

Cornerstones of Health

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Printed/Produced in the United States of America

Published by: T.S.G. Publishing Foundation, Inc.
Post Office Box 7068
Cave Creek, Arizona 85327-7068
United States of America
www.tsg-publishing.com

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Health and Cleanliness

THIS TOPIC WILL BE VERY, VERY SIMPLE FOR YOU, and maybe you will laugh at its simplicity and say to yourself, “I know all these things!” If you know all these things, that is fantastic.

For your eternal health and happiness, make your bedroom clean. I have visited many places and their bedrooms smelled like dead dogs. I really mean it! The bedroom where you are sleeping must be the purest because for eight hours you are inhaling all its microbes and germs. Sometimes you go to a person’s bedroom, and all the unwashed clothes are there. It smells so bad! Unfortunately, my nose is so sensitive. The bedroom must be clean, and in your bedroom there must be as few objects as possible because every object radiates its psychic forms. Emotionally and mentally you absorb all these emanations from the objects.

If you went to an antique shop and brought home an antique chair which a criminal used for ten years, you are not going to fly into the mental plane when you are sleeping in that room. M.M. says, “Emanations last for thousands of years.” There is a chapter in *A Treatise on Cosmic Fire* about the monster thoughtforms which are built all around our globe. If the furniture that you have is negatively charged, it can really conduct such thoughtforms to your room. It is an

electrical phenomenon. No matter how much you work for your health, you are not healthy if you are living in a disturbed electronic sphere.

Your bathrooms, my goodness! Go and check them. They must be immaculate because most of the time you take germs and microbes and viruses from your dirty bathrooms. This is especially important after you have a party. You do not know what the individual at the party is bringing to your bathroom.

These are little things but, unfortunately, doctors do not say these things to us. Every doctor must have a class to teach these little things about cleanliness. My mother was the doctor in our home. She would advise my sisters every morning what to do. Twenty-four hours a day they used to run, cleaning everything. If you entered into the bedrooms of these girls you could have smelled the cleanliness of the sheets.

Some of the bathrooms smell like urine, sweat, and other things. How can you sleep near there? Tell me that you are innocent, that you have the perfect bedroom and bathroom. Do you?

The third place is the kitchen. The rubbish has been standing there for two months. The plates have not been washed for three days. Do you know what you are doing? You are becoming a hatchery of microbes, and you want health. Really? How can you have it? I know women who dress so beautifully but if you go to their kitchen, you will run ten miles very fast to get rid of the smells and dirt that are in the kitchen. Most of the time those people who are interested in health problems have the worst kitchens, the worst bedrooms, and the worst bathrooms.

Then there are the carpets and floors. The other day we were eating lunch. Someone sat down on a pillow. It exploded with dust. The person did not see the dust, but I saw it. Millions of atoms were flying from that little pillow, and she was sitting beside me. That pillow must be cleaned so that it does not have that dust. You think that it is only dust, but they are all little beings which are going to your nose, to your plate, and everywhere. Every time you are moving in your home, the floor is dusty and filled with mess, with little, little micro-organisms — you name them. They are all growing there, and you do not vacuum and clean them but you expect health. How come? It is because your mommies and daddies did not teach these things.

One day by chance I looked in a bathroom. Believe me — there was one inch thickness of dirt on the walls, and he or she was a student of the Ageless Wisdom. How can this be? This is what we are talking about.

There must be cleanliness of carpets and floors. One day in California a very scientific man came and asked, “Can I take a little specimen from your carpet?” I said, “Okay,” so he vacuumed some dust up and showed me what was there in the microscope. I could not believe it! I was living alone and did not think about cleaning carpets. I was so busy writing big books. From that moment on I started to vacuum. I saw everything that was crawling there. Be clean at your home. If you are not in cleanliness, you cannot stand in the Presence of the Masters.

We are not talking only about physical cleanliness. We are speaking about all kinds of cleanliness. People forget these things and, unfortunately, we do not talk about these things in our schools because you can be sued if you tell a boy to

wash his mouth and brush his teeth. His mommy can take you to court. “You insulted my son!” You then shut your mouth and mind your business.

I have gone to many places and when I sat on sofas, there was so much dust that came out! They never vacuumed that sofa, that big chair. It is beautiful, it looks nice, but sit there and you see clouds of dust coming out. That cloud is collected by the emanations of those people who were sitting there and by the things they carried from other places. This is the health we are talking about.

You should see the fingernails of people, one half inch long. Underneath millions of microbes are dancing. They cook for you, and you eat the microbes. One day a man came to me and said, “Health is so important. How can one be healthy?” I said, “Change your underwear.” He was smelling so bad! You want health. Cleanliness is the key. Clean your mouth; clean your ears. Do not exaggerate it by rubbing your face and taking your skin away. I am not talking about that, but be clean. Cleanliness is so difficult. A woman who is working eight hours in the market and polluting the home for her children will pay all that she is making to the hospital. That is why it is necessary for a woman to stay home and work until the children graduate.

There was a girl who was letting her fingernails grow two and a half inches long. Every day for three, four hours she was working on her nails, but if you saw her house — it was a mess, a trash can. What is the use of it? She was pale and had no energy. The body, the lungs assimilate all the dirt. How can you be healthy if you are dirty? Dirt does not agree with health on any level — physically, emotionally, or mentally. You are going to be clean.

If you are not one hundred percent clean, do not worry. Just be seven percent, eight percent, nine percent, ten percent clean. Progress, and eventually you will reach one hundred percent cleanliness. You cannot achieve absolute purity, but you can do much better than you are doing now. That is important.

Many buildings and many homes have trash inside and outside. Keep the trash at least one hundred feet away from your home so that the little microbes that are accumulating with the fermentation, decay, and degeneration do not come to your bedroom. That is why skunks and dogs and cats come. They smell the emanations.

Chemical poisons are one of the most dangerous things. I wish you would read about these things. Most of your houses are full of chemical poisons. There are chemicals you wash your clothes with or clean your house with. They are poisonous and harmful. Try to find natural things, but do not exaggerate because natural things can cause problems for you, too, if exaggerated. Most of your bodies are developing lots of skin troubles because of what you wash your clothes with. There are lots of poisons in the soaps. You are going to have in mind *cleanliness* — “How can I clean things from my house, from my body, from my carpet, from my walls, from my furniture?” If you have dust on the piano, a little air will spread it.

Dust is so dangerous now because of fallout and other poisonous dusts falling on your vegetables, cars, and so on. It is a very dangerous situation. We must do our best to be clean.

Air circulation is important. Sometimes you go home and you find out it stinks. It is so bad. Open the windows

and doors, especially where there is such nice air as in Sedona. Ventilate everything at your home so that if there are poisons they become minimized. This is true especially in your bedroom and bathroom. Open the windows. Circulation of air kills many, many microbes, germs, and viruses. Sometimes let sunshine come and stay for a few hours. Sunshine is one of the most healing agents in our life. I am not talking about going and lying under the sun because of the problems we have with the ozone layer. I suggest that you do not lie in the sun for more than three or four minutes if you want to save your skin.

