

TSG Spiritual UNIVERSITY

Catalog



TSG Foundation
Center for Spiritual Development

TSG Spiritual UNIVERSITY

*Founded by Gita Saraydarian
September 2000*

Dedicated to
Torkom Saraydarian

Cover Photo: by JB Maza taken on November 1, 2019 in honor of Torkom's Birthday at the TSG Center land (Arizona).

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TSG Foundation
Center for Spiritual Development

TSG Spiritual University is a
Spiritual Training Center for the Systematic study of the
Agelss Wisdom Teaching.

DEDICATION

By
Torkom Saraydarian

We the members of this Group
We are one in essence.
May our souls rejoice.

We are one with Humanity.
May our souls rejoice.

We are one with all Life Forms.
May our souls rejoice.

We are one with the Sun.
May our souls rejoice.

We are on with the life of the Galaxy.
May our souls rejoice.

We are one with the Stars.
May our souls rejoice.

We are one with Infinity.
May our Spirits rejoice.

TSG Spiritual University

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

In this catalog, you will find information regarding the organization, requirements, courses of study, and registration information.

Our classes are tailored to fit your needs at whatever level of commitment you wish to pursue.

Please contact us if you need any clarification or additional information, as well as for current class fees and schedule information.

Courses are available:

- » Online
- » On-site

Through:

- » Group Studies
- » Individual Studies
- » Mentoring Program



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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



Introduction

Welcome Letter From The Director—

Gita Saraydarian



Welcome to TSG Spiritual University!

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 100 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.

Here is a brief history of our foundation:

I have been interested in education my entire life. It is a dream come true to have my passion for the Teaching 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 founded 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 e-mail 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 Saraydarian passed away in January 1997, I began to expand the TSG Spiritual 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 as I incorporated the new programs and courses into the meditation courses created by Torkom Saraydarian. 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 e-mail in the USA and in Europe. We gave our University the name of *The Torkom Saraydarian University*.

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. In 2018, the name was changed to *TSG Spiritual University*.

We also began funding a scholarship program. Our tuition is affordable and scholarships are available to any seriously interested person who demonstrates determination and focus. 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.

Scholarships are paid directly to the TSG Spiritual University programs and not based on providing cash to the student. Please see the application documents for how to qualify for a partial or full scholarship.

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

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 a sane approach to the spiritual Teachings. We do not make claims or impose any one belief system. Students begin their training by focusing on Torkom's works and add readings from the great works of *Alice A. Bailey*, *Helena Roerich*, and *H. P. Blavatsky*. As

students advance, they are encouraged to read from world classics in religion and philosophy.

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 Great Sages and incorporate this wisdom 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 & Director
TSG Spiritual University
(September 2000)

About The Founder & Director

Gita Saraydarian

Gita Saraydarian is the daughter of world renowned author & lecturer **Torkom Saraydarian**.



Gita Saraydarian
TSG Spiritual University
Founder & Director
Leader & President of
TSG Publishing Foundation

She is the founder and president of TSG Publishing Foundation, Inc. and TSG Spiritual 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; and 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 Spiritual University was launched, and it continues to thrive today.

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

In November 2003 Gita was ordained as a minister in the Temple of the Ageless Wisdom and performs various pastoral duties.

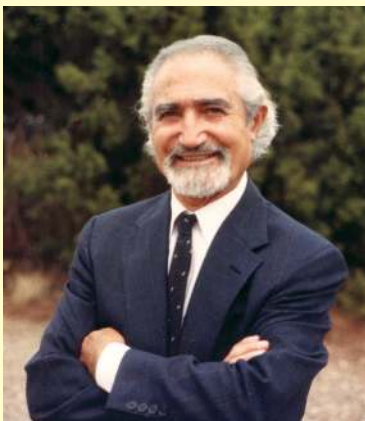
Gita Saraydarian was appointed by Torkom Saraydarian as trustee for the Creative Trust, the copyright division of Torkom's Creative Works. She continues to manage the copyright and translation activities.

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



Torkom Saraydarian
(1917-1997)
World Renowned Author &
Lecturer & Spiritual Leader

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 mindsets.

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, in the meantime, not 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.

The purpose of TSG Spiritual University is to educate the hearts and minds of women and men to live according to the principles of Beauty, Goodness, Righteousness, Joy, and Freedom. The purpose of TSG Spiritual University is to encourage each individual to strive toward perfection and serve others in order to find their own True Selves. The purpose of TSG Spiritual University is to provide spiritual education that helps each person develop the inner psyche, the human soul.

The purpose of TSG Spiritual University is to help individuals develop critical thinking, the ability to learn the greater principles and see how these operate daily in all fields of human endeavor. It is to create an inner awareness that opens our minds and hearts to the daily activities of human beings. Being informed and well-educated, each individual will uplift life and bring to humanity the realities and truths from the Higher Worlds.

We are souls on a great journey back home; we are one in Essence.



Vision • Dedication • Mission Statement

- **Vision**

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

- **Dedication**

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

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

- **Mission Statement**

TSG Spiritual University provides meditation courses and spiritual training materials to help individuals learn about and implement the philosophical foundations of the Ageless Wisdom Teachings in 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 not an academically accredited institution, but a spiritual, philosophical training center.

TSG Spiritual University Teachers & Mentors

In addition to Gita Saraydarian, teachers and mentors are assigned to students through our **Teacher Training & Mentoring Program**.

- > Our teachers and mentors have been studying the Ageless Wisdom for many years.
- > Our teachers and mentors have been trained in lecturing, esoteric leadership, leading group discussions, creating group study courses, creating spiritual groups, and mentoring students.
- > We also have trained life coaches and spiritual counselors.
- > Please contact us for any additional information about our teachers and mentors or if you are interested in the **Teacher Training & Mentoring Program**.



