

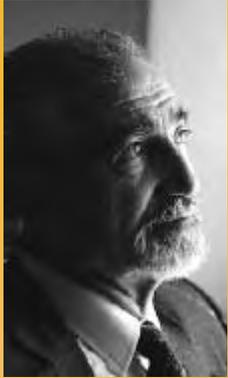


PUBLISH • DISTRIBUTE • TEACH • PRESERVE

OUTREACH

PRACTICAL TOOLS FOR ETHICAL LIVING

JAN / FEB 2009



Torkom Saraydarian
1917-1997

Contents:

- ❖ *Welcoming 2009 - from the Editors*.....1
- ❖ *Welcoming the New Year — Torkom Saraydarian*.....2
- ❖ *Goodbyes — Poem by Torkom*.....4
- ❖ *Holidays and the Heart*.....4
- ❖ *TSG News and Events*.....5
- ❖ *Leaves From Our Spiritual Journeys— Notes from Europe Seminar*.....6
- ❖ *Wesak 2009*.....7
- ❖ *Letter from Gita & Contacts*....Back Page

Welcoming 2009

Dear Friends,

The theme of this *Outreach* issue is welcoming the New Year. In approaching the New Year, the idea of "welcoming" can be viewed differently than making new resolutions and setting new goals. To welcome is to "...receive gladly into one's presence." Welcoming has a feeling of graciousness. Given the individual, national, and global challenges we face today, how can we graciously welcome 2009?

While reflecting on this question, we came across a lecture Torkom gave for the 1993 New Year and were struck once again by his candid commentary. Torkom often stated that he liked literature and programs that reveal human nature and make us challenge ourselves, and this lecture certainly does. His talk is filled with practical spiritual instruction. He steadfastly adhered to an intelligent optimism for the future due to his faith in the human potential.

His stated key for welcoming the New Year was learning how to confront the unexpected. He defined the unexpected as both the good days and the bad days. Take a vacation close to the New Year and imagine and visualize what may happen to you, he said — and then learn how to keep your balance when the unexpected comes to your life. He went on to say we can be prisoners of our successes or failures when we fail to learn detachment.

We welcome the New Year, which represents the progress of life's unfoldment, by becoming free from the grasp, attachment, and influence of the transient. You will find in this issue of *Outreach* excerpts from his talk expanding on this theme. Our wish is that these excerpts will help guide your thinking and preparation for welcoming the days, weeks, and months ahead. We would love to hear how you are welcoming 2009.

We'll leave you to reflect on Torkom's statement: "How can you escape the wheel of karma? It is by changing your responses and reactions, which means taking a new attitude against the pairs of opposites, negative and positive, night and day, death and life. You are then changing your own attitude and gaining control upon yourself."

- from the Editors

**TSG
Mission
Statement**

*Publish
Distribute
Teach
Preserve
Torkom*

*Saraydarian's
Creative Works.*

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



Gita Saraydarian

Welcoming the New Year

By Torkom Saraydarian

Expansion of Consciousness

“When I was in my country, four times my father made fortunes, and four times enemies came and destroyed whatever we had. I developed a kind of consciousness where I became not too happy for success and became not so mad and defeated in the time of failure.... You are not matter. You are spirit. You are a divine consciousness. What matters is only one thing... how these negative and positive conditions helped you to grow, to expand your consciousness. If you start crying and weeping, it means you are not really assimilating this message of the philosophy that both good days and bad days are given to you. This is a razor’s edge here. For example, in companionship, you think you are gaining everything. Then sometimes when you lose a relationship, you think you are lost in isolation. Wait. Use both of these for your own expansion of consciousness. Expansion of consciousness means to have greater balance over events.”

“We have two kinds of people. One kind are those who are swept away with both good and bad events. The real leaders, the people who are going to show the path to human beings, are those people who are indifferent for success and failure and use both of them for one great goal - for spiritual achievement.”

