

#6

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Q1

Fill in the information below

Name	GuruPrem Singh Khalsa
City	Los Angeles
Country	United States
Occupation	Therapist, minister, musician, financial manager, music business owner, real estate developer.
Length of Participation in 3HO/Sikh Dharma	49 years
Are you a KRI certified teacher or trainer? If so, what is your certification level and when did you acquire your certification?	KRI certified Professional Trainer
Ashram Communities lived in	Guru Arjan Dev Ashram, 1978-1980, Siri Gurubani Ashram 1980-1989. Various other community residences in the Guru Ram Das Ashram neighborhood Los Angeles
3HO/Sikh Dharma Community Positions	SSSC trustee 6 1/2 years. Guru Ram Das Ashram executive committee 15 years, Yoga West board of directors 10 years.

Q2

Please enter a valid email address

Email address	gurupremk@gmail.com
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Q3

Why do you feel called to serve on the SSSC Board?

I originally joined the SSSC in 2019 after being encouraged by members of the community to accept a nomination. At the time, I felt my primary responsibility was serving my local Sangat. I agreed to run because I recognized that I was well qualified to serve as an SSSC trustee and that I should answer this call to service. If elected, I would serve wholeheartedly and bring my full commitment to the role.

Today, my answer remains much the same. I feel called to continue serving because the future of our Dharma, our institutions, and our community requires steady, experienced stewardship during a time of significant transition. We face important decisions that will shape the future of 3HO/Sikh Dharma for generations to come. These decisions require trustees who understand our history, appreciate our strengths, and are willing to address our challenges with wisdom, courage, and integrity.

It is also essential that we preserve the wisdom and legacy of the Siri Singh Sahib during this period. As someone whose life was deeply influenced by the teachings of the Siri Singh Sahib, I have been able to experience the benefits and opportunities that emerged. I remain grateful for the many ways those experiences shaped my spiritual journey and continued service. I believe it is possible to honor his legacy while also ensuring that our institutions remain accountable, transparent, and prepared to meet the needs of future generations.

At the same time, we must continue navigating the legal, financial, and organizational challenges that confront us today. These matters require thoughtful leadership, sound judgment, and a willingness to engage difficult issues directly. Over the past six and a half years, I have worked diligently to help guide our organization through complex circumstances, and I believe my record demonstrates consistent engagement, practical leadership, and a commitment to the long-term health of our institutions.

My life has been shaped by service from a very young age. I began teaching gymnastics at sixteen, coaching athletes in high-performance environments where discipline, responsibility, and sound judgment were required every day. I attended The University of Southern California on a full athletic scholarship. During my time there I studied Economics and Social science. I graduated with honors and began graduate studies in the healing arts at Yoson school of oriental medicine. By my early twenties, I was coaching competitive teams and in 1978 we were high school and national champions. Those experiences taught me that leadership is not about titles or authority. Leadership is the ability to remain steady when others depend on your decisions and to act in service of something larger than yourself.

Over the past six and a half years on the SSSC, I have witnessed both the extraordinary strengths and the genuine vulnerabilities of our organizations. We have dedicated people, remarkable resources, and a powerful mission. We also face challenges in governance, leadership development, financial stewardship, and organizational alignment that require urgency, clarity, and long-term thinking.

My motivation is not to preserve a position, it is to help ensure that what has been built is strengthened, stabilized, and prepared for the next generation. I believe my experience, institutional knowledge, and demonstrated commitment to service position me to continue making meaningful contributions during this important period in our history.

If re-elected, I will continue serving with humility, integrity, courage, and an unwavering commitment to the future of Sikh Dharma and the generations who will inherit it.

Q4

What relevant areas of experience and expertise qualify you for this position and will make you an asset to the board?

Throughout my life I have been called to serve in leadership, educational, healing, and governance roles. These experiences have given me a unique combination of practical skills, institutional knowledge, and long-term commitment that I believe make me a valuable asset to the SSSC Board.

