do that movement?

...

What do they use in Holy Communion? Being a holy mystery, Holy Communion uses three things, movements, rituals, and ceremonies, plus a sign of power and a word of power. The sign of power and the word of power are scientifically organized and formulated energy systems. For example, in this case the ancient church uses the following things. It makes a sign of power, a trinity; three energies; Light, Love, and Power; Father, Son, and Holy Spirit and man united in them. This is the sign of power, the cross. The cross is so powerful if it is done ceremoniously, ritualistically, mysteriously, or mystically.

For example, you say a word, but you don't mean it. If you say a word but you don't mean it, that word has no effect because the charge is not behind it. But if you say a word and you really mean it, it has an effect, and how much you mean it has more effect than if you mean it only superficially. And if you mean it with all your heart, all your soul, and your spirit, it has a tremendous effect.

So there is a sign of power and a word of power. What is the word of power? In this case, the word of power is “This is My body. This is My blood.” Three

words. “Drink it. Eat it.” But if you take the Aramaic language in which He pronounced it, it has a tremendously radioactive element. For example, the Old Latin, the old Hebrew, the old Armenian, they have charged formulas that bring the energy because the sounds are made, formulated scientifically. Especially the scientific formulas that they call mantrams have a tremendous effect.

...

Holy Communion is a tremendous thing, but people think it is Christian. I don't want to hurt your feelings, but it isn't. It was in all religions, in all traditions, but Christ synthesized, sublimated, and brought it to the summit. For example, what was the first communion ceremony? The first communion ceremony was to eat from one plate. People sat and ate from one plate, and from that one plate and by eating the same food, they felt that they were creating friendship, fraternity, and unity with each other. There were many evolutionary stages, but I am not going to give them all....

Then communion changed into different ceremonies. For example, smoking the peace pipe was a ceremony of communion for the American Indians. The chief smokes the pipe and gives it to the next one and the next one smokes and gives it, all around. They are sitting in a circle and the circle is united in one spirit. There are maybe twenty-five examples like that, but it developed and developed into the Christ's mind. He said that this is the true one. Listen carefully. The true one is right action, right feeling, right thought, and right communion, gearing into the angelic forces. Do you see how beautiful it is?

Now, how will we take Holy Communion? Before you take Holy Communion, you will go through three stages. Suppose we were giving Holy Communion today. Yesterday, or maybe three days before today, or immediately before Holy Communion, there are three steps to take. The steps have very cute names. The first is *recognition*. The second is called the *shaming period*. The third is called the *decision period*.

What is the **recognition** period? The recognition period is this — before Holy Communion, you must know how obnoxious you were in the past. A great Apostle says that those who take Holy Communion without preparation hurt themselves. Why will I hurt

myself? It is bread and a little wine, but because of the angelic forces, because of the sign of power, and the word of power, you have charged the bread and the wine in such a degree that they will crack your body, emotions, and mind if you did not prepare yourself to take that heavy vibration. And the Apostle says that that is why after Holy Communion people become cracked, people become worse than before. And that is what we are seeing.

So the preparation in the recognition period is a must. What did you do this year or yesterday or this month that was physically wrong, emotionally wrong, or mentally wrong. It is recognition. You are not judging yourself at first. You are saying, for example, “I stole a few books. I was Christmas shopping and I put a watch in my pocket.” These are physical things. Or, “When a boy was running after me, I just hit him.” Such kinds of things are physical.

If physically, you did wrong things, you are going to bring them into your mind from your subconsciousness, from your memory storage into your conscious mind, and say, “That was really a nasty thing. Why did I do that?” That is the first step.

In the second step you are going to feel **ashamed** of what you did, physically, emotionally, mentally. For example, you said many nasty things or thought nasty things. You were sitting in your room and somebody hurt you in the past, and you started bombarding him or her with your thought energy. “He is bad. I wish he would die. I hate him,” and so on. The poor man feels stomach pain all morning because someone is bombarding him. His solar plexus is going crazy. You hate him. There is malice and slander behind your thought, and continuously it is going to that man. Okay, you did such things.