Take care of your air filters. Two or three months ago we took our air filters out, and we could not believe our eyes. They were full of dirt and dust. If your air filter is not clean, the air is bringing back to you what was collected. Periodically check your air filters to see if they are clean. These are very basic health problems. Now the scientists are finding out that people have very bad lung problems because in certain organizations the filters were never changed. It can even lead to cancers and different problems.

The next thing is smells. There are cigarette smells, tobacco smells, weird incense smells. Tobacco smells especially are a source of cancer. I am so glad that the United States as a whole has started to fight against cigarettes. It is a great victory.

Watch for the droppings of rats. Many houses have rats and mice. Be careful because they can be carriers of the worst microbes. Immediately if you see any droppings, exterminate the rats or mice any way you want. You can even catch them and take them away from your house, but do not let them live in your house.

Animal emanations are the worst for your spiritual progress. H.P. Blavatsky wrote a little book called *Practical Occultism*. It is so beautiful. In it she suggests that the emanations of animals can sap all your psychic energy. If you read the book, you will be surprised how to handle animals. Do not misunderstand. I love animals, but their place is not in your home because you are billions of years ahead of their emanations. If you want to keep them in your room, that is your choice.

Question: What about pets?

Answer: Pets are dangerous. If you examine their lungs and emanations, their urine, and so on, you will find lots of unhealthy conditions.

M.M. says in one of His books, “We have animals. We have dogs, we have goats, we have horses, but we keep them in their proper places to research what is happening to them psychically.” They want to understand how They can stimulate their souls and help their evolution. This is a research for Them. If you are keeping dogs and cats in your bedroom, God help you.

The next thing is spiders. Spider webs are magnets of microbes. Spiders are good in themselves. They have a right to be here — but not in your bedroom. You are going to be clean. People love spiders so much that they catch them and almost want to eat them! Be clean in your home.

Question: What about spider webs around your house?

Answer: They have a right to be anywhere else except inside your home. I do not take their rights away from them because they have the right to live.

Now we come to clothing. This is very important. Do not dress in the same shirt every day because your secretions and emanations form the best magnet, inviting lots of very bad customers and their friends. Be clean, especially your stockings. Change them every day. Wash your feet. Not being clean can affect different things. M.M., writing about these things, says that any smell on your body, on your clothing may attract lots of psychic guests which can obsess or possess you.

A woman must be very careful that she is clean, especially around her period. When she is perspiring here and there, she must continually change herself, keep herself clean. This cleanliness is not to attract a man but so as not to attract unwanted guests.

Sheets must be very clean. They must be changed every other day or every day, depending on how you are sleeping, whether you take a shower and go to bed or you do not. I used to sleep sometimes with my clothes and shoes on because I did not have time to change. I would take a blanket and sleep as I was. It was wrong. Your pajamas must be clean. Pillow covers must be clean. Some cases stay on the pillow two, three weeks. Also watch your blankets. I went to Indiana. There I was given a bed and when I touched it, clouds of dust came out. When I put my head on the pillow, it smelled so bad! My stomach started to churn — it was so bad.

Watch for formaldehyde. I was troubled so much by it until I knew what it was. Almost everything has formaldehyde in it. Particle boards are soaked with it. We brought a fantastic table here. If I sit at the table for ten minutes, I am flipping out because there is some kind of oil on it that is so

bad. Examine these things. Find out from the books about these things that are devastating people and eliminate them.

New carpets are so bad. It is better to wash your old carpet ten times than to buy new carpet because for six years it will emanate formaldehyde. When they built this building, I came from Los Angeles and I felt so beautiful. Twenty minutes later my mind was not me. I asked, "What is happening in this building?" I did not know that these carpets were full of formaldehyde. It took eight years before I felt normal. I was poisoning myself day and night. Pay attention to these things, buying carpets, paints, and so on; find out what is healthy and not healthy because you are awakening about these things. These are the most practical things, but many do not know about them yet.

I went to Brasilia. It was really comical. The people there said, "You are going to live in a hotel that is royal." Something said to my heart, "Be careful," but I did not know what it was. They put me in the best hotel, best room, "Just painted today!" The carpets were just new. I entered and thought, "How to say something to these people?" They had also put a great amount of beautiful fruit in the room and already my stomach was turning over. What to do? Eventually I found a way. There was a balcony, so I moved all my things out there and slept there or else I was going to die. They asked the next day, "Did you sleep well?" "Fantastic!" But these carpets and paints are killing your bones and brain — newly painted, shining notwithstanding.

At the end of my stay when I was giving a lecture I told them about this, and they died laughing, thinking I am a naive American concerned with these small nonsense things. I said, "It was killing me." They said, "Really? We found

the best place for you to stay.” This was my luck! Be careful when you are going to hotels with cigarette smells, formaldehyde, different emanations, and sprays. It is very bad for your health.

Be careful of fiberglass. We went to look at a house, and the man took us to the basement. All the basement was filled with fiberglass that was not covered yet. I saw millions of particles swimming all over. If you inhale them, they can cause fantastic sicknesses in your lungs. As much as possible do not expose your hands, your eyes, and your nose to fiberglass. You must be protected if you are using it. It goes and enters into the little places of your lungs, and ten years later it appears as a very serious tumor. As much as you can, avoid inhaling these kinds of things.

Do not keep stagnant water in or around your house. Especially remember to flush the toilets. Do not go to the bathroom three, four times and leave. Flush the toilet. It will cost a little more money, but stagnant water is very attractive to uninvited guests, astral entities, and many germs that come and dwell there.

Disintegrating wood in which termites have been and also decaying leaves are not good. Burn them. Do not accumulate them in or around your house. Leaves that are in the process of decay are the best magnets to sap your psychic energy. If you sleep on a bunch of drying leaves, you can immediately prove what I am saying. Decaying matter takes most of your nervous energy. Those who are meditating and are endeavoring to progress on their spiritual path and beingness must not sit in places where there are lots of decaying leaves.

Question: What about decaying flowers?

Answer: Throw them away. If cut flowers stay fresh and are not decaying, they are okay. But as soon as they start to die, throw them. Not only decaying but also dry or decomposed flowers emanate harmful energy. Evergreen or everlasting flowers are harmless.

Question: What about firewood?

Answer: It is better if you do not bring it inside. I tested it and know it. Some firewood had lots and lots of little organisms, even eggs of scorpions. When these get warm by the fire, they start hatching and spreading millions of organisms in your house without you knowing the source of them. I prefer to put firewood outside and to bring it in only when it is to be burned. Termites are also very contagious, very malignant.

Question: How can we protect ourselves from colds?

Answer: There are some practical steps you can take:

1. Do not hug people who have colds.
2. Wash your hands often.
3. Do not scratch your face with your nails. Nails carry lots of microbes and germs.
4. Those who have colds must not spread their germs. Even when they send a letter to their friends the letter is full of germs.
5. If you are working in the same room with someone who has a cold you may catch the cold, except if you have a strong immune system.

