

October 2023

Kundalini Yoga & Sikh Dharma Community Updates

Upcoming Events & Programs

Weekly Subagh Kriya Practice for Prosperity and Unity

We invite all Dharmic Employees, Contractors, and esteemed Board Members to come together for a weekly practice of Subagh Kriya.

When:

Every Monday, 12:30 MDT - 14:30 EST - 20:30 CET - 00:00 IST - 03:30 MYT

Duration:

30 minutes From Tune In to Closing

Register to Lead:

<https://docs.google.com/spreadsheets/d/1l0BelqVC4j5HVBg-ZlI7YGJa9SE-K1zTbxcWHi3mSN8/edit?usp=sharing>

ZOOM LINK:

<https://us06web.zoom.us/j/88110868156?pwd=iuqwOulcKZ6wHwEHMKl3wLmcxyn5YC.1>
Meeting ID: 881 1086 8156
Passcode: 867575

Process:

We all have very tight schedules, so we will start and finish on time.

- TUNE IN with ADI MANTRA and MAGALA CHARAN MANTRA
- SUBAGH KRIYA short version, 3 minutes per exercise
- SHORT PRAYER (optional)
- CLOSE the Space with LONG TIME SUN and SAT NAAM

RECAP of Practical Information to Keep:

<https://docs.google.com/document/d/1exQHRkzUI9rUAo9FWHc6rUUO-6--bWGizA45IMqe75Y/edit?usp=sharing>

Visual PDF to Share:

<https://drive.google.com/file/d/1pyg60uxe7h2TrshpRyFXOw7fI6UaUt-d/view?usp=sharing>

Remembr to mark your calanders! And share with your organization's co-workers, contractors, and board members. Let us come together in unity, elevate our spirits, and manifest prosperity in all dimensions of our lives and our esteemed organizations.



30 MINUTES WEEKLY PRACTICE

MONDAY - 12:30 MDT

SUBAGH KRIYA

ALL YOGIC & DHARMIC
NP & FP ORGANIZATIONS



Subagh Kriya

30 MINUTES
WEEKLY GATHERING
MONDAY - 12:30 MDT

WHEN

Every Monday at
12:30 MDT - 14:30 EST - 20:30 CET - 00:00 IST - 03:30 MYT

DURATION

30 minutes from Tune In to Closing

LINK TO SUBAGH KRIYA PDF

<https://tinyurl.com/fehtphuy>

LINK TO REGISTER TO LEAD

<https://tinyurl.com/ye7rfz3>

PROCESS

- TUNE IN with ADI MANTRA and MAGALA CHARAN MANTRA
- SUBAGH KRIYA short version, 3 minutes per exercise
- SHORT PRAYER
- CLOSE the Space with LONG TIME SUN and SAT NAAM

ZOOM LINK

<https://tinyurl.com/mvemrdrn>
Meeting ID: 881 1086 8156 - Pw: 867575



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The 21 Stages of Meditation Course

A Journey of Renewal

The full course is six days long, broken up into three weekend modules or “journeys.” Each of the journeys takes two days. You can choose to register for a single journey or complete all three weekends at once.

The journeys can be taken in any order, and you may repeat as you wish. Even if you have previously taken the 21 Stages, your experience with each one is bound to be unique.

Journey 1 – The Crystallized Self: September 30 – October 1, 2023 from 9 a.m.– 5 p.m. PST.

Journey 2 – The Expressive Self: October 28-29, 2023 from 9 a.m.– 5 p.m. PST.

Journey 3 – The Transcendent Self: November 18-19, 2023 from 9 a.m.– 5 p.m. PST.

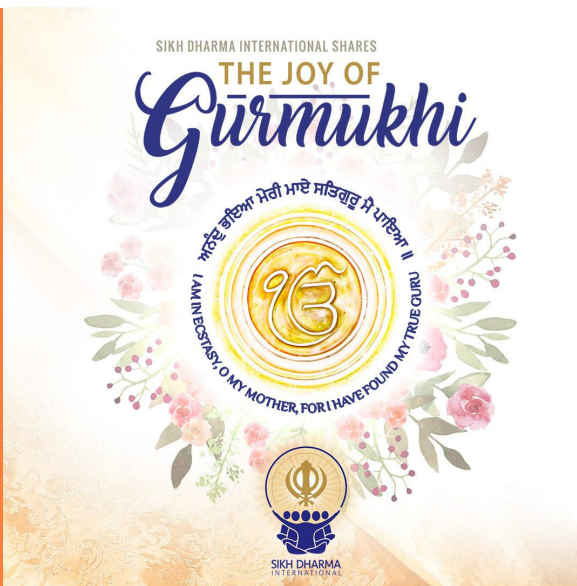
More information: <https://www.3ho.org/21-stages-of-meditation/>

