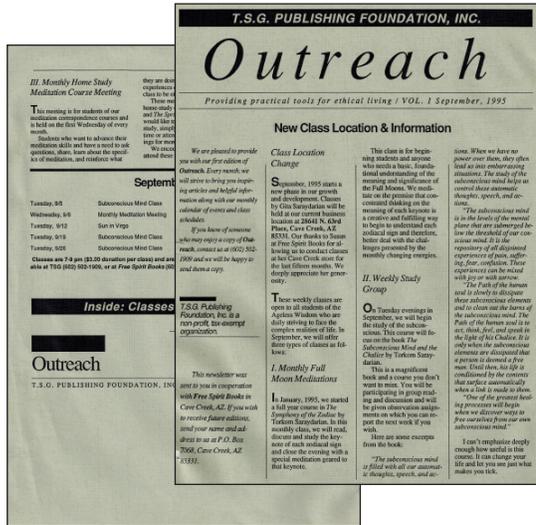


# THROWBACK TO 1995

## FIRST EDITION OF OUTREACH



# LETTER FROM THE EDITOR

Strive Forward  
by JB Maza

**OUTREACH** is back! I am so excited to be part of the team bringing back this beloved newsletter as TSG embarks on a new journey. TSG is in the process of building a new Center. This is a brand new foundation from which to build our very bright future. I can imagine the thousands of students coming through those beautiful double doors, ready and eager to absorb all they can and put in the work to change their lives. The amount of effort put toward a goal such as this can be fully articulated in a single word — **striving**.

Striving motivated us at TSG to start reaching out to our beloved community, to bring back **OUTREACH**. You are the wonderful energy source that continues to push us to strive toward something greater.

Through striving, miracles can be accomplished. Goals become standards. As we move toward the holiday season, let us focus on striving. What are you striving toward? That is the beauty of it. It is completely up to you.

TSG FOUNDATION PRESENTS

# OUTREACH

SPECIAL 31<sup>st</sup>  
ANNIVERSARY EDITION  
NOVEMBER 2018

PROVIDING PRACTICAL TOOLS FOR ETHICAL LIVING

## Developing the new TSG Center

by Gita Saraydarian

### TSG Center for Spiritual Development

We are now working on the design of our new Center on our newly-acquired eleven acres of gorgeous desert land in north Scottsdale. Our Center is being designed to incorporate the principles of Beauty, Goodness, Righteousness, Joy, Freedom, Striving, and Sacrificial Service into the ideals of sustainable design and building.

The floor plan is now complete, and the next design phase consists of internal and external details before we begin the permitting process.

Our schedule is to break ground at the end of March 2019 and work

for completion by the end of 2019. This is subject to all parties moving in symphony.

### Adopt a Principle

You can be part of the creative process by adopting one of the seven principles and making it your own keynote for the duration of the planning and building process.

How to do that? Choose one of the seven principles. Keep it in your mind every day.

When you have a particular insight about it, journal it. Energize it



Gita Saraydarian  
President and Founder  
of TSG Foundation

by finding examples of it in nature, in your life, in the behavior of leaders and great people throughout the world. Find quotes about it. Meditate and write your insights on how this principle is a moving force in your life. Then summarize your thoughts and share them with us in April-May 2019, either at the Annual Conference or share on the TSG Facebook page.

Continued on page 2...

*Continued from the front page...*

By adopting a principle, we keep this living and vital energy in each principle active in our life. We inspire and empower the design and building teams.

And, we become an integral part of the building of the TSG Community.

Torkom made these seven principles a central part of his Teaching. We want to dedicate this Center to Torkom and his work; we want to actualize and activate the seven principles in the very fabric of the Center. Your inner work will make this truly significant.

