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Love

~ SS GuruKirin Kaur Khalsa, Editor

"Falling into Prayer is the same as falling in Love. It is an infinite fall. You can never come out of it. And in all of human

existence these two experiences are the highest."

Siri Singh Sahib.

Guru Gobind Singh said:
"Those who love God will find him."

The path of Sikh Dharma is the path of Love. It is where we develop the capacity for Love of God so deeply that

our lives and our destinies are transformed, and we become merged with the Guru to such an extent that we know all is covered. Love is a state of consciousness. Whatever we are facing can be transformed through this consciousness. Through Gurbani, we praise God, are absorbed in the love of God and accept the Will of God – through Love.



"Listening and believing with love and humility in

your mind, cleanse yourself with the Name, at the sacred shrine deep within...Sing, and listen, and let your mind be filled with love." – Guru Nanak, Japji

"Where there is Love, there is no question, Where there is question, there is no Love."

- Siri Singh Sahib

Love is My Last Chance



**Siri Singh Sahib
Lecture Excerpt
3/28/94**

Tonight we are discussing the most important subject, and that is "Love is my Last Chance." That's why human *karma* got the body. Human *karma* did not get the body, the environments of the body, the parents and the relatives, and the longitude and latitude where you were born in order to hassle your life all the way. If you hassle life, and by profession you have become a hassler, that's not human. Human life, when it has no love at the heart and no affection in the head, is the life of a hassler. It's a life of pain, disgrace, unfulfillment, doubt, and questions. It has no integrity, no dignity. With all the wealth of the world, it has no peace.

Love is my last chance in life in the sense that I have to love, first of all, my own

consciousness. I have to love my own character. I have to love my own characteristics. I have to love my own dignity. I have to love my own dimension. There are so many things I am supposed to love for *myself*, before I say even one word of, "I want to love you."

I understand that when you are young, you want a soul mate, or you want a friend or a relative or a lover or a husband, etc. It doesn't give you anything because the incomplete is relating to the incomplete. You should try to understand something, the very simple logic of it: one incomplete human is helping another incomplete human. It means, I have a broken leg and I am trying to help a person who has a broken arm. So that does not mean that I am not

Game of Love by Kirn Jot Kaur



Kirn Jot Kaur

"We are now entering fourteen years during which our old game is basically over, and in 2012 it will all be over. We are going to start playing a new game: the game of love. The game of love means that you identify yourself as Infinity, not as an Individual, and that's the huge difference you have to understand. So whether you are a man or a woman – whether you are argumentative or Rational – whether you are withdrawn or aggressive, that's up to you. But if you want a happy life you have to become a very simple, solid, mutual, well-mannered and loving person. It is your manners which will decide you. If you act cheap, cheap you will be. If you act priceless, you will be infinite. This is the very simple formula of life. People who indulge in the lower chakras will never reach the higher chakras, and people who are stuck in the higher chakras and have never reached the lower chakras are called spaced out. There has to be a balance. In this balance you have to bounce in life with joy. Your strength lies in your smiles and in your songs. Let us reach out for happiness, prosperity, strength and courage, so that time cannot take its toll on us and make our lives worthless." – Siri Singh Sahib (1998)

The Siri Singh Sahib spoke of the "game of love" for those who have chosen to experience love in a unique and elevated way. The love found in the teachings of all our Gurus and in the legacy of Siri Singh Sahib is taught as the platform of elevation upon which existence is assured. Seen through that prism, love expands and allows. Love is a powerful force that causes an expansion, which can move everything towards God. The elevation and openness experienced by that type of love carries a healing power and it can be projected to all beyond time and space. If we turn that power towards ego, we will have nothing but long standing pain, confusion and duality. If we turn that power towards pleasure, we will be cursed to seek out a never-ending chain of desires. However, if we turn that power towards soul, we will have nothing but long standing grace and peace of mind. Turning that power towards serving, as a platform of hope to others, we will be served the abundance of the universe, and there are no words to describe that blessing. We become the Grace of God.

