



Torkom Saraydarian Spiritual Training Center
 Dedicated to Torkom Saraydarian
Founded by Gita Saraydarian in September 2000
 Course Catalog: Updated August 2016

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TSG Foundation / TSG University operate under the auspices of TSG Publishing Foundation, Inc.

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I. Vision — Dedication — Mission

Vision

To provide spiritual study courses that enable individuals to think holistically, clearly, and critically and make decisions in their life that result in happiness, health, creativity, and success.

Dedication

We dedicate this Spiritual University to Torkom Saraydarian. He was a humble servant of the Teaching who labored tirelessly to help uplift all humanity. His writings, speeches, and music provide a synthesis of the perennial wisdom of great philosophical and spiritual teachers of humanity. His special gift to humanity was to show the practical and up-to-date application of the Wisdom into our daily life.

We dedicate our labor to all humanity. We embrace all earnestly seeking individuals.

Mission Statement

TSG University provides meditation courses and spiritual training materials to help individuals to learn about and implement the philosophical foundations of the Ageless Wisdom Teachings into their daily life. We help you in the process of finding the voice of your True Self.

We are a spiritual training center specifically focused on the works of Torkom Saraydarian. We are a not an academically accredited institution, but a spiritual, philosophical training center.

The University is founded under the auspices of *TSG. Publishing Foundation, Inc.*, a tax-exempt, not for profit organization.

In this catalog, you will find information regarding the organization, requirements, courses of study, schedule of classes, and registration forms. Our classes are tailored to fit your needs at whatever level of commitment you wish to pursue. Please feel free to contact us if you need any clarification or additional information.

II. Training Objective

We operate within the principle that life is an open system, change and growth is possible, the future is determined by what we do and do not do. Human beings can change, heal, and grow if they strive to make changes in their daily life. Humanity can be changed one person at a time. When each individual takes personal responsibility to understand and implement the higher principles into the objective life, we see a better life on Earth. A better life means a life of health, happiness, prosperity, and success. The Ageless Wisdom Teachings provide the materials that enable us to live an authentic, genuine life.

The training offered at *TSG University* has the following objectives:

- To provide tools to transform yourself by learning to create a healthy physical, emotional, and mental life.
- To help you learn the principles of higher virtues and how to apply these in your daily life.
- To help you develop a personal philosophy that results in a happy and joyful life.
- To help you learn about the laws of nature and how the non-material and material worlds operate.
- To provide a community of like-minded individuals.
- To help group leaders link to TSG through the TSG Affiliate programs and provide a dynamic group linkage throughout the world.

Student-Teacher Relations:

We offer an experienced team of spiritual mentors to help you achieve your goals. We do not provide psychological counseling or psychiatric care. Our mentoring program is based on the spiritual and philosophical principles of the Ageless Wisdom Teachings. You are responsible for your inner growth. We believe that when you strive to do the inner work, the outer change will slowly take place.

When you register for a course of study, you will be assigned a mentor who will oversee your progress, be available for your monthly reports and contacts, and be able to read and evaluate your courses.

Our work with you is to encourage you to unfold slowly and steadily. We respond to you when you contact us. We will not force, chase, or run after students. Inner work begins with you, and you alone control your progress and pace of transformation.

III. TSG University — From the Founder

“Schools of wisdom must be reestablished everywhere in the world, as they were ten thousand and fifteen thousand years ago, teaching the science of living on earth and the science of contacting the Higher Worlds.”

Torkom Saraydarian, *The Flame of the Heart*, p. 174

Torkom Saraydarian dreamed of a training center, often calling it the *University*, where men and women can be trained in the theory and application of Higher Principles and Values of the Ageless Wisdom. He called such higher education “*Aquarian Education*” and continuously encouraged all his students to form such institutions in the future. He wrote more than 150 books and booklets, and left hundreds of recorded audio and videotape lectures and music as rich resources to be used for future training centers. He often said that his work was a wealth of information that needs to be used to form a variety of training programs. He laid the foundation and asked us to expand into the next phase of the work.

I have been interested in education my entire life. It is a dream come true to have my passion for the Teaching to manifest into a spiritual training center based on my Father’s writings. I began to teach classes at the *Aquarian Educational Group* in Agoura in 1984. I made a formal plan for my own spiritual education and attended seminars and conferences for further training given by Torkom. I also began to make plans on how I thought the Teaching should be taught and spread throughout the world.

In 1987 *TSG Publishing Foundation* was born and soon I began to teach additional classes in my home. I have always valued a logical, practical, and sequential approach to the study of the Teaching. A curriculum was created to reflect this developmental approach. The vision was to design a curriculum that would train teachers and expose more people to the Teaching nationally and internationally. I began discussions and correspondence with Torkom regarding the creation of a University Curriculum and the comprehensive training of teachers. This resulted in the writing of extensive plans for training and managing a University beginning in 1988.

In 1994, TSG moved to Arizona and many classes were presented in bookstores throughout Phoenix. Meditation courses were organized and our first correspondence courses became available in the summer of 1994. As soon as we had Internet access in 1997-1998, we began to email lessons to students all over the United States, Europe, and South America. I added new meditation courses and expanded these lessons to include more subjects.

After Torkom passed away in January 1997, I began to expand the University plans and wrote a more detailed curriculum. Intensive writing and planning followed and in January 2000 I had an operating plan for the University. My vision was taking on a more complete form and in June of 2000, I presented the first catalog and plans to a select number of friends and supporters. More fine-tuning followed and finally I was ready to launch the formal program of classes. We began our first class in September 2000 at the TSG Center and by email in the USA and in Europe. We gave our University the name of *The Torkom Saraydarian University*.

We also began funding a *Scholarship Program* first started by Catriona Nason in memory of her friend *Maddie Cropper*. Our tuition is affordable and partial scholarships are available to any seriously

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interested person. Contributions to the Scholarship Program are greatly appreciated. A special fund may be created in the name of a family member or friend and linked to our programs.

Our classes expanded and we created a simple but effective online *TSG University* website. We are continuously in the process of updating our websites, adding new courses, and supporting the spiritual needs of students from all parts of the world.

In 2006, the TSG Board of Directors agreed to change the name to *TSG University, Torkom Saraydarian Spiritual Training Center*, to more fully describe our purpose and direction.

Torkom wrote the following about spiritual education:

There is an increasing need for leadership in the field of esoteric knowledge. More and more people are becoming disillusioned with the teachings given to them by opportunists, by people who have good intentions but are full of glamors and vanities, or by people who want to use the Teaching as a business to raise money.

Great damage is done to people who approach the Teaching with sincerity in their heart and are caught in groups, institutions, or organizations that are only for social activities or that function as traps for exploitation. Some of these searchers gradually forget about their quest and adapt themselves to their environment. Some of them totally suppress their aspiration and spiritual striving because of their disillusionment. Only a small percentage, through discrimination, continue their search to find the proper field where they can grow and serve.

The number of true searchers is increasing. We must prepare ourselves to meet their need and at the same time safeguard ourselves from the dangers of falling into vanities, glamors, or of using the searchers for our own interests. (Leadership Vol. I, p. 16.)

Our focus is on practical self-transformation through the study of the Ageless Wisdom. We emphasize natural development and sane approach to the spiritual Teachings. We do not make claims nor impose any one belief system. **Students begin their training by focusing on Torkom's works** and add readings from the great works of the *Alice A. Bailey, Helena Roerich, H. P. Blavatsky*, as well as from world classics in religion and philosophy. These four giants of the esoteric Teachings represent the four key sources of serious spiritual wisdom. Our courses consist of reading, meditation, listening to recorded lectures, self-observation, and writing reports. Each student is empowered to be an active participant to transform himself or herself. Students are encouraged to study current events and see the thread that unites the principles of the Teaching with the rapidly changing face of world events. Our aim is to help develop critical thinkers who are able to use the wisdom of the Great Sages and incorporate these into their daily life.

It is my joy to present to you our courses of spiritual study. We look forward to helping you fulfill your spiritual dreams.

Gita Saraydarian

Founder and Director/ TSG University

IV. List of Study Courses

Below is a list of courses with brief descriptions for each one. For more details on each course, please go to the page numbers indicated in each selection.

1. Pre-meditation: Training Course in Gradient Meditation: Important to establish a firm foundation for meditation and mental focus. Suitable for all students who wish to establish a daily ritual of prayer, reading, and focused study and thinking. Regardless of your level of learning, if you need structured mental discipline and focus, we will design a course for you. The duration of the course depends entirely on your process of improvement and readiness to move to another level of study. This course has been developed using guidance given by Torkom Saraydarian in his multi-volume work on meditation. (See page 7 for details.)

2. Special Topics Study Courses: Multi-media courses using lectures presented by Gita Saraydarian, delivered via DVD/CD/or MP3. (See page 8 for details.)

