

Outreach

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Toward the Future ...

By Gita Saraydarian

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Our purpose is to be a pathway for self-transformation. We offer books, audio tapes and videotapes, classes and seminars, and home-study courses based on the Core Values and Higher Principles of the Ageless Wisdom.

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Outreach

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A New Year, A New You

Happy New Year! May 1998 bring you and your loved ones increased health, happiness, and unfoldment.

Any day of the year can be the beginning of a new year for you if you approach it with the urge to change, grow, and improve. One of the best ways to encourage this growth in ourselves is through the art of thoughtful self-questioning — questions that probe but do not criticize, questions that illicit honest examination, commensured with detachment and love.

May the following excerpt inspire you to use further the tool of self-questioning to improve yourself and thereby the lives of those around you.

“The last day of the year I went home and for a few hours I asked myself some questions. These questions may be very useful to you also, and you can adapt them to your circumstances. They can be used the first week of the new year or anytime of the year at all. Let us say we will use them the first week of the new year. We have one week to corner ourselves and say, ‘Come here. Now I am starting a journey and let me check the tires, the steering, the gas, the oil, the carburetor. Where am I going? Why am I going?’ Let’s start checking ourselves by putting fourteen questions in front of our eyes and start answering them.

“For the coming year:

1) What improvement should I [make] in handling my physical, emotional, and mental equipment?

“Don’t you want that?! What are you going to do to improve your physical, emotional, and mental equipment? Do you have an answer? OR do you shrug it off with ‘who cares about it’? If you don’t care about it you aren’t going to improve yourself, but if you are saying, ‘my body has a flat tire and needs fixing,’ or ‘my carburetor is burning too much oil,’ or ‘my water is getting too hot,’ then improve and change it. Put some antifreeze in it.

“Your emotional equipment. What about your emotions? Are you pleasant to your partner and friends or do they avoid you? What is it that makes you *not* lovable to others? Is there anything you can do? If you are driving a car, at least you try to take care of it. What about yourself? Why aren’t you taking care of yourself and asking, ‘What does this emotional car need? How can I improve it? Am I planning well? Am I dealing with the problems or with the crisis the best way possible or am I failing? If so, WHY am I failing? Because there are some wrong screws here and there? Shall I change these screws now or wait until I have a disaster?’

Preparation for a New Millennium

We are told that the Year 2000, if we approach it in the right way of thinking, can be a very significant time in history.

In *The Year 2000 and After*, Torkom Saraydarian states that “According to a Great Sage, a powerful energy was released on our planet in 1975 affecting all the seven fields of human endeavor and bringing a certain amount of purification, destruction, and synthesis to each field. Another wave of energy will be released in the year 2000 when the sun is in Taurus, once again causing widespread influence over humanity as a whole.

“What will be humanity’s reaction?

“Will humanity respond in a way that ensures our survival?

“How can humanity prepare itself to meet the challenges in the coming crisis?”

Are you ready? Are you doing the necessary preparatory work to make yourself up-to-date?

Torkom goes on to guide us in this process: “If you are conscious of the future, and you aspire toward the future, you are going to take steps now to change your life and be ready to receive these energies. Purification and

Perseverance:

A Cure for Discouragement

Have you ever felt discouraged? Have you ever been trying to improve some aspect of yourself and are not seeing results? Consider this story the next time you think that your efforts for self-transformation are not causing an effect — and keep striving. The most difficult obstacles can be overcome through perseverance — and the power of thought:

“I remember when I was a little boy my father took me to a cave that extended underground for about a mile. My father held a great torch, and I followed him carefully, while looking at the big shadows on the walls and listening to the echoes of our words.

“At last we stopped by some rocks. My father showed me a tongue-shaped rock about two feet thick, projecting from a shelf in the cave. He also showed me a finger-like rock up above from which drops were rhythmically dripping down. After I saw both these rocks he said, ‘I have a question for you. You saw that drop from the ceiling, but did you see where it went?’ He looked at me and held the torch up to help me see better. I noticed the drops were falling on the rock and passing through it. It was curious because the rock was very thick. I crawled under the rock to see what was going on. I saw that the rock was drilled through one inch in diameter and the drops were passing directly through a tube-like hole and falling on the ground.

“‘Do you know how it happened?’

“‘No.’

“‘Think!’

“‘The drops kept hitting the rock for centuries and they drilled through the rock.’

“‘Yes! I brought you to see this fact and to learn a lesson. A concentrated thought in any direction, if continued, can do things that seem impossible.’

“‘When we were just out of the cave, my father looked again into my eyes and said, ‘The power of thought and the secret of how to think — these are the keys to all locks. Do not forget. The weakest thing is a drop, but it can drill through rock.’

