
Kundalini Yoga & Sikh Dharma Newsletter November 2024

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Kundalini Yoga & Sikh Dharma Newsletter November 2024

Sat Nam,

Welcome to the KYSD newsletter. For those of you that are new to the Kundalini Yoga & Sikh Dharma newsletter, the purpose of this monthly communication is to share events and announcements of the seven nonprofits served by the Siri Singh Sahib Corporation and affiliated organizations.

These seven nonprofits are: KRI (Kundalini Research Institute), 3HO Foundation International (Happy, Healthy and Holy), 3HO Europe, SDI (Sikh Dharma International), SDEI (Sikh Dharma Education International), SikhNet, LYBF (Legacy of Yogi Bhajan Foundation). Read more about each organization here: <https://ssscorp.org/non-profit-organizations/>

Blessings,

SSSC Administration

SSSC Announcements

3HO is seeking a CEO and a Summer Solstice Director

Click the button below to view 3HO International Chief Executive Officer (CEO)/IKYTA Executive Director and Summer Solstice Director job opportunities:

[3HO Job Opportunities](#)

SSSC Election Announcement

On Wednesday, September 11th the following election motion was passed:

Whereas there were considerable expense and logistical issues associated with the 2023 SSSC Board of Trustees election and

Whereas the SSSC Board election process was scheduled to begin in September 2024 resulting in new Trustees being seated during the April 2025 Khalsa Council meetings and

Whereas the SSSC Board is still researching potential alternatives to the current Board election process it is therefore

Resolved that the SSSC Board of Trustees election will be delayed while the SSSC researches potential alternatives and it is further

Resolved that the SSSC will notify the Sangat of its findings at or before the April 2025 Khalsa Council meetings.

SSSC Board Update



The SSSC welcomes SS Kulbir Singh Puri to the SSSC Board by Special Appointment!

International Khalsa Council Report

Video highlights from the September 2024 Khalsa Council Meeting:



Summary:

This was the first ever hybrid Khalsa Council meeting, lovingly hosted at Hacienda de Guru Ram Das Ashram. Approximately 25 people attended in person, while 50 people participated online. Although the event presented technical and operational challenges, it ultimately succeeded due to the overwhelming willingness of attendees to contribute and make it work.

Between April and September, a comprehensive phone survey was conducted with previous members. Based on the feedback received, a flexible approach to membership, dues and past payments has been adopted. Additionally, the registration and fee structure will be revised.

The membership has become smaller and more internationally diverse. There is renewed interest in Khalsa Council membership, particularly from international Sangats. Several minister candidates are awaiting confirmation, and there has been an increase in petitions for membership in the Council of Nominees, Observers, and the Millennium Section.

Several European sangat members stayed up past midnight to offer valuable input and to participate. The Hacienda de Guru Ram Das ashram members provided a dedicated and uplifting environment, enhanced by the live music rendition of Banis and mantras which spoke of togetherness and joy. A delicious lunch was catered by Guru

Bachan Singh and Kaur through Mata G. Giving KC members a chance to sit together , share a meal and catch up in the bright fall weather.

For more information and to share your input please write to:

Khalsacouncil@sikhdharma.org

KRI seeking Board Members

Current KRI Board welcoming more members to join them on this mission - Apply now! Deadline for applications extended to November 5th.



KRI is a non-profit organization that holds the teachings of Yogi Bhajan and provides accessible and relevant resources to teachers and students of Kundalini Yoga.

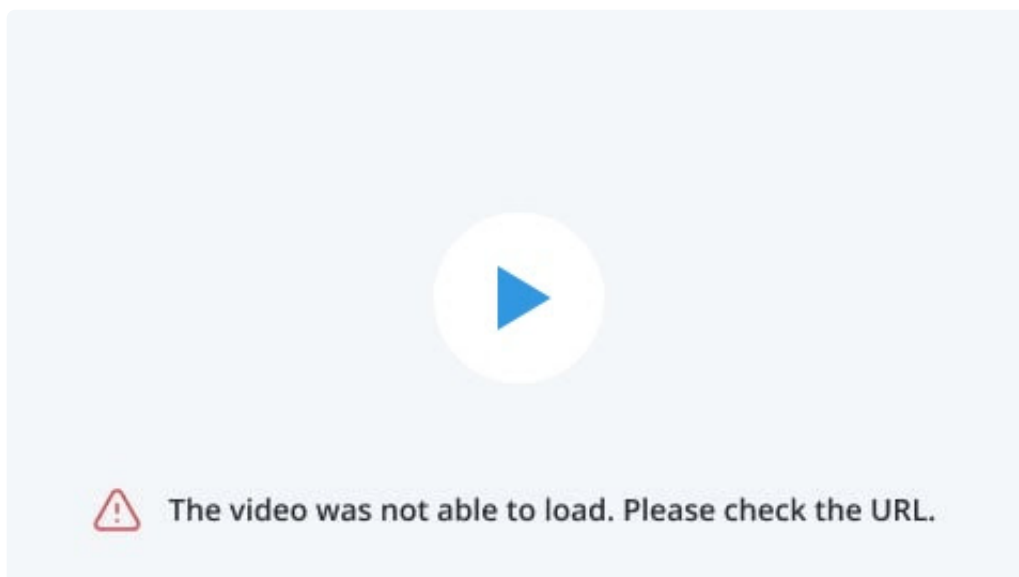
KRI upholds four pillars of purpose: training and education of students and teachers, conducting research on the benefits of Kundalini Yoga, publishing authentic material about Kundalini Yoga, and collaborating in the creation of resources with teachers and students globally.