**Bless the TSG Center**

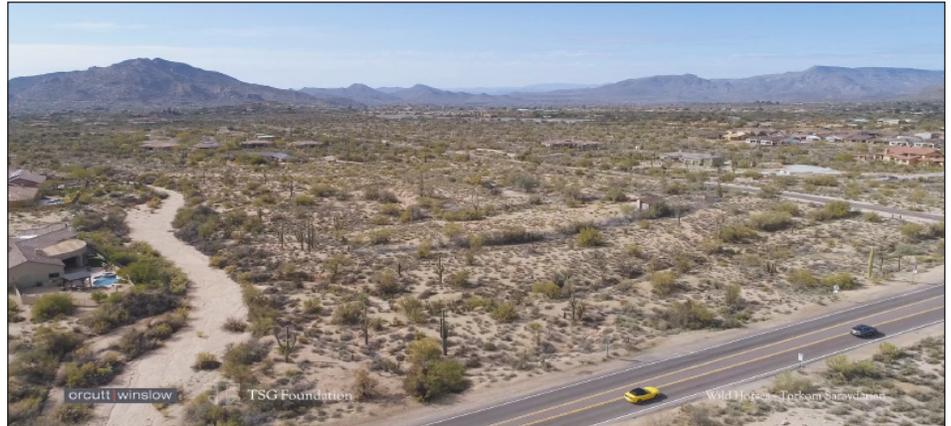
We would love to receive your written blessings. Write a prayer, a blessing of your own or copied from the Teaching in long hand on acid-free paper, sign it, date it, and send it to us by February 2019. Your blessing will be placed in the foundation of our building.

**Send all prayers and blessings to  
P.O. Box 7068 Cave Creek, AZ 85327**

**TSG Spiritual University**

It was Torkom’s dream to establish a spiritual university to train us in clear, deep, and logical thinking. To have a clear mind, to be rational, to think in terms of reality and truth are gifts that we bring to all humanity. Our courses are designed to help you learn content and process. We use Torkom’s books as textbooks to learn the foundation of the Teaching. In learning to read, meditate, journal, and report, we exercise our mind to follow through with a thought; we train our emotions to remain at peace; we train our physical body to obey our soul’s powers of concentration and creative thinking.

We have a beautiful new TSG Spiritual University catalog available online.



Future Home of TSG Foundation Center for Spiritual Development.

Contact us and we will guide you with a course that is perfect for your personal goals.

**The Living Flame**

Your donations and support are very important to us. They help us keep the Living Flame of Torkom’s work alive. Together, we can continue the work and sustain it for the future.

Call to donate (480) 502-1909 or online at [tsgfoundation.org/support](http://tsgfoundation.org/support).

**Dedication**

by Torkom Saraydarian

We the members of this Group we are one in essence.  
*May our souls rejoice.*

We are one with Humanity.  
*May our souls rejoice.*

We are one with all Life Forms.  
*May our souls rejoice.*

We are one with the Sun.  
*May our souls rejoice.*

We are one with the life of the Galaxy.  
*May our souls rejoice.*

We are one with the Stars.  
*May our souls rejoice.*

We are one with Infinity  
*May our Spirits rejoice.*

**Thank you to our donors  
and the TSG Community!**



Donate today to keep  
Torkom's Legacy alive.

Call to donate (480) 502-1909 or  
online at [tsgfoundation.org/support](http://tsgfoundation.org/support)



*The Way of the Soul – Antakarana*  
**TSG’s 2019 Annual Conference**  
Wednesday, May 15 — Sunday, May 19

Preparation to attend the Annual Conference has just started. Join now!  
Contact us or check online for more information at [tsgfoundation.org](http://tsgfoundation.org)

## Reading Toward a Higher Ideal

by Tonia Schwartz

Each time we read a book of the Teaching, we are creating a relationship between us, the author, and the high level of energy that the author contacts in his or her writing. When we read with attention and concentration, we create an invisible network of energy that radiates these high-level ideas to all those who are striving to contact them. This is an essential process to update our thinking.

Reading these highly charged books also creates a protective net around us and a reservoir of positive energy that repels negative thoughts and that we are able to draw upon in times of crisis.

Torkom's books help us make contact, not only with the author but also with the plane on which they were written. Many moments of contact and inspiration are the result of a sentence or paragraph penetrating right into our heart. This uplifts us from our mundane experience of life to our higher nature and creative expression.

These books also make us more sensitive to our Solar Angel. When we strengthen our relationship to our Angel in the higher worlds, we release all those relationships, habits, internal and external, in our current life that do not support our future.

We gradually see who and what we really are. It clears the self-image built by failure or outside influences that limit our life. Our self-image is slowly transformed and becomes closer to our ideal image held in the mind of God.

