

Outreach

Providing practical tools for ethical living / VOL. XV, July / August 1998

The Fine Art of Communication ...

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Our purpose is to be a pathway for self-transformation. We offer books, audio tapes and videotapes, classes and seminars, and home-study courses based on the Core Values and Higher Principles of the Ageless Wisdom.

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Outreach

A bi-monthly publication of TSG Publishing Foundation, Inc. Providing practical tools for ethical living using the Higher Principles of the Ageless Wisdom.

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Speaking Clearly

As we prepare for the upcoming 3rd annual *How to Lecture* course at T.S.G. Center for Learning, the art of communication is in the forefront of our minds.

We stated in the last issue of *Outreach* that, "Whether or not you lecture, you are communicating the Teaching every time you step out the door. What are you saying?..."

Two new releases by Torkom Saraydarian are now available for our study and application on how to become expert communicators. The following excerpts from *Leadership*, Volume V and *Teaching the Ageless Wisdom* will give you a window into each of these masterpiece texts:

Art of Building

"Our lectures must be like architecture built into beautiful designs and presented to the audience — not all at once as a whole — but sequentially and gradually. Some lectures are like chips of building materials thrown upon the field. If you look at them, you cannot see any beginning and any development toward the end.

"The human brain wants to see a beginning, a development to an end, a geometrical sequence, a logical relationship. Some of the lectures are half-built constructions, in

front of which the mind becomes confused.

- What does he mean?
- Why is he lecturing?
- Where is he taking me?
- What is the conclusion, or how did he come to a conclusion?

"Every time the audience does not have a comfortable conclusion, they do not hear you anymore.

"Some lecturers are like cats running after their own tails. The same idea is repeated again and again without new unfoldment or interesting and new descriptions. This creates boredom in the audience because the lecture becomes monotonous. Monotonous lecturers are non-progressive, turning around the same thoughtform.

"It is good sometimes to try to speak about the same thought or idea if in the second or third phase of your lecture you are unveiling a hidden nature of it by a new example or experience. Progressiveness in lecturing is very important. The audience is anxious to travel toward a goal through beautiful and exciting paths....

"Those who continuously present questions one after another create confusion in the audience because some members of the audience can answer a few of them, and others cannot. And if you

The Poet Speaks

During production of the book of poems *From My Heart*, Volume I, the publisher asked of the author, "What is the purpose of poetry? How is it significant?" The following answer was given and in it a description of the depth of this multidimensional vehicle of communication.

What is Poetry?

"There are rare moments in our life when an event happens, but it runs by so quickly that we cannot grab it. We need a fast camera which takes instantaneously the event that is occurring.

"There are many events like that in the physical plane, but especially in our emotional world and in the world of ideas, impressions, and inspirations. Events, ideas, and thoughts come and go so fast that we must develop our apparatus to catch them. That apparatus is what the real poet is, and what he catches is the poetry.

"An average man can see an event or strong emotions or a thought, but a poet can see hundreds of events in one event.

"His expressions are clear, but his suggestions are multidimensional. Sometimes he speaks on five levels and pursues a different goal for each one.

Q&A



Q “What is the relationship between silence and thought?”

A “Thought is always silence until it becomes sound. The impressions that are coming from the tower to your television have no picture. The picture is created at the right moment when it hits the mechanism of your television.

Q “What is the difference between a thought and a thought that is spoken?”

A “Thoughts that are spoken are sometimes more powerful, and sometimes very distorted. Speech can distort the real thoughts. Sometimes it amplifies. Sometimes it distorts. For example, if you have a good thought and you cannot really formulate that thought, your thought is dead or paralyzed or half dead. But if you can formulate it exactly as it is, then your thought is amplified.

Q “Why is a silent OM more powerful than an OM that is sounded?”

A “That is very interesting. In sounding the OM you sometimes put your personality into it, your desires, your ego, your vanity. There was a man who would shout the OM. He was putting his personality into it. Wherever there is personality, it is weaker than the soul. In the silent OM you do not have vanity, ego, you do not have interest, self-interest, and really you go into the OM. But a personality OM is an outside phenomenon. It is not real.”

(From *Thought and the Glory of Thinking* by Torkom Saraydarian, p. xxii)

The Poet cont. from p. 1

“Readers of poems are not average people. They have abstract and practical minds, plus the light of Intuition. It is very important to have creative imagination and visualization to catch echoes of the poems that no average ear can hear.