The Joy of Gurmukhi: A free series

Ongoing

Joy of Gurmukhi is a FREE course of a series of 16 videos to teach-yourself Gurmukhi. It is brought to you by the generous support of Sikh Dharma International donors, a dedicated team of Sevadars and a creative team of professionals.

Reading Gurmukhi allows us to connect to the words spoken directly by our beloved Sikh Gurus and Saints from other traditions (**Shabad Guru**), who were tuned in to the Divine. By reading and reciting Gurmukhi, and speaking the same words spoken by these Divine human beings when they were in an elevated consciousness, we have the opportunity to elevate ourselves as well. It is our prayer that this **Joy of Gurmukhi Video Series** will assist you to learn to read Gurmukhi, or improve your reading skills, so that you might have this experience. [Click here for more information.](#)



BIBI SHARAN



Bibi Sharan Kaur: The Courage of Kaur (ਪੰਜਾਬੀ ਵਿਚ)

On October 5th we will be releasing the Punjabi version of Bibi Sharan Kaur: The Courage of Kaur. New PUNJABI Animation!

TBibi Sharan: The Courage of Kaur was originally submitted to SikhNet as a script by 14-year-old author Sahib Kaur, having had some personal experience of bullying Sahib Kaur felt compelled to write about it. Harijot Singh, manager of SikhNet Stories, decided to animate the script and turn it into a short film.

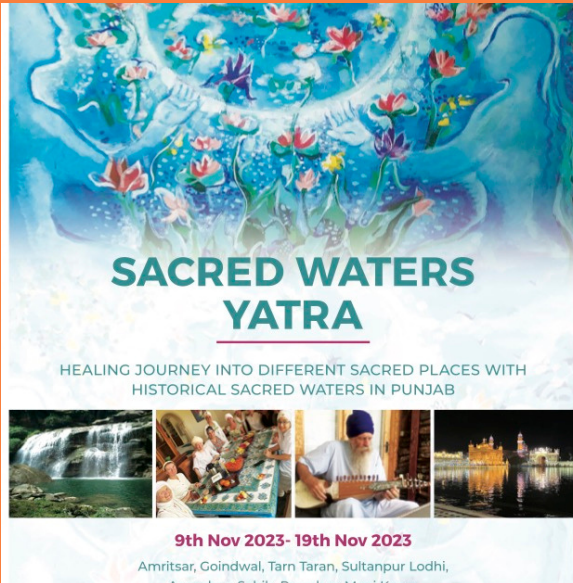
[Watch Trailer here](#)

[Click here for more information on the movie](#)

September 2023

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Sacred Waters Yatra

NOVEMBER 9 - 19, 2023

Hosted by MPA Teachers: Mata Mandir Singh & Sukhdev Kaur

Discover mystical India in this spiritual pilgrimage, unlocking the healing properties of Sacred Waters as we chant the Naad in vibration with thousands of years of prayer. Travel with international teachers Mata Mandir Singh and Sukhdev Kaur into the sacred healing waters of Punjab, including Amritsar, Goindwal, Tarn Taran, Sultanpur Lodhi, Anandpur Sahib, Rawalsar, and Mani Karan. This yatra will also explore Naad yoga through the Narayan Shabd and other mantras, along with the practice of Kundalini Yoga and Meditation.