3. Seed-thought Meditation Courses: Available in five levels, the courses are designed using the seed-thought meditation technique. This approach is the most significant tool to develop a high level of critical thinking, creative mental work, and expansion of consciousness. (See page 19 for details.)

4. Introduction to the Ageless Wisdom: A four-part program designed to give you the foundation needed to qualify for the Intensive Esoteric Study Program. These four topics help you find the right balance and anchorage for advanced studies. The topics are:

- Joy and Healing
- Understanding Spiritual Prosperity
- Developing the Sense of Responsibility
- Developing Group Consciousness and the Sense of Cooperation.

(See page 25 for details.)

5. Intensive Esoteric Study Program: A five-year program designed to provide an in-depth and intensive study of the fundamental topics of the Ageless Wisdom Teachings. Every lesson consists of reading and study, meditation, and application of the Wisdom. The courses are designed to challenge you to strive and to expand your consciousness and beingness. Prerequisite: *Introduction to the Ageless Wisdom*; or show equivalency. (See page 28 for details.).

6. Graduate Program (MA and PhD): Designed for those who complete the five-year program and wish to choose an area of specialization and conduct research and study in a particular field. Please contact the University Director for requirements and Course Catalog.

1. Course Details – Training Course in Gradient Meditation

1. Training Course in Gradient Meditation: If you are a beginner, or a person in need of structured physical, emotional, and mental discipline, we will design a course specifically suited for your needs based on Torkom Saraydarian's instructions in the art of "gradient meditation." The course may entail any of the following, based on the student needs:

- Compilation work
- Reflective reading
- Meditation through creativity
- Symbolic reading (using symbols and stories)

There is no pre-determined length of time for this course, but for best results, you will need from six months to one year of work. The length of time is determined by your commitment and the completion of the reading assignments.

You will be assigned a mentor who will monitor your work every month. Your mentor may respond in writing, or you may have a 15 minute meeting with the mentor via telephone, online, or in person. As you complete each level of work, you will be given the next level according to your interest and developing abilities. The key development that we will be observing is discipline, focus, commitment to daily work, mental clarity, and emotional stability.

Requirements are: Please read carefully and make sure you have the time and interest to do the required work:

- Willingness to devote 10 -15 minutes daily to read, think, and write.
- Willingness to follow instructions as given in your coursework.
- Willingness to strive even when you do not achieve your daily goals.
- Willingness to understand that daily discipline may take several months or years to achieve.
- Willingness to report to your mentor on a monthly basis regardless of what has been achieved or not achieved.
- Willingness to focus on this course only and not mix with other forms of meditation for the duration of the course.

How to register:

- Set up an appointment to meet by telephone, in person, or online with the Director.
- Discuss your needs and abilities and decide on the best choice of study materials.
- Receive the instructions; and begin the work.

Fees:

- First time Consultation Fee: 30 minutes, US\$ 30.00
- Monthly meeting with Mentor Fee: \$15.00 per month
- Materials fee: cost of book if needed.

2. Course Details – Special Topics

List of Special Topic Study Courses

Gita Saraydarian has presented a number of lectures on special study topics. The courses are designed to help you progress at your own pace, utilizing lecture videos or audio recordings.

Each course involves reading material and lecture material, either on DVD, CD, or mp3, for each **month's lesson**. These lectures were given to a select audience and recorded live at TSG Center.

You will be able to hear the lecture, read the assigned pages, and participate in group meditation.

You will be assigned a special mentor from TSG's qualified and experienced mentors and report monthly upon the completion of each assignment.

The selections include:

- 1) *The Science of Becoming Your True Self*
(In 12 parts, corresponds to the monthly zodiacal cycles)
- 2) *Building the Lighted House* (In 9 parts, corresponds to the monthly zodiacal cycles)
- 3) *Building Universal Awareness — Building the Group Chalice* (12-Parts)
- 4) *The Labors of Hercules* (in 14 parts, corresponds to the monthly zodiacal cycles)
- 5) *Total Prosperity and Abundance* (A 2-part seminar)
- 6) *Wisdom of the Zodiac* (On-site, ongoing group study)

Contact us and we will help you choose the right course of study.

See individual courses for contents and costs involved.

2. Course Details – Special Topics

1) The Science of Becoming Your True Self

12 Part Study Program: DVD/CD/Downloads

Lectures presented by Gita Saraydarian
Recorded Live at TSG Foundation Center

Based on the book *The Science of Becoming Oneself* by Torkom Saraydarian

- Are you ready to become your True Self?
- Are you ready to become genuine, authentic?
- Are you ready to find your real, true voice?
- Are you tired of deceiving yourself?
- Are you tired of hiding yourself and want to break out of your prisons?

You can find your True Self if you are willing to do the work and accept the challenges that real, internal change involves. When you change your focus from the physical-emotional-logical mental world, you begin the path to become your True Self. Be ready for wonderful insights, awakenings, “aha” moments, and tears of happiness, joy, and yes, eventually, bliss!

You can achieve a genuine life if you are willing to do the work. Whatever you put into this course that is what you will get out it. There is no mystery, no miracle, no quick fixes in the life of spiritual evolution. It takes honest work to remove the years of old debris stuck to your bodies and to let the inner diamond to shine.

Stop looking for the miracle book, page, teacher, or teaching. Stop thinking that one person, one telephone call will help you solve all your problems. The solution is not outside of you, but inside of you. Learn to look inside of you and find the jewel hiding deep in the layers of your life. Start to become sensitive to yourself and your inner being. Start to appreciate what your inner wisdom is telling you.

Each lecture involves a special topic and lesson for one month. The topics are:

1. Doing Good
2. Perfect Love
3. Harmlessness
4. Detachment
5. Dealing with Conflict
6. Emotional Purity
7. Expectations
8. The Constitution of Man
9. The Pranic Triangle
10. The Mental Body
11. Meditation Process and Expansion of Consciousness
12. Summary: The Science Behind the Work

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Contents of the course:

1. Outline and Monthly Questionnaire
2. CD/DVD/or Download of 12-lectures by Gita Saraydarian
3. Textbook *The Science of Becoming Oneself* by Torkom Saraydarian
4. Optional monthly mentoring program.

We recommend that you work with a spiritual mentor if you wish to hold yourself accountable every month. The Spiritual Mentoring Program is designed to encourage you and help you clarify questions or issues that you may discover in your studies. If you wish to report on your monthly study and meditation for this course, we will assign a mentor to monitor your progress. Counseling will be provided to begin the process. Monthly mentoring program will be scheduled via email, or live conference.

Class Materials:

- Book: [*The Science of Becoming Oneself*](#) (Hardcover \$25.00/ Softcover \$20.00)
- 12-part video lectures: US\$ 240.00
- 12-part audio on CD or MP3: US\$ 120.00
- Monthly Mentoring program: US\$ 15.00 donation for each lesson.

2. Course Details – Special Topics

2) Building the Lighted House

9-Part Study Program: DVD/CD/Downloads

Lectures presented by Gita Saraydarian
Recorded Live at TSG Foundation Center

The “Lighted House” is a term used to define the subtle mechanism in the higher mind. It is called the “Chalice”. This mechanism is composed of vibrating and radiating energy currents of compassionate love, truth, and selfless service or sacrificial service. As this energetic mechanism is built and increased, our light shines out in greater intensity and greater benefit. And, as the power of the Chalice increases, we become the human soul; we are spiritually born.

This series of lectures explores the nine-part process of unfoldment of the petals of the Chalice and it is organized to take advantage of the building energies and currents available during the full moons. The series begins with the Cancer Full Moon, **which has the theme of “building the lighted house,”** and ends at the Pisces Full Moon, completing the cycle of building.

Each lecture is presented during the Full Moon celebration. It encompasses the keynote of that particular Full Moon, and focuses more specifically on the work needed to do in order to unfold a part of the Chalice.

Each lesson consists of a lecture, meditation, and a healing prayer. Each lecture will focus on one area of life that presents a specific challenge in the process of building our Chalice, how that aspect provides an opportunity for an initiation, and the particular crisis that we face at intervals of our journey.

Spiritual Mentoring Program: We highly recommend that you study this course with the help of a mentor. If you wish to do so, we will develop instructions specifically designed for you and assign a mentor to monitor your progress. Counseling will be provided to begin the process. Monthly mentoring program will be scheduled via email, or live conference

Class Materials:

- \$90.00 for complete set of 9 CD's or downloadable MP3.
- \$180.00 for complete set on DVD's.
- Shipping and handling charges apply for mailed packages. Check [website](#) for exact charges.
- Monthly Mentoring Program: \$15.00 per month.

