

Outreach

Providing practical tools for ethical living / VOL. XII, November / December 1998

The Legacy Continues...

By Gita Saraydarian

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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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In honor of the anniversary of Torkom Saraydarian's birth, and of T.S.G. Publishing Foundation's 11th anniversary, we wanted to share with our readers some additional glimpses into Torkom's life and his work — through his own words.

We hope the following interviews and excerpts give you another window through which you can view this remarkable man's legacy.

The following was taken from an interview with Torkom Saraydarian in 1991 by Leon Fermanian.

Q: *How do you conceive of the ideas you write about?*

T: I write about these methods after I try them on myself. There are methods, for example, where you can transcend the consciousness of your body, the consciousness of your emotional life and mental life, and the moment comes that you stop being a human being. You penetrate into superhuman existence. Now, this is the Teaching and this Teaching cannot be spoken about. If you do not do it, you will never understand it. For example, I am saying that this man doing this meditation went out of his body, and for the first time realized that there is no time

and space. Through meditation he found out that he was not limited by his human body, and he became space conscious. He realized for the first time that there is no time and space. For example, you can be anywhere anytime. You can feel anything, anytime, anywhere when you reach that stage. Now, this kind of experiences cannot be explained. Why? Because there is no formulation in the mind of average people through which you can translate these experiences, these transcendental experiences. So the best thing is to pass through the discipline and to actualize yourself.

That is what I wrote in *The Science of Becoming Oneself*. That book sold thousands of copies, and many psychiatrists and psychologists commended me on the techniques I was giving. Now it is used in many, many places because they found out that it is doing much better than the things that they were doing. So in that book I tried to formulate a discipline that starts by doing good to other people and ends where you can find your True Self.

Who are you? The average man thinks he is the body. And some advanced people think they are their emotions or mind or ideas. Well, that is not

The Teaching, Not the Teacher

The following excerpt is from an address given by Torkom Saraydarian at a party held in honor of his birthday celebration in November of 1996.

"I am so grateful that all my co-workers, friends, and students are here to give their love and respect to me. It is very thrilling. I accept their love and respect, and I promise to work very hard if God grants me more years. But I want to tell you that in reality it is not I who gathered you here, not even my personal attraction. You are here because of the electromagnetic field of the Teaching. The Teaching brought you together, the Teaching inspired you, the Teaching built new bridges between you, and eventually this integration and alignment gave you the concept of the group.

"When you can say, 'I love the work I am doing and will do,' in that you are dedicating yourself to group work. A real group is the result of the Teaching. If you read the Teaching, if you assimilate the Teaching, if you actualize the Teaching, then you will have greater and greater and stronger Teachings.

"Some people worship the

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Teacher. It is wrong. They highly respect and love their Teacher, but they forget the Teaching. When you worship the Teacher, you lose the Teaching. You will assimilate the Teaching, actualize the Teaching. You will live the precepts of the Teaching. Your daily labor, daily life must express the Teaching. When you love the Teaching, when you actualize the Teaching, then your Teacher is glorified, not before.

“The greatest respect you can give to your Teacher is to assimilate the Teaching.

When the Teaching turns into your life, when the Teaching penetrates into your consciousness in such a way that you breathe, inhale, and work in the consciousness of the Teaching, when this is done your Teacher is glorified. When you love the Teaching you have the Teacher and the Teaching.

“In many, many groups, on many occasions, for sixty, seventy years I saw that those who worshipped the Teacher lost the Teacher. Those who worship the Teaching and try to live with the Teach-

ing, they gain the Teacher and the Teaching. Do not forget this. I wanted this point very clear in your mind because I never thought about this before.

“Second, I will express to all of you my deepest gratitude for your gifts, for your letters, for your faxes, for your nice words, for your prayers, especially. I feel your prayers, and I would have been long ago gone if your prayers were not with me. I really appreciate them. Those prayers are also creating integration in

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Book Reviews

Evoking Enthusiasm for a Magnificent Future

by Leon Fermanian

Torkom Saraydarian has authored countless books, booklets, educational videos, and musical compositions in an effort to bridge the gap between spiritual principles and the practical life.

His books, which have been translated into German, Portuguese, Greek, Spanish, Armenian, and other languages, are forged in the fire and light of six decades of continuous meditation, extensive synthesis of world religions and esoteric practices, and field experiences in spiritual counseling.

According to the June, 1993 survey by the Book Industry Study Group, we Americans bought 822 million books last year; and the biggest growth (15%) in sales was in the category of psychology and self-help books.

This 15% quantum growth indicates that the reading public's search for tools and formulae to better survive and flourish in the coming years is gaining unprecedented momentum. At long last, books on angels, the caretaking of the soul, the supremacy of love are now firmly lodged in best seller lists.

But how is one to discriminate between what is genuinely illuminating and what is mere dress among this lush overgrowth of titles?

