



# The Healing Power of Listening

Survivors' stories &

The dark history of Yogi Bhajan's Kundalini Yoga & Sikh Dharma community

Els Coenen & GuruNischan – ICSA conference Barcelona – July 5, 2024

# The Healing Power of Listening



## Uncomfortable Conversations:

The Untold Stories of the  
3HO Kundalini Yoga Community

@GuruNischan  
[www.Gurunischan.com](http://www.Gurunischan.com)



# The Healing Power of Listening



## Uncomfortable Conversations:

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[www.abuse-in-kundalini-yoga.com](http://www.abuse-in-kundalini-yoga.com)



## Abuse in Yogi Bhajan's 3HO Kundalini Yoga World

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**ABUSE & MISCONDUCT STORIES**

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Yogi Bhajan  
(†2004)

The 3HO Healthy-Happy-Holy Organisation  
kept Sexual and Child abuse & other Criminal Activities  
hidden for 50 Years.



Guru Dev Singh  
leader Sat Nam  
Rasayan († 2021)  
[Link abuse stories](#)

[Child Abuse](#)

[Sexual Abuse](#)

[Lies & Deceit](#)

[Other Transgressions](#)

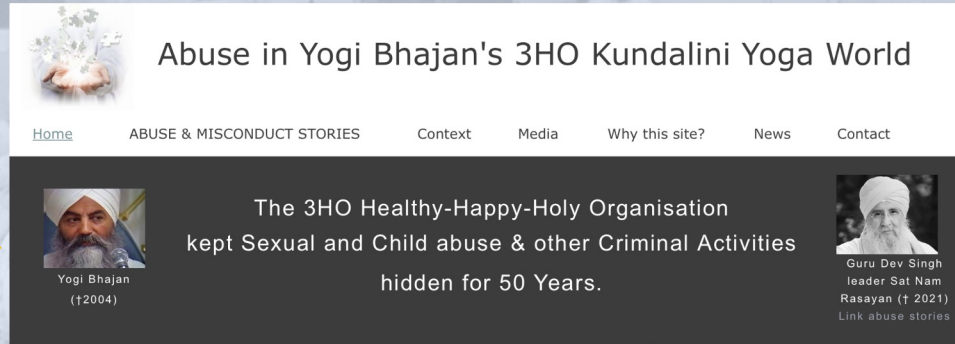
[All kinds of fraud & more](#)

