

#11

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Q1

Fill in the information below

Name	Sukhdev Kaur Khalsa / Lilia Georgina Del Rio Cervera
City	Raasiku vald
Country	Estonia
Occupation	Community leader
Length of Participation in 3HO/Sikh Dharma	27 years
Are you a KRI certified teacher or trainer? If so, what is your certification level and when did you acquire your certification?	Mentoring Lead Trainer. Level 1 certified in 2004
Ashram Communities lived in	Estonia, MPA
3HO/Sikh Dharma Community Positions	Lead Trainer, past Board member SDEI, SDI, Gurdwara coordinator, Ashram leader

Q2

Please enter a valid email address

Email address	sukhdevkaur@khalsa.com
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Q3

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

I feel the continuing wish to serve the community at different levels, from the grassroots experience of living in Estonia where we are building a community, to experience in India and Mexico, but also I have a structural mind with long term planning and vision that can serve the Mission of the Siri Singh Sahib as part of the greater Mission of Guru Gobind Singh. I am not called to this board for title or position; I am called to serve as a neutral, grounded, and visionary bridge between generations, cultures, and organizations. I want to help protect the purity of the Siri Singh Sahib's legacy, manage our corporate and spiritual assets with absolute transparency, and give my two cents to design a stable, inclusive architecture for the global Sangat so that the future generations of the Khalsa Panth can flourish.

Q4

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

In short: consistency, stability, ground experience and alignment.

In more detail: My qualifications for the SSSC Board come from a mix of practical governance, design planning, small business management, and many years of community service. Through my roles as a Board Member for Sikh Dharma International (SDI), Corporate Secretary for Sikh Dharma Education International (SDEI), and my current work as Director of Continuing Education at Miri Piri Academy, I have learned firsthand how our organizations operate and how to handle the responsibilities that come with board leadership. My background as an architect and urban planner helps me look at large organizations structurally and plan for the long term. At the same time, co-owning a wood restoration business with my husband and building our off-grid ashram from scratch in Estonia has kept me very grounded in daily project work, budgeting, and realistic problem-solving. Being born in Mexico and moving to Estonia over twenty years ago to share the teachings has given me a deep appreciation for our international Sangat and the unique needs of regional communities. Through my work as a KRI Mentoring Lead Trainer I have focused on listening deeply, facilitating groups neutrally, and helping people navigate challenges gracefully. I hope to bring this calm, steady presence to board discussions. Ultimately, I offer the SSSC a balanced combination of a planner's perspective, a small business owner's practical habits, and a deep devotion for the Guru and for service to all.

Q5

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

I have been a dedicated pioneer, community builder, and leader for the Sikh Dharma and Kundalini Yoga community in the Baltic region and globally since 2004, when I was sent to Estonia by the Siri Singh Sahib to share the teachings.

Current Leadership Positions:

Chairwoman of the European Khalsa Council.

Director of Continuing Education at Miri Piri Academy (MPA) in Amritsar, India (2023–present).

Head of the Guru Ram Das Ashram in Rajamaa, Estonia (Established 2016).

Sikh Dharma Minister and community leader in the Baltics.

Mentoring Lead Trainer for the KRI Aquarian Trainer Academy (Levels 1, 2, and 21 Stages).

Founder/Owner, Dharamsaal International Kundalini Yoga and Humanology School (2014–present).

Prior Service & Leadership Positions:

Board Member & Secretary, Sikh Dharma Education International (SDEI) Board of Directors (2022–2025).

Board Member, Sikh Dharma International (SDI) (2024–2026).

Gurdwara Coordinator, European Yoga Festival Gurdwara in France (2019–2024).

Founding member and First President, Estonian Kundalini Yoga Teacher's Association (Founded 2008; Board Member 2017–2019).

Over the past two decades, I have organized and led 15 generations of Level 1 and 12 generations of Level 2 teacher trainings in Estonia, alongside multiple generations in Latvia, Mexico, Poland and India. In 2011, I brought the Sri Guru Granth Sahib to reside permanently at our ashram, establishing the first Gurdwara in Estonia. In recognition of this extensive community-building work, I received the KRI Outstanding Achievement Award in 2016.

Q6

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

Though my personal journey with the teachings began in 1999 at the age of 17, my core experience of the Siri Singh Sahib has been defined by his constant subtle guidance, living by his teachings and being part of his mission. Moving from Mexico to Estonia in 2004 under his subtle body direction was a pivotal act of trust that shaped my life. Since I started practicing Kundalini yoga back in 99, I knew that I would devote my life to this mission, and this feeling has only grown in time. I understand that he brought us through his teachings under the fold of the greater mission and vision of the world by Guru Gobind Singh.

Although I never physically met him, to me, the Siri Singh Sahib is my teacher and I honour his presence and guidance up to this day as it is a living pulse. His teachings are immensely comprehensive and vast, highly structured and practical, and have touched my life profoundly, specially in moments where I wouldn't have survived if it wasn't for his Teachings and the presence of the Guru in my life. What is even more, these are practical teachings which can be applied in life, and I have done in so many different ways, whether through building an off-grid ashram from the ground up, mentoring future teachers, or guiding families through birth and grief.

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?

To me, this quote is about spiritual maturity and serving the God in all. God is in everything and everywhere, the question is whether we chose to see it or not.

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

I see the work on the board as a Seva and that we represent all of our organizations, as different as they are from one another, and all of the members that make up the widely varied fabric of the 3HO community around the world and the Sikh Dharma community.

