

Stepping Into the Teaching: Year Three Class Content

Reading Text for the 3rd Year:

- [*Esoteric Healing*](#) by Alice Bailey
- [*Challenge for Discipleship*](#) by Torkom Saraydarian

First Quarter, First Half

- 301-1 *Esoteric Healing*, Introduction and Law 1
- 301-2 *Challenge for Discipleship*, **Chapter 17, "Signs of a Disciple"**
- 301-3 *Challenge for Discipleship*, Chapter 33, "Spiritual Saturation"

First Quarter, Second Half

- 301-4 *Esoteric Healing*, pp. 24-53, Psychological Causes of Disease & Law 2
- 301-5 *Challenge for Discipleship*, **Chapter 34, "Downfall and Return"**
- 301-6 *Challenge for Discipleship*, **Chapter 37 & 38, "Obedience 1 & 2"**

Second Quarter, First Half

- 302-1 *Esoteric Healing*, pp. 114-120
- 302-2 *Challenge for Discipleship*, **Chapter 18, "Discipleship and the Ego"**
- 302-3 *Challenge for Discipleship*, **Chapter 19, "Glamors and Illusions"**

Second Quarter, Second Half

- 302-4 *Esoteric Healing*, pp. 120-220, Diseases of Disciples
- 302-5 *Challenge for Discipleship*, **Chapter 20, "Vanity"**, Chapter 51, **"The Disciple and Self-Deception."**
- 302-6 *Challenge for Discipleship*, Chapter 23, "Fifteen Points of Watchfulness"

Third Quarter, First Half

- 303-1 *Esoteric Healing*, pp. 135-140
- 303-2 *Challenge for Discipleship*, Chapter 14, "Calmness"
- 303-3 *Challenge for Discipleship*, Chapter 46, "The Importance of Speech"

Third Quarter, Second Half

- 303-4 *Esoteric Healing*, pp. 191-220, Laws 6 & 7
- 303-5 *Challenge for Discipleship*, Chapter 47, "How to Listen"
- 303-6 *Challenge for Discipleship*, Chapter 48, "Retreat"

Fourth Quarter, First Half

- 304-1 *Esoteric Healing*, pp. 221-258 (These pages covered in Seminars 7 & 8)
- 304-2 *Challenge for Discipleship*, Chapter 28, "The Disciple and the Progress of His Soul"
- 304-3 *Challenge for Discipleship*, Chapter 52, "Tolerance"

Fourth Quarter: Second Half

- 304-4 *Esoteric Healing*, pp. 221-258 (These pages covered in Seminars 7 & 8)
- 304-5 *Challenge for Discipleship*, Chapter 57, "The Hierarchy"
- 304-6 *Challenge for Discipleship*, Chapter 36, "Discipleship Groups & Leadership"