Now you are going to sit down and feel ashamed. Why? Listen carefully. You are going to feel ashamed because every self-confrontation is taken in the presence of your Angel. You are sitting there and your Angel is watching and saying, “And then what?” “You know, I cursed.” “And then what?” You will feel really ashamed, just as you would feel ashamed in the presence of your father, your teacher, or your priest, of your mother, of your husband or wife. You become really ashamed. You are going to feel that feeling. First the action, and then the feeling. It is systematic — action, then feeling.

You are seeing the overall movement, what you did. Now you are going to feel it. Shame is feeling it. "Why did I say that word and create such a mess?" You are feeling it now and you are very sorry. Even you may start crying and feeling really miserable because you did that. The deeper your feeling of shame, the deeper will be your cleansing.

The third step is the **decision**. Now what? "Okay, I did those things and I am really sorry for them. Now I am making a decision not to repeat them." You were drinking, you were smoking, you were doping yourself, or you were using marijuana, hashish, cocaine, and such messes. Okay, you are making a decision. "I am not going to do that anymore."

...

Well, the church fathers organized Holy Communion so that every Sunday, or every year or every month, they corner you and make you to see yourself and be ashamed and make a decision not to repeat that. Do you understand how wise it is? The modern churches do not have these things. The ancient churches, the ancient church fathers of the apostolic succession knew what they were doing.

...

What is the bread? The bread is the body, but when you say "body," you don't have any idea what you are saying. The body is this physical body. The body is my emotions. The body is my ideas and thoughts and visions. The body is my intuition. The body is my higher bodies because I am the Spark in these bodies. When you are eating my body, you are eating my actions, my emotions, my thoughts, my visions, my willpower, my beauty, goodness, truth, and joy. Do you understand how beautiful this is?

What is the blood? The blood is the electricity in your machine. Blood is the joy. Blood is the life. Without that electricity, the machine is dead. I am cutting this short. We could have a whole seminar on this.

Now what are you doing when you are eating bread and drinking wine in a mystical sense? You are coming in contact with all of the vehicles of that Great Being and partaking of the Spirit of Him. You are becoming one with Him. Not just physically, emotionally, mentally, this or that, but really with the Spark, the Self, the Divinity. In this case, you are having a contact with

the Divinity of other people, as well. For example, here is the Christ. You eat His body, mystically, and His blood, and each of you become one with Him. But you also become one with each other. You become brothers and sisters, one hand with different fingers.

...

So we come back to the main idea. Holy Communion creates power. Why do we have power? Now we are one with the source of that power and we are one with each other. Where there is unity, there is power.

Your body is powerful when there is unity in it. Your body is powerless when the blood, the nervous system, the lymph system work against each other, and there is no rhythm and organization and unity in them. That is why Christ said, "The family that is divided will perish." What is the antidote for this? It is unity. Unity creates power. Power creates success. Listen very carefully. Success creates influence. What is influence? You raise people into your level because of your unification and oneness and synthesis. It is so beautiful!

...

Inner Meaning of Communion

Let us go now to the inner meaning. *Holy Communion makes you one family*. Unless you are one family, you are not on the path of perfection. You must understand this a little deeper now. Unless your body, nervous system, blood, and everything in your body come together, you are not a human being. You are not on the path of perfection, of evolution, let us say.

So, the path of perfection is the path of gradient unifications. Man became a unity. He is a unit. Then he is integrated. He is "together." He is spiritually, mentally, emotionally, and physically a unity. Then another unity, the family is formed. Then another unity, children are formed. Then a group is formed. Then a nation is formed. Then a United Nations is formed, if it is formed. Then one world is formed. Wherever we are missing the unification process, we are failing there. We are defeating ourselves.