Kirn Jot Kaur is a Psychologist who works at the Federal Justice Department in Belo Horizonte, Brazil. She is a director of ABAKY (Kundalini Yoga Association of Brazil) and a KRI Professional Teacher Trainer. Email: kjk@abaky.org.br

Love Makes the World Go Round

There are these moments... these experiences of total clarity, where time stands still as we transcend life around us. I remember one such a moment one hot, dusty afternoon at Summer Solstice some 20 years ago, in the early nineties. Arlo Gurthrie, part of Ma Jaya's entourage, had come for the day, up the hill to where we all were camping out during this special time of year. Sitting close to Ma, I saw her gaze out and around until she spotted what she had been looking for... Arlo. She gestured to him and asked him to play for us. It got quiet as Arlo, picked up his guitar, testing the strings. He knew Ma wanted something special. Then, it happened. With his lone voice, so familiar to his fans, into the vastness of space, he poured forth his next song, which he said wasn't really his, but befitted the moment. He dedicated it to Ma, on this day, his teacher, his Guru. *"My love, you are the song that sings inside of me. The words are always the same. They start with love and end up with your name. They say that love grows old, but ours turned into gold."* This was not his, but Pete Seeger's song.

Arlo Guthrie's voice, filled with sweet, pure devotion, poured forth this melody, these words. The rest of us were still, not joining in. This was his song for his teacher... behind us the vast Jemez mountains. We felt so deeply this offering to Ma. Love without condition or limit, love as wide and as blue as the skies over Ram Das Puri, of merging with all that is. Only bliss.... bliss and total love... timeless, space-less, endless love. And that is what love is, a totality. All these hard "things" we did then and still do now, like driving out to hot New Mexico for our yearly "vacation" in hot tents and outdoor bathrooms; the years of Ashram experiences with a guarantee that someone will irritate you, take the last of the milk or the only remaining parking space. The 40 day diets of just zucchini and the never ending Mondays of only wheat berries. The letting go of our attachment to our children so we can experience them as the divine beings they are, and in the process experience that same quality in ourselves. All these years, months, and hours of chipping away that wall of separation, and then come the moments when all else falls away like dust in the wind for an experience of total love; no past, no present, no future. Just that moment where you and God merge, suspended in time and space, total clarity, total love.

SS Siri Pritam Kaur is a businesswoman and Yoga Teacher who has been a part of the 3HO/Sikh Dharma Community since 1974. She lives in Yuba City, CA. Siri Pritam Kaur is a founding member & past President of the Punjabi American Heritage Society. Email: siripritamyc@gmail.com.



Prabhu Nam Kaur, Jap Preet Kaur, Snatam Kaur, Hari Karm Kaur and Siri Pritam Kaur at Solstice

Shabad Kriya

This meditation gives radiance and the radiance gives patience, which is the first condition of Real Love. In Love you give without attention to all the mistakes of another as the sun gives light and warmth to all people.

Posture: Sit in any comfortable posture with the spine straight.

Mudra: Place the hands in the lap, palms up with the right hand over the left. The thumbs are together and point forward.

Eyes: Focus the eyes on the tip of the nose, the eyelids half-closed.

Breath & Mantra: Inhale in 4 equal parts, mentally vibrating the man-tra SA-TA-NA-MA. Hold the breath, vibrating the mantra 4 times for a total of 16 beats. Exhale in 2 equal strokes projecting mentally "Wahe Guru."

Time: Continue for 15 to 62 minutes.

Comments: The best time to practice this kriya is every night before bed. If it is practiced regularly, sleep will be deep and relaxed and the nerves will regenerate. After a few months, the rhythm of your breath as you sleep will be subconsciously regulated in the same rhythm! You will think better, work better, share better, love better, and fight better. This rhythmic mantra will eventually progress so that even in daily activities you will automatically hear the mantra and take on the breath rhythm.



Mystically the effect is understood in numerology. The number 11 is the number of infinity in the world of material and the conqueror of the physical realm. The number 22 is the infinite number of longing and mastery of the mental realm. The breath is regulated in 22 beats and gives the mind the power to stretch to the infinite.

There cannot be enough praise of this meditation and its growth promoting effect on the personality. It gives radiance and the radiance gives patience which is the first condition of real Love. In Love you give without attention to all the mistakes of another as the sun gives light and warmth to all people. The incorporation of this practical universality in the personality comes with the disciplined practice of Shabd Kriya.

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Writings on Love from the Siri Guru Granth Sahib

The Guru's writings express their deepest experience of love. Their devotion was pure, unconditional and limitless. And from that experience of love, they were filled with profound peace and joy.

