

# Sat Nam Rasayan<sup>®</sup>

The Art of Healing



# Sat Nam Rasayan

Learn to lead healthy relationships, to meet people without prejudice and to be present with yourself and your surroundings.

This becomes possible through Sat Nam Rasayan, a centuries-old meditation technique and healing art of Kundalini Yoga.

Traditionally, this art was taught to heal others. It helps to release tendencies and limitations in body, mind and emotions – the common reasons for sickness. The self-healing powers of the body become activated, and we are able to meet life in a more balanced and clear state.

Sat Nam Rasayan is free from dogmatism, religion and belief systems. It does not only help yoga practitioners and therapists, but every interested person, to sharpen the senses and to learn meditation and a meditative healing technique.

## Meditation

*Meditation brings two things.*

*It brings wisdom; it brings freedom.*

*These two flowers grow out of meditation. When you become silent, utterly silent, beyond the mind, two flowers bloom in you.*

*One is of wisdom: you know what is and what is not.*

*And the other is of freedom: you know now there are no longer any limitations on you, either of time or of space.*

*You become liberated.*

## Sat Nam Rasayan and its effects

Every human being has vitality, which is necessary for a healthy and happy life. Vitality originates when body, mind and soul are working well together. We feel this vitality when we feel alive. We trust in our capacity to master our lives and reach our goals. We are connected with our awareness.

Most of us occasionally lose this quality of life.

These times in which we are living are full of chaos and stress, which make it difficult for us to stay balanced.

Sat Nam Rasayan and Kundalini Yoga offer powerful tools. Kundalini Yoga is an active practice to stabilize our own life energy.

Sat Nam Rasayan is passively beneficial for patients – and healers.



## Sat Nam Rasayan teaches you

- ☞ to heal others with powerful tools
- ☞ to integrate silence and calmness into your life
- ☞ to release unhealthy behavior
- ☞ to experience every moment with mental clarity and presence
- ☞ to find an easy access to the high art of meditation
- ☞ to handle your feelings, thoughts and emotions, without any attachment to them
- ☞ to develop and establish inner silence in your mind
- ☞ to hone your intuition

*„When you become calm and still, the universe starts moving for you.“*

*Guru Dev Singh*

# The Tradition

For thousands of years, Sat Nam Rasayan was a secret yoga tradition. Sat Nam Rasayan was taught in silence by a master to his student, and only a few highly developed students were so privileged. The process of training lasted several years, until the student

could recognize and maintain a state of neutrality and silence. The practitioners of this art were admired as outstanding healers, and the teachings were recognized as the highest achievements of Yoga.

Guru Dev Singh Ph.D. is the living master of this tradition. Yogi Bhajan, the master of Kundalini Yoga (and well known through his famous Yogi tea)

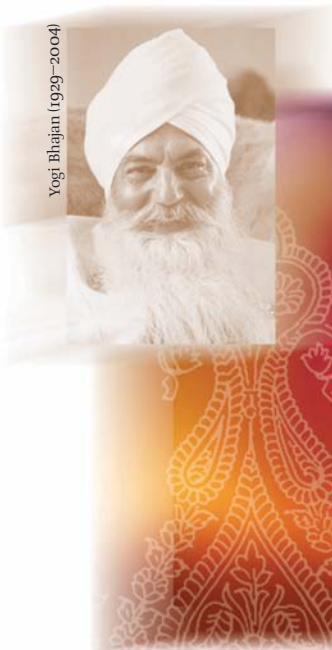
graced Guru Dev Singh with traditional training in Sat Nam Rasayan.

Guru Dev Singh came in 1989 to Europe and started to teach SNR openly, according to the wishes of his teacher.

The University of Colombo awarded Guru Dev Singh an honorary doctorate for his achievements in complementary medicine.

Yogi Bhajan was convinced that in times of great changes, the world would need a strong group of healers.

