



3HO WOMEN

March 2003

International Women's Association of 3HO Main office: Espanola, New Mexico, USA

Contents

Announcements
Page 1

Wisdom from Yogi Bhajan
Page 2

Purpose of Women's Camp
Page 2

PROJECT LANGAR
Page 3

3HO WOMEN Coaching
Pages 4-5

Want to be Miserable?
Page 6

Why women need friends
Pages 6-7

3HO WOMEN Mission
Page 7

Forever Actual: camp
Page 7

3HO Calendar Of Events
Page 8

Call for Assistance
Page 8

What is 3HO WOMEN?

3HO WOMEN is a women's Association within 3HO.

The 3HO WOMEN is directed by our Steering Committee which meets bi-monthly via phone conference.

3HO WOMEN activities are generated by three teams:

- Education
- Coaching
- Service

Dear 3HO Women,

Greetings from the winter blue skies of New Mexico.

In this newsletter we are happy to announce three new 3HO WOMEN programs:

- 1) Education for Women- This summer we will offer KRI-approved certification for teaching Pregnancy Yoga. Soon we will have the Women's Yoga certification available! 3HO WOMEN is also creating one new yoga manual for women from unpublished notes!
- 2) Service - Project Langar, which collects & distributes food.
- 3) Coaching - Group coaching with professional 3HO women life coaches via phone.

3HO WOMEN is preparing local women's workshops throughout 2003. In January & February, Tarn Taran Kaur taught women's workshops in Hamburg, Rome, and Bologna (see photos on page 8). Sumpuran Kaur and Ravi Kaur will be offering women's workshops in LA, and Santa Fe. Let us know if you would like a workshop in your city.

Start planning to attend one of 3HO WOMEN camps or the Pregnancy Training course this summer. Or arrange to attend the Master's Touch Relationship course May 10-16. You can save \$\$\$\$ when you pre-register! See page 5 for ideas for generating funds. Email us your best ideas how to create funds.!

Blessings and Sat Nam,
Tarn Taran Kaur and Sumpuran Kaur

3HO WOMEN ANNOUNCEMENTS

3HO WOMEN EVENTS 2003

June 29- July 6	Women's Camp
July 6- July 13	Pregnancy Yoga Teacher's Training Course
	Yogi Bhajan will teach: "The Cosmology of Pregnancy: <u>How to attract a Soul</u> "
Sept 21- 27	Women's Camp: Ghost Ranch

Visit 3HO website for more information and to register:
www.3ho.org

- 3HO WOMEN NEW PRODUCTS (Available at Summer Solstice 2003)
- Gift of Giving Life - 3HO WOMEN Pregnancy Manual Revision
 - Women's Camp Yoga Manual
 - 3HO WOMEN Yoga sample classes for Teachers

Purpose of Women's Camp by Yogi Bhajan

Do you understand the purpose of this camp? The purpose of this camp is to get rid of the impulsive reaction.

You have your own enemy in you. You don't need an enemy from outside. You are impulsive and reactive. And remember this: any person who's impulsive and reactive is destructive, because when you are using your impulse to react you are not using your wisdom at all. And anything in which you are not using your wisdom ultimately will be totally destructive.

You don't come to this camp to show off your ego. You come here to learn, you come here to get rid of obligations, get rid of emotions, get rid of all that and be here relaxed to improve, your own consciousness. That's why we are doing it.

You come away from your children, you come away from your home, you come away from your husband, you come away from all your duties. It's a very idealistic situation which we are providing, and this is the only thing which will work.

Women's Camp 1981

Wisdom from YOGI BHAJAN

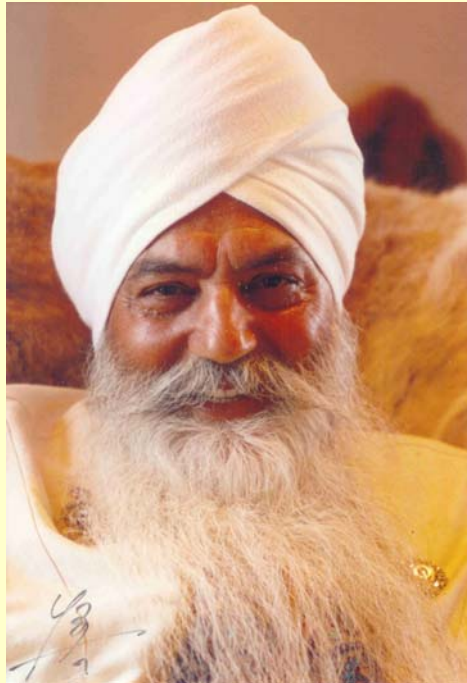


Photo by Soorya Kaur

Walking on the path of the spirit....