Second, you become one with the consciousness of Christ. If you really prepare and take it scientifically, if you are psychologically ready, you feel that Christ is living within you. And when Christ is living within you, you will be careful of how to look, what to say,

Holy Communion and its Meaning - continued from page 4

what to do, what to think — because Christ is living within you.

This is a super-psychological treatment. It is a healing process. It is really a healing process. It is healing the cleavages. Cleavages are the cause of all our miseries. Tomorrow, if we blow up our world, it will be because of cleavages. Why do you sit at home, unhappy, and think until morning? There is a cleavage between you and something else. Why is your body unhealthy? There is a cleavage in your body. So this is a supersonic healing process that the fathers created under the instruction of Christ.

Third, love unites in your heart all living beings. You become love. This is so beautiful. Hatred, gossip, fear, anger, and jealousy do not exist any more. You do not go and gossip and separate people, slander people, or build walls between them. Be careful if you do, because it is going to hit you so hard. Love unites you with the animal kingdom, with the Divine Kingdom, with everything.

Fourth, an organized body is created. That is why one of the Apostles said something very secret. He said to a congregation, "Don't you know that Christ is your head." The power controlling station in you and in the group is Christ. Did you reach that level?

What happens in Holy Communion? Let me say a few words about this. When you take the bread and sound the word of power and make the sign of power, immediately it creates a magnetic link between the corresponding angels and the Chalice and the bread. They surround the Chalice and rings of rainbows start to form around the Chalice, because angels are rainbows. Through this action, etheric, astral, mental, and spiritual energies or bodies around the matter of the bread and wine start to form and energize and charge them. When you are sounding His word, His influence comes. Then, as the church says, a transubstantiation happens in the bread and wine.

I hope this has helped you to see this mystery a little deeper.

(Excerpted from Chapter 11, *Teachings of Christ, Volume 2: The Esoteric Principles of Christ* by Torkom Saraydarian, to be released in April 2008.)

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How Torkom Lectures

By Lisa Froman

on "*Thought & Spiritual Responsibility*"

by Torkom Saraydarian

As I watched a DVD of this lecture, one, if not *the* most outstanding quality of this lecture is its *energetic component*. There is a distinct *energetic tension*, an *energetic relationship* between Torkom and the audience, Torkom and his topic, and Torkom and his Master. The lecture hall is literally charged with an electrical frequency that holds the consciousness of the audience at a high level throughout.

As he lectures, Torkom is like an overflowing reservoir of psychic energy, filling the room and the audience with a fiery energy. I could actually feel the waves of psychic energy and was deeply moved by the experience. I was not just watching his lecture; I was attending it. I felt drawn into the energy, surrounded, and inspired. I also felt as if I was being protected, even watched over by high-level energies or perhaps advanced beings attending the lecture.

During his presentation, Torkom's presence and words are charged with a high-level vibratory frequency, which literally encases the entire lecture hall. Despite the fact that I *experienced* the lecture by video years after its original presentation, this energetic transfer was not diminished. This is a testament to the enduring quality of a lecture based on Higher Principles of the Teaching, infused with psychic energy and presented from the Core, or soul of the speaker.

Furthermore, Torkom supports his words with the "fire of feeling," which brings them to life. He speaks from his Core, not his personality. He gets out of his own way and lets his Self communicate. He believes, with the Essence of his Being, the truth of his words and the importance of the topic. He is passionate about his subject, yet presents it in an unpretentious and somewhat subtle manner. If you aren't paying attention, or aren't ready to take on the task of responsibility through thought, you might just miss the gifts he is offering.

Gently, Torkom presents the audience with principles and techniques that when actualized, can unlock the gates leading to expansion of Beingness. However, he does this in an unobtrusive manner. Torkom does not force information upon the audience. Instead he *offers* it to those who are ready to strive towards advancement.

