



THE SANGAT NEWS

2024 Winter Solstice Edition





A COMMUNITY MAGAZINE IN 9 LANGUAGES

A Celebration of Service and Spirit

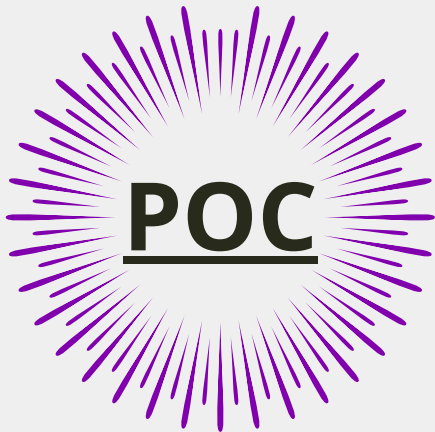
A quarterly celebration of the inspiring ways our members are uplifting and serving through the teachings of Kundalini Yoga and Sikh Dharma. The Sangat News has the format of a magazine and is about our stories; it is a reflection of the heart and soul of our beautiful Sangat, highlighting how we bring light, support, and transformation to those around us.

With every Solstice and Equinox, as we mark the turning points of the seasons, this publication will bring you tales of service, resilience, education and inspiration in as many languages as we can - 9 at the moment. Together, we celebrate our shared journey of growth, connection, and Seva.

May this magazine inspire you to continue shining your unique light in service to humanity.

Photo: Google, not identified

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Cover by Roman Lutkiv





EDITOR'S NOTE

As we launch this edition of our community magazine, The Sangat News, I am filled with gratitude and excitement for the opportunity to share these stories with you. This edition is a tapestry of inspiration, woven from the lives and contributions of our remarkable community members.

In The Sangat News, you will find:

- **Stories of Service:** Learn how individuals are transforming lives through Kundalini Yoga, bringing healing and hope to their local communities.
- **Inspiring Journeys:** Discover personal narratives of courage, growth, and resilience.
- **Practical Wisdom:** Explore teachings and practices to support you in your own path of service and self-discovery.
- **Community Spotlights:** Celebrate the achievements and contributions of our community members making a difference.

Our goal with The Sangat News is to honor the incredible work happening around us and to inspire each One of us to continue sharing the gifts of Kundalini Yoga and Sikh Dharma. As we align with the natural rhythms of Solstices and Equinoxes, may this publication serve as a source of light, energy, and renewal for our journey.

Thank you for being part of this vibrant and dynamic Sangat.

In service and gratitude,
– *Manou Kaur*

Photo: IG @kundaliniyogaschool



*“People who have compassion and hope,
along with the power to be,
it’s called kindness.”*



Dedicated Service to Those in Need: DCF Shower Trailer Program by Harisimran Kaur

The Duwara Consciousness Foundation (DCF) continues its commitment to aid those in need through its innovative shower trailer program. This program, offering essential shower and laundry facilities, has significantly benefited the homeless, displaced, or needy populations. To date, it has provided over 15,000 showers, with daily services operating in downtown San Diego.



The impact of the program expanded recently as DCF took action to support the victims of Hurricane Helene in Asheville, NC, by providing up to 100 showers daily to those affected by the disaster. This effort is a vital part of DCF's mission to offer dignity and relief to individuals during challenging times.

Photos : The Shower Trailer by Bobby Werner - At the moment of this publication, somewhere on the road between Asheville, North Carolina and Los Angeles, California



Expanding Relief Efforts: Partnership for LA Wildfire Victims

In light of the recent LA wildfires, 3HO International is in discussions with DCF to potentially partner and extend this essential service to the wildfire victims. This expanded initiative aims to offer not just shower and laundry services but also aims to introduce a langar program that would provide hot meals to those impacted.

To implement this vision effectively, 3HO and DCF are currently seeking a suitable staging area near the displaced communities, with necessary access to water supply and greywater disposal facilities. The success of this program will also rely on the dedicated efforts of sevadars and volunteers to manage both the shower and Langar services.

Community Involvement Needed and Crucial for the Success

This initiative's success depends on the support of the community. Those who have information about potential locations or wish to volunteer their time are encouraged to come forward to support this cause.

This partnership between 3HO International and DCF is a premier example of practical support combined with heartfelt care, embodying the true spirit of seva to uplift communities in difficult times and urgent need.

Please contact Davinder Singh at davinder@3ho.org

Photos : Top: Council on Foreign Relations, by Ringo Chiu; Center: from The Atlantic, by John Edelson; Bottom: from the Guardian, by David McNew.

Why We Are Doing This?

Regardless of one's worldly circumstances, we all face the reality of suffering - from the richest of the rich to the poorest of the poor. Some of us suffer from lack of resources, while many battle internal turmoil in the form of addiction, stress, anxiety, depression, and more.

These personal struggles can lead to devastating consequences such as cancer, MSD, and other chronic illnesses. However, by spending time in nature, connecting with each other, maintaining a yoga or other wellness practice, and allocating some "time-out" for ourselves, we illuminate the fact that these harmful patterns are not insurmountable. With clear intention and the support of the communities around us, real transformation is possible.

Men and women alike have been given a natural charge to help one another through Love. If we were put on this earth for anything other than Love, we would not need to be trained or socialized to hurt, kill, or destroy. This Love extends to everyone, including those most marginalized by society.

Greed and the obsession with material possessions have compromised this innate Love, and many of us have become lost in darkness. We are searching for something but don't know what. Our organization, spearheaded by Davinder Singh and Harisimran Kaur, is committed to nourishing all people - from those who lack food, shelter, and proper hygiene, to those who have lost touch with the instinct for Love. **HSK**

Davinder Singh on the Road to L.A. Fires to support displaced communities with the Shower Truck



Inspiring IG posts from DCF

DCF's volunteer talks about the Truck

The Truck set up in San Diego

Website Duwara Consciousness Foundation



Photos : YouTube post from DCF, the truck in San Diego

*“Mind is above time and space.
If you decide not to complain, it will
immediately compensate you with
intuition.”*



Khalsa Farms

Award-Winning Excellence

Khalsa Farms is a community-owned nonprofit 501(c)3 located in Espanola, New Mexico. Recognized for its contribution to sustainable agriculture, Khalsa Farms recently received the Farmer All Star of the Year award from the Santa Fe Farmers Market Institute, selected from 115 local farms.



Khalsa Farms has been cultivating both produce and community connections for the past six years. As a nonprofit support organization for Hacienda de Guru Ram Das (the Española ashram), utilizing 24,000 square feet of greenhouses and high tunnels across 2.5 acres to produce fresh, organic produce in Northern New Mexico. Certified Naturally Grown, the farm adheres to high organic standards and even creates its own compost using Langar (community meal) waste, promoting a full-circle approach to sustainability.

Photo: by Jim Weber: Siri Vishnu Khalsa harvests a few amaranth sprouts - Read more about the Santa Fe Farmers Market Institute: www.farmersmarketinstitute.org

The facilities at Khalsa Farms were established through the support of the SSSC, LYF, the U.S. Department of Agriculture, and contributions from Sangat members worldwide. This dedicated support has enabled the farm to thrive, providing local, organic produce to the surrounding community. With a team of six to eight members, including employees, interns, WWOOF volunteers, and AATRA members, Khalsa Farms is sustained by a blend of committed individuals and community spirit.

Dedicated Team and Leadership



The farm's core team of three, includes master farmer Jim Fischer, who has a deep foundation in sustainable agriculture and brings 40 years of farming experience from Wisconsin. He oversees operations alongside Shenoah Dalziel, a UC Davis graduate in Animal Science who manages harvest and food safety. Under their guidance and that of President and Operations Manager Siri Vishnu Khalsa, the farm has tripled its productivity, significantly expanding the volume of produce available to Northern New Mexico.

Community Outreach and Education



Khalsa Farms serves the local community beyond food production by donating and providing discounted produce to nonprofit organizations in the area. The farm regularly hosts educational visits from local schools, senior centers, and community colleges, fostering agricultural awareness and environmental responsibility across generations.

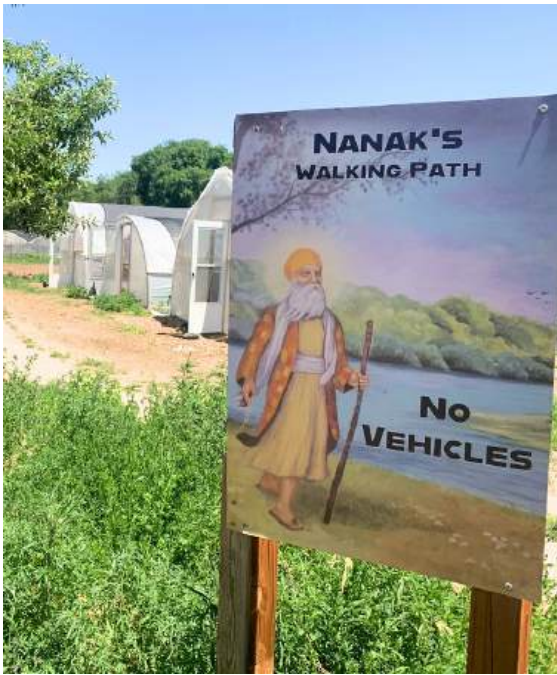


Photos: Left: Siri Vishnu Khalsa, Shenoah Dalziel and Jim Fischer accepting the Farmer All Star Award October 24, 2024; Right: One of the greenhouses.



Nestled in the heart of The Hacienda of Guru Ram Das Ashram in Espanola, NM, Khalsa Farms is dedicated to sustainable agriculture, community support, and education. For six years, with the commitment of passionate staff, and volunteers from around the world, they have become a model of sustainability and service.

Worldwide community members are drawn to the farm's intern program which offers a unique opportunity to immerse in an intentional community with access to Kundalini Yoga, Meditation, Sikh Dharma, and sustainable farming education amid the natural beauty and endless skies of Northern New Mexico. ॴ



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Photos: Top: Aerial view of Khalsa Farms; Center: Surroundings of Khalsa Farms; Bottom: Each Season Harvest.

