

Extract from the court case filed at the Superior Court of the state of California for the county of Los Angeles. [Case No.: 23STCV30533](#)

**Below the personal story of one survivor as it was revealed in the court case.
Her name has been replaced by P2.**

TRIGGER WARNING

These testimonies contain vivid, horrific descriptions of abuse. Consider carefully whether you should read them or not. The reading might be upsetting, destabilizing and even retraumatizing.

While we endeavor to bring the truth of Yogi Bhajan's abuses to light - and those truths are brutal – please secure support from loved ones or your therapist if you decide to read this.

We suggest not to read them all at once to give yourself the time to digest and recover.

Out of respect of the plaintiffs, you should not engage with them. If you think you know who the anonymous plaintiff is, please respect her request for anonymity and do not reveal her identity.

Additionally: none of the plaintiffs can discuss this case, so please do not engage with them. Shows of support and processing around our response to the lawsuit is appropriate.

PLAINTIFF P2

58.P2was born February 14, 1967. In 1971 when P2 was four years old her mother joined an Ashram in Orlando, FL. Some of her earliest memories are attending gatherings with dancing and singing where Yogi Bhajan was the central figure of the event.

59.As early as she can recall, P2 was indoctrinated to believe that Yogi Bhajan was a man of god, a master with supernatural powers and knowledge of the future. The 3HO community P2 was raised in propagated the image of Yogi Bhajan as all-seeing and all-knowing.

60.Yogi Bhajan preached a particular method of child discipline he referred to as "Baby Kriya" where adults would manipulate a child, so the legs were extended straight out in front and the arms were crossed, hands resting on opposite shoulders and then the head bent down to press against the knees so that the body was essentially folded in half. P2 remembers being forced into this position, causing her excruciating pain.

61.In 1974 when P2 was seven years old, she was separated from her parents and sent to a school in Arizona run by other 3HO members. Despite repeated pleas to call her mother, the 3HO workers refused, leaving P2 feeling helpless and dependent on her new caretakers.

62.The school system within the 3HO community was used to indoctrinate children. Various forms of discipline, punishment, isolation, and deprivation were utilized as part of the indoctrination process.

63.In 1980 when P2 was just 12 years old, she was sent to the Guru Nanak 5th Centenary School in India where she remained for six years.

64.P2 returned to the United States in 1986 when she turned 18 years old. She moved to Los Angeles to live in the 3HO community where Yogi Bhajan was headquartered.

65.At 20 years old, P2 told Yogi Bhajan she wanted to apply to medical school, but Yogi Bhajan forbade her, and arranged for her to marry instead. Though she initially refused, P2 submitted to Yogi Bhajan's control.

66.P2 was married to the man Yogi Bhajan selected and immediately slipped into depression, refusing to have sexual intercourse with her husband until Yogi Bhajan told her to "get it over with." P2 began having suicidal thoughts. She attempted to flee the 3HO community.

67.Yogi Bhajan caught her as she attempted to leave and forced her to return. Upon her return Yogi Bhajan berated P2, accused her of being "a lesbian" (homosexuality was forbidden in the cult).

68.In the summer of 1989, P2 fell in love with a woman in the 3HO community. When Yogi Bhajan found out he shamed P2 relentlessly and sent her to India to be with her husband, instructing her to have sexual intercourse with him for 40 straight days. (In the cult doctrine, 40 days was required to change a "bad habit".)

69.For two weeks P2 lay in her bed while her husband had sex with her under the direction of Yogi Bhajan. P2 never consented.

70.After fulfilling her obligation to have sex with her husband, P2 would spend time with the woman she had fallen in love with. When Yogi Bhajan discovered this, he ordered P2 to Hamburg, Germany to meet with him.

71.P2 met with Yogi Bhajan in a small room in a house in Hamburg where he forbade her from being in a relationship with the woman she loved and required P2 to go with him to New Mexico. Though uncomfortable and resistant, P2 was conditioned to view Bhajan as a deity.

72.P2 was immature and unexposed due to the manipulation and control she was subjected to. Yogi Bhajan instructed P2 to lay on the bed beside him while he held her. Yogi Bhajan told her to touch his penis, which she resisted but obeyed. She was just 22 years old, and Yogi Bhajan was 61.

