

Outreach

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Why? ...

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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. T.S.G. Publishing Foundation, Inc. is a non-profit, tax-exempt organization.

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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It is possible to engage oneself in meaningful activities and disciplines which, when performed by habit or without conscious thought, become meaningless or less impactful.

Of course, this kind of practice is antithetical to the goal of the Teaching which is to make us *conscious*. When we lack purpose or have misunderstandings about the disciplines in which we are engaged, we are not living the Teaching.

In this issue of *Outreach*, we have asked *why* we strive to practice some of the disciplines we do. Our aim is to encourage a questioning in you and help you to build a more solid foundation on which the highest within you can be built. And so we ask:

- ◆ Why did Torkom write all these books?
- ◆ Why are full moon periods opportunities?
- ◆ Why is meditation important for a disciple?
- ◆ Why does music affect our unfoldment?
- ◆ Why can praise be dangerous?
- ◆ Why is it important to have gratitude?
- ...and more

and answer with Torkom Saraydarian's own words of wisdom.

It is fundamentally essential to ask ourselves, "Why do we read and study the works of the Teaching — what is our motive?" Perhaps we will recognize our own answers as the author explains:

"Why I Write"

"My intention is, as far as I can, to create in people a love toward beauty, deepen the sense of righteousness, increase goodwill, inspire them with the vision of right human relations, to create courage, to annihilate violence, crime and exploitation; to challenge them to become more creative in their actions; to invite them to purify their motives and work for the Common Good. To inspire them to love all living forms, to open in them the sense of direction, universality, and synthesis. To inspire them to develop the spirit of cooperation with the vision of the great Avatars. To encourage them to strive toward enlightenment, knowledge, and beingness. To help people blossom with the flowers of all the virtues and with fragrance of nobility and kindness. To inspire people to unite and form a universal brotherhood in which there is freedom from fear and want and freedom of speech and of religion. To inspire man to see those who stand as obstacles on the path of humanity's progress; whose motives originate from separa-

Why Book Knowledge Can be Dangerous

"Once in a class [my Teacher] said, 'All the information you gather from books is dangerous for you if you have not achieved the fundamentals.' The fundamentals were those things that should be conquered before the spiritual discipline could be given.

"Teacher,' I said one day, 'why is knowledge dangerous before transformation?'

"'Because,' he said, 'it develops ego and in the future, the ego makes any transformation impossible... Without transformation man cannot be his True Self.'"

(From *Challenge for Discipleship* by Torkom Saraydarian, p. 33)

Why Meditate?

Torkom has said, "They say the bear has eight songs and they are all about honey. *This* bear [referring to himself] has only one song and it's about meditation." So why are we encouraged over and over again to meditate? In case the many reminders have escaped your attention, here is one more:

"The Ageless Wisdom can be understood through meditation and sacrificial service.

"We are told that those who attain spiritual illumination and give practical guidance to

“Why I Write” cont. from p. 1

tism, totalitarianism, and materialism. My task, as I understand it, is the same task as all of those who stand for Beauty, Goodness, Righteousness, Joy, and Freedom.

“My Teaching will spread all over the world and numberless groups will be formed to propagate it in many languages. My Teaching unites all the highest in all Teachings, and eventually a path of unity will be established among many teachings.

“I came to make the Teaching practical for another five hundred years. When the Earth fully enters into Aquarius, I will come again to serve the Great Ones and anchor Their Teachings into the ocean floor of the masses.

“My Teaching will have its main Temple from which it will spread all over the world. Great disciples will organize the Teaching in many ways to further penetrate into the consciousness of the masses.

“I will be with this humanity for a long time because I know the woes of humanity.

“I served humanity in the capacity of a king, soldier, statesman, teacher, priest, physician, artist, banker, and messenger. In all these departments of human endeavor, I did my best.

“My duty is related to the masses of people. I understand their psychology, the causes of their suffering, and the ways by which they can change their suffering into joy. I can lead them into the future for I work in the capacity of a servant of the Great Ones.

“My suffering and limitations are all the results of certain personality failures on the path of my dedicated service. They are necessary to keep me on the right track.

“All my relations with people are based on my resolution to help them, to uplift them, and to guide them toward Home.”

(From *Discovering Torkom's Teachings* by Harold Balyoz, pp. 379 – 380)

Why is it Important to Improve Our Self-Image Continuously?

“All human endeavors progress only in the absence of crystallization. Whenever a field of human endeavor crystallizes, it cannot unfold, develop, or progress and becomes a hindrance for other progressing fields....