The Training Objective

We believe that life is an open system, change and growth are possible, and the future is determined by what we do and do not do. Human beings can change, heal, and grow if they strive to make strategic and factual changes in their daily life.

Humanity can be changed one person at a time. When each individual takes personal responsibility for understanding and implementing the higher principles in 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 materials that enable us to live an authentic, creative, and a deeply satisfying life.

The training offered at TSG Spiritual 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 train mentors, teachers, and leaders.
- > To help group leaders link to TSG through the TSG Affiliate programs and provide a dynamic group linkage throughout the world.

List of Courses

1. Introduction to The Ageless Wisdom (Page 18)

- T001 The Meaning of Joy & Healing
- T002 The Meaning of Prosperity
- T003 Developing the Sense of Responsibility
- T004 Cooperation & Group Consciousness

2. Meditation Courses (Page 21)

- Pre-Meditation: Gradient Meditation Training
- M1-1 Meditation for Beginners
- M2-1 Fundamentals of the Ageless Wisdom
- M2-2 Meditation, the Creative Process using Virtues
- M3-1 101 Stories from Agni Yoga
- M3-2 Bhagavad Gita
- M3-3 Creating Prosperity & Success
- M3-4 Joy & Healing
- M4-1 Challenge for Discipleship
- M4-2 The Science of Becoming Oneself
- M5-2 Shamballa, The Father's Home

3. Stepping Into The Teaching—

A Five-Year Intensive Esoteric Study Program (Page 30)

- T100 The Constitution of Man
- T200 Planes of Existence & Higher Worlds
- T300 Esoteric Philosophy of Health
- T400 Higher & Lower Psychism
- T500 Cosmogogenesis: Cosmos & the Human Experience



4. Special Topics Study Courses (Page 38)

- 4a. The Science of Becoming Your True Self
- 4b. Building the Lighted House
- 4c. Building Universal Awareness – The Group Chalice
- 4d. The Labors of Hercules
- 4e. Total Prosperity & Abundance
- 4f. Wisdom of the Zodiac

5. Group Study (Page 48)

Group study courses are available on a variety of topics.
Contact us for schedule of available classes.

6. TSG Ashrams Group (Page 49)

Contact us for additional information.



Study Courses In Detail

1

Introduction To The Ageless Wisdom

A **four-part program** designed to give you a basic course in the study of Esoteric Science. These four topics help you find the right balance and anchorage for advanced studies. Each course consists of six lessons. The topics are:

T001: The Meaning of Joy & Healing - (6 lessons)

T002: The Meaning of Prosperity - (6 lessons)

T003: Developing the Sense of Responsibility - (6 lessons)

T004: Cooperation & Group Consciousness - (6 lessons)

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, 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 implementation of these subjects provides the inner compass to develop deep compassion toward all of life, understand one's own responsibility, and understand how each individual fits into the larger tapestry of life.

A **Certificate of Completion** is awarded upon the completion of all four sections T001-T004.



T001: The Meaning of Joy & Healing

The six lessons in this course take the student through the book *Joy and Healing* with daily 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, 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. 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 release past traumas and re-experience the joys they once had.

Required text: *Joy and Healing* by Torkom Saraydarian.

NOTE: If you wish to take an in-depth course in *Joy and Healing*, you may opt to take the 18-part joy meditation course titled “*Change Your Life with Joy and Healing*.” If you have already taken this 18-part course, you do not need to take this six-part course and may move to the next course in this series or preparation.

T002: 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-part 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.

Introduction To The Ageless Wisdom (*continued...*)

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* by Torkom Saraydarian.

T003: Developing the Sense of Responsibility

This six-part 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 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* by Torkom Saraydarian.

T004: How to Create Cooperation & Group Consciousness

This six-part 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.

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 & Group Consciousness* by Torkom Saraydarian.



2

Meditation Courses

The Foundation

It is important to establish a firm foundation for meditation and mental focus. Meditation is suitable for all students who wish to establish a daily ritual of prayer, reading, and focused study and thinking.

Meditation courses are self-directed. They are composed of multiple lessons, each for one month. The student is required to post monthly lesson summaries and responses online. A mentor is assigned for each student. A mentor's work involves reading and responding to each lesson. Mentors are also available for additional questions or consultations as needed.

Courses require a daily commitment of 10-20 minutes and monthly reporting. The focus is to help each person learn to build a daily process, learn how to concentrate, understand terms in the Teaching, learn to journal, and learn to summarize the month's work. Each course focuses both on process and content. The growth is steady and gradual as the student develops a daily practice and slowly trains the physical, emotional, and mental bodies to cooperate and integrate.

Our meditation courses are not designed for instant results, but for the steady progress of unfoldment and a deepening sense of connection with the content of the Ageless Wisdom.

Seed Thought Meditation

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.

What is Seed Thought Meditation

Seed thought meditation involves taking an aspect of the Teaching, a word, phrase or sentence, and thinking about it in order to understand it from as many angles as possible.

Seed thought meditators typically consider the physical, emotional, and mental forms of a seed thought, its quality and effect on life, its purpose, and how it is

created or brought about. This process requires deep thinking, and thinking in layers. It is not mastered quickly, it is not having a blank mind, and it is not surface thinking.

In these meditation courses, the student develops the process of thinking slowly and sequentially. The process typically involves changing one's patterns of thinking away from automatic thoughts as well as away from wandering in imagination or making the mind blank. The meditator opens new areas of the mind and develops new ways of thinking and observing the world. The result is a sense of depth and sharpened powers of observation.

