

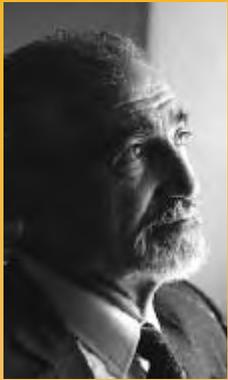


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OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

MAR / APR 2009



Torkom Saraydarian
1917-1997

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Preparation for the Three Major Full Moons

“Chesley B. ‘Sully’ Sullenberger III spent practically his whole life preparing for the five-minute crucible that was U.S Airways Flight 1549”, proclaimed the Associated Press headline of January 16, 2009. The day after his pilot skills saved the lives of 150 passengers with his plane’s descent into the Hudson River, the country marveled at this hero pilot’s skill and cool head. While we all are certainly aware of the value of preparation and how preparation leads to success, this extraordinary example provides food-for-thought on its deeper layers and applications.

How is our future shaped by thinking about how to handle the unexpected? How prepared are we currently for the unexpected? The unexpected refers to both good and bad events. In the last issue of *Outreach*, we examined preparation for the New Year from the viewpoint of confronting the unexpected: learning how to keep our balance when the unexpected comes to our lives. We can be prisoners of our successes or failures when we fail to learn detachment. This kind of preparation represents freedom from the grasp, attachment and influence of the emotions, the mind and the drama of the moment. With today’s world-wide crises, we can readily see the value of this degree of preparation.

In this issue of *Outreach* we examine preparation for the most solemn and influential time of the spiritual year: the three major full moons of Aries, Taurus and Gemini. What is the nature of this kind of preparation and why is it deemed so important?

Preparation leads to spiritual success. What is spiritual success? “Spiritual success is the ability to use your physical, emotional and mental successes to achieve the purpose of your life.” (Torkom Saraydarian, *Spring of Prosperity*, p. 106.)

Preparation creates in us an increasing sensitivity to the energy forces and currents in the universe. This sensitivity is really communication. “Communication is the key to conscious evolution.” (*Spring of Prosperity*, xii) All of life is continuously communicating with us. Preparation leads to understanding this communication and allows us to receive new insights into the design of our life plan.

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



Gita Saraydarian

continued on page 2

To better understand the process of preparation for these three full moon periods and the resultant spiritual success, we include excerpts from Torkom's unpublished work, *The Wisdom of the Zodiac*. We also include insights from several TSG students regarding their experiences in preparing for this period. Great Sages gave us the science of the full moons to open a door of opportunity for us to do better and better in our individual lives. Preparation assists us for this potential far-reaching success.

We wish you success and joy in the coming months!

Lou Schwartz

Preparation - Three Major Full Moon Festivals

By Torkom Saraydarian

During the three-month period of the three major full moon festivals, we must prepare ourselves for the highest moment of the spiritual striving. This period starts in Aries and lasts through Taurus and Gemini. In these three months, our earth has a different psychological attitude toward the forces and energies of the Universe. As spring approaches, the physical body of the earth adjusts itself to take in different energies and produce different results.

We must understand that our earth and the various constellations, each one of them has its own psychology. Psychology, in this case, means sensitivity to impressions. When we react and respond, we have a psychology. During the three months of the major full moons, we must prepare our own psychology in such a way that we receive the optimum or highest energies available on this planet, psychologically, spiritually, and even physically. This is why preparation for the three major full moon festivals is so important.

There is a simple formula you can use to advance on the path of happiness and health, or the path of perfection. First, you must have a vision. Vision creates challenge. After you see the challenge, you will strive to make that vision a reality. Your vision should not be for material things. You should have a spiritual vision, and you must feel the challenge of this vision within yourself. The vision must be so attractive and beautiful that it speaks to your soul and magnetizes you toward it.

Your vision is your own spiritual expansion. You must feel that if you do not go toward that vision, you are losing ground. You must feel that you are losing yourself when you do not work toward your vision because you are denying the higher part of your future; you are denying your Self Who is going to manifest in the future.

After the vision and challenge, the third part of the formula for success is your striving. You must organize your life physically, emotionally, and mentally in such a way that you make your vision a reality in your life, with discipline, meditation, and prayers, and by coming closer to the natural cycles and energies.