As a student of the New Age, I use four criteria by which to judge the veracity of a teaching: Does it synthesize and expand the teachings that have been sequentially given to humanity since the beginning of

time? Is it for unity and the common good? Is it polarized toward the future? Is it practical and are results attainable?

I am delighted to report here that Torkom Saraydarian's books fulfill the above mentioned criteria with lucidity, beauty, and infectious enthusiasm.

Take, for example, his two books: *Olympus World Report...The Year 3000* and *The Subconscious Mind and the Chalice*.

In *Olympus, World Report*, a deeply contemplated but clearly communicated work, Saraydarian paints a future of unsurpassed beauty, glory, and abundance. He offers the reader a front row center seat as the Great Ones ceremoniously report to the Ancient of Days about Their key achievements in the seven fields of human endeavor, and receive from Him instructions for labor for the next millennia.

“The following forecasts,” he writes in *Olympus World Report*, “are not the products of a psychic, medium, or channel. These forecasts have been compiled along scientific lines in an attempt to discover what will really occur in the future based on what we scientifically observe, know, and see at the present. They have also been compiled following extensive research of esoteric literature.”

As in all his other works, here too, Saraydarian asserts that the destiny of humanity is in the hands of humanity itself. We weave our future with our own thoughts, visualizations, actions, and responses. Our self-fulfilling prophecy can either lead to annihilation or can usher in an epoch where the glory of life

will reign supreme.

Does the reality that we weave our own karma shock you or empower you? All true students and pioneers of the New Age must meditate upon this subject and observe whether their actions are accelerating or retarding the blooming of our collective future.

Olympus, World Report...The Year 3000 is a multi-layered visionary work which, according to our level of enlightenment, can be read as mere legend, as a potent antidote to the visions of Armageddon-mongers, or as a blueprint for striving and labor on the path of Infinity.

But the path is teeming with private and public dragons and demons. How can we heal ourselves so we may conquer our demons and accelerate the coming of the epoch of joy and bliss?

In *The Subconscious Mind and the Chalice*, Saraydarian offers a detailed plan with which we can transmute the substance of our subconscious mind into the grace of our Chalice. He writes that the subconscious mind, which is in the lower levels of the mental plane is the reservoir of all our “disjointed experiences of pain, suffering, fear, confusion.”

“The Path of the human soul,” he further writes, “is to slowly dissipate these subconscious elements and to clean out the barns of the subconscious mind. The Path of the human soul is to act, think, feel, and speak in the light of the Chalice. It is only when the subconscious elements are dissipated that a person is deemed a free man.”

“The subconscious mind contains records of millions of years. It contains

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Birthday ...cont. from p. 2

the whole group, and things are happening that are very interesting. Almost one thousand five hundred people wrote me letters, people I never knew. Thirty years ago they found my books, and until today they are reading and they are transforming their life but they never wrote me. Bad news goes quickly. They say, 'Before you pass away, we want to express our gratitude.' Look what is happening. People who are known, people who are strangers, people who are totally foreign

Enthusiasm ...cont. from p. 2

urges and drives, hypnotic suggestions, and commands which lead our life toward destruction."

On the other hand, within the treasury of the Chalice is saved "all that man thinks, speaks, and does in harmony with Beauty, Goodness, Righteousness, Joy, Freedom, Striving toward Perfection, and Sacrificial Service."

"Thus, the Chalice contains all the true knowledge, the real love, the pure sacrifice the person has accumulated throughout his many lifetimes....It is the contents of the Chalice that add the beauty and depth to our life and offer the most direct link to the inner, creative source and to Higher Worlds."

The *Subconscious Mind and the Chalice* is an extremely timely book because, in our present age of information explosion, it is getting extremely difficult to maintain inner mental freedom and constructiveness. Before we have a chance to clean up personal subconscious accumulation, our conscious mind is getting flooded with the negative, violent images and messages that the media is bombarding us with in order to catch our fractured attention. "If, in the future, people seriously investigate the causes of crimes," Saraydarian writes, "they will see a close connection between motives and increase of crime. But the public is brainwashed, hypnotized, and rendered unconscious to such a degree by the violence, crime, murder, and horror that it has no drive to stand against it.

Unfortunately, it is not only individuals that are run by their subconscious drives. Groups, nations, and humanity as a

are coming together for the Teaching.

"So I strongly advise that if you want to be in the Teaching and enjoy your Teacher, study the Teaching. There are sixty books now, and one hundred books are coming very soon. People have started to donate ten thousand, fifteen thousand dollars to publish a book in their name. This is a fantastic phenomenon and it makes me so grateful and touched, but in the meantime I think that all these books are not mine. They are given by God and they go to God. It is very strange.

whole have their own collective subconscious. "The greatest danger in the world," Saraydarian asserts, "is the increasing power of the subconscious mind, with its hidden weapons of hypnotic suggestions.... It is the subconscious mind that produces not only disturbances, karma, and conflict in our lives, but also natural disasters, wars, and economic calamities."