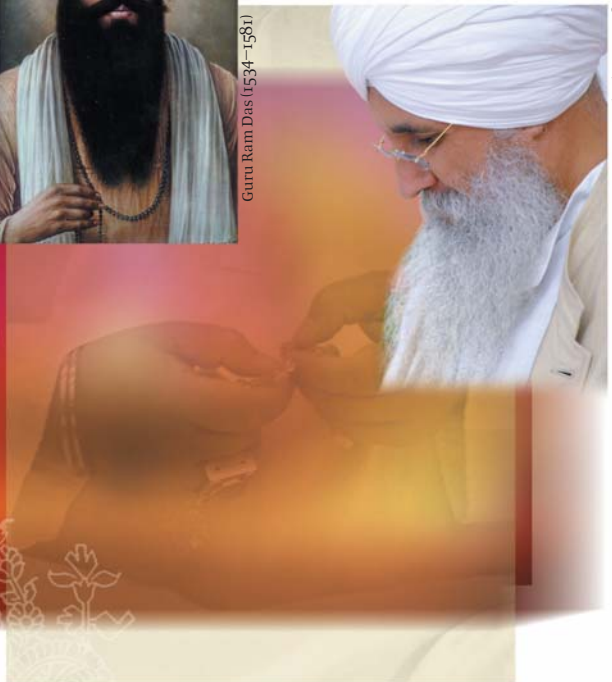
He wanted to make the knowledge of the old Yogis accessible for all human beings.



Yogi Bhajan (1929-2004)



Guru Ram Das (1534-1581)



Guru Dev Singh Ph.D. (\*1948)

# Awareness and Presence in the Therapeutic Work

The meditative healing art of Sat Nam Rasayan teaches the therapist to experience the relationship to his patient in a state of deep presence. In this meditative awareness, the practitioner discovers an area of his/her consciousness that allows cure and attention for the other.



As therapists, we experience again and again that coming into relation with patients causes reactions in us. Sat Nam Rasayan uses these sensitive impressions as the source of information. The focus is not the knowledge, but the development of the meditative connection and perception in relation to the patient.

## You learn

- ☞ to be present during the treatment with all your senses
- ☞ to use your sensations as sources of the perception and even to discover sensations as sources of the therapy
- ☞ an easy access to meditation
- ☞ to resolve blockages in the patient, simply by your attention
- ☞ a path from the knowledge to the pure experience
- ☞ to apply your own treatment method in a deep healing space

*"When you grow into Sat Nam Rasayan, every experience in your life will appear like an infinite possibility. That is the characteristic of the neutral mind." Guru Dev Singh*



# Education

During recent years, Guru Dev Singh has trained a group of instructors around the world. This group supports him by spreading the teachings.

The education of the Sat Nam Rasayan healer lasts three years and is divided into level 1 (1 year), and level 2 (2 years). Each level can be finished with an examination and a certificate.

In level 1, you learn to remain stable in the Sat Nam Rasayan state and to resolve simple tensions in the patient. Level 2 offers the participants many opportunities for personal, professional and spiritual development. Many tools for deep healing treatments are taught here.

To learn Sat Nam Rasayan, no special abilities or previous experiences are required. The beauty of this system is that it is open to everyone.

*For more information: [www.gurudevsnr.com](http://www.gurudevsnr.com)*



## Healing from the View of Sat Nam Rasayan

In Sat Nam Rasayan, sickness is described as „a tendency of the body to react.“

The reaction can be a pain, an emotional problem or a serious illness. In the course of the education, the Sat Nam Rasayan healer develops the ability to find and dissolve these blockages, thus the self-healing powers of the body can become effective again.

*“Just sit in absolute calmness and meditate in absolute love, then live to share.” Yogi Bhajan*





*„In stillness lies the sound, which is the creative existence of God. Whoever masters the stillness and the silence and can read it, gets all knowledge which exists.“ Yogi Bhajan*



## For Yoga Teachers

As a yoga teacher, you have the deep wish to support the personal growth of students in the best possible way. But how does one choose the fitting exercise for this precise moment?

And how can it be possible to support the students' growth only through your presence? In Sat Nam Rasayan, we treat the group like a single person.