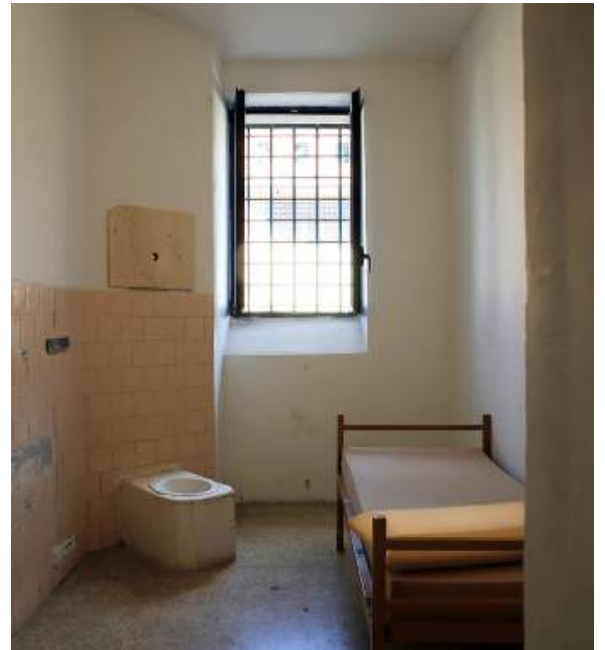
Transforming Lives Behind Bars

In this edition, we read about the profound impact of Kundalini Yoga in some of the most challenging environments: prisons. Through the selfless service of dedicated teachers, this practice becomes a source of hope, healing, and transformation for individuals navigating the struggles of incarceration.

We highlight the inspiring stories of two remarkable women, **Jai Kaur** in Italy, and **Kirpal Kaur** in Peru, whose Seva has touched many lives. Jai Kaur brings the light of Kundalini Yoga to women in a prison in Rome, continuing her legacy of Seva that began 15 years ago with male inmates. Meanwhile, Kirpal Kaur has focused her efforts on women and especially mothers in Peruvian prisons, providing them with tools for inner peace and resilience as they care for their young children in deeply difficult circumstances.

These stories are a testament to the transformative power of compassion and the teachings of Kundalini Yoga, offering us all a reminder that change is possible, even in the most unexpected places.

Dive into these articles to learn how Seva can inspire us to bring light and healing into the world, one step at a time.



Bringing Light into Darkness: Teaching Kundalini Yoga in an Italian Prison of Rome

Photos : Up Right : One of the cells of the Rebibbia Women's prison in Rome, Google, not identified; Bottom Left: Jai Kaur, before entering the prison Dec 3, 2024, to give a Kundalini Yoga class

Jai Kaur, a Kundalini Yoga teacher from Italy, has embarked on a remarkable journey to bring the transformative power of Kundalini Yoga as Taught by Yogi Bhanan to incarcerated individuals in Italy. Her story spans over two decades and reflects her unwavering dedication to serving marginalized communities. Through her practice, she has provided prisoners with a space for inner peace and self-reflection, enabling them to reconnect with their humanity in challenging environments.

A Vision Born in Milan

Jai's journey began 22 years ago when she realized the potential of Kundalini Yoga to help those in some of the most restrictive and isolating conditions. "I thought about where people are most closed off, physically and mentally, and how yoga could help create an inner meditative space," she recalls.

Her move to Rome provided the opportunity to begin teaching yoga in prisons. For three years, Jai Kaur taught weekly 90-minute classes to incarcerated men in two distinct groups: those awaiting trial and those serving life sentences.

Teaching in prisons : A Complex Dynamic

Among her students there were very different people, both in terms of nationality, culture and social background. The reasons for which they were in prison were also different, some involved in organized crime, including members of the Italian mafia, others convicted of political crimes, fraud and or simple theft. She remembers a young boy from Bangladesh sentenced to 6 months in prison for stealing a cell phone. She also recalls a quiet man serving a life sentence for the murder of his wife, a single act that had interrupted his life to bring him there, in the midst of that very diverse humanity.



Photos : Top: Entrance of the prison, Google, not identified; Center and Bottom: Detained Women by Gaetano Pezzella

Teaching Kundalini Yoga to such individuals was a uniquely challenging and eye-opening experience for Jai Kaur

Despite their backgrounds, Jai Kaur treated these men with the same respect and compassion as any of her students. “I never wanted to know why someone was in prison,” she explains. “It was important for me not to have any prejudices or judgments.

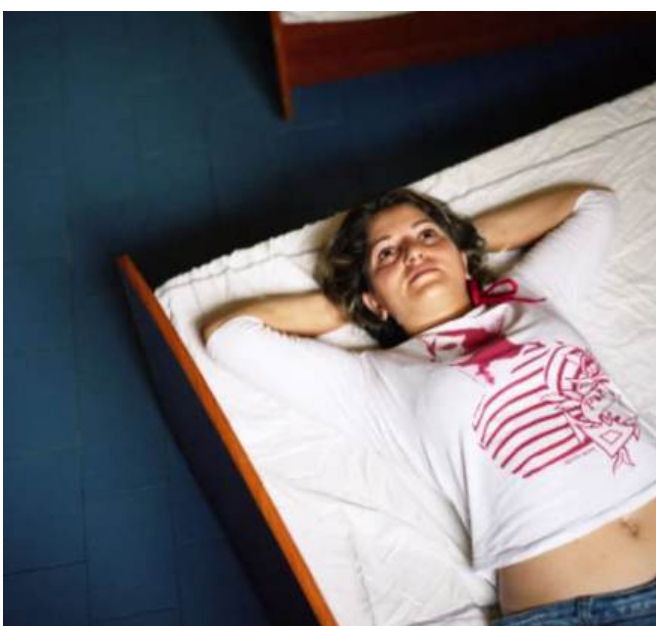
Her classes were marked by a surprising level of discipline and focus. People accustomed to controlling their external environments, found solace in the internal control offered by Kundalini Yoga and Meditation. Kundalini Yoga provided them with a rare opportunity to step away from the complexities of their pasts and simply be present in the moment.

Jai Kaur recalls one student who continued to practice Kundalini Yoga even after being released from prison. This is very rare, as most people, once freed, tend to distance themselves from the people and activities they were involved with while incarcerated.

“He told me it was the first time in his life he could quiet his mind,” she shares. This shift was a powerful reminder of Yoga’s universal ability to provide healing, even to those with the most turbulent lives.



Photos : Wall of the Rebibbia Women's Prison in Rome, Italy



Diversity Behind Bars

Each group brought its unique challenges and dynamics, but all shared a desire to connect with themselves on a deeper level.

One poignant story involved a foreign inmate who later contacted Jai Kaur after his release. He had been transferred to a detention camp for migrants awaiting deportation and described it as far worse than prison due to inhumane conditions. These interactions underscored the broader systemic issues faced by vulnerable populations and reinforced Jai Kaur's commitment to offering support wherever she could.

A New Chapter: Teaching Women

This December, Jai began a new project teaching Kundalini Yoga to women in a Rome prison. While her previous work focused on men, she anticipates that teaching women will present different challenges. "Women are often more resourceful in finding ways to survive, but they also carry deeper emotional wounds," she observes.

During her initial visits, Jai Kaur noted that many of the women had endured extreme hardship, often leading to psychiatric challenges. "The prison felt more like a psychiatric hospital," she says, reflecting on the environment. Despite these difficulties, she is determined to create a safe and nurturing space for her new students.

Building Trust Through Consistency

Teaching Kundalini Yoga in prisons demands patience and consistency. The process of entering and exiting the facility is time-intensive, often taking over an hour. Jai emphasizes the importance of building trust, which can take months in such environments. For this reason she prefers to teach the class herself to build that relationship before introducing other teachers.



Photos : Top: Inside wall of the Roman prison ,Google, not identified; Bottom: Left: Corner of the outside wall, by Jai Kaur; Center: Detained Woman by Gaetano Pezzella; Left: Jai Kaur and her daughter



The Road Ahead

With the support of a foundation, Jai Kaur's new project with incarcerated women marks a significant step forward. The program started with a small group of ten women and will expand based on its success. She is optimistic about the future, hoping the initiative will continue and inspire others to bring Kundalini Yoga into similar settings.

Her work highlights the profound impact of Kundalini Yoga as a tool for healing and transformation. Whether teaching mafia members, political prisoners, or women facing unique challenges, Jai Kaur's classes offer a sparkle of hope and a path toward self-discovery. Through her efforts, she proves that even in the darkest places, the light of Kundalini Yoga can illuminate the way forward. **MK**

About Jai Kaur

She began practicing Kundalini Yoga in 2002 in Milan, Italy. She soon meets Guru Dev Singh and Sat Nam Rasayan. In 2018 she started a Kundalini Yoga center in Capena (Rome) YB Yoga Benessere. She is the creator of the Festival of Kundalini Yoga of the Mediterranean in Puglia since 2020, helped by many teachers who collaborate on the project.

With a degree in Urban Planning, she favors bringing the teaching of Kundalini Yoga to difficult social environments, such as school and prison. She has written a book of love poems.

[WEBSITE: yogabenessere.org](http://yogabenessere.org)

[IG: JAI VANINA](#)

Links to her IG Posts related to this Article

Dec 3, 2024

[I am finally re-entering Rebibbia Prison to teach \(.../...\) Click to read](#)

Dec 18, 2024

[And suddenly, an aspect of myself that I've never liked much \(.../...\) Click to read](#)

Bringing Light to Mothers in a Peruvian Prison of Lima: The Seva of Kirpal Kaur



In the heart of Lima, Peru, a profound Seva (selfless service) initiative led by Kirpal Kaur has been making a transformative impact on some of the most vulnerable populations: incarcerated women and mothers. Through the teachings of Kundalini Yoga, Kirpal Kaur and her team have brought hope, healing, and empowerment to women navigating the dual challenges of imprisonment and motherhood in Penal de Mujeres de Minima Seguridad, in Chorrillos.

Teaching Kundalini Yoga in Prisons

Kirpal Kaur's journey into prison Seva began in 2014 when she and her husband, founders of Shunia Kundalini Yoga School in Lima, started teaching Kundalini Yoga in a minimum-security women's prison. This initiative came as a continuation of efforts by earlier teachers who had worked in various Peruvian prisons, but Kirpal Kaur's focus soon shifted toward a group in terrible need of care: mothers with young children.

In Peruvian prisons, mothers are allowed to keep their children with them until the age of three, at which point the children must leave the facility. Kirpal Kaur recalls one of her most poignant moments:

“One day, I was teaching a class when a mother had to say goodbye to her three-year-old son. The boy walked away calmly, but his mother was heartbroken. I stayed with her, comforting her through the pain. It was one of the most powerful and humbling experiences of my life.”