“The power of any unit in any field is in the openness and freedom to change its attitudes and self-image.

“Every time you improve yourself and change your self-image, you select a new current of energy from within and call forth a new potentiality into action. Real human beings are those people who continuously and progressively improve their self-image. Do not stay crystallized....

“The self-image to which we are referring is an ever progressive self-image, improving progressively to present the ideal that you see in your heart. Such an image is formed by your future vision. Trying to build a progressive and unfolding image that meets the standards of your future vision becomes your vertical image. A vertical image brings you close to what you actually are in your essence.”

(From *The Mystery of Self-Image* by Torkom Saraydarian, pp. 11, 14)

Why is Flattery Dangerous?

“My Teacher used to tell us to be careful when we praise someone or flatter someone. We may build an image in him for which he is not ready.

“Sometimes we do not understand the difference between encouragement and praise.

“In encouragement we stimulate the potentials that are in a person. In praising we build an image, the potentials of which are probably not active yet.

“There is also the other side of this story. A person, because of his glamors and vanities, tries to build an image for which he is not ready. The Teacher or the leader or the father or mother tries to warn him that he should not build an image that he cannot justify or bear.

“This is also a very difficult job because you are hated when you build an image that surpasses the person's reality and when you prevent the person who tries to build an image for which he is not ready.

“How much tactfulness is necessary so as not to awaken hatred or complicate the progress of people with all your good intentions!”

(From *The Mystery of Self-Image* by Torkom Saraydarian, p. 149)

Why are We Warned Against Engaging in Lower Psychism?

“The Ageless Wisdom is against necromancy. It warns against mediumistic activities and warns the servers and students to stay away from all sciences of materialization, channeling, or automatic writing.

“Mediums are in contact with shells or, as they are called in esoteric science, corpses, the ‘spirits’ left on the astral plane.”

“All those corpses that last for a long time in the subtle plane have a tendency to be attracted by the sphere of earth due to existing substances in them of hatred, anger, fear, jealousy, revenge, malice, slander, etc., and due to the existence of ego, vanity, separatism, illusion, greed, revenge, and so on.

“Mediums are those who give such corpses energy to come closer to human life and thus reactivate them....

“Future psychics will be trained not to make contact with shells or corpses, but to withdraw from their astral, lower mental, and even from their higher mental bodies and bypass corresponding astral and mental planes and come in contact with those enlightened spirits who live on the Intuition Plane. Once such a contact is established consciously, the world will be blessed by a true science, by a true leadership for the good of all living forms on the planet.”

(**Editor's note:** We encourage readers to investigate this topic further to understand fully the differences between lower and higher psychism, and their associated characteristics.)

(From *Breakthrough to Higher Psychism* by Torkom Saraydarian, pp. 77 – 80)

Discounted Books Still Available!

People are responding to our 50% offer on slightly damaged books and several titles are still available for purchase:

- ◆ *Breakthrough to Higher Psychism*
- ◆ *The Year 2000 and After*
- ◆ *How to Find Your Level of Meditation* and more...

See p. 7 of this *Outreach* for ordering information.

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.

Why Gratitude?

“Gratitude is an expression of thankfulness. A disciple is a man of gratitude. He says, ‘Thank you, Lord, for the beauty of Nature, for the beauty of my friends, students, and teachers. Thank you, Lord, for my sufferings and hardship and pains. Thank you for the stars, oceans, and rivers.’ And to prove his gratitude he lives a sacrificial life, a life of giving, a life of selflessness, and tries to give back all the blessings that life gave to him.

“Gratitude opens your heart center. Many boys and girls say, ‘Mother, you are old. Father, I do not like you any more.’ That is your mother. Say, ‘Thank you, Mother, for keeping me nine months with you; for taking care of me; for crying for me.’ We must give our gratitude to our parents, brothers, sisters, teachers, and friends.

“Christ said, ‘I will not forget the one who gave a cup of water to a stranger in My name.’

“Through gratitude you add another color or note to your aura, and thus you slowly build your seamless robe....

“Gratitude is a great source of joy, and everyone can develop this virtue by trying to appreciate life and by finding out how life presents to him great gifts.”

(From *New Dimensions in Healing* by Torkom Saraydarian, pp. 685 – 686)

Gratitude To Our Volunteers

We want to express our gratitude and say “thank you” to all of our volunteers — past and present. To those who have compiled, cleaned, organized, beautified, edited, typeset, weeded, reviewed, and more, we send you our tremendous gratitude. Your physical, moral, and/or financial help, in whatever area of the work, in whatever amount or frequency, is greatly appreciated!