Preparing for financial difficulties

“One can prepare oneself for financial difficulties and catastrophes. If you do not have money, what do you do? The other day I was reading an old magazine. I was going to toss it, and then I saw that a millionaire threw himself out of the thirty-second floor of the skyscraper and died. So I read the story. The millionaire was living in New York and lost two million dollars in the market. So what? If suddenly the stock market says that you gained ten million dollars, so what! I mean, how many stomachs do you have? You are still going to eat just the size of your stomach, that’s all. What is such a big deal? It is a big deal for us because we

are brainwashed – we believe that money is everything, possession is everything, ‘havingness’ is everything, and losing is losing everything. We are brainwashed because our mechanism is shifted, distorted, disturbed, and we do not have clear thinking. We have lost clear thinking. The real sense of direction comes when we meet these problems face to face and solve them within the alchemical laboratory in our consciousness. It is your consciousness that will solve the problems and will let you find the real way that raises you above the normal levels of humanity, above the level of brainwashed activities.”

“My father lost everything. The enemies came, the Turks, and they destroyed all of our possessions. He looked at them, laughed, and said, “Isn’t that funny.” I asked, “What is so funny? Everything is gone.” “Calm down. Do you know who made all this?” “Who?” “I made it. As long as I am here, I will make it again,” and then he did it because he did not lose his mind with the things he lost.”

A conscious attitude

“If you develop a conscious attitude toward the changes of life, when depression comes, you do not ‘die’.... and when prosperity comes, you do not unnecessarily ‘freak out’ the other way. You balance [both conditions], because you can use both opposite sides for your own growth. That is the secret. That is what matters. For your real salvation, for your real breakthrough, you are going to think what these positive and negative sides are doing for you — ‘How I can use them?’ But use them for what — for my expansion of consciousness, for my liberation, for my spiritual breakthroughs. We need to ask, “How can I use these good and bad days to expand my consciousness and make myself closer to God?”

“Read the *Bhagavad Gita*. It is a great philosophical work. Read it very carefully because it can be a matter of life and death for you. It says that a person must reach the state of balance where neither night nor day matters. He is not deceived by either success or failure. Neither one by itself alone can help you to develop the way that God prepared for you to develop and planned for you to develop. It is so beautiful if you think about it.”

continued on page 3

Thinking about your future

“Once I was working in the railway station where I was a mechanic. I was the boss for six hundred people. We had a mechanic, a Caucasian man, who was very, very clever. He was my right hand, so to speak, in helping fix my problems. He said, “This engine is making some kind of noise; let’s find the problem.” We jumped on the train and the train got up to sixty, seventy, eighty miles per hour. I said, “That is too much.” “No, let’s test it” It got up to ninety, and then one hundred miles per hour. Suddenly we saw a huge truck on the rails. I said, “What are we going to do? Brake it!” He smiled at me and increased the speed to one hundred twenty-five miles per hour. We cut the truck like butter. I said, “My goodness, I am glad you did not follow my own advice.” If we had lowered the speed we would have killed ourselves. “How did you know what to do?” I asked him. He answered, “In my leisure hours sometimes I sit and think: if this situation comes in my life, what am I going to do? - and this problem did come into my life. I knew that scientifically, when speed increases, the pressure increases and I could cut that obstacle.” Think about your future and think about what you are going to do when the unexpected comes.”

“Many civilizations, cultures and nations came and disappeared. Who’s to say that the same thing will not happen to us? Individuals, groups and nations can survive if periodically they shed their skin like the snake. They need to appropriate themselves to the new incoming energies, changing and leaving behind the consciousness, the ideas, the ways, the philosophies and the religions that helped them in the past, but are now obsolete and worn out, failing to provide hope for survival.”

“If forward-thinking political scientists conduct research, they will find hundreds of worn out laws, principles, beliefs, rules, regulations, and states of consciousness that are hindrances for a new global breakthrough. If we recognize our wornout ways of life, then survival will be possible as a human race, but we must consciously and deliberately bury all that is unfit for a global vision.”

“We can even survive death by building our continuity of consciousness and go and come back with real awareness of what we are doing. For an emancipated consciousness there is no birth, there is continuous existence.... If you have an

old-fashioned scale you see that the two cups represent the Nights and Days of Life, but the fulcrum never moves. It is above them. People lose themselves within both their prosperity and want.”

