

Email this completed form to gita@tsgfoundation.org

If this is an emergency, please call 911 or emergency number in your area; contact your medical, psychiatric professional and/or speak to your local minister. Mental health services available 24/7 call 1-800-662-HELP (4357) for SAMHSA National Helpline.

For Spiritual Counseling with Gita Saraydarian, please note the following:

Spiritual counseling is intended to help the individual with spiritual direction: how to utilize our books and courses, how to learn the practices of study and meditation, and how to make healthy, balanced decisions regarding spiritual practices. Spiritual counseling is only beneficial for those who are ready to take serious and disciplined steps in their spiritual direction.

Spiritual counseling is not psychological, psychiatric, child, family, marriage, or pastoral counseling. It is not intended to give medical or health advice. For all such needs, please seek professional health or pastoral practitioners.

Your Information:

Name: _____ Phone: _____

Email: _____

Topic of Discussion:

Write down clear and specific questions, taking into consideration the 30-minute time allotted for each meeting. If you are not quite sure, write down the topic(s) you would like to discuss, such as: how to utilize our books and courses, how to learn the practices of study and meditation, and how to make healthy, balanced decisions regarding spiritual practices.

Appointment:

Preferred date: _____ **Time:** _____ **Time Zone:** _____

(TSG's hours are 9 am – 5 pm MST. Closed 12-1 pm)

Via: Phone Skype Email Facebook Video Zoom

Suggested Donation \$30: *Please select your preferred payment option*

TSG Website: www.tsgfoundation.org Credit Card by Phone Credit Card on File _____ (last 4 digits)

Follow Up: _____