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

To me it is important to have a perspective and keep the pulse on what is happening in the fringes and on the ground, where singular individuals are doing their best to inspire others into seeing God in all. My own experience was defined by such experiences and I find it is very important for all organizational bodies to be aware of those and support.

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 SSSC, being responsible for both non-profit and for-profit entities, must excel in transparent governance, strategic asset management, robust fiduciary oversight, and continuing the mission of the Siri Singh Sahib in bringing consciousness into the world. SSSC's practical responsibility lies in ensuring that the organizations are led by competent individuals who are aligned with the Mission of the Siri Singh Sahib and carry it on forward in a prosperous, legal and sustainable way.

Spiritual Level

The SSSC is the Council of the wise - representing Spiritual Maturity at its best, grounded in the Mission of the Khalsa as given by Guru Gobind Singh and the highest form of the Khalsa Panth in the Aquarian age as given by The Siri Singh Sahib. The SSSC's spiritual role is to protect the purity of the jewels that were given by the SSS and represent the global sangat by having a legal structure and governance framework that can be carried on into the world.

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?

Coming from a pioneering, border region (Eastern Europe), I understand how remote Sangats can feel disconnected from centralized leadership. I want to serve as an active bridge, ensuring the voices of the global, international Sangat are integrated into the SSSC's awareness.

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?

Maintaining strict confidentiality is already foundational to my professional and spiritual life. I clearly distinguish between my personal relationships within the close-knit Sangat and my executive duties as a trustee. I intend to honor the SSSC confidentiality policies unconditionally, recognizing that safeguarding sensitive board deliberations is vital to preserving trust, legal safety, and the institutional integrity of our Dharma.

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?

Long- term sustainability depends entirely on our ability to pass the torch gracefully without losing our foundation on the Mission and the attitude of Seva.

As an international sangat member born in Mexico and residing in Estonia, I will naturally champion cultural diversity, advocating for the voices of the minorities and those who are looking for support but dont know where to find it, localized resources, and inclusive policies that make space for diverse voices across the globe, ensuring the SSSC is like a truly universal home for all of our sangats around the world.

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?

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

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

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

Staying aligned with the original Mission of the Siri Singh Sahib as contained within the Mission of Guru Gobind Singh and keep spreading these beautiful teachings in their original form so that thousands can benefit from it - this technology, this Dharma, this consciousness, and sangat are more relevant than ever in this world where our nervous system is individually and globally breaking apart. Relevance and inclusivity for future generations making sure that the Teachings remain preserved and at the same time the Sangat grows and matures as a truly heart-centered model for living in the modern world based on our dharmic principles and lifestyle. Financial and institutional sustainability to ensure our for-profit entities and securing sustainable funding models for non-profits to safeguard our legacy assets.

With all the anxiety, wars, climate crisis, global migration and identity crisis in this Aquarian times, our organizations provide the guidelines to bridging the gap from fear and doubt into Fearlessness and Cherdi Kala spirit. I see this all the time at MPA, at teacher training - we need to keep doing what we are doing and serving the spirit in humanity to overcome these challenges through our technology of Spiritual Sovereignty. This is why the SSS shared all of this with us, so we could bring it forward.

Ensure the organizations can do their job and continue to stay steering in the right direction with the right support from above.

What I can humbly bring to the board is first of all, my experience in the fringes of the community - working with new communities in Eastern Europe, as well as integrating the Kundalini yoga and Sikh Dharma communities through the work at MPA. As a pioneer in these new areas, I understand of the bridging that has to happen between a high-level vision and grounding in down to earth into a practical grounded execution (eg. building and running an ashram from scratch, or creating adult courses at MPA to integrate KY & SD experience). Beyond that, my background as an Architect and Urban Planner equips me with the ability to visualize complex structural frameworks, plan for long-term sustainability, and design organizational growth systematically.

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 fulfill these requirements.

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

I am used to managing complex time-zones and schedules, teaching to Mexico regularly, traveling to India 2-3 times a year and organizing my time flexibly. My two children are now at school (after having homeschooled them for 7 years) and that gives me also more time and space in my mind to apply into serving on this board.

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

Taking more time away from my family in the evenings or traveling away. I know I can manage and if the mission calls I am ready to answer, but it is still difficult to go. I have to say that I would need the meetings to be at a reasonable time for my time zone, I am not able to stay up in the middle of the night for regular weekly meetings. Been there done that, and I cannot keep up with that on a healthy balance.

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, I can fully fulfill these requirements.

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.

Sukhdev resume 2026.pdf (422.6KB)

Q16

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

sukhdev 2026 square.jpeg (173KB)

Q17

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

I want the Sangat to know that my commitment to this path is my life's breath. When I left Mexico to move alone to Estonia in 2004 under the Siri Singh Sahib's guidance, I knew no one and had only my faith and the Teachings to lean on. Over the last twenty-two years, my husband and I have poured our hearts into physically building an off-grid ashram from scratch and raising a thriving community in the Baltics. My journey has also brought me through deep personal waters, including the profound grief and vulnerability of navigating my first child's death and homeschooling my two other children. This reshaped my entire understanding of this path and the teachings, without which I wouldn't have reached anywhere. Real spiritual leadership is about compassion, helping people find their strength and practicing bhakti in every breath we take so that the divine can live through us. This is the flame and foundation of our practice and path, the legacy that the Siri Singh Sahib left us in the form of all of these organizations, under the Mission of Guru Gobind Singh.

I am stepping forward for the SSSC Board because I care deeply about the legacy we leave for future generations; I bring the practical grit of a builder, the clear vision of a planner, and the heart of a mother who loves this global family unconditionally.
