

Abuse in the Sat Nam Rasayan training in Belgium 2012-2014.

*I tell it here the way I experienced it and remember it
Els Ravinder Coenen – October 11, 2020*

Intro

In December 2013, two students from the Sat Nam Rasayan training in Belgium told their stories about the sexual relationships they had had with their teacher Hari Singh in 2012 and the subsequent harm they experienced. I was the organizer of this training.

Both women are aware of and agree to my bringing the story out into the open. More ears seem to be available in 2020. I would not be sharing this story had Guru Dev Singh (master of SNR) and his team taken the appropriate measures in 2013-2014.

It is possible that today Hari is not crossing ethical borders anymore. It will be painful for him and his beloved ones to be reminded about all his mistakes. He admitted it all happened. He apologized towards me, but never towards the women concerned.

They will continue to tell their stories as long as there is no recognition of the suffering they had to endure. Abuse should never be hidden, tolerated or forgotten. It should be healed.

As the women put it:

Stopping the training course abruptly after we spoke out, and that way punishing all the students in Belgium, while Hari just continued teaching in other countries, was a very bad signal. Hari misused his status as a teacher. He knew that both of us had ongoing relationship issues when he seduced us to have sex with him.

In this yoga and Sat Nam Rasayan world we are very manipulable. They tell you that all that counts is what you feel in the here and now. There is no past, there is no future, it is all an illusion. Every concept we have from reality is a resistance, it is a pre-assumption about something that you should experience again as if it was for the first time, etc. etc. That can become very dangerous.

The story

The Sat Nam Rasayan training in Belgium started in 2012. I organized it because I wanted to share the positive experience I had had with this training in Germany. There were two teachers coming to Belgium for the course: Siri Ram Singh from Hamburg and Hari Singh who lived in Amsterdam and was (maybe still is) the protégé of Guru Dev Singh (master of SNR).

After a few sessions, students started to gossip about the flirty way Hari was treating the young and beautiful. I saw it too, but I did not react on it, nor did I talk to Hari about it. Maybe due to a lack of courage. Or was it because I was confused about how to act according to my intuition and still follow the guidance of my neutral mind, the highest good of a Kundalini Yogi?

That uncertainty about the purity of the space held during the sessions was always subtly present, but it couldn't really spoil the enjoyment and fulfilment we felt while practicing SNR. Not only the students, but many other people discovered SNR, yogis and non-yogis who acted as 'patients' during the training or who came to the workshops. Everyone loved the peace and calm experienced during the SNR sessions and many were convinced of the healing effects of SNR.

In January 2013 when we started the next year's training, many newcomers joined the Level I training who had never practiced Kundalini Yoga before. Belgium embraced SNR.

In March 2013 just after the third session, one of the Level II students called me.

'I want to stop the training,' she said.

At first, she did not want to tell me why. It was something personal.

'I respect that, but if there is anything that can be helpful to the other students, it would be nice if you would share,' I said.

She was silent for a while. Then she said: 'I feel ashamed to talk about it, and I do not want to talk behind Hari's back. But on the other hand, I am so angry with him now.'

Silence again. 'You know what? I am tired of taking part of his responsibility on my shoulders. He asks me not to talk, but I am sick of the hiding.'

She told me her story. Later she would send it to me by mail.

After the first class with Hari last year, he asked me to come to the front. He suggested a meditation that would help me with my difficult divorce situation. He asked for my email address so he could send it to me. Our mail exchanges became more and more loaded with temptation. A few days later a box of Hari Tea arrived at home. Soon he started to call me 'Princesa' and called himself 'a bandido'.

Later that week he visited me at home. He brought presents for the children.

I felt overwhelmed and was flattered by the way he approached me. I said Yes, I admit, but the initiative was his. He told me he was impressed with me. He had to see me again. His marriage was in a very bad state, they were going to split. He kept on calling and Skyping even when he was in Mexico. Over the next weeks and months, we continued to see each other.

After some time, by accident, I heard that Hari had other girlfriends. Everybody knew about it, except me. When I asked him about it, he fell silent. I started to feel guilty about his wife. I asked him how he could do that to her. He repeated that they had grown apart.

When I decided to stop all this, it was hard for me to understand how naïve I had been to believe his stories about how wonderful he thought I was. He was just a man exploiting his teacher status to charm me and to get what he wanted. I was so overwhelmed that I only started thinking clearly afterwards. In that period, I even had the illusion that he wanted to choose me as his next partner.

