

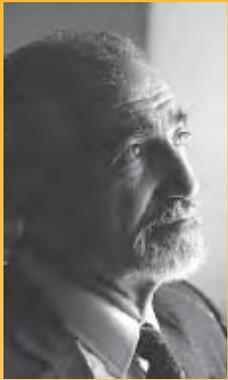


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OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

May/June 2009



Torkom Saraydarian
1917-1997

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Service in Today’s Times: A Reminder of our “Second Job”

Albert Schweitzer was one of the truly remarkable figures of the twentieth century. At age thirty, he gave up a renowned career as a theologian, biographer and musician to study medicine in order to devote his life to helping people in Africa. He wrote at length about how so many people would say to him how much they would like to do some good in the world, but the responsibilities of their home lives and the necessity to earn a living prevented it. He would respond by stating: “To know the happiness ...of helpfulness to others.... one does not have to neglect duties or do spectacular things. As soon as we open our eyes and deliberately search (to help), we see many who need help, not in big ways but in the littlest of things. Wherever you turn, you can find someone who needs you. This career of the spirit is what I call your ‘second job’.”*

With today’s economic downturn, it is easy to put off that second job. After all, how practical is it when things are tough financially? Schweitzer went on to say that our greatest mistake as individuals is walking though life with closed eyes to the chances to serve others. “In helpfulness to others, every man can find on his own doorstep, adventures for the soul — our surest source of true peace and lifelong satisfaction.”**

We find stories each day of people who, in spite of their own current financial hardships, are making a difference by serving others: the small-town church minister who gives 100% of weekly donations to families in need (and who, by the way, has seen his ministry’s donations rise substantially); the single-mom who drove hundreds of miles to New Orleans — again — over Spring Break with her kids to continue to re-build the 9th Ward. Or the woman in California who started a 29 day challenge of giving something away each day. It doesn’t have to be tangible: it can be kind words or a little time. She observed that she has become happier, more successful and more creative. Her web site, www.29gifts.org is expected to generate 29,000 people who will have gone through the process in the next six months.

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



Gita Saraydarian

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Editorial - continued from page 1

We all want to live in abundance — physically, emotionally, mentally and spiritually — especially today. As we strive to unlock the keys to abundance, we increasingly recognize that we develop our abundance by using our own richness in the service of others.

This *Outreach* issue focuses on the keys to service and the preparation for World Goodwill Day (June/Gemini full moon) by reminding us to serve and to release our inner abundance. We hope that these writings provide new inspiration that helps prepare for your successful life. Let us know how service is playing a role in your life during today's times.

Lou Schwartz

*Bennett, William, *The Moral Compass*, p. 756.

** *Ibid.*

"This full moon [of Gemini] is the culmination of the three major full moons. It is the greatest opportunity to review the harvest of the three major full moons and bring your new life into relationship with the one world, one humanity, in the light of the Love-Wisdom energy of Gemini. This is an interesting and important point. You are going to review the course of humanity and assess what you can do now to help humanity."

From *Symphony of the Zodiac*
by Torkom Saraydarian,
p.181.

Service

by Torkom Saraydarian

There are many measuring rods by which to evaluate a man; for example, his titles, his diplomas, his knowledge, his wealth and so on. But the best measure that we can have is the measure of a man's service. You are as great as your field of service. As your service increases, as the field of your service becomes larger and larger, you are a greater and greater man.

The deeper meaning of this definition comes from the fact that service is not an activity, but a radiation of soul virtues, soul qualities, and eventually, the radiation of your True Self. As this radiation increases and waxes to great dimensions, you are considered a greater man, because your light, love and power increase as a result of your deeper and deeper contact, unfoldment and realization.

After a man comes in contact with higher virtues latent in his soul, he begins to radiate beauty, love, simplicity, compassion, pure reason and kindness. The most important part of this process is that he charges all his activities with these virtues.

Any thought, any emotion, any action, when charged with love, Beauty, Goodness, Truth, becomes a service. Service is the radiation of your Self through your expressions.

The Ancient Wisdom teaches us that the best way to help people unfold and flower is to inspire them to serve.

There are five steps that can be taken to lead a man into service:

The first step is to select a need that is not personal or self-serving. The man must feel that there is a need which must be met with wisdom and love. This is the most important step. Unless this is realized, the rest will be unproductive.

In the second step the man must make preparations to meet the need, whatever it is — physical, emotional, mental or spiritual. He must examine the need and consider the ways and means to meet it.

The third step is an inner response to the need. It is the first urge to do something for someone. This phase is a very interesting one; for the first time the man feels a release of joy from his innermost Center and experiences a tremendous thrill in his nervous system.

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The fourth step is meditation on divine or soul virtues; for example, goodness, beauty, simplicity and so on.

The fifth step is actual performance of the service as a result of inner radiation.