Click the button below to view the KRI Board Member job description and to fill out an application.

This is a volunteer position.

Yogis of Ukraine film

We wanted to let you know about an inspiring film called the *Yogis of Ukraine*, which features the courageous story of the people of Ukraine practicing Kundalini Yoga. See trailer below:



This is a ground-breaking story about a few hundred yogis who are using yoga to realign themselves, heal their military, and uplift the world.

This story is a testament to the profound impact of Kundalini Yoga, particularly amidst conflict and stress. These stories demonstrate how, even in the most challenging circumstances, the tools of self-awareness and inner strength can heal, uplift, and support. It is a powerful reminder of the positive change we can create, especially in difficult times, and a chance to share our work.

Events

What's happening at Sikh Dharma International?

Daily Global Meditation for Peace



SAVE THE DATE!

Sikh Dharma International is coordinating a **daily global meditation for peace** which will start on November 1, 2024.

We invite you to join us to practice the Sat Narayan Wahe Guru

meditation to turn fear and conflict into peace and harmony.

The way it will work is that different geographic areas will take the same day each week to lead 31 minutes of chanting *Sat Narayan Wahe Guru, Hari Narayan Sat Nam* at a time that works best for the Sangat in their time zone. Every day of the week will be covered, and in that way, we will be praying for peace together every day as a Global Sangat.

Click the button below for details for specific days and times for each geographic area

Global Meditation for Peace

What's happening at Kundalini Research Institute(KRI)?



Level Two Mind & Meditation Immersion

If you've been dreaming of a deeper journey into Kundalini Yoga, **now is the time!** Just a few spots remain for our **Level Two Mind & Meditation Immersion** in the heart of India.

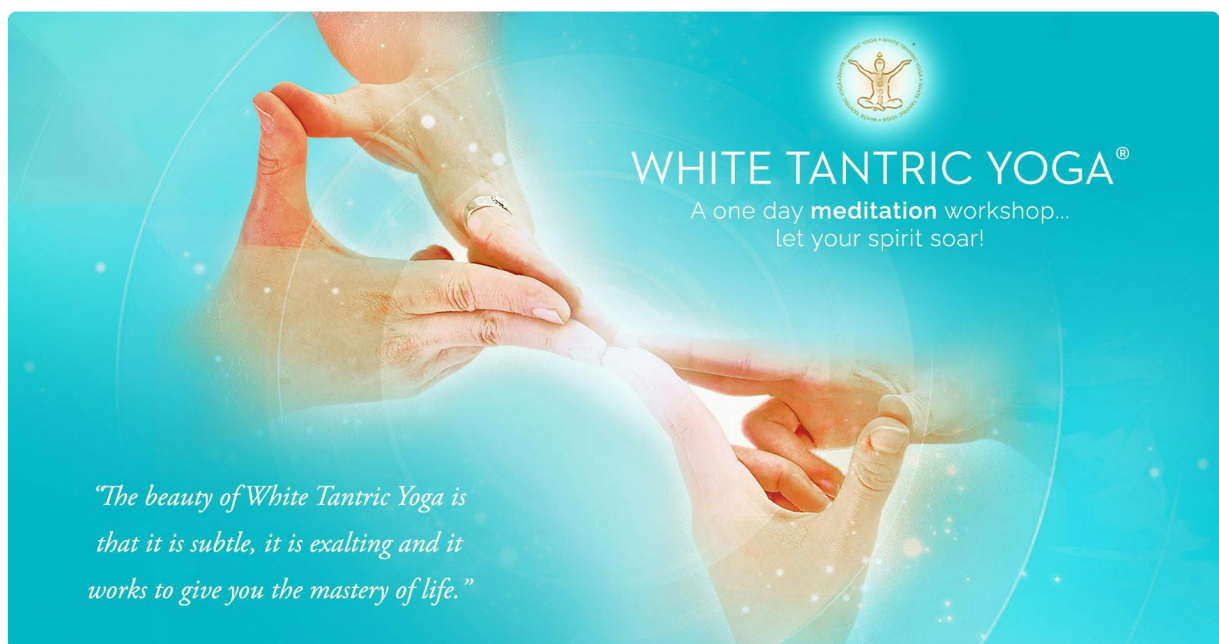
Imagine immersing yourself in the rich spiritual landscape of

India, surrounded by a community of dedicated practitioners, and guided by experienced trainers. This is a rare opportunity to connect with your practice on a profound level and experience the transformative power of Kundalini Yoga.