# The Healing Power of Listening

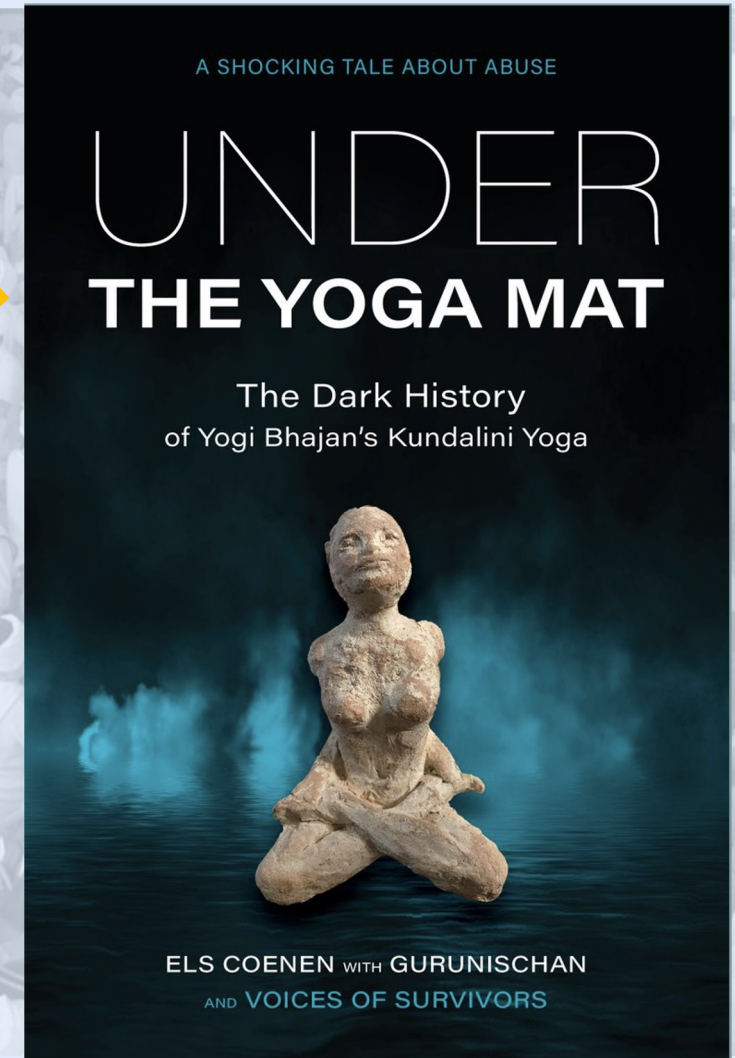


## Uncomfortable Conversations:

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[www.undertheyogamat.com](http://www.undertheyogamat.com)





Yogi Bhajan's  
**Healthy Happy Holy**  
3HO cult

1968

Harbhajan  
➤ LA

Drugs & arms  
trafficking,  
murder

Child Abuse  
>1000 children



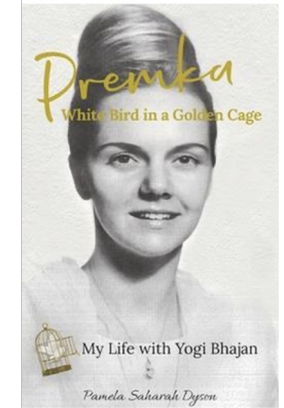
†  
2004

Business fraud,  
tax evasion

Homophobia

Sexual Abuse  
>100 women

Exploitation,  
emotional &  
financial abuse



2020

start  
massive  
revelations



After his death  
YB was officially  
honored in the US.



## H.Con.Res.34 — 109th Congress (2005-2006)

Agreed to March 21, 2005.

### YOGI BHAJAN—RECOGNITION

Whereas the Sikh faith was founded in the northern section of the Republic of India in the 15th century by Guru Nanak, who preached tolerance and equality for all humans;  
Whereas the Sikh faith began with a simple message of truthful living and the fundamental unity of humanity, all created by one creator who manifests existence through every religion;  
Whereas the Sikh faith reaches out to people of all faiths and cultural backgrounds, encourages individuals to see beyond their differences, and to work together for world peace and harmony;  
Whereas Siri Singh Sahib Bhui Sahib Harbajan Singh Khalsa Yogi, known as Yogi Bhaajan to hundreds of thousands of people worldwide, was born Harbajan Singh Puri on August 28, 1929, in India;  
Whereas at age eight, Yogi Bhaajan began yoga training, and eight years later was proclaimed by his teacher to be a master of Kundalini Yoga, which stimulates individual growth through breath, yoga postures, music, chanting, and meditation;  
Whereas during the turmoil on the partition between Pakistan and India in 1947, at the age of 18, Yogi Bhaajan led his village of 2,000 people 120 miles on foot to safety in New Delhi, India, from what is now Lahore, Pakistan;  
Whereas Yogi Bhaajan, before emigrating to North America in 1966, served the Government of India faithfully through both civil and military service;  
Whereas when Yogi Bhaajan visited the United States in 1968, he discovered immediately that the experience of higher consciousness that many young people were attempting to find through drugs could be achieved through Kundalini Yoga, and in response, he began teaching Kundalini Yoga publicly, thereby breaking the centuries-old tradition of secrecy surrounding it;  
Whereas in 1969, Yogi Bhaajan founded "Healthy, Happy, Holy Organization (HHO)", a nonprofit private educational and welfare foundation dedicated to serving humanity, inspiring physical well-being, deepening spiritual awareness, and offering guidance on optimism and health, interpersonal relations, child rearing, and human behavior;  
Whereas under the direction and guidance of Yogi Bhaajan, HHO expanded to 300 centers in 18 countries;  
Whereas in 1971, the president of the governing body of Sikh Temples in India gave Yogi Bhaajan the title of Gurmukh Sahib, which made him the chief religious and administrative authority for Sikhs in the Western Hemisphere, and subsequently the Sikh seat of religious authority gave him responsibility to create a Sikh ministry in the West;  
Whereas in 1971, Sikh Dharma was legally incorporated in the State of California and recognized as a non-sectarian religion;