A human being can do only one thing! In the name of the flow of the spirit of God in one person, one can only make the commitment and honor it. That is called being honorable. Do you know who is honorable? One who lives that whatever one says is a commitment and honors that commitment. Whosoever honors his commitment is honorable. When you commit to the spiritual path, just keep walking. Now, there is one

secret I want to share with you. When you walk on the path of the spirit, what is your destination? Home. And that is God's Home. (Women's Camp 1977)

Sadhana is self-victory.... The greatest reward of doing sadhana is that the person becomes incapable of being defeated. Sadhana is a self-victory, and it is a victory over time and space. When you get up for sadhana, you defeat a part of yourself because you don't want to get up. Getting up is a victory over time, and doing it is a victory over space. That is what sadhana is.

Sadhana is only for you - it is a self-victory. And when you do sadhana in the sangat, then you enrich yourself in multiple ways. First, the isolation, which can hit anybody and make them go totally crazy is defeated. Secondly, when all of you meditate on God, the total effect of your sadhana becomes multiplied by the number of people who did it.

Sadhana is an answer to every misfortune, and who wants to see you in misfortune? Sadhana is not a matter of advantages and disadvantages. It is simply a means through which you can defeat all your miseries, misfortunes, and handicaps. It is a very personal thing, which does not relate to anybody except yourself.

(Women's Camp 1981)

What is Langar?

The practice of sharing food is a basic tenet of Sikh Dharma. For over 300 years, Sikh Gurdwaras (temples) have practiced this blessing of serving food to those who visit the Gurdwaras. All people, whether farmers, kings, businessmen, or simple people are served with equal concern.

What can you do?

Collect food staples in your yoga class, in your Gurdwara or church, in your neighborhood, or at work. (We have posters, which you can download and print to help get the message out.)

Disperse food

- Contact organizations who can assist in dispersing food. Email Hari Kaur, RN, hariseaac@rcn.com; She has contacts with many national organizations which have local chapters.
- Find a local family or families in need of food. Take a couple of bags or groceries to their homes either weekly or monthly.
- Local charities usually know families or programs in need.
- Many military families, especially reservists, who have been called to service. Hari Kaur, RN has contacted the local military family support commander in her area to find local families.

3HO WOMEN Project Langar

Sat Nam,

Blessings to you. I am Hari Kaur Khalsa. I have been practicing Kundalini Yoga for 28 years and coordinate the 3HO WOMEN Service Team. Presently I am a Nurse Practitioner at a clinic for disenfranchised youth in Boston.

Since this fall I have become aware of the growing issue of hunger in the USA. There are as many as 8 million people who don't get enough to eat each day. I find this situation very difficult to accept in a country as wealthy as the United States! However, it is a fact that hunger exists. It's not just the very poor or homeless who are hungry but single working mothers with no child support; military families, many of whom live below the poverty level; the elderly on fixed incomes who need to purchase their medications; and middle class bread winners who have recently been laid off from their jobs. All are struggling to feed themselves and their families.

Traditionally soup kitchens and food pantries have helped these families, however, donations and funding for these types of projects has declined over the past years and there are not sufficient resources available to meet the growing needs.

How Project Langar Started

In the light of this heart wrenching situation that Project Langar was set in motion in Leverett, Massachusetts, December 2002. People brought a can or box of food to Gurdwara and placed it in a carton box. The box was taken to a local food pantry for distribution. (One parent told me that his child often reminds him to get the can of food for him to take to Gurdwara because someone is hungry.)

This service project is a continuation of our desire to feed those who are in need. There are many ways to reach out to the hungry within one's own means of money and time. It is easier then you think! I would like to share with you the slogan for Project Langar -

"When love covers hunger ... you get Langar."

In order to grow Project Langar, 3HO WOMEN is looking for people in each community to help generate this project. I can help by providing the names of national organizations and help you find local service organizations. I need your help to grow Project Langar. Please call me at 781-891-0051 or 781-864-8999 or email me at hariseaac@rcn.com.

I look forward to hearing from you! Serve your local community with grace and dignity, in the light and love of Guru Ram Das.

Blessings to all

Hari Kaur Khalsa, RN

3HO WOMEN, Service Team Coordinator

3HO WOMEN Presents Khalsa Coaching

What is Coaching?