“Poetry is making love with your visions and with the deep feelings of your heart.

“In the bottom of your heart there are many subtle feelings, but they never come to the surface because of the noise of civilized life. Poets are the ones who discover them, dress them in subtle form, and present them to the world as bridges of transformation.

“A real poet makes his or her readers see rare events of life, see a drop of a tear in the smiling face of a child, for instance, and express his feelings. But also, he sees a drop of light in the darkness of night and catches it for others.

“Poets live inside their palace of bliss and pain and melt them together with their vision to make a poem — in each poem to see the subtle pain and the immense joy.

“Poetry is a moment of diving into the ocean of Intuition where you feel one with everything. You catch the pearl in an oyster and bring it to the surface.

“Poetry cannot be explained. It only can be intuited by your heart and abstract mind.

“Some people think that poets are brainless people. ‘What is poetry?’ they say.

“Poets are in the light of the intellect every moment, but they do not use that light for their self-satisfaction and greed. Neither do they use it for judgment and criticism. Intellect for them is the principles of rhythm and harmony.

“A poet loves but does not desire. A poet rejects the gift and aspires for the giver. The poet lives in the symphony of life and tries to drown in the symphony.”

(From *From My Heart*, Volume I, by Torkom Saraydarian, pp. 5 – 6)

The TSG Bookstore is open weekdays from 9 AM to 5 PM. You can order by phone or fax or e-mail, or come in and browse. We have incense, lectures on audio and videotape, note cards, bookmarks, and more.

A Private Appeal

by Torkom Saraydarian

*If I can't see
Your face,
my Lord,
it means my eyes
are not developed
enough
to focus the rays
emanating
from Your presence.*

*If I can't hear
Your voice,
it means
I didn't reach yet
inner harmony
to a degree
in which
Your thoughts
can turn
into words
in my ears.*

*But, my Lord,
I am grateful
because of
the inspiration
I receive
from You
when I think
about You.*

*I can't stop
the fire
of my desire to see You,
to hear Your voice,
but, my Lord,
I also
don't want You
to make Yourself
visible to me,
or
to make Your voice
audible to me,
if
I am not worthy
of it
or if
I will develop
vanity,
pride,
and lose my humility.*

*One thing
I want to do,
my Lord,
is just to serve
people
with all my heart
and love
and tears.*

(From *From My Heart*, Volume I, by Torkom Saraydarian, pp. 229 – 231)

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Art of Building cont. from p. 1

pump them with more questions you shut off their consciousness.

“It is good if you either answer your own questions or help them by giving subtle hints to answer your questions.

“If people leave full of unanswered questions, they will not come back to your lectures. People come to your lectures not to increase their questions but decrease them. Speakers who decrease the innate questions of the audience attract more people....

“In every lecture you must give guidance without restricting in them the capability of discovering new, inherent ways of self-guidance....

“Realize that your speech is a labor of building a construction in the minds or souls of the people. What kind of construction are you leaving them with to take home? Their reactions, responses, or relationship with you will correspond to what you build in them.

Yours,

Torkom Saraydarian

June 6, 1994”

(From *Teaching the Ageless Wisdom* by Torkom Saraydarian, pp. 163 – 165)

Leadership & Communication

“The success of a leader is in a great degree based upon communication

- With those who are his co-workers
- With those who are his contributors
- With those who ask questions

“It is very important for him to meet often with his co-workers and see if they need him

- To solve certain problems
- To be inspired or enthused
- To plan for certain projects
- To communicate with them through letters, written in clear and simple language, through telephone calls, or face to face

“The principle for these communications will be to further the labor, and his communicators will be strengthened without losing time.

“A true leader does not save his job for tomorrow. He does it today, now.

“To those who contribute to the work, he expresses without delay his gratitude and encourages them to make further contributions. He teaches them the act of sacrifice and sharing. The more you make people give for the work, the more you help their souls to grow.

Book Review

Battling Dark Forces — A Guide to Psychic Self-Defense

by Torkom Saraydarian

Intentional direction of evil thoughts, the distribution of radioactive waste and materials, the creation of disturbances in certain areas around the electromagnetic sphere of the earth — sound too bad to be true? Not according to this thought-provoking book on the sources, methods, and techniques of the dark forces. The countermeasures to such attacks must be scientific, moral, and spiritual. It is on this psychic level of personal, moral, and spiritual discrimination that the book concentrates.

