

# UNDERSTANDING

## *The Secret Doctrine*



*Lectures, Lessons, and  
Class Discussions with*

**TORKOM SARAYDARIAN**

**A FEW WORDS  
FROM THE PUBLISHER**

I began reading this manuscript over 10 years ago. I remember vividly what a struggle the process was at the time. I would read a chapter, sit back and “re-adjust” my mind. Each page would move something in me that caused continuous inner adjustments. I wondered then how anyone could understand this work! The basic edits were placed and the manuscript was set aside as others took precedence. When, in 2015, it was time to get back to this book, I did not look forward to it! But, as I began to read it once again and struggled through it, I found that in the intensity of the reading, checking quotes, trying to understand the content, something very important was shifting inside of me: the material was organizing my mind in such a way that I began to grasp concepts that I had struggled with earlier. Every time I re-read a chapter, something new would fall into place. I would read one chapter and walk around the office, then tackle another one and so on.

It is difficult to explain the organic nature of reading such a complex set of ideas. For example, I would read the part about rounds, globes, and chains and felt I barely understood the material. After several readings, I felt I



understood it a little, but could not contain the meaning. Then, after another and another reading of the same material, suddenly it was as if the fog would lift and I could see more clearly.

I found that the challenge of reading difficult esoteric materials is like doing brain exercises. If one perseveres and works to understand content sentence by sentence, something remarkable takes place. A new clarity comes over the mind and suddenly many concepts that had hitherto been difficult to grasp and sustain become clear and simple. As one part of the Teaching became clearer, other previously difficult parts would slowly fall into place. I experienced a slow and methodical clarification taking place inside of me.

I am sharing my experiences with you, the reader, in order to encourage you to read this book from cover to cover, in a slow and sustained manner, no matter how laborious is the process. Take your time. Read little by little. Read the excerpts and Torkom's explanations. Note the flow of the quotes and how they all merge together to create a tapestry. You will see the same idea repeated over and over in new ways. You will read the same idea in multiple chapters. Read them, try to understand them, and travel along as Torkom takes you step by step on a journey of discovery. You will not be the same when you have completed the book. I believe this book is one of those rare glimpses into esoteric wisdom that will open your mind to new understandings and a renewed appreciation for the Teaching.

How did this book come about? Torkom Saraydarian began reading and studying *The Secret Doctrine* by H. P. Blavatsky as a young man. He used the time of reading



and study as a tool to learn the English language as well as steep himself in the Ageless Wisdom Teachings. He knew that *The Secret Doctrine* contained the heart and soul of the Ageless Wisdom Teaching. Then once again he began the study of *A Treatise on Cosmic Fire* by A. A. Bailey, and he immersed himself deeply. Among his archives are reams of handwritten pages of study notes and comments on the contents of *A Treatise on Cosmic Fire*. His depth grew as he studied the Agni Yoga Teachings.

He approached all deep Teachings in a particular pattern. He would study, take notes and meditate on its content. Then books and lectures would emerge, commentaries, brief papers, seminars, and study classes. He would dedicate to one topic and encourage students to read and ask questions, often focusing on one or two paragraphs from a text. In doing so, he would gauge the mental capacity of the participants and then offer just the needed explanation to take students to a new level. He would help students stretch their understandings bit by bit, slowly and methodically. *Understanding the Secret Doctrine* reflects this lifelong labor.

Regarding the organization of the materials: You will see in these pages transcriptions of his lectures, seminars, class discussions, and briefs written to clarify some complex aspect of the Teaching. Wherever we had specific dates for the material, we have included it at the end of the Chapter. In many instances, the class or seminar recordings were not found and dates were not indicated. The content is organized in such a way that makes the most sense to the reader and not necessarily in date order.

Reading and studying this manuscript has had a huge and expansive effect on me and on my co-workers



who also worked on this manuscript. I am thrilled to have completed this very important work. I know that the benefit I gained from reading this material has been immeasurable. I will re-read this book again and again. The mental struggle of reading advanced and complex ideas truly exercises the mind. Reading these materials helps organize the mind to understand the yet deeper aspects of the esoteric Teachings.

Torkom presents us here with a double challenge: The process of reading and drilling down into the depth of complex ideas is an exercise of your entire being. The understanding of the content of such complexity is a second challenge of greater intensity. The process and content merge together on these pages to give us a glimpse into the extraordinary world of true esoteric wisdom.

I wish you an enlightened journey of discovery of the mysteries and secrets of the Ancient Sages and the Ageless Wisdom Teachings.

With love and gratitude to Torkom and his tireless labor.

Gita Saraydarian

June 16, 2016



PUBLISHED BY TSG PUBLISHING FOUNDATION, INC.

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