Though immensely powerful, the monster of the subconscious can be rendered impotent. In the second chapter of this seventy chapter book, Saraydarian offers a clear method on how to observe, ferret out, and dissipate our subconscious chains under the joyous light of our Chalice.

The Subconscious Mind and the Chalice is a book far ahead of its time. No bedside table should be without it. All true white magicians and serious students of the New Age should read and assimilate its wisdom. "The whole Lotus (Chalice) in the higher mind is a vortex of energy and transmitter of energy. This energy is called psychic energy. It is this energy, controlled by the heart, that brings salvation to humanity. All Great Ones were and are the source and directors of this energy, which acts intelligently, with wisdom and power."

The Subconscious Mind and the Chalice and Olympus, World Report...The Year 3000 are a call for us to purify our lower bodies, to focus our consciousness upon our Chalice, and to begin the process of transforming life on earth in the vision of our inner divinity.

The beauty of life is indeed limitless.♦

"This is the difference between these generous people and those people who do not want to share half their apple. It is very saddening. The Leadership path is woven by joys and by sadness. When the Leader sees stinginess, not sharing, ungenerosity, he cries, 'What are they doing?' The life is givingness, abundance, generosity!

"It is so beautiful to be together. These kinds of groups are very rare. It is a result of the Teaching. When the Teaching penetrates into your heart, into your mind, into your daily life, you do not have a choice. You will search for each other. When I go to the Temple and see one hundred fifty, sixty people, my heart opens. I say, 'What a beautiful thing we are creating for the Hierarchy.' Later these groups will be lotuses in the Chalice of the Great Ones. I know I feel how joyful are the Masters when They see that you *Love* each other. That is the most important thing. You sacrifice for each other, you care for each other, you assimilate the Teaching and eventually the Teaching becomes your life.

"One last thing I will say. Be giving, generous, not stingy. When I got the news, I gave away all the money and different things. I do not want anything. They seem to me that they are all stupid. Do not wait until death comes and says, 'Bye, we are going.' Start loving, sacrificing, helping each other. That is where your greatness lies. Your greatness is what you give. Your greatness is not what you accumulate.

"God bless all of you. Really, I love you. You are beautiful people, and you gathered together in the *Name of the Teaching*. Do not forget that point. I am the carrier of Treasures. Like a horse, I bring the Treasures and put here. Use them. Sixty years later Torkom is gone, evaporated, but the Teaching will remain. Strengthen each other with the Teaching, sell the books, buy the books, spread them. There is power in them. Imagine that there is no place in the world that these books are not there. They are translated into many languages, and new ones are coming every day. It will be an electromagnetic field over humanity. That is why I wanted to create — because humanity needed the Teaching.

"Thank you very much."♦

Legacy ...cont. from p. 1

what they are. Man is destined to be Infinite. On that Infinity path, where are you? Are you living like an ant, when your destination is the stars? And eventually you are going to get rid of space and time. We are limited in our body. But I have had a teacher who can come right here and talk to us, while being ten miles away. If you talk and write about these things, people think you are crazy. That is why we must not talk about these things. We talk about the way people can develop and they themselves taste it.

Q: *Let us talk about Turks and Armenians because you are a child of genocide; you cannot escape it. Should we forgive and forget?*

T: This is not a matter of forgiving and forgetting. It is a matter of future survival. If your hatred is going to continue forever, you guarantee that your hatred and separatism will never create peace and mutual survival. So we are going to create a new diplomacy. Real diplomacy is to relate to each other in such a way that both sides are favored, both sides are nourished, and the mutual interests are met. Righteousness cannot be fulfilled otherwise.

Let us say that you stole from me and killed my family. You and I are in a position that we cannot solve this with hatred, with fighting, and with throwing bombs at each other. This kind of psychology must end. And we must think of other ways and means of how to secure each other's survival, and deal with each other in such a way that you are benefitting and I am benefitting with our relation-

ship. It is a matter of high diplomacy.

If I bring your consciousness into a level that you start seeing that you did wrong in the past, I have a chance to make you right your wrongs. But if I hate you and kill you, if I scare you, it is not going to work. We are together; we are going to live on this planet. The sooner you start finding this kind of diplomacy then both sides will benefit from the relationship. And sometimes it is even good to wait a time until you raise the political consciousness of your enemies so that they start seeing what wrongs they did in the past.

For example, I proposed that we print books in Turkish and, very honestly and beautifully, without hatred, explain what kind of suffering we passed through because of their politics; and distribute these books to the Turkish people. Let the people of Turkey understand and meet the reality, instead of threatening them with "we will attack you." Let them understand first of all what they did. It will work in such a way that their consciousness is expanded.

We have to take a new diplomatic approach to these problems, and instead of threatening and spreading fear, we are going to approach their intellect and tell them that "we want your survival, and we want our survival too." And eventually these dialogues that we start on a high level will expand to the general public.

