

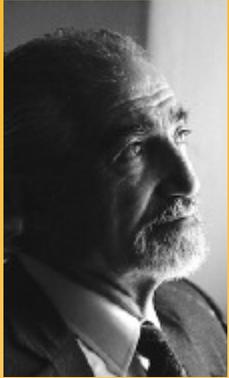


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OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

SEPT / OCT 2009



Torkom Saraydarian
1917-1997

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Approaching this Fall Season and the Harvest of Friendships

John Keats' *To Autumn* is considered to be the most anthologized poem in the English language. Autumn, in Keats' ode, is a time of warmth and plenty, but it is perched on the brink of winter's desolation, as the bees enjoy "later flowers," the harvest is gathered from the fields, the lambs of spring are now "full grown," and, in the final line of the poem, the swallows gather for their winter migration... with an understated sense of inevitable loss.

In our Western culture, the mood of the fall season is a time of preparation for the season ahead and a time of gladness for the fruits of the earth. And as Keats so aptly described, it is also mixed with a certain melancholy linked to the realization that the possibilities of summer are fading, and the chill of winter is on the horizon as the arrival of night slowly becomes noticeably earlier.

Skies will eventually turn grey, and people turn inward, physically, emotionally, mentally and spiritually. Rainer Maria Rilke, a German poet, has expressed such sentiments in one of his most famous poems, *Herbsttag (Autumn Day)*, which reads:

*Who now has no house, will not build one (anymore).
Who now is alone, will remain so for long,
will wake, and read, and write long letters
and back and forth on the boulevards
will restlessly wander, while the leaves blow.*

As we prepare for the fall season with its lush abundance as well as its natural inclination for personal reflection and a kind of solitude, it can be an opportune time to reflect on the value of our friendships. A true friend represents nobility, the actualization of our highest virtues. Nobility demands a valiant heart to stand for the rights of our friends.

In that spirit, this *Outreach* issue is dedicated to examining the nature of friendships for this fall season. You'll find joy-filled writings by Torkom exploring new depths of this subject. There's a wonderful poem as well by Torkom entitled *Friends*. And Gita's message this issue is "right on point" about spiritual loneliness, taken from her widely-read blog.

As nature begins to dance in spectacular colors, as the seasons slowly fade during these upcoming months, pause to give thanks for the beauty of friendships....and take time to deeply connect with your heart.

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*Publish
Distribute
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Torkom
Saraydarian's
Creative Works.*

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



Gita Saraydarian

- Lou Schwartz

Friendship

by *Torkom Saraydarian*

Friendship is the foundation on which group consciousness is built and cooperation is learned and practiced. In fact, our entire social structure is built upon friendship. The success of cooperative efforts and group consciousness is dependent on the quality of relationships between people. Friendship forms the best quality upon which to build such relationships. Someday the importance of friendship will be recognized; philosophers, psychiatrists and psychologists will write about the science of friendship.

Friendship comes in many forms. Friends in the familiar sense of the word are one kind; your family represents another. Your group and co-workers are also friends. A form of friendship is to have a co-working group. Your nation is a kind of friendship—without friendship, there is no nation. When all nations are united, there is international friendship. Thus we see friendship takes many different forms.

Where does the urge to have friends come from, to have families, to have groups and churches, organizations, and nations? Perhaps the answer to this question lies in the belief that every human being is a piece of a great puzzle. Each “piece” tries to find the other “pieces” to make itself complete. There is an urge in ourselves to make friends; we cannot live by ourselves. We depend every minute on something, someone somewhere to some degree. Friendship is a principle, a law. Even without consciously knowing this, people search for friendship—it is an innate urge in human beings. Little “puzzle pieces” are searching for and finding each other, and eventually a larger portion of the puzzle gets completed. Then the larger portions begin searching for others. Eventually the whole puzzle will be complete.

Every puzzle piece has four dimensions. The pieces come together physically, emotionally, mentally, and spiritually. Let us say that the whole puzzle forms one humanity. If humanity says, “We are one race,” then the physical aspect of the puzzle is built. After that they make a better adjustment emotionally, and an even finer one mentally. Finally comes a very fine adjustment spiritually. When this last occurs, each piece of the puzzle will have found its right position, its right location.

Once you have found your true location and the true parties with whom you have completed the picture, you immediately increase your value and the value of others. As a little piece, you do not have value unless you unite with the next puzzle piece and make yourself larger and larger. As you make more connections and become more complete with other pieces or portions of the puzzle, your value becomes greater. You increase and expand until you and the whole picture are one. Finally you can say, “I am the picture”—you are complete; you are fulfilled.