Creating a Safe Space for Mothers and Children

Recognizing the unique needs of women, Kirpal Kaur and a group of teachers began developing tailored Kundalini Yoga classes to support their physical, emotional, and spiritual well-being. During one session, she followed a participant to a separate area within the prison, discovering a dedicated space for mothers and their children. This moment inspired her to expand the program further and teach especially to the mothers.

“I saw the nursery, the dining area, and the living conditions for these women and their babies. It became clear that we needed to do more for them. We formed a team of teachers



in training who were eager to serve these women and children,” Kirpal Kaur explains. Her classes provided physical benefits and a sanctuary where women could connect with themselves and their children in the midst of challenging circumstances.

The Challenges of Prison Seva

Teaching in prisons came with numerous challenges. Strict regulations prohibited bringing in anything beyond basic necessities, requiring teachers to adapt their approach.

“They didn’t even allow us to bring in a timer or music for relaxation,” Kirpal Kaur shares. “All we had were our yoga mats and a watch to keep time. Despite these constraints, the work was deeply rewarding. Teaching in such conditions proved that Kundalini Yoga can be shared anywhere, no matter the challenges.”

The program lasted for a year and a half, touching the lives of many women. Though logistical changes and political shifts eventually brought the classes to an end, the impact remains undeniable.

Photos : Google, not identified: Top: Mothers’ Day at Penal de Mujeres de Minima Seguridad, in Chorrillos, Lima Peru; Bottom: Detained Women



Photos : Top: The entrance of the Penal de Mujeres de Minima Seguridad, in Chorrillos, Lima Peru; Center: Detained Women and Child detained in the Mothers' Quarters of the prison; Bottom: teachers that participated in the prison's seva : amongst them: Dalraj Kaur (Aída Tataje) and Anoop Prem Kaur (Martha Tejada)

Expanding Seva Beyond Prisons

Kirpal Kaur and her husband have extended their Seva into other areas of need, particularly during the COVID-19 pandemic. They organized relief efforts for impoverished communities, distributing food and essential supplies. Now, through their NGO, they are working on building a community kitchen to provide sustainable support for vulnerable populations.

“Kundalini Yoga is such a powerful jewel,” says Kirpal Kaur. “It has the capacity to bring light and comfort to people facing some of the toughest challenges in life, and I am committed to sharing it wherever it is needed most.”



Photos : Top: Left: Seva in Carapongo by Shunia NGO during Covid 19 pandemic; Right: Serving hot chocolate and some Panetone; Bottom: Line of people waiting to be served



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Inspiring Service

Kirpal Kaur and her team of teachers who have trained at Shunia Kundalini Yoga school's are a model of dedication to Kundalini Yoga and Seva. Their work highlights the importance of addressing the needs of marginalized communities, through material aid and through practices that nurture the soul.

By sharing her story, Kirpal Kaur hopes to inspire others to engage in Seva and create meaningful change in their own communities. ✨MK

Photo : Seva in Carapongo by Shunia NGO during Covid 19 pandemic, distributing Christmas presents

*“The moment the student has no doubt,
he becomes the Master.”*



The Teachings of Yogi Bajan© - 7/8/94

*“Always in life there is an either/or.
Either you are Divine, or you are
divided; either you are Divine or you are
duality. It cannot be A and B together;
they are two sides of the coin; until you
excel and rise above, you are in trouble.”*



The Origins of Tantric Har, A Conversation with Guru Prem Singh

The rhythmic and deeply resonant melody “sound” of “Tantric Har” is a staple in Kundalini Yoga, embodying a sacred vibration that inspires practitioners around the world. But how did this transformative piece of music come into being? Guru Prem Singh, its creator, shares the fascinating journey behind “Tantric Har,” offering insight into the creative process, his life, and the spiritual essence of his work.



Photo : Tantric Har Album 1995, by Simran Kaur

Who is Guru Prem Singh?



Guru Prem Singh, a dedicated Kundalini Yoga teacher and accomplished musician, grew up near the Guru Ram Das Ashram in Los Angeles. From a young age, he was immersed in the teachings of Kundalini Yoga and Sikh Dharma. Over the years, Guru Prem has crafted numerous musical compositions that continue to guide practitioners into deeper states of meditation and connection. Notable works include "Ong Namoo", "Heal Me", and the collaborative piece "Every Heartbeat" - all used in White Tantric Yoga. His career spans decades, blending his musical talents with his devotion to spiritual service.

Guru Prem's musical journey has often intertwined with his personal life, particularly through his collaborations with his wife, Simran Kaur. Together, they created many beloved tracks that embody their shared devotion and creativity. "Simran has been such an integral part of my music," he shares.

The Creation of Tantric Har

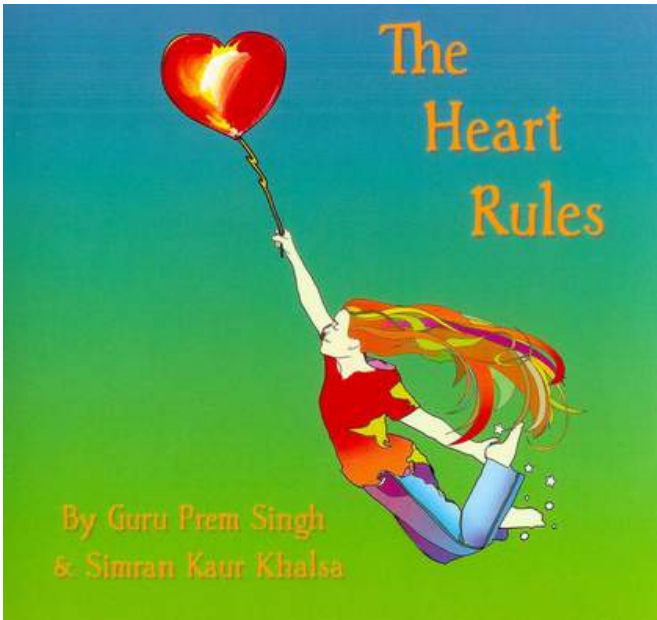
Guru Prem recalls the unexpected circumstances that led to the creation of "Tantric Har." "I wasn't much of a musician back then," he humbly begins. "I played some guitar and piano, but my musical journey truly started when Siri Singh Sahib asked me to create music."

The request for "Tantric Har" came in the mid-1990s. Guru Prem, balancing a full-time job at a medical clinic, had little time to dedicate to music. "It was a Monday when Siri Singh Sahib mentioned he wanted the mantra Har put to music for a class and it needed to be ready in two days. I had no idea at the time it would become so significant," he shares.

Without access to modern recording and editing tools or resources, Guru Prem worked quickly to compose the piece. "The technology available at the time was limited compared to what's available today. I thought I would make something quick and simple, as it would probably be used just once. Little did I know it would resonate with so many people and get used countless times by the Siri Singh Sahib and many others. It truly took on a life of its own."

The piece gained popularity almost immediately, becoming a cornerstone of Kundalini Yoga practices. Its repetition of the mantra "Har" (a "Beej" mantra; sacred sound symbolizing divine creativity) generates a vibration that promotes intuition, prosperity, and insight.

Photo : Guru Prem Singh and Simran Kaur



Collaborations and Musical Legacy

Beyond "Tantric Har," Guru Prem has composed and collaborated on numerous albums. His wife, Simran Kaur, has been a frequent collaborator. "Simran's voice brought so much to the music. She wasn't just singing; she was channeling something deeply spiritual," Guru Prem shares. Together, they have created works that are cherished in the Kundalini Yoga community.

Guru Prem also collaborated with Nirinjan Kaur and Wah!, among others, on albums spanning devotional music, Gurbani, and children's songs. His discography includes landmark albums like Aquarian Moon Sadhana, Heal Me, The Heart Rules and his most recent release The Soul Tree.

In the early days, Guru Prem and his collaborators even helped establish a record label that later merged with Spirit Voyage. "We were just figuring it out as we went, but it worked," he says with a smile. "The music business was never the goal; it was always about creating something meaningful."

The Legacy of Tantric Har

Despite its rushed creation, "Tantric Har" has outlasted Guru Prem's expectations. Years later, in 2010, he revisited the track, refining it using modern technology with a slightly different arrangement. Yet, both versions - the original and the updated - remain available, each with its unique charm. "Some prefer the raw simplicity of the first version, while others appreciate the enhanced second version," he notes. "It's about creating a sacred space for transformation," Guru Prem emphasizes.

Closing Thoughts

The story of "Tantric Har" is a testament to the power of faith, intuition, and creativity. Guru Prem's humility and dedication have transformed a simple musical piece into a timeless tool for spiritual growth.

As Guru Prem succinctly puts it, "It's not about the perfection of the music; it's about the energy it carries." "Tantric Har" continues to inspire, uplift, and connect people worldwide, supporting numerous meditations and is used in White Tantric Yoga programs around the globe. For those who have yet to experience the magic of "Tantric Har," let its vibrations guide you into deeper realms of intuition and prosperity. Guru Prem's journey reminds us that the most profound creations often arise from simplicity and trust in the divine flow. **MK**



References: Books and Albums by Guru Prem Singh

Book: Divine Alignment

- Everyday Devotion
- A memoir published by KRI, recounting Guru Prem Singh's journey in music, spirituality, and service.

Book: The Heart Rules

A book exploring the connection between the heart, emotions, and spiritual growth, featuring a soundtrack of Guru Prem's music.

Albums

- Tantric Har
 - Original Version (1995): A raw and simplistic rendition of this iconic Kundalini Yoga track.
 - Tantric Har Too, Enhanced Version (2010): A refined and modernized version with additional layers and adjustments.
- Ong Namo
 - Guru Prem's first track, with Nirinjan Kaur, often used in Kundalini Yoga practices and Tantric meditations.
- Heal Me
 - Music by Guru Prem Singh; lyrics written entirely by Siri Singh Sahib. A meditative piece designed for healing.
- Every Heartbeat
 - A lyrical collaboration between Siri Singh Sahib, Guru Prem Singh, and Shakti Parwaha Kaur, with music composed by Guru Prem.
- Soul Tree
 - Guru Prem's most recent album, including My Sweet Lord, a rendition of the George Harrison classic infused with mantras.
- Albums with Wah!
 - Two albums of Sadhana mantras.
 - Two Gurbani albums.
 - A children's album.
- Sant Kee Chal
 - A Gurbani album With Wah!
- Har Haray Haree
 - A long Tantric track featuring Guru Prem's music and vocals by Hari Bhajan Kaur.

