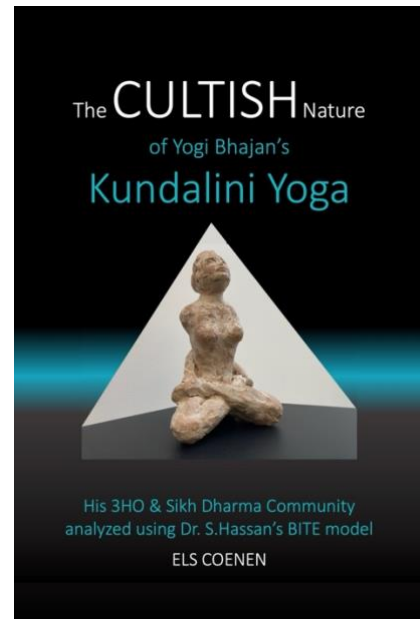


A last teaser for the forthcoming book expected to be released in February 2025.

The section below is part of

Chapter 2 – The Cultish Nature of 3HO



Child Sexual Abuse Was Intentionally Concealed

On April 7, 2022, the leaders of the 3HO Kundalini Yoga Sikh Dharma community sent a letter entitled “Acknowledgement, Apology, and Reparations program announcement.”¹ An outsider reading the letter unsuspectingly might conclude that this leadership team genuinely cares about its members. The letter expresses empathy and compassion for the survivors and seems to acknowledge the damage done.

However, critical outside observers will note that the letter excels in vagueness regarding the damage caused. They will find no answers to their questions either in the letter or on the organizations’ websites. Obvious questions, such as: Why are we only hearing about this now? What types of abuse are we talking about? Over what period did these abuses take place? Who was aware of the abuse? Were there other crimes? Why did people not talk before? Or did they? How many children/adults were involved? Where can we find more information? Have any lawsuits been filed? How many?

As Desmond Tutu pointed out, when you work according to restorative justice principles, recognizing “the harm done” without naming it has little value. He stated, “First, you need to define and name the harm done, and then you can recognize it.” Eventually, forgiveness and reconciliation can take place, but they are not essential. Justice occurs in the first two steps, which are the most crucial.

Recognizing “the harm done” without explicitly naming it is harmful to the survivors. It leaves them with questions: “What exactly do they acknowledge? Have they read my case?” Or: “Did they give me financial compensation to silence me and protect their reputation without understanding my situation? How can I find out? Who should I contact to learn more?”

Survivors need clarity and transparency, not more questions and obscurity. What is missing, is a list of the crimes that were committed and a description of the damage done, anonymized where needed.

¹ Communication from the SSSC Office of Ethics and Professional Standards, “Acknowledgement, apology, and reparations program announcement,” April 7, 2022, <https://epsweb.org/reparations/>.

This was one of the non-monetary requests that the second-generation survivors included in their open letter from June 2023 regarding necessary repairs to the reparations program, as detailed in section 1.4:

Accountability & reconciliations. *Requests include public acknowledgments and apologies from all SSSC affiliates and leadership for harms caused, including a statement of harm by Yogi Bhajan in all publications. More extensively translate, publish, disseminate, and make easily and publicly available on all community platforms and spaces both the Olive Branch and Alexandra Stein reports of harm so that every single global community member is informed. Accountability for individuals who caused harm and were protected by the organization.*²

With the deniers in control of the SSSC³ board since April 2024, it is unlikely that this will happen anytime soon. If the leaders had embraced their responsibilities, this book would not have needed to be written. We would not have to keep raising the issues and could instead happily spend our time and energy in other ways.

A few days after this SSSC letter announcing the reparations program was published, a former 3HO member⁴ shared the following comment in a private Facebook group. They gave permission to share it here.

The author used strong language that you might experience as shocking. However, remember that what was experienced within 3HO by many was far more shocking.

Trigger warning: explicit sexual violence involving children is mentioned.

SSSC writes: "Over the past two years, reports of harm have been made about Yogi Bhajan and other leaders in our community, as well as reports of harm from next-generation members about experiences in our school programs."

BULLSHIT! Reports from 2nd gen members about being abused in the India school program were made DECADES ago! Leadership orchestrated a total cover up, which the sangat [community] went along with. Parents who took their kids out of school were ostracized. Parents who left and took their abused children with them were slandered.