6. Use natural methods to cure your cold. See your doctor.
7. You must do your best not to contaminate people.

Question: In as much as we should not be keeping animals in our homes, down pillows and down blankets have been used for centuries. Can they be cleaned sufficiently?

Answer: They can be cleaned by certain processes so that no animal emanations are there. Birds are different. They are not animals. Most of the birds are devas. The Tibetan Master says in *A Treatise on Cosmic Fire* that many birds are devas, so their emanations are different.

What I am saying is not a command. It is not a direct order to you. You search and research it, find out about it, test it, and if you find it is better not to have animal emanations in your home, act accordingly. It is very difficult to tell these things to animal lovers because they think animals are their brothers. They are our brothers, but their place is not in our homes.

Question: In The Spring of Prosperity¹ is a cleansing prayer. Does that help in cleansing something such as an antique chair?

Answer: You can cleanse some psychic emanations from other people with your psychic and blessing energy, but if you have a plate that is full of poison, no matter how much you bless it, it is poison.

Question: Do we not need to learn transmutation and transformation?

1. *The Spring of Prosperity* by Torkom Saraydarian, p. 101

Answer: Of course, if you can learn it. To transmute something to something else is not an easy process. That was the whole secret of alchemists. Alchemists tried to change vices into virtues, lead into gold, but until today they have not done it. It is a very serious, scientific process. Why be involved with these things when you can be pure?

I was saying to a woman, "I have known you thirty years and you gossip and gossip. When are you going to stop?" Gossiping destroys your mental energy, your mental body. Can't you see the consequences of it? M.M. says, "The greatest health hazard that a man can imagine is to use slander." You have already destroyed a part of your mind, and the next day immediately you can tell. You slander some people, and the next morning you sit in your meditation and it is not happening. What is wrong? Something is breaking. That something is the effect of your gossip and slander. Slander and gossip build a wall between your lower mind and your higher mind that does not let you penetrate into higher sections of your mind.

In my book *The Science of Meditation* I wrote about this. What are the obstacles of our meditation? One of them is slander. We saw these things experimentally. Slander builds a wall between your lower and higher mind and does not let you go higher. It is so bad.

Question: What is the influence of television?

Answer: You must be very careful about what you are saying in your rooms. For example, if you are saying dirty things, immoral things, destructive things, you are attracting to your thoughtforms many destructive entities which are not going to help your health, only destroy it. If you are

listening on television to “I will kill you,” and so on, and they are killing and destroying each other, that noise, that thoughtform is in your room. The lies, the hatred and violence that you are seeing and hearing, people destroying each other with knives and guns — they are all in your room. It is echoing. You already polluted your psychic atmosphere. The worst pollution, which is coming like sewage to our homes, is the violence, murder, ugliness. Television can be used for healing purposes and also for destruction.

There can also be microwaves or other electrical machines in the home that are important to watch for, too.

I will tell you something that is very interesting. If my Father and Mother had problems, do you know where they would discuss them? They would go a half mile away from the house and sit near a creek, and they would shout at each other, talk to each other, or debate with each other. When they came back to the home, everything was taken care of because my Father used to say, “Do not pollute the house.” We do just the opposite when we sit at dinner and attack each other, or go to bed with all our problems and “peacefully” sleep. Watch for this pollution.

Question: Is radio better than television?

Answer: It depends on what you are listening to. I was listening to the radio in my car. There was a drama going on between a girl and a man. You cannot imagine what they were saying. I shut off the radio, and I did not want to sit in that car anymore. I once sold a car because it was impossible to be in that car. I do not know what the former owners did in that car, but if you are psychically sensitive, you feel it.

Question: How would you cleanse the room that had the television in it?

Answer: You are going to clean by meditation. Meditation has the most cleansing power. In the Far East, in the Middle East, and sometimes in America they call the priest or they call Chinese or Japanese monks to bless the house. If the man really knows how to bless the house, he can really minimize the dangerous microbes and emanations in that house. You can do it better if you sit down and meditate in different rooms for a month until you clean these rooms. You can feel it. If you buy a new house, there may be something holding you, something limiting, but eventually, with your prayers, singing, chanting, and mantrams, you can clean it. The *Great Invocation* is a masterpiece to cleanse with.

One day my wife found a man sleeping in my bed. The previous owner's son, who was insane, had come back to our house and said, "This is my bed. How nicely it is prepared," and he was sleeping in my bed. My wife did everything to get that man out of my bed. The worst thing was that he had put on all my hats! I was very uncomfortable in that room. He was really insane. The parents had abandoned him, not admitting that he was their son. I did a hundred *Great Invocations* in that room and cleaned it. The *Great Invocation* is the greatest disinfectant.

Use fresh vegetables and grains which have not been irradiated. Be careful of chemicals on food. Have no liquor at your homes. The smell of liquor is very bad. Those who have bars at your homes, keep them away from your bedrooms. If you are students, do not use them. The smell of coffee, black tea, tobacco, drugs, and marijuana is also a great health hazard.

Another very bad thing is to hold your urine four, five hours. At least urinate once every two, three hours at the longest. You must move your bowels at least twice a day or else you are increasing the danger to your health. These are very easy things. Sometimes I say that it is better if you can fast and take weekly three or four enemas. That is fantastic. Clean your large intestines. That is so important for you. Regulate your emanations and wash all these places very thoroughly. It is very important. Twice monthly do not eat for twenty-four hours. Do not even drink water. This may be against the medical advice, but I have talked to many doctors. They debated it with me and told me I was ignorant, but when they started to do it themselves they said, "It is very good!" When you do not drink any liquid, the water which is accumulated in your tissues is taken away and you feel so comfortable. Zip your mouth for twenty-four hours. But before you do it, get permission from your doctor.

Health and Thinking

THERE IS ALSO MENTAL POLLUTION which I must talk about. It is in your houses, in your churches, in your offices. You must be careful that you do not carry polluting thoughts in your minds. For example, negative thoughts are totally harmful to your brain, mental body, and higher centers. It is like sitting in this room and starting a fire here or putting an exhaust pipe there and then sleeping or living in it. Immediately your aura, your mental body is full of negative thoughts, destructive thoughts, criminal thoughts. You are polluting your own room which is your aura, and then you are inhaling all these things into your bodies. Every negative thought, criminal thought, destructive thought creates certain kinds of poisons in your aura and then, standing in your aura, you are inhaling and exhaling the same pollution which eventually destroys your mental body. This is very important to know.

If you are polluting your house, it is the same thing. A polluted house with the polluted thoughtforms is not a healthy place to live because your thoughts and your emotions stick to the walls, to the pans, to the chairs, to the utensils you are using, even to the piano, to everything you are using. Your thoughtforms are substantial, and they have objective existence in the mental plane. You are going to be

very careful especially with what kind of thoughts you are filling your bedroom and your study room. If you want to do some experiments, try to meditate in a room where there was lots of cursing, hatred, criminal thoughts, and criminal planning. You will see that you cannot do good meditation. Immediately when you start radiating beautiful thoughts, the pollution eats them and becomes stronger and stronger. You do not know why; you are trying your best to do meditation, but you cannot do it. A time comes that you stop your meditation altogether.