“‘Then he jumped on his horse and pulled me up in front of him. We were going through high mountains toward the symphony of sunset.’

(From *The Science of Meditation* by Torkom Saraydarian, p. 15)

Keynote Mantram:

Building the New Thoughtforms

The thoughtforms for the new millennium must include the concepts of **synthesis, inclusiveness, and unity.**

The following is a beautiful mantram you can say along with your daily meditation, or at any time during the day, to orient yourself toward this vision of unification:

The Mantram of Unification

*The Sons of Men are one and
I am one with them.*

I seek to love, not hate;

*I seek to serve and not exact
due service;*

I seek to heal, not hurt.

*Let pain bring due reward of
light and love.*

Let the soul control the outer form,

And life, and all events,

And bring to light the love

*That underlies the happenings of the
time.*

Let vision come and insight.

Let the future stand revealed.

Let inner union demonstrate,

And outer cleavages be gone.

Let love prevail.

Let all men love.

(A.A. Bailey, *Discipleship in the New Age*, Vol. II, pp. 146 – 147)

A New Year cont. from p. 1

“All this is YOU facing YOU and starting to improve by practical ways and means. No one else is going to tell you what you need. YOU are going to tell yourself what you need because your need is only known by you. This is called common-sense living.”

The book continues with the remaining thirteen questions including

- How can I improve my style of speech and writing so that I can be of greater service to others?
- What spiritual virtues do I need to develop more in the coming year to face the increasing possibilities of political, social, and natural upheavals and dangers?
- How can I be more honest and direct with myself and with others?

“Let’s have a brighter year in front of us. It does not matter if it is the first day

of the New Year or any day you wish to start a new year for yourself. Answer the questions. If you want to improve, YOU ask questions of yourself. Books can help, lectures can help, courses can help. They are all very wonderful sources. But most of all YOU are going to put yourself into action. A Great Sage in one of His writings says that a liberated man is a flower of age-long questioning. What a beautiful thing is that, that questioning of oneself slowly, slowly clears your own path and you are not trapped by your own deeds.

“Let us be more beautiful in the coming year. Strive at least to some degree for striving never fails, and it always brings greater happiness and success to you. Let us live sowing the seeds of goodness, beauty, and truth...the Law of Karma will make them spread and grow for coming years.”

(From *The Questioning Traveler & Karma* by Torkom Saraydarian, pp. 2 – 4, 8, 10, 14, 20)

Preparation cont. from p. 1

preparation cannot be done in one or two days. It takes years of self-exertion.

“First, you must organize your mind...What are the contents of your mind? If the mind is a garden full of weeds of hatred, jealousy, and greed, the energy will destroy you...”

“Second, in order to respond to that potent current of energy, you must purify yourself...You are going to purify your thinking and feeling process. When you do this, your actions will reflect the degree of purity you have in your mind and heart.”

“Third, create a new image of yourself. Defeat images, failure images, and ugly images make you repulsive. When you change your image, you become positive.”

“Fourth, radiate goodness. Every day, do good for someone. For example, write a letter to someone who needs your encouragement. It can be a very small gesture.”

“Fifth, think about humanity as if humanity were one great family. We have many cleavages; we hate and love many races, religions, and traditions. Regardless of what people and groups are on the outside, you are going to focus your consciousness on their Essence. In essence, all humanity is the manifestation of God.”

(From *The Year 2000 and After* by Torkom Saraydarian, pp. 11, 13, 15, 19, 21)

Book Fund Update

Our Gratitude to You All

Your response to our fundraising has been really great. As I wrote to you in the November/December issue of *Outreach*, November was the beginning of our fundraising drive to publish the remaining books that Torkom left for us. Our fundraising will go on until we publish all the books !

You may wonder why I feel so strongly to complete the publishing of Torkom's entire book collection. It is because we need to see the entirety of his expression. We need to see the need of the entire world and not make our decisions based on our own ability to read and assimilate what has already been published. We need to make the Teaching, as so lovingly and carefully written by Torkom, available to all the young people everywhere. We need to stretch ourselves to hold this huge vision so that we do not measure the worth of anything by our own standards.

It takes a lot of courage to see the need that is beyond our capacity to grasp. All of you who have responded to this need are so courageous. Your love and support will help all of us here carry this torch into the next millennium and beyond.

