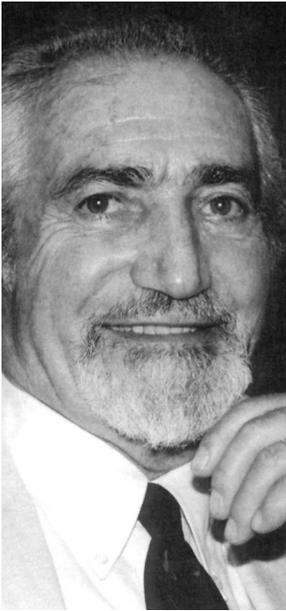


# O Outreach

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Practical tools for ethical living • Publishing & Distribution • Spiritual Education



## Mission

*The purpose of TSG Foundation and The Torkom Saraydarian University (operated under the auspices of T.S.G. Publishing Foundation, Inc.) is to be a pathway for self-transformation based on the Core Values and Higher Principles of the Ageless Wisdom. We offer a complete line of spiritual products and services, including intensive spiritual training on site and by correspondence. T.S.G. Publishing Foundation, Inc. is a non-profit, tax-exempt organization.*

## Editorial staff - USA -

Gita Saraydarian  
Vivienne Pierce  
Nurhan Thompson

## - UK -

Catrina Nason  
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Creative Trust

## Cosmic Shocks

### Path of Cosmic Communication and Cooperation

by Gita Saraydarian

The Cosmic Heart beats regularly and sends waves of communication to all of existence. The reason? To inspire all living forms to cooperate with the greater purpose and plan.

When the wave of the heartbeat reaches the human consciousness, we see many kinds of results. Reaction brings crises; response brings growth. This article will present how growth and crises are parts of the communication patterns of the Creator.

#### Crisis falls into four categories:

**1. Physical/material.** These stem from the basic human needs: companionship, health, education, food, shelter, clothing, and the ability to create wealth.

**2. Emotional/feeling.** These are the inner feelings that come from love and various emotional needs as well as from hatred, pain, loss, deprivations, death, disease, fanaticism, anger, violence and so on that are all over the world and in the emotional realms.

**3. Mental/thinking.** These are the various ways and patterns in which we think, how we analyze and solve problems, how we seek solutions, as well as the tendencies for separatism, revenge, evil and

the like. Mental sicknesses are prevalent in the human mind as well as on the mental plane.

**4. Spiritual path issues.** The spiritual Teachings are available to all peoples everywhere; yet we still see deeply rooted spiritual problems: There is no love; there is no balance; there is no spiritual health; there is rampant materialism and non-caring. Those who do strive to deepen their spiritual transformation often are faced with extreme sensitivity and become truly sad and miserable at the conditions of the world. So much of the turmoil, the disease, and the depravation in the world make no sense.

The study of *Cosmic Shocks* can prove beneficial to our physical, emotional, mental, and spiritual challenges. In order to understand the phenomenon of Cosmic Shocks and how they are actually beneficial for us, we need to look at the anatomy and physiology of Cosmic Currents of energy.

We as human beings operate within an electromagnetic field, in which also exist all of nature, all of the planets, all Cosmos. We are an inseparable unit in that great energy field. The Cosmic energies affect every person, either consciously or unconsciously.

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### Conscious vs. Unconscious Evolution:

We learn our lessons as a result of crises. Why is it that most of us only learn through pain and suffering? Is there no better way? There is, and it is called "conscious evolution." **Until we are able to evolve consciously, we will be pulled by the life and its crises and we will evolve from the pain and suffering. As soon as we learn to respond to crises, we are on the path of conscious evolution and we can learn our lessons with joy.**

**A condition, an event, a decision is a crisis only because we define it as such.** Crises are not truly crises when looked at from the Cosmic perspective; they are waves of opportunity from which to learn and grow and evolve.

Crises are defined as painful events from the human perspective because we do not understand them. They hurt, they take away from us, and they challenge every fiber of our being. But we know that at some point in our life what bothered us earlier will not have the same impact when we are older.

**So, with age, with wisdom, with experience, with the ability to handle crises, it is possible that a crisis may come and we will be able to deal with it and see it as a path of growth.**

We perceive a crisis only up to the point that we can handle it. Imagine how many crises go on around us all the time that we have no clue about. We do not perceive them. Imagine walking down the street, going shopping, and you do not perceive any danger, any crisis. But, if you were a trained investigator, or a policeman, you would be able to perceive more and, in addition, you would be trained to handle them without losing your balance.

