

TSG ADVENT GUIDE

FOUR WEEK ESOTERIC GUIDE THROUGH THIS HOLY SEASON

by Debbie Moshenrose

All practices associated with Advent are those which prepare the heart to receive or recognize the Christ child (past, present and future) on Christmas Day. At this time of year, humanity is most open to receiving the Love of Christ. As we prepare ourselves, we can consciously lift up the aspiration of humanity and connect this aspiration with the Love of Christ, bringing these two together.

The opportunity for service is great!

There are many traditions we can follow as a path to preparation, but creating our own traditions can also be very satisfying. Combining old traditions with new ones, we create a sense of continuity and deep meaning. If you would like to find deeper meaning and fulfillment for yourself and your family this Christmas season, we invite you to use the inspiration

from *Teachings of Christ* and make this holiday season your own.

All ceremonies, activities and reflections from this guide are taken from *Teachings of Christ, Vol. 1* by Torkom Saraydarian Ch. 10. Each color chosen for each week reflects the colors of the Advent wreath.

Start your four week Advent celebration on Sunday, December 2nd.

WEEK 1 FOCUS: PURITY COLOR: VIOLET

CEREMONY

“Every morning you are going to raise your right hand at sunrise. Hold the left hand out and say:

My Lord, pour down your blessings so that I pass them to the world.

Feel it. This is so beautiful. Take it and give it to every human being – whether you like them or hate them does not mean anything. Give it to every plant, animal, bird, river, ocean. Say, ‘I want to bring you blessings.’ Just one minute, one minute!”

ACTIVITY

“The first thing that we are going to do is physical preparation. This week clean your house, clean your kitchen, clean your bathroom, bedroom, sheets, blankets. Everything must be clean. Clean your body. If there is anything around your house that is decaying, throw it out, clean it. Old shoes, old jackets and shirts that you are not using, either wear them, or get rid of them. You must pass through a process of purification; your house must be pure and clean. You will do the same thing emotionally, the same thing mentally. From now on you are going to say,

‘I am going to be clean, my stomach clean, my sex clean, my brain clean, my hands clean.’ It is not easy to do but it is easy to say... To change your life you are going to exercise your divine will and say, ‘I am going to practice, for at least one week, some kind of cleanliness.’ It is so beautiful. This is so practical.”

REFLECTION

1. In what way can I bring purity into my environment?
2. Where in my body do I experience the essence of purity?
3. How can I share purity with others?

WEEK 2 FOCUS: GIVING COLOR: VIOLET

CEREMONY

Continue the ceremony from Week 1, but this week extend the ceremony at noon. At noon you are going to say:

*Lead us O Lord,
from darkness to Light,
from the unreal to the Real,
from death to Immortality,
from chaos to Beauty.*

When you are saying lead us to the light, you are orienting all your energies and

forces to the Light, to the Real, to the Immortality, to the Beauty — four things which are called the foundation.”

ACTIVITY

“Every day, in this week, give something to somebody with all your love. Even if it is a small card, ten dollars, a little chocolate, a fruit bar, a flower, give something. Bring something secret every day this week and surprise your wife, children or husband. Let’s see if you can

do it. It is not the money. It is something beautiful. If you have money, excellent. Spend it. Don’t keep it. Spend it: it is the time of giving.”

REFLECTION

1. What is the hidden essence behind the gifts that I bring?
2. How is receiving related to giving?
3. What blocks my capacity to give? Name 3 ways to remove blockages.

Torkom says of blessing:

“Every human being is endowed with the power of blessing. Blessing starts in wishing good, in willing good for others. People must continuously exercise their power of blessing. Through blessing much goodwill comes to earth.”

Thought and the Glory of Thinking p. 280.

WEEK 3 FOCUS: COMPASSION COLOR: ROSE

CEREMONY

Continue with Weeks 1 & 2 and add the following: “You are going to meditate at sunset for only five minutes... At sunset we are saying:

My Lord, let your compassion increase in my heart so that I am filled with your compassion... let blessing and light and love and beauty express themselves through my mouth; and let my heart be filled with the compassion.

“Compassion is the greatest vitamin for the nervous system. In the future they will find out that whoever has nervous diseases, he lacks compassion. Increase your compassion.”

ACTIVITY

“The most difficult thing that you need to do is this. To those whom you hate, those whom you do not like and they bug you, sit down and write the most beautiful letters and cards and send them and say, ‘You know, I love you.’ Can you do that?”

At this Christmas time we must release the forces of forgiveness in the world.”

REFLECTION

1. Where do I see the need for compassion in my life?
2. How is compassion related to giving and forgiveness?
3. In what ways can I increase my compassion? Name 3 ways.

WEEK 4 FOCUS: SILENCE COLOR: VIOLET

CEREMONY

Continue with ceremonies from Week 1 – 3 and add the following: “When you are going to bed, what are you going to say?”

May my soul like a fragrance rise to Your presence.

Imagine that your soul like a fragrance rises to the Almighty Presence... If my soul rises to Your presence, I do not have any fear of anybody or anything. I am in light. Because I am with You, nothing can stand against me, period.”

ACTIVITY

“Daily try to have a few moments of total emotional silence. If you learn this technique, it will be a great blessing for you. It is one thing to say, ‘I will not speak in that meeting today... I will not argue with that woman.’ Some people have great success silencing their mouths but can you silence your emotions and not have an emotional reaction, no matter what someone says or does to you?”

This is an important technique to master, because whoever masters his emotions

becomes the master of his life. You can have great mental mastery, but if you have no emotional mastery, you can destroy everything around you.”

REFLECTION

1. What in me is the constant noise maker?
2. How can silence increase my ability to communicate?
3. Why does silence help me to prepare for the coming of Christ?

MAY YOU HAVE A BLESSED ADVENT SEASON