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# Malaysia: Japa & WTY in Kuala Lumpur

## Sangat Devotional Activities, November 2024

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SS Prem Kaur Espinosa

### Visiting World Sangat Inspiration and Shared Values

Southeast Asia was recently the setting for a confluence of Sangat dedicated to taking part in our dynamic and life-changing practices. The events took place in Malaysia and were very well organized and presented by the Anand Foundation which graciously hosted the Sangat with great spirit of seva and generosity. The foundation is headed up by Aniljit Singh, and his team.

On Saturday the 23 of November the first White Tantric Yoga was held in Kuala Lumpur.

Siri Simran Kaur, CEO of White Tantric Yoga, travelled to Malaysia to facilitate the workshop and meet with community representatives.

This event drew a crowd from many outlying communities like, China, Russia Taiwan, Bali, Philippines, Singapore etc. The participants were very happy and were served perhaps the tastiest Tantric Burgers of 2024! There has been a unanimous request for the event to be held again in 2025.

The following week saw the 12th Annual Kundalini Surjhee Japa with Jugat Guru Singh Khalsa take place in a lush tropical jungle setting at Frasier's Hill. The continuous recitation of the Shabad said by Yogi Ji to be the "Meditative Key to the entire Kundalini Yoga". The goal was to recite a minimum of 11,000 repetitions within a set amount of time, and has been



Participants of the first White Tantric Yoga held in Kuala Lumpur, November 23<sup>rd</sup>, 2024.



12th Annual Kundalini Surjhee Japa with Jugat Guru Singh Khalsa in Frasier's Hill.



SS Jugat Guru Singh Khalsa

practiced in our community since the mid 80's when Guru Dev Singh the master of Sat Nam Rasayan started to hold these gatherings. The practice of Japa is a part of Kundalini Yoga and has been around for thousands of years in most traditions. The Kundalini Surjhee Shabad was given in praise of Guru Ram Das and as a valuable tool to experience and understand the more subtle process of the Kundalini energy and to understand the impact of raising it. "Man Bach Karm Seviai Sacha"....means to serve

the Sangat, community and world at large in Thought, Word, and Action. The meditation was led by SS Jugat Guru Singh, the CEO of KRI, who mentored for 20+ years under Guru Dev Singh and his whole life under Siri Singh Sahibji to be able to hold this powerful practice in balance. This session drew delegations of students from Malaysia, Singapore, Thailand, Indonesia, Taiwan, China, Russia, USA, Mexico, Europe, Cyprus, and various points in between.



From left to right: SS Prem Kaur, SDI CEO, SS Jugat Guru Singh, KRI CEO and Siri Simran Kaur, WTY CEO.

It was very unique in that of the 100+ participating there were 3 of our Non-profit CEO's (Jugat Guru Singh, Prem Kaur, Siri Simran Kaur), members from our 1st, 2nd AND 3rd Generation community, several Alumni of Miri Piri Academy, over 25 Punjabi Sikhs, over 20 Russian Yoga Students and 50 more participants from around the world!

Having two major events in tandem is a new model, and while it was never done in the past, it worked very well and may be a good model to follow, especially in far off sangats

Sikh Dharma International was represented by SS Prem Kaur, who continued a year of community building and dialog throughout the world to listen to the sangats requests and to chart the international initiatives going forward.

It was a very uplifting and inspiring experience of deep meditation which left all of us looking towards the future and the promises held for 2025 and beyond.