Seed thought meditation is the foundation of spiritual education. 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. Contrary to many meditation practices commonly used today, seed thought 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, until the four higher levels of the mind are built and 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. The seed thought meditation process, when practiced with dedication, will slowly integrate a fragmented mind and clarify the thought process.

The meditation courses 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 a monthly summary report to your mentor/instructor.

Additional Information:

- > Suggested Reading: *Meditation*, Volumes 1-3, by Torkom Saraydarian.
- > For more information on what Meditation is and why it is important, please go online and click on the section on "Meditation." www.tsgfoundation.org
- > Contact us for additional resources on meditation.



List of Meditation Courses

- > **Introductory-beginning** (2 courses)
 - 00-0 Introductory / Pre-meditation: Gradient Meditation
 - M1-1 Meditation for Beginners

- > **Beginning-Intermediate Level** (2 courses)
 - M2-1 Fundamentals of the Ageless Wisdom
 - M2-2 Meditation, the Creative Process using Virtues

- > **Intermediate Level** (4 courses)
 - M3-1 101 Stories from Agni Yoga
 - M3-2 Bhagavad Gita
 - M3-3 Creating Prosperity and Success
 - M3-4 Change Your Life with Joy and Healing

- > **Intermediate-Advanced Level** (2 courses)
 - M4-1 Challenge for Discipleship
 - M4-2 The Science of Becoming Oneself

- > **Advanced Level** (1 course)
 - M5-2 Shamballa, The Father's Home



Introductory Level - (2 Courses)

Course 1: 00-0 Pre-meditation: 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:

- > 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, we recommend a duration of six months to one year.

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 via telephone, online, or in person. As you complete each level of work, you will be given the next level according to your interests and developing abilities.

Recommended reading: Is assigned according to student's interest and needs.



Course 2: M1-1 Meditation for Beginners - (5 Lessons)

In this inspiring course, you will learn the basics of seed thought meditation. This course is recommended for all beginners to learn how to meditate using 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 to less tangible items. You will be slowly trained to read, synthesize, think deeply, and understand an object from various perspectives.

Required text: *The Flame of Beauty, Culture, Love & Joy* by Torkom Saraydarian.



Beginning-Intermediate Level (2 Courses)

Course 1: M2-1 Fundamentals of The Ageless Wisdom - (12 Lessons)

This course teaches about the 12 fundamental topics of the Teaching. Each lesson contains a compilation of writings on each of the 12 topics as well as instructions.

The 12 topics are:

- | | |
|--------------------------------------|--------------------|
| 1. What is the Path of Discipleship? | 7. Meditation |
| 2. The Constitution of Man | 8. The Zodiac |
| 3. The Hierarchy | 9. Purification |
| 4. The Solar Angel | 10. Service |
| 5. The Plan | 11. Virtues |
| 6. The Great Invocation | 12. Evening Review |

Required text: *The Ageless Wisdom* by Torkom Saraydarian.
Specific chapters are assigned to complement each lesson.



Course 2: M2-2 The Creative Process Using Virtues - (13 Lessons)

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.

The virtues studied are:

- | | |
|----------------|------------------|
| » Compassion | » Discrimination |
| » Harmlessness | » Courage |
| » Enthusiasm | » Daring |
| » Solemnity | » Sacrifice |
| » Striving | » Fearlessness |
| » Gratitude | |

Required texts: *The Science of Meditation* and *The Science of Becoming Oneself* by Torkom Saraydarian.



Intermediate Meditation Courses (*continued...*)

Intermediate Level - (4 Courses)

Course 1: M3-1 101 Stories from Agni Yoga – (25 Lessons)

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.

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. It is especially suited for creative thinkers, writers, and artists. Every lesson will help you to expand and express your intuitive and artistic abilities.

Texts (optional): *Talks on Agni* in three volumes by Torkom Saraydarian.

**Course 2: M3-2 Bhagavad Gita** - (18 Lessons)

A chapter-by-chapter study of the *Bhagavad Gita*. This book is a classic in esoteric literature. 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 transformation and soul consciousness.

Each lesson has a specific message. As you study each lesson and meditate, you will slowly incorporate the wisdom of each lessons into your life.

Required text: *Bhagavad Gita* (translated) by Torkom Saraydarian.



Course 3: M3-3 Creating Prosperity & Success - (12 Lessons)

Each person has the potential for prosperity and success in physical, emotional, and mental periods of life.

Discover the virtues you need in every part of your life and learn how to expand them and have lasting prosperity and success. Study the laws of prosperity and abundance from the physical, emotional, mental, and higher perspectives.

This course helps you find your inner strength and inner faith to break through to a greater prosperity and abundance.

Required text: *Spring of Prosperity* by Torkom Saraydarian.



Course 4: M3-4 Change your Life with Joy & Healing - (18 Lessons)

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 18-month course is a much deeper and more intensive study of *Joy and Healing* than the six-week course requirement for the *Introduction to the Ageless Wisdom*. Students who complete this course will be able to fulfill the requirement for the *Stepping Into The Teaching* courses.

Required text: *Joy & Healing* by Torkom Saraydarian.

NOTE: The **Joy & Healing** course is available as an individual or group course. Contact us for the forum schedule.



Meditation Courses (*continued...*)

Intermediate-Advanced Level - (2 Courses)

Course 1: M4-1 Challenge for Discipleship – (57 Lessons)

This course is based on the book *Challenge for Discipleship*. It 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 their 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 written after each chapter summarizes the student's experiences. The purpose of the course is to enable you to learn the foundation of discipleship and strive 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.

Required text: *Challenge for Discipleship* by Torkom Saraydarian.