Whereas in 1973, Yogi Bhaajan founded "HHO SuperHealth", a successful drug rehabilitation program that blends ancient yoga wisdom of the East with modern technology of the West;  
Whereas in June 1985, Yogi Bhaajan established the first "Inter-national Peace Prayer Day Celebration" in New Mexico, which will draw thousands of participants annually;  
Whereas Yogi Bhaajan traveled the world calling for world peace and religious unity at meetings with leaders such as Pope Paul VI, Pope John Paul II, His Holiness the Dalai Lama, the President of the Soviet Union, Soviet President Gorbachev, the President of the United States, and two Archbishops of Canterbury;  
Whereas Yogi Bhaajan wrote 30 books and inspired the publication of 300 other books through his teachings, founded a drug rehabilitation program, and inspired the founding of several businesses;  
Whereas Sikhs and students across the world testify that Yogi Bhaajan exhibited dignity, diversity, grace, commitment, courage, kindness, compassion, tolerance, wisdom, and understanding;  
Whereas Yogi Bhaajan taught that in times of joy and sorrow, members of the community should come together and be at one with each other; and  
Whereas before his passing on October 6, 2004, Yogi Bhaajan requested that his passing be a time of celebration of his going home; Now, therefore, be it

Resolved by the House of Representatives (the Senate concurring), That the Congress:

- (1) recognize that the teachings of Yogi Bhaajan about Sikhism and Yoga, and his business format under his inspirations, improved the personal, political, spiritual, and professional relations between citizens of the United States and the citizens of India;
- (2) recognize the legendary compassion, wisdom, kindness, and courage of Yogi Bhaajan, and his wealth of accomplishments on behalf of the Sikh community; and
- (3) extend its condolences to Indarjit Kaur, the wife of Yogi Bhaajan, his three children and five grandchildren, and to Sikh and HHO communities around the Nation and the world upon the death on October 6, 2004, of Yogi Bhaajan, an individual who was a wise teacher and mentor, an outstanding pioneer, a champion of peace, and a compassionate human being.

Agreed to April 6, 2005.