If these five steps are scientifically carried out, the man will feel the release of energy and compassion from his innermost Self. As the field of service increases, the downflow of energy and compassion increases, creating greater beauty, greater unity and greater simplicity. Thus a man becomes a shining light in an ever-expanding field of service.

“Let your light shine,” said the Great Lord. In shining our own light we meet ourselves and become our True Selves.

Service is the labor to remove obstacles which are found on the path of the divine circulatory flow. Service steadily leads the manifested life toward higher communications. When you are removing these obstacles, which can be found in the physical, emotional and mental planes or in our individual, national or global fields, you are rendering a service.

Thus, even if you yourself are an obstacle on the path of the divine circulatory flow, remove yourself so that the flow is not hindered on the path. How can we remove ourselves if we see that we are obstacles? This is done through a process of transforming our own nature and harmonizing ourselves with the rhythm and current of the divine circulatory flow. The divine circulatory flow is the rhythmic electrical charge coming from the Cosmic Magnet and pulling the Spark back home through ever-expanding creativity and beauty.

Thus, if your vices, inertia, glamors, illusions, ignorance or wrong motives are stopping you on the path and you are becoming an obstacle for your advancing

soul and for the souls of others, it will be a great service to remove the obstacles and make yourself a bridge, a cable, a link which lets the divine flow circulate and do its redemptive work.

As a man transforms his nature, he turns into a stream of energy, letting the divine circulatory flow extend to the places it was not able to previously reach. The whole manifestation is a mechanism through which this divine circulatory flow is rhythmically running and helping the Spark to strive and achieve greater creativity, greater enlightenment and at-one-ment. If some parts are not in tune with the entire mechanism and with its purpose, the divine circulatory flow meets obstacles and hindrances and friction is created.

It is a great service to the purpose of life to remove the obstacles and create harmony and rhythm in the greater mechanism, making that mechanism continuously ready for higher and higher speeds and altitudes.

(Excerpted from *The Psyche & Psychism*, Ch. 101 by Torkom Saraydarian.)

The Service of the Future

by Torkom Saraydarian

The shortest way to make a breakthrough (to a new self image) is to think about and plan about a future service and immediately start the first step. As you go forward in building your future service, your past will disappear in a mist and you will walk in the sunshine of the future.

The next step to get rid of the pain of the past is to exalt those who are with you, who were with you, or who will be with you. Every time you think evil about people, condemn and judge them, or hate, you think evil about yourself, condemn yourself, judge and hate yourself, and people treat you according to your old image.

By exalting others you build an exalted image in yourself. The more you exalt others, the more exciting will be your own picture. But this process will receive energy only if you engage yourself in the service of the future.

The service of the future is a very meaningful phrase. You work hard to make the future of people, the future of the world, the future of all that exists on this earth safer, happier, healthier, more prosperous, enlightened, spiritual, exciting and glorious. And you take the first step in such a service, having the vision of the future in your heart.

(From *The Mystery of Self-Image* by Torkom Saraydarian, p. 71.)



My Lamp

by Torkom Saraydarian

Why are you
flickering,
my lamp?
There are a few
hours yet
to midnight,
and I have to labor
until dawn.
Why are you flickering,
my lamp?

I see
a few drops of oil
remaining in the lamp.
But why?
There is a great labor
awaiting me
throughout the night
until dawn.
How can I carry on my labor
in darkness?

My Lord,
the flame of the lamp
is almost fading away.
Light my eyes
with Your light,
and I will carry on
to the end
the labor
You have given me...
even throughout the
dark
and cold
night.

(From *My Heart* by Torkom Saraydarian pp. 135-136.)

Service and Spiritual Loneliness

by Gita Saraydarian

A friend recently commented to me that she is spiritually lonely. Another recently shared that he felt a spiritual vacuum. Both of these individuals are serious and great people, but they feel something is missing in their lives. Certainly, they are not alone in these feelings and looking for a way to feel connected to a meaningful existence.

I know exactly what they mean. There is a serious condition that many of us will have and encounter often in our life, especially when we embark on the protracted path of spiritual discipline and also, when we deeply and seriously care about life. It is a feeling of “free falling” that brings a sense of loneliness, sadness, emptiness, wistfulness that is hard to describe. We do not feel connected but separated and alone in our inner quest.

This feeling is not depression, it is not mental illness, it is not emotional imbalance; it is simply a feeling that you are alone and do not have people around you who truly understand what you are feeling. In fact, you yourself cannot describe what is really going on except that there is this sense of separation or loneliness.

When we feel lonely for a friend or lover, it is mixed with romantic notions and personal needs. The everyday needs of life are met physically, emotionally, and mentally by a variety of relationships such as family and friends, a spouse, children, and the like. At some point though, we find that these relationships are certainly important in our life, but there is something missing.