**Course 2: M4-2 The Science of Becoming Oneself** - (60 Lessons)

This course is designed to be completed in a three-to five-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 for the person who is very detail-oriented, methodical, and a serious observer.

Required text: *The Science of Becoming Oneself* by Torkom Saraydarian.

Recommended videos: 12 DVD lectures by Gita Saraydarian on the *The Science of Becoming Your True Self*.



Advanced Level - (1 Course)

Course 2: M5-2 Shamballa The Father's Home - (30 lessons)

This course consists of compilations on the topic of Shamballa from the Alice 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 or two months. A monthly report and essay is due at the end of each lesson. Recommended only for those who have successfully completed other spiritual university meditation courses. It is a perfect course 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 powerful insights in your nature, and you need to be ready for these insights and discoveries with courage!

Recommended reading: *The Legend of Shamballa* by Torkom Saraydarian.



3

Stepping Into The Teaching***A Five-Year Intensive Esoteric Study Program***

This five-year program is 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. A one-hour video lecture by Gita Saraydarian accompanies each lesson.

The courses are designed to challenge you to strive and to expand your consciousness and beingness.

***Prerequisite:** The four-part *Introduction to the Ageless Wisdom*; or the show of equivalency.

Topics:

Year 1 - T100: The Constitution of Man

Year 2 - T200: Planes of Existence & Higher Worlds

Year 3 - T300: Esoteric Philosophy of Health

Year 4 - T400: Higher & Lower Psychism

Year 5 - T500: Cosmogensis: Cosmos & the Human Experience

This Study Program is the quintessential program for spiritual education, training, and development.

Designed by Gita Saraydarian, following the recommendations given by Torkom Saraydarian and inspired by the Teachings of the Tibetan Master, these courses provide inner training that is the essential foundation for being a mature spiritual disciple, a teacher of the Ageless Wisdom, and a leader of spiritual groups.

The training consists of five years of study and meditation. The philosophy of the course organization is to start with a firm understanding of the microcosm, which is the human constitution, and apply that knowledge to the deeper understanding of the life and environment in which we live.



Students learn the technical aspects of the Teaching from the constitution of the human to Cosmogogenesis. They learn:

- > How to think and philosophically understand the application of their thinking.
- > How to observe using all their senses.
- > How to discipline their physical vehicle.
- > How to purify and calm their emotions.
- > How to access deep thinking processes.
- > How to become higher psychics through sharpening their senses.
- > How to be healthy, joyful, and abundant.
- > How to transform their lives through the application of the Teaching.

The dual track of *theory* and *practice* offers a balanced and practical approach to spiritual study.

This five-year course is a step-by-step process of fine tuning the life we live. The course broadens and deepens students.

Before embarking on this course, please make sure you are able to make a serious commitment to the process of reading, study, and working with your teacher. Additionally, be sure you are committed to changing yourself by facing yourself. These courses are designed specially for those who wish to become spiritual warriors in knowing and being.

Contents of each course:

- > Each year of study is divided into four sections or four quarters; each section contains six lessons.
- > The lessons contain reading assignments, meditation, and study questions.
- > Recorded lectures by Gita Saraydarian correspond to each lesson.

Gita Saraydarian recorded a lecture for each of the lessons in the five-year program. This endeavor took five years to complete. The class recordings were presented before a live audience at TSG Foundation Center during the years 2013-2018.

Stepping Into The Teaching (*continued...*)

- > The recorded lectures are available on DVD/CD/online downloads.
- > The recordings include student participation, Q&A, meditation/visualization, and diagrams to clarify the class content.
- > These lectures may also be viewed as stand-alone enrichment lectures on key topics of the Ageless Wisdom Teaching. The recordings are excellent introductory materials for any interested person. They may be ordered as complete annual sets or five-year set. Each year contains 24, 50-60-minute lectures. Diagrams used during lectures are also included.

Process of study

- > Study the assigned chapter using the study guide.
- > Watch or listen to the lecture corresponding to the lesson.
- > Write a summary for one or more of the study questions for each lesson and send to the class teacher.
- > Upon completion of the six lessons, complete the final essay section.
- > Continue with the next quarter.
- > When the four quarters of each year have been completed, the student takes a short break before beginning the next year's courses.

Completion & graduation

The completion of this five-year course is awarded by a Certificate of Completion.



> Year 1— The Constitution of Man

The 100 Series: Four-Quarter Sessions: 101, 102, 103, 104

This **FIRST year course** consists 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:

- > The etheric body
- > The seven etheric centers and their correspondences in the emotional and mental planes
- > Prana and its function, the pranic triangle
- > Fires in the bodies
- > Kundalini
- > The role of virtues on the centers
- > Telepathy
- > The thinking process
- > 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 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 philosophy of the Ageless Wisdom.

Required materials:

- » **Book 1:** *New Dimensions in Healing* by Torkom Saraydarian.
- » **Book 2:** *Aura, Shield of Protection and Glory* by Torkom Saraydarian.
- » **Book 3:** *Telepathy and the Etheric Vehicle* by Alice A. Bailey.
- » **Year 1 Recording:** *Stepping Into the Teaching*, class lectures by Gita Saraydarian.



Stepping Into The Teaching (*continued...*)

> **Year 2— Planes of Existence & Higher Worlds**

The 200 Series: Four-Quarter Sessions: 201, 202, 203, 204

The **SECOND year course** is an in-depth study of the Subtle Worlds beyond the physical world: the etheric, astral, mental, intuitional and higher planes.