Where to Find Them

- Many of these albums are available on all platforms like Spotify, Apple music and Band Camp, though some older tracks may be harder to locate. Guru Prem advises reaching out directly for certain rare works.
- Books can be found through [Kundalini Research Institute \(KRI\)](#), or directly through him

INSTAGRAM



[SIMRAN](#)



[GURU PREM](#)

*“Feeling is the base on which you base
your personality, or the base can be
intuition.*

*If it is not intuition,
feeling has to be the base.”*



*“Gold is judged by its everlasting
existence and gravity.
Friendship exactly like gold is forever.
It doesn’t change with the weather and
with the circumstances.”*



Effect of online Kundalini Yoga on mental health of university students during Covid-19 pandemic: A randomized controlled trial

By
Tânia Brandão, Inês Martins, Ana Torres, Sónia Remondes-Costa

REFERENCES

Journal of Health Psychology 2024 Vol. 29(6) 567–580

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[More Articles on Kundalini Yoga Benefits, Visite KRI Website and the Research department lead by Sat Bir Singh](#)

Digest of the Article focusing only on the essential details, distilling the core findings, methodology, and conclusions into a highly condensed summary.

The mental health of university students has been a growing concern in recent years, particularly during the COVID-19 pandemic. The challenges of isolation, academic stress, and uncertainty have led to increased rates of depression and anxiety among this demographic. Recognizing this issue, researchers Tânia Brandão, Inês Martins, Ana Torres, and Sónia Remondes-Costa conducted a pioneering study in Portugal to investigate whether Kundalini Yoga, delivered online, could

support students in managing their mental health. This randomized controlled trial, conducted between October 2020 and January 2021, aimed to assess the effectiveness of Kundalini Yoga in improving students' emotional and psychological well-being during the height of the pandemic. A total of 106 university students participated in the study, with their mental health evaluated at three stages: baseline, after six weeks of intervention, and one month later.



The Study Design

The participants were divided into three groups:

- > **Kundalini Yoga Group (28 students):** Attended six weekly online sessions of Kundalini Yoga via Zoom, led by a certified teacher.
- > **Active Control Group (34 students):** Participated in six weekly sessions of autogenic training, a relaxation technique.
- > **Passive Control Group (44 students):** Did not receive any intervention but completed the same evaluations.

Each Kundalini Yoga session included chanting, breathwork (pranayama), physical postures (kriyas), relaxation, and meditation. These elements were designed to activate the parasympathetic nervous system and promote emotional balance.

Key Findings

The results of this study demonstrated the significant benefits of Kundalini Yoga:

1. **Reduced Stress and Anxiety:** Students in the Kundalini Yoga group experienced a marked decrease in stress and anxiety levels compared to the other groups. For example, depression symptoms dropped significantly from a baseline mean of 5.43 to 3.75 post-intervention.
2. **Increased Self-Compassion:** Participants reported being more forgiving and understanding toward themselves, with self-compassion scores improving by over 15% during the study period.
3. **Enhanced Spiritual Well-Being:** Personal and communal spiritual well-being also saw notable improvements, particularly in students practicing Kundalini Yoga, who reported feeling more connected to themselves and their communities.
4. **Improved Emotion Regulation:** Students in the Kundalini Yoga group reported better control over their emotions, with significant gains in their ability to improve the emotional states of themselves and others.

These benefits were observed immediately after the intervention and sustained one month later.

The Researchers' Perspective

The researchers emphasized the unique potential of Kundalini Yoga. Tânia Brandão noted, "Kundalini Yoga offers more than relaxation—it fosters a holistic transformation in how individuals relate to themselves and their surroundings." Co-author Sónia Remondes-Costa added, "Our findings demonstrate that even in an online format, Kundalini Yoga can serve as a vital tool for mental health, particularly during periods of heightened stress."

Why Kundalini Yoga Works

Kundalini Yoga, as taught by Yogi Bhajan, combines physical and mental practices that activate the body's relaxation response. This ancient practice aligns with modern research showing its ability to:

1. Reduce symptoms of depression and anxiety.
2. Enhance mindfulness, resilience, and emotional intelligence.
3. Foster a deeper connection to one's spiritual and communal identity.

The Numbers

- > **106 participants:** Divided into three groups - Yoga (28), Active Control (34), and Passive Control (44)
- > **6 weeks:** Duration of the intervention, with weekly 60-minute sessions
- > **20% dropout rate:** Due to scheduling conflicts, demonstrating the need for flexible program formats
- > **1-month follow-up:** Ensured that the effects of the intervention were measured over time

Implications for the Future

This study highlights the potential of Kundalini Yoga as an accessible and cost-effective way to support students' mental health. It offers practical lessons for universities and educators looking to implement similar programs. Whether used during stressful times like a pandemic or routine academic pressures, Kundalini Yoga provides a pathway to resilience and well-being. ॐ



Bandi Chhor Divas at Raj Khalsa Gurdwara, A Celebration of Unity and Service

Raj Khalsa Gurdwara has long stood as a beacon of community and faith. Located in Virginia, it has evolved from its modest beginnings into a thriving spiritual and cultural hub, embracing people from diverse backgrounds. This year, the Gurdwara's Bandi Chhor Divas celebration was a testament to its values of selfless service (Seva), inclusivity, and devotion. Let us get to know more: A conversation with Guru Sangat Singh, who has served there since the early 70's.

A Brief History of Raj Khalsa Gurdwara

The origins of Raj Khalsa Gurdwara trace back to the 1970s in Washington, D.C. Initially established by a group of American Sikhs, the community relocated to Virginia in 1980. Over the years, the Gurdwara has grown significantly, moving into its current location around 2010.

Bandi Chhor Divas: A Night of Devotion and Festivities

Bandi Chhor Divas, coinciding with Diwali, is one of the Gurdwara's most celebrated events. This year's program was filled with Kirtan (devotional singing), candle lighting, and Langar (community meals). The outdoor area was adorned with lights and decorations, creating a warm, inviting atmosphere. Various tents offered free food, from pakoras to Punjabi-style pizza, showcasing the community's spirit of generosity.

Approximately 2,000 attendees participated, filling the Gurdwara with vibrant energy. The event illustrated the Gurdwara's mission: fostering unity, humility, and selfless service.



Photos : Top: a Father shows Diwali lights to Daughter and Son; the Sangat in front of the Gurdwara featured in the News of Sab Rang Tv

The Role of Seva in Building Community

According to Guru Sangat Singh, "Seva is the cornerstone of Raj Khalsa Gurdwara's operations. Volunteers handle every aspect of the Gurdwara's activities, from organizing weekly Langars on Friday evenings and Sunday mornings to planning major events like Bandi Chhor Divas. It's all about selfless service, and this spirit extends to initiatives like the annual children's day camp, which provides five days of connection and learning for youth aged 5 to 18."

The Gurdwara's unique model operates without a paid clergy. Instead, its members take collective responsibility. "Serving the Sangat is the highest spiritual act," explains Guru Sangat Singh. "That understanding creates a sense of ownership and equality in our community."

Inclusivity and Harmony

Despite the diverse cultural backgrounds of its members, Raj Khalsa Gurdwara is a place of unity. "Here, everyone bows to the same Guru," Guru Sangat Singh reflects. "The differences fade away. Both Punjabi Sikhs and members of the 3HO community come together to serve, and the focus remains on reverence for the Guru and Seva. There is no room for politics or personal agendas."

This harmonious environment has become a hallmark of the Gurdwara. As Guru Sangat Singh puts it, "It is clean, inclusive, and runs on time, which is something our community values deeply."



Photos : Extracted from Sab Rang Tv Report, Top and Center: Candle lights lighted by the visitors outside the Gurdwara; Bottom: Guru Mata Kaur, and other Sevadars of Raj Khalsa Gurdwara being interviewed by Sab Rang Tv.



Why Visit Raj Khalsa Gurdwara?

"Raj Khalsa Gurdwara is a place where everyone is equal," says Guru Sangat Singh. "You can bow to the Guru, receive the Guru's wisdom, and experience the joy of serving others. It's not about being special, it's about connecting, elevating, and contributing." **MK**



For more information about upcoming events or to join the Sangat, visit the Gurdwara's Facebook page or its physical location:



Raj Khalsa Gurdwara
22821 Silverbrook Center Drive
Unit # 160
Sterling, Virginia 20166



FACEBOOK

REPORT ON SAB RANG TV

IG POST
ON BANDI CHHOR DIVAS

Photos : Extracted from Sab Rang Tv Report, Top: Left: Jatha during Bandi Chhor Divas; Right: Chhor Seva in front of the Siri Guru Grant Sahib Ji. Center: Matha Tekna queue at Raj Khalsa Gurdwara.

*“Your everything built as a security is
false, because your real security is your
Creator God.
He created you. He is your security.
He is your insurance.
He is your Guarantee.”*



“Coming to the Gurdwara may not be a process anyway; you may not listen, you may not learn, you may not understand, but coming to a Gurdwara is making you a part of the unisonness.”



A Great Journey to Kyiv in Kundalini Yoga: A Journey Into Myself by Jai Kaur

Have you ever considered the idea of going through life without a notion of gain, without an agenda in your head, without knowing or asking for anything? This trip to Kyiv was exactly that for me.



My teacher once said that it doesn't really matter if you have a fixed place to teach yoga, a center, a well-appointed studio. When you are invited to teach, no matter who, no matter where, you go. Teaching in Kyiv was exactly this for me: a profound opportunity for sharing and growth.

Participation in this training made me immensely happy, despite the risks and the war. Everything was new: the place, the people, the culture. I was teaching in English, in an Eastern European country with an ancient, rich, and special culture. The experience of teaching beautiful, strong women allowed me to connect with the great energy of the feminine, pure Shakti. In Kundalini Yoga and Sat Nam Rasayan, we simply sit with a group of people. Through silence and our connection to the Golden Chain, a meditative space descends from Guru Ram Das's tradition. This creates a "miracle," something always unique, special, and great. One person heals another, and in turn, heals themselves.