The 1997 launching of **The Torkom Saraydarian Book Fund** was a great success. To date, a total of \$8,617 has been raised, with more ongoing pledges of \$10 and \$25 arriving monthly. This money is earmarked toward the cost of producing the books scheduled for 1998. In addition, we have two "Secret Santas" who have promised the full funding for the books *Sacred Music and Songs* and *Karma and Reincarnation*. Your continued donations are still needed. **Any** amount is appreciated and will help us to accomplish our annual goals.

We will make a schedule of 10 selected books for each year — and strive to complete them. With your help, I know this dream will become a reality.

I love you all. My deepest gratitude to you for the years of love and support. I know that together, we will do it.

Love,

Gita Saraydarian
 Founder and President

Book Review

The Year 2000 and After

In various spiritual books and teachings, references have been made to the spiritual significance of the year 2000 and the changes that the new millennium will bring. Now, only two years away, many people are wondering what changes can be expected. In the book *The Year 2000 and After* by Torkom Saraydarian, we are told that the year 2000 will bring a new release of what is called in the Ageless Wisdom *Shamballa energy*. He describes the nature of that energy, how it will affect humanity both globally and individually, and how it can be handled in a constructive manner.

Shamballa energy will bring about a great opportunity for humanity to advance spiritually to a level of awareness never experienced before in the history of our planet. If we are prepared for the

energy through purification and discipline, humanity will have an opportunity to finally bring into outer manifestation its highest vision of nobility, beauty, and unity.

In *The Year 2000 and After*, Torkom Saraydarian provides an optimistic yet eye-opening view of the opportunities and tests awaiting humanity in the coming months and years. He candidly discusses three possible scenarios which may result as humanity either "responds" consciously or "reacts" negatively to the coming energies. Whether the reader is a new student or a long-time student of the Ageless Wisdom, *The Year 2000 and After* creates a heightened sense of urgency which will help humanity make the much-needed spiritual breakthroughs in the important months ahead. The energy behind this book fills the reader with the urge to serve and to help pave the way for the New Millennium.

(An original review submitted by a student.)

Special Price Offer:

The Year 2000 and After

Slightly damaged* books are being offered at \$5.50 (a 50% discount off the regular price of \$10.95). Several boxes are now available at this price; contact us for remaining availability.

Other Affordable Books

If you are interested in purchasing books and are on a limited budget, or want to give books as gifts, contact us for information on the availability of other discounted, slightly damaged books.

Please feel free to call on us to help you with your book selections.

* "Slightly damaged" means there may be marks or scratches on the covers or edges of the books; the text is totally intact.

The TSG Bookstore is open weekdays from 9 AM to 5 PM. You can order by phone or fax or e-mail, or come in and browse. We have incense, lectures on audio and videotape, note cards, bookmarks, and more.

Ordering Information

Books by Torkom Saraydarian mentioned in this edition:

Discipleship in Action, \$6 softcover booklet (plus \$2 S&H).

Discovering Torkom's Teachings, \$21 softcover only (plus \$5 S&H).

The Eyes of Hierarchy, \$10.95 softcover only (plus \$4 S&H).

Hierarchy and the Plan, \$5 softcover only (plus \$3.50 S&H).

Leadership, Vol. III, \$20 softcover, \$25 hardcover (plus \$5 S&H).

Leadership, Vol. IV, \$25 softcover, \$30 hardcover (plus \$5 S&H).

Olympus, World Report...The Year 3000, \$18 hardcover only (plus \$5 S&H).

The Questioning Traveler and Karma, \$3 softcover only (plus \$2 S&H).

The Science of Becoming Oneself, \$15 softcover, \$16 hardcover (plus \$5 S&H).

The Science of Meditation, \$15 softcover, \$16 hardcover (plus \$5 S&H).

Symphony of the Zodiac, \$18 softcover, \$20 hardcover (plus \$5 S&H).

The Year 2000 and After, \$10.95 softcover only (plus \$4 S&H).

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Q&A



Q “Can you comment on the glamor of ‘busy-ness?’”

A “Disciples and leaders and workers of the New Era must have extreme discriminative powers. They must know what to do, and when to do it, according to their level of attainment. For example, when I came to the United States I had a plan to accomplish various goals. Then someone said to me, ‘Master Tibetan said that you should not waste your energy, time, and level by doing these jobs.’ If you are a university professor, you do not teach kindergarten. But sometimes you sacrifice yourself for certain people so that they can reach certain levels of leadership. That is your sacrifice. But you do not stay on their level. You continue on your higher level.

“You must not do things that are wasting your time. There was a lady who had a group. One day she quit the group and started selling liquor. She went to her real level. If you are not doing the job that you are prepared for, you are wasting the economy of Nature. But often you say, ‘I am afraid.’ ‘I cannot do that.’ You are going to do it. There is a woman psychologist who once said, ‘I am a kindergarten teacher with fifty children.’ I said to her, ‘Why don’t you form a discipleship group?’ She now leads a group of nine hundred people. She is in the right place and the right level because she dared. You are going to create that same daring within yourself.”