The Teaching reveals our intrinsic value based on our essential, vitalizing essence that comes from the Source of all Beauty, Goodness, Righteousness, Joy, and Freedom.

In the soon-to-be-published book, *Hidden Wisdom of the Lotus Sutra*, Torkom writes about having bad dreams as a child. His mother gave him a New Testament to put under his pillow and from that day on the bad dreams

stopped. When we put a book of the Teaching in our mind and heart, we may never know what protection and grace we receive from it.

We can share that protection and higher energy from the books of the Teaching by reading them aloud. When my father passed away, my greatest comfort was reading the *Bhagavad Gita* out loud over a forty day period. Reading at the same time every day and directing the reading to a specific person creates a healing connection with that person. Reading books of the Teaching aloud is also a valuable service for humanity and for those souls who have no one to perform this service.

To me, our books at TSG are fiery friends who help me actualize the expression of my soul and the soul of humanity.

## LIBRARY FIND

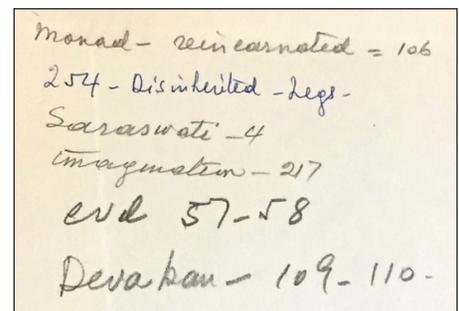
### Exploring the Torkom Saraydarian Library

by Joanne Thurmond

The Torkom Saraydarian Library is a unique collection of books owned by Torkom and Gita during their many years of study, service, and teaching. A large number have been contributed from the private libraries of students and fellow teachers such as Robert Constan and Robert Ramm. Many have had multiple former owners and traveled from Europe, India, the Middle East, New England, and South America. Some are signed by Torkom with an address in Jordan. Sometimes there is a dried eucalyptus leaf, a note by Torkom on a bit of paper, or a letter from one of his teachers answering his questions, slipped into the pages years ago. These will be preserved in the TSG archives as part of the historical

record of Torkom's labor. Some books are from the late 1800s, with beautiful leather covers and deckle-edged pages. Many have Torkom's check marks in the margins of the pages and indexed notations on the inside back cover made by him for his future reference. (See photo)

Sometimes in Torkom's writings he mentions studying. "How I know these things is because I read so much about them, compared them, compiled information on them," he says in *Teachings of the Great Ones*. These books are the body of thought used by Torkom as he read, meditated, researched, and distilled the flowering of esoteric wisdom into its practical



Above is a photo of Torkom's personal index found in *The Mahatma Letters to A.P. Sinnett* compiled by A.T. Barker.

application. He never stopped studying. He never stopped asking questions. He never stopped searching. He never stopped learning from others. Torkom never stopped striving.

## **TSG SPIRITUAL UNIVERSITY**

TSG Spiritual University is a Spiritual Training Center with a primary focus on the works of Torkom Saraydarian. TSU provides meditation courses and spiritual training materials to help you in the process of finding and expressing the voice of your True Self.

### **Stepping Up & Starting Again**

by Debbie Moshenrose

I am excited to share the news about our in-person study group for the 5-Year Intensive Course, “Stepping Into the Teaching.” Now that Gita has completed all the video seminars for the Stepping Course, a small group of students has decided to study the course again from the beginning and complete the 5-Year TSG Intensive Program. Although the material in this course is packed with information, this is a group of fearless students! We find that coming together to discuss the material enhances our learning and gives us a chance to see the Teaching from each other’s viewpoints.

Interested in becoming an Ageless Wisdom Student?  
Email [consult@tsgfoundation.org](mailto:consult@tsgfoundation.org) to set up your consultation with one of TSU’s teachers.

