



TSG FOUNDATION

Building Bridges to Happiness, Joy, and Bliss...

Joy – the Power of the Soul

Seminar with Gita Saraydarian

Zurich, Switzerland

October 28th, 29th, 30th, 2011

Friday Night October 28th: 7:00–8:30:

Lecture: “The Purpose of the Human Being”

Our purpose in life is to develop continuity of consciousness. We do so through the blooming of our physical beauty, emotional beauty, mental beauty, and spiritual beauty. As we bloom, we spread our “fragrance” to all of life around us.

Finding the purpose of your life will enable you to live a constructive, fulfilling, and happy life.

Lecture presented by **Gita Saraydarian**. Everyone is welcome to attend.

Saturday and Sunday,

October 29th & 30th: 10:00 – 17:45 Each Day.

Seminar “Joy, the power of the Soul” Lectures and Workshop

Each hour session includes a lecture presentation and visualization/meditation.

Saturday:

- 10:00 – 10:15: Welcome and Introduction
- 10:15 – 11:00: “The Psychology of Happiness”
- 11:15 – 12:00: “The Human Soul and the Mind”
- 12:00 – 12:30: “What is Joy?” ”
- 12:30 – 14:00 pm: **Lunch Break**
- **14:00 – 14:45: Individual reflection: “Creating a New Identity”**
- 15:00 – 15:45: “What Blocks our Joy”
- 16:00 – 16:45: “Joy and Forgiveness”
- 17:00 – 17:45: “Immersing Yourself in Joy, part 1”

Sunday:

- 10:00 – 10:15: Meditation: “Joy with Sacred Music”
- 10:15 – 11:00: “Conditions needed for Joy”
- 11:15 – 12:00: “Hindrances to Joy”
- 12:00 – 12:30: “Healing Your Emotions”
- 12:30 noon – 14:00 pm: **Lunch Break**
- **14:00 – 14:45: Small Group Discussion: “Creating an atmosphere of Joy in your life.”**
- 15:00 – 15:45: “Finding Joy and Replacement”
- 16:00 – 16:45: “Harmonized Life”
- 17:00 – 17:45: “Immersing Yourself in Joy: Complete”

Information und Anmeldung

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