

SPIRITUAL TRAINING

What is Needed for the Education of the Future

Torkum Saraydarian writes about four aspects needed in education to cultivate the world citizen of the future. Humanity must take on a global perspective and learn to cultivate peace if humanity is ever to turn from greed, self-interest, and manipulation that are destroying our planet. Several of Saraydarian's fundamentals of right education, as discussed below.

Teach the Science of Peace

“From kindergarten, educators must teach this science: how to handle your emotions, actions, thoughts, and relationships in such a way that you always create peace. Your problems must be solved through peace; your goals must be achieved through peace; your victories must be achieved through peace.”¹ In reading Torkum Saraydarian's work, the theme of clearing the emotions is repeated in different ways. The outcome of purified emotional body would be to create harmonious human relations engendering peace.

Teach the Laws of Reincarnation and Karma

“From childhood we must teach people that they are immortal, that their body will die and come again but the soul is immortal. We must teach the laws of reincarnation and karma, that whatever you sow you will reap, either here or there.”² It is important to

¹ Torkum Saraydarian, *Education as Transformation, vol ii, Basics of Education* (Cave Creek, Ariz.: T.S.G. Publishing Foundation, Inc., 1999), 126.

² *Ibid.*, 130.

understand the law of reincarnation and karma, as this helps the student understand their responsibility for their thoughts, words and actions. When one glimpses the immortality of the soul, it gives a new perspective to challenges and lessons in life.

Teach Awareness of the Divine Plan

Great forces of destruction are afoot and seem to be dominant at the moment, but constructive and creative forces that will redeem humanity are also being released through several channels. Although the working of these forces of light is chiefly silent, they are eventually bound to bring about those transformations that will make the further spiritual advance of humanity safe and steady. It is all part of the divine plan, which is to give the hungry and weary world a fresh dispensation of the eternal and only Truth.³

The Inner and Outer Teachers

Inner education has two stages. The first stage, an outer teacher leads one to the inner teacher. The outer teacher prepares the student to work with the inner teacher. The second stage, “your education is given in the groups formed in the mental plane by your inner teacher, in collaboration with your outer teacher.”⁴

The inner teacher teaches and contacts the student in several ways. The outer teacher is the one who prepares the student to contact the inner teacher. A regular practice of daily meditation helps to raise one’s consciousness to that of the inner teacher. The inner teacher contacts the student through dreams and visions. When the student is prepared, the inner teacher will communicate face-to-face. The inner teacher teaches the

³ Meher Baba, *Discourses*, 7th ed., Revised by Eruch B. Jessawala, J. Flagg Kriss, and Bal Natu (Myrtle Beach, S.C.: Sheriar Foundation, 1995), 3.

⁴ Saraydarian, *Education as Transformation, vol ii, Basics of Education*, 286.

science of discernment and discrimination; one must be able to discern between the real and the unreal.

One learns to transmit wisdom through art, conversations, writings, and lectures; the inner teacher teaches the student to awaken love in the hearts of others. One also learns to use willpower.

Awakening to the Inner Teacher

One role of a teacher is to guide the student to become aware of their inner teacher. The outer teacher must present these ideas to the student.

The Inner Teacher teaches you how to enter into your Inner Treasury and bring out rare jewels, which you accumulated there throughout ages in the moments when you made higher contacts. You can hasten to enter the inner school for inner education by

1. having an open mind, tolerance and inclusiveness
2. daily, regular meditation
3. obeying your heart
4. true, selfless, sacrificial service
5. studying esoteric literature
6. daily evening review
7. living a life based on spiritual discrimination
8. striving toward the “most essential”
9. following the instructions of your chosen Teacher⁵

Daily and Regular Meditation

As part of a spiritual discipline to prepare the individual on the spiritual path, daily meditation helps to put the mental mechanism in order to draw from the higher realms. There are many forms of meditation, passive, active, associative, disassociate, personal or impersonal. It is important to understand that for the spiritual student, a daily

⁵ Ibid., 295-296.

meditation or prayer practice is important to set the intent for the day and clearing and preparing the physical, mental, and emotional vehicles.