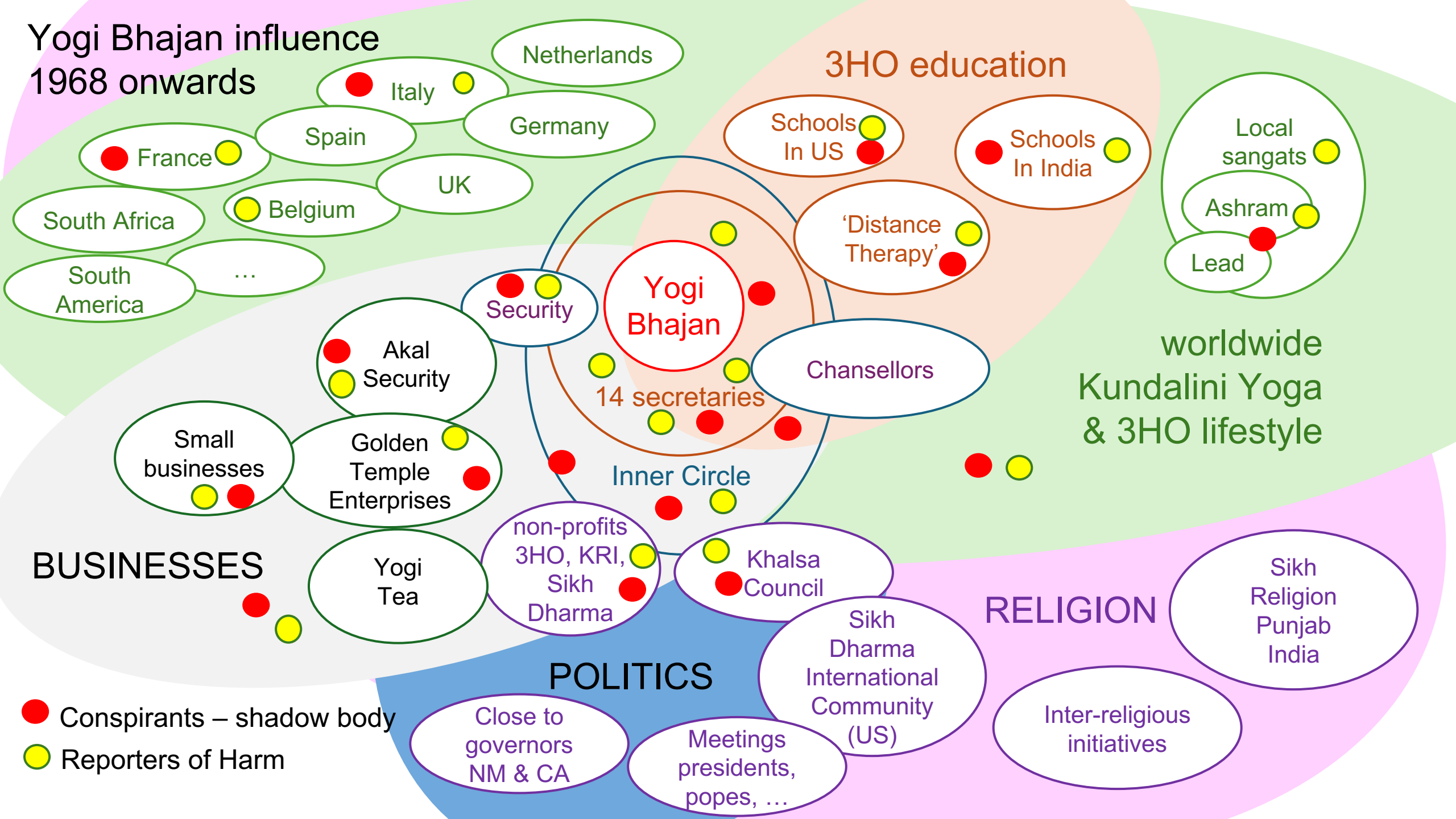
### BIG BROTHERS BIG SISTERS—100TH ANNIVERSARY

Whereas the year 2004 marked the 100th anniversary of the founding of Big Brothers Big Sisters;  
Whereas Congress chartered Big Brothers in 1908;

on [www.abuse-in-kundalini-yoga.com](http://www.abuse-in-kundalini-yoga.com)