2. Course Details – Special Topics

3) Building Universal Awareness — Building The Group Chalice

12- Part Study Course: DVD/CD/Downloads

Lectures presented by Gita Saraydarian
Recorded Live at TSG Foundation Center

The Ageless Wisdom Teachings give us a new world view and offer a process of discipline to become spiritually mature and inclusive persons. Spiritual people need to become aware of what is going on in the world, in the material and spiritual planes, and not limit our world view to a narrow, sectarian perspective.

When we develop a larger perspective on life and events, we begin to interact with everyone around us in a more tolerant, inclusive, and patient manner. We become a better family person, a better spouse or parent, a better group member and participant in group work, and a better team player.

When you are a spiritually mature individual, you become a sought-after gem in your family, at your workplace, in spiritual groups and organizations, or even in your service projects and volunteer works.

We all want a better world to live in; we want better work relations and better human relations. This 12-part Series offers insights, discoveries, and proven methods to help you build universal awareness. It covers 12 areas of life that need to be improved in order to become a dynamic and universal thinker. It answers questions such as:

- Why is courage needed in building my greater awareness?
- How I measure success in my life?
- **How do I clean up my “act” so that I am reliable?**
- What kind of mental training do I need?
- How do I choose the best kind of meditation practice?
- **How do I know what is my “calling”?**
- **When do I know I made the right “contact” with a higher vision and inspiration?**
- What does self confidence have to do with being a team player?
- How does the ego and vanity interfere with being a team player?
- What is the Group Chalice?

Each lecture contains a presentation followed by a guided meditation.

Spiritual Mentoring Program is available to you on a monthly basis. If you wish to report on your monthly study and meditation for this course, we will develop a special course designed for you using these materials and assign a mentor to monitor your progress. Counseling will be provided to begin the process. Monthly mentoring program will be scheduled via email, or live conference.

You may also benefit from the cyclic energies of the planet and zodiac and arrange to begin your first lesson at the New Moon of your birth sign, or birthday, the start of the spiritual New Year at Aries, or any significant date that you find most compelling. This will give you renewed courage

and positive energies to begin each lesson. Proceed as before and arrange to report to your Mentor at or around the Full Moon.

Contents of 12-Part Collection:

[Lecture #1: Courage](#)

[Lecture #2: Faith](#)

[Lecture #3: Your True Self](#)

[Lecture #4: The Path](#)

[Lecture #5: The Spiritual Warrior](#)

[Lecture #6: The Miracle of Continuity](#)

[Lecture #7: Scientific Meditation](#)

[Lecture #8: Basics of Meditation](#)

[Lecture #9: Meditation Part 3: Mapping Our Progress](#)

[Lecture #10: The Call](#)

[Lecture #11: Contact](#)

[Lecture #12: Spiritual Nobility](#)

(A short clip of each of these lectures is available on the TSG Publishing Foundation YouTube account.)

Class Materials:

- \$120.00 for complete set of 12 CD's or MP3.
- \$240.00 for complete set of 12 DVD's.
- Shipping and handling charges apply for mailed packages. Check website for exact charges.
- No specific book is assigned; recommended readings given in each lecture.
- Monthly Mentoring Program: \$15.00 per month.

2. Course Details – Special Topics

4) The Labors of Hercules

14 - Part Lectures CD or MP3

Lectures presented by Gita Saraydarian
Recorded Live at TSG Foundation Center

Teachers of the Ancient Wisdom and Mystery Schools have studied and presented the story of the *Labors of Hercules* in lectures and dramatic presentations from Ancient times. In these Labors are hidden the mystery of self-transformation and initiation. They are dramatic descriptions of the path of the aspirant passing through discipleship tests and proving his or her readiness for initiation. In symbolic story after story, the Labors represent the challenges that we all face when we decide to make a life-altering decision in our life.

In 1937, Alice A. Bailey, a great teacher of the Ageless Wisdom, gave a series of classes on the 12 Labors in New York. In 1976, Torkom Saraydarian gave a 12-part seminar in Los Angeles, presenting more depth and explanation to the 12 Labors. Then in 2006-2007, Gita Saraydarian presented a series of lectures on the 12 Labors in Cave Creek, Arizona.

This 14 part series represent Gita's deep study of her predecessors' work, adding her own insights and life experiences. She has a fresh look at Hercules and his exploits, uncovers the hidden females in his life, and shows how this ancient story can still have relevance in our life today.

The *Labors of Hercules* Series is organized as follows:

- Two Introductory lectures; laying the foundation.
- Twelve lectures, unfolding according to the Zodiacal calendar, one labor per zodiacal sign, beginning with Aries.
- Each lecture includes an explanation of the keynotes, reading of the story using the book *The Labors of Hercules*, and followed by full moon meditation.

How to use these lectures: Begin by studying the first two introductory lectures and read the corresponding pages in the *Labors of Hercules* by A. A. Bailey. Then, start the work on the first labor corresponding with the full moon of Aries. Continue to the end of the Zodiacal year observing each of the full moons with the lesson and meditation.

Class Fees and Materials:

- \$140.00 for complete CD set.
- \$91.00 complete downloads set.
- The book [Labors of Hercules](#) by A. A. Bailey
- Shipping and handling charges apply for mailed packages. Check website for exact charges.
- Monthly Mentoring Program: \$15.00 per month.

- We recommend our Spiritual Mentoring Program for this course. A monthly meeting with your mentor will help you keep within the framework of steady work and progress. If you wish to utilize this service, we will develop a special course designed for you using these materials and assign a mentor to monitor your progress. Initial counseling will be provided to begin the process. Monthly mentoring program will be scheduled via email, or live conference.

2. Course Details – Special Topics

5) Total Prosperity & Abundance Seminar

Two Part Seminar

Recorded Live in Cave Creek, Arizona with Gita Saraydarian

Seminar Binder with CD Sets & Printed Support Materials

Gita Saraydarian presented two-day seminars on *Total Prosperity and Abundance* in London (UK), Lima (Peru), Cave Creek (Arizona), and Los Angeles (California), and Milan, Italy. Students attending these seminars came from many walks of life, all having the desire to re-define the priorities in their life and developing a deeper understanding of the meaning of abundance.

Students of religion and spirituality the world over often have very wrong ideas about abundance and prosperity. Somehow, the image of poverty, lack, and suffering has become synonymous with being spiritual. Torkom, as well as great teachers and spiritual leaders, was a fully prosperous and abundant person. He taught about the laws of prosperity and emphasized great principles that help us become prosperous in every way.

The *Total Prosperity & Abundance Seminar* is a result of Gita's intense research and study of the spiritual principles that operate in nature that help us achieve total prosperity and abundance. The presentations are based primarily on the Teachings by Torkom Saraydarian and Gita's practical experiences in her personal and professional life. Gita has applied her lesson to her private and professional life and has developed TSG Foundation into an internationally recognized spiritual group.

During this intensive two-part seminar, you will learn how to change your thoughts, wishes, and plans so that prosperity can be yours. Gita presents the natural laws that govern prosperity and the ways to apply these laws in our daily life.

The CD's and support materials are fresh and dynamic and bring to your private study all the energy and enthusiasm of the live presentations. The presentations include lectures on prosperity, success, visualization and meditation practices to enhance your life, and a step-by-step implementation plan for your continued success and prosperity.

The Ancient Wisdom Teachings provide guidelines for total abundance and prosperity in the physical sense — such as money, health, property, family, and friends — as well as for the emotional, mental, and spiritual life. Open your inner doors now to a more fully abundant life.

The topics presented are:

- How to define your prosperity
- Prosperity Laws of Nature and how they work
- Visualization plan to receive prosperity and abundance
- Subconscious recordings and outdated thoughtforms about abundance
- Spiritual Foundations for Success
- Psychic Energy and the Fire of Space

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- Your fundamental support system
- Laws of Success
- Thoughts and wishes: what is right and what is wrong
- Implementation Plan for continuous prosperity
- Advanced levels of prosperity consciousness
- Visualizations and meditation and Question and Answer sessions

Course Materials:

- Part One *Total Prosperity and Abundance* consists of 5 CD's and 9 handouts (includes a cover letter and outline plan)
- Part Two *Total Prosperity and Abundance* consists of 5 CD's and 8 handouts (includes a cover letter and outline plan)

Course Fees:

- \$180.00 for complete set of **10 CD's and handouts.**
- \$160.00 for complete downloads set.
- Supporting materials are mailed with the CD package.
- Shipping and handling charges apply for mailed packages. Check website for exact charges.
- Spiritual Mentoring Program: If you wish to report on your monthly study and meditation for this course, we will provide a step-by-step progress report specially designed for you. Counseling will be provided to begin the process. Monthly mentoring program will be scheduled via email, or live conference. Monthly Mentoring Program: \$15.00 per month.