If you do not follow the natural cycles, eventually you create frictions between yourself and Nature. If you cannot run with the cycles of the Universe, eventually you are going to work against your own happiness and health. If you cannot adjust to the gears of the cycles, your car is going to stop. To adjust the speed of your car to the gears means to prepare yourself, to organize yourself, and to start to cyclically respond to these cycles and energies in order to bring your vision into reality.

The first major full moon festival is the festival of Aries. What is the challenge of Aries? Aries is called the full moon of resurrection, but resurrection is not only a religious or Christian term. Actually, resurrection does not belong to Christianity or to any other church. Resurrection is a divine process of sublimation, transformation, trans-figuration, and mastery over one's nature.

You can prepare for resurrection by always holding your mind on the thought of resurrection. This is a difficult process, but in the meantime if you do it even five minutes daily, you will be two hundred miles ahead on the path of your evolution. During the month of Aries, you must withdraw from the interests of the physical, emotional, and mental bodies. Instead of hanging your head to the earth, you must turn your face to the heavens and think and meditate on spiritual values.

Some great Sages say that Hierarchy prepares six months in advance for this full moon by withdrawing Their interest from the physical, emotional, and mental planes and focusing all Their spiritual intentions on the Divine Will. The Divine Will is related to the reason why all this life is created.

In preparing for the festival of Aries, the first thing you must do is to withdraw yourself from the interests of your body. Even while you are at work, you must try to

occupy as much of your mind as possible with the idea of resurrection. In thinking about resurrection, you can consider the following questions: Am I going to die after my body dies? Is life finished when I die? How can I find an escape from the grave? Are there things holding me in the grave of matter — my dollars, my business, my wife or husband, my preoccupations, my sicknesses, my foolishness, my insanities...? Will I be able to make a breakthrough and save myself from this prison in which I am living?

Even if you do not find that breakthrough, thinking about it will prepare you eventually to find out how to escape. Christ said something very deep: “What does a man win if he wins the whole world but loses his soul?” You must not lose your soul; you must not lose your immortality, your continuity of consciousness. Eventually you must make a breakthrough toward resurrection. Resurrection means to take your soul, which is identified with your body, emotions, desires, and crazy mental activities, hold it in the light of the Guide, and be resurrected. You must pull yourself up into idealism, spirituality, and purity. This is what resurrection means.

During the month of Aries, there are three special things to meditate upon.

The first thing is *striving*. Striving means to make efforts to surpass yourself, to make a breakthrough, to understand life better, to see things in a better way, to be more in control of the forces, urges, and drives in your physical nature. Striving means to make efforts to find ways and means to organize yourself so that you do not always stay on the same level, but you raise yourself up and expand your consciousness. Striving means to work to eventually make a breakthrough toward the immortality of your soul.

The second thing to think about during Aries is your *infinite Path*. You must realize that this life is only one of the days of your total life. These sixty or seventy years that you call your life are just one minute on your whole Path. Think about that infinite Path and what you are eventually going to be on that infinite Path in the future. Think about your own Infinity. Think about yourself as an infinite human being. Remind yourself that you are not going to end with physical death.

When you think about Infinity, all your viewpoints, as well as your perspective and relationship with life, change. Things that used to be so valuable for you become as insignificant as little grains of sand. Your sense of value,

appreciation, and measurement change. Your whole outlook on life changes after you suddenly know and feel that you are not the center of the Universe, but only a little atom or cell on the path of Infinity, going toward some mysterious destination....

The third thing to meditate upon during the month of Aries is *willpower*. You read about willpower in books and listen to people talk about it, but have you ever exercised willpower? Have you had any experiences with willpower? Does your willpower fluctuate, or is it really strong, enduring, powerful, and dominating? Can it impose itself on your physical, emotional, and mental cravings? Can that spiritual power remain forever as a principle and law for you?

Do you have physical willpower? Can you tell your body, “We are going to finish the job no matter how tired you are”? Can you exercise willpower over your emotions and say, “I am not going to be influenced by outside forces. I am going to obey my own instincts and desires”? Mentally, can you keep your mind focused and concentrated upon great values, instead of flickering and always changing? If you have willpower, you will experience a steady, progressive upliftment from darkness into light, from unreality into reality.

In relation to this idea, you may also meditate on the third verse of the Great Invocation, which says, “*Let Purpose guide the little wills of men, the Purpose which the Masters know and serve.*”...

