



# Testimonials

It is such a blessing to spend time with so many other women of spiritual nature. Here I feel I am in a very sheltered and protected environment where my spiritual side can express itself.

Kulwant Kaur – Trinidad

My life is so hectic and the pressures at work are very intense. This time at Women's Camp, living in a tent, meditating in the morning, strengthen me and give me a peace of mind that I can't get anywhere else. I am a better person the rest of the year.

Janet Smith – Los Angeles

I want to share a daydream and prayer with you. First I see rugged mountains coming closer as the airplane lands. Next my foot steps upon the cement tarmac at the ABQ airport and I am dazzled by the brilliant sunlight. Then I find myself lying down in a green tent leisurely gazing at cottonwood trees. My daydream switches to Yogi Bhajan's evening lecture. His face fills my vision and I am filled with a meditative tranquility. This is home, sitting at the feet of a spiritual fountain and my spirit is rising. I flash to a funny shower house where I brush my teeth over laughter and stories of struggles every morning and night. I can imagine increased strength in my arms and legs from walking, swimming and yoga, Upon looking in the mirror at my face, I see a familiar stranger who is sun tanned and relaxed. Can I tell you my miracle? This year my daydream became a reality. I am writing these thoughts sitting under the yellow big top tent at sunrise with the strains of a Guru Ram Das shabad still echoing within me. God and Guru granted me my pray this year: to sit in the cozy sangat under the blue skies of New Mexico and feel my soul emerge. My prayer is that we can all be together again at Women's Camp next Summer.

Guru Sher K – VA

This is the story of a mother, a student, a wife, a healer

My first introduction to 3HO, to Yogi Bhajan, to the Sikh way of life, was through my sister, a Sikh. I didn't know what that meant until I came here. And my first New Mexico experience, my first 3HO experience, was Women's Camp. My first real contact with Yogi Bhajan was at his evening lecture. I felt that he talked to my soul, and I wanted what he had in his eye. That kept me going and I practiced Kundalini Yoga every day for two weeks.

It was not that I participated in everything. You go through the changes and you keep going and changing. My husband sent me to Women's Camp every year thereafter and I usually stayed for the full time. Even at job interviews, I would tell them, "You can hire me, but you have to understand that I go away every summer for rejuvenation."

The children that we have receive their strength when they see their mother excelling. They do not experience separating who you are from you going to camp. It is my life, not a decision to go or not to go. My daughter once asked me, "Do you love me or God more?" I told her it was a loaded question and I could not answer. But then I said, "I love God more because he gave you to me." She scowled at me and said, "You are wrong. Remember how you told me a long time ago that God is in everyone. You should have said you loved me more because I am God!"

I know my family benefited greatly from the lifestyle that I lead, from going to camp. Women's Camp will recharge you so you can remember what is important in life. It is a healing, rejuvenating time for women. You have a chance to be away from your routine, to just reflect. Who better to help you process things than other women?

Women can learn even if they have not come to camp. Read one lecture every day; read about everything from diet, to managing your children, to containing your husband, to loving yourself, to becoming excellent. Women's Camp introduced me to a lot of things. It is my focal point of the year.



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