Battling Dark Forces' focus is on the ways in which we are deceived and led into inertia, confusion, and fear. The book shows how the methods of evil are commonplace and have been easily accepted in our life. The author accomplishes this by using a seemingly inexhaustible supply of illustrative stories. Often amusing, always interesting, sometimes touching, and occasionally even heartbreaking, they bring to life the subtleties and realities of evil: in order to make more money a garage mechanic works so fast that he has a heart attack; a wife asks for a divorce because “everyone

“Those who ask questions about the work and teaching must be handled very lovingly and answered as thoroughly as possible. Often they become co-workers and spread the Teaching in many areas.

“He also must be sensitive to those who are anxious to serve the Teaching to their capacity. He must watch them, encourage them, enthuse them, help them in every way possible to make them take root and become centers for future activities. He must inspire them and give right guidance about how to grow and how to attract people for the work.

“Again the leader must care for every sign of fire and do his best to make that spark a bonfire of service.

“New leaders can come and turn into powerful sources of spiritual activities. But in his guidance, help, and assistance, he must use all his wisdom of leadership so that he does not encourage the ones who are carried away by glamor and ego and by selfish motives.

is doing it. Just the other day I saw a movie...;” a father lets his son smoke a little marijuana and, six years later, loses him to heroin. We come away feeling like the toad in a kettle of hot water who has become anesthetized to the danger because he has become so used to it.

Battling Dark Forces — A Guide to Psychic Self-Defense is a wake-up call. It presents us with methods to find and defeat our own inner darkness. The battlefield is within us. Outer attacks are a reflection of our inner reality. “If you want to know what is happening within you, listen to the news,” suggests the author. “An outer force will not attack you unless you have similar darkness within you.”

The foundation of protection and victory is meditation.* Meditation, he says, creates greater light within us, which exposes the darkness. Other methods of protection and victory are given to guide the seeker.

Highly recommended for all readers.

***Note:** Three excellent meditation correspondence courses are available through T.S.G. Publishing:

1. *Meditation for Beginners*
2. *Creating Prosperity and Success Through Virtues*
3. *Joy and Healing*

Contact us for details.

“The first duty of the leader is to see if a newcomer or new person has a sacrificial nature. Sometimes, before the leader gives energy to new servants, he tests them in many ways to see if they have a leadership nature.

“A true leader never encourages people who will run after their egos, using his leadership and exploiting others.

“A true leader is *fast*. Fastness gives him a great advantage over his enemies and friends. He does things fast, but at the right time. His wisdom and experience give him the opportunity to avoid losing time and energy. While others sleep, waste, and think — he acts.

“He acts not only because of his wisdom, experience, and alertness but also because of his sensitivity to inner direction which he receives from his Soul or Teacher.”

(From *Leadership*, Volume V, by Torkom Saraydarian, pp. 239 – 240)

Sun in Cancer

(The exact full moon is on July 9th at 9:02 AM, Mountain Standard Time.)

Keynote: "I build a lighted house and therein dwell."

Meditation in Cancer

1. Relax your body. Calm your emotions. Clear your mind.
2. OM OM OM
3. Say the Great Invocation:
*From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.*
*From the point of Love within the Heart of God.
Let love stream forth into the hearts of men.
May Christ return to Earth.*
*From the centre where the Will of God is known.
Let purpose guide the little wills of men —
The purpose which the Masters know and serve.*
*From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.*
Let Light and Love and Power restore the Plan on Earth.
4. Meditation seed thought:
What kind of house am I going to build and for what purpose?
5. Say the Mantram of Unification:
*The sons of men are one and I am one with them.
I seek to love, not hate;
I seek to serve and not exact due service;
I seek to heal, not hurt.
Let pain bring due reward of light and love.
Let the soul control the outer form,
and life, and all events
and bring to light the Love
that underlies the happenings of the time.
Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate
and outer cleavages be gone.
Let love prevail.
Let all men love.*
6. OM OM OM
7. Bless the world.
(From *Symphony of the Zodiac* by Torkom Saraydarian, pp. 196 – 197)

Sun in Leo

(The exact full moon is on August 7th at 7:11 PM, Mountain Standard Time.)

Keynote: "I am that and that am I."

