

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](#)

Study Group Meeting Dates

First Quarter

- 9/1/2018 101-1 *Taking Stock: Striving Toward Perfection* , Ch. 1, *NDH*
- 9/15/2018 101-2 *Constitution of Man* , Ch. 2, *NDH*
- 9/29/2018 101-3 *The Etheric Body and the Chalice* , Ch. 3, *NDH*
- 10/13/2018 101-4 *Prana and the Etheric Body* , Ch. 4, *NDH*
- 10/27/2018 101-5 *Three Centers of Prana* , Ch. 5, *NDH*
- 11/10/2018 101-6 *Prana and the Sun* , Ch. 6, *NDH*

Second Quarter

- 12/1/2018 102-1 *Fires in the Etheric Body* , Ch. 7 & 8, *NDH*
- 12/15/2018 102-2 *Centers and the Etheric Body* , Ch. 10, *NDH*
- 1/12/2019 102-3 *Coordination of Centers* , Ch. 11, *NDH* **Dec 29 class cancelled**
- 1/12/2019 102-4 *The Kundalini Fire* , Ch. 12, *NDH*
- 1/26/2019 102-5 *Thought and Objects* , Ch.13 &15, *NDH*
- 2/9/2019 102-6 *Telepathy-Intro .*, Ch. 16, *NDH*; pp. 1-10 & 139-147 *Telepathy* by A. A. Bailey.

Third Quarter

- 2/23/2019 103-1 *The Etheric Body and the Chalice* , Ch. 4, *Aura* ; Ch. 32, *NDH*
- 3/9/2019 103-2 *What is the Aura* , Ch. 1, *Aura*; Ch. 9, *NDH*
- 3/23/2019 103-3 *Mechanism of Contact* , Ch. 2, *Aura*
- 4/6/2019 103-4 *Diversification of the Aura* , Ch. 7, *Aura*
- 4/20/2019 103-5 *Petrification of the Aura* , Ch. 8, *Aura*
- 5/4/2019 103-6 *Transformation of the Aura* , Ch. 9, *Aura*

Fourth Quarter

- 6/1/2019 104-1 *The Virtues and Vices* , Ch. 11; *Virtues and Healing*, Ch. 12, *Aura*
- 6/15/2019 104-2 *Sound and the Aura* , Ch. 13, *Aura*
- 6/29/2019 104-3 *The Sacred Word and the Aura* , Ch. 5, *Aura*
- 7/13/2019 104-4 *Friction in the Aura and Elementals* , Ch. 10, *Aura*; Ch. 34, *NDH*
- 7/27/2019 104-5 *The Senses of the Sun* , Ch. 14, *Aura*
- 8/10/2019 104-6 *Shock Absorbers and Deposits* , Ch. 15 & 16 *Aura* ; p. 243, *NDH* Visualization
Recommended reading: Ch. 1, *Cosmic Shocks*

Year 1 Review

- 9/7/2019 101 Review
- 9/21/2019 102 Review
- 10/5/2019 103 Review
- 10/19/2019 104 Review