More information and registration:

<https://miripiriacademy.org/continuing-education/>

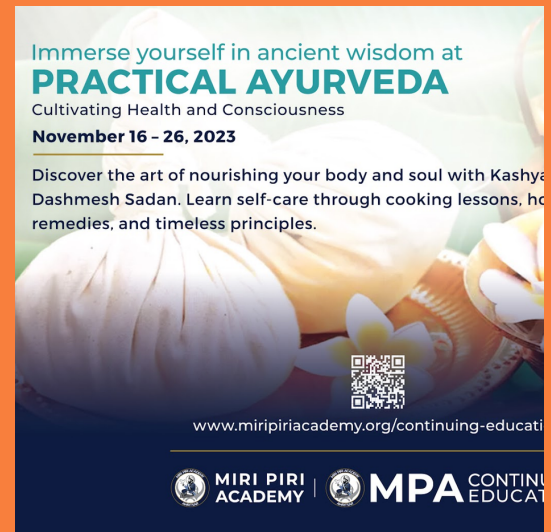
Practical Ayurveda: Cultivating Health & Consciousness

NOVEMBER 16 - 26 2023

Join us for a practical immersion to the fundamental principles of Ayurvedic self-care and management through the days, seasons and stages of life. Gain valuable insights into the art of nourishing your body and soul through cooking lessons and creating household remedies. The course is led by the renowned Ayurvedic physician Kasyhapa. It will be held at Dashmesh Sadan at Anandpur Sahib. It is an oasis, spread across 2.5 acres of lush green, private, gated land.

More information & registration:

<https://miripiriacademy.org/continuing-education/>



MPA ALUMNI GATHERING

Dec 18th 2023 - Jan 6th 2024

Get inspired in the company of peers from MPA, to renew old friendships and bond with new MPA friends through doing the inspiring things you most loved in your time in MPA. This and enjoying a beautiful New Year together with special activities for our Alumni. We will be practicing your familiar activities at MPA, including celebrating the New Year together, visiting the Golden Temple and your favourite sites around Amritsar. This time we are travelling to Dharamshala together as a group, and are also planning to visit the Kartarpur corridor India-Pakistan to Gurdwara Darbar Sahib in Kartarpur where Guru Nanak lived for 18 years.

More information and registration:

<https://miripiriacademy.org/continuing-education/>

September 2023

Kundalini Yoga & Sikh Dharma Community Updates

U p c o m i n g E v e n t s & P r o g r a m s

Winter Solstice 2023 3HO

December 16 - 22, 2023

Retreats by the Lake – At Camp La Llanada in Lake Wales, Florida

A 6-day Winter Solstice Festival to reignite the flame of the communal heart. We are thrilled to reintroduce 3HO's in-person Winter Solstice. This event, along with Summer Solstice, are the heart of our work and a chance to gather in a loving community. Solstice this December will be a return of the old, a birth of the new, and a joyous celebration of connection, sangat, and Winter Solstice bliss.

Celebrate with us!

Come and join us for a heartwarming celebration of the 2023 Winter Solstice, hosted by 3HO. We can't wait to connect with you and gather as a vibrant community to honor the end of the year and rejoice in the rebirth of a brand new chapter. This incredible event is all about embracing joy, transformation, and the deepening of our spiritual journey. Get ready for a delightful experience with uplifting music, captivating workshops, and Kundalini Yoga, White Tantric Yoga® and deep meditation sessions. The best part? Surround yourself with sangat/community and like-minded souls who share your passion for holistic well-being. Let's come together, create a space filled with harmony, and set our intentions for the year ahead while welcoming the return of light. Save the date and get ready to be enchanted at the 2023 Winter Solstice Festival by 3HO in beautiful Florida!

[For questions contact: yogainfo@3ho.org](mailto:yogainfo@3ho.org)

[Learn More and Register: https://www.3ho.org/winter-solstice-2023/](https://www.3ho.org/winter-solstice-2023/)

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Service Exchange at Winer Solstice

Participating in Solstice as a Service Exchange Team Member takes the practice of Seva to a deeper level than just coming as an attendee. Karma Yoga, is an essential practice which grounds our spiritual practices in daily life. Joining a Service Exchange Team is a unique opportunity to extend your inner yogic practice out in the world, and use your unique talents and time to serve others and make Solstice happen.

[Click here for more information](#)

Kundalini Yoga & Sikh Dharma Community Updates

A n n o u n c e m e n t s

Legacy Program Update by Manou Kaur

Manou Kaur, Legacy Program Director works with the development of SSSSC affiliated Legacy Non-Profit Organizations and Offices by equipping them with essential growth resources and facilitating meaningful connections with the For-Profit businesses.

