

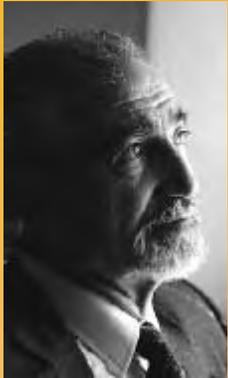


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OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

JAN / FEB 2008



Torkom Saraydarian
1917-1997

Contents:

- ❖ *Teachings of Christ* — Gita Saraydarian.....1
- ❖ *Self-Examination (excerpt)* — Torkom Saraydarian.....2
- ❖ *TSG News & Events Calendar*....6
- ❖ *Leaves From Our Spiritual Journeys—Excerpts on the Cosmic Christ*.....7
- ❖ *Contact Information: International & USA*.....Back Page

Teachings of Christ

Self-Examination

Dear Friends:

All of us at TSG wish you and your family a most healthy and spiritually gratifying New Year!

The first volume of *Teachings of Christ* is now available after so many years of waiting! Our plans are to complete the printing of Volumes 2, 3, and 4 in the first part of 2008. There is more to the birth of Christ than Christmas. It is a birth that is truly a monumental event that takes place inside of each of us. It starts the moment we turn our faces to the Light, the Love, and the Spiritual Will that are the hallmarks of the Cosmic Christ and the hallmarks of every Master and Disciple. We are actually focusing on the process of birth our entire lives, to make real the words “Christ in you, the Hope of Glory.” We can read this book as long as we are striving to give birth to our essential Self.

The Christ is the central figure of the Ageless Wisdom Teachings. This year, we will dedicate the *Outreach* issues to the topic of Christ. Each issue will bring reprinted Chapters from one of the volumes. In this issue we present the Chapter on self-examination, a worthy topic with which to start the new year.

As I read and prepare these Volumes, I am so inspired by them. I know you will also be deeply moved by the beauty of these Teachings. In them, you will find the deeper, esoteric meanings of the Christ message as well as understand Torkom’s own inner love and understanding of the Cosmic Christ. Page after page, you will see the unfolding human and cosmic drama. I found the work on these four volumes so moving that I wanted all our readers to focus on the topic of Christ in 2008. As a group, we can have a positive effect by focusing on the Christ Teachings and the unity and love that they encompass.

The life of the Cosmic Christ has exact parallels in our daily life, albeit on a different scale. We too travel the journeys of life, birth, death, desperation, and eventually master the life and resurrect. We struggle life after life to build our Lighted House, our Chalice, and eventually to graduate even from that level into new levels of consciousness and beingness.

**TSG
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Statement**

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Distribute
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Torkom
Saraydarian’s
Creative Works.*

*TSG
provides
tools to live
Successful
Healthy
Happy
Joyful
lives*



Gita Saraydarian

continued on page 6

Self-Examination

by *Torkom Saraydarian*

In the monasteries Christmas Eve was called the night of the vigil. It is a night during which people sit until morning, sing, pray, worship, and then do self-examination.

There are two kinds of Christmas, the outer Christmas and the inner Christmas. The outer one is what we know — eating, drinking, buying, selling, this or that. It is very beautiful because it brings some kind of joy and sharing in the world. That is what we need sometimes. But the inner Christmas is a very serious self-examination. It is setting your goals and visions right and seeing where you are going.

The life that we are living now for our physical, emotional, and mental pleasures is a very short one. After that short life is gone, we are facing infinity. For that infinity, we are going to prepare. More and more numbers of people are beginning to think along this line, that this life is important but there is another one that is more important because the duration of that life is longer. Many, many virtues and spiritual strengths are needed to face that infinity. So, actually, Christmas night is the night in which we are going to light our candles.

To light the candles means to awaken our consciousness, to realize the real potentials of the life, really to see a vision and have a moment of dedication to that vision so that in the next day something is born in our heart. What is born in our heart is a new man, a new woman who is totally different in his outlook, in her outlook to the world, totally different in intentions and visions, in evaluations and judgments. At least something starts in our heart that is not similar to what we had before.

