

# Brain-washed victim of a sect in sandals

**IV** followers of the Hare Krishna sect as harmless, bald-headed eccentrics with bells who prance up the High Street in sandals begging loose change.

But that picture is far from the truth.

Student Kit Malla was a devotee for just two months. But his brief encounter with the sect took a terrible toll.

Kit, 22, renounced his family and friends, gave up university and suffered an emotional breakdown.

Now, as he picks up the pieces of his shattered life, he says: "I find it hard to believe that I could have been so stupid."

## Parading

Kit, from Blackheath, London, joined after being approached by a girl disciple at the Tower of London.

Within weeks, he was parading London's streets with a bald head and white robes, chanting mindlessly and begging for money.

And he left the sect after the rescue organisation **(FAIR)** (Family Action Information Rescue) — called in by his parents and loyal girlfriend — showed him a book called *The Manipulation of Madness*.

Kit read the book reluctantly—and quickly

By **NEIL WALLIS and FRANK CURRAN**

realised that he was being brainwashed.

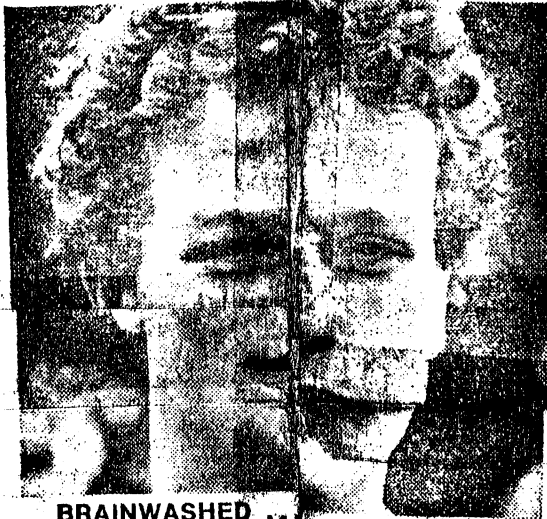
The techniques used on him were:

● **SLEEP DEPRIVATION**—"At most we had five hours and 40 minutes sleep a night. We were told that sleep was bad and we couldn't grab extra because there was no privacy."

● **MINDLESS CHANTING**—"We had to chant for hours every day to purify ourselves. It gave me feelings of numbness which led to feeling ecstatic."

● **INTIMIDATION**—"We were forced to listen to lectures sitting cross-legged on the floor because we were not allowed to expose the soles of our feet to the statues we worshipped."

● **BAN ON FREE SPEECH**—"We were



## BRAINWASHED

actively discouraged from questioning anything a longer-serving devotee said."

● **SEX DISCRIMINATION**. Because of their teachings that women are inferior to men I found it impossible to respond to my mother when she cuddled me. I was like a lump of stone."

In his short time as a Hare Krishna follower Kit collected large amounts of money for the sect. One method was persuading members of the public to buy records.

He says: "At first I told people the proceeds were for starving people in India—but you could make up your own story. It was a load of waffle, but I could take £300 in a week."

One Hare Krishna ploy was to use photographs of stars such as George Harrison or Neil Diamond on the record sleeve — even though they did not sing on the record.

He says: "They say you can lie, cheat and do anything as long as it is for Krishna."

Student Kit Malla

Form by Action Information Rescue