### **Spark of Opportunity**

by Joanne Thurmond

When I first started the final edit on the updated university catalog, I anticipated the usual process of looking for formatting consistency, grammatical correctness, and overall integrity in the order and class descriptions. It wasn’t long into the first few pages that I was swept up into a fiery, burning vision which totally overwhelmed me. On one level, I was able to complete the edit. On another level, I journeyed through the classes, inspired by their message of our individual potential, as though each course were a shining, sparkling gift waiting to be opened by us, the students. This was the vision Gita had twenty years ago. Although the content has been updated, the vision is still the same:  
“To provide spiritual study courses that enable individuals to think holistically,

clearly, and critically in order to make decisions in their life that result in happiness, health, creativity, and success.... The Purpose of TSG Spiritual University is to encourage each individual to strive toward perfection and serve others in order to find their own True Selves.” (TSU Catalog pp. 13-14)

If you are feeling in need of a little inspiration, a little encouragement, this is the place to find it. The catalog can be read not just to plan a course of study, but also as a support and guide for mentors, teachers, fellow travelers, and students.

### **TSU Class Schedule**

**Saturday, November 10 @ 10 a.m. - 11:30 a.m.**

*5-Year Esoteric Intensive Study Group*  
101-6 Lesson 6: Prana and the Sun

**Sunday, November 25 @ 10 a.m. - 11:15 a.m.**

*“Wisdom of the Zodiac Class Celebration of the Full Moon of Sagittarius”*

Reading: Chapt. 43 “Thanksgiving”  
*The Wisdom of the Zodiac Vol. 3*

**Saturday, December 1 @ 10 a.m. - 11:15 a.m.**

*5-Year Esoteric Intensive Study Group*  
102-1 Lesson 1: Fires in the Etheric Body

**Saturday, December 15 @ 10 a.m. - 11:15 a.m.**

*5-Year Esoteric Intensive Study Group*  
102-2 Lesson 2: Centers and the Etheric Body

**Sunday, December 23 @ 5:30 p.m. - 7:00 p.m.**

*“Wisdom of the Zodiac Class Celebration of the Full Moon of Capricorn” and Christmas Eve Celebration*

Reading: Chapt. 13 “Three Tasks”  
*The Wisdom of the Zodiac Vol. 4*

**Saturday, December 29 @ 10 a.m. - 11:15 a.m.**

*5-Year Esoteric Intensive Study Group*  
102-3 Lesson 3: Coordination of the Centers

You will also discover the path of unfoldment Torkom has given us and which has been formulated and systematized by Gita — a path we can all follow, each in his or her own way, in his or her own time. It is so beautiful.

As part of the TSG community, we are all participants in the perpetuation of this vision for the future of humanity and for the future of life here on earth.

**TSU Print Catalog available for \$5 or online at [tsgfoundation.org](http://tsgfoundation.org)**

## TSG SPIRITUAL UNIVERSITY: FEATURED COURSE

### “Meditation: The Creative Process using Virtues”

13-Part Meditation Course

Virtues are said to create a beneficial alchemy in our bodies. When we read, study, meditate, and activate virtues in our life, chemical changes take place in our bodies. Virtues are directly connected to our centers. When our centers begin to operate in a healthy and natural fashion, our entire life can change for the better. A student who was just two weeks into Lesson One wrote: “Yes,

I am reading and doing the virtues meditation regularly and I am surprised by the positive changes I am seeing. Thanks a lot for your loving support and guidance. Deep gratitude to Torkom and TSG.”

Each month, you will be empowered by a virtue. After 13 lessons, you will clearly be able to bring these energies into your life as you need them.

#### 13 Virtues

The following virtue seed thoughts are in the 13 monthly lessons:

- Freedom
- Service
- Compassion
- Discrimination
- Harmlessness
- Courage
- Enthusiasm
- Daring
- Solemnity
- Sacrifice
- Striving
- Fearlessness
- Gratitude

### “Change your Life with Joy & Healing”

18-Part Meditation Course

by Gita Saraydarian

Cultivating joy is the most essential quality that we can develop in our life. Take this 18-month course individually or with an online group. I have seen people turn their lives around by going through this course.



Required text for  
“Change your Life with  
Joy & Healing”

Joy & Healing  
3rd edition  
by Torkom Saraydarian

\$22.00 plus s/h,  
available on  
tsgfoundation.org

We all want to have joy, but we are not conscious of the blockages that we have built that counteract joy. The first challenge is to admit that there are tiny drops of joy in our life and we need to find them. Once that process starts, and if students work through the challenges, they accept and admit to the fact that their life does indeed have traces of joy and this joy is healing and soothing.

For example, one of the exercises is to find 30 good qualities that the students

know they have. It is not what others say about us, but what we think they are.

