

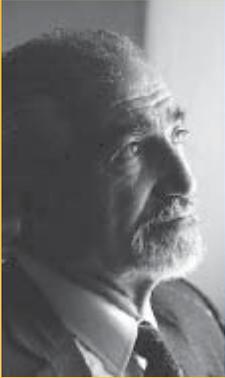


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# OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

July / August 2009



Torkom Saraydarian  
1917-1997

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## A Deeper Personal Freedom of Summer

George Gershwin’s classic lyric ‘Summertime and the living is easy’ sums up the traditional seasonal attitude... a kind of personal freedom.

After all, the summer is a season for a host of outdoor and leisure activities. The kids are out of school, the weather is hot and the days are longer. In literature, film, television, and the stage, summer is often depicted as a time to relax, take vacations, find romance, and go to the beach! Beyond the images of lazy days, an endless array of festivals, food and fun, relaxation, the ballpark and sunny afternoons, the summer also holds an opportunity to pursue a deeper layer of freedom; a freedom steeped in the esoteric traditions of walking free in the world of illusion for the purpose of helping and serving others.

In a very broad way, esoterically speaking, these summer months of July and August – Cancer and Leo – are astrologically associated with the personal life and goals of the individual and his/her orientation to others, with the aim to eventually find freedom in the general service of humanity.

As we take the needed time to enjoy the sun, those long days and the sweet-scented summer breezes, which deeper aspects of personal freedom can we examine at this time?

In Cancer, we can examine our attachments and what we cling to – those emotional and mental well-worn patterns which limit deeper levels of freedom. Because Cancer is symbolized as the Crab, have you ever noticed that a crab will lose its claw before it will let go of an object: and will then proceed to grow a new claw?! As we “let go” and gain a deeper sense of freedom, we find that we inevitably nurture our relationships through greater empathy, becoming more of a reconciling link between diverse circumstances and people. That is consistent with a more spiritually mature Cancerian.

Leo is known for personal achievement. This provides us with the opportunity to examine both our current goals and how we can achieve our goals. By “how,” we not only

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Gita Saraydarian

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mean strategies and tactics, but how we interact with others in the achieving of these goals. We can examine why we may be difficult to get along with others in recurring situations. What is the unknown subconscious factor(s)? We can also examine patterns of pride in our relationships. As we do so, and here, again, gain a deeper sense of freedom from our limitations, we find ourselves like the advanced Leo, encouraging the growth of all we encounter as integral to our life's successes.

The aim of this issue in examining freedom is to aid in preparing us for a more beneficial summer experience. This is a continuation of our issue theme of preparation throughout 2009. The initial focus was on preparation for the New Year, then preparation for the three major full moons, followed by preparation for enhancing the expression of service during the time of World Goodwill (June).

In this summer issue, you will enjoy reading excerpts from some of Torkom's writings on freedom. Gita's message this issue is also about personal freedom. In the *Leaves from Our Spiritual Journey* section you will find reviews of this year's annual TSG Wesak celebration from several of the attendees. Give consideration to all these works as you settle in for the summer.

- Lou Schwartz

## **TSG University Meditation Course: Challenge for Discipleship**

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This course challenges you to become a disciple: a person who has knowledge, wisdom, and beingness, a person who is organized and disciplined. Such a person is a treasury for the family, and for all humanity. When you become a disciple, your service and gifts to humanity increase.

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## **Freedom From Our Self-Made Prisons**

*By Torkom Saraydarian*

When people have the right to elect, they feel free, even if they do not know the person for whom they are voting. When people can go and buy all the food that they want, they feel free, but they do not know what kind of food they are buying, what kind of medicine they are buying. When people hear news, they feel free, but they do not know why such news is broadcast and what percentage of that news is factual.

When people have the right to buy, to sell, to act, they feel free, even if all their transactions are recorded, observed and computerized. When people have the chance to exploit people, they feel free, even if the karmic laws will catch them on their way. When people have a vacation they feel free, even if they are forced to spend their vacation in ever-increasing pollution and noise. Such is the degree of human deception.