I lost confidence in him as a teacher. In the last training sessions, it was hard for me to sit and receive teachings from him. I thought that I had to be able to put up with it.

I felt sorry that it all happened and regret that I was not able to 'block' him. But now I know that it was his task as a teacher. He should not have allowed himself to seduce me.

I still found the SNR classes interesting and I still think he explains well about SNR. But for me he lost his credibility. His status as a teacher is 'gone' for me. When he talks about himself during class, I know he is lying. I know how he is. With new students he will want his ego to be caressed again. Most probably he will do with them what he did with me. I cannot respect that.

This year with the start of Level II, I thought I had left it all behind me. I came with the intention to dive deep into SNR. But no, I cannot do it.

Sometimes I ask myself: where is the teacher who helps me to grow and learn? Maybe I am that teacher? I have to stop thinking that I need a teacher. From now on, I will listen to the inner teacher and go for a deeper experience.

I did not want to tell you all this today. I just wanted to know if I could get the course money back when I stop, because this is partly also my responsibility.

After she told me her story, I asked her to stay in touch and to reach out if needed. It was a relief to hear she had been in therapy for some time. I paid her the money back.

I was furious at Hari because he knew about her vulnerable situation.

I felt betrayed as an organizer.

I was mad at myself because I had not listened to and acted upon my intuition. It was clear that I had to bring this story to the leadership of SNR so that appropriate action could be taken towards Hari as he was teaching at many different locations.

All this added up to other issues I had experienced as an organizer of the SNR training. More than once, teachers just did not show up for a training session or they informed me a few hours before that they would not come.

During the sessions everything was fine. The students enjoyed the practice and the learning. And I was still convinced in those days that this training was helping people to become more conscious and get rid of mental and physical imbalances that troubled their lives. And that they would be able to use the SNR healing technique to help others.

But due to all organizational and communication issues with the teachers, more and more I doubted if I was the right person to 'serve' them. Moreover, I did not share the adoration for Guru Dev Singh that I saw with many other people. In fact, I found him rather creepy and could not sense what was so special about him. When I saw a good friend bringing expensive presents to him and bowing as if he was a deity, I wondered what it was that I did not see.

Despite that I went to many workshops with Guru Dev in Germany, Holland and Italy. Not for his presence, but I loved the atmosphere of big gatherings of people intensely meditating together. I never liked the air of mystery that was spun around the practice of Guru Dev. And I experienced the hierarchical and patriarchal structure of his organization as very old-school.

Reporting the abuse perpetrated by Hari Singh to the leadership of SNR and asking for appropriate action promised to be tricky. On less sensitive issues they already made it clear to me in the past that I should know my place. Comments and suggestions were not expected from *the lower order*.

I see now that I was more intimidated than I would have admitted in those days. Instead of tackling the issue directly, I choose an indirect path. A few days after the student had informed me about her relationship with Hari, I send a mail to both our teachers, and to Fateh Singh.

Fateh was my contact person within SNR. He acted as a filter between me as an organizer and Guru Dev Singh. Next to his 'gatekeeper' job in the SNR organization, Fateh also worked for Hari Tea. That meant that Hari Singh was his boss.

I also included Kahita, a female teacher, in this mail. I did that because some time before I had asked her to join the teacher team to increase the female energy in the system. Kahita accepted. She told me that I was wrong in thinking that it made a difference to the effect of the teachings whether we had a male or female teacher. Kahita was and still is the wife of Hari Singh.

In my mail I requested a meeting at the Surjhee event that would take place a few days later in Holland. The topic under discussion would be the code of ethics related to teacher-student relationship in SNR. I mentioned that a student came to talk to me about a violation of what the code of ethics comprises in Kundalini Yoga world.

Hari immediately replied, to me alone: How could I send such a message to Fateh. We worked together so well, he had shown me great appreciation, love, care and respect. I did respect his work. He would never share our private communications with Fateh. What was the problem? Could I please call him, so that we could put all this behind us?

I called him.

He was very upset. Immediately he named the student. He talked about their relationship as if it was the most normal thing, as if I had known about it for ages. His main concern was that I would talk to Fateh Singh. I should NOT do that. I had to understand that the student played a big role in this. He was not the only one at fault or to blame.