Coaching provides the impetus to bridge the gap between where you are and where you want to be.

A coach serves you by

- Holding the vision of who you are and what your life can be
- Listening to what you say and asking the underlying questions
- Encouraging you to take steady steps forward
- Celebrating your successes along the way

Who are the Khalsa Coaches?

The Khalsa Coaches are women who have practiced and studied Kundalini Yoga under the guidance of Yogi Bhajan for over 30 years. Each Khalsa Coach is a trained professional Life Coach with a strong commitment to serving women.

Khalsa Coaching integrate the techniques of their yogic and spiritual lifestyle and practices, with the tools of coaching to offer a creative and supportive approach to self-transformation and change.

3HO WOMEN is happy to announce that we are offering a Coaching Program to serve the women of our 3HO sisterhood. Most of you already practice the incredible technology of Kundalini Yoga, and have experienced inner growth and expansion on this path of self-awareness. Perhaps you have longed for a cozy women's group where you could connect with other women to support your transformation.

Khalsa Coaching has evolved from the 3HO WOMEN Coaching Team. They have designed the Coaching Program to nurture and support your process of self-discovery. A special thanks to Gurujot Kaur, the Team coordinator, for nurturing this process to fruition.

3HO WOMEN thanks Khalsa Coaching for offering these Coaching Programs. These programs are complimentary...only your dedication to your growth is requested.

The You That Is You

A Nurturing Approach to Self-Transformation From Khalsa Coaching

Sat Nam,

As women seeking to expand and awaken our potential, we all share the joys and challenges of living consciously in the world today. Each of us deals with the many facets and complexities of our lives, trying to bring harmony and balance, as we progress on our journey of self-discovery. Would you like to explore the possibility of truly living the life you were meant to live - the You that is You?

Khalsa Coaching is a partnership of women who have joined together to provide a place for women to experience community and support. We hope that together we can create a place where we can all be nurtured in our intention to live to our highest potential. As Life Coaches, we have integrated techniques of a yogic and spiritual lifestyle with the tools of coaching to offer a creative and supportive approach to self-transformation and change.

We are excited and honored to assist you on your journey of awareness and self-discovery and will walk beside you as you break old patterns of behavior, gain new perspectives, take bold risks and create expansive horizons.

(Turn to page 5 for Khalsa Coaching Program details)

3HO WOMEN**Coaching Schedule****3-Week
Introductory
Program****April****Tuesdays:** April 1, 8, 22

Coach: Gurujot Kaur

Time: 7 - 8 pm Eastern

Thursdays: April 3, 10, 24

Coach: Hari Bhajan Kaur

Time: 2 - 3 pm Eastern

May**Mondays:** May 5, 12, & 19

Coach: Kulwant Kaur

Time: 7 - 8pm Eastern

Thursdays: May 8, 15, 22

Coach: Pritpal Kaur

Time: 1 - 2pm Eastern

**On-Going
Group Coaching
Sessions****May****Tuesdays:** May 6, 13, 20

Coach: Gurujot Kaur

Time: 7 - 8pm Eastern

Thursdays: May 8, 15, 22

Coach: Hari Bhajan Kaur

Time: 2 - 3pm Eastern

There is no fee for these sessions.

(Continued from page 4)

Khalsa Coaching Program

Khalsa Coaching is offering a special "group coaching" program for 3HO WOMEN participants. We will meet together via telephone sessions on the bridgeline (conference call). You will have the opportunity to connect with other women and share in that special magic created by a supportive and trusting group of women. You will work on your personal goals under the guidance of a coach and in the company of other women who share similar values and intentions. The groups will be of an optimum size to promote intimacy, trust and sharing in a protected and guided environment.

*Initially, you will participate in the **3-week Introductory Program**. Here you will be introduced to the coaching process. You will have a guided experience of recognizing your goals, assessing your strengths and talents, acknowledging the present, and identifying steps to move forward in your life.*

*After completing this **Introductory Program**, you are invited to attend our on-going **Group Coaching Sessions**. Here you can continue the work you have started, moving forward on your journey of self-transformation, connecting and sharing with women in a safe and supportive environment.*

There is no fee for these sessions. It is our blessing to serve women, and we offer these in gratitude.