I have seen such cases — hundreds of them because I have so many correspondence students. They tell me that they were doing such good meditation, and now they cannot do it. This is because their meditation provided nourishment for their negative and destructive thoughtforms, and their negative and destructive thoughtforms became so big, so huge, so chubby and fat that now they do not have a chance to go beyond them. Be careful where you are doing your meditation.

Sometimes it is better if you change your location and do your meditation under a tree, near a lake, near the seashore, and you can see that there is a new breakthrough. Because I used my home for counseling, and many, many people came to debate and fight, eventually it became very difficult for me to meditate there. One day I went to Idlewild which was beautiful and had no pollution. I saw that I was going ten miles ahead in my meditation. I wrote almost one book on that mountain in one or two days. When I came back to my home, something was preventing my meditation. I went deeper and deeper, did some investigation and research work. I found out that our thoughtforms and

the thoughtforms of other people that have accumulated in a certain place are nourished by our meditation, by our good thoughts, even by our lectures. Sometimes you give a very beautiful lecture but people pollute it, and their pollution increases ten percent more, fifty percent more because they use your energy that is coming to them through the lecture as nourishment for their stupidities and negative and destructive thoughtforms.

I want to tell you about thoughtforms. There is a fantastic chapter in *A Treatise on Cosmic Fire* by the Tibetan Master which speaks about thoughtforms. It is just a super-medical chapter. Read it and try to clean your thoughtforms accordingly.

People imagine such dirty things, such absurd things, such gross things! Imagination means to build forms with emotional and mental substance. These forms float all around you, and sometimes people carry them with them. H.P. Blavatsky says to let no one enter the room in which you are doing meditation except you. I had a meditation room in the monastery. One day I saw two boys enter it. They drank some wine and smoked some cigarettes, and who knows what else they did. I could not meditate in that room anymore. One person who enters into your meditation room can bring all the pollution that he has. These are possibilities that you are going to consider, but do not be fanatics! Do not suddenly panic that all your rooms and house are polluted.

Be very careful by yourself, within yourself that you do not become an exhaust pipe putting out all your trash to the places you are living. Guard your thoughts. Immediately if some dirty thought comes, stop it. Just think the opposite. This increases your energy.

Sometimes I work from four o'clock in the morning until eleven at night, and I have tremendous resources of energy. I have so much energy because I started to catch dirty flies flying in my mind. Immediately I catch them and destroy them. Never nourish ugly thoughtforms because they are very contagious and they contaminate your aura. If you are clairvoyant, you can see that in your aura there is so much dust and microbes in which you are living; you emanate all these things and then inhale them again and exhale them and so on. It becomes like a trash can from which you dump and in which you collect. Millions of germs and microbes increase in it, and you are living in that dirty atmosphere.

Health depends on the purity of your thinking. M.M. says that lofty thoughts are messengers of health and happiness and strength and energy. Fill your rooms and every place you go with the fragrance of your higher and lofty thoughts.

There are thoughts of fanaticism, separatism, greed, vanity, ego, criminal thoughts, and cursing. These things must not take place in your bedroom and meditation room, especially when children are there. Children instinctively, automatically, naturally inhale your criminal thoughts, and then they develop criminal tendencies. It is because you planted lots of poison in the invisible space, and now your children are eating it and becoming poisonous rattlesnakes. See how much must be taken into consideration in the healing process so that your life is really clean mentally, emotionally, and physically!

I said that we have six vipers: hatred, fear, anger, jealousy, slander, revenge, and their associated friends and rela-

tives. These things fill your room with poison. I can tell you that that poison is not too scary, but what is scary is this: Your imagination, your thoughtforms, your emotions eventually become the vehicles of dark forces. Dark forces come and enter into your thoughtforms, into your emotional forms and fill all your room. Eventually you are a hostage in the hands of your dark emotional and physical forms.

A man came and told me, "I always give good advice to my little boy and girl, but there is something which I must tell you. My children, four and five years old, are after sex. They are doing things which horrify me. They are bringing other children, four, five, six, seven years old, and having sex parties. Can you tell me why this is happening?" I was just fishing when I asked, "What about the pornographic books and the films you are watching on your television?" "Does that affect them?" he asked. "Of course, that is it! You have already poisoned your children." Then the Surgeon General comes and says, 'Let them use condoms.' How can you prevent them? Already the roots are there. All that imagination that is filling the sphere of your house the children are eating, and then they are developing a premature desire for sex. Then they are not healthy because when your glands are stimulated before maturity is reached, you destroy those glands and create total imbalance in your system. The children who start sex and masturbation in their early years do not have energy, they do not have creativity, they do not have strength, striving. They already have killed a part of their precious mechanism. I am not against sex, but prematurely destroying your centers does not help because the sex center, when stimulated, sucks creative energy from your throat center.

Again we are coming to the cleanliness of your mind and of your emotions so that you have beautiful homes, bedrooms, bathrooms, study rooms where if a man enters he feels elevated. This is because there are lofty emotions, lofty thinking, lofty aspirations there, and, like a vacuum, they suck you and you are elevated in that room.

One of my Teachers was taking a vacation in a cave. I said, "I miss my Teacher. I must go and see him." Immediately when I entered into the cave where he was meditating, I was all wings. New ideas came, inspirations came, poetry came to my mind, music came to my mind. I asked, "What is happening? I am floating!" It was all his thoughtforms, all his aspiration and striving. It cleaned and cleaned me. When I came down the mountain from the cave I was almost flying instead of walking. These are experiences that I had, and I observed them. It is fantastic! You can do it, too. Turn your houses and rooms into a place of inspiration. Do not forget this because spirituality is not saving your soul. That is such a polluted thought! We did not come here to save our souls. We came here to manifest Divine Glory in every department of our nature, in our bedrooms, bathrooms, sex relations, family relations, friendship relations, eating, cooking, business. Our spirituality must shine in all our relationships. We must release the divinity which is within us in all these conditions.

Question: Are there plants that are okay to have in our rooms?

Answer: Yes, there are plants that purify your atmosphere. There was a book I read that named lots of plants. I tried them, and they are very good. Pine trees are very good.

Little pine trees kill themselves to absorb your poisons. They are very sacrificial. Pines, eucalyptus, deodars, and oaks are very good. These all have psychic energy. You can plant these trees all around your house. They are very beautiful, especially deodars. I saw a deodar in Switzerland that was four hundred feet tall and maybe fifty feet in width. If you sit ten minutes under it, already you are recovered. It is so beautiful. It is psychic energy. M.M. says, "Always have deodars."