Whoever has such an experience is celebrating Christmas, because Christmas means the awakening of the consciousness of Christ within us. Just like a candle is your consciousness. Suddenly a beam of light comes, touches the candle, and lights it. When it is lit, immediately you feel different because you

are equal to your consciousness. If your consciousness is illuminated, enlightened to a certain degree, all the values of life change, and you start leading a different life.

Now this is the night of the vigil, and unfortunately many people on this night eat, drink, and dance, which is again good because that is their level. But those people, aspirants and disciples, who are feeling a new call, a new challenge from the Higher Self are going to face Christmas differently.

There are seven steps that we used in the monasteries in the Far East. Until morning we went through these seven steps. They are very simple. There is no philosophy in it, there is no psychology in it, but it is plain common sense and very practical. If you notice the questions and try to answer them, your life will slowly change.

The first one is just to look over the past year and see where you failed and where you were successful as a personality. You can have lots of certifications and diplomas, you can know many languages and hold high positions, but that is the outer man. The inner man is the man that grows and expands and becomes wise through the failures and successes that he passed. Every kind of failure, every kind of difficulty and problem that comes to us is a very hidden and secret book. These books have plenty of advice. They are solid gold if we really face them, confront them, and learn the lessons. Our New Year must be a year in which we will not repeat the failures that we passed through. If we put that in our mind and start really striving, at least we can achieve a certain degree of success.

No one of us should think that we are going to be perfect in one day or one year. Actually, perfection is the result of millions and millions of ages of suffering and pain and joy. But we are trying to take a step ahead, and it is very important to prepare ourselves for Christhood. Sometimes this sounds like a big word but it is so beautiful and deep and meaningful. Each one of us is eventually going to be like Him. Imagine — to be like Him! That is what the birth is. When the seed is planted in our soul, that

continued on page 3

seed slowly, slowly changes us, our whole being, and eventually we become like Him.

For example, there was a very great Saint who wrote a book, *The Imitation of Christ*. In it he says that step by step man is transforming into that great vision. This is important at Christmas. Part of our personality, part of our body, part of our emotions and mind and spirit must go through a stage of transformation. If in this night, you saw and you observed that there is a little transformation in your nature, that is the spark of fire in the big log, and if you fan it, the whole log will be burning. That is the hope within us. Make a little change. Do not look for great changes. I am advising also myself because suddenly I cannot be a saint or holy-poly man. But start from little, little sparks, and when that spark is there, really work upon it. Then you will see that the whole body, physically, emotionally, mentally, will receive fire, will get fire, and you eventually will be a fiery being. That was the first step that you are going to think about tonight, if you find time.

The second step is to ask yourself, "What is my worth? What is my value? Is it my money? Is it my body? Is it my appearance?" They are very important. Don't think that I am not giving value to these things. Your money is important. Your richness is important. Your house is important. The health of your body is important. But what is your real worth, which means when you leave the body, what remains? That is your worth.

How can we measure our worth with one measure? It is very simple. What you have done to others is your worth. How much have you given of yourself to people? It is not how much you have received but how much you gave to people, how much you have done for others.

Now examine yourself. Imagine the past Christmas and go to the present. Go faster or slower. Sometimes I go fast if I don't like it, but it is better to go slow so that you find some tricky things. What is your worth, where, and when, and how much did you give of yourself? Where did you give, when did

you give, in what conditions, and with what intentions? Immediately you can come face to face with yourself and say, "My goodness, that encyclopedic knowledge, that language, that position, they do not work here. I am going to face myself." It is not knowledge; it is confrontation. "What is my worth?" If you work on it, you will see that next year you will be worthier.

What does it mean to be worthy? To be worthy means that you can be more useful in the hands of God. That is all. It is so simple. How much worth do you have? That much.... God can use it. It is your virtues, it is your talent, it is your genius, it is your dedication, it is your holiness, purity, it is your pure intentions, your creativity that are used by the big hand of Nature, that Great One. It is important that we see this because if we start seeing that we do not have a calculable or touchable worth, we can increase it. We can work toward it. This is what we can do in the vigil.

To make a vigil, you sit down in your room. An almost empty room is good. My room was very empty in the monastery. I had only one bed, one jar, and a glass. That was my room. So on the vigil night I went there. At first I cried. I said, "Mommy, Daddy...." Then I started to look back over my life. I said, "What is my worth?" I remember telling myself, "I would not buy you even for five cents." "My goodness, five cents?" I repeated again. I was so angry. I said, "What is your worth? What can you do? What have you done? Here you are, eighteen years old." It was a big deal for me. For eighteen years I did not do anything. This is very important. We can talk until morning about this.