“We are tied to the fluctuating cups of the scale because we are identified with either cup, with our karma. When we are prisoners of success we are still prisoners, when we are prisoners of failure we are still prisoners, and our karma tries to makes us learn how to detach ourselves from the success and failure, victory and defeat.”

“Real victory can be achieved on a global scale when there will not be found reasons to be successful or to fail.”

“Life leads us to achieve equilibrium. In equilibrium all changes around us, but we never lose our stability and direction. This is what we must learn from the dark and light sides of life.”

Welcoming the New Year: Excerpts from a lecture given by Torkom Saraydarian, 12/27/1992

(This lecture is on sale now on both CD & DVD from TSG.)

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

Editorial staff - USA

Gita Saraydarian - Lou Schwartz
Matthew Borum - Debbie George

TSG Publishing Foundation, Inc.
P.O. Box 7068
Cave Creek, AZ, USA 85327
Tel: 480-502-1909
Fax: 480-502-0713
E-mail: info@tsgfoundation.org
www.TSGFoundation.org

© Gita Saraydarian/The Creative Trust

Goodbyes

There are
many,
many
kinds
of goodbyes -
goodbyes
of tears,
goodbyes of joy.

In some goodbyes
the storm
comes
and takes away
the flowers of your heart.

In some goodbyes
the stars
shine
in the sky,
in the blue
sky
of your soul.

Goodbyes
are different.

Sometimes they take
your heart
away.
Sometimes they put
a torch of light in your hand.

Sometimes they put
an
iron bar
on your shoulder.

Sometimes they lift
all your
burdens away.

Goodbyes
really, really
are of many kinds.

There are goodbyes
where you
see
distant visions
so clearly

in their great
beauty.
There are goodbyes
where
your vision
is blinded
by heavy,
heavy darkness.

There are goodbyes
which seem
the end
of everything.

There are goodbyes
which seem
the dawns
of life.

Goodbyes are
really
different
in different times,
with different,
different
people. . . .

Excerpted from *From My Heart*, A Collection of Poetry
by Torkom Saraydarian

Holidays and the Heart

There is deep meaning in all cultures for commemorating holidays. Holidays resonate with our hearts. In the conscious observance of a holiday, the heart registers serenity and hope. In the commemoration of the life of a great individual or event in world history, we are inspired us to see the possibilities of a more beautiful collective future. Haven't we all at some time or another during a holiday had a heart-centered feeling of connectivity with others and all of life?

"It is from the heart that all the blessings of life, shared with all living beings, pour out." (Torkom Saraydarian, *The Flame of The Heart*, p. 8.) Holidays offer possibilities to renew the spirit of our hearts.

Certainly, welcoming the new year is an important symbol of renewal world-wide, especially of the heart. Early Christians believed the first day of the year was best spent repenting the wrongdoings of the previous year and strengthening the heart's resolve to lead better lives in the coming year.

continued on page 5

Holidays and the Heart - continued from page 4

In modern Japan, various *Bonenkai* or “forget-the-past year parties” are held in December, to bid farewell to the problems and concerns of the past year and make preparations for a new beginning with reverence and graciousness. Misunderstandings and grudges held in the celebrants’ hearts are forgiven and houses are symbolically scrubbed. At midnight on December 31, Buddhist temples strike their gongs 108 times in a symbol of our intent to overcome or expel 108 types of human weakness.

The Dutch welcome the new year through encouraging individual purification of the heart and all that which hinders future progress. This is symbolized externally by burning Christmas trees on the street followed by fireworks. The fires represent purification — and a purge of the old and outworn with a welcome of the new.

The Tibetan New Year is known as *Losar*. The last two days of the old year are called *Gutor* and are spent in preparing to welcome the New Year. The first day is devoted to cleaning the house, particularly the kitchen, since it is considered to be the heart of the home and a clean heart builds a successful future. The second day of *Gutor* is spent on spiritual and religious ceremonies. Monasteries are visited in service: gift giving to the monks, and lighting of torches to symbolize bringing light to the dark corners of the heart and to the home, welcoming a better future.

It is our hearts that will unite the world. And so to our friends throughout the world, from our hearts to yours: welcome to 2009! All of us at TSG look forward to continuing our service to your spiritual needs.