Soon we will start to build our new Temple. We will try to sanctify it with prayers and meditations. It is all energy. That is why I suggest that when you are entering into our sanctuary you do not talk about stupid things. Just leave them outside. Talk about beautiful things, have higher thoughts so that we keep this atmosphere clean.

We come to the conclusion that we must have clean thoughts, clean emotions. If you are angry, do not let any thoughtform build in your mind; consider that it is polluting you. You are committing suicide. Do not gossip about and slander others because you are creating forms. It is all form. One day my friend, who was very clairvoyant, said, "There are two women there. Their heads are entering into each other and they are sucking each other, emptying each other." We found out these two women were gossiping about each other. This kind of phenomenon appears because thoughts are all frequency. Every frequency is a form when it is collected within the vortex of a thinking process.

This is very important for your health. The purer your heart is, the longer you are going to live. The purer your mind is, the more successful you are going to be in life. If you do not have success and health, it means in the past you

really messed yourself and now it is time to think about the future and to change your destiny.

Question: In purifying a room for meditation, you said that if the room is full of negative thoughtforms, meditation would increase that negativity. How do you purify something like that?

Answer: It is a matter of dosage, of speed or energy or frequency. If you have a little lake and five bottles of new water coming in and two bottles of dirty water going out, it is not going to clean. But if the incoming water is ten times bigger than what is going out, it will clean it. If you have steady meditation, eventually you can conquer and clean it. Also you can put lots of rose oil in the room. It is a real disinfectant. Rose oil is a masterpiece. In ancient royal courts they used to use rose oil. Carnation oil is good; also sandalwood is good. Sandalwood destroys mental thoughtforms. Eucalyptus destroys emotional thoughtforms. Rose oil is the masterpiece that disintegrates many formations and cleans them. It is also good to have it on you sometimes. It must not be synthetic but real rose oil. Every fragrance you are using that is built of synthetic elements is a health hazard. Never use them. These fragrances you spray all over, throw them out if they are synthetic. Do not use them. There are many, many poisons in them, especially for your skin. Your skin is so delicate that it is better not to put anything on your skin until you are sure that it is clean, that it is good. Most of the rouge that the women are using today is made of the placenta of babies. I am not joking. That is why when a baby is born, immediately the placenta is taken and processed for rouge. What are you using on your mouth — the

skins or the cells of other people? You are going to use clean things for your body. Before you buy something that you are going to use for your body, you are going to know how it came into being.

Question: What about lavender oil?

Answer: Lavender is a masterpiece. Also wintergreen is very good. Especially these plants are so beautiful and healthy. Rose, lavender, wintergreen, eucalyptus, peppermint are all very good. M.M. says, "When you are sleeping, put a cup of hot water near your bed with fifteen drops of eucalyptus or peppermint in it." Until morning it is so beautiful. It prevents lots of psychic attacks.

Question: Does sandalwood destroy positive thoughtforms too?

Answer: No, just negative ones. If you go to India, in Indian houses you smell all sandalwood. Actually, the further north you go, the use of sandalwood increases. Temples, day and night, for twenty-four hours are burning sandalwood.

Question: What causes people to have an allergic reaction to sandalwood?

Answer: They must go to the doctor and be checked. I do not know. Maybe there is a substance in the sandalwood which is causing their membranes to act up. In my own opinion, an allergic reaction is caused by the fact that in the past you used that element so much that now you are saturated with it. That is a little unorthodox opinion. Do not put too much emphasis on it. This is my feeling.

Question: If a person is possessed, would he be irritated by peppermint oil and the other oils?

Answer: The possessing entities will leave him. The medical profession never thinks that there are cases of obsession and possession. Psychiatrists are starting to discover them slowly, slowly, but M.M. says, "Obsession and possession are an epidemic." I see more and more cases of it. I sat down and wrote an eight hundred page book about the question of obsession and possession. It is a very scary book but it is good in the hands of doctors and psychologists. I discussed it with many psychiatrists, and they believe that it is very important that we publish it.

Question: If a child is abused in any form for a long period of time, can obsession or possession take place?

Answer: It can, but with most people who are abused, it is the karmic consequences of the past abuse that they did. Whatever you do to others they will do to you. It is a great law. Nothing will happen to you like that if you did not do it to others. Your Solar Angel and everything will protect you.

Question: What does someone like Mother Teresa do?

Answer: Mother Teresa has tons of psychic energy, and nothing ever enters into her because of her love and intuitive qualities which are so expanded that she is almost a savior. You cannot compare her to us. She is very advanced. It is psychic energy. There is a book here which is very important for physicians, doctors, healers, and chiropractors. It is called *A Commentary on Psychic Energy*. You must read

that book and chew it because you can use it every moment. Psychic energy is the frequency which is coming from the innermost centers and building an atmosphere around you. Whoever enters into that atmosphere, as with Mother Teresa when she hugs someone, that person becomes so calm and the pain disappears. The person is in that electrical atmosphere. Who knows what a disciple Mother Teresa was in the past that she developed such a fantastic healing power.

Question: What would you do for a child who you think might be obsessed?

Answer: The first thing that you can do, which I saw in the monasteries, is to take the obsessed and possessed children to the great waterfalls. I wrote about it in *The Psyche and Psychism*. Waterfalls have a different rhythmic and purifying influence on them, especially the negative ions that are produced. These negative ions have the most powerful healing energy. That is first.

Second, obsessed and possessed children must go to big music centers and listen to operas and see dances and ballets so that the beauty slowly, slowly adjusts their mental body and strengthens them in such a way that the person himself refutes and rejects the obsessor. Of course, healthy food is important and continuous medical examination is good for them, so that medical professionals can find what is happening to their glandular system and important organs like the liver, spleen, and pancreas. These are three fantastic mechanisms that must be very healthy. Medicine is advancing very well in finding the results of obsession and possession.

In the discipleship classes in the monasteries they spoke about a few principles relating to health. They said that a disciple must be really healthy because discipleship is like preparing your horse. You are going to go thirty days, day and night, with that horse, and that horse is not going to be tired. If it is necessary, he is not going to drink or eat. The horse is your personality. You are equipping your personality with the best energy and health possible. Discipleship means to carry the message of the Hierarchy, the Teaching of the Hierarchy around the world. To carry this message around the world, you need to have the best health, brightness, intelligence, flexibility, and creativity.

In these monasteries they think that one of the worst enemies of health is attachment — attachment to objects, to people, to anything substantial. Attachment means to be sucked. When you are attached to some jewelry, to a chair, to a table, to a necklace, to your money, to your pocket, and so on, esoterically it means that these objects are sucking your psychic energy. This is true of anything you are attached to, even your land. “My land, my city, my property.” You are in the process of being sucked by the object to which you are attached. They tell us that we should have a detached love and compassion for everything — that we should live with the idea, with the spirit that nothing belongs to us. Actually nothing does belong to us. We love each other, but fifty years later who knows where we are! We all will be gone! Nobody owns anybody. Nobody owns anything. Artificial, mechanical attachment to the things which are not eternal sucks your health energy and eventually makes you an empty barrel.