Don't miss your chance to join us! **Reserve your spot today** and step into a journey that will uplift and inspire you.

Last spots available - [click here](#) and join!

White Tantric Yoga ® 2024



White Tantric Yoga® is an immersive full day meditative experience and a rare opportunity to explore the depths of your psyche and elevate your spiritual practice. There is nothing else like it. This practice awakens and cleanses the nadis and meridians, strengthens the nervous system, and allows for a renewal that brings the practitioner to a new perspective. A renewal for the trinity of mind, body and soul.

The day will be challenging and deeply fulfilling leaving you with a sense of unification, elevation, joy, and a rejuvenated spirit.

White Tantric Yoga is a potent and unique meditative experience that creates a space for transformation, clearing subconscious blocks and promoting positive internal shifts. Allow this timeless practice to serve your life, take away your stress and return to your world with inspiration and gratitude.

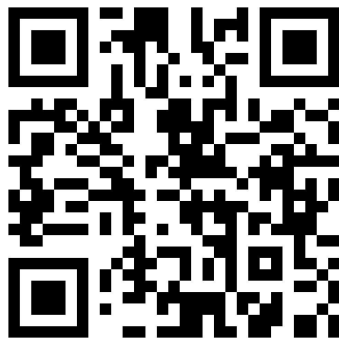
See 2024 schedule below:

November 2024

Saturday, November 09, 2024 [New York, NY, USA](#)

Saturday, November 23, 2024 [Kuala Lumpur, Malaysia](#)

2024 - 2025 Schedule



For WTY Schedule

Click here to read more about White Tantric Yoga®:

[More Information](#)

Online Classes

Subagh Kriya Online



30 MINUTES WEEKLY PRACTICE
MONDAY - 12:30 MDT

SUBAGH KRYIA

FOR ALL
TO DEVELOP INTUITION & PROSPERITY
FOR PERSONAL & COMMUNITY
GROWTH & EXPANSION



OPEN TO ALL! JOIN US!

Every Monday 12:30pm MST - 2:30pm EST - 20:30pm CET -
01:00am IST (India) - 03:30pm MYT (Malaysia)

Duration: 30 minutes From Tune In to Closing

Click the button below for important details, the Zoom link, to sign-up to lead and translations

Subagh Kriya Online

Morning Sadhana Online



Join Us for LIVE-Stream Sadhana every morning from Raj Yoga Studio.

Time: 4 am - 6:30 am EST

Where: FACEBOOK LIVE

Morning Sadhana Online

See archived classes here:

Start Sadhana Now

Giving Opportunities

FYI: This year, Giving Tuesday falls on Tuesday, December 3

Save Our Art



Help Legacy of Yogiji Foundation Sacred Collection save our Artistic

Legacy.

Our community's art collection is a powerful tapestry of our shared history, creativity, and spiritual evolution. Spanning from 1968 to 2004, these treasures tell the stories of inspiration and faith through a unique mix of antiques, manuscripts, jewelry, statuary, vehicles, photographs, textiles, and more. Each piece is a reflection of our mission and carries a deep connection to our journey.

We need your support to:

- Digitally restore and preserve original artworks.
- Protect these invaluable items by improving their storage

By joining our campaign, you help protect our heritage, ensure its vibrance for years to come, and keep the heart of our community alive for future generations.

Be part of this journey and learn more:

[Learn More](#)

**SikhNet annual year end fundraiser:
Infusing the World with Guruji's Wisdom**



The principles of Oneness, diversity, compassion and humility are as significant today as they were in the time of Guru Nanak Dev ji and we've prepared more gifts than ever to share with you!

Stay Tuned! The gifts from this campaign are all from Guru Nanak Dev ji's profound teachings - lesser known Sakhis, Gurdwaras, and a variety of PDF's that feature Guruji's wisdom.

2024 SikhNet Fundraiser

Feedback Form



We would love to hear your input, ideas, questions and comments.

You can access our new feedback form, found on the home page of our [website](#) or click here:

Your Feedback

FindYour Fearless!

*Helping you speak up
when you should ~
and normally might not!*



*Prem Jyoti Kaur wears a
Lightweight Gold Tone Kara*

KHALSA RAJ
PRODUCTS THAT UPLIFT,
INSPIRE AND HEAL



STAINLESS DAMASCUS STEEL KARAS

Traditional Stainless Steels & Durable Gold Tone
Available in Five weights & Four sizes

THEKHALSARAJ.COM

[Click here for Stainless Damascus Steel Kara Bracelets](#)



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