One participant said she is naturally observant. As a child, this was not appreciated by the adults. However, by accepting this quality, she finds genuine appreciation in her ability to observe, to find solutions, and to find best ways to make decisions. She has confidence that this is a value that no one can take away from her. Of course, from this realization, she grows in self-assurance and slowly finds even more qualities about herself that were not evident.

Participants learn that joy does not mean the absence of grief or sadness. It is not from the outside. It depends on one thing: their willingness to find the trace of joy inside of them and to expand it, bit by bit, by breathing life into it.

### “First Steps Toward Joy”

6-part Meditation Course

Are you shy about your joy? Do you struggle expressing joy? Does an 18-month course sound like a marathon of endless joy searching? Do you still want to find joy? If so, then the 6-part “First Steps Toward Joy” class is perfect for you.

It is designed as an introductory course to inspire you one tiny bit at a time; an individual study course, consisting of six lessons. Do the work for each lesson for 1-2 weeks, send in a brief report to your very own mentor and keep moving through the lessons. At the end, you will have opened the spigot to tiny drops of joy to uplift and add fragrance to your life.

Our next joy forum starts in January 2019. Contact us at [consult@tsgfoundation.org](mailto:consult@tsgfoundation.org) to add your name to the wait list.

I promise you, if you do the work every day, your life will change for the better. It took me a long while to learn this and express the joy inside of me, so I know how challenging it is and how beneficial it is.

If you tried before and could not quite do the full 18-month course, don't give up on joy. Join the “First Steps Toward Joy” course. Your life will thank you for it.

# TSG ADVENT GUIDE

## FOUR WEEK ESOTERIC GUIDE THROUGH THIS HOLY SEASON

by Debbie Moshenrose

All practices associated with Advent are those which prepare the heart to receive or recognize the Christ child (past, present and future) on Christmas Day. At this time of year, humanity is most open to receiving the Love of Christ. As we prepare ourselves, we can consciously lift up the aspiration of humanity and connect this aspiration with the Love of Christ, bringing these two together.

The opportunity for service is great! There are many traditions we can follow as a path to preparation, but creating our own traditions can also be very satisfying. Combining old traditions with new ones, we create a sense of continuity and deep meaning. If you would like to find deeper meaning and fulfillment for yourself and your family this Christmas season, we invite you to use the inspiration

from *Teachings of Christ* and make this holiday season your own.

All ceremonies, activities and reflections from this guide are taken from *Teachings of Christ, Vol. 1* by Torkom Saraydarian Ch. 10. Each color chosen for each week reflects the colors of the Advent wreath.

Start your four week Advent celebration on Sunday, December 2<sup>nd</sup>.

### WEEK 1 FOCUS: PURITY COLOR: VIOLET

#### CEREMONY

“Every morning you are going to raise your right hand at sunrise. Hold the left hand out and say:

*My Lord, pour down your blessings so that I pass them to the world.*

Feel it. This is so beautiful. Take it and give it to every human being – whether you like them or hate them does not mean anything. Give it to every plant, animal, bird, river, ocean. Say, ‘I want to bring you blessings.’ Just one minute, one minute!”

#### ACTIVITY

“The first thing that we are going to do is physical preparation. This week clean your house, clean your kitchen, clean your bathroom, bedroom, sheets, blankets. Everything must be clean. Clean your body. If there is anything around your house that is decaying, throw it out, clean it. Old shoes, old jackets and shirts that you are not using, either wear them, or get rid of them. You must pass through a process of purification; your house must be pure and clean. You will do the same thing emotionally, the same thing mentally. From now on you are going to say,

‘I am going to be clean, my stomach clean, my sex clean, my brain clean, my hands clean.’ It is not easy to do but it is easy to say... To change your life you are going to exercise your divine will and say, ‘I am going to practice, for at least one week, some kind of cleanliness.’ It is so beautiful. This is so practical.”

#### REFLECTION

1. In what way can I bring purity into my environment?
2. Where in my body do I experience the essence of purity?
3. How can I share purity with others?