Take American history. The founders of this nation, they were all very advanced Rosacrusians, Freemasons; they were translators of many Indian and far eastern philosophies. And that is how they

gave the Constitution.

An idea is not limited to anybody. Hiawatha and Dekanawidah, they created the real Constitution. Hiawatha gave the new World Order, new world diplomacy. I researched and read over 150 books on Hiawatha, and people from all over the world sent me books.

Q: *How did the Aquarian Educational Group start?*

T: It started in my garage in Van Nuys. I went to the library looking for a book about electricity and cosmic electricity. There was a lady there who asked me why did I want to read these things? She asked me to go to a meeting. I asked her what I was going to learn there? She did not know I was full of these things, you see. Then I went to their home and they did not know what they were doing. I tried to tell them, in my badly spoken English that they did not know what they were teaching. So the next week four, five people came to my home and said we want to learn from you. Then I cleaned up my garage, more people came and six months later forty came. Then we had to find a meeting place and went to Agoura. Three times a week we were getting 130–140 people. Then the smog situation got so bad, we built another center in Sedona.

Then I systematized my teaching. I created many kinds of lessons, courses. I have now maybe thousands of students all over. They are very advanced classes. And in my teachings and letters, I try to give them a systematic approach, and degree by degree they develop and reach to some understanding. Just like a jigsaw puzzle, they put it together.

Q: *What is the keynote of*

these courses?

T: The keynote of these Teachings is "know yourself, and know other people, and know God, and know that all three are one and not separate."

Q: *Take a person dying of cancer: the body is in pain, the mind is not functioning. How can I go and tell that person, "You are it"?*

T: I do it. I have been very successful. For example, I use *The Bhagavad Gita*, the song of the master. In that book there is a chapter and I take it to the hospital and give it to people who are terminally ill, and this brings them great comfort and hope. It's the second chapter of *The Bhagavad Gita*. I went to other people and spoke to them that the body is our clothes. In some way we goofed and made our body very sick and I explain Karma to them. They died in two, three days in great peace. Even now, some doctors and psychiatrists invite me to talk to those people.

Meditation is a method that is most misunderstood. Real meditation is expanding your consciousness. I have brought many meditation teachers here, and I exposed them. I told them their meditation was leading people into psychological sickness. If you do not do right meditation, you are endangering your life.

Q: *What can go wrong in meditation?*

T: Take, for example, chanting meditation, chanting of mantras. These make you attracted to your subconscious urges and drives. And eventually when your subconscious

A Humble Man of Wisdom ...

Torkom Saraydarian was born in Sevas on November 1, 1917. He had three sisters. His father was a pharmacist and his mother was a devoted homemaker. He speaks of each of them tenderly in his book of poetry, *From My Heart*:

My Father

“My father used to go early, early in the morning before sunrise to a monastery on a mountain to pray and to meditate.”

“I used to wait until he came. I knew the footsteps of his horse. Like an arrow I used to jump from my bed to the window.... There he was, leading his horse into the stable....”

Torkom continues by telling how he responded to his father’s injury at the hand of an enemy:

“Daddy, who did that?
‘Don’t worry.’
I closed my eyes.
I saw
a great cathedral
fall apart in front of me...
into pieces.
“Early in the morning
I went to his bed.
“Daddy,’ I said.
‘You know the cathedral?’
‘Well, yes....’
‘All is destroyed in me.....’
“He sat up in bed.
He became so serious
and looked into my eyes
and said,

“‘Promise me
that nothing will destroy
your dreams.’

“‘But Daddy,...’

“‘Oh, no,
we can’t give up
and destroy
our dreams.

“‘Our dreams are
the flags
given to us.
We must carry them
from summit
to summit.’

“My Daddy had
different arms
by which
he could uplift me again...
to the sky.”

In another poem about his mother, we see the nobility, and the author’s respect and love for this beautiful woman:

My Mother

“...I watched
Mother
for many years.
There was sometimes
Infinity
in her eyes
and sometimes
a longing to go away
from all limitations
of life;
sometimes great, deep joy;
sometimes
a look
at the sufferings
of life
as if she did not
exist.

“I used to think
that words were only
perfected tools
for communication.
“But my Mother
used to express
looks
which a volume

of words
could not explain.”

He left his childhood home when he was very young, but he kept his sisters in his heart:

Three Sisters

“... ‘Sister,’ I wrote one day.
‘On the spiritual path
I did not learn
anything new.
Always I knew
what I learned.
In this life, sister,
I have one thing to do,
to live whatever I know.’

“A few months later
she sent me
a card.

“‘I miss you so much,
but
I would like to see you
as a little child
so that
I can beat you,
hug you,
and kiss you.’

“I wrote back,
‘My dearest sister,
I never, never felt
that I am a grown-up yet.
I am just the child
of our childhood.
I need your love.
I need your kisses.’”