(From *Discipleship in Action* by Torkom Saraydarian, pp. 62 – 63)

Zodiacal Keynotes Full Moon in Capricorn

January 12th

Capricorn Keynote: “Lost am I in light supernal, yet on that light I turn my back.”

◆ **Meditate on the following:**

“Transfiguration introduces a major change in all our expressions and in our field of service.”

“Right speech is essential for purification of our nature.”

“New Age disciples will be recognized by their steady, unchanging beauty, joy, solemnity, and dignity.”

◆ **Study recommendations:** *Symphony of the Zodiac*, Ch. 12, “Sun in Capricorn.”
Discipleship in Action (booklet)

“A disciple who is scientifically working upon himself during the whole month when the Sun is in Capricorn makes a breakthrough in his consciousness, creativity, and relationships.”

– Torkom Saraydarian
Symphony of the Zodiac, p. 349

Full Moon in Aquarius

February 11th

Aquarius Keynote: “Water of life am I, poured forth for thirsty men.”

◆ **Meditate on the following:**

“Brotherhood is a state of consciousness in which all your fears, sense of separateness and hatreds no longer exist.”

“Once a person feels the fire of discipleship, he becomes a creative influence. He gives life.”

“Enlightenment is a moment in your life in which a window opens into the realms of your higher awareness and you can see the purpose and beauty of Life.”

◆ **Study recommendations:** *Symphony of the Zodiac*, Ch. 13, “Sun in Aquarius.”
Hierarchy and the Plan (booklet)

“A disciple, because of his higher focus, is charged during this month to touch the ‘Water of life’ and pour it forth for ‘thirsty men.’ This ‘Water’ can be anything which inspires people and meets their needs on the path of return. It can mean more love, service, wisdom, greater ideas, or greater amounts of energy from higher sources. But whatever it is, the motivating power behind his action is service.”

– Torkom Saraydarian
Symphony of the Zodiac, p. 349

Can’t come to class?

Join us, and students all over the world, by daily saying *The Great Invocation* and by reading the books of the Teaching from wherever you are. Our present study of *The Science of Becoming Oneself* can also be followed at home by all those who wish to educate themselves in their own steps to freedom!

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Inside: *Our Future: Building the Thoughtforms of the New Millennium*

Unity through Leadership

“Every one of us can be a leader when we learn how to lead our life and direct our thoughts, words, and actions to actualize Beauty, Goodness, Righteousness, Joy, and Freedom.

“During such an effort we become magnetic, and we begin to attract those people who need our experience, knowledge, wisdom, courage, and guidance.

“We try our leadership in our family, and in our circles of friends, groups, churches, nations. The more we become a leader, the more we attract people. Like moths, people come to the light of the leader.

“Some come because of their past relationships; some come to pay their dues. Some come to serve, to learn, and to grow. Some come to bug the leader and keep him alert. Gradually those who are ready to be leaders and cooperate with the leader come to fulfill a plan or to render a group service to a nation or humanity.”

“The goal of leadership is to create groupings. This is how unity and synthesis proceed on the path of evolution. We have

our planet which is a combination of various kingdoms, but is a part of the solar system. The solar system as a whole is one of the organs of a greater constellation. This greater constellation is one center of a much greater constellation or galaxy, and so on.

“When a leader succeeds in forming a group on the human level, he lays the first stone for a Cosmic construction. This is why a real leader is such a precious help for the Purpose of evolution.

“There are individuals who lead separate groups. There are also leaders who are integrated or fused to such a degree that they, as one Soul, lead a kingdom, a solar system, or a galaxy.

“Group leadership is a further step of individual leadership.”

(From *Leadership*, Vol. III by Torkom Saraydarian, pp. 8–9)

In the next *Outreach* ...

- Practical Disciplines: Torkom on *why* we do them...

Parting Thoughts...

The impact of the Shamballa energy will not be drastic if three or four million disciples stand together.

They will change the condition of life on this planet. Light is stronger than darkness. Even if we darken a large temple, we can destroy the darkness with only a few matches or candles.

Have faith. It creates a bad image if we say that darkness is powerful, evil is powerful, corruption is powerful. They are not. If we say that they are, we are accepting and energizing them. We are not going to accept that image. Evil always destroys itself. We have seen this throughout history.

(From *The Year 2000 and After* by Torkom Saraydarian, p. 24)

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