Our army of volunteers is comprised of Ph.D.’s, physicians, business people, mothers, healthcare providers, fathers, students, teachers, lawyers — from all different fields of endeavor. It is this kind of well-rounded mix of people who contribute their various talents and lend to the wholeness and success of an organization. We are richer for it.

We send you all our sincere love and gratitude.

Book Review *Challenge for Discipleship* by Torkom Saraydarian

According to *Challenge for Discipleship*, a disciple is “an efficient person,” a person with command of one’s mechanism and of life in general. Discipleship is becoming a Soul and having the Soul, and not one’s appetites, urges, drives, or ego control one’s mechanism. A disciple efficiently controls his mechanism so his time and energy can be used for the helping of the world.

Discipleship is the commitment to the service of humanity, to a vision, to an ideal, to the spiritual laws and principles brought to humanity by the Great Ones throughout ages.

In addition to providing insight into the Plan of Christ, His reappearance, and the externalization of His Hierarchy, *Challenge for Discipleship* provides instructions on developing readiness for discipleship. Torkom explains in detail the steps, rules, and duties and responsibilities of disciples, bringing to light the various levels of discipleship, the qualities, achievements, and characteristics of the differing stages. An aspirant or disciple cannot read the book without facing himself, sometimes painfully. The book reveals the problems of glamor, illusion, vanity, and ego that have been hindering the disciple’s progress on the path. The author describes how a disciple overcomes the common traps and obstacles along the way, as well as the causes behind most failures of disciples.

The book, while creating confrontation, also brings tremendous encouragement and regeneration to anyone who may be stuck or discouraged. The author describes the virtues and attitudes needed at each level. *Challenge for Discipleship* is a practical yet incredibly in-depth guide on discipleship which enables all aspirants to see exactly where they are on the path, while encouraging disciples to focus on the future. From the chapter, “Looking Ahead,” Torkom gives one of the most important keys to successful discipleship:

It is more important to see what possibilities can exist in the future than to concentrate our minds on

eliminating our limitations. As we look ahead to the future, we will realize that most of our limitations are imaginary, and we will develop daring and courage to overcome those limitations that we really have. Once the image of success inspires us, we will run toward it with increasing speed. Do not blind yourself with what you are, but look ahead and think what you can be and what you can do, and visualize as if you already are and you are already able to do.

(From *Challenge for Discipleship* by Torkom Saraydarian, p. 473)

– K. Stanford

Why Meditate? cont. from p. 1

humanity are those who know how to meditate and how to serve humanity.

“Meditation is a daily labor which must be done with willingness, joy, and ease.

“It is a process of unfolding your soul-flower and radiating your spiritual fragrance.

“The Ageless Wisdom cannot be assimilated except through the art of meditation and contemplation.

“Meditation and contemplation not only help us to assimilate the Teaching but also help us to actualize the great principles of the Ageless Wisdom.”

“True meditation produces ecstasy, rapture of heart. It is important to have raptures of heart in which you feel free, glorious, uplifted, and expanded in consciousness, in which you feel one with beauty. But such raptures are not healthy for your mechanisms if they do not reflect into a dedicated labor to prepare others to take such moments in their life and make their life a tool of transformation for still others.”

“Through meditation we develop a faculty of seeing things as they are and of refusing the things that are imposed upon us.

“For example, most of the time thinking is the imitation of the thoughts of other people. We curse their opinions, ideas, judgements, evaluations, criticism, appreciations, or refusals; we use the products of others instead of cultivating our own garden and having our own products, opinions, and measures.

“Meditation makes us have our own thought, our own viewpoint.”

(From *The Ageless Wisdom* by Torkom Saraydarian, pp. 211, 215, 216)

Q&A



Q Why are full moon periods important to observe?

A “The Ageless Wisdom teaches that planets, suns, and galaxies are the bodies of living Entities, each having Its own keynote, color, laws, and principles. Our Sun transmits the energies of the Zodiac to Earth, providing an opportunity of harmonious development for all kingdoms of Nature.

“At the time of each full moon a bridge of contact and communication is established between humanity and higher centers. It is told that this communication line even extends from planetary centers to the Solar Lord, thus building a unique channel between humanity and the Source of Life.

“At the time of each full moon, the moon is blocked by the light of the Sun in such a way that the transmission of the Sun is direct and not disturbed by the moon. Each month our Sun enters into the electromagnetic field of one of the signs of the Zodiac and transmits its energy to Earth, either directly or via the ruling planets of that sign.