### The Story about Cosmic Shocks:

In the Ageless Wisdom Teachings, we learn that the entire creation is a living being. When analyzed from the perspective of the macrocosm and compared to the microcosm, we can see a clearer picture:

- The Creation is a **material existence**, and it has an **ensouling spirit behind it**. The Spirit penetrates everything, all of the time.

*On the smaller scale, we have the human being, and we have the human soul, the spirit behind the body, which permeates everything.*

- The Great Spirit which ensouls the Cosmos has a **purpose and a plan**. It is not simply chaos. Everything in Cosmos is orderly and purposeful.

*On a smaller scale, there is a purpose and plan for every human being. We are not here simply to waste our time being involved with nonsense.*

- The Great Spirit has the **tools** with which to put its purpose into action. It has a plan; it has energies, forces, and agents that proceed according to the way the plan was conceived. The plan is continuously growing, expanding, and going through changes according to the purpose and the parts that make up this manifestation.

*On a smaller scale, each human being is equipped with the **ability** to put his life's purpose into action. We have intelligence, we have willpower to some degree, we have education, we have experience, and we also have tools such as books and teachers to help us reach our goals.*

- The Great Spirit has **no separatism** in It. It permeates all of existence and It inspires harmony and cooperation within the parts of the existence, so that eventually everything works together.

*On a smaller scale, for example, parents love their family members all the same. They want to see all the children united and in harmony with each other. The parents want to see that everything in the home works together and there are no divisions. The Solar Angel guides the individual toward unity and synthesis.*

- The Great Spirit **helps this process of harmony and unity by using periodic and cyclic shocks**. These shocks act as the heartbeat of Cosmic energy. They go out cyclically to all of Creation from the Galactic Heart.

*Again, by way of comparison, the Solar Angels and parents **use various forms of education and discipline** to train their children to become adults who have integrity, can work with others in cooperation, have good values, and learn to understand the les-*

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*sons of cause and effect. Parents teach this by all sorts of ways so that the children eventually learn to make the right decisions.*

The Ageless Wisdom teaches that the Great Spirit's heart, the Cosmic Heart, beats on a regular basis and sends waves of Cosmic energy to all of existence. This wave carries with it the needed energy to move all that it touches closer to the real Purpose and Plan.

The energy divides into three kinds of waves. Each one has a different function:

**1. To awaken the spirit buried in each life form.** This aspect of the energy is called the *shock of reminder*.

**2. To give the spirit the needed urge and drive to evolve and unfold.** This aspect of the energy is called the *shock of revelation*.

**3. To lead that spirit toward the realization of the Law of Unity.** This aspect is called the *shock of charging*.

So there are three purposes for the shock:

**1. REMINDER:** The first wave reminds us of our Divine Image and prompts us to strive toward our true image of "perfection." We have this archetypal image inside of us. We have a memory of our essence, and inside each of us is that seed. It is this seed that makes us seek answers, to ponder, to search, to read and study. We are programmed to link to our True Self. This is a profound under-

standing. Human beings are not disposable things; we are part of Cosmos, our Creator. The energy of the *reminder* wave is that of love.

**2. REVELATION:** The second wave awakens us to see the true situation in which we live by providing for us Divine Light. Do we really know the life that we live? This is Divine Light. It is important to know where we are. In any good business practice, you want to see a financial statement; you want to see the activities taking place before you decide what to do and not to do. Crises and shocks often work to show us just exactly who we are. It is a great and clear photograph of our situation. We cannot make great decisions based on fact and reality if we do not see exactly what our life is all about.

**3. CHARGING:** The third wave gives us the will to burn all hindrances and re-build the inner Temple. This kind of crisis is big and can be quite destructive in our life. We may lose things. We may lose our connection to people. We may want to move away and end friendships. We may have financial losses. Or, we may see various global catastrophes.

When our children need to learn something important, we remind them that they are essentially good persons and their actions only need correction; that we indeed love them. Second, we clarify with logic or example, or we tell them what the truth of their actions is; we clarify the situation. Third, we give them the courage to correct the mistake, or we give appropriate cor-

rective measures to help them learn the consequences of their actions.