2. Course Details – Special Topics

6) Wisdom of the Zodiac: Monthly Study Group

Ongoing Study and Meditation Group Corresponding to Monthly Full Moons

On November 1st, 2009 a group of students began to meet at TSG Center in Arizona twice every month to read and study together the *Wisdom of the Zodiac*. The *Wisdom of the Zodiac* is a 4 Volume set of books, consisting of a total of 200 Chapters. These are lectures and writings presented by Torkom Saraydarian over a 20-year period on the subject of the esoteric meaning of full moons. These four volumes are the next generation of the work first presented in *The Symphony of the Zodiac*.

The group continues this tradition every month. Students meet at the TSG Center to read, study, and meditate together. Each class is facilitated by a senior student. Monthly meetings are scheduled as close to the full moon as possible. Everyone is welcome to participate. Bring your book with you, or purchase at the door. Check our Events Calendar on www.tsgfoundation.org for the date and time of each meeting.

This class is not about personal astrology. It is a process of inner awakening and expansion of consciousness so that you become aware of the energies surrounding you daily and learn to benefit from them. Month after month, year after year, this deep study will reveal insights into your nature and the nature of life and you will see a beneficial growth and expansion. As you gain deeper wisdom, your life will change.

Torkom brings deep insight and decades of his esoteric research together with practical, easy-to-understand advice to help you incorporate this study into your daily living.

Course Requirements:

- *The Wisdom of the Zodiac* books in 4 volumes; \$45.00 each volume.
- Read and study ahead of each class. Come prepared to share insights about the particular chapter.
- Class Fees by donation.

Out of town? A series of 42 YouTube recordings have been posted on the TSG YouTube channel. All recordings are free of charge. Each session contains a summary of a Chapter from *The Wisdom of the Zodiac* by Gita Saraydarian, followed by meditation.

The four Volumes of [*The Wisdom of the Zodiac*](#) are organized as follows (Please check online for detailed descriptions and content of each volume):

[Volume 1: Aries, Taurus, Gemini](#)

[Volume 2: Cancer, Leo, Virgo](#)

[Volume 3: Libra, Scorpio, Sagittarius](#)

[Volume 4: Capricorn, Aquarius, Pisces](#)

3. Seed -Thought Meditation Courses

What is seed-thought Meditation?

Meditation is the process of developing critical thinking. Seed-thought meditation is an advanced technique originally taught thousands of years ago by the Great Sage Patanjali. It involves thinking progressively from one level of the mind to the next higher until the four higher levels of the mind are built and are accessible. With this process, an individual is able to access multiple levels of thinking and is able to express his insights in tangible forms. Seed thought meditation creates a thinking person, a healthy mind, and a grounded and balanced consciousness.

The mental health benefits of meditation are now being proven through scientific studies. Seed thought meditation process, when practiced with dedication, will slowly integrate a fragmented mind and clarify the thought process.

The meditation courses described below are monthly study courses that have been designed originally by Torkom Saraydarian and expanded and updated by Gita Saraydarian. They require regular reading and study, mental poise in thinking, recording of daily insights, and monthly summary report to your mentor/instructor.

The process is often referred to as “Occult Meditation” or “Esoteric Meditation.” Another way to describe these courses is meditation to create healthy, contiguous thought processes.

Personal Requirements:

- Disciplined physical, emotional, and mental bodies.
- Able to sit quietly, focus the mind, and hold the focus on a subject.
- Able to dedicate 20-30 minutes daily or at least 3 times per week to your lessons.
- Be willing to read, study, meditate, record the insights, and report on a monthly basis.
- Be committed to change your life from the inside out.
- Be ready for internal changes through daily striving.

Contents of Meditation Courses:

- A textbook if applicable.
- Individual lessons. Each lesson is designed to be completed in one-two months.
- Specific instructions, as well as additional reading and meditation materials.
- A questionnaire to complete for each lesson.
- A summary report for each lesson.

Costs and Procedures:

www.TheTorkomSaraydarianUniversity.org

Telephone: 480-502-1909

All the meditation lessons described below follow the same pattern of set up and lesson fees as follows:

- \$25.00 set up and registration fee per course.
- The cost of the text used, if any.
- *Contribution for each lesson:* \$12.00 for online submission or by e-mail.
- The contribution for the first two lessons is paid upon registration. You will receive two lessons **when you register. You work on one lesson, and keep the other in “reserve”. When you send in the report for one lesson, you begin the next one while you wait for our response. When we respond to your report, we will send you the next “reserve” lesson.**
- To save us time and cost of processing, we suggest you register for multiples of 5 or 10 lessons at a time. This is an option you may exercise during online registration.
- You may pay for all the lessons in a course, or choose to have your credit card automatically charged for each lesson e-mailed, or placed online.

How to choose the right course:

- Please read the descriptions of the courses outlined below.
- If you need help in making the right decision, set up an appointment with the Director to help you choose a course that is just right for you. You may meet in person, by telephone, or on the Internet. To set up an appointment, please go to [?????????????](#), **complete the form and make an appointment.**
- For more information on what is meditation and why it is important, please see www.tsgfoundation.org sections on meditation.

List of Meditation Courses

1. Beginning Level:

- *Meditation 1-1: Meditation for Beginners* - 5-part course. In this inspiring course, you will learn the basics of seed thought meditation. This course is recommended for all beginners to learn how to utilize seed-thoughts. The course includes readings from the book *The Flame of Beauty, Culture, Love and Joy* and selected seed thoughts for daily thinking. The seed thoughts begin with tangible items, and move onto less tangible items. You will be slowly trained to read, synthesize, think deeply, and understand an object from various perspectives.
 - Text: [The Flame of Beauty, Culture, Love and Joy](#)
 - 5 - Lessons

2. Beginning-Intermediate Level:

- *Meditation 2-1: Fundamentals of the Ageless Wisdom* - 12-part course. This course teaches you about the 12 fundamental topics of the Teaching. Each lesson is a compilation of writings on a specific topic as well as instructions for meditation, completion of the course, and a study guide. Required textbook is *Ageless Wisdom* by Torkom Saraydarian. Specific Chapters from the textbook are assigned to complement each lesson. The course contains the following 12 topics:
 1. What is the Path of Discipleship?
 2. The Constitution of Man
 3. The Hierarchy
 4. The Solar Angel
 5. The Plan
 6. The Great Invocation
 7. Meditation
 8. The Zodiac
 9. Purification
 10. Service
 11. Virtues
 12. Evening Review
 - Text: [The Ageless Wisdom](#)
 - 12- Lessons
- *Meditation 2-2: Meditation, the Creative Process* - 13-part course. This course is a deep and detailed study of 13 virtues and their application in life. Detailed readings on each virtue are

included in each lesson. This course will help you develop an integrative personal philosophy and give you the ability to apply the higher values in your daily life decisions.

- Texts: [The Science of Meditation](#) and [The Science of Becoming Oneself](#)
- 13 - Lessons

3. Intermediate Level:

- *Meditation 3-1: 101 Stories from Agni Yoga* – 25-part course. Agni Yoga is the Teaching of Living Ethics. The Agni Yoga books were first written in Russian by Helena Roerich, then translated into English and many other languages. These books contain very advanced Teachings, often expressed in direct and short paragraphs. Much of the Teaching is given by subtle reference, analogy, vision, parables, and stories.

A total of 101 stories were compiled from the Agni Yoga books, and this meditation course was designed to use the stories as seed thoughts.

Each lesson is self-contained with additional readings taken from the three Volume Series of books, *Talks on Agni*, by Torkom Saraydarian. Each lesson contains the specific stories and directions. No additional books required.

This is a fantastic course for anyone who wishes to hone his/her creative thinking and find multiple meanings about life in parables and stories. Every lesson will help you to expand and express your intuitive abilities.

- No other texts needed
 - 25 - Lessons
-
- *Meditation 3-2: Bhagavad Gita* - 18-part course; a chapter-by-chapter study of the *Bhagavad Gita*. This book is a classic in esoteric learning. It depicts the struggle of the human soul from the moment it is awakened to the dismal conditions of life followed by the total emotional collapse of the personality, and finally moving toward a transformation and soul consciousness. Each lesson has a specific message. You will study, meditate, read, and slowly incorporate the lessons in your life.
- Text: [Bhagavad Gita](#)
 - 18 – lessons
-
- *Meditation 3-3: Creating Prosperity and Success* - 12-part course. Are you a prosperous and truly successful person in the physical, emotional, mental and spiritual perspectives? Discover the virtues you need in every part of your life in order to have lasting prosperity and success and be able to enjoy it. A study of the laws of prosperity and abundance from the physical, emotional, mental, and higher perspectives following the text *Spring of Prosperity*.
- Text: [Spring of Prosperity](#)
 - 12 – Lessons

- *Meditation 3-4: Joy and Healing* –12-part course. Discover the true inner joy that you were born with. Learn how to bring it out and activate it in your life. Learn to create a new identity for yourself that is joyful, full of hope and faith in the future. Relate to others in your life through the joy and love that is in your heart. This course will help you activate your life with joy instead of through the subconscious memories of sadness and depression. If you wish to cultivate deep joy in your life, we recommend this course. This is a much deeper and more intensive study of Joy & Healing than the six-week course.