Click here to see the Legacy Program update :

https://drive.google.com/file/d/1BpzNWIRuiGcpAfnwIDw4FTmKCMm4Nxxv/view?usp=share_link

Is your Board ready for a self-assessment?



In alignment with nonprofit board best practices, the SSSC has rolled out Board Self-Assessment as part of the BASEE Board Appointment, Solicitation, **Evaluation** and Education Process.

The SSSC offers constituent members a Board Self- Assessment through Board CheckUP, a Software Service Company that helps non-profit boards to self-regulate and improve leadership and governance effectiveness.

This confidential assessment provides a board with the opportunity to:

- reflect on your board members' individual and shared responsibilities
- identify different perceptions and opinions among board members
- determine areas of responsibility that need attention
- use the results as a springboard for board improvement
- ensure the board is representative of the community it serves
- verify each member feels included, valued and engaged

Please contact Sat Akal Kaur at satakal@ssscorp.org for more information and to get started.

DEI and Trauma-Informed Trainings at the SSSC

We have compiled a list of all DEI and Trauma-Informed Trainings for and by SSSC and subsidiaries. To date, the following trainings have taken place:

Office of Ethics & Professional Standards (EPS)

- Ethics & Anti-Harassment Training Course
- IKYTA EPS-KRI Embodying the Code of Ethics
- Embodying the Heart of the Student-Teacher Experience
- KRI Teacher Trainer Forum
- KRI Teacher Trainer Forum
- IKYTA-EPS From Fitting to Belonging Encounter Circle
- The Glorious Teacher & The Perfect Student

SSSC

Ministerial training: Responding to Clergy Misconduct: Faith Trust Institute Training

SSSC Human Rights Commission

Currently developing a sensitivity training for ministers who are open to performing Rainbow Anand Karaj

SSSC Inclusion, Diversity, Equity & Accessibility Trainings

- Fundamentals of IDEA
- Inclusive Leadership Training
- Creating Psychological Safety
- Unconscious Bias and Cultural Intelligence

SSSC/CRC

- Just Outcomes sponsored trainings
- CRC Summit: Equity and Social Inclusion
- Circle Process and
- Group Facilitation Training 2-day
- Circle Process and
- Group Facilitation Training 5-day

DEI and Trauma-Informed Trainings at the SSSC

Kundalini Research Institute (KR)

- Body Inclusivity with Dr. Ramdesh
- Beyond Self Care with Gurumukh Mark Harris
- A Yogic Approach for Grief Recovery with Shanti Shanti
- Healing with the Siri Gayatri Mantra with Dev Suroop
- Cold Depression: Finding Hope in Isolation with Shanti Shanti
- Uncomfortable Conversations with a Black Yogini with Vedyā Amrita
- Social Justice Resource: Embodying Anti Racism, Being the Change! With Gurumukh Mark Harris, Priti Darsha, Kenn Stickland, Japa Kaur and Yinka Adenji
- The Path to Forgiveness with Shama Kaur
- The Yoga of Intersectionality with Gurumukh Mark Harris
- Revolutionary Love: Open Your Heart to Social Justice with Nirinjan Khalsa Baker and Valarie Kaur
- Close the Gap between the Self and Social Awareness: How to Unpack Biases, Privilege and Micro-Agressions with Atma Chanan Kaur
- How Yoga Works in Trauma Recovery with Dr. Julie Staples
- The Shadow of the Teacher with Deva Kaur
- Yoga for Adults with Intellectual and Developmental Disabilities with Marieke Van Puymbroeck
- Self-Regulation: Help your Students in Crisis Return to Center with Mukhta Kaur

New Staff Member? Someone Leaving?



Please send a quick email to admin@ssscorp.org letting us know of new and departing staff, volunteers or a change in position.

We appreciate your help in keeping our directory up to date!

Would you like us to introduce your new staff member to the entire organization? Or honor a long-time person that is leaving the organization? This is a great way to help people feel valued, included and engaged. Please contact admin@ssscorp.org to let us know.

Calendar and Submission links

See the Kundalini Yoga & Sikh Dharma community calendar here:

<https://ssscorp.org/private-page/>

Please email admin@ssscorp.org for password

Submit your organization's events, programs and announcements:

<https://www.surveymonkey.com/r/J57NNPN>