Photos : Authentic Relationships TT level 2 students and team in Kyiv

Humanity and Love Beyond Borders

Teaching in Kyiv for me was this miracle. The students, especially the women - most men were called to war - hosted us with such care and kindness. In the city, many men wear the uniforms of the war, their eyes shiny and sad. Despite the constant threat of attacks, life continues with remarkable strength.

When I asked what had changed in their routines, they told me it was their values. Knowing that life could end at any moment gives life itself immense meaning.



The Power of Life

We arrived late at night, and a couple picked us up at the station. She was a yogini, he a military man, they had recently married after meeting in the frontline. Even amidst the intensity of life, love remains the engine of everything.

At our hotel, we were shown an underground shelter in case of an attack. The reality of needing it gave me a mix of horror and sadness, but those feelings dissipated as our days in Kyiv unfolded.



Photos : Left: Preparing the classes; Right: Night train from Chelm to Kyiv



Authentic Relationships

Our training team was extraordinary, each member bringing unique energy and warmth. Relationships formed in this setting - intense, heartfelt, and transformative - challenge and elevate you to new perspectives.

During the first night, snow fell, and I awoke to a city blanketed in soft, white snow - a moment that felt protective, even amidst war. Kyiv itself struck me with its strong identity: a historical center unspoiled by commercialism, elegant yet understated.

Women and Prayer

The training course was intense, with my full focus on the students, both in-person and online. The final day culminated in a two-and-a-half-hour recitation of So Purkh, a prayer sung by women to uplift men and their connection to the masculine. We prayed for husbands, sons, brothers at the front, and for this wounded Earth.

Prayer became a space for healing, a miracle. One participant later shared that her brother had been dismissed from the army shortly after our chant. It reminded me of the power we hold as women to create peace and project love into the world.

Photos : Top: Seva Simran Singh from AZ, USA teaching, Bottom Left: Jai Kaur with Roman the translator; Right: Students during meditation



Kyiv has a strong identity;

**"I have been there, I want to speak about human spirit
and I will not speak about the war".**



Gratitude and Reflection

To this day, I am grateful to Yogi Bhajan and Guru Dev Singh for dedicating their lives to healing and teaching Kundalini Yoga and Sat Nam Rasayan, tools that continue to fascinate and surprise me. I thank Guru Ram Das for the sacred space that touches my heart at every moment. Though war seeks to destroy, love is stronger. Love wins.

Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh
Victory is a gift given by great wisdom.

Jai Kaur

Photos : Top: Kyiv center street; Bottom From Left to Right: Main entrance of Kyiv from 11th century - Golden Gate; Saint Sophia Cathedral; Soldiers on their way; Walking on the snow the first morning in Kyiv

*“Those who live by ego, die through
incarnations;
those who live by consciousness,
God lives in them as a direct
relationship.”*



SuperHealth® featured in Newsweek Magazine

Magazine

We are thrilled to share that our sister organization SuperHealth, led by Mukta Kaur, is featured in Newsweek Magazine



The SuperHealth System unlocks the authentic self for a balanced and happy lifestyle

Dr. Mukta Kaur Khalsa, Founder and Director, SuperHealth

The SuperHealth System unlocks the authentic self for a healthy and happy lifestyle. As a 501(c)(3) nonprofit organization, SuperHealth provides a holistic approach to achieve fulfillment and satisfaction. Our trainings welcome health care providers, yoga teachers, yoga practitioners and anyone ready to make lifestyle changes for the better.

Kundalini Yoga (Yoga of Awareness) is the backbone of the System. It precisely changes the metabolism, balances the glandular system, cleanses blood, rebuilds the nervous system, and uplifts and inspires the human spirit. Combining yoga, breathwork, meditation, nutrition restoration and therapeutic juices, SuperHealth helps individuals develop skills to achieve greater flexibility, inner strength and greater awareness with mental calm, clarity and intuitive sensitivity.

In today's fast-paced world, many people struggle with chronic fatigue, anxiety, depression and insomnia. To cope, many resort to external fulfillment to relieve the pressures of everyday living. This is only a temporary relief. SuperHealth offers a sustainable path to stability and vitality through yoga. This practice not only detoxifies and strengthens the nervous system but also counters unhealthy urges while providing deep relaxation.

"Drugs, alcohol, poor diet and stress can undermine our nervous system and make us vulnerable to temptations. Our yogic practices address these challenges, revealing their deeper emotional pain points—such as anger, fear, rejection and insecurity," says Dr. Mukta Kaur Khalsa, founder and director of SuperHealth. "The System helps individuals rediscover their true selves and develop resilience for personal growth."

SuperHealth has a notable track record in addressing substance abuse, food issues and eating disorders, and relationship issues by uncovering and healing their deeper root causes. By tracing these behaviors back to early childhood experiences, SuperHealth aims to heal the underlying issue. This fosters mental wellness, enhances intuition and empowers self-discovery, according to Dr. Khalsa.

"When we connect with our source, our Creator, we develop gratitude to the One who maintains us, sustains us and gives us the beautiful breath of life. Each of us has the ability to be happy and feel connected as we help others find joy and inner peace, affirming that happiness is our birthright," adds Dr. Khalsa.



Yogic Science to Break Habits & Addictive Behavior

as taught by Yogi Bhajan



**Read the full Newsweek Article
here:**

[SuperHealth NewsWeek Article](#)

**And more about Mukta Kaur here:
[Mukta Kaur Khalsa, Founder and
Director, SuperHealth](#)**



How SuperHealth® Began

Learn more about the beginning of SuperHealth in this interview with Mukta Kaur and Ryan Rockwell.

The Beginning

In 1969, Yogi Bhanjan came to America. He found young people taking drugs to escape the emptiness and isolation of their cultural environment. Middle class “housewives and businessmen” of this era were taking pills and abusing alcohol with a distorted hope of numbing themselves from an inner unhappiness and stress. At the same time, many people in the West were seeking spiritual fulfillment.

As an experiment, he housed two heroin addicts in his center in Washington, D.C. for two weeks, in a 24/7 controlled environment. The core of his treatment program for them was Kundalini Yoga and meditation. Both men experienced an amazing transformation. Out of this SuperHealth was born. Inspired by the results, a Tucson Arizona treatment center conducted a pilot project for a drug user to enter treatment. Mukta Kaur then began a residential program that would come to be accredited by the prestigious Joint Commission on Accreditation of Healthcare Organizations, eventually receiving its highest commendation.

The SuperHealth System

Over the years, SuperHealth developed into a systemized program with customized treatment plans for behavioral addictions including stress, substance abuse and other unhealthy habits and emotional disorders.

In 2004, the Punjab government invited SuperHealth to conduct a 90 day pilot project for drug users in Amritsar, India. With a team of professional volunteers, the program opened to serve ten clients and the experience profoundly changed their lives. A research paper in “The Journal of Ethnicity in Substance Abuse” has been published in 2008 on the effectiveness of the program in Amritsar.

The problem of addictive behaviors, unhealthy lifestyles, constant stress and information overload spans all cultures and has become increasingly acute. SuperHealth continues to evolve to meet the ever-growing need.

**Read more on SuperHealth
[WEBSITE](#)**

Japa & WTY® in Kuala Lumpur by Prem Kaur



Southeast Asia was recently the setting for a confluence of Sangat dedicated to taking part in our dynamic and life-changing practices. The events took place in Malaysia and were very well organized and presented by the Anand Foundation which graciously hosted the Sangat with great spirit of Seva and generosity.

Visiting World Sangat Inspiration and Shared Values

Anand Foundation is headed up by Aniljit Singh, and his team. On Saturday the 23 of November the first White Tantric Yoga® was held in Kuala Lumpur. Siri Simran Kaur , CEO of White Tantric Yoga, travelled to Malaysia to facilitate the workshop and meet with community representatives. This event drew a crowd from many outlying communities like, China, Russia, Taiwan, Bali,

Philippines, Singapore etc.

The participants were very happy and were served perhaps the tastiest Tantric Burgers of 2024! There has been a unanimous request for the event to be held again in 2025.

12 Years of Kundalini Surjhee in Malaysia

The following week saw the 12th Annual Kundalini Surjhee Japa with Jugat Guru Singh Khalsa take place in a lush tropical jungle setting at Frasier's Hill.

The continuous recitation of the Shabad said by Yogi Ji to be the “Meditative Key to the entire Kundalini Yoga”. The goal was to recite a minimum of 11,000 repetitions within a set amount of time, and has been practiced in our community since the mid 80’s when Guru Dev Singh the master of SatNam Rasayan started to hold these gatherings. The practice of Japa is a part of Kundalini Yoga and has been around for thousands of years in most traditions. The Kundalini Surjhee Shabad was given in praise of Guru Ram Das and as a valuable tool to experience and understand the more subtle process of the Kundalini energy and to understand the impact of raising it.

“Man Bach Karm Seviai Sacha”

...means to serve the Sangat, community and world at large in Thought, Word, and Action. The meditation was led by SS Jugat Guru Singh, the CEO of KRI , who mentored for 20+ years under Guru Dev Singh and his whole life under Siri Singh Sahib Ji to be able to hold this powerful practice in balance. This session drew delegations of students from Malaysia, Singapore, Thailand, Indonesia, Taiwan, China, Russia, USA, Mexico, Europe, Cyprus, and various points in between.



At the heart of our mission, inspired by Guru Nanak's teachings, lies the understanding that no matter where we come from, the Guru lives in every heart. This gathering brought together over 100 participants, including 25+ Punjabi Sikhs, 20+ Russian Kundalini Yoga students, and more than 50 participants from around the world. With representation from the 1st, 2nd, and 3rd generations of our community, several Miri Piri Academy alumni, and the leadership of 3 of our Non-Profit CEOs (Jugat Guru Singh - KRI, Prem Kaur - SDI, and Siri Simran Kaur - WTY). We united in meditation and shared a profound common experience, embodying the essence of our Sikh world and its timeless values.

Photos : Top: SS Prem Kaur, SDI CEO, SS Jugat Guru Singh, KRI CEO and Siri Simran Kaur, WTY CEO; Bottom Jugat Guru Singh leading Kundalini Surjhee Japa.



Prem Kaur Khalsa,

is a dedicated community builder who has served in many of our non-profit organizations for several decades. She is currently the Acting Secretary General and CEO of Sikh Dharma International.

Throughout her life, supported by her fluency in seven languages, she has worked to develop multicultural and multigenerational relationships.