The Cosmic Parent does the same thing for the children of the world.

When these three waves of energy hit the waves of our consciousness, we determine what happens to us according to our abilities to respond or to react to the energy current.

The energy can create a crisis, or it can create a gratefully accepted change. We see, however, that most of these waves create crises in us until we learn the art of conscious evolution.

When we observe life carefully, we see that after every crisis, something changes. The depth of the change and the length of time that the change endures depend on the individual, and if the crisis is community wide, it depends on the community.

How do shocks appear in our life? A Cosmic Shock does not necessarily mean something bad happens. It could be any kind of event through which we learn important lessons in life.

1. We learn to let go of personality-based living.
2. We learn about the most essential.
3. We learn about love and truth.
4. We learn about how to maintain our spiritual or inner will.
5. We learn how to treat others.
6. We learn how not to instigate hatred, division, and jealousy.

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7. We learn how to distinguish falsehood from truth.
8. We learn how to expand our true soul powers.
9. We learn how to grow up and live a purposeful life.
10. We learn how to serve.
11. We learn the art of discipleship.

**A Cosmic Current or Shock can be an event, a feeling, a moment of enlightenment, or a long period of suffering and pain. It is not necessarily bad; it is necessarily an opportunity for change. It is bad when we resist the change needed. It is good when we use the energy as a way to grow.**

**What causes crises? We cause the crises.**

Crises are an indication of the exact nature of life forms.

- It is an indication that we are not ready to change, we are resisting, or something in us is resisting.

For example: our children grow up and leave home to go to college, and we get depressed. If we do not accept the inevitable growth and change, we are resisting.

- There are elements who want to conserve the status quo vs. elements who want to gain greater freedom.

For example: we want to be free from old self-images; free from old beliefs; free from all the garbage that we were taught in our childhood, but our personality is identified with them and we have difficulty letting go.

- It is not having the kind of mind, body, and emotion to contain the changes that we need to make to meet the needs of our spiritual striving.

For example: we want to study, meditate; yet our bodies cannot take the discipline we are imposing on them. They are too tired, have too many other duties. Or, our emotions are over taxed in our daily life. Our brain is too tired. When we strive and our environment does not let us, we have a crisis.

- We want to grow and expand but we are hampered by our environment, culture, or religion.

For example: the religious beliefs mix us up and we are not sure. Our culture does not allow open understanding of the Teaching. The society does not allow us to be free and open with the kind of work we want to do. Our children and our family put extra duties on us.

- We truly want to make a change, but karma has accumulated and the debts have to be paid off.

Karma can come as sickness, lack of money, or lack of opportunity.

- A crisis is a moment when higher centers are opening in our bodies, but the lower habits create an obstacle.

For example, a person wants to follow spiritual discipline and purity, but still has the desire to eat all the wrong foods, stay out too late, drink too much, take drugs, and so on. The habits and desires of our life keep us from going full force.

In short, a crisis results when we have two armies facing each other. One army represents all the qualities of growth, transformation, freedom, and creativity. The other army represents all the conservationist tendencies of the status quo, or worse, tendencies facilitated by evil or wrong living.

**It is not the original shock energy that creates the problems. It is the quality of the bodies that receive the energy that color or determine the depth and extent of the crisis and the response to it.**

Sometimes the shocks are more intense, for example, at exact full moon times, especially the three major full moons (Aries, Taurus, Gemini). There are times when we feel the shocks more intensely. For example, if we have been striving and working, we become more sensitive. Or, if we have certain zodiacal configurations that align with a specific period in the Zodiac, we feel the shock more intensely.

There are also times when we do not register them. The shocks go out as energy currents, trying to wake up the sleeping seeds within each form. We have all looked back at our lives and realized that we have

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## Book Specials & News

♥**Sale Books:** In January and February 2003, we offer the following books at 30% off the list price:

- *Leadership, Vol. 1*, hardcover and softcover. List price (\$30.00, \$25.00)
- *Leadership, Vol. 2*, hardcover and softcover. List price (\$25.00, \$20.00)
- *Leadership, Vol. 3*, hardcover and softcover. List price (\$25.00, \$20.00)
- *Leadership, Vol. 4*, hardcover and softcover. List price (\$30.00, \$25.00)
- *Leadership, Vol. 5*, hardcover and softcover. List price (\$35.00, \$30.00)
- *Mysteries of Willpower*. List price (\$14.95)
- *Mystery of Self-Image*. List price (10.95)

Occasionally, we have books for 50% off with slightly damaged covers. Call us for available titles.

