

ATMA VIDYA

Uncovering the Mystery of the Self

TORKOM SARAYDARIAN

A Few Words from the Publisher

Atma Vidya

Uncovering the Mystery of the Self

We are happy to present to you another important book by a beloved and world respected author Torkom Saraydarian.

Atma Vidya means the science of knowing your immortal Self, the eternally present substance in all beings.

In this book, Torkom Saraydarian uncovers the mystery of the True Self. He presents a detailed account of what is the eternal, immortal Self and how to reach the understanding of the Self and eventually become our True Self.

Torkom describes the process of the Spark emerging from the whole and going on a journey of development, actualization, evolution, and individualization, eventually becoming an individualized Self.

He writes:

Beyond all the plurality in existence there is the One Self.

The integration of the planet will take place only when all human beings become aware of the One Self and meditate and think on the One Self.



PUBLISHED BY TSG PUBLISHING FOUNDATION, INC.

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The degree that they penetrate into the meaning and symbol of the One Self, in that degree they become Self-activated, Self-controlled. This brings integration in the part and with the parts. Eventually it brings alignment with the One Self and humanity will act as one body for the Self. (p. 4)

Knowing the immortal Self, the eternal in our own individual lives, is but one step in our spiritual process, but it is not the only step for a spiritually mature individual. Knowing one's own eternal Self is a step that will take us to the greater good of the whole planet.

As humanity becomes ever closer in every aspect of life, the effect of our individual lives on others and on the planet as a whole is clearly understood by a growing number of individuals. People in various fields of human endeavor understand that the individual person or the individual business thrives and expands when it takes into consideration the need of the greater.

What is the Self that Torkom writes about? The Ageless Wisdom teaches that multiple Sparks from the One Source were released into space at the dawn of creation. These Sparks travelled for millions of years through time eventually becoming human. The next journey described in this book is the process of ultimately becoming one with the All Self, the Origin of life.

Along this journey, the Spark slowly becomes more and more mature. As the Spark matures, it takes on different names. These names indicate the degree of maturity on the ladder of evolution. For example, the Spark grows



physically conscious and is a “physical ego.” Then the Spark becomes an “emotional ego” and then a “mental ego.” Then, when the three bodies are unified, the Spark is called a “Personality.” Then there is the emergence of the human soul, as the Spark takes charge of the bodies and becomes the leader of the bodies. Then the Spark becomes a Soul in the Spiritual Triad, travelling further and further on the ladder of evolution, the Spark becomes an individualized Monad and then the True Self. The next journey takes place as the True Self now merges with the All Self. What a fascinating and mysterious journey that each one of us is travelling!

This book includes Torkom’s Teaching compiled from his commentaries on the topic of the Self as he read and studied various authors, his own meditations and internal investigations on the subject of the Self, responses to inquiries from students, as well as transcriptions from his lectures and seminars on the subject of the True Self.

The chapters are arranged in date order or, when more appropriate, topic development order. Where the contents were from dated materials, specific lectures, or seminar transcriptions, this has been indicated at the end of the chapter.

We hope you enjoy this latest addition to the library of books by Torkom Saraydarian.

With love and appreciation,

Gita Saraydarian
August 2017

