

Strategic Application Plan & Report on Sat Nam Rasayan Purpose, Community, Activities and Future Projection

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Purpose:

What are the organization's goals:

- The organization serves the preservation of the ancient teachings of Yoga and Meditation and their application for personal growth, education and public health in modern society. It strives to empower the human capacity of awareness, of self-mastery and of an attitude of service towards others and towards the greater good of mankind and its global environment.

Technology – what is it:

- The technologies of Yoga and meditation encompass a wide range of traditional techniques which include physical exercise, (like body angles, movement rhythms or hand postures), the use of sounds and sound patterns, breathing and meditation techniques as well as life style practices. All these techniques pivot around the striving to develop awareness, a state of inner silence and connectedness, which is referred to as “Shunia” in certain traditions.
- One of the teaching traditions of specific interest is a meditative state of mind known as “Sat Nam Rasayan”, which allows serving others by using the attention and projection of the meditative mind. Its current spread has come about thanks to the work of Guru Dev Singh through the School of Sat Nam Rasayan in Europe, with activities also in India, Mexico and other places worldwide.
- Shunia – Inner Silence: In all meditative and yogic traditions, inner silence was respected as the highest achievement. In our daily lives this seems very difficult, but it is achievable also without withdrawing from the world into the meditative conclusion of the life of a Yogi.

Organization

- In December of 1992, the School of Sat Nam Rasayan was officially founded in Assisi (Italy) and legally registered as a foundation with its headquarters in Amsterdam (Holland). The School has branch groups and associations throughout Europe and other parts of the world.
- During recent years, Guru Dev Singh has trained a group of Sat Nam Rasayan instructors to teach Sat Nam Rasayan workshops and trainings around the world.
- Since 2015 he is working with a small group of advanced students, to stabilize a deeper meditative awareness and to generate a group consciousness that may be able to hold the school. This group supports him by spreading the teachings.
- The managers of the Sat Nam Rasayan International school are Daya Singh Corsini and Atma Kaur Meloni from Rome/Italy. Sadhu Singh from Mexico holds the position of the president to settle any disputes.
- Persons or Committees with clear assignments are coordinating the activities, for example:
 - research projects
 - service projects
 - preparation of gatherings, public events or conferences
 - the coordination of the educational activities
 - the definition and maintenance of quality standards which ensure the purity and accuracy of the shared knowledge.

Community

- A broad community of people who practice these teachings has evolved in different places. Local groups meet together to practice Yoga and meditation and to share their experiences. An improved energy flow and a clear mind leads to a more satisfied life and a better capacity to deal with illness, change and other problems of life. The community is comprised of

teachers, students, practitioners and professional of various occupation, who integrate these techniques into their work.

- In Europe student activities or communities have evolved in these countries (among others): Germany, Netherlands, France, Italy, Austria, Switzerland, Spain, UK, Sweden, Finland, Greece, Estonia, Latvia, Russia, Ukraine, Ireland, Iceland, Hungary, Czech Republic, Serbia.
- Internationally teaching and communities have established in Asia and South America for example China, Japan, Taiwan, Chile, Brasil, Ecuador, Argentina, Paraguay, Colombia.
- Some localities offer public events to share the benefits with the greater public by offering free meditation, as well as personal attention or advice.

Technology:

Sat Nam Rasayan

- Sat Nam Rasayan is a centuries-old meditation technique. Traditionally, this art was taught to help and serve 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.
- It does not only help yoga practitioners and therapists, but every interested person, to sharpen the senses and opening the perception, to increase the personal energy, to improve the mental focus and concentration, which is all needed for a happy life and for healthy social relations.
- Sat Nam Rasayan teaches an amazingly easy approach to inner silence and helps to stay calm and alert in the hustle and stress of daily life. It is a tradition free from dogmatism, religion and belief systems. To learn Sat Nam Rasayan, no special abilities or previous experiences are required, it is open to everyone.

Kundalini Yoga & Meditation

- As an important tool to develop the awareness and to grow the strength of the nervous system that is needed to hold an intense experience of reality, the tradition of ‘Kundalini Yoga’ has proved to be very effective.
- The Western world has been inspired by Yogi Bhajan to practice this original Yoga style, which includes short meditation techniques, as well as longer sequences of exercises that have been combined for specific purposes.
- It is said to be the “yoga of the householder”, as its effectiveness allows the student to invest only a small portion of time each day, which leaves enough time to lead a life of family, society, business and of service to others.