♥**2003 Annual Full Moon Schedules** are now available. If you would like to receive a copy, please contact us or you can download one from our website at [www.tsgfoundation.org](http://www.tsgfoundation.org).

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missed many opportunities for growth, but were unconscious at the time.

### Response and Reaction:

The more elementary our consciousness and the more materialistically inclined we are, the less we register these shocks. The more sensitive we become, the more we register the shocks. The more advanced we become in our strength and wisdom, the more consciously we respond to every shock and crisis.

We can see then that all of Cosmos is trying to bring the life forms up in their level of consciousness. However, what happens after the wave of energy hits depends entirely on the life forms themselves.

As an example, let us say that we get a severe infection and we respond to it. First we take care of it. Then we find out what were the causes for it. Is there

♥**Wesak 2003**, the TSG Annual Conference and Retreat will be celebrated in Sedona, Arizona on May 14<sup>th</sup>-17<sup>th</sup>. See the enclosed flyer for details.

♥TSG (UK) ltd. offers a full bookstore for all our European customers. See [www.tsg-uk.org](http://www.tsg-uk.org). Fall 2003 Seminars are being planned for London in September.

♥**The Sacred Teachings in Poetry:** In January and February (dates listed on back page), we will have a six-week class on Sacred Poetry based on reading *Leaves of Morya's Garden, Volume One*, plus Sacred Poetry collected by students. For more information, check online or call us for a detailed brochure. Everyone is welcome to attend. Contributions are appreciated.

♥**New TSG & TSU Website:** We are proud to announce that our new redesigned website has gone live after extensive development. Our new online University classroom can now efficiently accommodate many more students. We invite you to browse both sites at [www.tsgfoundation.org](http://www.tsgfoundation.org) and look forward to your feedback. If you are new to the Teaching, we offer many free booklets and Q&A section.

something in our lifestyle that makes us susceptible to infection? Do we need better hygiene? Are we going to places and eating foods we should not? Is our constitution so weak that a simple germ is infecting us?

When we take care of the problem and find the causes, we are doing three things:

1. We are finding out the exact condition — the strengths and weaknesses of our body.
2. We are motivated to change our habits and ways of doing things.
3. As a result, we grow in carefulness and consciousness. We have just responded to a simple shock.

Why do we have epidemics, terrorism, instability, and financial troubles? We have these problems continuously because we are working against the Laws of Nature; we are not responding to the Cosmos who is

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trying to bring us together. We are not taking individual responsibility to make a difference.

- We are working against the **Law of Love**, which means to share and nurture and treat everyone the same way.
- We are working against the **Law of Economy**, which means we economize, we do not waste and use up all our resources, personal and national.
- We are working against the **Law of Karma**, which means that whatever we do unto others will be done to us; what we sow we will reap.
- We are working against **right human relations**, which means that we cannot destroy life, we cannot kill, we cannot covet, we cannot limit and prevent the growth of others.

The Laws of Nature are direct. They work as energies that are logical, methodical, and completely righteous. When we work against them, we reap the results.

In the meantime, the Great Creator, the Great Spirit sends flows of energy to wake us up to these facts. When we are ignorant, we do not understand the message. We misread it according to the recordings in our minds.

### What is a response and a reaction?

**Reaction** means the **rejection** and **lack of understanding** of the

wisdom contained in any given event, no matter how terrible the consequences.

Whatever happens to us can be turned into a source of wisdom and strength if we know how to use it. Therefore, why should we reject it? So-called enemies can teach us valuable lessons. Failures can teach us how to approach a business, or a relationship in a better way. This can happen only when we stop seeing ourselves as victims and stop identifying with the situation. When we see ourselves as materialized spirits, then we will have an easier time to disidentify with things, places, habits, people who chain us down. **It is our own inner condition that keeps us enslaved to the same problems and the same crises.**

Response means the acceptance of any event as a part of life. It is having the inner attitude that this event will have a great lesson in it. It may be a lesson in readiness; in carefulness; in love and detachment or tough love; in non-identification, in acceptance and tolerance. It may mean we are ignorant and we need to see this. It may mean we are too narrow minded or too crystallized or are behaving in a stupid way. When we have the inner wisdom to see any event as an opportunity to grow, we can have even more depth and wisdom. For example,

- When we respond, any event could be a potential for growth and change. It could also be a catalyst to help us maintain our faith, our values, and our principles. We do not have to

change our values every time something happens. An event can help us strengthen our principles after we go through the crisis. It helps us separate what is eternal from what is transient. It helps us grow and expand.