Guru Ram Das wrote: *"My heart and mind are ever filled with the longing for the lord. O God, how will I gain a vision of Thee? This longing is only understood by those who have known the love of Thee."*

Guru Arjun wrote in Sukhmani Sahib: *"Joyous love has sprung forth from my heart. For I have found the object of my life. As I share His vision, I find peace and my mind blossoms as I wash the feet of His saints. The body and mind of the devotees are filled with the Lord's love, But few are they who find themselves in their company. Out of Thy infinite mercy, grant this one gift to me, O Lord. That by the Grace of the Guru, I may meditate on Thy Name."*

In Shabad Hazare, Guru Arjun wrote: *"If even a moment passes without meeting Thee, Then it is as if the Dark Age has descended. When shall I meet Thee now, O my beloved and beneficent Lord?"*

God's love is Infinite. Through our relationship with the Divine, we can each tap into the Infinite love that exists in the Universe, and our hearts can be filled with the bliss of the Name.

~ SS Gurujot Kaur



helping and that does not mean the other person is not getting help, but this kind of living and this kind of religion and this kind of situation doesn't make sense.

Now, love as you understand it is very different than what love is. You have sensual love, you have sexual love, you have personal love, you have conditional love, you have unconditional love, etc. Actually, love is a self-acknowledgement. When I

love myself, I can be so rich that I can love everybody. The “depending” love—because you love me, you depend on me, and I love you, so I depend on you—as in business, because I expect this, you expect that. That is not love. That is called, what can you call it? Softening the way. Meaning one thing, doing something different.

Love is the one word most abused in the human vocabulary. Because, the first condition of love is, when you are in love or you love somebody, you have no question to be asked. Where there is a question, there is no love. Where there is a condition, there is no love. Where there is an expectation, there is no love. Where there is jurisdiction, there is no love. Where there is a territory, there is no love. That which can be defined and have dimension is not love.

When a child wants to go and catch a piece of burning fiery wood, his mother jumps in and stops him and pushes him away. It's a very cruel act, a harsh act. It's an act of enforcement, but it's an act of love, it's a protection, it's a mother's bond for the child, protection. These are the faculties in which we act under love. In love we honor. In love we grace people. In love we support. In love we sacrifice. In love we give. In love we elevate. In love we will pray.

Love and fear are two forces. Whatever you do under fear, it shall take your life away from you. Whatever you do under love, it shall give you fulfillment. But love will not satisfy your emotion. That's the unfortunate part of it. Love will not satisfy your neurosis. Love will not satisfy your ego. Love and God have no dimension. Ego has every dimension. So when you are in love, you have no dimension. When you have dimension, you are not in love. And this cross reference of life takes away ninety-nine point nine percent of your life and you are totally blank at the time of death, you did not accomplish your

one chance, which God gave you through a human body, and love was your last chance.

You couldn't love anybody without condition. You couldn't love anybody like God: without control, territory, expectations, and whatever. If anybody wants to experience God, the person may talk for years and years about everything, every knowledge. You can read a library, book after book. But if tons of love do not show up from that person, and his projection is not totally clean and clear love, the rest is just bait, and it is called hooker's paradise. This love is nothing but “hooker's paradise.” We make bait out of love and put a hook in it to get our job done. It is very destructive.

Those who understand life and love have endurance. They do not act childish, and they do not act passionate and entangle themselves in commotion and neurosis. Their words are like jewels and they are conscious like the brightness of God, and their strength is like Infinity. These are the people who really are the beloveds of God, and they enjoy love as the last chance of life. Otherwise, *Maya* is so bewitching, people forget their reality and they forget so badly, that at the last day, they can't remember why they didn't prepare for the last day. You prepare in your life for

“Those who understand life and love have endurance... Their words are like jewels and they are conscious like the brightness of God”

tomorrow. There is no tomorrow. Every tomorrow shall become today to face you, and today you always face. But the day you start preparing for that last day by reminding yourself, “When I quit the planet, what legacy am I going to leave behind? And what link shall I have with Infinity”—then you are liberated.

I have never forgotten that God has made me a human, never for a moment. And I never misunderstand that He could have made me a donkey. And He could have made me a snake. And I never forget that God made me a wise man. And I would have been very grateful if He had made me a foolish man; then I wouldn't have to exert myself. Do you understand what I mean?

So in wisdom, in equality, in ecstasy of consciousness, you have to understand that God made you for a purpose. Please learn to deliver that purpose, not your ego. That's the secret.