I remember a devastated, guilt-ridden single mother sitting in my kitchen at [location] in 1988, telling me how she sent her beautiful little boy to India at the age of five. She hadn't wanted to send him; the guilt-tripping pressure from YB (Yogi Bhajan) and the sangat was so high that, eventually, she succumbed. Once in India, her little boy was ass raped repeatedly by school staff. He came home a year later with screaming nightmares that made him afraid to go to sleep and no bladder or bowel control.

She told the directors of the program what happened. She tried to tell EVERYBODY what happened. They told her that her little boy was lying to get out of going back. That was always their explanation for every child who complained of abuse. They accused her of giving in to her child's ego. When she couldn't get anyone to believe her, she took her boy

² Second-generation advocates' "Open Letter requesting repairs to the Independent Healing and Reparations program," June 13, 2023, Link can be found on <https://www.abuse-in-kundalini-yoga.com/media>.

³ The SSSC, is the Siri Singh Sahib Corporation, the umbrella organization overseeing all yogic and religious organizations and businesses like Yogi Tea.

⁴ This person who wrote this comment on the SSSC letter "Acknowledgement, apology, and reparations program announcement," wants to remain anonymous but gave permission to share this here.

and left. Word went out to the sangat that she was in Shakti Pad [see section 2.6] for doubting her Teacher.

I remember being called to gurdwara one night for a sangat meeting to discuss accusations of abuse coming from the India school kids. This was after they were attempting suicide and coming home alcoholic. Talk about how to HELP those poor, traumatized kids went nowhere. [Name of a leader] tried to get everyone to sign a loyalty oath, swearing support for the India school program. His attitude (and that of the majority of the sangat) was that to doubt the India program was to betray Yogi Bhajan. Who cared about betraying the children?

Further down, the SSSC writes that they should have listened over the years. How nice of them.

In closing, they write: "The process of moving forward has taught us to focus on respecting each person's individual experiences and views as we embrace a collective commitment to serving everyone, without judgment or prejudice, for the good of all," followed by a lot of blather about their core values and integrity.

Which just goes to show how out of touch they still are. Everyone has the right to their own opinions, but no one has the right to their own facts. The FACT is that the crimes committed against those children were CRIMES of child neglect, child abuse, and pedophilia, criminally punishable in a court of law.

Failure of adults to report knowledge or allegations of child neglect, child abuse, and pedophilia to law enforcement is a CRIME in itself.

I know of a licensed attorney and a licensed psychotherapist and counselor in the cult who knew that allegations of sexual assault by a pedophile in the Phoenix ashram, Children's Camp, and the India school were true. They actively suppressed the allegations and actively protected the pedophile in order to protect Yogi Bhajan's reputation and business empire. Tell me, what sexual abuse victim wants to sit in langar [a free communal meal in Sikh tradition] next to these lovely people?

In response to these CRIMES, the SSSC proposes a "collective commitment to serve EVERYONE without judgment or prejudice for the good of all."

TRANSLATION: They graciously agree to believe the victims now, as long as the criminal conspirators in their cult are allowed to maintain that they didn't know about it, nothing bad happened and they didn't do anything wrong.

It's plain to see: as long as the SSSC thought they could keep their cult's child abuse hidden and the victims discredited, they had no desire to create an "Independent Healing and Reparations Program". Only now that their abuse is going public are they scrambling to show the world how much they suddenly care.

BULL FUCKING SHIT!

Every one of the purity-spouting, white-wearing religious hypocrites

- . who could have protected those children but chose not to,**
- . who abandoned each of them to a lifetime of deep psychological scars while proclaiming innocence and ignorance,**

- **who actively protected pedophiles and STILL PROTECTS THOSE PEDOPHILES TO THIS VERY DAY,**

every one of those moral cowards

- **who care more about protecting Yogi Bhajan's reputation or their income streams,**
 - **who care more about rationalizing their choice to believe in a cult than they care about protecting helpless children,**
- needs to be ass-fucked to death in prison.**

I warned you: strong language!

Writing a text like the former 3HO member did above requires reopening old wounds. This brave act allows the pus to come out, and that is the only way for long-lasting healing to occur.

The following anecdote⁵ shows that Yogi Bhajan was not a great hero himself in terms of dealing with wounds—literally.