During the month of Aries, there are two books you may read which are related to the theme of resurrection: *Hierarchy and the Plan*, and *The Questioning Traveler and Karma*.¹ The word “resurrection” is not specifically used in these books, but when you read them you may feel that your spirit is resurrecting itself from false values to real values, from selfishness to unselfishness, from hatred to love, from separatism to synthesis.

If you try in this one-month period to work for your own resurrection, you will be surprised how much you can uplift your consciousness and expand your heart toward the Universe. You will find out by yourself that you are not the same person as you were one month ago....

The second major full moon festival is the festival of Taurus. The vision during Taurus is enlightenment or illumination. You must try to enlighten your mind, expand

your consciousness, and see things as they are. When you are in prison, you see things in a different way than when you are free.

There are several disciplines to be undertaken during the month of Taurus. First, you must daily discipline yourself in right thinking. For example, if someone lies to you or wants to manipulate you or lead you in a different direction for his own interest, you must not follow him. You must ask your own mind and reason and logic... and think clearly. If there is any question, do not react automatically or mechanically. Try to stop and think things over, measure the situation, and then give an answer.

Taurus should be a month for exercising clear thinking. When you hear something on the radio, stop. Do not immediately believe it. Try to balance yourself and think it over. See if what you heard is True, Beautiful, and Good. If there is no Beauty, Goodness, and Truth in it, it is not valid. You must use your own discrimination, reasoning, and logic.

The second discipline during Taurus is clear observation. Do not immediately conclude things like, "Because he looked like that, he meant that. Because he is working like that, he wanted to say that." Try to observe things before you draw conclusions. Clearly observe everything you are in contact with, without selfishness or separative interests, but considering instead the interests of all people involved.

The third discipline during Taurus is to increase your viewpoints. Try to change your viewpoints and look at problems from different viewpoints. You will see that you will improve your thinking. When you have more viewpoints, you are a more successful person. If a businessman is stuck with the rules and regulations given to him, he will not be able to improve. But if he has a different viewpoint, a different approach, and the freedom to adjust himself to the conditions, he is a versatile and progressive man.

Another discipline during Taurus is daily to sit under a tree or in a corner and imagine your soul as a five-pointed star above your head, shedding light all over your body, your mind, and your emotions. Imagine that you are taking a spiritual shower, cleansing all your ugly thoughts, emotions, urges, and drives. If you do this for only one or two minutes a day, you will see that enlightenment is increasing in your mind.

Your meditation during the month of Taurus will be on the following seed thoughts:

1. Beauty
2. Expansion of consciousness
3. Holism

During this month try to find out what is Beauty. Find out how expansion of consciousness affects your glands. A fanatic has a bad smell because of the poison secreted by his glands, but a person with an expanded consciousness smells sweet. Expansion of consciousness also helps your body become more beautiful and healthy, and a healthy body lives longer.

The world is now going toward holism. First, we were separate human beings. Now we think about families, racial groupings, nations, the United Nations. Hopefully one day we will have a united world, if we do not go crazy first! A united world will be the salvation of humanity.

During the month of Taurus, you may study *The Legend of Shamballa*.²

The third major full moon festival is the festival of Gemini. The keynotes of Gemini are right human relations, goodwill, and sacrificial service. We must develop these three things in our personal, family, national, and international relationships.

Start by considering how you can create right human relationships with your boyfriend or girlfriend, husband or wife and children. During the month of Gemini, you must actively work on this. Right human relationship means happiness, success, and prosperity. Whenever a house is divided, the destruction of that house starts. Right relationships, goodwill, and sacrificial service for each other keep an individual, a home, a nation integrated, aligned, and together. A right relationship is a more balanced and creative relationship with someone else.

There are several exercises you can do during the month of Gemini.

1. Try to do a good deed every day, and keep a list of these acts of goodwill in your spiritual diary. These acts can be simple acts, such as babysitting for a neighbor who needs some time alone, doing something special for your spouse, helping an elderly person with errands.... Do not forget that in giving, you receive; in doing good, God gives to you abundantly. When you spend your energy for the welfare of others, your energy increases tenfold.

In your acts of goodwill, there is one important law. You must not do these works for your selfish reasons or

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ugly motives, but only for the sake of others. Then you will see how you are expanding and becoming beautiful.

2. During the festival of Gemini spread the Great Invocation and increase the formation of triangles.³ The Great Invocation is a world prayer, which can be used to create a new relationship with the Divine Forces. Actually, the three verses of the Great Invocation are related to the three major full moons. The third verse is related to Aries. The first verse is related to Taurus. The second verse is related to Gemini.