From www.3ho.org © The Teachings of Yogi Bhanan 1994

Sikh Path of Love

Love is the path of a Sikh and Guru Nanak stated it best: “if you want to play the game of love with me, put your head in your hands and walk with me.” Guru Arjan Dev ji wrote Mera Man Lochai, four beautiful letters of love written to Guru Ram Das and which have the capacity to heal the wounds of life. And this caliber of love was demonstrated when Guru Gobind Singh asked for five heads and created the Five Beloved Ones. In the teachings of the Siri Singh Sahib he gave us three salient features to define love:

- ◆ **“Where there’s a love, there is no question”**. True love lives with such dedicated focus and faith, it comes through no matter what the challenge.
- ◆ **“Where there is a love, there is no pain.”** Because there is a deep capacity to sacrifice.
- ◆ **“Where there is a love, there is nothing impossible.”** Our oneness brings about miracles. That is why the Siri Singh Sahib, out of his love for us, challenged us to do the impossible in order to build our excellence and to deliver us into our oneness with God.

Love is behind any healing or transformation. It is a quality of giving oneself to bring benefit and excellence to others beyond any limitations of oneself. Love is one of the greatest strengths to bring you into the flow of life and manifest miracles. When love expresses compassion and kindness toward others, it gives one the ability to see the other person is you. It is just this kind of love that understands the reality of life’s challenges, knowing we all face equally this challenge, which is to master ourselves. The Siri Singh defined love as a process in which ego is lost and infinity is experienced. This merging with infinity transforms our reality beyond our emotions, commotions or chaos.

Sardarni Guru Amrit Kaur Khalsa was appointed to the Office of the Siri Sikdar Sahiba (Chief Spiritual Minister) by the Siri Singh Sahib and serves to maintain the quality of spiritual practice within the Sikh Dharma communities. Contact her at: SSSa@sikhdharmaworldwide.org



SS Dr. Guru Sangat Kaur, Siri Sikdar Sahiba S. Guru Amrit Kaur, MSS Guru Raj Kaur, SS Avtar Hari Singh

People of Love

“We are the people, the people of love. Let us people love today.”

The Siri Singh Sahib taught us that love is infinite. It is an experience of selflessness within one’s self. When one experiences spiritual love, then the physical body does not crave anything. There is only the longing for union with God.

Guru Arjan Dev wrote in *Shabad Hazaray*, about his longing to merge with his Guru: *Mera man lochai gur darshan taaee . Bilap karae chaatrik kee niaaee*. My mind longs for the Blessed Vision of the Guru’s Darshan. It cries out like the thirsty song-bird.

Guru Nanak taught us that true love is a devotion, so utterly complete, that we give of ourselves in totality: *Jo to prem khelan ka chaa-o, sir dhar tale galee meriaao, It maraag pair dhareejai, sir dijai kaan naa keejai*. If you want to play this game of love, put your head on your palm and then walk with me. If you set your



Bhai Sahiba Bibiji with MSS Guru Raj Kaur

feet upon this path, do not vacillate, even at the risk of your life.

Our souls are Infinite. Our life is given to us to experience the love of God; to live, to give, and to serve everyone. As long as we breathe the breath of life, our soul does not forget its journey. We are all strung like beads on one breath of life, one universal Truth. When we arise in the morning to recite the Banis and

do our Sadhana, all the angels, the saints and sages come to listen. Out of their love, they come and listen to where God’s Name is chanted.

The Siri Singh Sahib trained us to be teachers in the Age of Aquarius. We must build our character, be kind and compassionate to ourselves and others, and hold firmly to our commitment to our destiny. In our commitment is the essence of the flow of spirit. In our commitment we establish our identity. Only then do we have the resources to be lofty, graceful, radiant, and the instruments of God’s love.

Dr. Bibiji Inderjit Kaur, the wife of the Siri Singh Sahib, serves the position of Bhai Sahiba (Chief Religious Minister) of Sikh Dharma. She is known around the globe as a revered "mother" and honored as an ambassador of good will for all. Email: BhaiSahiba@sikhdharmaworldwide.org

New Mexico Annual Legislative Luncheon

On January 17th in Santa Fe, New Mexico, the Sikh Community hosted its 18th annual New Mexico Legislative Luncheon to thank and honor the dedicated public servants of New Mexico for their hard work and service. The tradition of the Annual Luncheon, following the Opening Day of the New Mexico Legislature where the Governor delivers the State of the State address to a joint session of the House and the Senate, began in 1995 through the inspiration of the Siri Singh Sahib who hosted it every year until his passing in 2004. The Sikh Dharma community has since continued this wonderful tradition of honoring New Mexico's public servants.