Dates and Times

*The **3-week Introductory Program** begins in April and will be offered again in May and each month thereafter. The first **Group Coaching Session** will begin in May and will continue each month thereafter. To register for one of these sessions, or if you would like additional information, contact us at: info@khalsacoaching.com. Please include the following information: Your Name, City, E-mail address and Phone number. Please specify a first and second choice for the session you wish to attend.*

We look forward to connecting with you and exploring our infinite possibilities together.

*Peace and Blessings,
The Khalsa Coaching Team*

*Darshan Kaur, Herndon, VA
Gurujot Kaur, Herndon, VA
Hari Bhajan Kaur, L.A., CA*

*Holy Kaur, Portland, OR
Kulwant Kaur, L.A., CA
Pritpal Kaur, Espanola, NM*

Want to be Miserable?

If a woman wants to be miserable, all she has to do is ask herself these three questions three times and she will FREAK OUT!

- What about me?
- Am I in control?
- Where is my security?

(Try repeating each out loud three times. How do you feel?)

The only one who has the answer is woman, herself. Here are and the answers to these questions:

- I am, I am
- Within me is the Universe
- God is my security

(Now repeat the questions again with these answers. How do you feel?)

Yogi Bhanjan, Women's Camp August 1986

Need funds for 3HO WOMEN activities?

1. Practice a prosperity meditation for 90 days and let the Universe work for you
2. Pre-register for 3HO Events and save \$
3. Save all \$5 or 5 euro bills which you receive
4. Save all coins
5. Teach a yoga weekend seminar or women's course to generate funds

Scientific research on why women need women friends!

FRIENDSHIP AMONG WOMEN

UCLA Study by Gale Berkowitz

A landmark UCLA study suggests friendships between women are special. They shape who we are and who we are yet to be. They soothe our tumultuous inner world, fill the emotional gaps in our marriage, and help us to remember who we really are. By the way, they may do even more.

Scientists now suspect that hanging out with our friends can actually counteract the kind of stomach-quivering stress most of us experience on a daily basis. A landmark UCLA study suggests that women respond to stress with a cascade of brain chemicals that cause us to make and maintain friendships with other women. It's a stunning find that has turned five decades of stress research---most of it on men---upside down. Until this study was published, scientists generally believed that when people experience stress, they trigger a hormonal cascade that revs the body to either stand and fight or flee as fast as possible, explains Laura Cousin Klein, Ph.D., now an Assistant Professor of Biobehavioral Health at Penn State University and one of the study's authors. It's an ancient survival mechanism left over from the time we were chased across the planet by saber-toothed tigers.

Now the researchers suspect that women have a larger behavioral repertoire than just fight or flight. In fact, says Dr. Klein, it seems that when the hormone Oxytocin is released as part of the stress responses in a woman, it buffers the fight or flight response and encourages her to tend children and gather with other women instead. When she actually engages in this tending or befriending, studies suggest that more Oxytocin is released, which further counters stress and produces a calming effect. This calming response does not occur in men, says Dr. Klein, because testosterone which men produce in high levels when they're under stress - seems to reduce the effects of Oxytocin. Estrogen; she adds, seems to enhance it.

The discovery that women respond to stress differently than men was made in a classic "aha" moment shared by two women scientists who were talking one day in a lab at UCLA. There was this joke that when the women who worked in the lab were stressed, they came in, cleaned the lab, had coffee, and bonded, says Dr. Klein. When the men were stressed, they holed up somewhere on their own. I commented one day to fellow researcher Shelley Taylor that early 90% of the stress research is on males. I showed her the data from my lab, and the two of us knew instantly that we were onto something.

It may take some time for new studies to reveal all the ways that Oxytocin encourages us to care for children and hang out with other women, but the "tend and befriend" notion developed by Drs. Klein and Taylor may explain why women consistently outlive men. Study after study has found that social ties reduce our risk of disease by lowering blood pressure, heart rate, and cholesterol. There's no doubt friends are helping us live longer.

In one study, for example, researchers found that people who had no friends increased their risk of death over a 6-month period. In another study, those who had the most friends over a 9-year period cut their risk of death by more than 60%. (Continued on Page 7)

3HO WOMEN

Mission Statement

Empower woman to live in her rightful excellence.

Core Values

Share the yogic technology, as taught by Yogi Bhanjan, with our daughters and with women in all walks of life.

Inspire women to live in grace and self-respect.

Create meaningful, supportive, and uplifting communication with all generations of women around the globe.

Develop workshops, seminars, educational programs, and special events for women.

Grow service projects which support and provide hope and dignity to women and their families.