TSG Fundraising Update

As our readers are aware, TSG is amidst a fundraising drive in response to a serious financial challenge that could curtail many of our 2009 projects and services. What we will be able to provide in the future depends entirely on our collective response to this challenge. Every crisis affords an opportunity; we have been re-designing our organizational and business model, while our core focus is planned for expansion into a new direction to attract a much larger audience.

Accordingly, we have set a \$200,000 fundraising goal for 2009 to be raised starting this last quarter of 2008 through the end of 2009. As of December 31, we have raised \$42,183.

Thank you — and we ask again for your continued financial generosity

TSG Cave Creek Center Upcoming Events

Capricorn Full Moon



Sunday, January 11, 2009

10:00 am - 11:00 am

Expanding Our Service to Humanity

Part #7 of 12

with Gita Saraydarian

Aquarius Full Moon



Sunday, February 8, 2009

10:00 am - 11:00 am

Expanding Our Service to Humanity

Part #8 of 12

with Gita Saraydarian.

For other events at TSG please visit our
Event Calendar Online

January / February Sales

Order any of the following now
and receive **20% off**:

OM Pendants

Teachings of Christ - all 4 volumes

Essential Oils

Music CDs:

Sacred Songs

Misty Mountain

Torkom Lectures on DVDs:

#53 Vision for the New Year

#102 Preparation for the Coming New Year

#150 Preparation for the New Year (Finding
Balance)

#232 Vision for the New Year (How to
Actualize the Vision)

We can ship your gifts anywhere in the world!



Notes From Europe

On November 28 – 30, 2008, Gita Saraydarian held a seminar near Lucerne, Swizerland. The following week, TSG-UK hosted ‘An Evening With Gita’ in London. We have compiled some excerpts from attendees’ feedback for your reading pleasure.

.....

“The Ageless Wisdom and Torkom’s work have become like a bridge for me, bringing together mind and heart.” (Monika)

.....

“Gita provided some very practical guidance to help us through these challenging times. I am extremely grateful for the opportunity to equip myself with more coping tools and strategies. Grateful, too, that I managed to jot down just a few of Gita’s words of wisdom, specifically relating to the signs to look out for that you are on the right (or wrong!) track in life: you cannot resolve material problems or challenges with material answers. You need to look at spiritual answers first. Our spiritual needs are powerful and need to be strengthened to enable everything else to fall into place. Thank you, Gita!” (Cassandra)

.....

“Two sentences continue to resonate with me: “Everything that you do has a vibration and color. Wherever harmony is, angels are attracted.” (Nina)

.....

“I am always very impressed how Gita incorporates and integrates the virtues of the Ageless Wisdom Teachings into daily life.....it is extremely liberating to learn.” (Udo)

“Gita has provided us with valuable instructions to work towards more fully understanding Life, our own part in It, as well as an ardent urge to continue working for a better world. We are now understanding the significance of cooperation with the Solar Angel.” (Nico and Aysa)

.....

“The terms Other Worlds is used to describe the various levels of existence beyond the physical. These levels are totally accessible to people who have developed the instruments with which to contact the subtle levels. There has been and there are now persons who have inner instruments that are able to connect with the various levels of existence. Every religious tradition in the world has recounted stories about other worldly contact as the source of its principles.” (Catriona)

.....

“As I spoke about the Teaching, and waiting for the translation of the words, my eyes would go toward the snowy mountains outside and I would smile inwardly at how they quietly expressed the joy of life that we were also experiencing inside.” (Gita)

TSG University

Visions for the 21st Century

Registration open year-round

- Meditation Courses for all levels
- Spiritual Training Classes online
- Customized to Suit Your Needs

TSG Annual Conference & Retreat

“Breaking the Impasse on Our Path”

May 7 – May 10
Cave Creek, Arizona - USA

“The greatest moment in your life will be that moment when you will stand face to face with your Self. This moment will surpass all the joys of the world. It will be your birth, the moment of your greatest awakening, your greatest freedom.”

- Torkom Saraydarian, *The Science of Becoming Oneself*, p. 8.

Celebrate the Spiritual New Year. . . breakthrough to new spiritual freedom.