Kuala Lumpur,
Malaysia
Organiser

•
[Anand Retreats](#)

IG

[@AnandRetreats](#)

A New Model

Having two major events in tandem is a new model, and while it was never done in the past, it worked very well and may be a good model to follow, especially in far off sangats. Sikh Dharma International was represented by SS Prem Kaur, who continued a year of community building and dialog throughout the world to listen to the Sangats requests and to chart the international initiatives going forward. It was a very uplifting and inspiring experience of deep meditation which left all of us looking towards the future and the promises held for 2025 and beyond. **PK**

Photo : 12th Annual Kundalini Surjhee Japa with Jugat Guru Singh in Frasier's Hill, Prem Kaur addressing the community at Khalsa Council Sep 2024

*“Stay with the Guru, and bless in the
name of the Guru.
The consciousness and the intelligence
shall come to serve you.”*



One Light Fest By Haridass Kaur



One Light Fest is a celebration and practice in the traditions of Kundalini Yoga, a space where we come together in unity to create a transformative experience for all participants. Through the power of collective movement, mantra chanting, and daily sadhana, we work to raise our vibration, build physical vitality, and cultivate heightened awareness.



Solstices: A Yogic Tradition

In the yogic tradition, the Winter and Summer Solstices are the most potent times of the year to gather and practice. These sacred times mark the rebirth of the Sun's light and the beginning of a new cycle of life.

During the Winter Solstice, we align our practice with celestial movements, embracing this time of deep nourishment and renewal. Together, as a community, we support one another in transformation and welcome the return of the light with hope and intention.

This year a group of Kundalini Yoga community leaders came together to rejuvenate and revitalize the annual event and practices surrounding these sacred seasonal transitions. A powerful celebration of unity and the vibrant spirit of our community.

We are a team of women united by our love for Kundalini Yoga. Fully independent and self-funded, we came together to share this beautiful tradition and create a meaningful, intentional space for practice and connection.

Our location was carefully chosen - a serene setting in the heart of Florida's natural beauty. Participants enjoyed a variety of outdoor activities, all while immersed in an environment that provided an unobstructed view of nature's exquisite splendor.



Our event highlights cherished practices that lie at the heart of Kundalini Yoga: Aquarian Sadhana, Gurdwara, Sat Nam Rasayan, Kirtan, and White Tantric Yoga®. Together, these sacred traditions create a powerful and transformative experience.

The festival warmly welcomed seekers of all ages and experience levels, offering practices designed to nurture the mind, body, and soul. We had participants of all ages from all over the world.

Each day began with the serene stillness of Aquarian Sadhana, meditative practice of mantra and devotion under the rising sun, followed by the uplifting and devotional energy of the Gurdwara.

As the days unfolded, participants engaged in enriching workshops, enjoyed nourishing meals and witnessed the joyful laughter of children at the Aquarian Angels Kids Camp.



Photos : *Top: White tantric Yoga® OneLightFest on Winter Solstice day; Middle, Left: Japa Kaur teaching at the lake amphitheater; Right and Bottom: Lunch service by Jasdeep Singh, Harman Singh, and Hande Gundogar at WTY.*



WEBSITE
www.onelightfest.com

IG
[@onelightfest](https://www.instagram.com/onelightfest)



As we concluded the festival, we were filled with gratitude for everyone who participated, supported, and shared their light. Together, we created an energy that will continue to resonate within our hearts. **HDK**

Photo : Top: Left: by Mark Selis: Haridass Kaur, Hari Har Singh reading the Hukam and Inderpal Singh (Gurdwara Manager); Center: Sat Kirin Kaur chants Guru Ram Das as we prepare for a beautiful day of WTY, Accompanied by Harman Singh and Japa Kaur, view from the stage; Right: Gurusurya Kaur teaches under the trees as Japa Kaur plays music; Bottom: Set up Team featuring the Camp Director, Vedyā Amrita, Baldev, Haridass, Dev Atma, Indi, Sevak, Satya, Karina, Harman, Tuan, Jagat, Ajeet Bachan

“Meditation in a science of mind; it’s a tool; it’s a procedure through which this limited man can expand to the infinity. Meditation is a process through which the finite mind can perceive and realize infinity.”



PRACTICE TOGETHER

SUBAGH KRIYA



Subagh Kriya is a powerful Kundalini Yoga practice that has the potency to open the floodgates of prosperity. Beyond its material benefits, it aids in sharpening our intuition, our communication, aligning our energies, and deepening our connection with the universe. It is a beautiful tool to clear blockages and create a pathway to attract opportunities.

Given that we all have at heart to spread the powerful Kundalini Yoga practices, what better way to exemplify our belief in their power than to practice them collectively?

A group comes together once a week, to harness the energy of Subagh Kriya for our personal growth and the prosperity and success of our Sangat. It is an embodiment of the adage – practice what you preach.

To add a touch of diversity and unity, each week, we have a different leader guiding the group. If you feel called to lead one of these sessions, we encourage you to reach out. We want to ensure a tapestry of unique experiences every Monday.

We hope that this collective practice inspires each one of us to integrate Subagh Kriya into our personal daily routines, further strengthening our individual and collective energies.

EVERY MONDAY - 30 minutes to practice together

11:30 PDT - 12:30 MDT - 14:30 EST - 20:30 CET - 00:00 IST - 02:30 MYT



About Subagh Kriya

[PDF of SUBAGH KRIYA in 8 Languages](#)

[The Library Of Teachings® : SUBAGH KRIYA](#)

[The Library Of Teachings® : SUBAGH KRIYA Lecture in 8 Languages](#)

**Our strength lies in our ability to promote these tools
and in our commitment to practicing them**

Mark your calendars and make it a priority to join. Share with everyone around you. Let us come together in unity, elevate our spirits, and manifest prosperity in all dimensions of our lives and our esteemed community. ॐ

[ZOOM Link to Practice Together](#)

[Meeting ID: 881 1086 8156 Passcode: 867575](#)

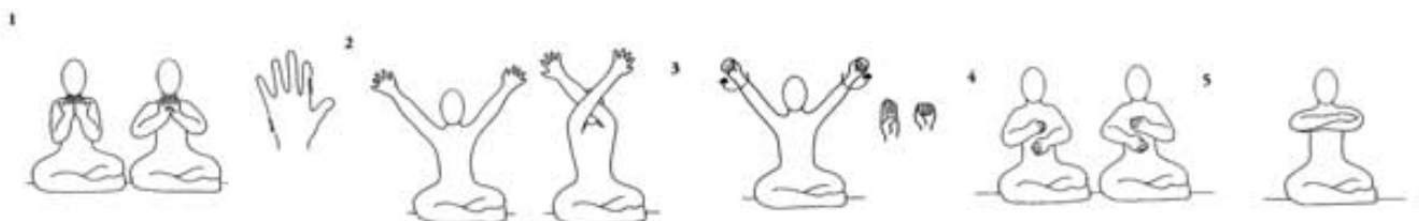


Photo : From Subagh Kriya explanation Book: Success and the Spirit, a n Aquarian Path to Abundance from the teachings of Yogi Bhajan

A Historical Connection

In a historic event that marked a significant moment of cultural and spiritual exchange, Chardikala Jatha was invited to perform Gurbani Kirtan at Singh Sabha Gurdwara in Bobigny, the largest Gurdwara in France. This event fosters a deeper connection between the diverse communities within the Sikh diaspora in France and the 3HO-Sikh Dharma Community.



Gurdial Singh, the head and founder of Singh Sabha Gurdwara, in his introductory words, expressed immense joy at hosting Chardikala Jatha, particularly noting their uniqueness, the only Western Sikh jatha that has studied Gurbani Kirtan and performs regularly at the Harimandir Sahib in Amritsar.

"These Singhs, who are dressed up, are fighting for the Guru," Gurdial Singh said in his address. "They do

very beautiful kirtan and go to every country in the world to share their devotion. These are Gursikhs, they have a path from yoga to the Shadb Guru, and today, we are honored to have them here with us. "

Their presence and the way they conduct kirtan connect us all to Guru Maharaj's teachings."

Key figure from the French Sikh community, Ranjit Singh, from the Council of Sikhs of France, who is

also the Deputy Mayor of Bobigny, despite his busy schedule filled with political commitments, made it a point to attend the kirtan, demonstrating his support for such inter-community cooperations. "It is vital that we come together in harmony to sing the praises of the Guru" he said. "Events like these strengthen our bonds and help us grow in unity and understanding." www.sikhsdefrance.fr



Photos: Top : Chardikala Jatha: Sada Sat Simran Singh, Guruprakash Singh and young generation Amar Singh & Amar Bir Singh; Bottom: some of French, British and American 3HO-Sikh Dharma Community members who visited Singh Sabha Gurdwara with Gurdial Singh, Hazoori Raagi Jugraj Singh and a members of the French Sikh Community



Jagat Singh, from Espanola, New Mexico, Usa, a model of Seva

Jagat Singh, a humble sevadar from Espanola, New Mexico was part of the group who visited Singh Sabha Gurdwara in Bobigny, France. For over 30 years he has tirelessly served the community by participating in the setting and maintenance of multiple Ashrams and Gurdwaras. He also prepares Langar at the Hacienda of Guru Ram Das and cooks for 3HO Solstices, becoming a cherished figure in Espanola. His reputation extends far beyond as a symbol of the global Sangat's spirit of service. He and a small crew joined the European Yoga Festival and cooked for the Set Up team. When the Singh Sabha Gurdwara Sagat learned he was the one responsible for the Langar in Espanola, they immediately folded their hands in respect and love for a mutual Sikh of the Guru.

Sharing As One



SINGH SABHA GURDWARA

The Singh Sabha Gurdwara, located in Bobigny, a suburb of Paris, is a hub for the French Sikh community. It welcomes between 700 and 1500 Sikhs daily, offering a space for prayer, learning, and community service. It offers Gurmukhi classes, Sikh culture education, and children's camps. It also hosts major events such as Vaisakhi, with Nagar Kirtan processions that draw over 10,000 people, showcasing the rich cultural tapestry of Sikhism in France.

gssfcs.com - 16 Rue de la Ferme, 93000 Bobigny, France



Photos: Top : Left : Jagat Singh folds hands with Gurdial Singh; Sharing As One: Right: Manou Kaur, from the SSSC addresses the Sangat after the Kirtan; Middle Right: Sharing delicious Langar with many; Bottom: panoramics of the Gurdwara during Kirtan. Bottom: Singh Sabha Gurdwara during Vaisakhi.

