

# Activity Report on Sat Nam Rasayan 2019 - 2020

April 2021 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 with Guru Dev Singh every year in December to research and experience the applications of this technology in depth. This event is open for beginners and advanced students.

- 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.
- 2020 “Vibration of the Space of Silence”. Under pandemic travel and meeting restrictions it was not possible to meet in Italy. The retreat was therefore planned for Croatia, but the quarantine and travel rules in Europe prohibited the event. Eventually we met in Cancun/Mexico. The number of participants was noticeably smaller, Guru Dev Singh was able to teach and to personally test the students for Level 1 and Level 2 certification. We did not hold a formal teacher meeting.

- 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.

- 2019 the retreat took place in the usual location in San Cristobal (Southern Mexico) near the Sat Nam Rasayan center.
- 2020 the retreat location was changed to Merida, to improve food and safety. Covid-19 started to appear around that time and limited attendance.
- 2021 the retreat returned to San Cristóbal de las Casas (Chiapas/Mexico) in an improved hotel location. Due to pandemic rules some safety procedures had to be implemented. Guru Dev Singh participated every day.

○ 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 pandemic 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.  
In August 2020 the retreat could be conducted locally as a group gathering in Venlo, NL. Due to pandemic rules some safety procedures had to be implemented and the number of participants was less. Guru Dev Singh participated every day by video.
- 2021 due to pandemic travel and meeting restrictions, the retreat was rescheduled to happen in Mexico in July 2021. (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.

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.

2020 due to pandemic travel restrictions the “Sat Nam Rasayan instructor conference” conference had to be postponed. Paris was declared a “high-risk zone” just a few days before the meeting.

### ***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.
- The Sat Nam Rasayan instructors teach all of the Level 1 classes. Some classes with Guru Dev Singh are mandatory for the Level 2 training.
- 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 Singh’s last visit to Europe was from July - December 2019 to teach in Italy, France, Germany, Russia and Spain. In 2020 it was not possible due to the pandemic restrictions.

### ***Teaching & Retreat center:***

- In Mexico a foundation for Sat Nam Rasayan has been founded in 2015.
- A “Center for Sat Nam Rasayan” has been established in San Cristobal de las Cases in Chiapas/Mexico. Most of the renovation of the main building has been completed and a meditation temple was built in the garden. Here Guru Dev Singh plans to teach for and with his advanced students in the years to come. In March 2021 after the Raman retreat some local Sat Nam Rasayan classes were offered in San Cristobal.

### ***Pandemic programs***

- Since March 2020 severe travel and meeting restrictions came into force.
- In some countries with traveling teachers all Sat Nam Rasayan workshops and classes had to be paused (for example Russia, Hungary).
- In other countries the Sat Nam Rasayan training is recognized as a professional education and the local courses could continue as planned. (for example Netherlands, Germany)
- The school of Sat Nam Rasayan has published meditations and practices suitable for the occasion. (meditations to support the immune system, for mental support, anti-depressive etc)
- Healing circles have been established to help persons affected by the pandemic in local or remote support

- To support the students in their personal practices several teachers have established online meditations courses or group Sadhana (morning practice).

### ***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:
- Due to the pandemic the school of Sat Nam Rasayan has not participated in any 3HO activities in 2020. Most 3HO events had been cancelled or conducted online. Sat Nam Rasayan cannot be taught online.