Dear Friends:

You are invited to attend TSG’s 10th Annual Retreat and Wesak Celebration to be held from **May 7th – May 10th, 2009**. The conference will be examining the crossroads we face today both individually and as a humanity on our spiritual journey as we strive to transcend our limitations. With the world’s crises as a backdrop, we focus on how we are both our own impasses and our own breakthroughs toward real spiritual freedom. What is that freedom? And what does that mean practically for formulating innovation in our individual and group thinking, life design, and in world affairs?

In building a conference environment to charge ourselves with higher, fiery spiritual energies, we ask:

- What is the impasse in my life today?
- How do I understand it?
- What are the challenges it is forcing me to face?
- In what ways are we as humanity both releasing and still failing to release ourselves from the futility and the fatigue factor of our wide-spread miseries?
- How can we more clearly see the possibilities immediately ahead?
- How can we more intelligently penetrate into the Higher Worlds to break the impasse?
- What new decisions are required?
- How can our hearts be progressively purified in new ways?

Wesak 2009 is an integrative, interactive program of high-level lectures, meditation and visualization, ceremony, group and individual work, and sacred song and dance. It is an atmosphere designed to prepare us to assimilate higher energies through our group effort. Concentrated group work helps enhance the progress of breaking our impasse and consciously unites our heart with the Heart of all living forms.

We welcome you and hope to see you at our Annual Retreat and Conference.

From Gita

Dear Friends:

In this issue of *Outreach* we have focused on the topic of welcoming the New Year. As we prepare and plan for 2009, I am reminded about the search for continuity in our life. Torkom has written that continuity and persistence eventually result in what we think of as a "miracle." But a miracle is not an accidental happening but rather something that happens because we have continued in our persistence and striving. It is the result of our own work. Continuity produces miracles when we conquer all that has no value of continuing, and we adapt ourselves to the higher principles worthy of continuation.

In my recent teachings in Switzerland and London, time and time again I found people who, like me, want to have that sense of a continuity and limitlessness and connection to the Higher Worlds. We want to know that our loved ones are OK when they depart from our physical earth. We want to understand how the spiritual aspects of life can continue to sustain us in real ways and give us the reasons to keep striving and find opportunities in the face of the most difficult times. For me, this is the beauty and sublime value of the Teaching: it provides a continuous, constant world view that is expansive, multi-leveled, internally consistent, and absolutely uplifting and connected to our most cherished dreams.

Our work at TSG is to provide these Teachings for the benefit of every striving individual. I thank each of you for helping us continue our work. May the blessings of the Great Ones be on each of you and your families. May we all have the strength and courage to continue to strive so that the "miracles" of life's blessings are abundantly present in our lives.

With love and appreciation,

Gita



Books · Booklets · Oils · Incense · Classes · Music · Seminars

TSG Publishing Foundation Inc. is a non-profit, tax-exempt organization.

CONTACT INFORMATION

USA / Main Office

TSG (USA)

PO Box 7068

Cave Creek, AZ 85327-7068

Tel: 480-502-1909

Fax: 480-502-0713

info@tsgfoundation.org

www.tsgfoundation.org

U.K. Branch / England

TSG (UK) LTD - Serving all of Europe

4 The Wilderness

East Molesey

Surrey KT8 0JT

United Kingdom

Tel: (0)20-8979-8444

Fax: (0)20-8979-8473

info@tsg-uk.org

www.tsg-uk.org

Classes, Lectures, and Seminars

TSG USA/ Cave Creek, Arizona

TSG Foundation Center

Gita Saraydarian: info@tsgfoundation.org

gitasblog.blogspot.com

TSG United Kingdom (UK) Ltd.

Catriona Nason: info@tsg-uk.org

TSG Germany (DE)

Constanze Bretthauer: constanze.bretthauer@t-online.de

TSG Peru (PE)

Gladys Moran: gladysmoran@speedy.com.pe

*Bi-Monthly Subscription Newsletter Including
Valuable Information - Inspiring Messages Events Calendar
Six Issues Published Annually - Printed Subscription \$15 - Free Online*

Free catalog available online or mailed by request.

All quoted materials copyrighted by The Creative Trust, by permission of copyright holder. All Rights Reserved.