“This is why the full moon days are called *days of opportunity*, especially at the exact moment of the full moon when the alignment of all planetary and solar centers is in its highest state of sensitivity and contact.

“This opportunity for contact is a moment of regeneration, a moment in which one can again contact his lost vision or contact a new and greater vision, charge all his being, and set his steps aright on the path of evolution and service....”

(From *Symphony of the Zodiac* by Torkom Saraydarian, pp. xv and xvi)

Zodiacal Keynotes

The Sun in Pisces

March 11th

Pisces Keynote: “I leave the Father’s Home and turning back, I save.”

◆ Meditate on the following:

“As long as we remain attached to our personalities, we will do, feel, and think things which are not in the best interest of our spiritual evolution. A point of detachment is the opportunity for the Soul to gain control.” p. 314

“One must renounce all his personality traps, temptations, and bondage. Then his Inner Spark will release Itself in sacrificial service.” p. 320

“One who serves transmits joy, love, and light to others and leads them to a creative and successful life.” p. 329

◆ **Study recommendations:** *Symphony of the Zodiac*, Ch. 14, “Sun in Pisces.”
The Science of Becoming Oneself, Ch. 7, “Notes on Detachment.”

“For the disciple, the Father’s Home is a purpose to be fulfilled, not only by him, but by all. It is a purpose which synthesizes the best aspirations and dreams of humanity. His service is to bring his consciousness down to the practical world and work for the manifestation of the Purpose; this is his service.”

– Torkom Saraydarian
Symphony of the Zodiac, p. 350

The Sun in Aries

April 11th

Aries Keynote: “I come forth and from the plane of mind I rule.”

◆ Meditate on the following:

“All creative people are in contact with the flame of their heart, to a greater or lesser degree. The closer they are to the fire, the greater is their ability to create.” p. 63

“Resurrection is a steady at-one-ment with one’s True Self, a steady process of changing into Fire and becoming Oneself.” p. 70

“Resurrection is the withdrawal of Spirit from matter through the process of adaptation and victory over matter.” p. 70

◆ **Study recommendations:** *Symphony of the Zodiac*, Ch. 3, “Sun in Aries.”
The Flame of the Heart

“The flame in each form is the life-center of that form, the heart of the form. When the energy of the fire of Aries is released, each flame receives a shock. This shock is an invitation and a challenge to synchronize its heartbeat with the pulse of the Cosmic Heart...It is a great tragedy for a person to fail to align his heart with the rhythm of the Cosmic Heart because the heart is the dispenser of right conduct, right relationship, balance, compassion, and intuitive perception.”

– Torkom Saraydarian
Symphony of the Zodiac, pp. 60 – 61

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Why is Torkom Saraydarian's Music Different?

The following excerpts were taken from the upcoming book, *The Creative Sound and Music* by Torkom Saraydarian. We know that music can have a powerful effect on us, but how can we make the best listening choices and utilize sound as a cause for unfoldment?

“Question: *What about the music you have composed — how should we utilize it?*

“Answer: Without attachment I recommend that you listen to my music. It is the only sounds purposefully created to destroy your crystallizations. If you have any crystallization, physically, emotionally, and mentally, listen to this music one hour daily, and one week later you will not have those crystallizations. This music might initially ‘bug’ you. Many people do not like it because their crystallizations fight against it. But give it one week and see what is happening to your consciousness. Sit quietly and listen to it. This way it penetrates into your aura, into your etheric, astral, and mental bodies. Do not listen to it while going to sleep. This would be hypnotic. Just read the commentaries on the songs, then listen to the music. If you are sincerely listening, one week later you will want to listen more. This music will purify your whole system if you do hard labor to change yourself in the meantime.

“A university professor once wrote, ‘I heard your obnoxious music and put it away. But later when I was divorcing my wife, I was looking for some music and your tape popped out. I listened to it into the early morning hours, crying as I listened. When I was finished, my consciousness was very expanded and beautiful. I went directly to my wife and asked her to listen to this music with me. We are now back together.’ This music creates transformation.

“My music is a very powerful means to destroy crystallizations in your aura — etheric, astral, and mental crystallizations.

Once your crystallizations are broken and dispersed from your aura, you have a great chance to build new behaviors, new kinds of responses, and new ways of thinking....”

