

Stepping into the Teaching: Year One Class Content

Reading Texts for the 1st Year:

- [*New Dimensions in Healing*](#) (NDH) by Torkom Saraydarian
- [*Telepathy and the Etheric Vehicle*](#)(Telepathy) by A. A. Bailey
- [*Aura, Shield of Protection and Glory*](#) (Aura) by Torkom Saraydarian

First Quarter, First Half

- 101-1 *Taking Stock: Striving Toward Perfection*, Ch. 1, NDH
- 101-2 *Constitution of Man*, Ch. 2, NDH
- 101-3 *The Etheric Body and the Chalice*, Ch. 3, NDH

First Quarter, Second Half

- 101-4 *Prana and the Etheric Body*, Ch. 4, NDH
- 101-5 *Three Centers of Prana*, Ch. 5, NDH
- 101-6 *Prana and the Sun*, Ch. 6, NDH

Second Quarter, First Half

- 102-1 *Fires in the Etheric Body*, Ch. 7 & 8, NDH
- 102-2 *Centers and the Etheric Body*, Ch. 10, NDH
- 102-3 *Coordination of Centers*, Ch. 11, NDH

Second Quarter, Second Half

- 102-4 *The Kundalini Fire*, Ch. 12, NDH
- 102-5 *Thought and Objects*, Ch.13 &15, NDH
- 102-6 *Telepathy-Intro.*, Ch. 16, NDH; pp. 1-10 & 139-147 *Telepathy* by A. A. Bailey.

Third Quarter, First Half

- 103-1 *The Etheric Body and the Chalice*, Ch. 1, *Aura*; Ch. 9, NDH
- 103-2 *What is the Aura*, Ch. 1, *Aura*
- 103-3 *Mechanism of Contact*, Ch. 2, *Aura*

Third Quarter, Second Half

- 103-4 *Diversification of the Aura*, Ch. 7, *Aura*
- 103-5 *Petrification of the Aura*, Ch. 8, *Aura*
- 103-6 *Transformation of the Aura*, Ch. 9, *Aura*

Fourth Quarter, First Half

- 104-1 *The Virtues and Vices*, Ch. 11; *Virtues and Healing*, Ch. 12, *Aura*
- 104-2 *The Aura and Healing*, Ch. 3, *Aura*
- 104-3 *Sound and the Aura*, Ch. 13, *Aura*

Fourth Quarter: Second Half

- 104-4 *Elementals, Solar Angel & Friction*, Ch. 10, *Aura*; Ch. 34, NDH
- 104-5 *The Senses of the Sun-The Seven Rays*, Ch. 14, *Aura*
- 104-6 *Cosmic Shocks and Response*, Ch. 14 & 16 *Aura*;
Recommended reading: Ch. 1, *Cosmic Shocks*