For more than four decades I have served the Sikh Dharma community in a variety of capacities. I have been a Sikh Dharma minister, a teacher trainer, a counselor, a musician, an author, and a community leader. I have served on the Los Angeles Sangat Executive Council for approximately fifteen years, the Yoga West Board for approximately ten years, and the SSSC Board for the past six and a half years. These roles have provided me with extensive experience in governance, policy development, strategic planning, financial oversight, and organizational leadership.

My professional background has also contributed significantly to my ability to serve. Early in life I coached competitive athletes in high-performance environments where discipline, accountability, and decision-making were essential. I later built a successful healing practice and have served the community through the Khalsa Medical Clinic in Beverly Hills for more than forty years. Working with people from all walks of life has strengthened my ability to listen carefully, communicate effectively, navigate conflict, and make thoughtful decisions under pressure.

In addition to governance experience, I bring an entrepreneurial and organizational mindset. I have helped create new programs, supported leadership development initiatives, and worked to strengthen institutions so they can better serve future generations. I have served with the founding members of Share-A-Meal, a food service program for the needy and Recovery 2.0, an addiction recovery program. Additionally I have consistently sought opportunities to transform ideas into sustainable programs that benefit the community.

One of the most important qualities I bring to board service is a willingness to address difficult issues directly. Effective governance requires more than preserving existing structures. It requires asking hard questions, seeking transparency, protecting organizational assets, and ensuring that decisions are made in the best interests of the mission and the community. Throughout my service, I have demonstrated a commitment to thoughtful oversight, fiduciary responsibility, and ethical leadership.

I also bring deep institutional memory. Having lived and served through multiple generations of leadership within Sikh Dharma, I understand both the history that has shaped our organizations and the challenges that lie ahead. This perspective allows me to balance respect for our traditions with the need for continuous improvement and responsible adaptation.

Most importantly, I view board service as seva. My goal is not personal recognition or authority. My goal is to contribute my experience, judgment, and energy toward strengthening our institutions and ensuring that Sikh Dharma remains vibrant, effective, and relevant for generations to come.

Q5

Please summarize your prior and current service to the Dharma. If you have served in leadership positions please note them.

I have served as an SSSC Trustee for the past six and a half years, participating on committees including Governance, Finance, Government Affairs, Communications, and Intergenerational Engagement. I served on a special investigative committee to identify and correct mismanagement practice that took place at a KIIT subsidiary business.

Prior to that, I served approximately fifteen years on the Los Angeles Sangat Executive Council and ten years on the Yoga West Board of Directors.

My service to the Dharma also includes decades of direct community work — teaching, mentoring, supporting students, and participating in outreach programs such as Share-A-Meal and Recovery 2.0.

One consistent theme throughout my service has been leadership development. I have worked with individuals at all stages, from first-time yoga students to advanced teachers, helping them step into responsibility.

I initiated and supported the development of a Board Member-in-Training program at KIIT. This was designed to identify and prepare future business leaders in our for-profit entities. I consider this one of the most important contributions I have been part of, because it reflects a core principle I believe in deeply: organizations survive or fail based on how seriously they develop their next generation of leadership.

Q6

Please describe your experience of the Siri Singh Sahib as a teacher and your experience of his teachings.

My relationship with the Siri Singh Sahib began in 1976, when I was a young man transitioning out of from university and competitive gymnastics, into a search for deeper purpose and direction.

I first encountered him in a UCLA graduate school class called 'Yoga for the health professional'. This class was taught by Yogi Bajan and Dr. Jaswant Singh MD. Throughout the class I was struck by the precision, intelligence, and practical depth of Yogi Bajan's teachings, along with the medical science provided by Dr. Jaswant. As a gymnast, I understood discipline and physical awareness, and I recognized immediately that these teachings were not theoretical, they were embodied systems of training for life.

Soon after, I began attending other courses regularly. I remember being introduced to Yogi Bajan at a men's course in Los Angeles in 1977. He asked to sit in rock pose in front of him for an extended period, more than 30 minutes. What stayed with me while observing him was not only his intensity, but his attention. When he finally spoke to me he inquired about my gymnastic career which I was still active but ready to retire. At age 23 he encouraged me to continue competing, which I did for another year and then transitioned to coaching. I experienced how he saw people in a direct way that left an impression on me as a young adult still forming my own identity.