### WEEK 2 FOCUS: GIVING COLOR: VIOLET

#### CEREMONY

Continue the ceremony from Week 1, but this week extend the ceremony at noon. At noon you are going to say:

*Lead us O Lord,  
from darkness to Light,  
from the unreal to the Real,  
from death to Immortality,  
from chaos to Beauty.*

When you are saying lead us to the light, you are orienting all your energies and

forces to the Light, to the Real, to the Immortality, to the Beauty — four things which are called the foundation.”

#### ACTIVITY

“Every day, in this week, give something to somebody with all your love. Even if it is a small card, ten dollars, a little chocolate, a fruit bar, a flower, give something. Bring something secret every day this week and surprise your wife, children or husband. Let’s see if you can

do it. It is not the money. It is something beautiful. If you have money, excellent. Spend it. Don’t keep it. Spend it: it is the time of giving.”

#### REFLECTION

1. What is the hidden essence behind the gifts that I bring?
2. How is receiving related to giving?
3. What blocks my capacity to give? Name 3 ways to remove blockages.

Torkom says of blessing:

*“Every human being is endowed with the power of blessing. Blessing starts in wishing good, in willing good for others. People must continuously exercise their power of blessing. Through blessing much goodwill comes to earth.”*

*Thought and the Glory of Thinking p. 280.*

## WEEK 3 FOCUS: COMPASSION COLOR: ROSE

### CEREMONY

Continue with Weeks 1 & 2 and add the following: “You are going to meditate at sunset for only five minutes... At sunset we are saying:

*My Lord, let your compassion increase in my heart so that I am filled with your compassion... let blessing and light and love and beauty express themselves through my mouth; and let my heart be filled with the compassion.*

“Compassion is the greatest vitamin for the nervous system. In the future they will find out that whoever has nervous diseases, he lacks compassion. Increase your compassion.”

### ACTIVITY

“The most difficult thing that you need to do is this. To those whom you hate, those whom you do not like and they bug you, sit down and write the most beautiful letters and cards and send them and say, ‘You know, I love you.’ Can you do that?”

At this Christmas time we must release the forces of forgiveness in the world.”

### REFLECTION

1. Where do I see the need for compassion in my life?
2. How is compassion related to giving and forgiveness?
3. In what ways can I increase my compassion? Name 3 ways.

## WEEK 4 FOCUS: SILENCE COLOR: VIOLET

### CEREMONY

Continue with ceremonies from Week 1 – 3 and add the following: “When you are going to bed, what are you going to say?”

*May my soul like a fragrance rise to Your presence.*

Imagine that your soul like a fragrance rises to the Almighty Presence... If my soul rises to Your presence, I do not have any fear of anybody or anything. I am in light. Because I am with You, nothing can stand against me, period.”

### ACTIVITY

“Daily try to have a few moments of total emotional silence. If you learn this technique, it will be a great blessing for you. It is one thing to say, ‘I will not speak in that meeting today... I will not argue with that woman.’ Some people have great success silencing their mouths but can you silence your emotions and not have an emotional reaction, no matter what someone says or does to you?”

This is an important technique to master, because whoever masters his emotions

becomes the master of his life. You can have great mental mastery, but if you have no emotional mastery, you can destroy everything around you.”

### REFLECTION

1. What in me is the constant noise maker?
2. How can silence increase my ability to communicate?
3. Why does silence help me to prepare for the coming of Christ?

MAY YOU HAVE A BLESSED ADVENT SEASON

## MEET THE EDITORIAL TEAM



JB Maza

Editor-in-Chief  
At TSG for 3 years  
Depts: Marketing, Media, and Conference Preparation  
Fun Facts: Loves the ocean and reading books.



Gita Saraydarian

Contributor  
Founded TSG 31 years ago  
Depts: Book Production, TSU Teacher, and Conference Lecturer  
Fun Facts: Loves to cook and take walks in the desert.



Debbie Moshenrose

Contributor  
At TSG for 12 years  
Depts: Accounting, TSU Teacher, and Conference Preparation  
Fun Facts: Loves red cars and colorful landscape art.



Tonia Schwartz

Contributor  
At TSG for 6 years  
Depts: Book Production, TSU Teacher, and Conference Preparation  
Fun Facts: Loves her grandchildren and desserts.



Joanne Thurmond

Contributor  
At TSG for 1 year  
Depts: Book Production and Library  
Fun Facts: Loves eating chocolate cake and finding treasures.

### Connect with TSG



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