Marina, who lived in Bhajan's court for three years from 1999 onwards, recalls that his [Bhajan's] diet was mostly not yogic. He was seventy when she arrived in his inner circle, and his health was poor. He had diabetes, his kidneys were malfunctioning, circulation through his legs was poor, and his heart regularly gave out due to his terrible eating habits.

Only on days when he got blood test results, which always showed that his cholesterol was too high, did a secretary remind him to eat healthily, but the next day, it was forgotten. While his doctors encouraged him to eat simple foods, we usually went to restaurants in the evening. He sometimes had wounds that were difficult to heal because of diabetes. For example, there was a wound on a toe that was very ugly. There was an infection on it that did not heal. When the staff took care of the wound, they did not remove the scab, so the pus stayed behind it, and the infection grew deeper and deeper.

One day Marina commented that they should remove the scab, but Yogi Bhajan waved at her that it was fine as it was. Gangrene set in, and the toe had to be amputated.

Allow me a bit of cynicism here: it appears that Bhajan's devotees have inherited their master's level of courage. They avoid examining wounds closely or touching them to clean them. Instead, they prefer to conceal them under Healthy, Happy, Holy band-aids.

One blatant contradiction in this SSSC letter is worth specifying. The first paragraph reads:

We recognize that one of our greatest organizational shortcomings was that we did not listen to or acknowledge those who experienced harm from our leadership, in our schools, or in our communities over the years. Too often, their voices were met with silence or disbelief. We see the courage it took for individuals to come forward to shed light on these difficult issues, and we thank every person who was willing to share their experiences. You have brought awareness to these important issues and the call for change, and we want you to know that we have heard you. We acknowledge the pain and suffering you have shared with us, and we are committed to a compassionate and supportive response.

While we cannot claim to know the full extent of each person's pain, we deeply regret all suffering in our community, including the abuse, neglect, and other serious harms that have been shared by women, members of the next generation, and others. To every person who suffered any wrong by any individual associated with our community over the last fifty years

⁵ Under the Yoga Mat, Chapter "Life in Bhajan's Community," Section "In the Cage; Double Standards," page 69.

our community has existed, we offer our sincere and unequivocal apology. We accept responsibility for our role as an organization in any situation where a person was hurt. We also recognize that words of apology are only a beginning – these sentiments must be accompanied by action.

And then, towards the end, the letter states:

We have come to understand that no organization can come to consensus about decades of differing experiences—with Yogi Bajan, in the schools, or any other aspects of the community.

This reminds me of the mantra that was often repeated in the CRC (Compassionate Reconciliation Commission process) context: “In our community, truth is different for different people. There are those who did not experience abuse, only bliss. They stand opposite those who were abused and their supporters. Our quest now is to find solutions that make both categories and all those in between happy.”

This is why they could not establish a “Truth and Reconciliation Commission” like in other contexts where restorative justice principles are pursued, but instead a “Compassionate Reconciliation Commission.”

In the 3HO community, people greet each other with “Sat Nam,” which translates to “Truth is my identity.” This suggests that everyone has the right to adhere to their personal interpretation of truth. For 3HO leaders, this holds more value than relying on worldly law as a standard. While they claim to recognize the harm done, 3HO leaders will never advise survivors to bring these crimes to justice because that could hurt 3HO members who do not (want to) recognize the abuse. In 3HO logic, it is perfectly okay to deny crimes if you did not witness them, if it is too painful for you, or if you cannot imagine your spiritual master did anything evil. Only in a cult does such reasoning hold up.

This is how they close their letter:

*It is our prayer that the Sikh Dharma/3HO community will be stronger, kinder, and more compassionate in the future **because we met the challenges of this difficult time by staying true to our core values.** As we move towards a shared future for our global community, we urge everyone to join us in dedicating ourselves to the next part of this important work and focusing our prayers, meditations, thoughts, and efforts **on healing the pain and divisions in our community.** May we move forward with compassion, kindness, integrity, and service, honoring the Light that lives within each of us that will guide our path forward.*

It's all about them—healing their pain and bridging the divide between abuse deniers and survivors as if there is something to gain from facilitating such a reunion.

It is about the survival of their healthy, happy, holy community and businesses, not about the interests and rights of survivors. They want to prevent newcomers from being informed about the dark history of Kundalini Yoga as taught by Yogi Bajan.

Most of all, they want to hold on to the core values that allowed these crimes to happen and remain concealed for over fifty years, destroying the lives of hundreds, if not thousands.