You learn to move your awareness to find and resolve the blocks in the group and use targeted yoga exercises. We use the same rules as in the therapeutic work.

***“First love yourself and then let people bask in your radiance and sunshine.“ Yogi Bhajan***

# Shuniya - Silence

In all meditative and yogic traditions, inner silence was respected as the highest achievement. In our daily lives this seems very difficult and only achievable by higher yogis.

Sat Nam Rasayan teaches an amazingly easy approach to inner silence. It helps you to stay silent in the hustle and stress of your daily life. It is surprising to see your conflicts being resolved through this inner state.



***"In Sat Nam Rasayan we simplify the idea of consciousness. We can only know and understand the universe through our experience, therefore we call the ability to stay alert 'to be conscious'. The more kinds of experience we can recognize the greater our consciousness will be."***

***Guru Dev Singh***





## A little thought in between: Do you master your feelings or do your feelings master you?

Painful feelings often occupy so much area in our life that hardly any room remains for other experiences. If you do not learn to transform the emotions, you land in a dead end of sorrow, pains, fear or anger.

But how can you move yourself out of this dead end?

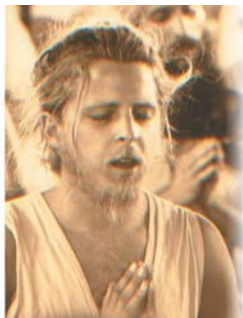
From the viewpoint of Yoga, the experience of Shuniya, the inner silence, is a basic prerequisite for it. This experience alone allows the practitioner to observe with clarity the waves of sensations, feelings and thoughts, and to recognize the moment where you are pulled into the drama. If you recognize this moment, you have the choice to let your emotions pass by you without being attached to them.





*"There are two ways of living in the world:  
the way of worry and the way of relaxation.  
If you worry, you have to concentrate to imagine,  
and it becomes physical work.  
But if you turn your mind to the Universal Mind,  
then things will come to you."*

*Yogi Bhajan*





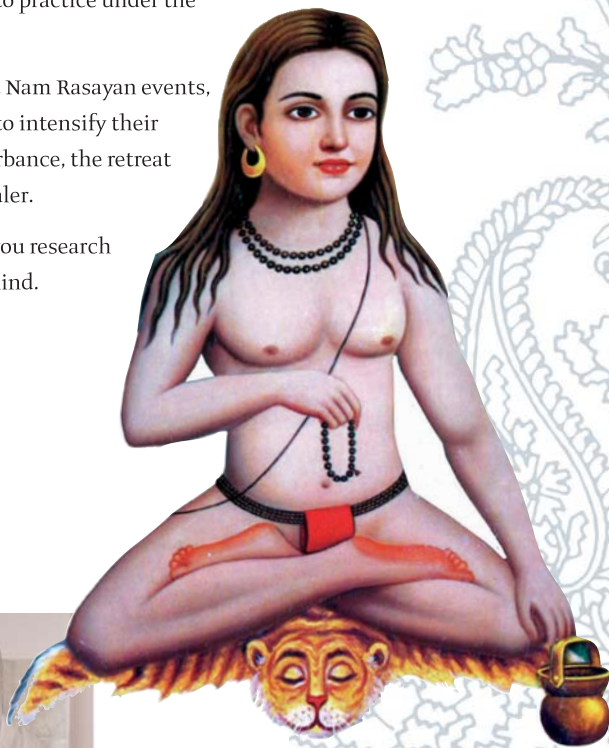
## Perugia-Conference

Every year in December, hundreds of Sat Nam Rasayan practitioners gather in Perugia, Italy, to practice under the guidance of Guru Dev.

Perugia is the most important of Sat Nam Rasayan events, giving students of all levels a chance to intensify their healing practice. Without outer disturbance, the retreat helps you to grow as a human and healer.

Together with like-minded people, you research the power of your silent meditative mind.

[www.satnamrasayan.it](http://www.satnamrasayan.it)





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