3. During the month of Gemini, you must meditate on three seed thoughts.

— The first seed thought is *international peace*.

Send your thoughts of peace and goodwill all over the world. War can only be prevented by thinking and praying, so that we solve our problems with our spiritual insight instead of with violence.

— The second seed thought for Gemini is *understanding*.

— The third seed thought is *joy*.

During Gemini, you may read *Christ the Avatar of Sacrificial Love* and read about the *Five Great Mantrams of the New Age*.⁴ These readings and meditations will help strengthen you on the spiritual path. To walk on the spiritual path means to awaken people to be themselves, stand on their own feet, and go on their own way. People must be free to accept or reject things and find the answers from within themselves, not from anybody else.

Notes and References:

1. Torkom Saraydarian: *Hierarchy and the Plan; The Questioning Traveler and Karma*
2. Torkom Saraydarian: *The Legend of Shamballa*
3. How to create Triangles, see *Triangles of Fire* by Torkom Saraydarian
4. Torkom Saraydarian: *Christ the Avatar of Sacrificial Love*. See also *Teachings of Christ, Volume 4, Resurrection of Christ*. See also *Prayers, Mantrams and Invocations* for information on the five great mantrams.
5. See also CD or DVD of Torkom's lecture on **Unexpectedness** given on October 1, 1995.
(Excerpted from the unpublished book *The Wisdom of the Zodiac*, Vol. 1, Ch. 4, by Torkom Saraydarian).

TSG Cave Creek Center Upcoming Events

Pisces Full Moon



Sunday, March 08, 2009

10:00 am - 11:00 am

Expanding Our Service to Humanity

Part #9 of 12

with Gita Saraydarian

Aries Full Moon & Easter Celebration



Sunday, April 12, 2009

10:00 am - 11:00 am

Expanding Our Service to Humanity

Part #10 of 12

with Gita Saraydarian.

For other events at TSG please visit our
Event Calendar Online

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What Preparation Means to Me

By TSG Students

We asked several TSG students how preparing for the major full moons has had an impact on their lives. Here are some responses.

“I have found that the inner battles and victories that I experience throughout each year seem to culminate at the time of these major events. We choose to come together as group with an undeniable desire to expand our potential as servers of humanity.

“Preparing for the major full moons awakens courage, deepens our sense of responsibility, and raises our desire to sustain group consciousness. The mandate to “show up” at each full moon, especially at the time of Wesak takes courage in different forms each year. It’s usually about the little self throwing obstacles in the way. As we come together under whatever our circumstances may be, we demonstrate the valiance, radiance, and leadership of our True Self. As we come together in group formation and serve on this level, we experience the feelings of love, unity and purpose. This is the time for renewal, where briefings for clear direction are given – a time where higher strivings enter our hearts, a time where deepest gratitude is expressed to the One Life”
JULIE

“I experience Full Moon periods as powerful times of self-reflection; they are opportunities to focus on the direction of my life and to re-establish my vision. I also see an important opportunity for us as a group to receive and distribute energies to humanity by focusing attention on the highest vision of humanity.

“I use the meditation given by Torkom in *Symphony of the Zodiac* for a few days before, the three days of the full moon and for a few days after. I try wherever possible to have a quieter few days to keep myself in balance, to sleep and eat well, to remain joyful and to stay clear of toxic people and situations. Exercise is important as is creative activity.

“In January each year I start to prepare for the Wesak full moon with the TSG co-students under Gita’s guidance. In April or May, I travel to TSG Foundation in USA from London for Wesak each year for a 10 day retreat, sacred songs and dancing, uplifting talks and seminars and generally finding great joy in being with my dear friends. This retreat charges me for the entire year and clears all the accumulated trash from my system. I feel more joyful, lighter, charged with light and ready for another year of service.”

.....CATRIONA

“In Torkom’s book, *Science of Becoming Oneself*, he explains that the first step in changing a behavior is to first observe the behavior. Try to find out when and why it occurs. What are the circumstances and what are stimulations that cause a behavior? Once you have a feel or understanding of what causes a behavior and see the effects of that behavior, you can begin to change that behavior.