In addition to Governor Susana Martinez's address to the legislature, House Speaker Ben Lujan shared in his opening address that he would not run for re-election due to serious health challenges. Mr. Lujan is the 2nd longest serving member, having been elected in 1975, and serving as Speaker since 2001. His son Ben Ray Lujan, has followed his footsteps in public service, and is currently serving in the US Congress as a NM State Representative.

Bhai Sahiba Dr. Bibiji Inderjit Kaur, Siri Sikdar Sahiba S. Guru Amrit Kaur Khalsa, MSS Daya Singh



From Left to Right: Bhai Sahiba Bibiji, NM Governor Susanna Martinez, SS Mukta Kaur, Siri Sikdar Sahiba S Guru Amrit Kaur, MSS Hari Jivan Singh, Siri Hari Kaur, MSS Daya Singh, SS Kulbir Singh



**Sarb Nam Kaur serving as the House Reader at the NM Legislature Session
Foreground: Governor Susana Martinez greets the legislature members**

Khalsa, President of Akal Security, and other members of the Espanola Sangat hosted the luncheon at Nirendra Singh Klotky's *India Palace Restaurant*, a short distance from the Legislature's venue. Senator Udall saluted the Siri Singh Sahib as a friend as he spoke to more than 100 luncheon attendees enjoying a delicious meal.

Guests included: Senator Tom Udall, who had just returned the previous day from a one week Congressional Delegation visit in India; Congressman Martin Heinrich, Attorney General Gary King and his wife Yolanda, NM Land Commissioner Ray Powell, State Auditor Hector Balderas; State Treasurer James B. Lewis; Cabinet Secretaries John Bemis (Dept. of Energy Minerals, and

Natural Resources), Ed Burkle (General Services Department), and Arthur P. Allison (Department of Indian Affairs); members of the NM Supreme Court and Appellate Courts; members of the House and Senate of the State Legislature; county and local officials, as well as many other friends.

Members of the New Mexico Sikh Community including the Bhai Sahiba and family, and Siri Sikdar Sahiba Ji attended the Governor's Prayer Breakfast January 26th, at the Santa Fe Convention Center.

~ SS SatSundri Kaur



From Left to Right: Yolanda King, MSS Daya Singh, Attorney General Gary King, Bhai Sahiba Bibiji, Siri Sikdar Sahiba S Guru Amrit Kaur, Congressman Tom Udall, Congressman Martin Hendrich, MSS Hari Jivan Singh

Dhan Dhan Ram Das Gur 120 Days Ends February 6th- Let's Keep the Meditation Going!



February 6th marks the completion of 120 days of the SDW Global Meditation of chanting *Dhan Dhan Ram Das Guru* for 31 minutes daily! Since beginning this meditation, we have seen the miracle of Guru Ram Das manifest in the unity and leadership of our Sangat, in the extraordinary acts of financial support from Sangat members, in the favorable ruling from the Judge, and in many other wonderful ways. SDW invites you to continue focusing your prayer for the Dharma with this beautiful meditation for an additional 120 days.

*....Jinee too sayviaa bhaao kar say tudh paar utaariaa.
Those who serve You with love – You carry them across.*

Another opportunity to deepen your relationship with Guru Ram Das Ji, is the “*Guru Ram Das - The Throne of Raj Yog Course*”, February 17-20, in Espanola, New Mexico, with Yogi Amandeep Singh. He will also be teaching 3 exciting workshops on March 2 – 4 in Herndon, Virginia. Learn more at www.soulanswer.com/raj_yog_grd.html, and at www.spiritvoyage.com

“*Ang Sang Wahe Guru** is one word. I can’t teach you anything which I have not learned. I can tell you in my life, betrayal, tragedy, debauchery, misunderstanding, misfortune – they are uncountable. But just one word I know that Guru Ram Das is, will, and shall be, there’s no doubt. Only one word I have taken out of my life and I’ve survived. There’s no big miracle. I can’t count on my powers as a yogi. I can’t count on my powers as a wise man. I’m not going to count on my powers as a holy man. I’m not going to count on the powers of any virtue I have. I am willing to admit that I am the most unvirtuous, but the noblest and the best on the planet. I enjoy being nothing and everything is happening around me. One line can do much more for you than anything else.