I mentioned the power difference between a teacher and a student and the weak situation she was in due to her divorce. He calmed down a bit and after a while he admitted he had been wrong. He asked me to keep it between us for the time being. We would talk more at the Surjhee event.

Next day Fateh asked me what it was all about. I told him Hari wanted to work it out directly with me. I let myself be manipulated, so it seems.

At Surjhee I was in a deep meditation when Hari tapped me on the shoulder. I was a bit surprised because a bit before he sat on the stage, replacing Guru Dev. I remember I was still far away when we walked out of the room. We went outdoors.

He reiterated that the relationship was with the student's consent. We talked again about the power imbalance in a student-teacher relationship. He agreed that he had made a big mistake and that he had crossed borders. Like a little boy, he promised that he would never do it again. There was a lot of pathos.

I used this opportunity to give him feedback about his behavior addressing mostly the young and beautiful during classes. To my surprise he agreed it was the case. He thanked me for the feedback, and he said he was going to work on it. I remember this conversation as completely ridiculous. He was almost bowing to me. In a strange and laughable way, I felt like his grandmother. In Mexico family members cover up for each other. 'This is not Mexico Hari.' 'But I treat you as my sister.'

I was supposed to forgive him this one mistake and to protect him.

He requested a second chance. I gave it to him.

Yes, this was the most stupid thing I could have done 😞.

At that moment, early April 2013, Hari Singh knew this was not his only mistake. Six months earlier, in September 2012, he had had sex with another student in our training. He knew that but I didn't. He was consciously and deliberately lying to me without scruples.

He just acted out a drama, and I was shamefully duped.

This is what happened in September 2012:

Hari gave a 2-day workshop in Antwerp. One of the Level I students had asked for a healing session after the workshop. She had just broken up with her boyfriend. She felt depressed and sick about it. Hari knew about her situation. The healing resulted in intimacy. She asked if this was right. Hari convinced her. She agreed and spend the night with him at the yoga studio.

The next day in the evening Hari suggested that he would come over to her place. She had doubts but again he convinced her. They had sex again. Hari asked her not to talk to anyone. She told her sister and her therapist.

In January 2013 her former boyfriend was back in her life. She wanted to tell him everything, but Hari told her not to do that. The secrecy did not feel right. She wondered where her loyalty towards Hari came from.

After my meeting with Hari at the Surjhee event in April 2013 I saw a different Hari during the classes. He acted more serene in addressing all students. But deep down I knew it was all facade. I was fed up more and more with the whole SNR show. I still loved the practice but the mentality within the organization started to offend me more and more.

Would I find someone to take over my role as an organizer? All my cells told me I did not fit into this organization with its secrecy, mystery and paternalistic approach. But no one was ready to take my place. As I did not want to let the students down, and because I still believed in those days that these SNR sessions were beneficial to so many of us, in September 2013 I started to plan the 2014 sessions.

In July 2013 as usual I went to the Yoga Festival in France. One day I walked from the bushes behind the Big Top tent over the field in the direction of the bazaar. There was almost nobody on the field. When I was almost in the middle of the field, I was stopped abruptly, as if I walked into a wall, but there was nothing. I stopped and turned my head left. In the Sat Nam Rasayan tent at the side of the field I saw Guru Dev sitting there all on his own, on a chair. A voice inside told me: this is your chance to go and talk to him. Another voice said: no, why should I. It did not like the situation of 'being stopped' and just walked on. I found it 'strange' but did not pay too much attention to it. The next day, I walked through the bazaar, there were many, many people there. When I walked past the Hari Tea tent, again I bumped into this invisible wall, looked to my left and saw again Guru Dev sitting there with some people. Again, I got an invitation to go and join him in my head. Again, I felt like, if you want to talk to me, please ask as a normal human being, and I walked on. Later that year, I asked my KY teacher and mentor Gurumarka what that could have meant. He waited a moment and then said: 'Maybe Guru Dev needs healing.' And that felt right.

In October 2013, while I was preparing the 2014 training, the two students met during a Kundalini Yoga Women's Circle event. They shared their stories and talked about what had happened to the facilitator. Together they decided to break the silence. After more than a year, the second woman finally spoke to her boyfriend about her sexual relationship with Hari. It was a relief.

At the beginning of December 2013, they came to see me. When I heard the story from the second student, I was enraged. I remembered very well how Hari had told me that evening after the workshop in September 2012 that I did not need to wait for him till he finished the healing session. Nor did I need to provide food for him. 'He was not hungry!'