“During Full Moon periods, I have strived to quietly apply that technique to the observance of the various energies during that period. I have tried my best to understand or “tune in to” what energies are available and recognize my response and reactions. In doing so, I can begin to apply the qualities of those energies to the various relationships and situations in my life. Over time, like anything else, you get better and better at it and can make positive steps in your ability to help others and improve conditions.”
MIKE

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My Spiritual Diary

by Robert Constas



After my discharge from the U.S. Army in 1957, I browsed through used bookstores in Hollywood and found *Discipleship in the New Age Vol. 1* by Alice Bailey. I was overjoyed to find this treasure, and bought as many Bailey/Tibetan books as I could and learned about the full moons. Sometime after, I joined the correspondence School for Esoteric Studies, an offshoot of the Arcane School, and began to systematically incorporate the full moon schedule of meditation into my ongoing meditation.

At first I noticed substantial elevation of mood and spiritual energy during the two days prior to the full moon that continued through the day of full moon and one or two days after. Then I felt a mild letdown lasting a few more days. This cycle continued for many years and was increased during each of the major full moons of Aries, Taurus and Gemini.

Then I met Torkom Saraydarian and started to read and study his books. My spiritual aspiration was very high and I was determined to do everything right to prepare for each full moon according to the schedule described in the Bailey and Torkom books. Then I began to have spiritual dreams and inspirations the day or two after the full moon, not necessarily only after the major full moons. I kept a spiritual diary of dreams and inspirations regardless of when they occurred. As the years progressed, it became clear that preparing for the full moon time often led to having clearer experiences following the full moon. I made sincere efforts to keep the full moon time free from distractions as much as possible, abstaining from sexual activity during the full moon time, remaining free from negative people and time-wasting parties, and trying to achieve greater contact with the spiritual Hierarchy,

the source of the inspirations and uplifting dreams.

The spiritual diary became a source of consolation when I went through dry periods of not feeling spiritual inspiration. The diary reminded me of the reality of the dreams and rare visions I had experienced over the years, giving me confidence to keep on striving regardless of how I felt emotionally. I realized that the spiritual will-to-persevere on the path of achievement in greater service to the divine plan was more important than the temporary exaltation of a high contact. These memories kept me going when passing through life's inevitable times of stress, disappointment and grief.

As I look back over the decades I realize how important it is to prepare for the major full moons, and to take time off from a busy work schedule to meet with a spiritual group of like-minded co-strivers on the path. This enables us to contact greater inspiration and become a group distributor of spiritual energy to the world around us, to be a link in the connection between earth life and the higher worlds.

If we prepare properly, eventually we will have high contacts and visions and enjoy a greater sense of livingness and joy. We will achieve the sense of God's ultimate victory. This is the foundation of serenity, the peace that passes understanding. And, abandoning ourselves to the service of humanity and the Great Ones, we will smile.

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From Gita

Dear Friends:

Wesak Conference is on May 7th - 10th; just over two months away!

"Breaking the Impasse on our Path" is one of the most important issues that we can address at this time in our individual and global life. At the time of individual and collective crisis, coming together in group formation is one of the most important actions we can take. Together we can affirm the principles of the Teaching. Together, we can strengthen our hope and faith and defeat fear. Together, we can release the energy of healing and balancing of life. This is the topic and focus of this year's Wesak.

Our world conditions today reflect our own inner conditions. How we meet these crises determines how we live in the next phase of our life. If we succumb to crises, we will become depressed and live in emptiness and loneliness. If we learn how to face and overcome crises, we will be enriched by vast spiritual treasure and maturity.

Here are some of the topics that we will address:

- Karma and Grace: what are they? See Gita's explanation on YouTube.
- The structure of the impasse: energetically and physiologically
- How to break the pattern of accumulated and blocked energies
- Responding to crises: disciples as the vanguard against fear
- Clear thinking and evolutionary development

The turn toward a higher spiral of living takes a huge effort. How do we abandon patterns of behavior that are so comfortable and predictable? How do we abandon life solutions based on the level of thinking that created the limitations in the first place? In a loving and nurturing environment, we explore all these questions.

I have organized a set of Six Lessons taken from the book *Challenge for Discipleship* that will help prepare you for the Conference. Please let me know as soon as possible if you are planning to attend so I can email the lessons to you, my gift to you free of charge.

If you have any questions, contact me. It is very important to me to have us gather during this key spiritual day and I will do whatever I can to help you join us.

With love and appreciation,
Gita



Deadline for Registration: April 10th, 2009.
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