Meditation in Leo

1. Absolute silence should prevail in the meditation room.
2. OM MANI PADME HUM
3. Say the Great Invocation:
*From the point of Light within the Mind of God
Let Light stream forth into the minds of men.
Let Light descend on Earth.*
*From the point of Love within the Heart of God.
Let love stream forth into the hearts of men.
May Christ return to Earth.*
*From the centre where the Will of God is known.
Let purpose guide the little wills of men —
The purpose which the Masters know and serve.*
*From the centre which we call the race of men
Let the Plan of Love and Light work out
and may it seal the door where evil dwells.*
Let Light and Love and Power restore the Plan on Earth.
4. Salutations to the Lion in the Hierarchy, the Christ.
Salutations to all servers everywhere in the world.
5. Meditate on this seed thought:
*Did I experience a burning ground this month, or must I first
burn off many obstacles on my path?*
6. Say the Mantram of Unification:
*The sons of men are one and I am one with them.
I seek to love, not hate;
I seek to serve and not exact due service;
I seek to heal, not hurt.
Let pain bring due reward of light and love.
Let the soul control the outer form,
and life, and all events
and bring to light the Love
that underlies the happenings of the time.
Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate
and outer cleavages be gone.
Let love prevail.
Let all men love.*
7. OM
8. Say the Great Invocation again.
9. OM
(From *Symphony of the Zodiac* by Torkom Saraydarian, pp. 212 – 214)

Music & Song

“Like a little machine, man helps the Universe by providing it with a more precious substance to be used for more advanced work. For example, through labor your food, your desire, your knowledge, and your vision change into those energies which create a painting, a piece of music, a dance. In turn, your painting, your music, or your dance radiate high-level energy and cause refinement and transformation in their environment, thus equipping Nature with finer energies....”

“It is very important to develop observation, the seeing eye, to catch moments of rare beauty; moments of rare significance; moments of opportunities which never repeat themselves. Through the river of life many diamonds are carried to the ocean, and few people are able to notice them and catch them. These moments of rare beauty, opportunity, and significance are combinations of many factors. Such factors come together on rare occasions and create the special psychological moment or a world event to facilitate a needed change. Because of their rarity and because of the higher importance of these moments, one must develop observation in order to seize them.

“These moments are accumulated gifts of life. They are condensed foci of wisdom. They are the lightening on the dark path of life.

“Observation must be instantaneous to register them, as they manifest in a hint, in a gesture, in a drop of a tear or sweat, in a

glance, in a sound, or in a moment when you least expect them. These psychological moments cannot be repeated. They are caught or lost forever. The ability to record instantaneously should be developed daily, as the moment that has passed is totally different from the present one, not only physically but also psychologically. The Cosmic Dance is an ever-moving, ever-changing symphony.”

(From *Other Worlds* by Torkom Saraydarian, pp. 352, 354 – 355)

One of Torkom’s music tapes is played prior to the beginning of each Tuesday night class here at the T.S.G. Center for Learning. For the last month or so, we have been enjoying listening to “Far Horizons.” The names of the songs are very beautiful and reveal some of the composer’s “accumulated gifts of life.” Listening to each song with the awareness of its title and the idea or observation behind it gives further depth to each piece for the listener. The music, *and* the thought behind it, touches the heart, uplifts, and leads to deep contemplation.

Here are some song titles and descriptions from “Far Horizons”:

“**My Mother, In Tears I Miss You.**” *She once said, while sitting on the bank of a river, “You may miss me and sing this melody.”*

“**I Walk Toward the Summit.**” *While walking toward the summit, we are leaving the greed, hatred, and jealousy to the dwellers of hovels.*

“**Aspiration.**” *This is the aspiration to penetrate the Higher Worlds with the arrow of the Spirit.*

T.S.G. News Briefs!

NEW RELEASES: Leadership, Volume V, and Teaching the Ageless Wisdom are now available! And *Education*, Volume I, and *Karma and Reincarnation* are hot on their heels; final edits and typesetting are in the last stages before going to press. Watch for more release dates in the next *Outreach*.

SPECIAL INTRODUCTORY OFFER: Purchase 2 or more volumes of the Leadership series (Volumes I through V) and receive a 20% discount. Offer good now through September, 1998. Highly recommended reading for all students.

