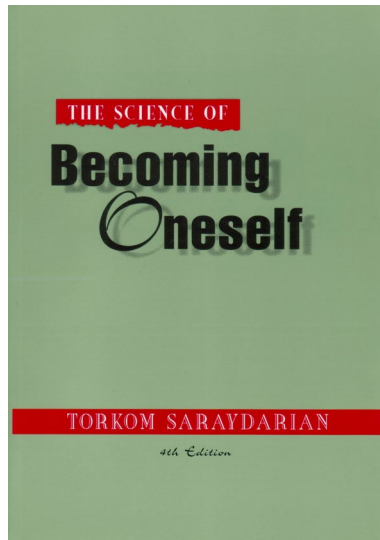


Suggested Reading ... a most valuable book written by Torkom Saraydarian.



The Science of Becoming Oneself

Book Review by Robert L. Constas, M.D.

Rating: ☆ ☆ ☆ ☆ ☆

This is one of Torkom Saraydarian's foundational books that I regard as the laboratory manual for his *The Science of Meditation*. This book starts at a basic level and gradually progresses to advanced levels of transforming ourselves to the True Self. The language is clear, but is compact with new information and terms. It takes careful reading and study.

This is not a book just about self-improvement, nor is it about becoming psychic. It is about unfolding the imprisoned splendor of the divine Spark within the core of our being. It begins from the basic science of doing good, gives exercises to purify the physical, emotional and mental natures and culminates in giving techniques to build the Rainbow Bridge between the consciousness unit and the higher mind and beyond. Those familiar with the writings given to Alice Bailey by the great Tibetan Sage will recognize that the essence of the Sage's teachings for meditation are given here. Saraydarian clarifies and organizes all this using his own illumined understanding and many practical techniques.

In the 1970's my wife and I presented Ageless Wisdom classes in Southern California and used *Science of Becoming Oneself* together with *Science of Meditation* as the foundational references. I would recommend the meditation course for the *Science of Becoming Oneself* if the reader wants an in-depth life-change. Correspondence courses utilizing these texts and others by the author are available from TSG Publishing Foundation and are highly recommended for serious students.

Book Review by:

Robert Constas, MD, is a child and adolescent psychiatrist with the Indian Health Service in Phoenix, Arizona. He graduated from UCLA Medical School and completed his psychiatric training at UCLA. Mr. Constas is a long-time student of the Ageless Wisdom.

The Science of Becoming Oneself - Table of Contents

1. Toward Freedom
2. Benevolence
3. The Science of Doing Good
4. Brother's Keeper
5. Toward Purity
6. Harmlessness and Detachment
7. Notes on Detachment
8. The Sea of Emotions
9. The Stormy Sea
10. The Fiery World
11. The Principle of Conflict
12. The Chalice and the Seeds
13. The Conscience
14. The Seven and Sevens
15. The Etheric Body and the Centers
16. Do Drugs Expand the Consciousness?
17. Time and Our Life
18. The Rainbow
19. The Meaning of Silence
20. Sincerity
21. Love
22. The Blue Peak
23. The Nature of Self
24. The Self
25. A Temple Drama
26. The Birth
27. Freedom
28. Joy
29. The Truth
30. The Great Invocation
31. Index