Over the years I had the opportunity to serve the Siri Singh Sahib in various capacities, sometimes as a student, sometimes as a practitioner called upon for healing work, and sometimes as a collaborator on teaching and musical projects. We collaborated on more than 30 musical projects together. These songs I cherish and play daily either on guitar or piano. This sustains my most intimate relationship to my teacher.

From roughly 1981 to the mid-1990s, I was frequently asked to assist him in therapeutic and healing capacities. These were quiet, service-oriented roles that required discretion, consistency, and trust. It was around 2000 that he gave me the title "Posture master" and I tried to stay worthy of that honor.

I was later asked to develop written material on principles of yogic alignment, which became the foundation for the book 'Divine Alignment', completed in 2004. Two other books followed: The Heart Rules and Everyday Devotion.

What I learned most from him was not a single teaching, but a way of living: that discipline and service are inseparable, and that spiritual practice must be the embodiment of virtue in daily action.

Q7

If you can not see God in all you can not see God at all ~ Siri Singh Sahib

Describe what this saying means to you?

For me it is a reminder to look beyond personalities, conflicts, and appearances and recognize the Divine working through all aspects of life. It is a call to humility, Trust, this teaching is deeply connected to the Sikh understanding of Karta Purkh, the Doer of Everything. If God is the ultimate Doer, then every person, every challenge, and every circumstance can become an opportunity to recognize a larger Divine purpose at work. This does not mean that every action is right or that human beings are free from responsibility. Rather, it reminds me to approach life with humility and calmness, recognizing that I do not see the whole picture and that the Creator is always working through circumstances in ways I may not immediately understand. This perspective helps me remember that even when I disagree with someone, I can still try understand their perspective. It encourages me to listen more deeply, judge less quickly, and remain open to the possibility that there is something I need to learn and that may include that perspective and judgements I was attached to were wrong. If Karta Purkh is truly the Doer of Everything, then every interaction becomes an opportunity for growth, service, and greater understanding and the continual practice of seeing from a different perspective.

a)How would you apply this saying in your day to day service on the board?

Throughout my years of service I have applied this idea, while on the SSSC Board, and in 3HO/Sikh Dharma and other community leadership situations, I have often been involved in many difficult conversations and complex decisions. There have been times when people held strongly opposing views about governance, accountability, organizational reform, and the future of our community. At times these discussions have been challenging and emotionally charged. The principle of Karta Purkh helps me remain grounded during these moments. It reminds me that my responsibility is not to control outcomes but to serve honestly, ask the questions that need to be asked, listen carefully, and act according to my conscience. While I may have strong convictions, I try to remember that the Creator may be working through circumstances and people in ways that are not immediately obvious to me. One of the greatest lessons I have learned is that meaningful service requires the ability to sit across the table from people with whom I strongly disagree and still treat them with respect. I may challenge decisions, advocate for accountability, or raise concerns when necessary, but I strive to do so without losing sight of our shared humanity and common interests and commitment to serving the Sangat. In my day-to-day service, “seeing God in all” reminds me to do my best, speak truthfully, remain open-hearted, knowing that God is the doer and in the parlance of the 12 step recovery community, “Let go and let God”.

b) How would apply this perspective to help our community and organizations move forward together?

I believe this perspective is especially important for our community at this moment. We have experienced disagreements, divisions, and difficult conversations about our history, our institutions, and our future. It can be tempting during such times to become attached to positions, personalities, or outcomes. The teaching of Karta Purkh offers a different path. It reminds us that no individual, group, or board possesses complete understanding. We are all participants in a larger process guided by the Guru. When we approach one another with humility and respect, we create space for honest dialogue, thoughtful discernment, and collective wisdom to create a “body of mastery.” From all of this, what hopefully emerges is consensus. As a trustee, I have sought to foster a culture where accountability and compassion coexist, where difficult questions can be asked without fear, and where disagreement does not become division. I believe we strengthen our institutions when people feel heard, respected, and valued, even when consensus is not possible. Moving forward, I would encourage us to focus less on winning arguments, passing litmus tests of who is holy enough, and more on serving our shared mission. If we can remember that Karta Purkh is the ultimate Doer of everything in everyone, we can work diligently, speak honestly, and trust that the right path will emerge. In that spirit, I believe our community can heal divisions, strengthen governance, and build a future rooted in both wisdom and compassion.