Spiritual loneliness cannot be filled with relationships based on personal needs. It is not a specific human being who can fill this kind of void but a certain kind of relationship that we build with the subtle forces of the universe. It is filled by building a relationship with a vision, a purpose, a noble plan that expands beyond our personal needs. We are not trying to “save the world” but are trying to connect to an energy that is the building block of making a better world.

The best method of feeling connected is a dual approach consisting of inner expansion of space and outer expression by service. Find a worthy cause and

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serve with all your heart. Serve on a regular basis. Find an organization that does what you love and agree with and give of your time, your talents, your creativity. Go there in person and give a few hours on a regular basis, every day or every week. Do whatever is asked of you and learn to be a selfless team player who is group conscious and cooperative. Do not complain, do not boss everyone around, do not throw your weight around just because you are so talented! Just serve and do whatever is asked of you. Make sure you are reliable, consistent, and humble. You will not believe what this will do for your spiritual wings. This is called "selfless service." Do not wait "when you have the time, the kids are grown, the dog is better, the husband/wife are willing, the temperature is perfect, you have retired, and so on and on." You know the drill! In selfless service, you are linking with the powerhouse of the purpose and direction of life and you will never again be lonely.

"Service and mental expansion stretch us into the higher dimensions where there is no loneliness, no separation, no depression."

Second, elevate your mind to the higher level. This is crucial especially for people who are well educated and serious thinkers. Our mind is often what traps us and imprisons us or leaves us in a deep loneliness. If we let our lower mind have the last word, it will separate us from life using all sorts of clever excuses. How to raise your mind? One is scientific meditation. Two, is serious study of high-level esoteric writings. Read, contemplate, and apply what you study in your daily life. You can add a third layer by translating some of these serious writings into different languages and by paying attention to the deeper layers of meaning. Translating deep subjects is a wonderful tool of expansion; it really puts us into the energetic levels of the author and the written materials.

Service and mental expansion stretch us into the

higher dimensions where there is no loneliness, no separation, no depression. The subtle aspects of life, the feelings of the heart, the process of knowing the beauty of life cannot be measured by our material bodies nor by our material relationships, but by the experiences we have when we link with our hearts and higher minds to what is the most essential in life: expanding our love, our light, and our spiritual will to sacrifice our own agendas for the greater good. There is no better way to accomplish this link except through service and inner expansion.

I wish each of you a seriously expansive year where you are able to link to the most essentials in life and to the Greater Life that surrounds you.

With love and gratitude,

Gita




Leadership and Labor

by Torkom Saraydarian

It is in true labor that you become a distributor of divine treasures.

There is no small or big labor. There is only a small or big heart. If you have a big heart, a living, radiant heart, every opportunity for any kind of labor is an opportunity to serve the Infinite Source of life.

Contact with the Divine Presence is achieved only through labor.

Leadership is labor, increasing labor. The reward of the leader, which he receives from the life as a response to his labor, is more work, more labor, expanding on various fields and on various planes.

The leader is a source of labor; he is not only engaged in sacred labor, but he also draws from the whirlpool of labor all those who are related to him. No one can sit and wait or remain lazy once he comes in contact with a true leader.

(Excerpted from *Leadership, Vol.1*, p. 85 by Torkom Saraydarian.)

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12. Evening Review

o The text used is: *The Ageless Wisdom* by Torkom Saraydarian

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Gemini Full Moon



Sunday, June 7, 2009
10:00 am - 11:00 am
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**August in Austria:
The Other Worlds: Part 1
Friday August 21st to Sunday August 23rd, 2009**

Seminar Topics for Austria:



- What are the Higher Worlds?
- Why is the study of the Higher Worlds significant in the 21st Century?
- The Purpose and Higher Worlds?
- The human soul and the Higher Worlds
- Communication with the Higher Worlds
- Other Worlds and Spiritual Help
- Developing Your Psychic Shield and Protection
- Higher Worlds: Truth and falsehoods
- Who is the Solar Angel and how do we get Its help?



The presentations are in English with German simultaneous translation.

A special program will be presented for Friday evening (7 - 8.30pm) on August 21st.
You may book this evening event separately.

Included in each day's work will be visualization and meditation, Question and Answer, Sacred Songs, Sacred Movements, and Group Discussions.

**November in Switzerland:
The Other Worlds: Part 2
Friday November 20th - Sunday November 22nd, 2009**

Seminar Topics for Switzerland:



Schwanderhof Hotel

- The Art of Communication
- Right Human Relations
- Values to lead and to live
- "Thinking" is a tremendous power
- Mechanics of higher thinking
- The seven departments of life and their role to further the process of Evolution and change in our private and professional life
- The mental Development on Higher Level
- Developing a strong support system: inner and outer strength
- Subtle Levels of existence and their impact on our life

The presentations are in English with German simultaneous translation.

A special lecture will be presented on Friday evening November 20th, for a business and professional group.

***If you are interested in attending any of these events, please contact us,
or visit our website www.tsgfoundation.org to register.***

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with all your heart.*



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