

Amrit Singh Khalsa

From: Deva Khalsa
Sent: Friday, April 19, 2019 10:55 AM
To: Nirvair Singh Khalsa; Amrit Khalsa
Cc: Ek Ong Kaar Kaur Khalsa
Subject: Simple idea for TTEC update on V/S

When you update TTEC about the Vitality Stress, you might mention that we had planned just to streamline a lot of the material so it was easier to read, delete a few things like Voodoo death, and add more Yogi Bhajan and the Cold Depression lecture

Then we finally realized late in the game as we dug into the science that the science was mixed with psychology and the teachings of Yogi Bhajan without any references as to what came from where. They were even mixed in the same sentence sometimes. So it was impossible to extricate and update the science. Two examples in Sat Bir's latest email below I have bolded.

So as you know we have included Sat Bir's transcribed lecture and some slides that he does around the world on stress and how studies have shown that the best antidote is found in breath, yoga, meditation and mantra. So it is basically giving us the latest science and reminding us that stress is subjective, and inspiring us to apply these most effective antidotes.... giving us some of the studies results.

Sat Naam

----- Forwarded message -----

From: Khalsa, Sat Bir Singh <khalsa@hms.harvard.edu>
Date: Thu, Apr 18, 2019 at 9:36 AM
Subject: RE: Food
To: Deva Khalsa <deva@khalsa.com>
Cc: Ek Ong Kaar Kaur Khalsa <ekongkaarsd@gmail.com>

Dear Deva Kaur,

Sat Nam.

I believe that much of the text on the science in the manual needs to be critically evaluated. Gurucharan was a reader of science but not really a scientist, and so it is not clear how much bias and cherry-picking he did with selecting scientific information from published papers. This is especially true in the very contentious field of nutrition and weight-management research in which there are very strongly opposed views and the research is constantly evolving with some prior research being reevaluated and even refuted in the process. Beyond nutrition/weight, I think that in general some research becomes outdated and refuted over time, and so reevaluating the text is important.

Some of the statements in the text are truly puzzling. "The more effort or willpower you apply, the more you narrow your consciousness in any given moment. The brain gets blocked. We start to generate gamma waves in the parietal area of the brain." This text is fine if it is directly from Yogi Bhajan. Otherwise, I am very concerned about the integrity and validity of this kind of "science".

In another statement, "Conscious effort makes up about 15% of our actions, and the subconscious feelings and habits about 85%." This is stated definitively as a fact; there is no citation for this. Is this from Gurucharan or Yogi Bhajan?

I believe that **the individuals coming to our teacher training programs are increasingly comprised of professionals, including those with medical training. Much of the science material is inaccurate or outdated will be challenged by these students or possibly just confuse them.** My argument for replacing the current printed science component of the manuals with online resources will provide more relevant and accurate information, and is easily updated by replacing dated resources with recent online resources.

Sincerely,
Sat Bir.

-----Original Message-----

From: Deva Khalsa <deva@khalsa.com>
Sent: Tuesday, April 16, 2019 6:55 PM
To: Khalsa, Sat Bir Singh <khalsa@hms.harvard.edu>
Cc: Ek Ong Kaar Kaur Khalsa <ekongkaarsd@gmail.com>
Subject: Food

Sat Bir

There is some research quoted on
Weight loss & relationship to food
P 151

Teaching the segment on weight-loss this was very interesting information that people think will power is 60% of losing weight when research shows it is actually 5% etc

It is a lot more important how you live
—lifestyle—they don't think it's that important and that genes are pretty impactful as well which surprises people

Also that when you under sleep your internal gauge of fullness gets diminished scientifically p 152-153

Thank you 🙏

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