This is a science which people must write about, instead of writing about crime, or gossip, or killing. Children are reading these harmful things and thinking, “We can be destructive like our leaders and role models.” Why is there so little written and spoken about subjects such as friendship? We must write and speak more of this science.

There can be no success, no completeness, integrity, or wholeness until each individual is a whole. A person can become “whole” only when he finds all those “pieces” and fits into them. These “pieces” may still be antagonistic to each other because they have not found their own proper location. They must be brought to their right location and become part of the greater picture.

Every human being who starts a friendship must continue it to completeness. Friendship exists only in continuous closeness and completeness with another portion of the puzzle. For example, if you have a girlfriend, you are going to become complete physically, emotionally, then mentally and spiritually. When you create a family, that family must be part of a greater family, a greater group and greater nation. In this way you are growing and expanding. True friendship does not exist until it has progressed, expanded, and made ever-inclusive.

The sicknesses of humanity are based on ignorance of this principle. When people form groups, they often say, “Other groups are trash.” When we become a nation we say, “We are the best nation; others are nothing.” Many of the activities we engage in to organize ourselves are primarily aimed at destroying others. This works against the law and principle of the puzzle-building urge.

True politics, true politicians will tell us, “Unite more and more. Create better, closer relationships. Create better relationships on higher planes with more creativity and more inclusiveness.” This is what true friendship is. This is the foundation.

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Steps for Building Friendship

1. To be friends means to have commitment.

Without commitment, friendship lacks a foundation. If friendship is based on self-interest and the exploitation of the other, it is not friendship. If I am your friend, then I am going to commit myself to your welfare. If there is no commitment, there is no progressive friendship. There are many obstacles along the way that work to prevent commitment, but eventually the wise person will find the ways and means to get around them.

When there is commitment, friendship begins. Of course with commitments come headaches, troubles, obstacles, and complications. But this is good, because every difficulty, hindrance, complication, and obstacle can be drawn out of us and all of those elements which do not contribute to the puzzle-building process thereby cast out.

2. In building friendship you need to have a vision. What is your vision in friendship? It is vision that draws you closer to each other and unites you.

People think that they can create wholeness without a vision. This is not true. If humanity had the vision to create the most healthy and prosperous race on this Earth, every nation would work toward that vision. If you have a friend, you must create a vision. Ask, "Why are we coming together?" The answers to this question will reveal many things—false things, good things, right things, "square" things, "round" things, and so on. Commitment comes first, then vision.

A group must have a vision. A church, a nation, a family must have a vision. If the members of a family are going in varying directions without a common vision, that family cannot continue. It cannot fit as a group portion into the greater puzzle picture.

3. Each person must ask and think, "How can I make the other person healthier, happier, more prosperous and more enlightened?" If two people are not thinking about the health of each other, they are exploiting each other. Each must think, "The health of

this man or woman is my health; the health of this group is our health; the health of that nation is also our health." How can we bring individuals, groups and nations to think about this? Our primary interest should be how to make each other healthier, happier, more prosperous and more enlightened.

It is important to discover ways to speak about these questions. When you are eating together or swimming together, talk about these ideas with your friends. Ask them, "How can I make you healthier?" I know many families where the husband drinks until morning and forces his wife to drink. This is not friendship. Or the husband spends a lot of money gambling while the wife cries and feels despair. He says, "I love you. Here is five hundred dollars; buy something," and then disappears the next day. There is no commitment, no vision and no interest in making the other healthier and happier in such situations. Ask, "How can I make you happier? How can you make me happier?" Do not forget that a friendship is mutual. These are such basic concepts, and if they were not put into practice, families, groups or nations would not exist.

(Excerpted from *The Psychology of Cooperation and Group Consciousness*, pp. 97 - 102, by Torkom Saraydarian.)

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- *Text: The Science of Becoming Oneself*



Friends

Friends
are so beautiful.
They inspire you.
They help you.
They protect you.
They give you
the fire of courage,
and sometimes
they console you
and bring peace
into your heart.
Friends are so beautiful.

You see
greater hope in their eyes
and a future
shining with lilies
in their words.
It is so beautiful
to have friends
and not burden
their shoulders
with your petty
expectations
but
as much as possible
to lighten
the loads of your
friends.

We have all kinds of friends
and our hearts
are full of gratitude.