Q8

What do you understand the Role of the SSSC to be and how do you see the SSSC carrying out that role on a:

Practical Level

The practical role of the SSSC is to serve as stewards of the Dharma's organizations, assets, and long-term vision. This includes fiduciary oversight, governance, strategic planning, leadership development, risk management, Making sure the Siri Singh Sahib remains relevant in all of the orgs. whether for-profit or non-profit. In addition trustees must strive to protect the reputation and sustainability of the institutions entrusted to its care. A healthy board must do more than react to problems. It must anticipate challenges, develop future leaders, strengthen accountability, and ensure that resources are being used wisely and in alignment with the mission. Good governance requires transparency, ethical decision making, and the courage to address difficult issues before they become crises. During my years on the SSSC, I have come to appreciate that stewardship is not simply preserving what we inherited. It is improving it. Our responsibility is to leave these organizations stronger, healthier, and better prepared for future generations than when we received them. I believe one of our most important responsibilities moving forward is leadership development. This conviction led me to develop initiatives such as the Board Member-in-Training program at KIIT. Institutions remain strong when they intentionally prepare the next generation rather than waiting for leadership gaps to appear.

Spiritual Level

At the spiritual level, the SSSC serves as a steward of values, not just assets. The board's responsibility is to help ensure that the principles of Sikh Dharma and the teachings that inspired these organizations remain alive in how we conduct ourselves, make decisions, and serve humanity. For me, this begins with Kartar Purakh—recognizing the Divine as the Doer of all things. If we remember that these organizations ultimately belong to the Guru and not to any individual, then humility naturally follows. Trustees become servants rather than owners, stewards rather than rulers. The spiritual role of the SSSC is to cultivate an environment where truth can be spoken, accountability can be practiced, and decisions can be made with both courage and compassion. It requires balancing wisdom with practicality, faith with responsibility, and vision with disciplined execution. The Siri Singh Sahib often taught that leadership is service. I believe the spiritual success of the SSSC is measured not by authority, but by how well it supports the growth of the Dharma, serves the Sangat, protects future generations, and reflects the values we aspire to live. My hope is that the SSSC continues to evolve into an organization that is both spiritually grounded and operationally excellent—one that protects what is sacred, develops future leaders, and serves humanity with integrity and grace.

Q9

As an SSSC Trustee you are accountable to the Sangat.

How would you build and enhance the relationship between the Sangat and the SSSC?

Trustees serve the Sangat, and trust is built through openness, accountability, and respectful communication. I believe the relationship between the SSSC and the Sangat can be strengthened when trustees are visible, accessible, and willing to explain their actions and decisions whenever possible. I support making board decisions, voting records, meeting summaries, financial information, and governance documents readily available to the Sangat whenever doing so does not violate legal, fiduciary, personnel, or attorney-client confidentiality obligations. An informed Sangat is better able to participate in the life of the community and hold its leaders accountable. At the same time, I recognize that confidentiality is an essential responsibility of every trustee. Confidentiality exists to protect sensitive legal matters, personnel issues, privileged communications, negotiations, and other information entrusted to the board. Throughout my years of service on the SSSC and other boards, I have respected those obligations and will continue to do so. I also believe there is an important distinction between confidential board discussions and a trustee's responsibility to explain their own actions. If asked by members of the Sangat, I am comfortable explaining how I voted on matters that are part of the public record and the reasoning behind my vote. I am also willing to help people locate publicly available voting records, understand pending motions, and learn more about the bylaws and governance structures that guide our institutions. I do not disclose confidential discussions, privileged information, or the positions of other trustees. Members of the Sangat are free to draw their own conclusions from information that has been properly released to the community. I believe there is a distinction between confidentiality, privacy, and secrecy. Confidentiality is a normal and necessary part of every board meeting. Privacy is sometimes appropriate when discussions involve personal matters or issues affecting only a limited number of individuals. Secrecy, however, should be rare and justified only by compelling circumstances. During my service, I participated in an authorized investigation concerning KIIT that was necessarily conducted in confidence to preserve its integrity. The results ultimately led to significant changes within the organization. Experiences such as this have reinforced my belief that secrecy should be used only when necessary to protect a legitimate process, never to avoid accountability. My goal is to foster a culture where confidentiality is respected, privacy is honored, and secrecy is used only when truly