(*From My Heart* by Torkom Saraydarian, pp. 421, 422, 425-427; 432, 433; 441, 442)

At the age of nine, Torkom began to receive education in the Ageless Wisdom under the guidance of his father. At that time, people did not discuss these things in the open, but would disappear to attend meetings — in caves, under the stars — where they would hold ceremonies and

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Humble Man ...cont from p. 5

dramatizations to reveal the mysteries of the subtle worlds.

“One day my father said, ‘Prepare your horse, we are going somewhere.’ I had a white horse and his was black. I prepared my horse and jumped on his back. Under the light of the full moon we headed toward the desert. After two hours, three people stopped us. They blindfolded me and turned my horse around a few times so that I would not know the direction in which we were heading.

“After one hour of riding they removed the blindfold from my eyes. We were in front of a great cave. We went into the cave. It was huge. At first I could not see anything, then I started to see human beings all over the cave. There were around five hundred people. Inside the huge cave there was another cave opening which was used as a stage. There were three candles on the stage.

“We all sat in meditation in great silence. Then a man went to the corner of the stage and started to play the flute....If people only knew the power of sound! When the sound of the flute started, my consciousness started to expand....I felt that the universe was my home. I felt that there was only Space and that man has unlimited power.”...

(From *The Solar Angel* by Torkom Saraydarian, p.13)

“I will never forget the night when my Father and I were walking in the desert. It was dark and peaceful. Looking for a while at the sky he said, ‘Let us lie down on our backs and rest a little.’

“We lay down on our backs and took a few deep breaths. After a moment of silence my Father said, ‘The stars are so real in this dark night in the desert.’

‘Yes, one even thinks he can touch them.’

‘Isn’t it wonderful to have stars as companions as we travel? See that group of stars? That is called the Great Bear and that one is Scorpio. That one is Sirius.

That one is the North Star.’

“‘What are they, Father?’

“‘They are paths through which man will travel to his supreme destiny. Imagine a beam of light projected from your forehead to one of the most brilliant stars and walk toward that star.’

“‘After a long silence he asked, ‘Did you reach the star?’

“‘I did.’

“‘How did you feel?’

“‘I felt as if I were a citizen of all creation.’...

(From *Symphony of the Zodiac* by Torkom Saraydarian, pp. i, ii)

This early training kindled Torkom’s inner questioning and yearning for truth. He entered a monastery at the age of eighteen. He tells of his experiences in many of his books:

“Once our Teacher said that all knowledge and sciences are related. Actually, he said, ‘All sciences form a unified whole.’

“A student interrupted him and asked why all knowledge was related.

“‘Because,’ said the Teacher with a smile, ‘there is only one **Knower**. The parts of a machine can be a thousand, but in the mind of the Knower, there is only one synthesis, one machine.’ Pausing for a while he said in a whisper, ‘All things that exist are parts of one idea in the mind of the Knower.’

“A few days later when I saw the Teacher in the garden, I asked him, ‘Why did you whisper your thought in the class when answering our friend?’

“He looked at me and said, ‘In the presence of sacred ideas I feel extremely humble.’”

In 1959, he came to the U.S.A. with his family. It was a different world from the one he left in Jordan — changing rapidly and in very demonstrative ways. He saw people in danger of losing themselves; in need of direction, of guidance. In response to this need, he began inviting them into his home in Van Nuys, California to study and to learn how to lead themselves into more

productive, healthy, right living via the principles of the Ageless Wisdom. This was the inception of The Aquarian Educational Group. The following excerpts were told by Torkom at the 35th anniversary celebration of the Aquarian Educational Group in Agoura, California:

“Now, how we started this group. This group was started in 1961 — unofficially. One day I was coming home from the church. I saw 15 boys sitting and doping themselves. All my neighbors — very beautiful boys and girls. When I saw them doping and smoking, my heart broke. I said, ‘Don’t they have fathers, don’t they have mothers?’ Because I was from the old country and could not understand America. (That was not America, but I say ‘America.’) I couldn’t understand how people could drug themselves and dope themselves. So I went home, I meditated, I thought. I said, ‘We must form a group to bring all these children in and slowly educate them.’...”

To this vision of helping and educating others, he dedicated himself and labored tirelessly. For the first ten years, he taught classes and lectured in a one-room garage — to “hippies,” doctors, lawyers, philosophers — without a salary except for the small donations left by students. He took in strangers who came to him in crises and helped them to gain real independence. He asked for nothing in return.

Despite his total dedication, compassion, and sacrificial nature, he was not “soft” with people. His “straight words” and honesty, grounded in clear observation, were given freely as well.

When one student who was a doctor warned others that Torkom and other students were “taking the leadership from their hands,” Torkom said, “There is nothing to take. But if you have that capacity, that energy, I will gladly give it to you.”

He continues, “They saw that their diplomas, their doctorship, their psychiatric things didn’t work. Practical life and *dedication* works.