“Question: *How do you compose?*

“Answer: My compositions are the translations of moments of inner experiences, states of consciousness, visualization, and identification with some of my life’s dreams. During my composing, I try to use the notes as if they were colors in the air, with their specific shapes and hues. For example, I may create a rose in the air with the flow of the sound. My visualization is translated into notes to build that rose exactly as I see it in my vision.

“Every piece for me is a formation of architectural and natural forms. If music cannot be built by vision, then there is something wrong with it.

“I also create on different scenarios. For example, I visualize high mountains, the moon, and snow showers, and a little hut with a boy sitting near a fire.... I visualize inner states of consciousness, and I create music corresponding to such states.

“I generally receive my inspiration from inner states of consciousness or from outer events or scenarios which present some symbolic form of my inner states of beingness. For example, a river, a creek, a lake with birds, a waterfall, bamboo or flowers... are for me the symbolic manifestation of my inner beingness.”

“Question: *How would you explain the effect of music upon others?*

“Answer: If the music is of a high quality, it affects people as a fragrance does. It also purifies the space and establishes harmony. It may also heal on all levels. I remember the words of my father, who once said to a group of musicians, ‘Good music heals all your ills and makes you able to discover treasures within yourself.’”

T.S.G. News Briefs!

- ◆ **Leadership, Volume IV has arrived!** It is the latest book in this magnificent series. All students of the Teaching must master the art of true leadership. People have been asking us, “Is it important to read the leadership books in numerical sequence?” The answer is no; each one represents a color and weave of the leadership tapestry and need not be read in order. **424 pages; \$25 softcover, \$30 hardcover, plus s&h.**
- ◆ **The Eyes of Hierarchy; How the Masters Watch and Help Us.** Once you make a contact with Hierarchy your life will never be the same. Truly an antidote to evil. **200 pages in quality softcover, \$10.95 plus s&h.**
- ◆ **Leadership, Volume V,** the final publication in the Leadership series, has gone to press and will be available soon. A special discount will be offered to those who wish to purchase the entire five-volume set. Call us for details.
- ◆ **A second set of graduates from the How to Lecture classes** are now presenting lectures on practical discipleship issues at T.S.G. Center for Learning. Check the class schedule for topics and dates. Additional sessions of the *How to Lecture* series will start in September, 1998. Watch for details in future editions of *Outreach*.

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Inside: Say “Yes” to Outreach and “Why” in the Teaching

Why:

Concentration During Prayer

“How should we pray, repeat our mantrams or invocations, or even our affirmations? The answer is in a conscious state of mind, understanding and realizing the words that we are repeating again and again. There is nothing wrong in repetition unless it is done mechanically.

“During mechanical repetition or chanting, the invocation, mantram, affirmation, or prayer does not go into the subconscious mind in its purity, but it mixes with the thoughts that we allow to come into our consciousness.

“These thoughts may appear not to have any relation to the mantram, but they are still evoked at some point in the mantram, or by the mood or condition of our physical, astral, or mental body. Definitely they associate with the mantram and sink into the subconscious mind.

“Sometimes these associations are not

so dangerous, but sometimes they are. For example, suppose I am chanting, ‘*I love all human beings*,’ and in the meantime my mind remembers a traitor who gave me great anxiety and grief. Now these sensations and his image will associate with each other and sink into my subconscious mind.

“Every time I repeat my affirmation, the whole experience with the traitor will be restimulated, and the **key** of the restimulation will be, ‘*I love all human beings*.’

“If during my chanting I accumulate various other associations, you can imagine what chaos I will create in my subconscious mind. This is why we must chant a mantram with **concentration** — as if nothing else exists around us. We must chant it rhythmically. Concentrated rhythm is a power, the secret of which is known only to Great Ones Who use mantrams to switch mighty energies off and on.”

(From *The Subconscious Mind and the Chalice* by Torkom Saraydarian, pp. 138 – 139)

Why Must All Habits be Broken?

“Habits are subconscious circuits that affect your etheric body and control your life until one day someone or some event awakens you and you break your habit. There are so many habits — eating habits, sex habits, Friday night habits, drinking habits, doping habits, sleeping habits — and many more... Unless you control and then master your habits, you cannot become a self-actualized, self-determined human being. The whole intention of the subconscious mind is to rule your life.

“Progress is made when habits are decreased. That is why we are told that whenever we are building a habit we must stop and put an end to it. Even some good things that we do by habit do not build our spirituality nor help us advance.”

(From *The Subconscious Mind and the Chalice* by Torkom Saraydarian, pp. 63 – 64)

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- Creativity and Muses

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