- Text: [Joy and Healing](#)
- 12 - Lessons

4. Intermediate-Advanced Level:

- *Meditation 4-1: Challenge for Discipleship* – 57-part course. Based on the book *Challenge for Discipleship*, this course is organized as a daily workbook. Each lesson challenges the student to read the chapter carefully, meditate on seed thoughts, answer questions, and re-organize the daily life. The student can progress at his or her own pace, completing each Chapter when the work for each theme is completed. An essay after each Chapter summarizes the student's experience. The purpose of the course is to enable you to actualize as much of the Teaching as possible.

This course is for the person who is able to take the time to discipline his or her bodies. It is designed for the person whose daily life allows time to study, reflect, and put into action the needed changes. It challenges the student to become a disciple, a person who has knowledge, wisdom, and beingness.

- Text: [Challenge for Discipleship](#)
- 57 – Lessons

- *Meditation 4-2: The Science of Becoming Oneself*. A 60-part course that is designed to be completed in a 3-5 year period. This course is guaranteed to help you challenge and face yourself. It is not for the spiritually faint hearted! It is designed for the daring person who is serious about becoming the True Self. This is an in-depth, detailed, and very intensive course that takes the aspirant into a deeper understanding of the process of becoming the True Self. The student will observe how he or she grows, deepens, and broadens the consciousness and daily expressions of life. The student will follow the readings, exercises, observations, and meditations that are part of this discipline. This course is recommended especially to the person who is very detail oriented, methodical, and a serious observer. The course follows the recommended exercises and the recommended duration for each exercise.

- Text: [The Science of Becoming Oneself](#)
- 60- Lessons
- Recommended: 12-lectures on the "The Science of Becoming Your True Self" by Gita Saraydarian

5. Advanced Level:

- *Meditation 5-1: The Secret Doctrine* – 24 lessons. This course is based on the keynote materials contained in the two-volumes of *The Secret Doctrine* by H. P. Blavatsky. The course is designed for the deeper understanding of this classic work that opened the eyes and minds of humanity to the ancient wisdom doctrines. The Secret Doctrine is the foundation of esoteric wisdom. This course is recommended only for students who have completed the previous meditation courses and are able to devote 1-2 hours of study and meditation daily.
 - Text: [The Secret Doctrine](#)
 - 24 – Lessons

- *Meditation 5-2: Shamballa the Father's Home* — 30 lessons. Consists of compilations on the topic of Shamballa from the A. A. Bailey materials, the Agni Yoga books, and books by Torkom Saraydarian. This course is designed to help you establish the primacy of the Divine Will in your life, worked through with love and wisdom. Each lesson may be studied for one to two months. A monthly report and essay is due at the end of each lesson. Recommended only for those who are truly dedicated to increasing their willpower, purpose and direction in life, and are ready and willing to remove obstacles in their life. The lessons generate much powerful insights in your nature and you need to be ready for these insights and discoveries with courage!
 - No text required
 - 30 – Lessons

4. Introduction to the Ageless Wisdom

Introduction:

A four-part course designed to prepare students for the 5-year Intensive Esoteric Study Program. These four essential subjects help students to be emotionally, mentally, and spiritually ready for more intensive esoteric work. When we understand these four topics intellectually and then actualize them in our daily life, then our vehicles are ready to take on the challenges of more intensive esoteric work.

Students who are sensitive to spiritual Teachings often become more sensitized as they meditate and study. The study and implantation of these subjects provides the inner compass to develop deep compassion toward all of life and understand how each individual fits into the larger tapestry of life.

Each topic is made up of six lessons. They are as follows:

- Meaning of Joy and Healing – six lessons
- The Meaning of Prosperity – six lessons
- Developing the Sense of Responsibility – six lessons
- How to Create Cooperation and Group Consciousness – six lessons

Cost of each course:

- One time \$25.00 set up fee for all four courses.
- \$60 contribution for each six-week course, or \$240.00 for the full year.
- The cost of the required book; one per quarter.

Details of the Four Courses

001 — The Meaning of Joy and Healing

This six-week course takes the student through the book *Joy and Healing* with weekly reading and exercise assignments. The student is instructed to complete the exercises given in each of the lessons and write a summary of each lesson. The objective of the course is to help the student cultivate the virtue of joy in his or her life and discover the fountain that gives rise to joy. This is a most important virtue in the life of the spiritual student. When a person starts training in the spiritual Teachings, he or she becomes sensitized and starts seeing life from many angles. It is important to have the ability to be joyful and to go through the challenges of spiritual discipline with the fountain of joy. When we have joy in our lives, nothing will be able to stop our progress; we will be able to understand life and its challenges from the larger perspective and will be able to keep our balance in the midst of turmoil.

Joy and Healing will give you many tools in the form of exercises and visualizations that will help uplift you, bringing you peace and serenity. It will help you build a new identity based on your real talents. The benefit of this course will remain with you for the rest of your life. This course is especially suitable for those who want to re-remember and re-experience the joys that they once had.

- Required Text: [Joy and Healing](#)
- If you wish to have the 12 month long, in depth study of this topic, you may also take the meditation course *Joy and Healing*. If you have already taken the 12-part course, you do not need to take this course and may move to the next course in this series or preparation.
- Periodically, we offer an online group Joy and Healing course that consists of 18 lessons. Contact us for details and start dates.

002 — The Meaning of Prosperity

The true meaning of prosperity is physical, emotional, mental, and spiritual riches. All of us have such riches, yet we are rarely aware of them. This six-week course helps the student first learn about his own riches and then discover the true riches of the universe and how they can be manifested in his own life. The course covers the physical, emotional, mental and spiritual virtues that are necessary for true prosperity.

All spiritual students must be clearly aware of the energies of the universe and how they translate into abundance. The student is helped to understand the laws of prosperity that bring abundance in every facet of life.

Studying these lessons, the student becomes aware of a wider definition of prosperity and abundance. This in turn helps the student to keep his balance and serenity in the face of challenges in life.

- Required Text: [Spring of Prosperity](#)
- If you wish to have the 12 month long, in depth study of this topic, you can also take the meditation course *Creating Prosperity and Success*. Also available: *Total Prosperity and Abundance Seminar*. If you have already taken the meditation courses, you do not need to take this course and may move to the next course in this series or preparation.

003 — Developing the Sense of Responsibility

This six-week course introduces the student to the topic of individual and social responsibility. The lessons contain exercises on developing responsibility in speech, action, thought, and feeling. In addition, the student learns how to recognize the divinity in others in practical terms and think of others as brothers and sisters. There are practical tools for dealing with striving and how to deal with spiritual saturation, shame, and backsliding. The course concludes with the study of the virtues of service and generosity, as well as exercises on how to increase your light.

When you complete this course you will have a very practical tools to help you safely expand in your spiritual development. These tools will help keep you grounded, practical, and loving toward your fellow travelers.

- Required Text: [*The Sense of Responsibility in Society*](#)

004 — How to Create Cooperation and Group Consciousness

This six-week course takes the student, step by step, on the journey of true self-discovery. When we discover just how we, as individuals, fit into the larger tapestry of life, we become expanded and compassionate. In becoming group conscious, we do not lose our individual identity, but learn to appreciate our particular gifts and how these gifts, in a group setting, can be magnified and made more useful. In learning to cooperate with others, we become better friends, better family members, and better team players in any setting.

The principles that operate the mystery of true cooperation and group consciousness are seen in the Law of Cooperation. This course will cover the meaning of group consciousness, competition vs. cooperation, the deeper layers of friendship, and the steps to becoming a truly considerate person.

- Required Text: [*Psychology of Cooperation and Group Consciousness*](#)

A Certificate of Completion is awarded upon the completion of all four sections.

Intensive Esoteric Study Program

Introduction:

The *Five Year Esoteric Training Program* consists of a five years of intensive study. The philosophy of the course organization is to start with a firm understanding of the microcosm, which is man, and apply that knowledge to the deeper understanding of the macrocosm. Students learn the technical parts of the Teaching and acquire skills to transform their lives through learning how to apply the Teaching. The dual track of *theory* and *practice* offer a balanced and practical approach to spiritual study.

Before embarking on this course, please make sure you are able to commit to study and reading. Additionally, be sure you are committed to change yourself by facing yourself. These courses are not for the spiritually timid, but designed specially for those who wish to become spiritual warriors in knowing and being.