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“One day, I gave them a lecture. I said, ‘There are three things that you are going to focus your mind on if you want to be human — not a doctor, not a psychiatrist, *human.*’ And I said, ‘The first thing is devotion. Devotion to the Teaching, to Beauty, to Teaching, to Future. Devotion will create cooperation. We will cooperate instead of fighting. There is nothing to fight about. Then from cooperation will come self-denial.’ It is so beautiful.

“I took them in my room, in my garage, and *hammered* them because I was angry with them that they were doctors, university students, this or that, but didn’t have the sense of understanding. These things happened many times in 35 years....”

If you have read any of Torkom Saraydarian’s books or have heard any of his lectures, you are familiar with the seven principles of right living: Beauty, Goodness, Righteousness, Joy, Freedom, Striving, and Sacrificial Service.

These seven principles are richly colored threads woven throughout all of his works, and they are the vehicle through which one’s inner divinity can bloom.

“For years, all my books, all my lectures, turned on the axis of these seven principles....”

“We are an international group in which everyone can take part because it is the principles that give life — not religions.”

“We didn’t build a religion. We didn’t build hatred between people. We emphasized great principles and these great principles **worked.**”

(From *The AEG 35th Anniversary* lecture with Torkom Saraydarian, 7/21/96)

Through the practice of these principles and others, Torkom taught people how to be successful, to have a good self-image, to have healthy, happy relationships; how to be cooperative, to have a life’s purpose, to be more creative; how to be healthy, joyful, responsible, and loving:

“‘Love each other’ is *nothing*. ‘Love each other’ is now obsolete. ‘Love others more than yourself’ is the new commandment!”

(From *Healing Through Love*, lecture by Torkom Saraydarian, 1/13/93)

He stretched our minds to investigate things beyond our limited thinking. He opened our eyes to the unseen levels of life. He showed us our future and gave us keys to the prisons created by our ignorance. And yet he always brought us back to the practical everyday application so we could engage ourselves in the labor of living.

“We must know and understand that *everything exists*. We can discover it only when we start to respond. The light is there, but we are unable to see it if we are blind. Until we register the light, we cannot see the light. It was a tremendous shock to me when suddenly one day, I realized that everything is *there!* We need only to *grow*, to love, to understand, to know, to unfold and *be!* Thus, the answers to all our problems can be found through deeper and higher responses to the Greater Life within us and within the Cosmos.

“As we come into closer harmony with our Soul, the energy of Love and the expression of Love increase. Love gives life; Love brings Joy; Love creates harmony. Within that harmony, man is born as a Soul and is ready to set his face toward his Eternal Home.”

(From *The Psyche and Psychism* by Torkom Saraydarian, p. 395)

Torkom continuously stressed meditation as a daily discipline. For those who had misconceptions about meditation or were not sure on how to practice it safely, he made it so simple and clear.

His chidings and reminders of this basic responsibility jarred many to action:

“I know that most of you are doing meditation, or others are thinking for 50 years to do it (laughter). It’s a very, very

wonderful thing to do meditation.”

(From *Basics of Meditation*, 11/14/93 lecture by Torkom Saraydarian)

“Meditation controls your environment to secure the insulation of your soul so that he is free to expand. Meditation builds a pathway toward your inner potentials. In each of you is the seed of beauty that is unimaginable. The whole Universe is within you. The whole creativity is within you. There are potentials that you never imagined.”

“If you want to define what man is, I will say one thing: man is a concealed possibility.

“I am not talking cliché talk here. It is not book talk. It is not something learned from something somewhere. It is real talk, and I wish that you really grasp that each of you is a concealed potential, the limits of which nobody knows. That is the basis of the love that you must have toward each other. Why? It is because you are so precious. Maybe you are not now, but that preciousness is within you and that preciousness, those inner potentials, that inner treasury is only found through meditation.”

(From *Practical Spirituality*, by Torkom Saraydarian, p. 15)

Simple Sergeant

Torkom Saraydarian would be the first to tell you he did not accomplish all that he did by himself. He was so grateful to all those who encouraged and helped him. He was a genuine embodiment of humility.

“When I say that I did all these things and different things, it was very strange. When I really think, I feel that there was another power behind me. I didn’t do anything. The power behind me did it. That power destroyed the walls and hatreds and fears and hesitations, and *he* accomplished it.

“So sometimes I think that I am a simple sergeant in the hand of that Other One that leads me on the field of the battle.”

Continued on page 8

Humble Man ...cont from p. 7

Carrying the Torch

Torkom Saraydarian left us a legacy of wisdom and guidance — but this does not release us to play and waste time. He also left us his dreams, which call us to action. His visions and accomplishments were great, and yet he challenged others to surpass him.

“I had so many dreams, great dreams and part of it I was able to accomplish. I was dreaming of a big university in which the future teachers and leaders will be prepared. I approached millionaires — begged, cried. They did not answer.

“But I have great faith in the meantime, that you will do it. A university which will teach the seven fields of human life....