It is so important to find your worth. The measure is this: How much did you give of yourself. What have you done for others? That is the measure. As your president once said, "What you give to your nation is more important than what you get from it." What did you give to your nation? To humanity? — And the circle becomes larger and larger.

Of course, it is possible that you did not have money to give or you did not have time to give, but

did you have wishes? Wishes are so important. I was reading a holy man's biography. He said, "When I look at the space at the time of Christmas, I see billions and billions of flowers and music and waves of color and energy." It is there. Why is it there? In spite of your radios and televisions and newspaper headlines, people are wishing "Happy New Year," and sometimes they are saying it sincerely. Do you know what happens? I wish you would try it. When you say something that is sincere and real, something that goes from your heart and charges your words, it builds a flower in the space. Master Morya once said, "Your sincere prayer, like an arrow, pierces the space and in front of the Lord it opens like a flower." It is beautiful to know about this.

For the third question, ask yourself, "What are my habits? How much have I conquered them?" Little habits are like fleas. They are more difficult to conquer than a lion around you. You can shoot the lion if you want, but the fleas, my goodness...! So, little habits are like fleas, and we are going to watch at the end of the year, or on Christmas Eve, what habits we have, what they do for us, how we can conquer them, and why we should conquer them.

Habits prevent you from being united with your Higher Self. They bring you down to your physical, emotional, and mental levels. They pull you down. How do we conquer them? It is not self-condemnation; self-condemnation is not accepted in the higher Teaching. The Self is sacred. Even if you did nasty things, that Self inside is the divinity. You cannot condemn yourself, and you cannot condemn others. You can only change, because change is much better than not changing. That is the third one.

The fourth one is to ask yourself, "How much progress did I make in this one year?" What do we mean by progress? Of course, progress involves everything. For example, financial progress is very important progress because it means you are cleaning your karma, you are acting more together, you are utilizing time and space in the right time, in

the right moment, and also you are becoming cleverer and more observant. These things are very important.

Spiritual life is not one-sided. It has two cups, and both cups must be filled to create equilibrium. If I am in balance, both of my cups must be filled to create the balance, the equilibrium. One cup is spiritual treasures. The other cup is worldly intelligence. You need both to keep the balance in the world. If you have the balance, you become a path through which the material forces sublimate into spirituality, and the spiritual forces come into manifestation through the vehicles that you prepared for them; so you become a bridge.

It is very important to see both sides, "Why and how can I be successful spiritually and physically?" You are going to find out, without condemnation and judgment, what you can do in the next year to be really successful: successful in your physical, emotional, and mental life; successful in your contact with higher values; successful in your creativity; successful in expanding your consciousness.

Success is very important, but sometimes spiritual people are afraid of the word "success." I have met maybe fifty people that if you say "success," they are afraid because they think that success will take their freedom from their hands. On the contrary, success is the mastery; success is the increase of your control over life. As you are more successful, you have more mastery upon life — but a mastery that is not one-sided. It has two sides. Sometimes if one little idea or thought is cleared away from your mind, suddenly you see that the life is responding and you start being successful.

You are going to watch which side of your personality or being needs more attention, and you are going to balance yourself. Do not forget that success is the mastery of life. If you master it ten percent, you are a ten percent successful man. If you master it one hundred percent, you will say like Christ, "Be courageous because I overcame the world." That is the ultimate success! What does it mean to be courageous? He wanted to say that if He did it, so can you. "Be courageous. Look, I did

it! You can do it also.” You say to your child, “Look how I write. You can write too. Because I did it, you can too.” That is courage. Courage means to do something that you think you cannot do. It is so simple. It is common sense. If you put these things into practice, then you will see the beauty of this kind of Teaching.