Try to learn detachment. Actually detachment is in four layers. You are going to detach yourself from your illusions. There is a book which the Tibetan Master wrote. I do not think there is any book in the world which is equal to that book. Very sincerely and knowingly I say this. The book is called *Glamour: A World Problem*. In that book He gives the future curriculum and instructions for the future psychiatrists, psychologists, and doctors. But it will take two, three hundred years yet to understand that book.

In that book the Tibetan Master talks about illusions. Illusions are distorted realities, truths, facts, or events. When you believe the distortions to be reality, the truth, it means you are living in illusion. After reading that book thirty times and meditating on it for thirty days, I slowly found out what He means. Whenever you have illusions in your mind, it means that you have a huge machine, but the parts of the machine are not in the right place. That is your mind. Your mind is seventy percent weaker than it can be. This means that if you can be one hundred percent, seventy percent is lost. You are using your mind only thirty percent because in the sphere of your mental body you are full of illusions, and every illusion is a false translator. When any impression comes to your mental body, immediately three, four, five hundred illusions attack it and pretend that they are translating it to your brain. Here your brain receives a very confused resumé of the things which are coming into your sphere. It is a very unhealthy condition in your mind when you are out of touch with reality, the facts, truth, principles, ideas. A worse thing happens. If illusions have connections with some parts of your bodies or centers, every illusion affects the part that it is connected with.

For example, a man heard a sexual story about somebody. Immediately we know that it is connected to his sacral center. A man told that story because he hated that man. He added and subtracted and made up things and talked to others about it. He built an illusion. That illusion is connected to the sacral center, and that illusion is going to eat that center to live on the nourishment of that center. Do you see how subtle health is?

There was a medical doctor who said he was all healthy except for his reproductive organs. Immediately when I told him this story he said, "You are right. I was so obnoxious, distorting, misrepresenting things, shifting the reality, and abusing it." That is why all religions speak about not lying because lying is the process of building illusions. Immediately when your mental sphere is polluted, no matter what you do, you have a very hard time being healthy. These things are not written in medical books, nor will your doctors talk about these things because they are not supposed to even if they know. Fortunately the number of people who know about these things is increasing, and they are slowly writing about them and spreading these facts.

The first detachment is detachment from your illusions. This means that you are no longer nourishing your fabrications. You stop the fabrication of your mind and say, "That story that I told is not right. It was a lie." Now you are detaching yourself from the illusions. When you detach yourself from the illusions, the illusions slowly die because there is no one to nourish them. That is detachment.

Exercises for Health

EXERCISE

RELAX YOUR BODY, YOUR LEGS, YOUR FEET, and sit totally relaxed. Close your eyes and put a nice smile on your face. This is a very simple exercise. There is no danger. It is just visualization. Sit very comfortably. Relax your face. Make it smile. Bring your consciousness to the center of your head. Do not think of anything else. Focus yourself there, but be careful that your eyebrows are not tense. Your eyebrows must be very calm and relaxed. Even your eyelids will be very relaxed.

Imagine or visualize a blue light at the center of your head, at the middle point of your head. Sometimes you can see it. Sometimes you cannot see it. It does not matter. If you cannot see it, imagine it — a midnight blue electric light.

Try to expand that light until it gets bigger and bigger, until you feel you are sitting in it, and feel that your etheric body is going through a process of cleansing and regenerating itself.

Visualize that the blue light is entering into your emotional sphere, and your emotional body is becoming full of joy, serenity, and calmness. Then visualize that lots of glam-

ors are melting and going out of the sphere of your emotional body.

Try to make that blue light penetrate into your mental body, which is like a sphere around your head in which there are lots of illusions. Try to melt them and discard them.

Concentrate on the blue light and how that blue light with all its radiation is cleansing your whole aura. Take your time. Do not think of other things. Just see the blue light and how that blue light is purifying all your systems, until you feel that your etheric body, astral body, and mental body are totally pure, like a blue sky. Do not force it; it will go by itself.

Relax and focus your mind on the blue light. Now look at the blue light at the center of your head and say, "That is me. I am the blue light."

Again project that blue light all over your three bodies and purify them again from all kinds of germs, viruses, glamors, and illusions.

Now you are going to inhale that blue light to the center of your head and exhale out through your three bodies. Really taking a deep breath, breathe in; concentrate in your mind the blue light; now release it. Inhale the blue light back to the center of your head. Collect yourself at the head. Now release the light slowly. Take one more breath and release it toward your physical body, cleansing your physical body, and release it. Do this once more, feeling through all your body that the intoxications and poisons are going out. Take a breath; concentrate on the blue light; wait; let it go out; release it. Once more; release it. Now slowly, slowly, speed up the process. Once more; withdraw and release it.

Once more; withdraw and release it. Once more, withdraw and release it. Now you will feel hot and strong.

We are going to do the same with our emotional body — cleansing and purifying it from all glamors. First, very slowly inhale, go to the center of your head and make sure that you have the blue light there and wait a little. Exhale. See lots of dirty things coming out of the emotional body. Inhale and exhale once more; let it go. Once more, slowly, let it go. Now feel there is greater freedom. Repeat it once more. Focus the blue light; let it go.

We are going to do the same thing in the mental plane. The mental plane is the sphere around your shoulders and head. It is a very dirty pool of yellow color, but you are going to color it with blue light coming out from the center of your head. Slowly inhale; come and collect yourself to the center; let it go. Once more, slowly inhale; exhale through your mouth. Inhale through your nose again; let it go. Inhale again, quicker; exhale. Inhale; exhale.

Now rest one second. Now you are going to purify your four bodies simultaneously: the physical, etheric, emotional, and mental bodies. Visualize them as concentric circles around your body, and that you are going to cleanse them.

Take a deep breath and slowly visualize that the light is going through the four bodies. Exhale. Take your time so that you can visualize. Start again; release. Start again; release.

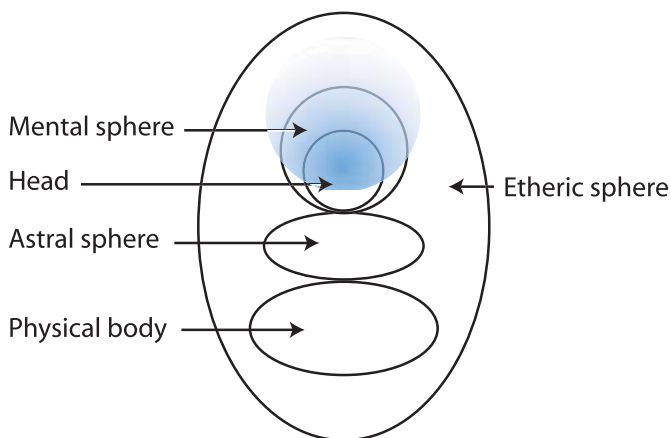
Now with the palms of your two hands touch your forehead and relax. Sit still for one minute.