“If you look to the future, one day, you are going to jump from one galaxy to another; and this is not a dream. As we went to the moon it was not a dream, we’ll do this dream also. Really. Striving — try to perfect yourself, try to shape yourself — physically, emotionally, mentally, spiritually — so that you judge yourself. Nobody is your judge.... You are going to put yourself in line with Divine intent. Divinity rules.”

“Whatever you learned by Beauty, Goodness, Righteousness, by Joy, by Truth, by Freedom, by Striving, put them on the

altar of human service. Let’s serve each other. Let all nations serve each other. Let’s make this planet a planet of joy, of freedom, so that *everybody* is free....”

“In eighteen million years we didn’t change; we must change it, and it is given in your hand to take the flag. I will continue running and running and running until my last breath. But later, you are going to take the flag and say, ‘Torkom **did** it, but we are going to do 100% more!’ And I will be with you.”

My Lamp

“Why are you flickering,
my lamp?
There are few hours yet
to midnight
And I have to labor
until dawn —
Why are you
flickering, my lamp?

“I see
few drops of oil
remaining in the lamp.
But why?
There is a great labor
awaiting me
throughout the night
until the dawn.

“How can I carry my labor
in darkness?
My Lord,
the flame of my lamp

is almost fading
away.

“Light my eyes
with Your light
and I will carry on
the labor
You have given me...
even throughout the
dark
and cold
night.”

(From *The Creative Fire* by
Torkom Saraydarian, pp. 563-564)

Torkom Saraydarian’s life is for us a great lamp. The light of his presence, his living example, and his hundreds of lectures, books, and musical compositions, shine on the path of humanity.

He has helped us to see more clearly the magnificent potential of the human being and the way to actualize these potentials in daily life.

Through him, we can see our Future. By his light, our path to Infinity is illumined.



Editor’s Note: This is a reprint from the March/April 1997 issue of *Outreach* at the request of our readership.

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Legacy ...cont from p. 4

erupts from the storage of all your experiences, suddenly it surfaces in your mind to such a degree that you cannot control it.

In my book *Psyche and Psychism*, for the first time in the history of meditation, I proclaimed that meditation is a very dangerous business, if you don’t know what you are doing, because meditation creates the state of consciousness that reflects yourself — your nature and relationships. If you have a wrong state of relationships, you have a wrong life. So

I wrote 40 pages on it; then I wrote another article. These writings are going all over the world, and these people who are doing monkey meditation are stopping.

Today an Armenian girl came here, and this girl had done all kinds of meditation. She came here half out of her mind. I told her to stop meditating, reading until her nervous system finds its natural state, and then we will give her a meditation that will bring her health and sanity back.

Well, I wrote a technical book on meditation, and every creative person

must read these writings because I think you are handling a great responsibility and affecting the consciousness of the public. I know that thousands of people practice unhealthy meditation. They write to me, call me, and I told them this kind of meditation is wrong. But they are so brainwashed with various methods that it is difficult to reach them if you are not close to them. Because of this, I wrote why we must be so selective and discriminating, about what we are doing mentally.

Cont. on p. 9

Legacy ...cont from p. 8

Q: *How do the dark forces take charge of the mental mechanisms?*

T: Dark forces are our own negative and destructive activities: our negative emotions, like hatred, fear, revenge, jealousy, and so on, and also mental vanity and totalitarianism, greed, and separatism. These are entities, these are thoughtforms, and they can possess you and obsess you. You have to get rid of them before they take over you — and take over groups and nations. If you are possessed by hatred and you are in the highest position, you will use all your nation to satisfy your hatred. So, dark forces are within us — we are half dark and half light. We have two angels; we are going to discriminate which one we are going to follow.

Q: *Who is the enemy of the dark forces?*

T: The enemy to these is your Essential Self, your reasoning, your logic, your sincerity, your honesty. This is inherent in all of us because, I believe, the One Who created this whole existence, He couldn't create something that is not in His image. We have inherent goodness within. So I believe that, no matter what, in essence a human being is good and that goodness must be developed.

Q: *What goes wrong?*

T: Bad education, bad life conditions. Suppose you are attacked by bandits and beaten, etc. You decide to fight them and become more evil than them.

Q: *So what do you do? Turn the other cheek?*

T: That turning of the cheek is stupid. That virus entered into Armenians. My father used to tell me that during the genocide deportation of the Armenians one Gendarme came and 500 Armenians followed and the priest was there. The people wanted to kill the Gendarme. But the priest said, "No, turn the other cheek," and they were all massacred in a small gorge. The massacre continues

because we are hopeless and negative. We lost our beauty.

Armenians in their depth are very precious jewels. If you really approach the Armenian heart and Armenian spirit, they are so infinite and beautiful and creative. But because of the circumstances of life, we became bitter. To get out of it, we must think otherwise. Instead of orienting ourselves in hatred... If you educate yourself and reach a high position, that is better "revenge."

Some person read my books and said, "What is this trash?" "All right," I said, "I will take my revenge." I wrote more and he read and said "You know, I will be your servant." Now he is my student and teaches from my books. That is revenge.