The first requirement for freedom is to know realistically where your prison is and how high its walls are. Then you must gradually try to free yourself

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The future is not a prison; the future is freedom. All prisons that are built in our minds, emotional world and physical world as habits must be destroyed before we are able to feel true freedom.

These prisons were built on the seven roads of human endeavor, trapping and enslaving us. Political ideologies have created huge prisons. Educational prisons create a great amount of crimes and lead to war. Philosophical prisons lead us to the tower of Babylon. We have the prisons of our creative works, our standards, our measures, rules and laws, likes and dislikes. We have our industrial technological prisons built by iron walls.

We have religious prisons, which are the hotbed of germs of hatred, suspicions and prejudice. These prisons are decorated with heaven and hell. These are prisons in which man will rarely realize the possibility of being in prison. These are prisons in which man measures Infinity with his own man-made scales.

We have financial and economic prisons with black markets in the corridors of the prisons. The most interesting thing is that all organizers of these prisons enjoy being prisoners to exploit other prisoners. Thus, all humanity lives and dies in a huge glamor.

Great Ones are called Liberators or Saviors. We need those who are free. They are those individuals who found the path of future within their heart and Soul. They try to break our prisons. Every time we see the destruction of old forms, we feel that things have been taken from us and we develop and intense fear of freedom. Fear of freedom is so deep in the heart of humanity that we develop every kind of logic and philosophy to ignore it.

(Excerpted from *Psyche & Psychism*, pp. 1123 - 1124, by Torkom Saraydarian.)

## Three Steps to Gain Freedom From Our Prisons

There are three steps by which we can gain freedom from our prisons:

1) **The first step is to fight against satisfaction. Satisfaction is inertia; it is crystallization.** Physical satisfaction, emotional and mental satisfaction are degeneration and death. Whatever you are physically, emotionally and mentally is a prison in which you live. Satisfaction is acceptance of your past action and their results, acceptance of your habits, acceptance of the way your mind functions.

A greater breakthrough is impossible unless you are dissatisfied with your life and with your conditions. Dissatisfaction is not a negative attitude in this case, but a recognition that you can do better and that you can see the causes of those failures which you face in the present. Dissatisfaction makes you face yourself, think about the future, take those steps which will eliminate past causes and create new ones inspired by the future.

If we are satisfied with our own condition, we work and live in such a way that we make the walls of our prisons bigger and thicker. It will take a herculean labor to destroy these walls and free ourselves.

Mental satisfaction expresses itself in our vanities and pride. We feel proud of our degrees, diplomas, knowledge, positions, money.... When such mental satisfaction descends upon us, we are in inertia and there is no way to expand unfold and transcend our level of beingness.

Through dissatisfaction you can slowly destroy this prison. Once dissatisfaction starts, the whole comedy

reveals itself to you and you are able to make intense efforts to liberate yourself and others.

2) **The next step is to destroy the thinking bound by the past.** We are strongly bound to our past images-our traditions, religion, language, habits, the form of education, positions, degrees, hatreds, likes and dislikes and relationships. Some people are attached to the past so strongly that after really losing all that they had, they continue to act as kings, queens, leaders and merchants.

There was a man and every time I had some words with him, he used to start a story from the past. He would say, "We had horses. My father was a great.... our lands were...." One day I said to him, "What about the future?" He never wanted to meet with me again. He felt insecure with the idea of the future.

3) **The third step is to destroy the habit of imitation.** Most of us imitate, not only virtues but vices, too, not only beauty but ugliness. Imitation is the result of hypnotism. People are hypnotized not only by a hypnotist, but also when they are in pain, in distress, in extreme tension, in fear, or even when they are in a state of happiness and acceptance.

We imitate manners, fashions, dress, hair styles; we imitate walks, emotional reactions, thinking and believing. We imitate the goals of others, their traditions and religions. We imitate great heroes and great leaders. Because we do all these imitations, we form a second personality which is not really ours. This produces psychological conflict within our being and prevents us from being our own future, our own self.

Most of the work done on the path of liberation is to find this false personality and melt it away. Such a personality is like a heavy layer of rock resting upon a seed, which will then have a very difficult time sprouting.