Topics include:

- > The birth of the human soul and the qualities of the Subtle Worlds.
- > The age and process of the human soul's journey.
- > Major components of the Higher Worlds.
- > Sleep, dreams and relationships in the Higher Worlds.
- > 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 and its relationship to the physical, emotional, and mental bodies. Students will learn about the non-physical levels of existence and the inhabitants of these levels. They will also learn what the steps are leading to the Higher Worlds.

Required materials:

- » **Book:** *Other Worlds* by Torkom Saraydarian.
- » **DVD lecture:** *Other Worlds, Planetary Schools* by Torkom Saraydarian.
- » **Year 2 Recording:** *Stepping Into the Teaching*, class lectures by Gita Saraydarian.



> **Year 3— Esoteric Philosophy of Health**

The 300 Series: Four-Quarter Sessions: 301, 302, 303, 304

The **THIRD year course** consists of in-depth study of the esoteric laws for health and what causes ill-health.

Students will learn the basic laws of health and learn how health and illness relate to the law of karma and its effects. 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:

- > The psychological causes of disease
- > Fundamental laws of healing
- > Advanced topics in healing
- > Laws of balance and equilibrium
- > The subconscious mind and the Chalice

Upon completion of this course, students will have a clear understanding of the path of human evolution and the trajectory of our current human evolutionary process.

Students will also learn the esoteric laws of health and how these laws affect us individually and globally. Students will be able to formulate their personal philosophy and their world view based on these laws and be able to apply these laws to their daily life.

This course forms a crucial foundation for the understanding of continuity of consciousness.

Required materials:

- » **Book 1:** *Esoteric Healing* by Alice A. Bailey.
- » **Book 2:** *New Dimensions in Healing* by Torkom Saraydarian.
- » **Book 3:** *Challenge for Discipleship* by Torkom Saraydarian.
- » **Year 3 Recording:** *Stepping Into the Teaching*, class lectures by Gita Saraydarian.



> Year 4— Higher & Lower Psychism

The 400 Series: Four-Quarter Sessions: 401, 402, 403, 404

The **FOURTH** year course focuses on the topic of “Higher and Lower Psychism.” Students will learn the requirements and process of psychic education. Students will study in depth about psychism in its higher and lower aspects.

Topics include:

- > A detailed study of psychism, higher and lower
- > The true path of the Disciple
- > The problems of mediums, channels, and low-level psychics
- > The Other Worlds and psychism
- > Art, creativity, and auras
- > Psychic attacks and protection
- > Virtues & their effect on our life philosophy

Upon completion of this course, students will understand why sound psychic education is part of our human evolutionary needs. They will learn 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.

Required materials:

- » **Book 1:** *Higher Psychism* by Torkom Saraydarian
- » **Book 2:** *Breakthrough to Higher Psychism* by Torkom Saraydarian
- » **Book 3:** *Challenge for Discipleship* by Torkom Saraydarian
- » **Book 4:** *Other Worlds* by Torkom Saraydarian
- » **Book 5:** *New Dimensions in Healing* by Torkom Saraydarian. This book will be used for meditation and visualizations.
- » **Music CD:** choose any music CD by Torkom Saraydarian to be used in study periods.
- » **Year 4 Recording:** *Stepping Into the Teaching*, class lectures by Gita Saraydarian.



> **Year 5— Cosmogenesis: *Cosmos & the Human Experience***

The 500 Series: Four-Quarter Sessions: 501, 502, 503, 504

The **FIFTH year course** focuses on understanding esoteric wisdom regarding the creation of the world and how the solar systems came into being — the rounds, globes, and cycles of manifestation.

Students will learn about the subconscious mind and how the Chalice is built and utilized as the birthplace of the human soul. 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.

Topics include:

- > The esoteric study of the birth of the Solar System
- > The subconscious mind
- > The Chalice
- > Spiritual leadership

After completing this course, students will have a deeper appreciation for the cosmic order in which we all live and how to function as a human soul.

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.

Required materials:

- » **Book 1:** *Cosmos in Man* by Torkom Saraydarian.
- » **Book 2:** *Understanding the Secret Doctrine* by Torkom Saraydarian.
- » **Book 3:** *The Subconscious Mind and the Chalice* by Torkom Saraydarian.
- » **Book 4:** *Leadership, Volume 1* by Torkom Saraydarian.
- » **Book 5:** *New Dimensions in Healing* by Torkom Saraydarian.
- » **Music:** choose any music CD by Torkom Saraydarian to be used in study periods.
- » **Year 5 Recording:** *Stepping Into the Teaching*, class lectures by Gita Saraydarian.



4

Special Topics Study Courses

Special Topics are multi-media individual courses on various topics using recorded lectures presented by **Gita Saraydarian**. They are available on DVD, CD, or MP3.

Topics:

Course 4-a **The Science of Becoming Your True Self**

Course 4-b **Building the Lighted House**

Course 4-c **Building Universal Awareness – The Group Chalice**

Course 4-d **The Labors of Hercules** (on CD/MP3 only)

Course 4-e **Total Prosperity & Abundance**

Course 4-f **Wisdom of the Zodiac**

Gita Saraydarian has presented numerous lectures on the Special 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 guided meditation.

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

NOTE: To begin any of the above courses, first set up a special counselling session with either Gita Saraydarian or with one of our trained teachers. The session will help you identify your goals and establish your work process during these lessons. After the completion of each lesson, you will once again have the opportunity to report to your spiritual counselor regarding your lesson. She or he will read your lesson and then be available to consult with you if you have any questions or concerns.