History & Lineage:

Golden Chain, progression, transmission of technology

- Historically, spiritual knowledge –the spiritual power of the teachings- was passed down by the process of induction: the apprentice learned simply by being nearby, within the teacher’s aura or psychic influence. The teacher would bring about the experience in the disciple. No spoken word was ever needed for it to be passed down or practiced.
- The lineage of Sat Nam Rasayan goes far back in time. The origins of this ancient technique, which has been passed down in silence for centuries from master to disciple, are unknown. We can trace its path through history by studying the lives and writings of certain saints and healers. We know of Taoist and Sufi masters who possessed this knowledge.
- The modern School of Sat Nam Rasayan cites a Punjabi saint of the 16th century, Guru Ram Das (1531-81), fourth Guru of the Sikh Tradition. It is his perfect neutrality which stands out from among his many other qualities. He personified the Sacred Space of ‘Sat Nam Rasayan’ so completely that he is considered an archetype of the system.
- For thousands of years, Sat Nam Rasayan was a secret yoga tradition. Guru Dev Singh Ph.D. is the living master of this tradition and has opened this tradition to the general public

Guru Dev, Yogi Bhajan

- Guru Dev Singh, a student of Yogi Bhajan and Guru Ram Das, is the most expert practitioner of this system. His teacher declared him 'master' of this tradition and passed the responsibility on into his hands. Guru Dev Singh is not a Guru (which is only part of his name), but the mental state of this Sacred Space is stably manifested in him, which is an essential requirement for masters of this art. He learned Sat Nam Rasayan in the traditional way, that is, in silence.
- Guru Dev Singh came to Europe in 1989 and started to teach Sat Nam Rasayan openly, according to the wishes of his teacher.
- The University of Colombo awarded Guru Dev Singh an honorary doctorate (PhD) for his achievements in complementary medicine.
- Guru Dev Singh has said when his work is finished, the task of maintaining the knowledge will not belong to any one person, but rather to the School itself. This situation will be similar to that of Zen, whose lineage has passed from the last Patriarch to its School.
- Since 2016 Guru Dev has reduced his travelling schedule and the Sat Nam Rasayan student-instructors take a more active role in preserving and sharing the teachings.

Practical Application of Sat Nam Rasayan:

Yoga Teachers, Therapists, Healers

- Social networks and relations:
In Sat Nam Rasayan we learn that we can relate to something by simply feeling what we feel when we direct our awareness to an object, event or person. We are saying that feelings are not subjective and isolated, but instead are elements of communication and transformation. By allowing the experience of the relation, the relations can be improved: Tolerance, acceptance and compassion become the leading experiences, replacing patterns of separation, judgment, rejection or conflict.
- For Yoga Teachers:
A yoga teacher has the deep wish to support the personal growth of students in the best possible way. But how does one choose the fitting exercise for the precise moment? And how is it possible to support the students' growth by the own presence? With a developed awareness, the group of students can be experienced like a single entity and one learns how to move the own awareness to find and resolve the blocks in the group. It also allows to choose the yoga exercises that fit the group best in the present moment and to measure their effect.
- For Therapeutic Work:
Awareness and inner calm help the therapist to experience the relationship to his client neutrally 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 clients causes reactions in us. These sensitive impressions can be used as a source of information. Many therapeutic schools have concluded that the relation itself is the main source of transition and healing. The focus is not the knowledge, but the development of the perception in relation to the client.
- For Healers:
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. These tendencies can be released, thus the self-healing powers of the body can become effective again. 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. Most people occasionally lose this quality of life as the times in which we live are full of chaos and stress, which make it difficult to stay balanced.

Research:

- For the future it is planned to participate in official scientific research projects.

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 in San Cristobal de las Cases in Southern Mexico. Most of the renovation of the main building has been completed. A

meditation temple was built in the garden. This is where Guru Dev Singh plans to teach for and with his advanced students in the years to come.

Future Programs & Plans for the coming 3-5 years

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.

It has a long-term goal to build funds available for facilities like clinics, retreat centers and other possible larger facilities that can act as place where the teachings and practice can be further developed and deepen as well as provide healing environments where people can go to learn, rejuvenate and heal individually and as a group or community.

- open a clinic for holistic and complimentary healing. A clinic of complementary healing is being established in Rome/Italy.
- establish a center for archives, practical training and education.
- establish a land project, with permanent residency
- open a school in India to investigate the links of the tradition of this healing technique
- Explore retreat formats suitable for the Sat Nam Rasayan instructors to create experience in nature and of spiritual community.
- Develop materials and events to improve and train the Sat Nam Rasayan instructors.

Revised:

- Reviewed Dec 2020. The renovation status of the SNR center in Mexico has been updated. No changes made to the strategic plan. This is valid and up to date.
- The year 2020 was impaired by travel and meeting restrictions. Due to the tradition, the nature of the teaching and the pathway of transmission, Sat Nam Rasayan cannot be taught online. We are therefore holding the relation to our students by online programs of meditation and yoga, until we can teach again in the traditional way.