If you do not wish to commit to the entire five-year program and wish to choose specific courses for self-enrichment, please contact us for consultation.

See also **Stepping Into the Teaching** section of this catalog for a complete set of lectures delivered by Gita Saraydarian that compliment and coordinate with the course work in the 5-year program.

Non-Accredited Degrees Offered:

- BA in Ageless Wisdom Teachings

Course Fees:

- A one time \$25.00 set up fee per year (per four Quarters)
- Tuition: \$75.00 per quarter (\$300.00 per year)
- Optional: **Lecture CD's by Torkom Saraydarian chosen to complement the course of study.**
See list for each class. Available on CD and Downloads; \$10.00 per lecture.
- Books: see book list for costs. Plus shipping and handling.

How to qualify:

- Take the one-year program *Introduction to the Ageless Wisdom*.
- Or, show equivalency. Contact the director for details.

How to register:

Register online or contact us for registration forms.

Contents of each course:

- Each year of study is divided into four sections; each section contains six lessons.
- The lessons contain reading assignments, meditation, and study questions. A list of lectures is suggested to complement each course.
- Upon completion of the six lessons, the student completes the essay or essays. The teacher reviews the work and assigns the next course if the student is ready to continue.

- When the four parts of each year have been completed, the student takes a short break before beginning the next year's courses.

Intensive Esoteric Study Program: Courses & Descriptions

The Intensive Esoteric Study Program consists of the following five years of study:

- 1st Year — 100 Series: The Constitution of Man
- 2nd Year — 200 Series: Planes of Existence and Higher Worlds
- 3rd Year — 300 Series: The Esoteric Philosophy on Health and Illness
- 4th Year — 400 Series: Higher and Lower Psychism and Rules for Discipleship
- 5th Year — 500 Series: Cosmogogenesis: The Relationship of Man and Cosmos

Year One

1st Year — 100 Series: The Constitution of Man (101, 102, 103, 104)

The first year courses consist of four, six-week classes on the "Constitution of Man," a detailed study of the physical, emotional, mental and higher bodies, the chakra system or centers, and the construction and function of the aura.

Topics include:

1. The etheric body
2. The seven etheric centers and their correspondences in the emotional and mental planes
3. Prana and its function, the pranic triangle
4. Fires in the bodies
5. Kundalini
6. The role of virtues on the centers
7. Telepathy
8. The thinking process
9. The human aura: its composition, colors, sounds, and its role as a mechanism of protection and contact

The purpose of this class is to have a thorough understanding of the constitution of man and the energetic makeup of the human being. After completion of this course, students will have a detailed knowledge of the framework of the esoteric constitution of man, the role of the aura and its relationship to shield and protect and provide a vehicle of communication. This work is essential in understanding the courses that follow.

Required Texts for the 1st Year:

- *New Dimensions in Healing* by Torkom Saraydarian
- *Telepathy and the Etheric Vehicle* by A. A. Bailey
- *Aura, Shield of Protection and Glory* by Torkom Saraydarian

Recommended Lecture Recordings by Torkom Saraydarian:

The following lecture recordings given by Torkom Saraydarian have been chosen to complement **this year's** studies. They are not mandatory, but are especially selected to enrich your studies. The lectures impart knowledge, wisdom, and the psychic energy of Torkom.

If you wish to listen to these lectures, please be sure to include the titles and dates with your order:

- Healing: The Constitution of Man: 10/17/1993
- Healing Etheric Body: 10/24/1993
- Healing, Striving Toward Perfection: 10/10/1993
- Healing, Esoteric Science Behind: 08/09/1992
- Healing, Five Bodies and Their Relationships: 08/23/1992

Year Two

2nd Year — 200 Series: Planes of Existence & Higher Worlds (201, 202, 203, 204)

The second year consists of four, six-week classes on the topic of "Planes of Existence and the Higher Worlds." The course will be an in-depth study of the subtle worlds beyond the physical world: the etheric, astral, mental, intuitional and higher.

Topics include:

1. The birth of the soul and the qualities of the Subtle Worlds.
2. Major components of the Higher Worlds.
3. Sleep, dream, children and problems in the Higher Worlds.
4. Practical path to the Higher Worlds.

The purpose of this class is to provide a thorough understanding of the Higher Worlds, levels of existence beyond the physical body, and how the human being interacts with the various levels of existence.

After completion of this course, students will be able to identify the path of the human soul apart from its vehicles. They will clearly understand the seven laws of existence and how the human soul interacts with them. Also, students will learn what the steps are leading to the Higher Worlds.

The required texts are:

- *Other Worlds* by Torkom Saraydarian
- *Breakthrough to Higher Psychism* by Torkom Saraydarian
- DVD: *Other Worlds, Planetary Schools* by Torkom Saraydarian

- *Letters on Occult Meditation* by A. A. Bailey
- Suggested readings are assigned from the following books by Torkom Saraydarian. If you wish to study more deeply the topic of Higher Worlds, these books offer excellent supplementary readings: *Dynamics of the Soul, Hidden Glory of the Inner Man, The Subconscious Man and the Chalice, Battling Dark Forces, Challenge for Discipleship, Sense of Responsibility in Society, Education as Transformation, Vol. II, Karma and Reincarnation, Thought and the Glory of Thinking.*

Recommended Lecture Recordings by Torkom Saraydarian:

The following lecture recordings given by Torkom Saraydarian have been chosen to complement this year's studies. **They are not mandatory, but are especially selected to enrich your studies.** The lectures impart knowledge, wisdom, and the psychic energy of Torkom.

If you wish to listen to these lectures, please be sure to include the titles and dates with your order:

- Astral Plane: Inhabitants and Senses on Seven Levels: 06/05/1985
- Subtle World, Agni Yoga: 10/14/1990
- Subtle World, Living Ahead: 02/26/1995
- The Other Worlds, Windows to: 04/10/1994
- The Other Worlds and Karma: 07/10/1994
- The Reason that we Die: 07/23/1989

Year Three

3rd Year - 300 Series: The Esoteric Philosophy on Health and Illness (301, 302, 303, 304)

The third year courses consist of in-depth study of the esoteric causes of health and illness. Students will learn the basic laws of health and learn how health and illness relate to the law of karma and its effects. Attention will be paid to the role of the subconscious mind and the Chalice and how our self-image influences our health. Students will also learn about the role of the Ageless Wisdom Teaching in health and how to keep the balance to optimize the effect of the Teaching in our life.

Topics include:

1. The psychological causes of disease
2. Fundamental laws of healing
3. Advanced topics in healing
4. Laws of balance and equilibrium
5. The subconscious mind and the Chalice

Upon completion of this course, students will have a clear philosophical view of the laws of health and how these laws affect us individually and globally. Students will be able to formulate

their personal philosophy and learn to more ably apply the esoteric laws to have better health, success and joy.

The required texts are:

- *Esoteric Healing* by A. A. Bailey
- *New Dimensions in Healing* by Torkom Saraydarian
- *Challenge for Discipleship* by Torkom Saraydarian

Recommended Lecture Recordings by Torkom Saraydarian:

The following lecture recordings given by Torkom Saraydarian have been chosen to complement **this year's studies. They are not mandatory, but are especially selected to enrich your studies.** The lectures impart knowledge, wisdom, and the psychic energy of Torkom.

If you wish to listen to these lectures, please be sure to include the titles and dates with your order:

- Healing Through Love: 01/31/1993
- Healing through Balance: 12/13/1992
- Health: Cooperation and Health: 9/20/1992
- Does Meditation Improve Health: 4/27/1988
- How Mental Health Can be Secured: 09/02/1987
- What Gossip Does to your Health: 09/16/1987
- Purity of Heart: 07/21/1983

Year Four

4th Year - 400 Series: Higher & Lower Psychism (401, 402, 403, 404)

The fourth year courses focus on the topic of "Higher and Lower Psychism." Students will study in depth about psychism in its higher and lower aspects, and the path of growth and development of the human soul.

Topics include:

1. A detailed study of psychism, higher and lower
2. The true path of the Disciple
3. The problems of mediums, channels, and low level psychics
4. The Other Worlds and psychism
5. Art, creativity, and auras
6. Psychic attacks and protection
7. Virtues & their effect on our life philosophy

Upon completion of this course, students will understand the psychology of psychism in its multiple manifestations. Students will be able to distinguish the differences between lower and higher psychism and be able to discover the ways to shield and protect themselves as well as utilize their inner strengths as their psychic shield.