DISCOUNTED BOOKS: Damaged-cover copies of Breakthrough to Higher Psychism and The Year 2000 and After are still available. Both usually \$10.95 (softcover only), have been reduced by 50% to \$5.50! Also, several hardcover copies of the brand new *Leadership*, Volume V arrived with damaged covers and are available at \$17.50. **Contact us for availability on other discounted titles.**

LENDING LIBRARIES’ PLEAS FOR HELP: Libraries in India and Indonesia are in need of books. If you have extra books in your own library, or can purchase a book or two to send, they would be deeply grateful for your contributions. These libraries provide a tremendous service to people in their respective parts of the world who would

otherwise be unable to obtain the books of the Teaching. These libraries are in particular need of assistance now. If you can find it in your heart and budget to participate in any way, they would be very appreciative. Contact us for details.

E-MAIL YOUR CORRESPONDENCE COURSE WORK! Anyone who is taking, or would like to take, a meditation course from T.S.G. and has e-mail, can send his or her monthly report and order each new lesson via the Internet. New lessons will be charged to your credit card with your confirmed approval. This method of communicating saves time, postage, and paper for everyone. Let us know (e-mail us!) if you are interested.

BOOK CLUB SAVINGS. the Torkom Saraydarian Book Club has been established for all those who wish to receive new releases of his works from T.S.G. automatically as soon as they are available. Members receive a 20% discount on every title sent.

LEARN HOW TO LECTURE & COMMUNICATE THE AGELESS WISDOM: Classes start in September (see enclosed flyer). Partial correspondence course will be available for those unable to travel to Arizona each month. Includes audio taped lessons and study of companion text, *Teaching the Ageless Wisdom*.

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CAVE CREEK AZ 85327-7068

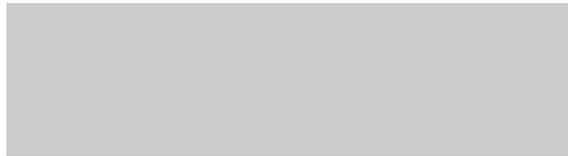
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Inside: *The Fine Art of Communication & Teaching the Ageless Wisdom*

The Sacredness of Speech

"It is known that our talk conditions our life and also our relationships with other people. Sometimes our relationships are distorted, and we create a lot of antagonism and hatred and jealousy and fear. Sometimes our talk enlightens people, creates joy and freedom in them, and even health. The Ageless Wisdom says that our talk affects all our atoms and cells in our bodies because through whatever body we are, we are really releasing energies into that system. People are not only this physical body; they have subtle bodies around themselves. These subtle bodies are so electrically sensitive that whatever you are saying is affecting the cells and the atoms of these bodies.

"Sometimes there is chaos in our aura. What is the aura? It is the combination of our physical radiations, emotional radiations, and mental radiations. It is not the etheric body. It is radiations. But also we have the etheric body around our body. When we are talking, the electricity in our voice is affecting our whole aura. Sometimes you have a very chaotic aura around yourself, a very disturbed and

negative aura. It is our aura which assimilates the energy from the Universe. If our aura is disturbed, we cannot assimilate these energies which are all around us. On the contrary, we create friction between our aura and the energies surrounding us. When we create friction, we lose energy. That is why sometimes you have the experience that after talking half an hour with a man, you feel very weak. What is it? It is not talking that hurts you because your tongue is very flexible and you can talk all day, but you create disturbances in your energy system. That is why if you read about religions, in every religion there is a chapter about how to talk....

"Every one of you, within your secret chamber of your soul, is the Word of God that God sent all over the Universe to spread His mysteries, His knowledge, His consciousness. That condensed wisdom, condensed science, condensed power is within you. It is you.

"When you are talking, you are releasing that radioactive atom that is within you and that is you. Talking is radiation. It is radiation of what? It is the radiation of God, radiation of your essence, radiation of the wholeness, the

essential beingness that is within you. Whenever you express, manifest, release that Word within you that is your True Self, you have prosperity, enlightenment, enthusiasm, joy, freedom, energy. Whenever that word is blocked and expressed through layers of pollution, you are not able to manifest yourself, and you create pollution and destruction in the minds, in the emotions, and in the bodies of the people."

(From *Teaching the Ageless Wisdom* by Torkom Saraydarian)

What We Do ...

- ♦ **Publish the books of Torkom Saraydarian**
- ♦ **International & national sales & distribution of the entire Torkom Saraydarian collection**
- ♦ **Teach classes & meditation courses**
- ♦ **Handle all copyright agreements in English & other languages.**

Contact us for a free catalog of books and music and for information regarding The T.S.G. Center for Learning. Audio & video lecture tape lists available for a nominal fee.