You can do this once a day for seven days. It will do miracles in your system, in your consciousness, and you will learn the secret of detachment. A few hours later you will

feel that the things toward which you are attached no longer have the same power over you — physically, emotionally, mentally. You will be a little more detached. Detachment means less leakage of energy. The less you are attached, the less you leak; the more you are attached, the more you leak.

Question: How many times may we do this exercise?

Answer: You may do this exercise once a day for not more than five minutes after you get your doctor's permission.



This is you. This is your etheric body. This is your emotional body. This is your mental body. This is your head. The blue light cleanses and throws everything from your physical, etheric, emotional, and mental body. When the astronauts saw the earth, they saw that there is a huge electromagnetic sphere around the earth. That is what you have exactly. It is not something imaginary — it is real. It is the vibration, the energies from your body — heat. It is the

etheric fire, emotional frequency, mental frequency — your entire sphere.

First, start from your physical body, cleaning the physical body. Then clean the etheric, emotional, and mental bodies. Stop after one week. Wait for another three, four months until you see how it is working because sometimes something happens. If you break your glamors and your illusions too fast, you enter into confusion. You must break them slowly, slowly, not all at once. You are not going to be a fanatic and suddenly be an angel. Slowly destroy your glamors and illusions. For example, if you destroy a formation, you will give time to the etheric body to assimilate it and make it fertilizer for its own atoms.

If you read the Tibetan Master you will see that in many, many places in His books He gives very advanced instructions. For example, He says that our atoms, our cells are nothing else but lives that are in the process of evolution. When you destroy them from wrong formation, they go to the reservoir of the substance in which they grow. Then the level, the plane, assimilates them as a fertilizer, as an energy. Your dirt becomes your own fertilizer. That is a very important point that I want you to understand.

Question: Can you say it in another way?

Answer: For example, you have compost. What is the compost? It consists of many things that you throw out, but then you put them under your plants. Why? Because the compost fertilizes the growth of the plants. The same thing happens in your aura. Your cells provide fertilizer. When people who are really bad suddenly realize that they must be nice, they advance more than a holy man. Why? Because

they have so much fertilizer, provided that they burn their illusions, glamors, and maya by the fire of Intuition.

Did you read about John Bunyan, how he was such a bad man and suddenly became a saint? Or suddenly you find a prostitute who became a saint. How come? With will-power, with striving, with energy she melted all her dirt and made them fertilizer for her growth. That is very important. So you do not give up and say, "I am a bad man." Your bad things can be used as experiences, as compost, as fertilizer. Then your new life has so much nourishment to make you the best person that you are. So do not give up, and also do not criticize other people when they are bad because they can be better people. What did Christ say? People never understood. He said, "God can create human beings from these stones." Impossible things become possible if you repent, which means directing your faith toward Shamballa, toward Hierarchy, toward the solar system. Once you shift yourself, things become possible.

Question: When we visualize the bodies, do we visualize them in color and in what colors?

Answer: Whichever you like, but you will use blue light because the frequency of blue is healing and purifying. It is the Second Ray of Compassion.

Question: What do you mean when you say "the center of your head?"

Answer: It means the central point in your head, deep inside at the middle point.

Question: How many inhalations and exhalations do we do?

Answer: You can do three or five. Sometimes you will feel a little dizzy; sometimes you will feel too light. Both are temporary reactions of your body. Go slowly, and continue for seven days. Do not do the exercise more than that. Then later you can do this exercise again. I gave an exercise for disciples and advanced people in the book *New Dimensions in Healing*, where I talk about breathing. Read that chapter. It is a masterpiece. You will never find any literature that will tell you these things. There is physical breathing, emotional breathing, mental breathing, and spiritual breathing. I really explained them in that book.

EXERCISE

This is a fantastic recharging exercise. Close your eyes. Relax. Put your hands out in front of you, a little tense. See a blue light at the center of your head. Now let that blue light go through your shoulders and arms until it reaches your fingers. In two minutes time you will feel it is coming. You will feel in your fingers that something is flowing out. Release that energy — let it go to space and feel its flow. Hold your hands in a comfortable position. Don't force the blue light to go out. Relax, and the light itself will gradually pour out from your fingers.

When you experience it, pull the light inside and do it for one minute. Then put your hands on your knees. If you want to continue, then continue until you feel it.

Continue receiving and releasing the energy. When the flow of the energy goes out through your fingers, wait a sec-

ond, then suck the energy back from space into your body through your fingers.

Try to feel the incoming energy and visualize that it is recharging you and making you more energetic. Take your time. When you finish, relax, and close your eyes. This cleans your inhibitions. Touch your face and open your eyes.

EXERCISE

Do the same exercise, only this time all the filth you have in your physical, etheric, emotional, and mental bodies is going out until you feel that the flow is really pure and clean. If the dirt is flowing, your fingers will move, but when everything is clean, the fingers will be open, unmoving. Start again.

These are masterpiece temple exercises. I used to go under the trees and do these. The blue light starts flowing first. Then you suddenly see that it is bringing out lots of physical, emotional, mental, etheric filth. Have a little container, maybe a big barrel, and put the dirt inside. Imagine a big vacuum cleaner taking the dirt and dumping it outside until you are totally purified. Put your hands on your knees when you are done. Take your time. I want you to experience this.

Take a deep breath and throw everything out. Clean yourself. Now relax.

Exercise

We are going to do something else. The left shoulder is slightly raised with the elbow bent. The right shoulder is in its normal position, with the elbow bent. Now clasp your

hands. Pull with the left hand until the right hand and arm are totally numb and your arm falls away. You do not hold your arms at the same level. The left arm and hand are raised higher than the right arm, by the left shoulder. Pull and continue doing it until your arm falls away. It must be limp.

This is a fantastic exercise to make your etheric body balanced. You must learn that when you do it, you pull with the left hand, and when the right hand falls, it drops because it is totally numb. Experience it if you can.

When you succeed in doing this, you will feel behind your back a new kind of energy. You do not reverse the hands, because if you change positions, the whole etheric pattern will be distorted. The left arm is up and pulling the right hand which is resisting. This releases the center between the blades, and energies start circulating. There is no other exercise that can do this. You are not working on centers but are taking the blockage out.

This is very good if you are going to do a very heavy labor. Do it for one minute and look at what is happening. For example, after you do this exercise, you can work another few hours and still feel energetic and happy. You can do the exercise once a day.

The Conscience

THERE IS ANOTHER THING that I want you to know. Most of our psychological and psychosomatic diseases are produced when we work against our conscience. The conscience is the tuning fork within us. Every note of our actions, emotions, and thoughts that does not harmonize itself with the Core creates disturbances in our centers. When the tuning fork says one thing and we are doing another thing, there are disturbances. They are out of tune. Every action — physical action, emotional action, and mental fabrication that is not approved, consecrated, blessed by our conscience is sowing seeds of diseases.