*Dhan Dhan Ram Das Gur, Jin siriaa tinai savariaa.
Pooree hoee karaamaat, Aap sirjjanahaarai dhaariaa. (SGGS, page 968)*

Blessed, blessed is Guru Ram Das; He who created thee, He alone has adorned thee. Complete is thy miracle. The Creator Himself has installed thee on the throne.

Beyond that, I don’t think I can go further. Many of you know this shabd. Perhaps you don’t understand the impact of it. You don’t understand the depth of it. If you know these two lines I don’t think there shall be anything less or more. I don’t believe your fears have any value. I believe, and it’s my practical experience that if you believe Guru Ram Das is with you, he is with you! How he is going to do it, leave it to him.” (Siri Singh Sahib Ji lecture excerpt from *Women in Training XVIII 1993*, “*Power of Woman.*”

Ang Sang Wahe Guru In every limb God is.

~ SS SatSundri Kaur

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Go to www.sikhdharmaworldwide.org.*

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COMMUNITY CONNECTION: FEBRUARY 2012

Website: www.sikhdharmaworldwide.org Blog: community.sikhdharmaworldwide.org

Celebrating in Anandpur Sahib

Sat Nam and Greetings from Anandpur Sahib!

In the Spirit of Khalsa, in the home of Guru Gobind Singh Ji, the Women of Anandpur Sahib celebrated the Gurburb Season with remembrance of the events of sacrifice, bravery, fearlessness, courage and absolute merging with the Infinite. Celebrations taking place November through January included the singing of shabads in nagar kirtan-style through the streets, walking to Sangat homes in the Amrit Vela where chanting continued, and sharing a light snack of pakorey and tea Langar, gracefully served. Through our Sikh History, the teachings left by our Gurus and the example and remembrance of their lives are our Foundation of Khalsa for the future.

In Anandpur Sahib, we've had a more than a dozen remembrances of Khalsa events celebrated in this way over the past few months. The Sangat gathers at the feet of Takhat Kesgarh Sahib in the Amrit Vela, and we walk home-to-home to chant & infuse each home with the Guru's presence through kirtan. The Sangat is blessed in each home and each household receives the reciprocal blessing by the gathering of Sadh Sangat. The women's voices are heard, their families are with them, chanting through the streets, and it is very divine.

In Anandpur Sahib, at Siri Singh Sahib Ji's home, Dashmesh Sadan, we were blessed to invite the Women's Sangat of Anandpur to come... I could feel him smiling on us all. Everyone was grateful for the darshan of *Siri Guru Granth Sahib Ji* in our home Gurdwara, enjoyed Guru ka Langar in the early hours, and 'experiencing' the Siri Singh Sahib Ji's presence, and the legacy of Khalsa coming 'Home.'

Wahe Guru Ji Ka Khalsa! Wahe Guru Ji Ki Fateh!

Guru Dharm Kaur is the Ashram Team & Facility Manager of Dashmesh Sadan, the Siri Singh Sahib's house in Anandpur Sahib, where she has lived for the past 10 years. She is also a Physical Therapist and a Certified Kundalini Yoga Teacher. Email: gurudharmkaur@khalsa.com. Website: www.dashmeshsadan.org



Ladies Celebration in Anandpur Sahib

SIBLINGS OF DESTINY

Siblings of Destiny Meeting: April 26 - 28, 2012

The Siri Singh Sahib taught: "You are here to serve, to uplift, to be graceful, to give hope, and to give the very deep love of your soul to all those in need. Through service, you can win the world."

We are continuing to work and serve together as Siblings of Destiny, to build the future of our Dharma in a unified and conscious way. We have an exciting future of growth and expansion ahead of us. We encourage all members of the Sangat to join us for the upcoming Siblings of Destiny meetings which will take place in Espanola on April 26 – 28, 2012. Please Save the Date and let's join together in building our future. Details on the meeting will be forthcoming.

"May your words be so strong that they affect every heart. May your truth be so pure that it lift's a person's soul to the heights." Siri Singh Sahib



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Legal Update

Sat Nam. The following is the current legal update. For further details, all documents are posted in the Legal Archive section of the SDW website.

