



## The Spiritual Emergency Room & the Long-term Commitment to a Better Life

End of Year Letter by Gita Saraydarian

November - 2025

Everyone now has less attention span and expects more from a three-minute “fix” than is ever possible. We want to get everything healed, fixed, abundance flowing, relationships outstanding, friends increasing, love deepening and so on, but in just under three minutes. Or, we want the equivalent of this three-minute fix in our spiritual life by having a quick spiritual fix that will solve all our heart’s and soul’s needs.

Life simply does not work that way and we must wake up to the reality of life.

Our approach to spiritual studies and practices resembles our visit to the emergency room of a hospital or to the urgent care center in our neighborhood. We go there as soon as we are hurt, and we want immediate release from the hurt, the pain. We are treated and given medicine and sent home.

It is the same with our study of the spiritual Teachings. We reach out to spiritual practices in an emergency, such as a financial loss, loss of loved ones, a physical-emotional-mental injury. Something prompts us to seek the spiritual emergency room, and we want quick and easy solutions. We want a quick process to remove the pain and loss we are feeling; be it a small booklet, a weekend workshop, a virtual class, a meditation course, or healing course, we grasp it and we expect to have everything change as fast

as possible. When it does not, we frantically search for just the right kind of book, practice, meditation, healing, prayer, invocation....

In reality, a strong and healthy life is not dependent on emergency room visits. To be a healthy and vibrant person, we need to pay attention to our physical life such as diet, exercise, healthy relations, balanced lifestyle. We must heal our emotional wounds and express healthy emotional relations. We must deepen our thinking and start to consider cause and effect in a larger way than we ever thought before. We must consider our eternal life and our responsibilities to our life, surroundings, and to life itself.

A truly healthy and resilient and productive life will need a totally different mindset than what is prevalent today in our expectations. We need to wake up and smell the reality of a vibrant and evolving life and what that entails.

When we study a book, attend a lecture, participate in a weekend workshop, what really happens at that moment will have no impact beyond that moment unless we intentionally carry the energy forward. For this, we need to be mature, strong, dedicated, and truly appreciate the process of transformation. What happens after classes and workshops is more important than the class or workshop itself!

Information does not mean transformation. A three-minute blurb on social media does not change your life. Stacks of books, reams of meditation lessons, seminars and classes attended do not translate into a more “abundant” life. Unless and until the striving — the learning, the application, the conscious and honest approach to life — is steady and deepening, change does not happen. For change to take place, to take root, to bring new branches into our life, we will need more than three minutes and more than one book or one course.

**How to transform your life?** Strive daily to increase your attention span from three minutes to five minutes, to fifteen minutes. Then dedicate yourself daily, yes, daily, to the task of self-healing, self-deepening, self-transformation. By your own hands and feet will you accomplish a life that is healthy, happy, abundant, successful, meaningful, and a blessing for all life around you. You will smile more, you will understand more, you will empathize more, you will be stronger and happier. Even when you must go to the “emergency room” of life, you will be resilient and be well taken care of and healed. Then your growth will expand exponentially due to the lessons learned in that “emergency room” visit. When you are awake, every life event is full of precious lessons. These are, in essence, the hints of life that cause true transformation.

**This is my new year’s message to you.** This is what I have learned in the many years that I have dedicated to the study and practice of the Ageless Wisdom Teaching. To bring this experience to you, I started TSG Foundation 38 years ago and dedicated myself to keep the Teaching flowing into humanity.

**We are still going strong because *you* have partnered with me and dedicated yourself to our work. Today, I ask for your year-end support.**

- Your partnership in our mission
- Your contributions to TSG
- Your active membership on our video and audio forum

- Your participation in the *Wisdom of the Zodiac* full moon virtual sessions
  - Your investment in books, meditations, and study courses
- are more vital than ever.

**Your commitment** directly allows us to expand our reach beyond the spiritual emergency room. Your partnership enables TSG to grow continuously into a worldwide center for deep spiritual development far into the future. It will always be a serene, long-lasting, world-class Center that guides humanity to a deeply cultivated process of soul transformation.

**Together we stand as a beacon of beauty in the desert of life.** Once people are spiritually empowered, they can find the path of healing and spiritual commitment beyond the three-minute panacea.

A heartfelt thank you for your spiritual commitment and support.

Yours in the One Work,



Gita Saraydarian  
And the entire TSG Foundation Team.

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