- Response is a method to test ourselves: how strong am I really; how well can I handle a problem? How well can I handle change? How flexible am I? What ideas am I willing to let go of and what do I need to hold onto? So a response is an excellent way to test your fiber, and it gives you a great tool of self-confidence. You can look back and say, "I did it. I handled it. I came through it just fine." You can say, "I hurt, but I still got through it."
- A response is a best method to learn about the strengths of the human character, the human soul. It is a best way to learn about the depth of the beauty in ordinary human beings. It is the best way to learn about the frailties of life and how much we take for granted.
- A response enables us to welcome shocks — yes, welcome them, anticipate them, and be ready for them. Initiates create crises so that they are able to test themselves and grow.
- A successful response teaches us about the most essential in life. Most of our life is wasted in non-essentials. It often takes a crisis to wake up to what is most essential. Even in spiritu-

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ally minded individuals, we can easily be wasting time on the non-essentials in our spiritual life and forget the most essential; we can be lost in scholastic studies and gaining knowledge and forget the application of the Teaching.

- A successful response helps us achieve a degree of initiation. The process of initiation is the process of response to crises and the successful overcoming of crisis. What is successful is not measured in worldly ways.
- Successful responses helps us clear up the vanity we have in us; the illusion we have in us; the glamor we have in us; the self-centeredness we have in us, the greed and attachment in us. Our own little wills are torn down to size. When we get smashed by the forces of Nature, it takes the ego out of us.
- Successful responses to crises makes us want to love, to share, to forget ourselves, to do heroic acts, to be harmless, to understand and tolerate, to be beautiful, to forgive and forget.
- Successful responses teach us about the True Teaching and the true Teachers; about Hierarchy; and our Solar Angel. For example, many people are englamored by low-level psychism. When they are nearly ruined, they reach for the real Teaching and they cling to it. Why? They learned their lesson. It usually takes a crisis for us to learn the difference.
- Successful responses teach us to trust our inner core. This is the most precious teacher you and I have. We trust the values and principles and evaluate any condition or event from that perspective. This is going to save our life, effect our spiritual well-being, and our long-term ability to serve.
- Successful responses eventually enable us to make quick and better judgments about anything. Experience teaches us what to do, how to do it, when to do it. We begin to rely on our intuition, and in turn this puts us in touch with our higher bodies and we move into closer rhythm to the Cosmic Heart.

- Multiple successful responses make us better parents, better teachers, better leaders, better group leaders. They make us seasoned and practiced so that no matter what happens, we never lose our balance.
- Multiple successful responses make us dependable and honorable people. Others can depend on us. Our friends, children, spouses, students can depend on us. Hierarchy can depend on us. We can be depended on to carry out our duty and responsibility.
- Successful responses in life teach us the value of patience, right timing. They teach us when to advance, when to hold back, and when to stop. They teach us the value of co-measurement. An experienced parent knows when the cry of the child needs a response and when it is theatrics.
- Successful responses teach us the best way to respond. We are not automatic. But something very important happens to us: When we advance on the path of transformation, we are imprinted with the virtues of goodness, righteousness, joy, and freedom. We do not have to stop and think that we need to be good or joyful and so on. We are! The virtues of life form the foundation from which we operate.

#### How to train our bodies for response?

The Teaching is a road map for the development of the capacity to respond. We start with the **purification of our bodies**; we use **meditation** to gain clear thinking; we **love and develop virtues**; we **serve** in every capacity we can find; we **welcome crises and the resultant changes**; and we **train ourselves always to see the big picture**. When we say the **Great Invocation**, we are invoking the Love, Light, and Power of the Creator. We are asking for the Cosmos to pour down these energies onto us. We cannot be surprised then when these energies come into our life and bring with them the required conditions before any change can take place. Let us invoke the Love, the Light, and the Power of the Creator to enrich our life and help us become more peaceful and loving toward all.