> Course 4-a — The Science of Becoming Your True Self

This is a **twelve-part study program** presented by Gita Saraydarian. All lectures are recorded live at TSG Foundation Center and are 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 and 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 is what you will get out it. There is no mystery, no miracle, and no quick fixes in the life of spiritual evolution. It takes honest work to remove years of old debris stuck to your bodies and to let the inner diamond 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 yourself 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 twelve topics are:

1. Doing Good
2. Perfect Love
3. Harmlessness
4. Detachment
5. Dealing with Conflict

Special Topics Study Courses (*continued...*)

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

Required materials:

- » **Book:** *The Science of Becoming Oneself* by Torkom Saraydarian.
- » **Lectures:** Twelve-lecture set by Gita Saraydarian. Available in CD/DVD or MP3 format or download.

Monthly requirements:

- » **Assignments:** course outline and questionnaire.
- » **Meet:** monthly meeting with your mentor via e-mail/telephone/online.



> **Course 4-b — Building The Lighted House**

This **nine-part course** corresponds to the monthly zodiacal cycles. All lectures are presented by Gita Saraydarian and 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 unfolding the petals of the Chalice and is organized to take advantage of the building energies and currents available during each full moon. 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 was presented during the full moon celebration. It encompasses the keynote of that particular full moon, and focuses more specifically on the work needed in order to unfold a part of the Chalice.

Each lesson consists of a lecture, meditation, and a healing prayer. Each lecture focusses 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 in our journey.

Requirements & materials:

- » **Lectures:** Nine-lecture set by Gita Saraydarian. Available on DVDs/CDs or MP3
- » **Monthly meeting:** with your mentor via e-mail/telephone/online.



> Course 4-c — **Building Universal Awareness**
— *Building The Group Chalice*

A **twelve-part study course** presented by Gita Saraydarian and 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 their 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, and 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.

Special Topics Study Courses (*continued...*)

This twelve-part series offers insights, discoveries, and proven methods to help you build universal awareness. It covers twelve areas of life that need to be improved in order to become a dynamic and universal thinker.

The twelve-lecture topics:

- | | |
|------------------------------|-------------------------|
| 1. Courage | 9. Mapping Our Progress |
| 2. Faith | 10. The Call |
| 3. Your True Self | 11. Contact |
| 4. The Path | 12. Spiritual Nobility |
| 5. The Spiritual Warrior | |
| 6. The Miracle of Continuity | |
| 7. Scientific Meditation | |
| 8. Basics of Meditation | |

The series answers questions such as:

- » Why is courage needed in building my greater awareness?
- » How do 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 find 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.

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.

Required materials:

- » **Lectures:** Twelve-lecture set by Gita Saraydarian. Available on DVDs CDs or MP3.
- » **Text:** No specific book is assigned; recommended readings are given in each lecture.
- » **Monthly meeting:** with your mentor via e-mail/telephone/online.



> **Course 4-d — The Labors of Hercules**

A **fourteen-part course**, corresponding to the monthly zodiacal cycles. Includes CD or MP3 lectures presented by Gita Saraydarian which have been 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 1937, Alice A. Bailey, a great teacher of the Ageless Wisdom, gave a series of classes on the twelve labors in New York. In 1976, Torkom Saraydarian gave a twelve-part seminar in Los Angeles, presenting more depth and explanation to the twelve labors. Then in 2006-2007, Gita Saraydarian presented a series of lectures on the twelve labors in Cave Creek, Arizona.

This fourteen-part series represents 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.

Special Topics Study Courses (*continued...*)**The *Labors of Hercules* series is organized as follows:**

1. Two introductory lectures laying the foundation.
2. The twelve lectures, unfolding according to the zodiacal calendar, one labor per zodiacal sign beginning with Aries.
3. Each lecture includes an explanation of the keynotes, reading of the story using the book *The Labors of Hercules*, plus a guided meditation.

Requirements & materials:

- » **Lectures:** *Labor of Hercules* by Gita Saraydarian. The complete set available on CD or MP3.
- » **Book:** *Labors of Hercules* by Alice A. Bailey.
- » **Mentoring:** Monthly meeting with your mentor.



> Course 4-e — Total Prosperity & Abundance

Two-part seminar recorded in Cave Creek, Arizona with **Gita Saraydarian**. Course contains a seminar binder with CD sets and 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 redefine the priorities in their life and develop 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 CDs 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.

Topics include:

- » 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
- » 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

Special Topics Study Courses (*continued...*)

Course materials:

1. **Part One:** *Total Prosperity & Abundance* consists of 5 CDs and 9 handouts which include a cover letter and outline plan.
2. **Part Two:** *Total Prosperity & Abundance* consists of 5 CDs and 8 handouts which include a cover letter and outline plan.

Self-study course. Mentoring available



> **Course 4-f — Wisdom of The Zodiac - A Monthly Study Group**

Monthly study group with ongoing study and meditation corresponding to the monthly full moons.

(Video) Chapter keynote with guided meditation by Gita Saraydarian.

The *Wisdom of The Zodiac* is a four-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 about the esoteric meaning of full moons.

These four volumes are the next generation of the work first presented in *The Symphony of the Zodiac* by Torkom Saraydarian.

The four volumes of *The Wisdom of the Zodiac* are organized as follows:

- > *Volume 1: Aries, Taurus, Gemini*
- > *Volume 2: Cancer, Leo, Virgo*
- > *Volume 3: Libra, Scorpio, Sagittarius*
- > *Volume 4: Capricorn, Aquarius, Pisces*

Please check online for detailed descriptions and content of each volume:
www.tsgfoundation.org



Monthly meetings are held 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.

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.

Requirements & materials:

- » **Books:** Four volumes of *The Wisdom of the Zodiac* by Torkom Saraydarian
- » **Come to the group session prepared:** Read the chapters and study ahead of each class. Be ready to share insights about the particular chapter.
- » **Monthly lesson and meditation readings** by Gita Saraydarian available on YOUTUBE. Go to the TSG Publishing Foundation YOUTUBE Channel.