So you will never work against your conscience. When your conscience says, “You are doing wrong,” stop what you are doing. Stop if you are thinking something and your conscience says, “No.” By using this method, eventually you create a connecting link with your conscience, and it becomes your supervisor; it does not let you do anything against your health, happiness, success, and prosperity.

Every time you do something against your own conscience, you are creating friction in your consciousness. For example, the conscience says, “Don’t do it.” But you do it. You create friction. Friction means you are creating conflicting energies in your system. That is what Christ was refer-

ring to when He said, “A divided man or a divided family does not last long.” When you create division within yourself, your downfall has started — moral downfall, physical downfall, mental, and spiritual downfall — because the enemy is fighting within you. There is so much wasting of energy in order to sustain that fight. You are selling everything in your body. The reservoir of your energy is being put on the table like a poker card, and you are wasting everything.

Try to understand what the conscience is. All of you have that gift. Actually, it is the Solar Angel. The voice of the Solar Angel or the Voice of the Silence is your conscience. Listening to the conscience continuously makes you build the communication line to that Great Being Who is in you to make It the supervisor of your life.

The more you are overshadowed by your Solar Angel, the more you cast away all those elements that bring unhealthy conditions into your home and environment.

Try to be healthy!

About the Author

Torkom Saraydarian (1917 – 1997) was born in Asia Minor. Since childhood he was trained in the Teachings of the Ageless Wisdom.

He visited monasteries, ancient temples, and mystery schools in order to find the answers to his questions about the mystery of man and the Universe.

He lived with Sufis, dervishes, Christian mystics, and masters of temple music and dance. His musical training included the violin, piano, oud, cello, and guitar. It took long years of discipline and sacrifice to absorb the Ageless Wisdom from its true sources. Meditation became a part of his daily life, and service a natural expression of his soul.

Torkom Saraydarian dedicated his entire life to the service of his fellow man. His writings and lectures and music show his total devotion to the higher principles, values, and laws that are present in all world religions and philosophies. These works represent a synthesis of the best and most beautiful in the sacred culture of the world. His works enrich the foundational thinking on which man can construct his Future.

Torkom Saraydarian wrote a large number of books, many of which have been published. All of his books will continue to be published and distributed. A few have been translated into Armenian, German, Italian, Spanish, Portuguese, Greek, Dutch, and Danish.

He left a rich legacy of writings and musical compositions for all of humanity to enjoy and benefit from for many years to come.

Visit our web site at www.tsgfoundation.org for interviews and additional information on Torkom Saraydarian.

Other Books by Torkom Saraydarian

- The Ageless Wisdom
- The Aura
- Battling Dark Forces
- The Bhagavad Gita
- Breakthrough to Higher Psychism
- Buddha Sutra — A Dialogue with the Glorious One
- Challenge for Discipleship
- Christ, The Avatar of Sacrificial Love
- A Commentary on Psychic Energy
- Cosmic Shocks
- Cosmos in Man
- The Creative Fire
- The Creative Sound
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- Education as Transformation, Vol. II
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- Glossary, A Concordance of Torkom Saraydarian's Works
- Hiawatha and the Great Peace
- The Hidden Glory of the Inner Man
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- Leadership Vol. I
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- The Mystery of Self-Image
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- New Dimensions in Healing
- Obsession and Possession
- Olympus World Report... The Year 3000
- One Hundred Names of God
- Other Worlds
- The Psyche and Psychism
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- Spring of Prosperity
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- Talks on Agni
- Talks on Agni, Vol. 2
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- Thought & the Glory of Thinking
- Transformation
- Triangles of Fire

For all of Torkom Saraydarian's latest books and creative works visit our website at www.tsgfoundation.org

- Unusual Court
- Woman, Torch of the Future
- The Year 2000 & After

Booklets

- The Art of Visualization — Simply Presented
- The Chalice in Agni Yoga Literature
- Cornerstones of Health
- A Daily Discipline of Worship
- Discipleship in Action
- Daily Spiritual Striving
- Earrings for Business People
- Earthquakes and Disasters — What the Ageless Wisdom Tells Us
- Fiery Carriage and Drugs
- Hierarchy and the Plan
- How to Find Your Level of Meditation
- Inner Blooming
- Irritation — The Destructive Fire
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About the Publisher

T.S.G. Publishing Foundation, Inc. is a non-profit, tax exempt organization. Founded on November 30, 1987 in Los Angeles, California, it relocated to Cave Creek, Arizona on January 1, 1994.

Our purpose is to be a pathway for self-transformation. We are fully devoted to publishing, teaching, and distributing the creative works of Torkom Saraydarian.

Our bookstore in Cave Creek and our online bookstore at our web site www.tsgfoundation.org offers the complete collection of the creative works of Torkom Saraydarian for sale and distribution.

Our newsletter *Outreach* contains thought-provoking articles and is available both in print and from our website with free email notification.

We also conduct weekly classes, special training seminars, and home study meditation courses.

Torkom Saraydarian Book Publishing Fund

Torkom Saraydarian dedicated his entire life to serving others in their spiritual growth. At the time of his passing, more than 100 manuscripts had been written and prepared for publication. This work represents a seamless tapestry of Wisdom and we are dedicated to publishing the entire collection.

He had the unique wisdom and dedication to write all of these magnificent books in one lifetime. Now it is our turn to do the work. Together we can make his dream a reality and bring his legacy to fruition.

We depend on contributions for the publishing of the books. A special fund, *The Torkom Saraydarian Book Publishing Fund* has been established for the completion of this legacy. Contact us for details about the *Book Fund* and an update regarding remaining manuscripts.

As we go to press with this book we have at least 75 titles not yet published! We need your help to release these treasuries of Wisdom.

You can contribute funds for an entire book, or give any amount you wish on a continuous basis or a one-time contribution.

Thank you for your loving and continuous support.

The Torkom Saraydarian University

Torkom Saraydarian dreamed of a training center, often calling it the University, where men and women can be trained in the theory and application of Higher Principles and Values of the Ageless Wisdom. He called such higher education “Aquarian Education” and continuously encouraged his students to form such an institution in the future.

There is an increasing need for leadership in the field of esoteric knowledge. More and more people are becoming disillusioned with the teachings given to them by opportunists, by people who have good intentions but are full of glamors and vanities, or by people who want to use the Teaching as a business to raise money.

Great damage is done to people who approach the Teaching with sincerity in their heart and are caught in groups, institutions, or organizations that are only for social activities or that function as traps for exploitation. Some of these searchers gradually forget about their quest and adapt themselves to their environment. Some of them totally suppress their aspiration and spiritual striving because of their disillusionment. Only a small percentage, through discrimination, continue their search to find the proper field where they can grow and serve.

The number of true searchers is increasing. We must prepare ourselves to meet their need and at the same time safeguard ourselves from the dangers of falling into vanities, glamors, or of using the searchers for our own interests.

Torkom Saraydarian, *Leadership I*, p. 16.

Our first training courses were launched in September 2000. We have classes on site as well as by correspondence. For information on classes and online registration visit our website at www.torkomsaraydarianuniversity.org or write to us.