



TSG Foundation

Center for Spiritual Development

Change Your Life with Joy & Healing

The Purpose of the Joy and Healing Course is to:

- Release the joy inside of you.
- Learn the art of persistence.
- Learn observation of the ordinary in life that is not so ordinary.
- Learn the need to let go, forgive, and be at peace.
- Develop healthy habits of thinking about the past and present and the future.
- Develop healthy habits of remembering how life is proceeding for you.
- Help you release yourself from the prisons of life and into more abundant freedom.

What does the work entail?

1. You will need 15 minutes of dedicated time every day.
2. Read the assigned pages and do the exercises given for each lesson.
3. When blockages arise, work hard to maintain your schedule. Have faith that you will be able to do the work regularly once you conquer and face the issues.
4. Report to the Joy Forum once per month, or when each lesson has been completed.

Each student will receive a response to their lesson report from Gita or from one of our teachers assigned for the Joy class.