# Yogi Bhan influence 1968 onwards



# Whole body listening to authentic voices of survivors





**Aug 3 - 11, 2024**  
**Yoga Festival in France**  
**incl. 3 days of White Tantra with Yogi Bhajan video's**



**White Tantric Yoga**

Backup slides  
giving more context





# abuse & crime stories told

1968

2004

2020

2024

Yogi Bhanjan

► LA

† Yogi Bhanjan

start  
massive  
revelations

deniers  
are  
leading



# Status 2024

HQ's

non-profits & businesses in  
the US - NM, CA & OR

Kundalini Yoga in 122 countries

x00.000's Kundalini Yogi's

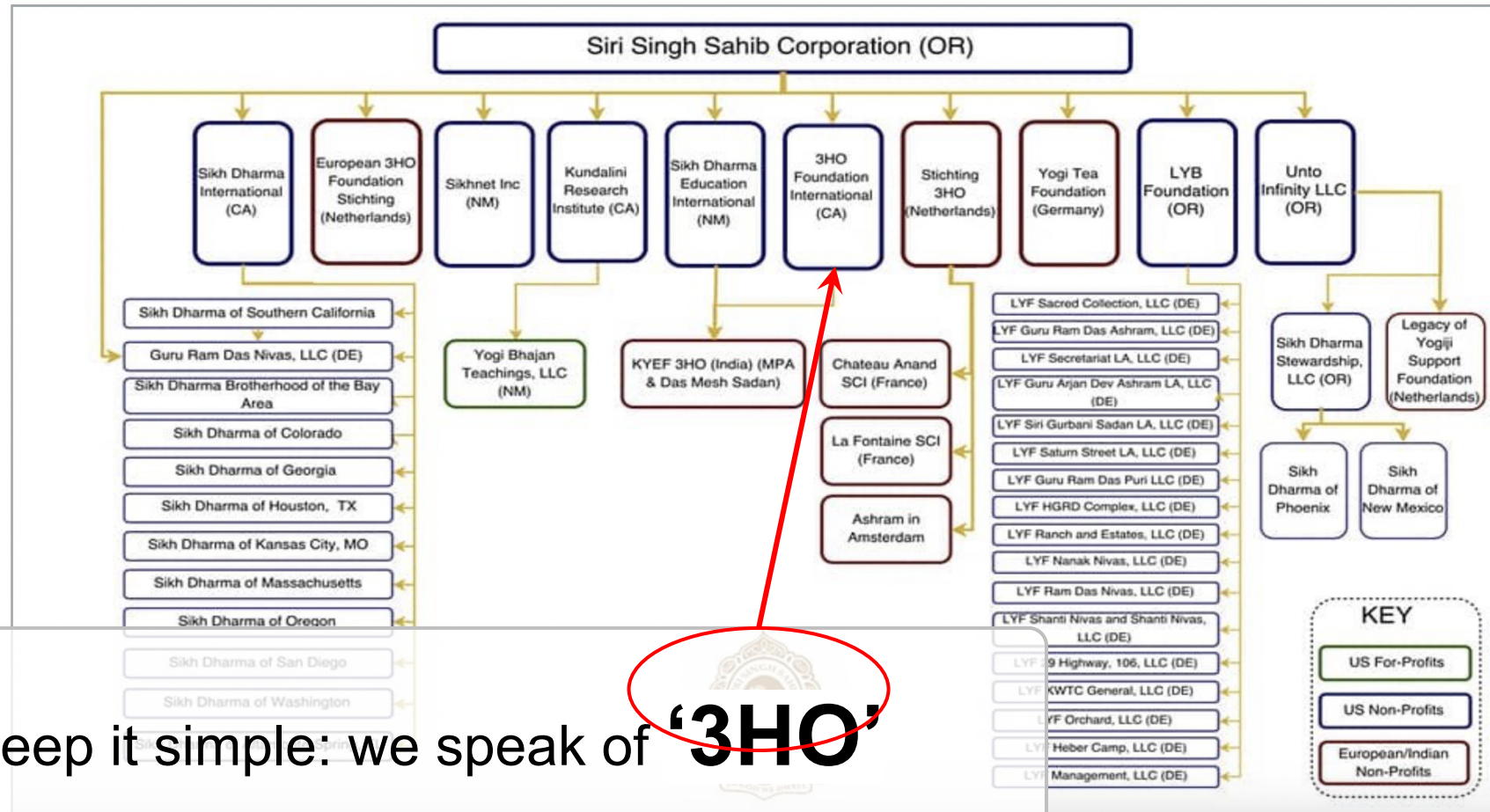
32.000 certified teachers

1.000 teacher trainers in 72 countries

Growing markets: Russia and China



# A complex web of non-profits / profits – yoga / religion / businesses



To keep it simple: we speak of **'3HO'**

the **H**ealthy **H**appy **H**oly **O**rganisation °1969





Harbhajan Singh Khalsa



°1929  
Punjab

1968 → US

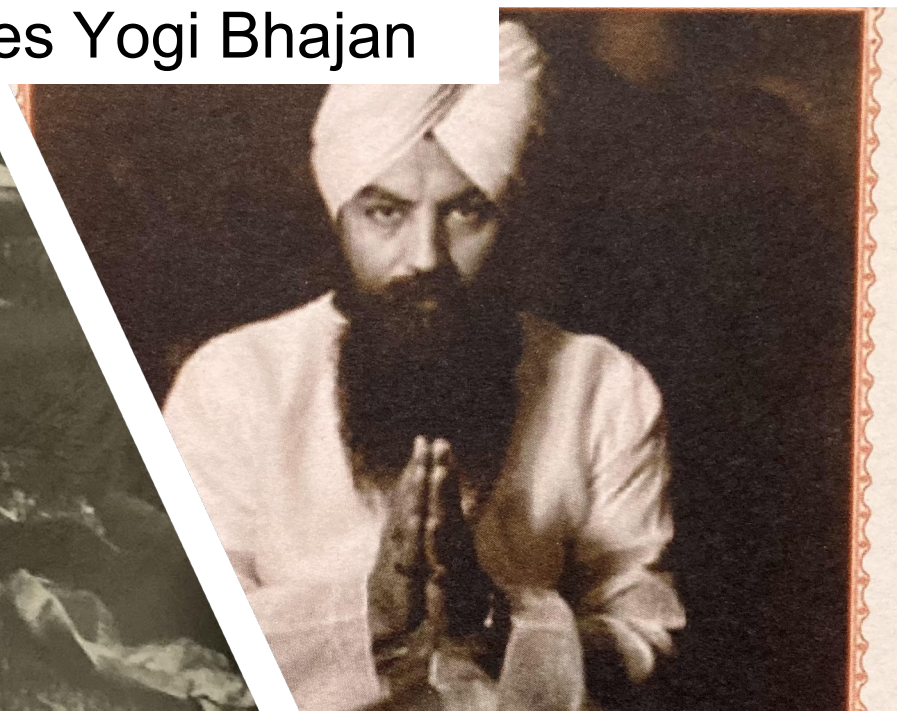
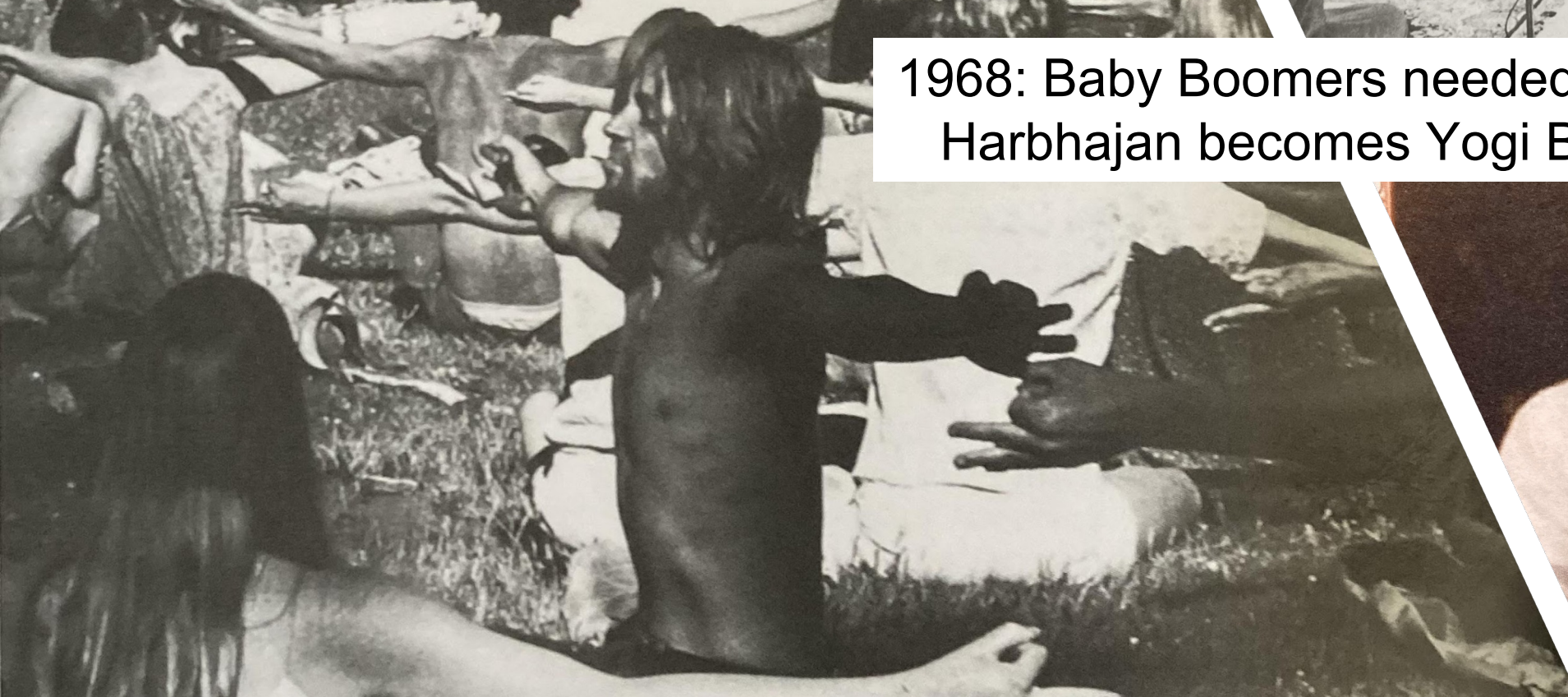
† 2004 US







