

Activity Report on Sat Nam Rasayan 2018 - 2019

May 2020 by Fateh Singh

In general the Foundation does not actively organize or participate in the regular activities or events that are organized by the different Sat Nam Rasayan organizations and individuals around the world but is responsible to maintain the overall structure for the organization as a whole.

It will support the organization or activities with funding in specific cases on as needed basis.

Below are the programs and activities that are run and organized by our affiliated organizations and individual worldwide.

Report of Activities and Programs around the world:

Existing & Past Activities and Programs:

Annual events in different Countries:

- Italy, the “Perugia conference”:

The school of Sat Nam Rasayan holds a conference in Perugia every year in December to research and experience the applications of this technology in depth. This event is open for beginners and advanced students.

- 2017 “Long life to all” Guru Dev was able to teach and to personally test the students for Level 1 and Level 2 certification
- 2018 “Illness and attachment – healing through Sat Nam Rasayan.” with Guru Dev Singh. Introduction of the modified structure of Level 1 training and the SNR School manager Daya Singh.
- 2019 “Silence vibration and projection of the field” Guru Dev was able to teach and to personally test the students for Level 1 and Level 2 certification. We did not hold a teacher meeting this year in Perugia.

- Mexico, the “Re Man Meditation Retreat”:

Each year in February/March an international gathering is organized in Mexico in the holy city of San Cristobal de las Casas to join together for a meditation practice. An ancient sound current is recited for several days, which allows a deep release of subconscious and unconscious patterns and blocks. This event is open for people who have already some meditative practice.

- 2017 we moved the retreat from India to Mexico, where Guru Dev Singh now lives. It was done near Mexico city in a protected resort on the country side. Guru Dev could only come 1 day. Most of the responsibility was taken by the persons trained to do this.
- 2018 the retreat moved to San Cristobal Southern Mexico, to a location attached to the Sat Nam Rasayan center. A open house festivity was celebrated to display the building and garden the international students
- 2019 the retreat again in the same place in San Cristobal (Southern Mexico) near the Sat Nam Rasayan center.
- 2020 the retreat location was changed to Merida, to offer an event with improved food and safety. Covid-19 started to appear around that time and imited attendance.

○ Venlo, the “Kundalini Surjhee Retreat”:

Each year in May a retreat is organized in Venlo/The Netherlands near the German border to join together for a meditation practice. An ancient sound current is recited for several days, which allows a deep release of physical tensions and degenerations, it rejuvenates the electromagnetic system. This event is open for people who have already some meditative practice. This event is hosted by the Dutch Sat Nam Rasayan foundation

- 2019 Guru Dev Singh participated by daily video livestream. To close the event it was added a yoga section after the meditation, to balance the physical strain.
- 2020 due to Covid-19 travel and meeting restrictions, the retreat could not be held in May 2020.
Instead an online meditation was organized with a more restricted choice of participants, only students who participated at least 4 Japa retreats and they have to come also to the local congregation in August.
For August 2020 is planned the retreat as usual, in Venlo, NL. We have to see if it can happen.

○ Paris, the “Sat Nam Rasayan instructor conference”

Each year in September all those students gather, who are sharing the technology of Sat Nam Rasayan with others by teaching meditation classes. As it is very difficult to teach a meditative state, this meeting is very important to review different facets of the process of teaching.

2018 it was held a teacher’s meeting in the Friday afternoon to update on the school and for group discussion. Main topic to introduce Daya Singh in his new role as SNR school director. Before we mostly knew him as the host and organizer of the Perugia retreat. The main conference with Guru Dev Singh was well attended.

2019 it was held a teacher’s meeting in the Friday afternoon to update on the school and for group discussion. Main topic was the new rules for Level 1 and

2, the limited access to level testing. The main conference with Guru Dev Singh was well attended. It was reinforced by Guru Dev Singh that he does not wish any teacher to offer retreats of more than 2 consecutive days of 6 hours of Sat Nam Rasayan.

School – training programs / Training Courses in different countries

- Level 1 and Level 2 training courses continue in many countries. See list of countries in the strategic plan.
- Due to Guru Dev's reduced travel schedule, the Sat Nam Rasayan instructors teach all of the Level 1 classes.
- During recent years, Guru Dev Singh has continued to train a smaller group of instructors from around the world.
- Sadhu Singh (Mexico) is currently the only SNR instructor authorized to hold the level 1 and level 2 examinations.
- Daya Singh and his team have upgraded the international Sat Nam Rasayan website to improve the international coordination of teachers and rules.
- Guru Dev has traveled to Europe in July 2019 to attend the 3HO European Yoga Festival and to teach workshop in several European cities in Italy, Germany, Russia and Spain during the fall season.

Teaching & Retreat center:

- In Mexico a foundation for Sat Nam Rasayan has been founded in 2015.
- A Sat Nam Rasayan teaching center has been bought and renovated in San Cristobal de las Cases in Southern Mexico. This is where Guru Dev Singh plans to teach for and with his advanced students in the years to come.

Yoga Teachers, Therapists, Healers

- Social networks and relations: We are in process to restructure the facebook pages and authorization
- For Yoga Teachers:
- For Therapeutic Work:
- For Healers:
- The school of Sat Nam Rasayan participated with 3HO activities as in earlier years in 2019: Like Summer Solstice Sadhana, European Yoga Festival. German, French, Austria, Switzerland, China, Russia Yoga Festival.