The worst thing in the process of imitation is that you identify with the false personality more than with your own personality because it has more elements of communication with the world, and thus more acceptance. People who show off are those who are totally identified with their false personality and have no control in displaying it to others. We are told that Buddha rejected all those applicants for discipleship who were victims of showing off.

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The person who shows off instinctively hides the poverty of his nature. The real personality is the manifestation of the unfolding human soul. It is a progressive image. When this progressive unfoldment is stopped by imitation, the inner life has little chance to expand into the future.

(*Ibid.* pp. 1124 -1126.)

## Freedom Is Not An External Condition

The future is freedom. Freedom is one of the most misunderstood concepts in our modern world. Freedom is not a condition. It is a process of an ever-advancing labor to break the prisons of the Self in higher and higher dimensions, letting the powers of the Self manifest as creative actions and as Beauty, Goodness and Truth.

Freedom is not an external condition. Freedom is experienced when the nucleus of the human Core begins to radiate. Freedom is an energy, and as the Inner Core releases Itself, a person experiences freedom. Freedom makes a man feel himself, be aware of himself. The energy of freedom is balanced and appropriated to the need, time and conditions with another energy in man, which is called wisdom.

If not directed by wisdom, the energy of freedom tends to inspire fear and violate the freedom of others to perpetuate its freedom. Wisdom is the awareness of the Transpersonal Self who sees the need and the answer, the effect and the cause, the real level of any subject or object and the way to reach it.

Wisdom controls the flow of energy of freedom and leads it into those activities which will produce construction, or the clearing of the obstacles of the spirit. The whole history of a human being and of humanity is a battle between freedom and slavery.

Freedom is released as one conquers his vehicles and their attachments. Freedom is gained first on the physical level, when the real man is able to use his physical mechanism for his spiritual or evolutionary service. Then freedom is released on the emotional plane when the astral body is used consciously for the service of the Plan. Freedom is released on the mental plane when the mental plane is totally controlled and mastered by the real man.

Greater freedom is released when man can use his personality, or the above-mentioned three vehicles, as a whole for the service of humanity.

On each higher level, man gains more freedom. The energy of freedom can be used only to liberate and free others. Before a man can be free from others, he must be free from himself, or his lower self. Any effort to free oneself from others before freeing oneself from himself leads to greater slavery.

When freedom is not advanced, it crystallizes and builds a prison for itself. Crystallized freedom is a trap and a threat for others. Because crystallized freedom cannot draw a new energy from the Core, it tries to nourish itself by imposing itself on others. Freedom does not hide or display vanity. Freedom stands for the Future.

M. M. says,

“...‘Yesterday is past; let us learn how to meet a new dawn.’ We all grow, and our works are expanding with us. After twenty-seven years no one is a youth, and we all can then understand the achievement of Service. It is unworthy to rummage in yesterday’s dust. Henceforth let us establish a new step. Let us begin to labor, surrounding ourselves with a thousand eyes. Let us acquire purity of thought and co-measurement of actions. Thus let us fill our days; let us become used to mobility and decisiveness. Likewise, let us not forget that there is nothing on Earth higher than the given Plan for the Common Good. Let us manifest understanding of the Teachings of life. As Moses brought forth human dignity, as Buddha impelled toward the broadening of consciousness, as Christ taught the good of giving, so now the New World is directed toward the far-off worlds! Ponder, what comparisons surround us! Ponder about the cornerstone. Reflect about the given path. Ponder how the boundaries of the Cosmos touch you. Recall the steps of wondrous tensions not in a book but in life...”<sup>1</sup>

“...It is not the voices heard from platforms that create the future, not uttered words borne out in space; it is the power of thought radiating with cosmic striving. Thus, the carriers of fire in spirit and heart powerfully affirm Our Will.”<sup>2</sup>

“...Only when the centers are responsive to all cosmic attractions can the future be fiercely defined...”<sup>3</sup>

(*Ibid.* pp. 1135 -1136.)

1. Agni Yoga Society, *Community*, para. 40.
2. Agni Yoga Society, *Infinity*, Vol. I, para. 321.
3. Agni Yoga Society, *Infinity*, Vol. II, para. 289.



## Reflections on Wesak

On May 7 - 10, TSG conducted its annual Wesak conference, with the theme of “Breaking the Impasse” on the quest for higher spirals of spiritual freedom. Below are some brief comments by attendees.