The SSSC is part of a close knit community. Given that board members are likely to have strong connections to that community, explain how you will be able to adhere to the SSSC confidentiality policies that apply to board members?

necessary. Trustees should protect information that must remain confidential while sharing as much as possible with the Sangat about the work being done on their behalf. I believe that approach strengthens trust, accountability, and good governance.

The Sikh Dharma community is indeed close-knit, and many trustees have longstanding friendships, family relationships, and professional connections within the Sangat. I believe that maintaining confidentiality is an essential fiduciary responsibility of every trustee and is necessary for the board to function effectively. During my years of service on the SSSC Board, I have consistently respected confidential information entrusted to the board. I understand the distinction between information that is confidential and information that is part of the public record. While I have always been willing to explain my own votes and the reasoning behind my positions when asked by members of the Sangat, I do not disclose confidential discussions, privileged communications, personnel matters, legal matters, or information that the board has designated as confidential. At times, some have interpreted my commitment to transparency as a breach of confidentiality. In reality, my practice has been to direct community members to publicly available documents, such as board resolutions, meeting summaries, governance documents, and voting records when those records have been officially released. I believe trustees can be both transparent and confidential by openly discussing their own decisions while respecting the privacy rights of others and the board's legal obligations. If elected, I will continue to uphold SSSC confidentiality policies with integrity while also supporting appropriate transparency whenever possible. I believe these principles are complementary rather than contradictory. Confidentiality protects the board's ability to deliberate responsibly, while transparency strengthens trust between the SSSC and the Sangat. A healthy balance of both is essential for effective governance and community confidence.

Q10

The SSSC strives to be an inclusive organization and cultivate a diverse and intergenerational community that supports the long-term sustainability of the organization. How would you help foster connection, engagement, and collaboration across generations and communities within the SSSC?

I believe the long-term strength and sustainability of the SSSC depend on our ability to honor our shared history while actively engaging future generations of leaders. Every generation brings unique gifts. Those who helped build our institutions carry valuable experience, institutional memory, and wisdom. Younger generations bring fresh perspectives, new skills, and an understanding of the challenges and opportunities that will shape the future of our community. We need both.

Throughout my years of service in Sikh Dharma, 3HO, Yoga West, Share-a-Meal, Recovery 2.0 and the SSSC, I have worked with people from many backgrounds, generations, cultures, and viewpoints. I have learned that meaningful collaboration begins with listening. People are more likely to participate when they feel heard, respected, and valued, even when there are differences of opinion.

As a Trustee, I have created more opportunities for dialogue between generations, including mentorship, collaborative projects, listening sessions, and leadership development opportunities. I believe younger members should have meaningful pathways into leadership and governance so they can gain experience and help shape the future of our organizations. At the same time, I believe we should continue to draw upon the knowledge and experience of those who have served the community for many years.

I would also encourage greater transparency, communication, and accessibility so that members of the Sangat feel connected to the work of the SSSC and understand how decisions are being made. Trust and engagement grow when people feel informed and invited into the conversation.

Our community includes people with different life experiences, perspectives, and relationships to Sikh Dharma and 3HO. While we may not always agree, we can still work together with mutual respect and a commitment to serving the mission that unites us. My goal would be to help create an environment where people feel welcomed including the "second generation" who have largely distanced themselves from this organization, and encourage everyone to contribute, and inspire each other to serve.