The connection between the French Sikh Community and the 3HO-Sikh Dharma Community dates back decades.

Gurdial Singh, one of the pioneering members of the French Sikh community, established the first Gurdwara in France in his apartment in the 1980s. He hosted Yogi Bhajan a couple of times, and even visited the European Yoga Festival with his three sons who today run the programs of the Singh Sabha Gurdwara, at the time it was organized in Loches, Center of France.

The European Sangat has come together every year for the last 45 years to create the largest Kundalini Yoga event which gathers people from over 40 countries and diverse backgrounds. "This Festival is infused and framed by Sikh values, we meditate together, practice Kundalini Yoga together and bow to the same Guru" said Manou Kaur.

Reflecting on the evolution and the growth of the Sikh community and its institutions, Gurdial Singh remarked, "Our good deeds have brought us to this day, where we see such a diverse group of Sikhs and non-Sikhs alike coming together in the spirit of love and devotion. We are truly blessed."

Looking forward, there are plans for continued cooperation. With both entities sharing common spiritual values and a commitment to spreading Sikh Dharma teachings, moments like these are likely to become more frequent. "We are humbled that Gurdial Singh and his entire family remember us and want to maintain this beautiful relationship with such a diverse group of people who are inspired by the Sikh faith," concluded Simran Singh.



A delegation from Singh Sabha Gurdwara also visited the European Yoga Festival and spent time with the 3HO-Sikh Dharma Community



A meaningful moment occurred when a group of 20 people from Bobigny visited the 3HO Europe Community to connect with the Kundalini Yogis at the Festival. They had the chance to enjoy drinks and treats from the Bazaar, engage in conversations with participants, and let their children meet and play together. The visit also included time spent with leaders of 3HO Europe, and Siri Singh Sahib Corporation representatives. ॐ



Photos by Roman Lutkiv and Jaspreet Kaur. Top right: Dharamvir Singh and children; Center Right: Gurdial Singh with Inderpal Singh, Event Manager of the European Yoga Festival; Third Right: Gurdial Singh, Jugraj Singh and Simran Singh - Office of Global Affairs Adviser at the SSSC - visiting the Bazar of the EYF at sunset ; Bottom Left: Sarabjit Kaur, long time 3HO-Sikh Dharma community member and 3HO Europe board member, surrounded by Jasvir Singh, Surinder Kaur and other members of the Bobigny delegation



Blessings and grace at the European Yoga Festival's Gurdwara where Jasvir Singh and Jugraj Singh, Hazoori Raagi from Darbar Sahib played Gurbani kirtan with Guruprakash Singh from Chardikala Jatha. Then Sada Sat Simran Singh joined and all played with Amar Singh another batch of uplifting kirtan.



European Yoga Festival



EYF



[WEBSITE](#)



[IG](#)

Photos: Top : Jasvir Singh, Jugraj Singh and Guruprakash Singh; Center: Sada Sat Simran Singh, Amar Singh, Guruprakash Singh; Left, seated with Siri Guru Granth Sahib, Ajooni Singh, Yogi Bhajan's personal cook for many years and Kitchen Manager at Miri Piri Academy for more than 10 years. Botom: Musicians rehearsing at EYF: Hansu Jot Singh, Karina Skye and Harman Singh

Chardikala Jatha

CKJ is a Jatha composed of Western Sikhs, introduced to Sikh Dharma by the Siri Singh Sahib Yogi Bhajan.

Since 2000 they have studied Gurbani Kirtan, the last ten years under the direction of Ustaad Narinder Singh Sandhu, a Professor of Indian Classical Music at Guru Nanak Dev University.

Their numerous performances across the world bring joy to many and a sense of community across all segments of the greater Sikh Sangat.

Today they include a young generation of musicians and former students of Miri Piri Academy, our school in Amritsar, who also learn from Ustaad Ji.



The Gurbani kirtan performances by Chardikala Jatha enriches the spiritual lives of those they touch, honor the teachings of Siri Guru Granth Sahib and promote harmony among all.



- **Listen to Gurbani Kirtan and read Nitnem along with Chardikala Jatha on Sikhnet Play**
- **Listen to their Kirtan at Singh Sabha Gurdwara, France**

Of Interest: The only Jatha allowed to play at Golden Temple wearing Dumalla Turbans.

USTAAD NARINDER SINGH JI

Ustaad Ji of the Talwandi Gharana lineage of classical music has taught classical music at Miri Piri Academy for the last eight years. He visited the United States several times to teach and perform at Hacienda de Guru Ram Das, the headquarters of Sikh Dharma International, in Espanola, New Mexico.

He was a guest teacher at the 2024 European Yoga Festival where he offered music classes for a week and performed Gurbani kirtan at festival's Gurdwara with Chardi Kala Jatha along with the young generation of the Jatha, during Rehansbhai.



Listen to Gurbani Kirtan by Ustaad Ji



Photos: Middle Left: Jugat Guru Singh & Sada Sat Simran Singh; Middle Right: by Balbir Singh, CKJ in India; Bottom Left: Ustaad Ji, Center and Left by Roman Lutkiv: Ustaad Ji and Jugraj Singh have known each other for a very long time; Right Ustaad Ji Teaching at European Yoga Festival

*“Attitude of gratitude
is the glory of God,
and service and ability
is the story of God.”*



The Teachings of Yogi Bhanjan©- 11/24/94



A Concert for Peace to Unite Hearts Through Music

The Concerts for Peace are a powerful initiative born out of a vision to promote unity, healing, and global Peace through the universal language of music. Organized by the German Sangat of the Boizenburg Gurdwara and especially Sat Hari Singh, a pioneer in the Kundalini Yoga and Sikh Dharma community. Over the years, the event has become a symbol of collective hope during challenging times.

A Vision of Unity

The Concert for Peace brings together musicians, spiritual practitioners, and communities from around the world. This year's event sought to bridge Russian and Ukrainian communities amidst ongoing conflict. Despite logistical challenges and limited resources, Sat Hari Singh successfully united people in a shared intention for Peace.

The Power of Music to Heal

For Sat Hari Singh, music has been an Art form and a spiritual tool. "Music can reach every heart," he explained, emphasizing its ability to transcend boundaries and foster a sense of interconnectedness. The concert featured a rich line up of musicians performing sacred mantras, Gurbani Shabads, and uplifting compositions that resonated deeply with the audience.

The Importance of Community and Outreach

One of the key challenges highlighted during the event was the need for better global communication and outreach. Sat Hari Singh stressed the importance of having effective marketing and information-sharing systems to ensure broader participation in future concerts. "We need collective personal or local marketing experts for platforms like TikTok and Instagram," he said, recognizing the power of modern technology to amplify their message. "We could have had thousands of participants if we knew how to reach them" he emphasized.

The Impact of Concerts for Peace

The Concerts for Peace purpose is to inspire individuals and communities to embrace Peace and Harmony in their daily lives by fostering an environment of spiritual connection. They are a reminder that even in times of division, Unity and Love are possible.

Photos: Flyer of the Concert for Peace

Highlights of the Concert

- **Musical Performances:** Renowned Kundalini Yoga musicians - from Austria, Italy, Belgium, Ireland, Ukraine, Estonia, Hungary, Portugal, UK, Russia, Turkey, USA, India, Colombia, South Africa - created an uplifting atmosphere of devotion and reflection.
- **Global Participation:** Over 150 people joined the concert online, with participants tuning in from around the world. Sat Hari Singh expressed his desire to reach even larger audiences in the future.
- **A Call for Collective Action:** The event served as a reminder of the importance of coming together for a higher purpose.

Listen to the Concert on YouTube



Musicians

Siri Sadhana Kaur (UK), Kevin James Carroll & Susanna (Australia), Prithi Nivas (Germany), Hansu Jot (Germany), Nam Bhagat Singh (Russia), Harimandir (Belgium), Kirtan Rajdev (Ukraine/Russia/Germany), Amrit Sadhana Singh & Benedikt (Switzerland/Germany), Mata Mandir Singh (US/Italy), Olga & Dmitry (Russia), Guru Prem Singh (US), Manu Om (Spain), Krishna Kaur (USA).



Photos : Bottom: moments of the Concert with Siri Sadhana Kaur, Kirtan Rajdev, Olga & Dmitry, Krishna Kaur

Looking Ahead

The Boizenburg team hopes to expand the reach of the Concerts for Peace, envisioning thousands of participants in future events. They believe that with proper planning and global collaboration, the concerts can be a source of inspiration for all and show how music and spirituality can bring people together to create meaningful change and a more peaceful world. ॐ MK

Guru Ram Das Aquarian Academy in Boizenburg, Germany

The Guru Ram Das Aquarian Academy is a center for the epoch-making teachings of Yogi Bhajan. In the "Happy, Healthy & Holy Organization" (3HO) he founded in 1969, he outlined a humanistic way of life in which (Kundalini) Yoga and (Sikh) Dharma are united for the first time. Our academy is a living center for this way of life.

Kleine Wallstr. 7 · 19258 Boizenburg



**RA MA DA SA Healing & Kirtan
Everyday at 7 PM CET**

JOIN



Photos: Middle: Entrance of GRDAA and Gurdwara with the Team: Sat Hari Singh, Guru Dev Kaur and Mata Mandir Singh; Bottom, GRDAA Gurdwara

Sat Hari Singh: A Life of Dedication, Service, and Spiritual Leadership



Sat Hari Singh is a prominent figure in the Kundalini Yoga and Sikh Dharma community, known for his lifelong commitment to Seva, spiritual growth, and community building. Through teaching, music, and global initiatives, he has inspired countless individuals to walk the path of self-awareness and unity.

The Call to Kundalini Yoga and Sikh Dharma

Sat Hari Singh's spiritual journey began in 1981 when he and his family visited the ashram in Amsterdam, The Netherlands. When the family went back to Hamburg, Germany, they started to attend the local Ashram, launched by Tarn Taran Singh and Tarn Taran Kaur.

Reflecting on his initial calling, he shares, "The Lord placed His finger on my mind and said, 'Recognize Me. I am with you.'" This profound experience led him to Kundalini Yoga and Sikh Dharma, which he embraced as one integrated path.

"There was no separation," he emphasizes. "Kundalini Yoga is for myself; the Dharma is for others. That's what 3HO was about."