A meditation could be as simple as choosing a “beautiful subject and think about it for a few minutes. Take a verse from the New Testament or an idea from any wisdom teaching.”⁶ Meditation puts one in contact with higher consciousness and brings one into contact with the inner teacher.

Daily Evening Review

The evening review is important as a clearing process for the serious student. “In this exercise practiced before sleep, we review the day backward to capture situations needing repair or resolution. . . this practice copes with mishandled situations daily rather than permitting an accumulation to be confronted after death.”⁷ When reviewing the day backwards, situations that were handled in a less than appropriate manner can be replayed in the mind, until a more harmonious enactment of the situation has been imagined.

This nightly review is designed to expand our consciousness and help us to correct areas of our own behavior, reactions, or habits, which obscure the light and our spiritual growth. One is actually reviewing the astral pictures etched upon the ethers, by going into one’s recollection and rewriting it.

Spiritual Discrimination: Identifying Glamours and Illusions

Spiritual discrimination must be taught to in order identify and eliminate the student’s glamours and illusions. A glamour is a “false picture that, when held in the

⁶ Ibid., 351.

⁷ Carol E. Parrish-Harra, Ph.D., *The New Dictionary of Spiritual Thought*, Expanded 2nd ed. (Tahlequah, Okla.: Sparrow Hawk Press, 2002), 194.

mind and charged with emotional energy, becomes a forceful, dominating factor, binding and misleading us in order to secure satisfaction and survival.”⁸

Illusions are “distortions within the mental nature that masquerade as truth, claiming our allegiance. . . Before we can function on higher levels of the mental plane or enjoy the freedom of the intuitional plane, we must clear our illusions through meditation and will. This cleansing process often causes pain in the personal life.”⁹

Accepting the World as It Is

The spiritual student can experience the currents of the world as running counter to the spiritual life. Despite this experience the student must understand that it is important to live in the world, and to not shirk one’s worldly responsibilities.

If he runs away from the world, that does not help him. He will again have to come back to the world to develop that quality which would enable him to face and accept the world as it is. Very often his path lies through the world that he has to serve despite of not liking its ways. If the aspirant is to love and serve the world that does not understand him or even is intolerant towards him, he must develop infinite forbearance.¹⁰

A tendency may be to run from the world, when in fact the path is through the experiences in the world. One must develop an understanding and compassion, and live a normal life, in the world, as it is.

The best way to cleanse the heart and to prepare for the stilling of the mind is to lead a normal life in the world. Living in the midst of your day-to-day duties, responsibilities, likes and dislikes become the very means for the purification of your heart. For the purification of your heart, leave your thoughts alone but maintain constant vigil over your actions. Let thoughts come and go without putting them into action.¹¹

⁸ Ibid., 101.

⁹ Ibid., 129.

¹⁰ Meher Baba, *Discourses*, 7th ed., Revised by Eruch B. Jessawala, J. Flagg Kriss, and Bal Natu (Myrtle Beach, S.C.: Sheriar Foundation, 1995), 356.

¹¹ C.B. Purdom, *The God-Man, The life, journeys and work of Meher Baba with an interpretation of his silence and spiritual teaching* (Crescent Beach, S.C., Sheriar Press, Inc., 1971), 286.

We are not alone on the path; we have inner teachers and guides. We are all teachers, and we are all students. Expressing truth and beauty in the world of forms is why we are here. We can remind each other to walk and live in beauty, and to love and serve others. We are here to be our brother's keeper.

Spiritual life is not a matter of quantity but of inherent quality of living. Spiritual infinity includes in its scope all phases of life. It comprises acts that are great as well as acts that are small. Being greater than the greatest, spiritual infinity is also smaller than the smallest; and it can equally express itself through happens irrespective of whether they are outwardly small or great. Thus a smile or look stands on the same level as offering one's life for a cause, when the smile or the look springs from Truth-consciousness.¹²

¹² Baba, *Discourses*, 119.