- UI Defendants hire separate Legal Counsel - As a result of the Judge's ruling on our case in which she found the UI defendants liable for Breach of Fiduciary Duty, Aiding and Abetting Breach of Fiduciary Duty and Unjust Enrichment, the individual defendants have had to hire separate legal counsel.
- Hearing on Attorney General's Motion - A hearing was held on January 5th and January 9th regarding the Attorney General's motion for "Appointment of a Receiver" for UI, KIIT, SSC and SSS of SD, and the motion to "prohibit each and every defendant from transferring assets outside the ordinary course of business". As a result:
 - The Judge denied the request for the appointment of a Receiver at that time.
 - The Judge issued an "Order Regarding Transfer of Assets Pending Entry of Judgment", which states that all the Defendants "will refrain from making any transfers of interests in their assets, other than routine transfers and expenditures in the ordinary course, unless consented-to in writing by Plaintiffs or authorized by this Court", which includes paying the defendant's attorney fees. "Assets found by this Court to be trust assets, or proceeds of Trust assets ... are prohibited from being used for indemnification, advancement of legal expenses, or reimbursement of legal expenses of any of the individual defendants, including for their past, present, or future legal fees and expenses incurred in connection with this litigation."
- Mediation re: Bibiji's Federal Lawsuit - A mediation was held in Portland on January 12th for the parties involved in Bibiji's Federal lawsuit against Roy Lambert, the UI defendants and Karam Singh. Although we are not parties to the litigation, the mediating Federal Judge requested that we participate. John McGrory, his partner Jim Waggoner, Avtar Hari Singh and Amrit Kaur, Chancellor were present. The mediation process may resume in February.
- Submission of Briefs on Remedies - On Tuesday, January 17th, all parties in our lawsuit submitted briefs on Remedies to Judge Roberts, as requested. The main points of our brief, entitled "Private Plaintiffs' Supplemental Memorandum Regarding Remedies" are as follows:
 1. Void the Joint Venture transaction (return the businesses back to trust ownership);
 2. In the alternative to voiding the Joint Venture transaction, award money damages: (against individual UI defendants and GTM and its members: \$124,134,298, plus interest, with joint and several liability);
 3. Disgorge profits from the sale of the cereal division, with interest and with joint and several liability;
 4. Disgorge the compensation and bonuses received by UI managers with interest and with joint and several liability;
 5. Remove defendants who have violated fiduciary duties from the SSSC, UI, KIIT and GTO Boards;
 6. Award private plaintiffs attorney fees and costs;
 7. Deny indemnification to defendants and order the repayment of funds previously advanced;
 8. Require the repayment of any trust funds used to effectuate the joint venture or pay for the defense of this lawsuit;
 9. Order an accounting of trust funds performed by a receiver.
- On January 13, 2012, Siri Karm K Khalsa, Peraim K Khalsa, & Sopurkh K Khalsa filed a lawsuit against Schwabe Williamson & Wyatt, Roy Lambert, Gary Roberts, Cogence Group and Jay Sickler for legal malpractice. Jay Sickler and the Cogence Group were the appraisers for the 2007 transaction. The lawsuit is for \$60 million.
- On January 17, 2012 Unto Infinity and KIIT filed a lawsuit against Roy Lambert and Schwabe Williamson & Wyatt for legal malpractice. The lawsuit is for \$62 million.

~ Secretary General, SS Gurujot Kaur

We are awaiting the Judge's Ruling on Remedies. Much gratitude for your continuing prayers and support.

Our legal effort continues to require our commitment and dedication.

To support the Legal Fund as these proceedings continue, please call 505-629-1562 or go on-line to contribute a donation at: www.sikhdharmaworldwide.org. Blessings to all.

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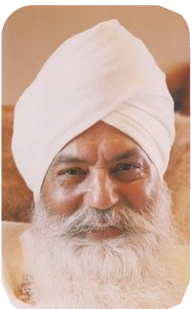
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Siri Singh Sahib Lecture: Love is my Last Chance

"In love we honor. In love we grace people. In love we support. In love we sacrifice. In love we give."



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Celebrating in Anandpur Sahib by Gurudharm Kaur

"In Anandpur Sahib, we've had a more than a dozen remembrances of Khalsa events celebrated in this way over the past few months."

Page 3

**Shabad Kriya Meditation:
Developing Real Love**

"In Love you give without attention to all the mistakes of another as the sun gives light and warmth to all people."



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People of Love by Bhai Sahiba Bibiji
"Our souls are Infinite. Our life is given to us to experience the love of God; to live, to give, and to serve everyone."