His manner of presentation indicates that he is lecturing to an audience consisting of people at various levels of development. He uses simple words, clear analogies and defines anything that could be confusing. For those who are prepared to handle more intensity and depth of the topic, Torkom reads an inspiring paragraph at the beginning of the lecture. This is a subtle way to offer more to his advanced audience members, without overwhelming the others. Those who desire more depth can meditate upon his powerful opening statements to extract the hidden layers of meaning. Throughout the lecture, Torkom gently unfolds the topic, layer by layer, but he never strays from it.

Despite his in-depth knowledge on the subject, Torkom maintains humility. He does not preach or put on airs of having attained mastery of the topic. You get the sense that Torkom is right there in the trenches with you, maybe a step or two ahead, inspiring you towards increased levels of striving. In a serious, yet light-hearted manner, Torkom reveals his humanness. This puts the audience at ease and at the same time shows them that spiritual responsibility through thought is not beyond their reach. This is one of the most important gifts of the lecture. The lecture is not theoretical or so highly esoteric that it is beyond the reach of the audience. Instead, Torkom presents the topic in a "down-to-earth," practical manner. He emphasizes actualization and offers the audience tools to take home and put into immediate application.

Torkom enters the lecture hall with dignity and solemnity. He maintains complete control of his body movements throughout the lecture. He uses no extraneous or distracting body gestures or facial expressions. He maintains a serious demeanor, yet injects tiny moments of humor without losing dignity. This puts the audience at ease without breaking the energetic tension, which he has consciously set up.

Torkom is professionally dressed and impeccably groomed. This attention to detail goes well beyond surface appearance. He sends a subtle message that he respects himself, the audience, and above all his lecture topic.

Typically when a person enters a sacred place or goes before a Great One, he changes his demeanor. He conducts himself with more solemnity. He dresses appropriately. Torkom appears to be acutely aware that he has entered into a sacred space, the lecture hall-temple, and will be presenting the Teaching to the

continued on page 7

How Torkom Lectures - continued from page 6

physically present audience and perhaps to Initiates or other Beings that may happen to be in attendance. He takes his responsibility of presenting the Teaching extremely seriously. This sends an important message to those who intend to lecture about the Teachings. Torkom is sincere and seems personally moved by the topic.

One of the most powerful presentation qualities of this lecture is Torkom's mastery of speech. He speaks slowly, clearly and deliberately, applying emphasis to certain key words or phrases. He repeats important points several times with dramatic pauses in between. Torkom understands the use of "negative space." He interjects brief moments of silence to allow his audience time to absorb and process his statements. At appropriate moments, Torkom changes his tonality and inflection to add interest, but does not over do it.

Torkom does not reveal everything he knows about the subject in this lecture. He delivers information in measured dosages. He waits to see what questions the audience asks to determine how much they have grasped and how much more they are able to handle. He unfolds the topic slowly, taking cues from the audience. Torkom never "talks at" the audience but instead energetically interacts with them. By engaging his intuitive abilities, he is constantly monitoring the thoughts and reactions of his audience. Instead of overwhelming the audience with a truckload of facts, ideas and words, Torkom sticks with a few key ideas and expands these in a spiraling manner. Even when it is necessary to speak about something of a negative nature, Torkom always turns it around into a positive. He may present a "challenge," but he then offers a solution. This leaves the audience feeling hopeful with a sense of the future and increased levels of striving.

In summary, "Thought and Spiritual Responsibility" is an outstanding example of how to present the Teachings. The content itself is so rich that it invites the audience to watch it over and over again.

(Lisa Froman is a student at TSG University. The lecture "**Thought and Spiritual Responsibility**" was given by Torkom Saraydarian on July 16th, 1995, available on DVD and CD.)

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TSG Cave Creek Center Upcoming Events

Aries Full Moon



Sunday, March 23, 2008

10:00 am - 11:00 am

*Lecture and Meditation on
Easter celebration with Gita
Saraydarian*

First Taurus Full Moon will be celebrated at the *Wesak Conference* held April 17th-20th.

Second Taurus Full Moon



Sunday, May 18, 2008

10:00 am - 11:00 am

*Lecture and Meditation
with Gita Saraydarian.*

* * * * *

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