I left him the key of the yoga studio. The next morning, I brought him breakfast. I do not remember, but probably I asked him if he had slept well. And probably he told me he had.

With the women and the facilitator of the Women's Circle event, we agreed to work on this together. We had a good relationship and the healing work done felt good.

This time I was determined not to let Hari manipulate me. I wanted to speak directly to Fateh Singh. Of course, I would have preferred to speak to Guru Dev in person, but that was not allowed.

So, I informed Fateh about what happened to both women, the lies of Hari Singh, the pressure and manipulation he used to silence us but also about the healing work that we were doing together in our women's circle. I asked him to inform Guru Dev Singh and to let us know what he and his team planned to do to recognize the harm done, to make good the situation, and to prevent Hari from continuing to seduce students the way he did?

While waiting for a response from Fateh, I spoke to Hari over the phone. Again, he was very apologetic. He agreed that we could not have him as a teacher anymore. He repeated his mantra to keep quiet towards the outside world. I told him that none of us would feel the need to talk about it if appropriate measures were taken towards the women to heal the harm done to them, and to avoid he would start his flirting again.

'What is your plan?' I asked. 'Are you considering therapy?'

He did not respond.

We were close to the start of the 2014 training. Everyone agreed that Hari could not teach anymore in Belgium. I insisted that he should also be removed from other trainings for the time being.

If I had talked to walls, the effect would have been the same.

On December 17 and 19, 2013 the two women wrote letters to Fateh Singh to be passed on to Guru Dev Singh in which they shared everything that happened in detail. One of them wrote in her introductory mail:

We see our own role. But we also see that it is the responsibility of a teacher to keep a clean connection with his students, not to get mixed up in flirtations and have sex with them. What we ask is that Hari looks deeply into his own behavior and stops using female students for his own needs. We both think it is time for an open discussion about the teacher-student relationship in the SNR training in order for such misbehavior to stop. Thank you for reading about our experiences and do what needs to be done.

I have no clue what the SNR leadership did with their messages. They never got a reply. Except for a daily Hukam send to them one day. (A daily Hukam is the 'guidance of the day' Sikhs retrieve from their holy book in the morning.)

On December 20, 2013 Fateh Singh informed me that Guru Dev was looking for other teachers for the training in Belgium. I asked them to send us a female teacher. This is the answer I got:

No, this would cater to the image of "bad men and good women", which has no sense. To us male and female is just an outer ornamentation of the soul. Guru Dev has reconfirmed that he would like to send xxx Singh to Belgium to balance the situation. Please give this your full support.

When I insisted on formulating at least some appropriate words of apology to the women involved, and asked if they could publish a teachers' code of conduct on the SNR site, I got the following answer from Fateh:

As the course organizer and as representative of the school, please don't extend the discussion beyond the persons directly involved. For your personal questions, please try to work it out with me, Hari or Guru Dev. Your personal process is different than <names of the two women>. Please don't intermingle it. Please follow the flow and Guru Dev's suggestions, serve the school and the students in a neutral way.

In that period, besides organizing SNR trainings, I was also the president of the Belgian KY Federation. I knew Guruka Kaur from EPS (Ethics & Professional Standards) within the KY community. I asked her for advice. She told me she could not do much as SNR was an independent organization and not in her scope. But she listened and supported me in my approach to keep on insisting to get from the leadership of SNR at least a statement for the two students that recognized that harm was done by Hari Singh. Guruka Kaur talked about this case to someone close to Guru Dev. That is probably what made him so angry.

Beginning of January 2014, one of the women sent me a message. Some extracts:

Dear Ravinder, you told me you will see Guru Dev in Amsterdam in two weeks and talk about the situation of SNR in Belgium. Here are some things that I consider important to tell Guru Dev:

What I feel is that what happens now in SNR Belgium is something that happens a lot in spiritual structures, sangats. Not just now and not just here. Teachers having sex with students. Flirting in both directions. In that sense it is maybe not so exceptional. But what happens mostly is that women keep quiet. Try to continue to protect the teacher. Try to not lose their face in the sangat as one of the cheap women who said yes to this. Try to reframe the experience into something 'special', something spiritual, something that opened up their kundalini, their feeling of being a woman, their whatever, but anything to avoid feeling like a cheap whore.