The required texts by Torkom Saraydarian are:

- *Higher Psychism*
- *Breakthrough to Higher Psychism*
- *Challenge for Discipleship*
- *Other Worlds*
- *New Dimensions in Healing*

Recommended Lecture Recordings by Torkom Saraydarian:

The following lecture recordings given by Torkom Saraydarian have been chosen to complement **this year's studies. They are not mandatory, but are especially selected to enrich your studies.** The lectures impart knowledge, wisdom, and the psychic energy of Torkom.

If you wish to listen to these lectures, please be sure to include the titles and dates with your order:

- True Psychism: 03/07/1982
- What is Emotional Purification: 09/23/1984
- Purity of Body: 07/06/1983
- Purity of Heart: 07/21/1983
- Purity of Mind: 07/27/1983
- Psychic Attacks: 05/18/1983
- Astral Body: Signs of Healthy Emotions: 06/12/1983
- Imagination and Astral Body: 03/15/1992
- Toward New Actualization, Manifestation of Inner Urges: 12/08/1991
- Higher Values: 05/28/1989

Year Five

5th Year - 500 Series: Cosmogogenesis: The Relationship of the Human and Cosmos

The fifth year of study will focus on the understanding of the esoteric wisdom on the creation of the world; how the solar systems came into being — the rounds, globes, and cycles of manifestation. Students learn how to how develop the ability to communicate as a soul and be able to utilize the higher meaning of communication.

Topics include:

1. The esoteric study of the birth of the Solar System
2. The structure of Hierarchies
3. Finding the Plan and the Purpose
4. Soul to soul communication
5. Resolving personal and group problems
6. Spiritual leadership
7. Building our communication devices
8. Self evaluation in soul consciousness

After completing this course, students will have a deeper appreciation for the cosmic order in which we all live. Selected exercises and meditations will help each individual to find his or her Plan in life. The student will learn about the cycles and rhythm of life and how to integrate our life into a deeper rhythm. Students will prepare and deliver a series of lectures and learn how to communicate effectively without the ego and self-deceptions. Students will learn key problem areas in group life and spiritual leadership and how to identify these problems and learn creative ways of resolving conflict.

The required texts are:

- *The Psyche and Psychism* by Torkom Saraydarian
- *Cosmos in Man* by Torkom Saraydarian
- *New Dimensions in Healing* by Torkom Saraydarian
- *Eyes of Hierarchy* by Torkom Saraydarian
- *Leadership Volumes 1-5, (choose any volume to study)*
- *Teaching the Ageless Wisdom* by Torkom Saraydarian
- *The Subconscious Mind and the Chalice* by Torkom Saraydarian

Recommended Lecture Recordings by Torkom Saraydarian:

The following lecture recordings given by Torkom Saraydarian have been chosen to complement **this year's studies. They are not mandatory, but are especially selected to enrich your studies.** The lectures impart knowledge, wisdom, and the psychic energy of Torkom.

If you wish to listen to these lectures, please be sure to include the titles and dates with your order:

- Cosmic Magnet: Agni Yoga lessons on: 05/27/1987
- Cosmic Magnet: Agni Yoga on Decision: 04/18/1993

- Communication with Cosmos: Wesak: 04/24/1994
- How to Worship the Creator: 07/01/0984
- Three Crises: 09/13/1987
- Dangers of Service: 07/24/1988
- What is the Role of Great Leaders: 02/14/1993
- Leadership in Life: 09/03/1995
- How to Lecture: 02/06/1991
- How God Communicates: 07/23/1986

Upon completion of the Five Year Program and requirements for graduation, students are awarded a Diploma and are invited to participate in the Graduation ceremony held annually at the TSG Conference and Celebration of Wesak.

a. Unit Requirements

A total of 150 units of credit are required to be eligible for a diploma and graduation. Credit units may be accumulated as follows: (For details on reports, please contact the director.)

1. Five-Year program of classes:

Each 6-week session in the 5-year program carries 6 units of credit. Credit is given when the required homework is completed. Each year earns 18 units of credit, totaling 85 units of credit for the five years of classes.

2. Seminars:

Seminars are 1-3 day events presented at the TSG Center or other Centers around the world and, if you so choose, you may earn credit units toward graduation. To do so, write a summary paper for each full day of the seminar for 3 units of credit per summary. Reports need to be at least one page per day. **If seminar recordings are available, students may choose to purchase videos or CD's and write summaries of the seminar.**

3. Full Moon Lectures:

Summaries of Full Moon lectures given by Torkom Saraydarian or Gita Saraydarian earn 2 units per summary of a one-hour lecture. Summaries are 1-3 pages in length.

4. Original Research Project:

Open for students who conduct an original research project on an approved subject of the Teaching. This may include preparing a meditation or study course, or research on subjects dealing with the application of the Teaching in a field of human endeavor. Credit is based on length and complexity of project. (10-30 units)

5. Senior Thesis:

Senior Thesis, completed the fifth year of undergraduate work, carries 10 units of credit and is 20-25 pages in length. Students will choose a theme in the beginning of the fifth year of study and develop it throughout the year with approval from the student advisor. The thesis must be completed successfully and be deemed of high quality and original thinking.

6. Meditation Courses:

Students at any level may take meditation courses. It is recommended that students start on any level of pre-meditation or meditation course beginning with their second year of Esoteric Study Program. Each completed meditation lesson earns the student one-credit unit; a 12 part course thus earns 12 units.

7. Book Reports:

Students also may read and write a summary of books by Torkom Saraydarian. Each book summary needs to be 3-4 pages in length. Each summary earns 2 units of credit or more for larger books. Since some books are much longer in length than others, it is advised that a student discuss the choice of books with the advisor or teacher.

8. Summary of Units:

A total of 150 units needed to graduate. Extra classes, seminars, book reports, lectures, meditation courses, or special projects under the care of an advisor can earn the needed units. The following is a summary of the units that may be earned:

- 5-year program of classes (four courses per year): 85 units
- Senior Thesis: 10 units
- Student Lecture Presentation: 5-10 units each
- Summary of lectures given by Torkom Saraydarian or Gita Saraydarian: 3 units for each hour of lecture
- Meditation courses, four-year monthly lessons: 1 unit for each lesson
- Research project: units based on length and complexity of project: 10-30 units
- Creating and writing a complete Meditation course or study course for TSG University: units based on length and complexity of project. 10-30 units

9. Certificates

Certificates and diplomas are awarded by mail or in person. Graduation ceremonies are held annually at TSG Wesak Conference and Retreat.

b. Pre-requisites for Esoteric Study Program

If you wish to apply for the 5-year course, please note the following requirements:

Academic Requirements:

One year introductory course taken at TSG University or, show equivalent study and training from books, teachers, or courses that correspond to the courses we teach.

Equivalency is determined when the student shows that he or she has:

- Read at least the following four books by Torkom Saraydarian: *Joy and Healing*, *Spring of Prosperity*, *The Sense of Responsibility in Society*, *Psychology of Cooperation and Group Consciousness*
- A basic understanding of the Teaching and about the works of the major Teachers of the 20th century.
- A basic understanding of the constitution of man, meditation, discipline, and the use of the Great Invocation.
- Qualify for admission according to the requirements given below and in the registration form.
- Complete the admission application form and prepay the required tuition fee. (Partial tuition scholarships are available. Contact us for details)

Personal Requirements:

- Free of dangerous, mind altering drugs, hypnotism, obsessive and possessive tendencies, and lower psychism such as mediumism and channeling.
- Emotionally and mentally healthy and able to study and learn.
- Willing and ready to study and apply the learned principles in daily life.
- Able to write cohesively and clearly the required reports for each course.
- Have facility with computer and online course retrieval and submission of lessons.

If a student is taking any medication or is under medical or psychiatric care, he or she should inform the TSG Director or teacher and inform his/her medical caretaker of the desire to participate in this course. The University Director is willing to communicate with the student's caretaker, with written approval, if this is needed to determine capability to study and meditate. Written approval from the medical caretaker is also needed if a student is under serious medical care of any sort. If the student wishes to protect his or her privacy and does not wish to inform the teacher, it is assumed that clearance has been made with the medical caretaker of the intent to train and study the Esoteric Wisdom.

If a student's religious, cultural, social or other beliefs are contradicted in any way by the study of the Ageless Wisdom Teachings, the student must discuss his/her concerns with the Director prior to registration.

6. Graduate Program

The Graduate Program at *TSG University* follows the Five-Year training program. This program is designed to provide the student an opportunity for deeper and broader study, focus on one particular field, and conduct research in that particular field. Graduate work is also an intense period of spiritual unfoldment and expansion.

The graduate program will be designed for the needs of the individual student.

For a detailed Graduate Catalog, please contact TSG University after completing the five-year program.