The fifth one is, “What is my future plan? Until next Christmas, what is my plan? First, what is my spiritual plan? What am I going to conquer? What am I going to build?” For example, you go to an architect and say, “I am going to build a temple, a big structure. Can you make a plan for me?” He makes the plan and gives it to you. That is your plan. So, you are going to sit tonight and seriously say, “What is my plan for the next 365 days?” It is so important to confront yourself, to corner yourself, and when the next Christmas comes, you will do the same thing. You will say, “Hey, look, the plan is done, and overdone.” You may be ahead of your plan, or you may be short of your plan. When you have a self-confrontation, it creates some kind of striving within you so that you conquer all these hindrances that were preventing you from achieving your self-actualization and success. I did not want to give you something inspirational so that you go to the Seventh Heaven and come back and remain the same. Confrontation! “What is my future plan?”

The sixth one is, “How am I going to put this plan into actualization?” If you do this, you will stay awake for many hours, and that is very good because it is the night of the vigil. “In the name of the Teaching of the Christ, in the name of my spiritual progress in the future, I am going tonight to be a little solemn and serious about myself, for myself, and have a great confrontation.” If you do not confront yourself, something will happen. Actually, man is a horse and a rider. If you do not control your horse, the horse leads you. If you control the horse, you lead the horse. What is the horse? The horse is your physical, emotional, mental nature. Do not let that nature escape your control. Once it escapes, it is more difficult to control and you are going to have

fun for many, many incarnations, playing with your horse. Eventually you must get the reins in your hand and say, “Hey, my steed, my stallion, now you can take me anywhere I want.” It will be so beautiful to create such mastery over your lower nature.

The seventh one is, “How can I approach Christ? How far am I? How close am I? Why do I think that I am close? Why do I think that I am far?” It is very tricky and sometimes painful. When you do not ask this question, you think you are sitting on the lap of Christ, but once you ask and say, “What is your proof that you are close to Him?” Well, 360 days you are remembering, you are praying, you are saying, “Lord Christ,” you are sometimes reading a book... but how far are you? How close are you?

What does it mean to be close to Him? To be close to Him means to be like Him, physically, emotionally, mentally, and spiritually. To be far from Him means just doing, talking, thinking the things that He did not approve, or that perfection does not approve.

(Reprinted from *The Teachings of Christ, Volume I, The Birth of Christ*, Chapter 14 “Self-Examination.” Copyright, the Creative Trust, printed by permission of copyright holder. For more information, please see www.tsgfoundation.org.)

Outreach is a publication of the TSG Publishing Foundation, Inc., a non-profit, tax-exempt organization. Published six times per year in the United States. Available worldwide printed by mail or email. Printed copies are by subscription only. Suggested annual donations are US \$15.00. Archived back issues are available online.

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From Gita - continued from page 1

How do we survive the rigors of this unparalleled journey? How do we keep the faith that there is truly a way out at the end of the seemingly endless tunnel? What kind of guidance can we receive from those who traveled the same journeys before us? We can find these answers in the Teachings of Christ.

I hope that these beautiful Teachings will inspire you and uplift you and make your daily struggles and challenges a little bit lighter. I hope they give you the same inspirations that I receive every time I read a page from these wonderful books.

I hope that by focusing on the Teachings of Christ, all of us can fill that empty chair at the table of world religions by the presence of the Cosmic Christ. It is through Him that the world will unite and understand the brotherhood of humanity.

I hope each of you who reads these books will share them with all your friends and family. Spread these books without any apprehension; they will break many barriers and open minds and hearts to a new way of thinking. Give an opportunity to those who need inspiration to uplift and heal themselves.

Thank you for your love and support in 2007. All of us at TSG Foundation look forward to serving you in 2008.

With love and appreciation,
Gita



Gita has written several articles on the Cosmic Christ. You can read them online at gitasblog.blogspot.com

Building the Lighted House

A series of 9 lectures by Gita Saraydarian presented at TSG Foundation Cave Creek Center at each Full moon Celebration. This series examines the 9 steps needed to build the Lighted House within, the Chalice, so that the human soul, the real light in the Light House, may shine forth for all. Topics include emotional healing, life narrative, overcoming fear. Details for each lecture available online, or call us for a brochure. Available on CD, DVD, and downloadable MP3 files. Each lecture consists of a lecture followed by special meditation and healing prayer.

TSG Cave Creek Center Upcoming Events

Aquarius Full Moon



Sunday, January 20, 2008

10:00 am - 11:00 am

Lecture and Meditation on
"Building the Lighted House"
with Gita Saraydarian.