Photo : Concert for a new Millennium 2000. "We had a Great gathering at 31.12.1999 in a big Museum in Hamburg at that time, we have a Long Tradition of Networking with different spiritual groups and publications in Hamburg" said Sat Hari .

Building Community: A Life of Service

From the early days in Hamburg, Sat Hari Singh played a pivotal role in establishing a thriving spiritual community. He recalls, “We had a group Sadhana every day since 1981. Without it, nothing works. Sadhana is the foundation.”

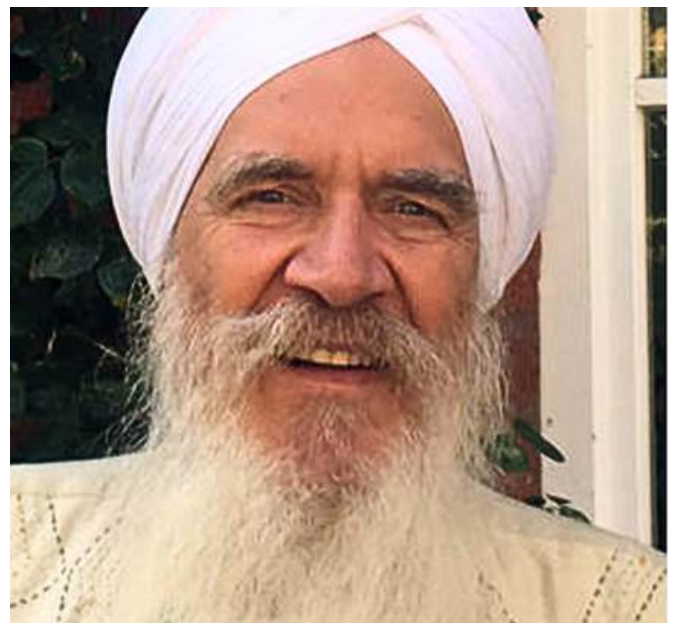
His community work extended beyond Kundalini Yoga. In the late 1980s, he initiated the “Meeting of the Religions” in Hamburg, a series of interfaith gatherings aimed at fostering dialogue and unity. “We brought together Sufis, Buddhists, Christians, and Yogananda devotees,” he says. “It was One heart, One love; an opportunity to celebrate our shared humanity.”



Expanding the Reach with Festivals

In addition to teaching, Sat Hari Singh contributed significantly to the global success of prosperous businesses.

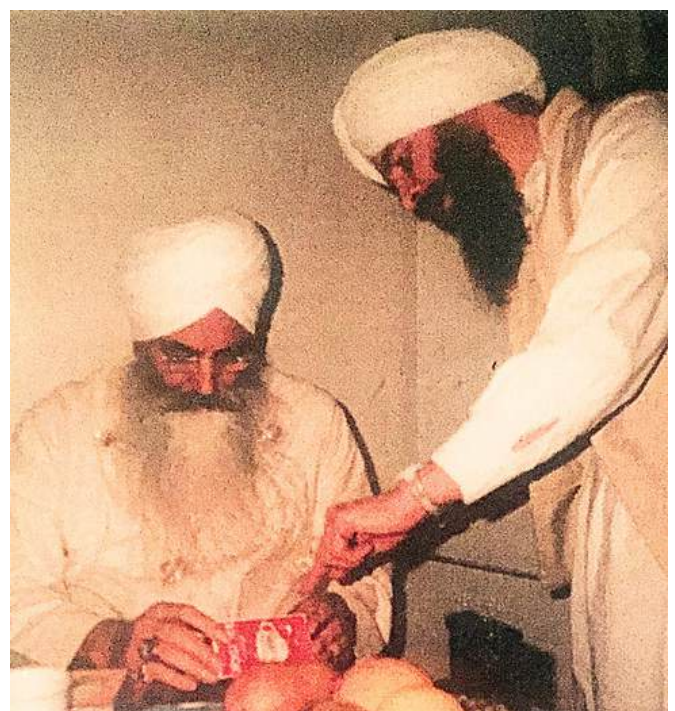
He also co-founded the German Kundalini Yoga Festival in 2010, which has grown to attract hundreds of participants annually. “At its peak, we had over 700 people,” he recalls. “It’s a space for teachers and students to share, grow, and connect.”



Music as a Bridge for Peace

Music has been central to Sat Hari Singh’s work, from daily healing concerts to organizing large-scale events like the Concert for Peace. “Music reaches the heart,” he says. “It’s a universal language that can bridge divides and inspire healing.”

His commitment to using music as a tool for social change stems from his belief that “we must have an impact. The situation in the world is so dramatic and irrational that we cannot remain silent. We have to raise our voices for Peace.”



Advice for Aspiring Leaders

When asked what advice he would give to those seeking to create spiritual communities or organize events, his response is clear: “Do Sadhana. That’s the starting point. Without a solid personal practice, nothing can be built on a strong foundation.”

Challenges and Lessons in Leadership

Sat Hari Singh acknowledges the difficulties of building a global community. “Our biggest challenge is the overflow of information,” he says. “We need to focus on a few major events each year and do them well. Collective efforts in communication and outreach are essential.”

He also highlights the importance of authenticity in teaching: “Sadhana is what keeps us grounded. Without it, teachers risk losing their connection to the essence of the practice.”



From 2012-2019, Sat Hari Singh organized a Yogi Tea Booth at the European Yoga Festival in France, fully run by Miri Piri Academy students. The students earned some income, besides a Festival discount, working on shifts of 4 hours, serving and preparing tea. Between 4:00 and 8:00 am they offered hot water and tea for free. At the end of the 9-10 days of festival they had distributed an impressive 14,000 cups at each European Yoga Festival. The project provided students with their first taste of business success, teaching them teamwork and responsibility as they managed the booth set up, operations and breakdown independently. “They had a lot of fun!” Sat Hari recalls, as the initiative combined Seva in community and to the community, and learning in a joyful and rewarding experience.

Photo : With the Miri Piri Academy Students and Danilo who is in charge of Sales and transportation

A Vision for the Future

Sat Hari Singh envisions a bright future for Kundalini Yoga and Sikh Dharma. “These teachings are tools for transformation,” he says. “As humanity evolves, Kundalini Yoga will continue to serve as a guiding light.” He also dreams of expanding the Guru Ram Das Aquarian Academy to house a comprehensive library of Kundalini Yoga and Sikh Dharma teachings. “I want this place to be a sanctuary for future generations, a temple of learning and growth.”

Reflecting on Life and Legacy

When asked what he might do differently in his journey, Sat Hari Singh responds with humility: “I would listen more closely to the divine voice within me. It would have helped me avoid some mistakes. But the Lord is always with me, guiding me every step of the way.”



Bhakti, Seva, Simran

Sat Hari Singh’s life is a testament to the power of devotion, service, and unity. His work in building communities, sharing the teachings of Kundalini Yoga and Sikh Dharma, and fostering global Peace continues to inspire many. “We are servants,” he says. “When we open our hearts and serve, the Lord sends us people to help. That’s how we grow.” ॐ MK

Photo : Bonding as Sangat around the fire outside the GRDAA in Boizenburg

References: Books and Albums by Sat Hari Singh

Books:

Anhang A Schriftwerke und Übersetzungen des Autors (Sat Hari Singh)
Fit in 15 Minuten - Sat Hari Singh (short KY Kriyas)
Tagebuch der Liebe - Sat Hari Singh (Deutsch)

Translations:

Kirtan Sohila - Abendfrieden, Transliteration & Deutsch
Jaap Sahib transliteration & Deutsch
JAP JI SAHIB Gurmukhi-Deutsch
The Art of Sales - Yogi Bhajan
Perlen der Wahrheit, Beads of Truth - Yogi Bhajan
600 Sutras of the Master English / Deutsch
Understanding Jap-Ji, Workbook English & German
Yoga of Love - Yoga der Liebe - poetry of Yogi Bhajan English / Deutsch
Mantras in Kundalini Yoga - Sat Hari Singh (Deutsch)

Some of Sat Hari's Albums:

Mantras for (Wo-)Man's Transformation (Album)
Herzschlag (Album)
Live at the Golden Temple (Compilation)
Servant of the Heart (Album)
Soul Rise Sadhana (Album)
Song of the Soul (Album)
Gurudeva (Album)
Zu Hause (Album)

Some FACEBOOK Inspiring Posts:

[Sadhana at European Yoga Festival, France 2024](#)
[Love Song For Guru Nanak](#)

SPOTIFY



[SAT HARI SINGH](#)



Photo : Surrounded by his 2 sons

*“For some people, marriage and divorce
are just polarities,
but if really marriage is considered to be
a fulfillment of destiny,
then it is not a polarity;
it is infinity.”*





A Note to Our Readers

Dear Readers,

As we present this first edition of The Sangat News magazine, we want to share a few kind notes and acknowledgments:

- Some of the photos featured in this issue were sourced from the internet, and we were unable to identify the photographers. If you recognize your work, please reach out to us so we can properly acknowledge your copyright and express our gratitude for your contribution.
- While we have done our best to ensure accuracy, there may be some typos or errors. We sincerely apologize and ask for your patience as we are still in the process of building our team and refining the production process.
- This magazine is a labor of love, designed to share stories of hope, service, and transformation from around the world. We will be continuously expanding its scope and welcome your feedback, ideas, and contributions to help us make future editions even more inspiring and inclusive.
- Currently, our translations are provided by DeepL and may not always be completely accurate. As we continue to develop, we plan to assemble a team of translators to ensure the accuracy of future editions.

Thank you for joining us on this journey.

Together, we can build a platform that celebrates the beauty of service and uplifts our shared humanity.

With gratitude,
The Editorial Team

Building Virtual Spaces for Community

The Sangat News

Would you like to share your story or experience through Kundalini Yoga and/or Sikh Dharma?

Would you like to serve your community and write for The Sangat News?

Please send us an email and let us talk about it: manou@ssscorp.org

The Sangat News

Join and share with everyOne on Instagram.

We open a space to shout out about your projects and initiatives.

Let us create a grid of Doing Good around the world and support each other and the Ones in need.

Send your initiatives in DM with visuals and links or send your IG Posts and we will share them in this space to go global



*“Our thanks that we are Guru’s sons
and daughters.
Our thanks that with our denial,
we are not denied.
With our low grade,
we are always exalted.
We turn our back,
Guru goes around
and turns his face toward us.”*