V. General Student Information

General Information:

- All students receive their coursework online through the TSG University site. An account is created for each registered student and the courses are added to the account. Login and password information are provided that are specific to the University courses; they will be supplied to the student upon completion of the registration process.
- Students may allow themselves four weeks for meditation courses, or six to eight weeks to complete the courses organized on the quarterly basis. The length of time taken to complete each lesson is adjustable to fit your needs. We encourage students to keep a regular schedule so that the most benefit is gained through rhythmic and consistent study.
- If a student does not complete a lesson within six months of the registration, the account will be deleted automatically unless contact is made with the Director or Teacher and additional time is provided. Once the account is deleted, the student must once again begin registration proceedings and choose a course of study.
- Torkom Saraydarian gave hundreds of lectures on a variety of topics. His lectures are highly recommended for your enrichment and upliftment. You may choose any lecture recording from our complete list of audio and video lectures online.
- We respect the work of all spiritual traditions and teachers. Any student presently studying with a spiritual teacher is asked to inform the teacher of his or her intention to study with *TSG University*. In addition, please discuss your course work with our Director prior to registration.
- Students are also encouraged to attend annual conferences and retreats or seminars presented by TSG in your part of the world. These experiences are life changing events and greatly enhance your individual meditation and study.

- Please note: If you are unsure about where to begin, or unsure how to do a lesson that you have chosen, please do not hesitate to contact us. A little mentoring helps a great deal when you first begin to study and meditate. We are here to help you get started and help you overcome obstacles to learning and transforming your life. Hesitation and **obstacles are a natural part of spiritual and inner growth. Don't be shy; we do not judge** you but wish the best of growth and expansion for you.

VI. The Director

Gita Saraydarian

Gita Saraydarian is the daughter of Torkom Saraydarian and the founder and President of TSG Publishing Foundation, Inc. and TSG University in Cave Creek, Arizona.

Her educational background includes a Master of Arts degree in Law and Diplomacy from Tufts University (Fletcher School of Law and Diplomacy); a Master of Arts Degree in History; a Bachelor of Arts degree in Cultural Anthropology and Linguistics from California State University Northridge. Her focus in academic training was on China and its relations with the United States. In 1987 she founded the *TSG Publishing Foundation, Inc.*, and began to publish and teach her father's books. In 2000, the *TSG University* was launched and has continued to thrive until today.

In 1984 she began to lecture on the Ageless Wisdom and slowly expanded these classes, added courses by correspondence, lectured and gave seminars in various cities in the United States and internationally. In the year 2000, the courses were further organized and formed the foundation of *TSG University*.

In November 2003 Gita was ordained as a minister in the Temple of the Ageless Wisdom.

Gita writes a popular blog on themes on the Ageless Wisdom Teachings and is a regular contributor to international magazines in Austria, Germany, Italy, and India.

Her thoughts about life and its relationship to the Ageless Wisdom are summed up as follows:

In my whole life I have seen how much good a human being can do when in touch with his or her soul purpose. I have also witnessed how much damage a human being can do when living and acting out of ego and self-deception.

Greatness does not grow simply as a result of our birth or privileged background, but rather from the striving to surpass and improve on that imprint of our culture.

In every culture, we find the essential and eternal values that honor life. We also find in all cultures constricting elements that reject eternal values. When a society embraces the culture of fear and rejection, the result is separatism, isolation, and the demonization of human beings.

Spirituality and religious beliefs may be used to inculcate a society in eternal values, or to isolate, divide, and control a society by material and restrictive values. Decisions made in any field of human endeavor are always controlled by the values that we hold dearest to our hearts.

The purpose of human beings is to find the most essential and eternal values and live by them; it is to become instruments of Divine Love, Divine Intelligence, and Divine Will.

The Ageless Wisdom provides the philosophical foundation upon which this transformative process can take place. It is not separate from daily life but an integral part of it. Each of us has a tremendous capacity for greatness, yet we chain ourselves

to a mediocre existence through ethnic, national, cultural, social, family, and personal mind sets.

Who and what we are is hugely influenced by our background; but we cannot forget that we are also human souls, and that the greatest and most lasting part of us does not belong to any particular color, religion, nationality, or culture. The human soul is on a journey of perfection, hence incarnates in myriad nations, cultures, languages, and religions. We can express ourselves in any culture, any religion, and any nation without losing our divine heritage. We can use who we are to bring transformation into our community and society and, at the meantime, not to forget the greater community of the human family in which we live. Ultimately, we can use who we are and all the potentials hidden in us to be great human beings with unlimited creative expression when we surpass our limited self-identities.

We are souls on a great journey back home.

Gita Saraydarian was appointed by Torkom Saraydarian as the Trustee for the *Creative Trust*, the copyright division of Torkom's creative works.

For more information on Gita Saraydarian, please visit www.gitasaraydarian.org. For information on *TSG Publishing Foundation, Inc.* and *TSG University*, please visit www.tsgfoundation.org.

VII. Application

Every striving person is welcome to apply for courses at TSG University. We have a non-discrimination policy. However, if we feel that our courses will not benefit you, or that you are not prepared to take a particular course, or you are not able to dedicate the required time and energy to take a course, we reserve the right to suggest an alternative course or to refuse participation.

- To register by mail or email, please copy and complete the form attached below. Set up an appointment with the University Director to review your application.
- To register online, please log onto www.tsgfoundation.org and go to TSG University.
- To order class materials, you may use our website for online orders: www.tsgfoundation.org
- You may also call us to talk to the Director or register by telephone if you need help in determining the course most suitable for your needs.

Course Fees:

Our course fees are set to be affordable for everyone.

Course fees help us offset expenses involved in providing courses and mentors, developing new courses, and staying up to date with computer and digital needs.

Spiritual work, on the most fundamental level, involves the law of economy and the law of circulation of energy. Accordingly, we are willing to work with every sincere student. If you are in need of scholarships or financial assistance to reduce the cost of training, please contact us directly and discuss your needs.

For International orders of books: If you reside in Europe, you may order materials directly from our USA office. Your lessons will be placed online or e-mailed to you directly from our Home Office.



Application to Study the Ageless Wisdom

Please complete this document and send it to us via email or mail. Set up an appointment by telephone or email to meet with the Director to determine your coursework.

Name:

Tel:

Email:

1. Which course are you interested in taking?

2. Are you willing to devote a particular time each day to study your lessons?

3. Why are you interested in taking a spiritual course?

4. Have you taken meditation (or study courses) courses? If so, please give a description and length of course or courses.

5. What is the name of the institution in which you have studied?

6. What other spiritual disciplines and studies have you undertaken? Please describe briefly the classes and lectures and workshops you have attended and books you have read. Include also books by Torkom that you have read and studied.

7. Spiritual work needs compassionate disciplines:

- Are you ready for spiritual discipline?
- Are you willing to lead a life free of habitual drinking of alcoholic beverages?
- Are you willing to lead a life free of non-prescription drugs?
- Are you willing to lead a life of harmlessness?
- Are you willing to share and serve?
- Are you willing to learn to deal with personality challenges that may emerge and conflict with your soul intent?

Please read the following carefully:

Spiritual work often brings to our attention the needed adjustments we, as individuals, must make in order to grow into spiritually mature individuals. Meditation and spiritual study will often start smoothly, then become challenging as hidden issues arise and need to be cleaned. There is always a **“honeymoon” phase to spiritual work and quickly followed by “why am I doing this” phase, followed by “if only everyone would change I can easily become perfect” stage.** Sometimes students are able to overcome these challenges and bloom naturally and beautifully. Sometimes students give up after a few tries, or they get discouraged after a few lessons and personality challenges. For these reasons, it is important to know before you start that monthly reporting to your mentor is an essential part of your work.

Students need to consider that spiritual work involves the physical body, the emotions, the mind, and the family and environment. We cannot continue our life as usual if we wish to gain the most benefit from our spiritual work. You will gain the most benefit if you can continuously remember that change begins with you.

Our commitment is to provide you with the tools and the mentoring to help you make the necessary adjustments in your life. The effort must originate and continue with your own striving.

We also encourage all our students to learn from various sources about healthy living, exercise, right foods, right health and medical treatments, as well as learning to develop healthy relationships with others.

As you proceed on your path of development, you may have many questions regarding your lessons. Please understand that any opinions and directions for your spiritual transformation are given as information that may benefit you. Our teachers and mentors are available to help you make the choices that are right for you.

We do not offer psychological counseling or psychiatric care. Our mentors offer spiritual and philosophical counseling. You are not compelled to do anything that you do not wish to do. You are completely free to follow said advice or not follow it. We do not ask for obedience to any person or

course or book. It is you who will determine how you will conduct your life as you begin the path of spiritual discipline.

Please make sure you understand the information given here. Contact us for any further explanation or clarification.

I have read the above and understand its contents (signature and date):

Please sign your name here digitally, or sign and email to us, or type in your name to indicate that you have read this material.

Thank you for your participation.

Gita Saraydarian/TSG University Team

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