

3HO Foundation ~ Mission and Principles

Mission:

3HO® Foundation International is a Global Community of people who practice and share the teachings of Yogi Bhajan so that they may serve, inspire, and empower humanity to be healthy, happy, and holy.

3HO's Global Community is comprised of people who are dedicated to living a life that uplifts and inspires. Over the past 40 years, 3HO has become a vibrant, dynamic community of leaders, teachers, students, and seekers practicing the time-proven technology of Kundalini Yoga as taught by Yogi Bhajan®, grounded and centered in a philosophy of compassion and kindness. People from all walks of life and on every continent share this technology and are experiencing their potential, realizing peace in their inner world, and participating in a healthful lifestyle.

Today, there are 3HO Community Organizations around the globe. . The value and beauty of the 3HO lifestyle continues to bring more and more seekers into the 3HO Global Community, and they, in turn, continue to bring these teachings to even more people, so that humanity may be blessed in every circumstance of life. These sacred teachings spread from yoga centers to health spas, to colleges, to inner-city youth, to homeless children, to battered women and on and on.

3HO Foundation International is committed to serving and connecting the 3HO Global Community. The 3HO Global Community includes everyone in the world who lives the lifestyle of Kundalini Yoga as taught by Yogi Bhajan®. Working with 3HO Community members from around the world 3HO Foundation has defined our mission, our principles, and the criteria for being in partnership as a 3HO Community Organization.

The goal is to continue to find ways to work together with grace, strength, and unity. We are open to new ways of at looking at things and of working together, while at the same time holding and sharing the integrity and sacredness of the Teachings.

"3HO Foundation (International) is an organization which is a ray of hope applying conscious awareness to body, mind and spirit." ~ Yogi Bhajan

Together we are that ray of hope to each other and to the entire world.

Principles:

- Create a nurturing environment in which each person can grow to his or her full potential.
- Nurture self-guidance and healthy interdependence, characterized by cooperation, collaboration, and mannerly interactions among individuals and 3HO Community Organizations.
- Create processes that meaningfully involve those who are directly relevant or affected by a decision.
- Instill leadership and use resources at the most local part of the organization whenever possible.
- Create no intrinsic advantage or disadvantage for any individual or group.
- Foster the free and transparent flow of pertinent information, consciously and gracefully, among all parts of the organization.
- Recognize and honor wisdom, expertise, and all thoughts and actions grounded in higher consciousness and selfless service.
- Encourage and foster sharing, mutual support, and a trust in abundance.
- Acknowledge and utilize the power of collective action and creativity.
- Promote the development and growth of the 3HO Global Community and work to assure the integrity and coherence of the whole.
- Maintain the highest standards of personal and professional integrity, accountability, and performance.
- Address any conflict that may arise by finding a resolution that serves the needs of all parties and accomplish this through deep listening and loving, honoring communication.