73. Yogi Bhajan then told P2 she would be relocating to the Ranch in New Mexico to study and train under him. P2 was assigned to work under another individual who was to train her while serving on Yogi Bhajan's personal staff. Upon arriving in Espanola, P2 was given a small room in a trailer and tasked with preparing Yogi Bhajan's breakfast and teas every morning, grocery shopping for all workers on the Ranch, washing and ironing all of Yogi Bhajan's clothes, sheets, and bedding.

74. One night, another staff member went into P2's room in the middle of the night, got into her bed and groped her. P2 was scared and reported the incident to Yogi Bhajan the next day.

75. After this incident, Yogi Bhajan continued to groom P2 by pulling her closer into his inner circle, bringing her with him on outings and relieving her of her daily chores. As part of his personal staff P2 trailed Yogi Bhajan and took notes, connected his phone line to whomever he, needed to speak to; served him his meals and his special supplements, teas and tonics, carried his bags around, his purse and personal items, coordinated with his security team and drivers when he was heading out; arranged food and hosted the myriad guests that came through. She was expected to do whatever was needed to meet Yogi Bhajan's needs at all times.

76. Within the cult, it was considered a great honor to be on Yogi Bhajan's personal staff.

77. One morning Yogi Bhajan called P2 into his bedroom which he used to conduct business meetings, hold counseling sessions and perform interviews. He told P2 she and another female (who was the Chief Business Secretary was responsible for overseeing all business entities, including East West Tea Company, on Yogi Bhajan's behalf and reported directly to Yogi Bhajan) would stay in his room for the next 10 nights together while he was away so that the executive could "train" P2 to be a staff member.

78. The first night, the executive shaved P2's pubic hair with a razor, as directed by Yogi Bhajan. She spent the next 10 days teaching her how to perform oral sex.

79. When Yogi Bhajan returned, he summoned P2 into his room where he and the executive were waiting. Yogi Bhajan directed P2 to perform oral sex on the executive while Yogi Bhajan groped the executive's breasts. Yogi Bhajan then had sexual intercourse with the executive and made P2 watch. The next day P2 was again summoned into Yogi Bhajan's room and the executive performed oral sex on her while Yogi Bhajan groped her breasts. Yogi Bhajan had sexual intercourse with P2 against her will while the executive watched. This pattern repeated over and over, too many times to count. Yogi Bhajan told P2 these encounters were their "sacred secret" and that their souls were connected.

80. Yogi Bhajan's sexual assaults were accomplished through actual force, implied force, coercion and duress. P2 did not freely and voluntarily consent to any sexual act with Yogi Bhajan. P2 was brainwashed and groomed from an early age to believe Yogi Bhajan was all-powerful. She was taught to be obedient to Yogi Bhajan and to put his needs above her own. When she was brought

to live in Yogi Bhajan's inner circle, she had no access to the outside world. She was completely dependent upon Yogi Bhajan for housing, care, companionship, food, and all her daily necessities.

81. The executive told P2 that Yogi Bhajan serves the world and they needed to serve him so he could complete his mission- Yogi Bhajan needed sex because he was "so heavenly" it "anchored him" to the earth so he could "function properly."

82. Yogi Bhajan was violent and sadistic. He would bite, suck, and pinch P2's tongue, lips, cheeks, and genitals until they bruised. After a sex act was completed, Yogi Bhajan would painfully bite the back of P2's neck, often leaving visible marks.

83. In one instance of rape, Yogi Bhajan stacked pillows on his bed and instructed P2 to lay on the pillows. He then attempted to sodomize P2, who cried out for him to stop. He then pressed his penis into P2's rectum and urinated. He then sent her to the bathroom to "clean herself up."

84. Yogi Bhajan used P2's sense of duty and her fundamental fear to coerce her into performing oral sex on his other staff members in the name of self-development. He instructed P2 to engage in sexual activity with female staff members. Yogi Bhajan said things to the effect of, "You need to be aggressive and assert yourself." "You need to be like a man and conquer her." P2 was ultimately forced to have sexual encounters with five other women under the direction of Yogi Bhajan for nine years.

85. As a result of the sexual assaults and Defendants' failures to protect P2 from the sexual assaults described herein, she suffered, and continues to suffer, physical injury, great pain of mind and body, shock, emotional distress, physical manifestations of emotional distress, sexual dysfunction, embarrassment, loss of self-esteem, disgrace, humiliation, PTSD stress responses, and loss of enjoyment of life. Plaintiff was prevented, and will continue to be prevented, from performing daily activities and obtaining the full enjoyment of life and/or have incurred and will continue to incur expenses for medical and psychological treatment, therapy and counseling.

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