From my point of view, how to use this in the light of this time on earth, is to, through the cracks, the ugliness, vulgarity maybe, and also by humanness, let the light in. Open it up. Allow people to speak up. Bring it to the light. Be able to say sorry. Be able to work this kind of behavior out of our systems. See through our own ego-patterns, teachers as well as students, that made us think it was necessary to do this. Inquiring: What in me was looking for what in you?

And how did I as a student misunderstand my longing to join a spiritual group, a spiritual teaching, spiritual practice, healing, and let it change into a man-woman story in a situation of unequal in power?

And how did I as a teacher use my place in which students look up to me, and changed the relationship into one of sexual abuse? So many other questions we can ask ourselves, but both parties are in this time of life given the possibility to either be honest to themselves and acknowledge the consequences of their own behavior, own responsibility, or to miss this chance and continue to harm, destroy, to play and mess around with teachings we should honor and respect.

...

For me, there are two perspectives.

One is the picture I just described. In this, I feel I want to help to break the pattern. Help to invite transparency. In some way I put myself in an embarrassing position. Let's be honest, I am truly not proud of what I did. I see the extremely low self-esteem I must have had at that time and it just hurts to see how I let things happen to me. Followed blindly. But it also shows the position of many people who enter spiritual practices, and maybe that's why students are so vulnerable. We feel miserable, we go somewhere to get healing, we look up to the teacher, idealize him, project enlightenment or great spiritual power on them (maybe even because, for example standing so close to Masters like Yogi Bhanjan, Guru Dev, ...), we trust, we surrender, and hup there we go.

This just needs to stop.

The subject needs to be opened up. In trainings these feelings need to be explained, very simple. Rules. Relationships. Lines. Teach teachers to teach from another energy than the sexual one. Remind students that what they come for and what they will get is the teachings. This illusionary business of a teacher giving a student more closeness to spirituality in exchange for her body absolutely has to stop. Whatever beautiful theory can be told about it; it is abuse.

...

The other perspective is my personal one. My personal experience with Hari. The effect it has on my own system. My (in)ability to come back to a spiritual practice. I started this year by feeling 'I guess I have become atheist', and I even laughed at it. I am a non-believer now. What I started to believe in is love and friendship. And for this I don't need a spiritual teacher anymore. Life can teach me that. And yes, of course I know that I feel this now because of the great disappointment I experienced in a spiritual teacher; the hurt, the experience of a teacher as a preacher without practice. And yes, of course I see that while saying this something inside me screams to just reconnect to my inner me. I don't know how to get there. Many things I just don't know. Wanting to come back to Kundalini yoga? To Sat Nam Rasayan? I don't know. I see I do miss a system to help me be clear and healthy, a practice, but I am now in another part of the process, right here, and I will see if it is meant to be to come back to something in which I have had these experiences. I know how kriya's can help me heal and clean up, but I just feel so resistant that I don't know how to do it.

I feel what we do as women is powerful. We stop hiding. We make a change. We catalyze to change the energy in the training in Belgium. It helps me to live the name I was given: xxxxxxxx. There is no other way than what we are doing now. I know that. But I never said any part of this was easy. It is difficult, painful and it hurts.

About Hari, I know what has come to light in Belgium is a small part. I am almost sure the same thing happened in Holland. It is not some kind of behavior; it is deeply in his personality. It is not my task to push people to tell their stories, but I just warn you that I feel his attitude and behavior as a teacher comes from his second chakra. It is not only wrong for students he is messing around with, but also for the process of the entire group; what I saw at the start of the Level two (when fresh female flesh arrived in the group from Level one) was just ridiculous. It had nothing at all to do with the pure teachings of the true source: Sat Nam Rasayan. It was one big flirtation.

I thank you for taking time to read this.

At the end of January, she wrote to our women's circle and included the mail that she did not send but wanted us to read:

Dear Guru Dev Singh, Fateh Singh, Hari Singh,

I hope you receive this message in good health.

Below you will find a letter that I wrote to Ravinder at the beginning of January.

None of us could come to Amsterdam last weekend so it has not been communicated but I feel I still want to share this. You can read it below.

In this email I speak to you on a human level, human being to human being. Yes, we are student and teacher, but more than that human beings trying to solve a situation.

It's been more than a month now since I have sent 7 emails to Fateh about what happened between Hari and me. I ask him to communicate it to Guru Dev.