1968: Baby Boomers needed a Guru  
Harbhajan becomes Yogi Bhajan





Music connects and 'love bombs'  
YB weaves Sikh mantras through his yoga sets







YB at Women's camp 1991:  
'Rape is always invited.' [Link](#)







Forced Marriages & Distance Therapy for 3HO children





# Report on Themes and Impacts of 3HO Childhoods

## Prepared for the Independent Healing & Reparations Program

by  
Alexandra Stein, Ph.D.  
October 2022



Source  
[https://www.alexandrastein.com/uploads/2/8/0/1/28010027/childhoods\\_in\\_3ho.pdf](https://www.alexandrastein.com/uploads/2/8/0/1/28010027/childhoods_in_3ho.pdf)

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### ***The Experiences of the Children .....***

#### **Separation from Parents.....**

#### **Neglect.....**

- Emotional neglect.....
- Food.....
- Sleep.....
- Hygiene.....
- Medical and mental health neglect.....
- Child endangerment.....
- Educational deprivation.....
- Cultural deprivation.....

#### **Abuse .....**

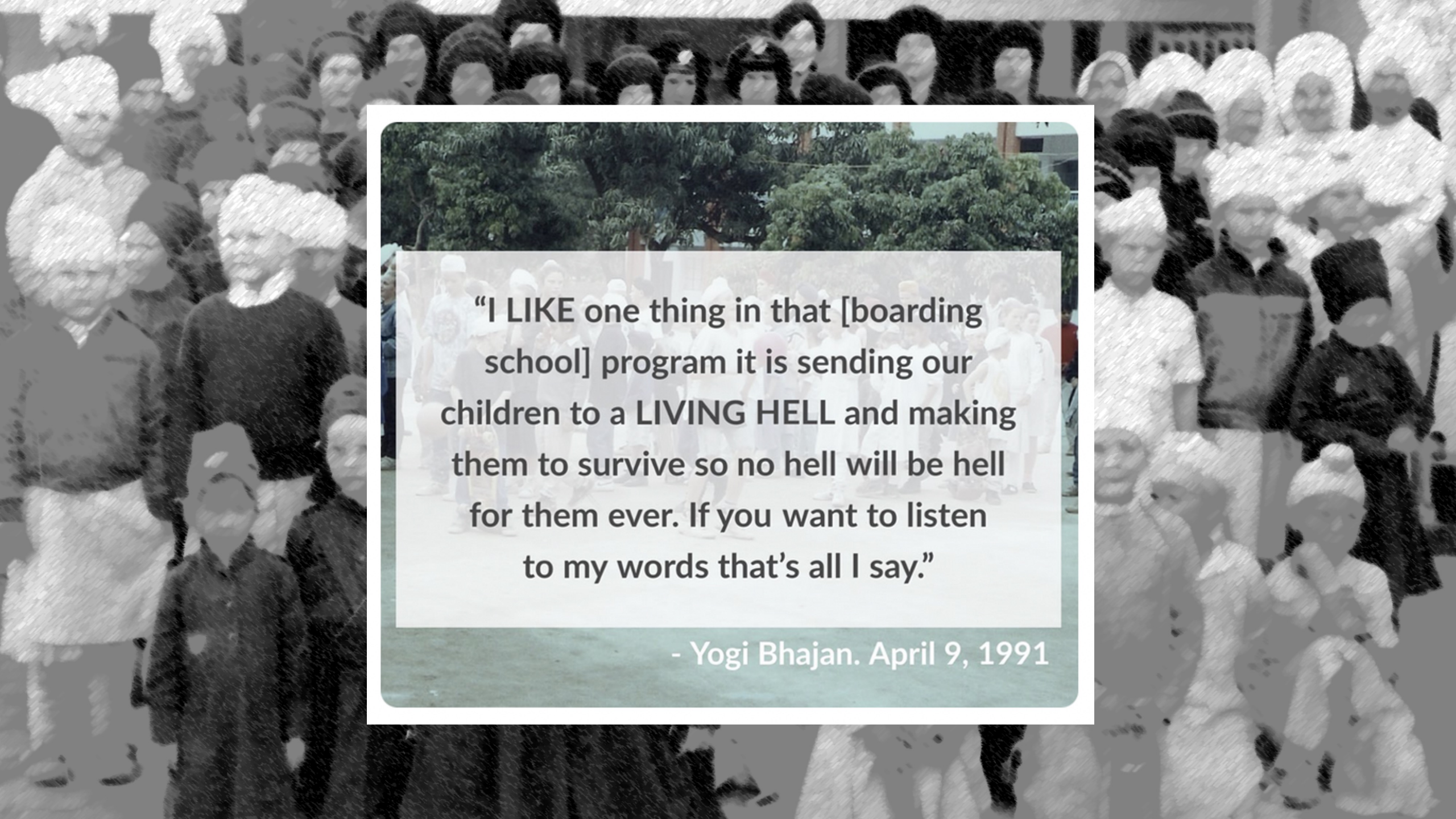
- Physical abuse.....
- Verbal abuse and humiliation.....
- Sexual abuse of children.....