Ultimately, fostering connection across generations is not just about preserving our institutions; it is about ensuring that the values of service, compassion, integrity, and spiritual growth continue to thrive for generations to come.

Q11

The Siri Singh Sahib taught that we should be known for our service

What do you see as the three (3) greatest challenges facing the Sikh Dharma/3HO Community and the family of For-profit and Nonprofit entities?

Rebuilding Trust Through Transparency and Accountability Over the past several years, many members of our community have experienced disappointment, confusion, and a loss of confidence in some of our institutions. Whether the issue involves governance, finances, organizational decision-making, or the handling of difficult historical issues, trust can only be rebuilt through openness, accountability, and a willingness to address problems honestly. **2. Creating Unity While Respecting Diversity of Perspectives** Our community includes people with different experiences, generations, cultures, and viewpoints. Healthy disagreement is not a weakness; it is a sign of a living community. The challenge is learning how to disagree respectfully while remaining committed to our shared mission of service and spiritual growth. **3. Developing the Next Generation of Leaders** Many of the individuals who helped build these organizations have served for decades. We now face the important task of engaging younger generations, creating meaningful opportunities for leadership, and ensuring that knowledge, responsibility, and institutional memory are successfully passed forward.

How do you see the 3HO/Sikh Dharma family of Nonprofit and For-profit organizations serving humanity in these times?

Humanity is facing unprecedented levels of stress, isolation, polarization, anxiety, and uncertainty. The teachings of Sikh Dharma, Siri Singh Sahib, Kundalini Yoga meditation, Seva, community, and conscious living offer practical tools that can help people navigate these challenges. Our organizations can serve humanity by: Providing authentic spiritual teachings rooted in Sikh values. Supporting mental, physical, and emotional well-being through meditation, yoga, and healthy living practices. Demonstrating ethical leadership and organizational integrity. Creating opportunities for service that benefit local communities and the broader world. Building bridges across cultures, generations, and backgrounds. Serving as examples of compassionate, values-based organizations that place people before power and mission before self-interest. When our institutions embody these principles and virtues, service becomes more than a program, it becomes our true identity.

What would you do as a Trustee to overcome these challenges?

First and foremost, become a recognizable example. Continue to go to classes, teach Kundalini yoga. If you're a trainer, lead teacher training, become a mentor and create non-profit Seva based programs. All while demonstrating ethical leadership and organizational integrity. * Creating opportunities for service that benefit local communities and the broader world. * Building bridges across cultures, generations, and backgrounds. * Serving as examples of compassionate, values-based organizations that place people before power and mission before self-interest. When our institutions embody these principles and virtues, service becomes more than a program, it becomes our true identity.

What skills, tools, and techniques will you bring to the SSSC Board of Trustees to help it move toward the vision you described above?

I bring decades of experience serving Sikh Dharma and nonprofit organizations in a variety of leadership roles. I have served on the SSSC Board, the Yoga West Board, local Sangat leadership teams, nonprofit service organizations, and other governance bodies. In addition I administrate large financial trust outside of our organization. These experiences have taught me the importance of stewardship, fiduciary responsibility, and collaborative leadership. The skills I would bring include: * Board governance and nonprofit oversight. * Financial literacy and accountability. * Strategic planning and long-term thinking. * Consensus-building and conflict resolution. * Institutional memory and historical perspective. * Mentorship and support for emerging leaders. I also bring a temperament that values curiosity over certainty. Before reaching conclusions, I ask questions, seek evidence, listen carefully, and consider multiple perspectives. In a time when many organizations struggle with polarization, I believe humility, patience, and a commitment to truth are among the most important leadership tools a trustee can possess. The Sikh Gurus taught that leadership is inseparable from service. Siri Singh Sahib taught me how to use all three of my minds, negative positive and neutral to make wise decisions. If re-elected, I would view this role not as a position of authority but as an opportunity to further serve the Sangat, protect the institutions entrusted to us, and help ensure they remain strong, ethical, and mission-focused for future generations.