Until now the reply has been a Hukam. I actually feel that Hukam is more a message to you than to me. I do not see how it is a reply to what I wrote. I truly wonder if you have taken time to try to understand me.

It took a long silence from my side, keeping the experience I had had with Hari locked up within me, before I could open up. In my emails I have been very clear about what happened, about the effect it has had on me, and on how I suggest teachers should keep to the purity of the teachings.

I hear some changes are in process at the organizational level. Good.

What I also hear is my inner voice, wondering if this long silence after all I wrote is truly your answer to me. You, great teachers, healers, businessmen, do I really need to explain the lack of respect this invokes? How difficult would it be to take a moment of your time to express some words to me, is what I ask myself?

Could you simply express what this topic brings up in you? Could you simply open up your heart? I believe that in open communication between us we can heal this, and it can help us grow. I am open to hearing from you.'

As she mentioned in her mail, I did not go to the meeting in Amsterdam where we would talk about the Belgian situation with Guru Dev. My mother was taken to hospital and I decided not to travel.

I knew that a Dutch friend was going to be present at the meeting. I trusted he would make sure our questions were raised as he knew the situation well and we shared the same opinion on this.

I did not get any direct feedback from the meeting in Amsterdam. As I was busy with my mother, my job and preparing the next SNR training, I trusted all was well and that I would receive a report from that meeting in due time.

At the end of January, the invitations for the yearly Surjhee event that would take place in April 2014 were sent out. The organizers forwarded to me a reply to this invitation from one of the women abused by Hari. She wrote:

... I just want to inform you that SNR teacher Hari started an affair with me, and in this year 2012 when he was in the Surjhee, even holding the space, he sent me horny SMS's to ask me to come to this place of the meditation event to meet. I did not come but he simply asked me. I kept this whole affair silent for quite some time (on request of Hari) but together with another woman who had a similar experience with him, we opened up our experiences to organization in Belgium.

Today is 40 days after we sent out stories to Fateh (he forwarded to Guru Dev) and until today there has not been any personal reply. What is the use of these kind of meditations if the teachers cannot even have the decency and courage to communicate respectfully?

So, I wish you good luck with your organization, and I also wish you the courage to be conscious about the people you work with.

The Surjhee organizers were shocked. One of them replied to the student:

Of course, I didn't know that there was an affair and I don't know who is attracted by whom or even not. Maybe a good lecture for you both!

I kept receiving mails from Fateh that we should stop spreading the issue. I forwarded him the Surjhee-related mails adding following message:

To avoid further escalations, it would be good to get back to the ladies involved with a concrete answer on how the SNR organization reacts to these events. They want to hear what measures will be taken to avoid similar situations in the future and what will be done to allow people like them to more easily be able to communicate about what happened to them.

From people in Holland they hear that similar cases exist in Holland and so they start wondering openly how it is possible Hari can still teach in Holland. Not replying to them will not help... It would be nice if you could let me know what the plans are related to feedback to them so I can let them know what to expect, or not. ...

The start of the third year of SNR training in Belgium was a session with Siri Ram Singh from Hamburg on February 16, 2014.

Some days before, I tried to get in touch with him. Normally he communicated the details of his flight so I could pick him up on Friday evening at the airport. I could not reach him. Not by phone, not by mail. A few times he had missed his flight, or given me wrong information, but this was unusual. I started to worry. On Saturday morning, I called him again and again, no answer. I called his girlfriend, no answer. By that time, it became clear to me that he would not show up.

I drove to the Yoga Studio to welcome a group of 9 enthusiastic Level I students. No Siri Ram there. When also Fateh Singh did not answer my call, I send him a mail. The students were disappointed. I came up on the spot with a program for the day. It all went well, but the students looked forward to the 'real SNR' during the next session.

In the evening still there was no message. The next day was the first Level II session of the year. I decided to talk to them about the true reason why Hari Singh was removed from the training. There were several reasons to do that:

- 1° to explain why this was not a normal start of the training,
- 2° they had the right to know the truth about the reason for this change in teachers,
- 3° I sensed that this could be the last time that we would physically meet,
- 4° rumors were spreading that Hari was removed from our training because he was 'too important' in SNR. Guru Dev was preparing Hari to become the next Master. He was assigned more important tasks than teaching in Belgium. When I heard this, my stomach turned and turned. To prevent these rumors to reach the ears of the women involved, it was better to tell the truth.