#### **Coercion .....**

#### **Isolation from the mainstream .....**

#### **Grooming for adult roles .....**

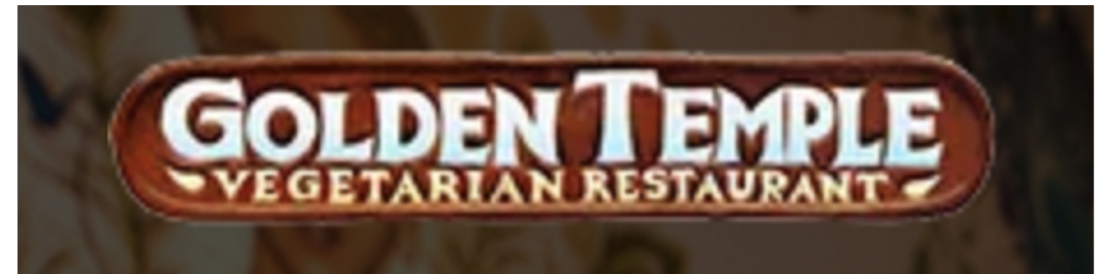




“I LIKE one thing in that [boarding school] program it is sending our children to a LIVING HELL and making them to survive so no hell will be hell for them ever. If you want to listen to my words that’s all I say.”

- Yogi Bhan. April 9, 1991





and more

...

Trigger warning for next slide ...



*‘He bit my tongue. He sucked on my tongue, and it turned blue. I cried, but he would not let go until he finished. A staff member noticed my tongue was blue. The woman said, “Where’d you get the blue tongue?” but she knew what it meant. It happened to her too. I was sleep deprived for ten years. It got to the point where I dreaded and loathed private time. He would bite me on my neck , ears, and cheeks, and I cried. He bit my privates. He showed no remorse for hurting me. I took pain pills like candy. (Before Yogi Bhan’s kidney transplant), he would “go at me” for hours, biting, gripping, pinching – like he was trying to get his life force back.’*

Reporter of harm in the ‘An Olive Branch’ report – Aug 2020

INCOMPLETE

# Stories were told all along !



INCOMPLETE



More on

[www.undertheyogamat.com](http://www.undertheyogamat.com)

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