5

Group Study

Online Group Forum— Meditation & Special Topic Studies

TSG Online Forums are formed throughout the year for group study. Many of the courses outlined in this catalog are available for group study and group work.

- > **Join the group:** If you are interested in group work and study, contact us for the next available group session.

- > **Form a group:** If you and friends wish to create an online group and be mentored as a group, we will work with you to give you just the right course.

What you can achieve

You can develop a greater sense of rhythm in your daily meditation and study of the materials. You will have the opportunity to gain and share valuable insights that expand the learning of each individual and the group as a whole.

Connect with a community

Share and connect with other like-minded individuals on the same journey. Develop deeper connections to the material through a safe, supportive environment.

Group study courses are available on a variety of topics. Contact us for the schedule of classes.

Recommended Group Courses:

- > **Meditation for Beginners**
- > **Meditation, the Creative Process** (using virtues)
- > **Prosperity & Abundance**
- > **Joy & Healing**
- > **Fundamentals of The Ageless Wisdom**



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TSG Ashrams Group

Become part of the **TSG Ashrams Group** and help build a greater spiritual awareness with coworkers.

Requirements:

1. Daily reading and meditation.
2. Monthly reporting to the TSG Spiritual University mentor.
3. When ready, post monthly reports on the online Group Forum.
4. Collaborate with one or more forum buddies.

This work prepares you to be eligible to attend TSG's Annual Conference & Celebration of Wesak. A minimum of a six-month preparatory period is required of all participants. Conference attendance is a life-changing event and greatly enhances your individual meditation and study.

Please contact us for more information.



General Information

Degree & Requirements

Bachelor of Spiritual Wisdom Degree. A non-accredited BSW degree awarded to students who complete the five-year program and the credit requirements. Graduates are eligible for Teacher Training and Leadership Training.

A total of 150 units of credit are required to be eligible for a diploma and graduation.

Credit units may be accumulated and the requirements for receiving a BSW Degree in the Ageless Wisdom Teaching are as follows:

- » **Stepping Into the Teaching Classes (85 units)**
Each six-week session in the five-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.
- » **Seminars (3 units per summery)**
Seminars and conferences are multiple-day events presented at the TSG Center or other Centers around the world. If you choose, you may earn credit units toward graduation by attending. 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 CDs and write summaries of the seminar.
- » **Recorded Lecture Summaries (2 units per summery)**
Summaries of 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.
- » **Original Research Project (10-30 units)**
Students may 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.
- » **Senior Thesis (10 units)**
A 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.



- » **Meditation & Study Courses** (each lesson 1 unit)
Students at any level may take meditation courses. It is recommended that students start on any level of a pre-meditation or meditation course beginning with their second year of the Esoteric Study Program. Each completed meditation lesson earns the student 1-credit unit; a twelve-part course thus earns 12 units.
- » **Book Reports** (2+ units)
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.
- » **Student Lectures or Leading Class Discussions** (2 units)
Credits may also be earned by giving class lectures and leading group discussions such as full moon meetings. Each lecture/class discussion earns 2 units of credit.
- » **Summary of Units**
A total of 150 units is 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:
 - **Five-year program of classes**, four courses per year (85 units).
 - **Senior Thesis** (10 units).
 - **Student lecture & discussion presentation** (5-10 units each).
 - **Summary of lectures**, by Torkom Saraydarian or Gita Saraydarian. For each hour of lecture (3 units).
 - **Meditation courses**, monthly lessons, per lesson completed (1 unit).
 - **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 Spiritual University. Units based on length and complexity of project (10-30 units)
- » **Certificates**
Certificates and diplomas are awarded by mail or in person. Graduation ceremonies are held annually at TSG Annual Conferences.



Graduate Program & Requirements

The Graduate Program is designed for those who complete the Five-Year Intensive Esoteric 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.

The graduate program at TSG Spiritual 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 is designed for the needs of the individual student.

» **Prerequisite:**

Completion of all requirements for BSW Degree (see pp. 52-54).

» **BSW Degree** are awarded by mail or in person.



Teacher Training Program

TSG began a formal **Teacher Training and Leadership Program** in 2015. A continuously growing collection of lectures and instructions are now available for aspiring teachers.

Teachers and leaders are specifically being trained in lecturing, esoteric leadership, leading group discussions, creating group study courses, creating spiritual groups, and mentoring students.

See the requirements below for certification to be a TSG and Ageless Wisdom teacher and leader.

Requirements:

» The five-year Stepping Into the Teaching intensive study course.

» Soul-to-Soul Communication Training.

» Practical teaching experience.

» Study of Teacher Training videos recorded live at TSG Annual Conferences.

For more information on the *Teacher Training Program*, please contact us.



Suggestions & Guidance

An important message to all students...

Please read the following carefully.

Any spiritual work that you do brings a new energetic component into your life. If you mix various spiritual disciplines together, the result is confusion and discouragement. We recommend that you think seriously before committing to taking courses at **TSG Spiritual University**. We recommend that you focus on one line of meditation and study until you have established deep roots, the foundation of your spiritual work. We respect the work of all teachers of the Ageless Wisdom. If you are currently studying with other institutions or teachers, please inform your teacher or mentor before you begin a course at **TSG Spiritual University**.

Spiritual work often brings to our attention the needed adjustments we, as individuals, must make 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, quickly followed by “why am I doing this” phase, then followed by “if only everyone would change so I can easily become perfect” stage. Sometimes students can overcome these challenges and bloom naturally and beautifully. Sometimes students give up after a few tries and get discouraged after a few lessons and personality challenges. For these reasons, it is important to know before you start that consistent, rhythmic study and monthly reporting to your mentor is an essential part of your work.