Q: *What is exciting you these days?*

T: The Independence of Armenia. I was so joyful. And I thought, eventually they DID it, no matter what. That is the beginning of national upliftment, national pride. I take Armenia as part of humanity, and any part of humanity that is getting independence is a progressive process for the sake of all humanity. When you do not have a national independent identity, you are in anarchy. And when any group is in anarchy, it is not beneficial for the whole. Every nation must get freedom so that, like the wheels in a big machine, they cooperate in creating identification within humanity. It is integration.

Q: *Have your books been translated into Armenian?*

T: I received a letter from Armenia and they will be translating *The Psychology of Cooperation and Group Consciousness* and also *The Sense of Responsibility in Society*. [Books have since been published in Armenian.] Without cooperation, you cannot have integrity. Without sense of responsibility, no sacrificial and daring action is possible to make your nation better. I hope they will do it.

Q: *Have you met any other advanced and illuminated Armenians?*

T: There is a top teacher. He is a Rajput

prince, and he is a great universal mind, a masterpiece. He wanted to have students to teach them very advanced methods to communicate with higher consciousness. He made a list of forty people, and nine were Armenians.

Q: *Are they here in the United States?*

T: Some have passed away, but the others live here in America. We leave each other alone. What we do is we correspond. It's such a delight to bring your consciousness to that level of discussion. I wanted them to have a center to transmit, to spread wisdom. These Armenians are really advanced. When I was in New York, I visited one of the groups. The Armenian was very old, maybe 84. He was talking about self-actualization, and I wish he put these talks on paper. A masterpiece, integrated, illuminated one!

Q: *Why don't they?*

T: They have all their reasons that people aren't ready for these things yet. My choice is different.

Q: *What else are you excited about these days?*

T: I am excited everyday; my new book, *Flame of the Heart*, is about to be published. I am always excited about creative work I am doing.

Q: *What are your working habits?*

T: As a whole I think I write five hours daily.

Q: *Do you channel?*

T: I believe that whenever a man or woman depends on any outside source for his inspiration and creativity, he weakens. That source is within me. I do not need help from the outside. There is so much to write about. Today I wrote about sixty pages. Suddenly the idea came to my mind that everything that takes place in the universe is nothing else but a chemical reaction. Love is chemistry. I am not teaching you this. The idea came. Now it unfolds and unfolds, as I am remembering.... ♦

Sun in Scorpio

Keynote: "Warrior I am, and from the battle I emerge triumphant."

Meditation

- Say the following mantram:
*May the power of the One Life
pour through the group of all true servers.
May the love of the One Soul
characterize the lives of all who seek
to aid the Great Ones.
May I fulfill my part in the One Work
through self-forgetfulness, harmlessness
and right speech.*
- OM OM OM
- Visualize an eagle soaring at a high altitude with a five-pointed-star on its head.
- OM OM OM
- Meditation seed thought:
Warrior I am, and from the battle I emerge triumphant.
Find three hindrances in your life which must be dealt with and surpassed.
[Ask yourself — What does "victory" mean to you?]
- Visualize three streams of light in different colors creating any beauty of your choice; then say:
In beauty we are united. With beauty we pray. Through beauty, we conquer.
- OM OM OM

(From *Symphony of the Zodiac* by
Torkom Saraydarian, pp. 259 – 260)

Sun in Sagittarius

Keynote: "I see the goal. I reach the goal and see another."

Meditation

- 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 center 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 center 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.*
- OM MANI PADME
HUM
- Salutations to those who stand on the path of service with dedication and sacrifice.
- Meditate for ten minutes on this question:
What is my main goal in this life?
- 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
which underlies the
happenings of the time.
Let vision come and
insight.*
- Repeat the Great Invocation.
- OM OM OM

(From *Symphony of the Zodiac* by
Torkom Saraydarian, pp. 271 – 272)

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Inside: *The Legacy Continues: Interviews with Torkom Saraydarian*

The Future

*I see clearly
how my
thoughts
for the coming year
are molding
my life.*

*I see clearly
how my desires
and my wishes
are
guiding
my pilgrimage
on the path of life.*

*I see clearly
how my visions
are changing into
urges
and
drives
within my heart.*

*I see clearly
how my aspirations*

*are singing
responses
to the call
of the
Future.*

*I see clearly
how
the flame of the Future
is changing
into
the power of striving
within
my spirit.*

*I see
man
is a becoming
Future....*

I see clearly.

*I see clearly
how*

*I am
in reality
the Future,*

*trying to protect
myself
as a traveler
striving
toward
my Self.*

*Stone by stone
the steps are built
from the
Temple of the Future
to the field
of the
Time.*

December 30, 1982 – 5:35 a.m.

(From *From My Heart*, Volume I by
Torkom Saraydarian, pp. 73 – 75)

In the next *Outreach*

- Details for the Spring Conference: Virtue Works 1999
- The 7 Fields & The Future
- New Releases

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