Sunday morning, I saw a message from Fateh that arrived in my mailbox just before midnight. It said:

*Dear Ravinder Kaur,
thank you for your message from today.*

Please accept my apologies as I was not keeping track of the start date. I was travelling all week and was going to write you this weekend.

Due to the ongoing polarization and the most recent circumstances we concluded in review with Guru Dev Singh that we have to allow some space for the situation in Belgium and we cannot conduct the training right now as projected.

Could you please inform the students accordingly? We would be happy to welcome those who are interested to begin or to continue to study Sat Nam Rasayan in Amsterdam, Paris, Germany or at any Sat Nam Rasayan retreats or events.

We are grateful for the service you have rendered to the students of Sat Nam Rasayan in the past years in organizing the workshops and the training. Our prayers are with you for the years to come.

Please do not hesitate to contact me if you have any questions.

Thank you so much.

Best regards, Fateh Singh.'

I drove to the yoga studio. Seventeen Level II students turned up. One of the students involved in the abuse was present. She agreed that I would share what had happened with Hari without mentioning names. She supported the idea and was even happy that this group would know what happened.

After we did the yoga set and students started to ask where Siri Ram Singh was, I told them about the midnight message from Fateh. The training in Belgium would be cancelled. And then I explained what happened. I invited them to stay. Two persons left. The sharing was intense but with a lot of mutual respect. We worked in a healing circle. All aspects of the issue were included in our healing work: the women, Hari Singh, the SNR organization, the Level I group, the Level II group, me.

I promised the students that I would still try to find a solution so that the training in Belgium could continue.

The next day, I called my Dutch friend who was present at the meeting in Amsterdam. He said that when the Belgian issue was discussed, Guru Dev had uttered: 'How can we stop this woman?'

Guru Dev had decided at that moment that:

1° the training in Belgium had to be cancelled,

2° I was excommunicated from the SNR community, and

3° Belgium was declared a 'No-Go' zone for two years for all SNR activities.

When I heard this, I was furious. So, they knew all the time that our training was canceled.

My friend was asked not to contact me anymore. He was afraid. SNR was a big part of his life. He could not go against Guru Dev's will. I felt sorry for him.

But the teachers! They also knew the training would not take place. But they did not inform us. How little respect can you show to your students?

And where was Siri Ram Singh, whom I considered to be a friend? Soon I realized that for him this was painful too. His financial income for the year 2014 depended a lot on what he would earn in the training in Belgium. Our teachers went home with a few thousand euros per session.

Also, for this I blame myself now. How did I accept these huge amounts of money they asked for the training and for healings? The worst were the so-called *Bound Lotus* healings Hari gave. He charged 1008 euro for this. I paid it. Yes, dear reader, I did, I know, it was stupid, stupid, stupid.

And I am afraid that I even facilitated and allowed Hari to sell his *Bound Lotus* healings to others. I let all this nonsense and abuse happen. At least four students paid and received a Bound Lotus healing from Hari. I have no clue whether they experienced any benefit. I surely did not.

It is so crazy. I was so naïve, I was so manipulable. No wonder he was so happy with me as an organizer. I realize how uncritical I was on so many aspects. Was I asleep? It feels like that.

I never received any formal confirmation of my excommunication but in practice this is what happened. Concerned as I was about the students, I proposed to assign another coordinator for the training in Belgium. I asked them not to disappoint the students who had committed to the year-planning of the training and adapted their holiday schemes, and so forth. It was much too late for them to subscribe to other trainings.

But the answer from Fateh was clear: no training in Belgium in the following years. They had to go to Holland, Germany or France.

I paid all the students their money back. I paid the rental fee for the room with the organizer's income of 2013. As a consequence, there was less money for the KY workshops and teacher trainings that I organized and sponsored in Kenya and Ethiopia with the 10% income for the organizer. I cancelled the reservation of the yoga studios, and so forth.

While I was sad because of the impact this had on the students, my excommunication also felt like a huge relief. Free at last!

By then I knew that the women would not get the recognition they were hoping for. I informed Guruka Kaur (EPS) about the reaction from Guru Dev Singh. She agreed with me that SNR had missed a huge opportunity for healing.

May this story serve the needs of the moment!

Love & light,
Els Ravinder Coenen
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