Pisces Full Moon



Sunday, February 17, 2008

10:00 am - 11:00 am

Lecture and Meditation on
"Building the Lighted House"
with Gita Saraydarian.

Essential Oils on Sale!

For the next two months, we are offering some of our most popular essential oils at a discount (including: bay, lemon, chinese cedarwood, and pine) - up to 30% off! See our website, or give us a call for details on available oils, sizes, and prices while supplies last!

Your Financial Contributions are very much needed this year. To find out how you can help and read more information about our work, please see our website or call us. Donate to the Torkom Saraydarian Legacy Fund.

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The Cosmic Christ

Here are some inspiring excerpts about the *Cosmic Christ*:

“One of them was a fiery Soul Who, for the first time in the history of the human race, entered into Enlightenment. He stood in the presence of that mysterious Being Who is called the Ancient of Days, Melchizedek, the One Initiator, or Sanat Kumara.

“Thus He opened a conscious line of communication between that great station of Power, Love, and Beauty and struggling humanity. He became a bridge, and in the stormy and dark oceans of the life of humanity the compass was found, the North Star was seen. Hope was spread in the hearts of the sons of men . . . and the Purpose of creation was sensed.

“Many, many millions of years ago, He was a youth Who developed a love of philosophy in His heart. He found the way to *think*, to hear the great hidden call through each form, to sense the pull of the great Cosmic Heart. Throughout ages, His intention was to enter into closer communication with the Mind behind the phenomenal universe.

“He passed through all human sufferings, and as He pressed forward for more light, for more love, the heavy clouds of human ignorance broke their thunder on His body and heart. . . . But He never gave up. He was running His marathon race upon the planet, and He decided never to stop at any cost but to press forward to the Good.

“As He traveled the path of pain, the path of sacrifice and service, the great flower of compassion flourished in His heart and eventually embraced the whole planet.

“In the dark deserts of human consciousness, He shone as a torch of fire. Because of His ageless service and unceasing sacrifices, He became the Senior Member of the invisible Temple, of the invisible Church, to guide humanity from darkness to light.

“Age after age, He reappeared among men, giving the same Teaching, opening the same Way, and expressing the same Beauty.

“All those who responded through their life, service, and sacrifice gathered around Him, and the Center of Love grew and grew, becoming a fiery Magnet attracting the Cosmic Energies, the Cosmic Beauties.

“It is from this Center that all Saviors throughout the ages and in all countries went forth, taking with Them the message of Compassion, the message of Beauty, Service, Sacrifice, Simplicity, and Fearlessness.

“We are told that He is on the way back to the world of men to renew in our hearts a greater hope, a greater faith, and a greater love.”

(*Christ, The Avatar of Sacrificial Love* by Torkom Saraydarian, pp. 12-13)

“When it is discovered that there is but one God supreme in the universe, and that this universe is manifestly operating under natural law; that creation is the manifestation of the Creator of the heavens and earth; that there is no division in the Godhead, but manifestations earthward there are in plurality; that plurality will be seen more clearly that the revelation of that sublime Sun Spirit we call the Christ is the revelation to the whole earth, the Creator incarnate in the Cosmos.

“It cannot be too strongly emphasized that no view which fails to locate Christ in all the sacred Scriptures of the world can approach a conception of His all-embracing reality. The parallels existing between so-called pagan and Christian beliefs and practices must be read for what they are — demonstrations of the one divine Teacher, Who prepared humanity for His coming incarnation on earth. If Christianity is to depend upon a belief in certain miraculous events related in the British Bible, then an ever-increasing number of reverent and spiritually minded people will say that they do not believe in such a Christianity.

“Cease to limit the divine workings from the beginning; cease to limit Christ to the God to Israel; see in Him the Savior-Teacher of the whole earth; unveil Him in the sacred Bibles of all lands where He has revealed Himself under a multiplicity of names; then a Cosmic understanding will dawn upon the world, infinitely more inspiring than our present conceptions, and more worthy of the nature of the Great Quest.”

(*The Cosmic Christ* by Violet Tweedale, p. 40)

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*To be worthy means that you
can be more useful in the hands of God.*



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