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Each year I look forward to the “gift” Wesak brings and the joy of the discovery process. It is very invigorating to expand my learnings about the Teachings, myself, and group life. This year’s subject of dealing with impasses was especially challenging and elusive. I loved the use of symbolic parables as an aide to see deeper into internal blockages and bring to light subtle hindrances to spiritual growth. My favorite story was “The Demon and the Pious Woman”. ....so when distractions tempt me to veer off course, I think of her steadfastness.

I was really impressed with such strong group cohesion this year. I believe as we cleared our individual blockages, we also helped clear blockages in the group. It’s amazing to see the results of how fast energy can flow through a group.

As I now “dissolve” back into my daily life, I am reminded of another story. A friend knew three doctors who successfully participated in a firewalking ceremony. They walked across the burning coals and no one burned their feet. They returned home very elated. About three weeks later, they began to have doubts about what they did - and blisters formed on their feet. For me, this story reminds me how important it is to keep spiritual tension and rhythm in the daily practice and be the observer of your life everyday. I am already looking forward to preparing for Wesak 2010! Thank you Gita.

- Cathy S.

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I am always so pleased with the multi-dimensional way in which Gita and her team organize the conference to include various methods of learning, exploration and reinforcement of Divine Principles. Gita’s lectures, as always, were so rich and deep, yet also “user friendly”. In our small group sessions, the concept of breaking impasses was continued. It was of great value to me to understand that an impasse can serve several important purposes. When we begin to see impasses as opportunities rather than catastrophes, all sorts of new ideas are at our disposal. For example, an impasse can help us take

notice of where we are and what we are doing in a given moment of our journey; an impasse can be a protection from a path that would not be in our best interest, or an impasse can be a opportunity for growth and learning if we turn to our Solar Angel as we strive to work through it and shift our energy to flow more rhythmically with Divine Will, Love and Light. Also, as we are able to embrace our impasses, understand what they actually are and move through them, we are building bridges to higher worlds. We are empowering, not only ourselves, but others who may have similar impasses in their lives.

I am overjoyed and excited with the many new insights and seeds that have been planted. Once again, thank you Gita for your dedication, love and leadership.

- Michelle R.

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The Wesak conferences have great facility for creative capacity. For me, a really memorable experience was the sacred dance part where a man and woman were right shoulder to right shoulder and turned as if an axis was between them for a complete turn while looking into the eyes of each other as best they could manage, and then reversing direction doing the same. I was struck by the power, especially when looking into the eyes of my partner, the opposing energy. I wondered about this for a long time before I thought about the symbol of the Tao, the opposing black and white tear drops with the points of black and white in the opposite fields of color. Having just experienced the dance and the energy, the opposing points in the symbol seem to be as the recognition through the eyes of the conscious realization of the opposing, complementary energy.

Another subtle energy point I liked was when we sat in a circle to study and gain insights into the Milarepa story. There was a ‘completeness’ of the group in the circle, and I liked being able to see the person responding and ‘seeing’ everything that was said. That thought leads right into my experience of Robert’s beautiful reading during the actual full moon ceremony. I wanted to close my eyes to be able to concentrate and absorb the feeling tones of love, gratitude and sense of wonder which Robert was able to give. However, I learned in the rehearsal that I missed something when I shut my eyes for even a short time. I didn’t repeat that during the ceremony, though, as one needed to see Robert’s reading as well as listen.

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Reflections on Wesak - continued from page 5

The teaching that Gita chose on impasse was strong and timely for the group. The teachings fit well with our earlier work on discipline – a requirement for surmounting impasse, and it gives us something to carry forward and work with in the coming year.

Everyone seemed to come away with a feeling of accomplishment in working with the Agni Yoga stories after gaining insights into their own sense of intuition. And really, it was as rewarding to see it in others as much as if I did it myself. We all felt that way, I think. Through dance, study, lecture, listening, talking, singing, group insight, ceremony, meditation and visualization we shared this powerful, yet loving experience on every level. For me, Wesak 2009 will be remembered for its power and creativeness.

- David T.

