



*“This class brought Joy
back into my life.”*

Suzanne Gray

Brief Summary: Suzanne Gray is a TSU student who lives in Tampa, Fl. She completed the Joy & Healing 18 month course, which was her first encounter with TSG. She currently participates in the Meditation for Beginners class.

Q&A:

What was the most difficult part of the class?

The time element was a challenge for me. I finally had a breakthrough when I spoke to Gita about my time issues. She said, “So what are you gonna do?” It was up to me to take the responsibility to dedicate time for the class. I had to do it in my time and that was okay. I had to let go of my fear of perfectionism. Life is about recognizing our limitations. My limitation was trying to be perfect.

When I first joined the group online forum, I was new to the Ageless Wisdom Teaching so it was a bit of a challenge. However, I liked the discussions between myself and the group members.

What effect has The Joy & Healing Class had on you?

I previously was a workaholic, but after completing Joy & Healing, I changed my perspective. I kept asking myself, “What is the blessing here?” You have a choice. This class changed my life. It made me question the authenticity of my life. I felt I began to know and feel my true self, my true essence. You have a choice to choose gratitude. Looking at the authenticity of gratitude, it is all ultimately driving toward your true self.

The experience of feeling joy and bringing joy is difficult to put into words. I allowed myself to go and to be fully open to the process. I agreed to not be so judgemental with myself.

This class helped me to bring awareness about how I live my life. In life, all we really have is joy.

The joy was there all along and you discover it when you allow it to come through. It was personal. Joy & Healing became your temple. I took it with me 24/7.

This class brought joy back into my life.

The healing of oneself is universal. We are all the same once we allow the love and joy to come through our lives. I made me understand the blessing with grief. You go deep within yourself. It was my choice to live and see.

I've shared it with everyone. I've given 10 books as gifts. The Joy & Healing Class has become a very significant in my life. I see the limitations we put on ourselves. Life is about having your joy and spreading it out to others. I've become very focused on nurturing myself.

I like the classes with Gita. I found joy after many deaths in my life and learned it was okay to grieve. It can integrate and if you believe in it, then the negativity dissipates. Joy is within us. Be a light worker and go for it! We need more things like this to spread the truth.