Spiritual work involves the physical body, the emotions, the mind, as well as 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

Suggestions & guidance (*continued...*)

spiritual transformation are given as information that may benefit you. Our teachers and mentors are available to help you work through your lessons and help you make the study 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, course, or book. It is you who will determine how you will conduct your life as you begin the path of spiritual discipline. You may discontinue your course of study at any time.

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

We look forward to helping you achieve your spiritual goals.

With love and appreciation,

Gita Saraydarian & The TSG Spiritual University Team



Student Requirements

Please read the following important requirements.

As you complete each level of work, you will be given the next level per 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.

Make sure you have the time and interest to do the required work and that you have the following:

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

Student personal requirements

1. Do not use dangerous, mind-altering drugs including alcohol and marijuana.
2. Do not practice hypnotism, astral travel, lower psychic activities such as mediumship, channeling, or past life regression.
3. Be emotionally and mentally healthy and able to study and learn.
4. Be able to follow directions and communicate regularly with the teacher/mentor.
5. Be willing and ready to study and apply the learned principles in daily life.
6. Be able to write cohesively and clearly the required reports for each course.
7. Have access to a computer for online course retrieval and submission of lessons.

Student requirements (*continued...*)

Important Notice

- > 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 caregiver of the desire to participate in this course.

With written approval, the University director is willing to communicate with the student's caregiver if this is needed to determine capability to study and meditate. Written approval from the medical caregiver 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 caregiver of the intent to train and study the Ageless Wisdom Teaching.

- > 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.



Student Services & Resources

Mentoring

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, or pursue students. Inner work begins with you, and you alone control your progress and pace of transformation.

Coaching

Coaching for life skills and direction is available. We have professionally trained and certified life coaches. A coach will work with you to help you determine your life direction. If you would like to speak to a coach, contact us.

Spiritual Counseling

Gita Saraydarian and our counselors offer spiritual counseling for students by appointment only. Please fill out a Spiritual Consultation Form and return it to our office to schedule an appointment.

Contact TSG for a Spiritual Consultation Form.

1. Do you need guidance on your spiritual path?
2. Do you have questions about which TSG course will aid your spiritual development?
3. Do you have questions about your spiritual practices?

We are available to guide you!

Spiritual counseling is intended to help the individual with spiritual direction such as:

- > How to utilize our books and courses.
- > How to learn the spiritual practices of study and meditation.
- > How to find healthy and balanced spiritual practices.

Spiritual counseling helps individuals to find tools with which to improve their spiritual direction in life. Spiritual counseling helps individuals to make choices in their life in order to improve and deepen their spiritual practices.

Spiritual counseling is only beneficial for students who are ready to take serious and disciplined steps in their spiritual direction.

Spiritual counseling is not psychological, psychiatric, child, family, marriage, or pastoral counseling. It is not intended to give medical or health advice. For all such needs, please see your personal professional health or pastoral practitioners.

Your contact is important to us. In order to serve you in the best way possible, we ask that you complete a writable form prior to making an appointment for consultation.

Note: All student spiritual counseling will remain confidential.

Student services & resources (*continued...*)

Financial Assistance

We are willing to work with every devoted and 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.
- » Partial or full scholarships are given to students only after a proven track record of study at **TSG Spiritual University**.



Enrollment & Cost Information

Application Process

Every striving person is welcome to apply for courses at TSG Spiritual 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 begin your studies, you will need to make a consultation appointment with us to discuss your goals and interests in taking our courses.
- » All students are required to consult with the director or a senior teacher prior to course registration.

How to Enroll

1. Review this catalog and the list of courses available and make notes on what interests you and what your needs are.
2. Download and fill-out the consultation form. Consultation forms are available online, or you can contact us for a copy of the form.
3. Set up an appointment. Call or e-mail us to make an appointment for your academic consultation to discuss the right course to fit your needs and your goals.
4. Once you consult with us and decide on your course of study, we will setup an online account to provide study materials and instructions.
5. All students 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.

Cost - Tuition - Fees

TSG Spiritual University course fees are set to be affordable for everyone.

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.

- > Access price list and forms online, or contact us.
- > 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.
- > If you are in need of scholarships or financial assistance to reduce the cost of training, please contact us directly and discuss your needs. Partial or full scholarships are given to students only after a proven track record of study at TSG Spiritual University.

Course Format

- > All students will receive their coursework online through the TSG Spiritual University website.
- > 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.
- > A specific schedule is set for each course.
- > 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.
- > 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 Spiritual University. In addition, please discuss your current course work with our director prior to registration.



Contact Information

- » **TSG Spiritual University**
Website: www.tsgfoundation.org
E-mail: info@tsgfoundation.org

- » **TSG Publishing Foundation, Inc.**
Website: www.tsgfoundation.org
E-mail: info@tsgfoundation.org

- » **Gita Saraydarian**
E-mail: gita@tsgfoundation.org

Mailing Address

PO Box 7068 Cave Creek, AZ 85327 USA

Tel: 1-480-502-1909

Fax: 1-480-502-0713

TSG Center for Spiritual Development

Currently under planning and construction.

Contact us for location.

See progress on website: www.tsgcenter.com

Forms: available online or by contacting us.

- » Price List: Tuition-Cost-Fees
- » Academic Consultation Form
- » Course Enrollment Form
- » Spiritual Consultation Form
- » Price List of Books
- » Price List: Audio/Video Lectures by Gita Saraydarian
- » Price List: Audio/Video Lectures by Torkom Saraydarian