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I was sitting near our water garden which has a water fall. As I listened to the soft sound of the water hitting the rocks I began thinking about the relaxing, beautiful, yet powerful sound. In our group we are each like a drop of water that have merged into a larger body of water and formed a waterfall. One drop alone would barely be heard, but all the drops together... Wow! How much more beautiful and powerful we become each year as we work on ourselves individually and as a group and re-assemble at the annual Wesak conference. I felt this more strongly this year as our group seemed to blend together as one very quickly.

Since returning from the conference this year, I find I am observing myself on a deeper level and contemplating the impasse in my life. It can be very subtle. I am not looking at myself in a critical way, but in a positive way to find these impasse, look at them and to begin to deal with them in what ever way it takes..... not only for the betterment of myself, but also for the betterment of the whole. The more clear we are of our impasse the better we are able to receive these incoming energies, the 'better' we become as individuals and as a group.

One of my impasse has been a block to putting my thoughts in writing. When I was asked to do this a feeling of fear immediately came to me. I thought, wow, here is a big impasse I have! Don't be afraid, look at the impasse and work with it and have fun at the same time. Thanks for giving me the opportunity of working to overcome one of mine.

- Joyce P.

## TSG Cave Creek Center Upcoming Events

### Cancer Full Moon



**Sunday, July 5, 2009**

10:00 am - 11:00 am

*Wisdom of the Zodiac*

with Gita Saraydarian

### Leo Full Moon



**Sunday, August 2, 2009**

10:00 am - 11:00 am

*Wisdom of the Zodiac*

with Gita Saraydarian.

### August: Other Worlds Seminar, Part I in Austria Visit us online for details

For other events at TSG please visit our  
Event Calendar Online

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# Personal Freedom

By Gita Saraydarian

The eloquent phrase “All men are created equal, and are endowed by their creator with certain inalienable rights, among these life, liberty and the pursuit of happiness” is a powerful message that has riveted human minds and hearts throughout the world. Every human being wants to be treated equal to others: to be equal before the law, and to have rights that are not to be taken away from him, to have the ability to live and to have freedom and to pursue happiness in whatever form is deemed appropriate.

These outer freedoms are available to us through the society and political structure in which we live. Freedom is also fostered by our culture, language, economic, religious, and the educational systems to which we are subjected. These outer freedoms are very important for our growth, without which we cannot grow. “People grow only in freedom – mental freedom, emotional freedom, physical freedom – conscious freedom.” (*Challenge for Discipleship*, p. 8.) However, we cannot take these freedoms for granted, for in every culture and society, there are always selfish individuals who wish to have personal power and personal gain through the limitation of the freedom of others. In order for a true freedom to take root in all its complexity, we need to look at the inner freedoms that form the foundation for the external freedom to bloom to its fullest.

This freedom is based on overcoming those conditions that take our freedom away from us. “Freedom means mastery over your body, your emotions, and your thoughts. You free yourself from the mechanical side of your nature. There are five very thick walls which prevent your progress: hatred, anger, fear, jealousy, and revenge. If you can free yourself from these

walls, you will understand the meaning and beauty of freedom.” (*Challenge for Discipleship*, p. 8.)

What is the ultimate freedom that we want? It is the capacity to be in continuity of consciousness, a level of beingness wherein we are able to connect consciously the Higher Worlds. We are able to operate in these higher levels when we do not have conditions in our life, in our very existence and expression, that would tie us to the ugly side of life. We do not dwell in ugliness, we do not think and feel and live in ugliness. We are instead imbued with the sense of beauty, goodness, righteousness, joy, freedom; we strive continuously to overcome our limitations of any level, and we serve without selfishness and with commitment for the good and upliftment of others.

We have gained our freedom, both external and internal, because of the accomplishments of the men and women who came before us and who lived and built life according to these principles. It is our turn now, to live in these principles and to secure a higher sense of freedom for the children who will inherit the world after us.

During the months of July and August, take a copy of the book *Challenge for Discipleship*, read it and contemplate and meditate on the inspiring and life changing Teaching contained in it. Take the meditation course based on this book and see your life grow and change day by day. This is the greatest gift of freedom that you can give to yourself and your loved ones.

I wish each of you a most joyful and happy Summer.



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