Create an international network, which is responsive to the changing needs of the world.

(Continued from Page 6)

Friends are also helping us live better. The famed Nurses' Health Study from Harvard Medical School found that the more friends women had, the less likely they were to develop physical impairments as they aged, and the more likely they were to be leading a joyful life. In fact, the results were so significant, the researchers concluded, that not having close friends or confidants was as detrimental to your health as smoking or carrying extra weight!

And that's not all! When the researchers looked at how well the women functioned after the death of their spouse, they found that even in the face of this biggest stressor of all, those women who had a close friend and confidante were more likely to survive the experience without any new physical impairments or permanent loss of vitality. Those without friends were not always so fortunate. Yet if friends counter the stress that seems to swallow up so much of our life these days, if they keep us healthy and even add years to our life, why is it so hard to find time to be with them?

That's a question that also troubles researcher Ruthellen Josselson, Ph.D., co-author of *Best Friends: The Pleasures and Perils of Girls' and Women's Friendships* (Three Rivers Press, 1998). Every time we get overly busy with work and family, the first thing we do is let go of friendships with other women, explains Dr. Josselson. We push them right to the back burner.

That's really a mistake because women are such a source of strength to each other. We nurture one another. And we need to have unpressured space in which we can do the special kind of talk that women do when they're with other women. It's a very healing experience.

Taylor, S. E., Klein, L.C., Lewis, B. P., Gruenewald, T. L., Gurung, R.A. R., & Updegraff, J. A. (2000). Female Responses to Stress: Tend and Befriend, Not Fight or Flight" Psychological Review, 107(3), 41-429.

WOMEN'S CAMP: FOREVER ACTUAL

Testimonial from Guru Surya Kaur Khalsa, New York City

Attending Women's Camp at Ghost Ranch last Fall was an experience I'm recommending to all, especially friends I've shared this with in other years. It was a great opportunity to step outside my daily routine, breathe the fresh New Mexico air, and enjoy the company of women.

The reasons that Yogi Bhanjan created Women's Training Camp originally, still exist. Having attended women's camp since 1978, I was surprised to find myself the lone, longtime camper. The teachings are vital and relevant; the benefits are exhilarating.

The company of women is confirming--doing sadhana, talking over lunch, hiking through the beautiful Ghost Ranch landscape. The women are funny, warm, and smart. They bring diverse perspectives from around the world and a wealth of combined life experience.

The topics invariably come back to *pushing our limits, stretching our views, expanding our concepts to attain more understanding of ourselves and our world.*

Yogi Bhanjan lectured most evenings, and generously invited questions. It was a special time, of really appreciating ourselves and our lives, from a perspective that we don't usually experience—because we are usually too involved in it.

Women's Camp lets us take a break and experience ourselves and each other. Sat Nam and see you at Women's Camp!



3HO WOMEN

01A Ram Das Guru Place
Espanola, New Mexico
87532 USA

Phone:

Tarn Taran K. Khalsa
505-747- 7411
Sumpuran K. Khalsa
505- 747-7629

Fax:

505-753-1999

E-Mail:

ttkhhalsa@kiit.com
sumpurankaur@kiit.com
yogainfo@3ho.org



KNOW THYSELF
3HO 2003
CALENDAR OF EVENTS

May 10-16	"Master's Touch" LEVEL TWO: Art and Science of Relationships
June 16-18	Japji Course
June 20	IKYTA Teacher's Conference
June 21	Peace Prayer Day
June 20-28	Summer Solstice
June 29- July 6	Women's Camp
June 29-July 9	Teen Wilderness Tour
June 30-July 20	Khalsa Youth Camp
July 6- July 13	Pregnancy Yoga Teacher's Training Course
July 31- August 7	European Yoga Festival
August 17- Sept 3	"Master's Touch LEVEL ONE
August 30	Yogi Bhajan Birthday Party
Sept 21- 27	Women's Camp: Ghost Ranch
November	India Yatra
December 19-25	Winter Solstice, Florida

For more information and registration visit: www.3ho.org

Call for Assistance

- Newsletter design assistance for 3HO WOMEN
- Proof-readers for: Pregnancy Manual, Women's Camp Manuals, & Yoga Books, Women's Courses
- Pregnancy Yoga Training Course exchange for preparation projects
- Assist with organizing women's workshops in your city!

Thank you!



**3HO WOMEN Course
Hamburg 2.03**



3HO WOMEN Course Rome 3.03



3HO WOMEN Course Bologna 3.03