Q12

Board service regularly requires 20 to 40 hours per month (or more) in board and committee meetings. In addition, there may be multiple Face-to-Face meetings per year.

Can you fulfill these requirements?

Yes. I can continue to serve on multiple committees, special projects and other requirements that may be necessary.

If so, how will you balance these requirements with your other personal and professional responsibilities?

I have time, energy and I can afford to be in this position.

What do you anticipate being the most difficult part of serving as a Trustee on the SSSC Board?

The challenge of not enough board members participating in the responsibilities of the position. It makes more work for the Board members who do fully participate in the board responsibilities.

Q13

Directors must maintain reliable access to email and demonstrate basic technology proficiency — including the ability to use a computer, manage calendar invitations, and read and respond to board communications in a timely manner — recognizing that board-related correspondence may occur on a daily basis. Can you fulfill these requirements.

Yes and I have.

Q14

Are you related by blood or marriage to an officer, director, employee, or paid contractor of any of the constituent organizations (nonprofit or for-profit) including all subsidiaries? If yes, to whom are you related, how are you related to them, and what is their position?

No

Q15

Please upload your resume or CV here.

Resume.pdf (95.8KB)

Q16

Please upload you photo here, if elected as a board member this photo will be used.

IMG_0045.jpeg (259.4KB)

Q17

Please add anything else you would like to say so voters can better understand you.

Beyond my work in Sikh Dharma and nonprofit service, I remain a lifelong student of what I jokingly call "the science of having fun." Most mornings begin with Banis and meditation. Yoga usually comes later in the day. At 72, I still consider myself athletic and active. While I'm no longer competing at an international level in gymnastics, I can still enjoy challenging kriyas, strong workouts at the gym, and the simple joy of having enough energy to fully participate in life.

For the past several years I have participated in a weekly Gurbani study group. At the moment we are doing a deep dive into Anand Sahib. What I love most is that we don't just read the Guru's words, we chew on them. We explore them from the perspectives of the 6 participants, wrestling with meanings and insights until they become better understood. That process of discovery never gets old for me. Today I am more about the "Thrill of the subtle"

I have always loved learning. In fact, I have probably taken more courses than I can count. One thing many people don't know is that I had the opportunity to be "grandfathered" directly into becoming a Kundalini Yoga Lead Trainer. Instead, I chose to start near the beginning and work my way through the training levels. It was one of the best decisions I ever made. That extra study brought me much closer to understanding the depth of the Siri Singh Sahib's teachings and reminded me that the beginner's mind is often the greatest teacher.

Whether I am studying spirituality, leadership, health, music, or teaching yoga to gymnastics coaches, I am always curious about what I don't know yet.

Music has been one of the great loves of my life. I play guitar and piano, write songs, and have spent decades creating and recording music for both personal enjoyment. It has been an honor to be part of the 3HO "soundtrack". On any given day you might find me listening to folk music, rock, opera, classical music, kirtan, or playing along with any one of them. Music has taught me that discipline and devotion can be joyful, and that beauty often appears where we least expect it.

People are another lifelong fascination. I genuinely enjoy hearing their stories—and often telling a few of my own. For decades I have worked in the recovery community. Few people know that in 1978 I spent three months living in the 3HO addiction recovery program in Tucson Arizona. My days were filled with sadhana, multiple Kundalini Yoga classes, healthy food, and the company of remarkable people committed to transforming their lives. That experience changed the trajectory of my life and eventually led to the creation of Recovery 2.0, which remains one of the most meaningful seva projects I have ever been involved with.

After nearly 50 years in Sikh Dharma and 3HO, I remain inspired by the wisdom of the Siri Singh Sahib, The guidance and knowledge of the Guru, the resilience of the Sangat, and the endless capacity of people to grow, and heal.

As I have gotten older, I find myself less interested in being right and more interested in learning, serving, and helping build institutions that can support future generations. Curiosity, humility, and a willingness to serve and share is what gets me out of bed each day.

If elected, I will bring that same spirit of learning, service, adventure, and lifelong curiosity to the work of the SSSC.
