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Reading Toward a Higher Ideal by Tonia Schwartz

Each time we read a book of the Teaching, we are creating a relationship between us, the author, and the high level of energy that the author contacts in his or her writing. When we read with attention and concentration, we create an invisible network of energy that radiates these high-level ideas to all those who are striving to contact them. This is an essential process to update our thinking.

Reading these highly charged books also creates a protective net around us and a reservoir of positive energy that repels negative thoughts and that we are able to draw upon in times of crisis.

Torkom's books help us make contact, not only with the author but also with the plane on which they were written. Many moments of contact and inspiration are the result of a sentence or paragraph penetrating right into our heart. This uplifts us from our mundane experience of life to our higher nature and creative expression.

These books also make us more sensitive to our Solar Angel. When we strengthen our relationship to our Angel in the higher worlds, we release all those relationships, habits, internal and external, in our current life that do not support our future.

We gradually see who and what we really are. It clears the self-image built by failure or outside influences that limit our life. Our self-image is slowly transformed and becomes closer to our ideal image held in the mind of God.

The Teaching reveals our intrinsic value based on our essential, vitalizing essence that comes from the Source of all Beauty, Goodness, Righteousness, Joy, and Freedom.

In the soon-to-be-published book, *Hidden Wisdom of the Lotus Sutra*, Torkom writes about having bad dreams as a child. His mother gave him a New Testament to put under his pillow and from that day on the bad dreams stopped. When we put a book of the Teaching in our mind and heart, we may never know what protection and grace we receive from it.

We can share that protection and higher energy from the books of the Teaching by reading them aloud. When my father passed away, my greatest comfort was reading the *Bhagavad Gita*¹ out loud over a forty day period. Reading at the same time every day and directing the reading to a specific person creates a healing connection with that person. Reading books of the Teaching aloud is also a valuable service for humanity and for those souls who have no one to perform this service.

To me, our books at TSG are fiery friends who help me actualize the expression of my soul and the soul of humanity.

1. Translated by Torkom Saraydarian.