

# Robert Louis Constas

February 3, 1936 – January 21, 2024

With heavy hearts, we announce the peaceful passing of Robert L. Constas at his apartment in Denver, Colorado, on January 21, 2024, at the age of 87. He is survived by his wife Lynn, son James, four grandchildren, and extended biological and spiritual family.

Robert was a true brother to me personally and to TSG. He was kind, loving, joyful, intelligent, caring, compassionate, playful, and intensely observant. He knew what was needed before I said anything. This made him a sensitive and caring friend.

I met Robert in our old family kitchen when I was 18 years old. In 1987, I started TSG and immediately, Robert wrote from Phoenix, Arizona and pledged his support. I was so moved by his dedication and remember sitting in tears thinking how this friend knew just what to say at the right time.

When we moved TSG to Arizona in 1994, we reconnected and kept our strong bond until the end. When I saw him for the last time just before he moved to Denver, Colorado, he smiled and said that he was on a big adventure, leaving his home of many years and moving to a new home and a new state.

Many times, throughout the years, Robert made sure TSG had funds to support our basic expenses. He worked and contributed to our needs until his retirement. Even before he retired, he met with me to make sure that his retirement would not be detrimental to TSG's financial needs.

Once I asked Robert if one could heal from childhood traumas. He said that yes, that was possible, but needed three components: Good medical care, therapy, and a strong spiritual community. He believed a strong spiritual community of any denomination was a great contributor to mental health and healing. Robert attended all TSG events and developed loving and caring relationships with everyone.

Robert had extraordinary capacity for striving, and a unique ability to understand the religious and esoteric Teachings of the world and weave them together in clear and intelligent understanding. He wrote a well-researched article on *Hiawatha and the Great Peace*, reviewed many books for our website, and created a series of answers for frequently asked questions (FAQ) available on our website.

He participated in our classes, meetings, and conferences in great joy and anticipation. He even attended teacher training classes and never missed a seminar or class. He would arrive at each function with his black bag full of books and notebooks, sit in the front row, and be active in reading, asking questions, making observations. We are lucky to have his voice recorded in many of our discussions! Every year, after our annual Conference at Wesak, Robert would stop, look at me intently, and say, "Gita, that was the best Conference I ever attended!"

Robert was a child and adolescent psychiatrist with an MD in psychiatry. He was actively working until his retirement at age 83. He was also a talented musician and composer and co-wrote several original music books with his late wife Marie inspired by Native American themes and the harmony they found in the Ageless Wisdom studies. He also had a beautiful singing voice!

Robert dedicated his talents and passion to the TSG Board of Directors and was the spiritual advisor to our Board. His advice was always to uphold the sanctity of the Teaching and never allow personality issues to dominate our work.

Our TSG Center library is graced with many books that he contributed. His name will forever be part of TSG and our library. His poetry and his music will reside in our archives.

Robert was cremated on February 14, 2024. Valentine's Day was the perfect day for this loving soul. What beautiful timing for him to ascend to the Higher Worlds, continue his journey on the never-ending path of joy, and be in the presence of his teachers and mentors and loved ones!

Robert, be at peace. We love you. We will always remember you. Your joy will be in our hearts forever.

Gita Saraydarian