They are all there
until
the train
rolls its wheels
toward far-off
destination.

You look at them
with smiles
and tears.
You say goodbye
and for a long time

you wave your hands,
then sit on your chair,
alone,
and think
about your
far-off destination.
They go back to their home
with your memory
in their hearts.

Friends are so beautiful.
They make you bloom,
but
there is a time
when you travel
alone
and climb the mountain
on your own feet,
depending only upon
the spirit of your
striving
and upon the seeds
you sowed in your life.

There is a time
when you become
your own friends.
You represent
all your friends
to yourself
and walk the path
of loneliness,
but with all that
you sowed
and with all that
you are.

Unless one
leaves behind
all his friends,
he cannot meet them
again
in the fields of higher
beauty.

Unless one leaves
behind
all his friends,
he cannot turn
into a joy
for their hearts.
Friends are so beautiful.

Friends poem - continued from page 4

After you leave all your friends,
on your lonely path
and from the mist
of the day
there appear new friends
which you created
by your deeds,
by your words,
and by your lofty thoughts.
They will always be
with you,
and as years
go by
they will increase
and multiply.

Some of them may follow you
to the station.

Some of them
will come with you
to the Subtle World,
and some of them
will follow you
to the Fiery World
and make your journey
pleasant, joyful, and
transcendent.

And when you want
to come back,
it is these friends
who will travel
before you
and wait
on the other shore
and greet you with flowers.
Friends are so beautiful.



TSG Cave Creek Center Upcoming Community Lectures



Sunday, September 6, 2009

10:00 am - 11:00 am

*The Science of Becoming
Your True Self #3 of 12*

with Gita Saraydarian



Sunday, October 4, 2009

10:00 am - 11:00 am

*The Science of Becoming
Your True Self #4 of 12*

with Gita Saraydarian.

For other events at TSG please visit our
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Suggested Lectures by Torkom:

DVD #220 - Universal Principles and Planes

DVD #048 - Sun in Libra (How to Create
Balance in Your Life)

AUDIO - How Friendship Must Grow

Take 50% off Essential Oils:

Bay, Cassia, Lemon, Pine,
Rosemary, Tea Tree
(Only while supplies last!)

(Excerpted from, *From My Heart*, pp. 395 - 399, by Torkom Saraydarian.)

Spiritual Loneliness

By Gita Saraydarian

In exploring the nature of friendship and connecting with others, it is also important to consider the avoidance of being lonely. We do not like to feel lonely and we try to avoid it at all costs. We seldom have a sense of quiet repose and we do not like the feeling of loneliness. Being lonely makes us sad and uncomfortable, so we try to fill that space with people, activities, and all kinds of “noise”. With so much technology, social networking, texting, Twitter and such, we cannot stand to not talk to someone and will find any excuse, wherever we are during the day, to make that call or to text-message that one additional person!

The result is the inability to focus and make an internal connection that is the most essential part of our life. To find real insights and wisdom in our life, the first step we must learn is to quiet ourselves and learn to practice quiet meditation and deliberate prayer; we must learn the art and science of loneliness and emptying of ourselves from the non-essential.

When we can achieve a time of silence, in that silence, we begin to comprehend the most essential path for our life. It is in the true lonely feeling that we can finally meet with our true being, our essence, and find our direction in life. Being lonely is hard work! At first, it is like a sickening feeling that does not go away; a rock inside of us, heaviness. Then, if we persist to examine it and resist the temptation to replace it with noise, it becomes a feeling of understanding, opening, linking, and appreciating a broader part of life that we did not see before. Our

heart opens and relaxes and a flood of understanding envelopes us. The sadness may not immediately go away, but there is a deeper understanding of what is really going on in our life.

There is no short-cut. In order to find the healing, the solutions, the answers to our prayers, we have to get to a point of serious reckoning. We have to feel lonely and then start to reach for the answers that really matter.

If we approach our life with the noise of our bodies circulating inside our mind, we will not be able to hear or understand what we should hear. During these next few months, seek a quiet time daily. Let your mind wonder, think, and contemplate life. Shut down the external noises and reflect on what is going on in your life. Try to find areas that you love, appreciate, and are grateful about. Find a whole day where you do not check the email. Put away your cell phone for one day. Resist the temptations of filling up your time and just let your bodies adjust to the quiet. You may be surprised what you find!

I wish for you a new appreciation of the greater mysteries of life - and the balance of having good friends.

With love and appreciation,

Gita



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