

A paragraph from a new book that will be released in the following weeks

The Cult Nature of Kundalini Yoga as taught by Yogi Bhajan and his 3HO and Sikh Dharma communities.

Proceeds will be used to sponsor the Spanish translation of Under the Yoga Mat.

[News page Abuse-in-Kundalini-Yoga December 2024](#) - More info: elscoenen@in-balans.one

An editor still needs to check this text for language errors. If you have comments on the content, please let me know. elscoenen@in-balans.one

Irresponsible Behavior of 3HO Celebrities like Snatam Kaur

Today, celebrities involved in the yoga industry do not use their privileged position to contribute to truth-telling. However, truth-telling is an essential part of the healing process, as Desmond Tutu stated in his Book of Forgiving, and celebrities could greatly help if they had the willingness and courage.

I map this issue to the BITE element II.1 ‘Deliberately withhold information’ and II.2 ‘Distort information to make it more acceptable.’¹

Using Snatam Kaur as an example, as I do below, can be considered unfair. Firstly, because she did make a statement recognizing the harm done and expressing her support to survivors. Second, she is a second-generation adult. Being born into the community, it is much harder for her to detach and discover who she is without the cult as a backbone.

I could have chosen Gurmukh Kaur from Golden Bridge, Shiv Charan Singh from the Karam Kriya school in Europe, or many others who, like these two, made horrible statements regarding the allegations and continued to run their businesses as before. They cite Bhajan and use video material with Bhajan teaching in their training as if nothing had happened.

Still, I chose Snatam Kaur, the world-renowned singer-songwriter, as she has the most extensive reach to people involved in this yoga and far beyond that. She tours worldwide with her angelic-sounding voice, music, and mantras that stem directly from Yogi Bhajan’s legacy. Her concerts draw thousands of people.

Why doesn’t she take responsibility and use her exceptional position to educate people about the true history of her community? She no longer mentions Yogi Bhajan, but she talks about Kundalini Yoga without specifying that he created it. At her concerts, she inspires people to look for Kundalini Yoga classes, knowing that they are not correctly informed about the dark side of this yoga’s history and initial purpose. Do they not have the right to know? Does she have the right to withhold that information from them?

Before Snatam changed her bio – which she probably did in 2020 – it said:

¹ The BITE model of cult expert Dr. Steven Hassan is used in *The Cult Nature of Kundalini Yoga* to map the cult characteristics he describes in his model to 3HO. The BITE model evaluates situations of exploitation, mind control, thought reform, and undue influence. It is based on four control components applied in a cult: **B**ehavior, **I**nformation, **T**houghts, and **E**motions. His BITE model lists a series of elements for each of these four that you can check off to determine if an organization or system is sectarian. His model is described in detail in his book *Combating Cult Mind Control*.

For over twenty years, she studied with and grew up in the presence of her spiritual teacher, Yogi Bhajan, while he was in his physical form, learning the essence of Naad Yoga, a form of yoga focusing on sacred sound.

Today, it says:

Snatam was raised in the Sikh and Kundalini yoga tradition in a household and community rich with traditional Sikh music and chanting. Her mother, Prabhu Nam Kaur, is a Gurbani Kirtan singer, and growing up, Snatam learned how chanting, singing, and practicing Kundalini Yoga could be a deep source of strength.

In her bio, she mentions a book she wrote in 2016.

The book's goal was to help people create meaningful daily spiritual practices modeled on the Aquarian Sadhana, the spiritual practice Snatam grew up with, including recitation, yoga, and chanting.

Here is how she is deliberately 'withholding information' or 'distorting it to make it more acceptable' (BITE II.1 & 2) to protect her business:

- . 'Sikh' tradition should be 'Western Sikh' or 'Sikh Dharma' tradition to respect Punjabi Sikhs who do not appreciate being linked to Bhajan (see 4.4). Speaking about 'Sikh tradition,' she avoids questions like: "What is the difference between a Punjabi and a Western Sikh?" Answering would be impossible without naming Yogi Bhajan.
- . 'Kundalini Yoga' should be 'Kundalini Yoga as taught by Yogi Bhajan' or 'Bhajan Yoga.'
- . She is knowingly disguising her upbringing by presenting it as very spiritual, high, and pure, even though she knows this was all window dressing and behind the veil, terrible things went on. Their spiritual master deceived them. Her fellow 3HO members were involved in his terror. By praising the practice of Kundalini Yoga and, more specifically, the Aquarian Sadhana, she shows that she is still an advocate of Bhajan's methods. This is irresponsible because Aquarian Sadhana was one of the causes of permanent sleep deprivation, one of Bhajan's primary cult weapons.

In a recent communication, Snatam shared:

Given the shocking revelations of 2020 around the abusive behavior of Yogi Bhajan, the realization that many of the victims were my own peers, and the massive attempt at control and manipulation for his own personal gain, not only of my life but of so many, I can no longer consider him to be my spiritual teacher. ²

Calling her former peers 'victims,' she minimizes the vast work that many of them did to bring their stories into the open. They are no longer victims but survivors, and Snatam still needs to figure that out.

Moreover, Snatam's clients have the right to know more than what she reveals. This is especially true because the mantras at the core of her business distinguished Bhajan's yoga from other yoga

² This communication was triggered by a mistake in an announcement of a Snatam concert in Belgium. The organizer had used an old bio, and I had reacted that I was surprised to see Snatam still refer to Bhajan as her spiritual teacher. A corrective mail was sent out, in which Snatam included a short statement which we cited here. - <https://abuse-in-kundalini-yoga.com/onewebmedia/News> - Sep 2024 - [LINK](#)

styles and made it so seductive. As Snamam correctly mentions in her message, this allowed him to 'control and manipulate.' Not sharing that info is guilty negligence.

I hope she soon realizes she can contribute to her generation's healing journey and decides to take on that critical task.