

Sat Nam Rasayan Foundation

Activity Report 2023

Introduction

The Sat Nam Rasayan Foundation continues its mission to support and preserve the teachings of Sat Nam Rasayan, the sacred healing tradition that has touched the lives of many under the guidance of Guru Dev Singh. After Guru Dev's passing in 2021, the Foundation has experienced significant changes while staying dedicated to his vision and legacy. The following report outlines the activities and developments of the Foundation during 2023.

Transition After the Passing of Guru Dev Singh

Guru Dev Singh, the esteemed Master of Sat Nam Rasayan, passed away on April 5, 2021. His life was dedicated to spreading the art of Sat Nam Rasayan, a profound healing technique that connects individuals to the One Consciousness and the sacred space within themselves. Guru Dev's tireless commitment to teaching and training over 40 years has left a lasting impact on all who were privileged to study with him. His teachings continue to inspire the Foundation's work.

After his passing, the leadership transitioned smoothly under Sadhu Singh, one of Guru Dev's earliest students and the individual appointed by Guru Dev to lead the school. This transition has ensured that Guru Dev's teachings continue to be shared globally, preserving the authenticity and integrity of the Sat Nam Rasayan tradition.

In 2023, Sat Nam Rasayan techniques continued to touch thousands of people worldwide through courses and meditations that promote stability, calm, tolerance, and peace both within individuals and in their relationships. The thousands of healers and practitioners of Sat Nam Rasayan provide vital support to countless individuals globally, offering relief from suffering and promoting calmness, health, and peace.

Leadership Under Sadhu Singh

Sadhu Singh, based in Vienna, Austria, assumed his role as the head of the Sat Nam Rasayan school following Guru Dev's instructions. In 2023, Sadhu Singh diligently continued to lead the global community, conducting Level 1 and 2 examinations and teaching workshops worldwide. His clear and spiritually refined teaching style has brought depth to the meditative practices of Sat Nam Rasayan, ensuring that students at every level can engage with the teachings.

Key activities include:

- *Workshops & Courses:* Sadhu Singh conducted 12-15 workshops globally, providing hands-on training in Sat Nam Rasayan. These workshops were instrumental in advancing the skills of students in both beginner and advanced levels.
- *Online Meditations:* Following Guru Dev's tradition, Sadhu Singh also led online meditation sessions 1-2 times per month, allowing students from different parts of the world to connect with the teachings remotely.
- *Examinations:* Sadhu Singh managed Level 1 and Level 2 examinations for students, ensuring the consistency and quality of training for future practitioners and teachers.
- *Teacher Guidance:* Sadhu Singh continued to meet regularly with teachers and students, providing direction and fostering the development of the school. His website (www.sadhusinghsnr.com) provides a detailed schedule of events and courses.

Board Update

In 2023, the Foundation updated its board structure to better support the evolving needs of the Sat Nam Rasayan community. Narayan Kaur, who has been serving Guru Dev since 1989, took on the role of Chairperson. Her extensive experience and deep connection with Guru Dev's teachings make her well-suited for this leadership position. The board's goal is to continue to ensure that the Sat Nam Rasayan teachings are preserved and accessible to future generations.

Role of Daya Singh in School Management

Daya Singh, based in Italy, has been the administrative director of the Sat Nam Rasayan school for several years. He continues to play a key role in managing the school's operations, including the administration of diplomas for Level 1 and Level 2 students, maintaining the international website, and organizing the school's major events and retreats.

Some notable responsibilities in 2023 include:

- *Diploma Administration:* Daya Singh has overseen the certification process for Level 1 and Level 2 students, ensuring that students who complete their training are awarded their diplomas in a timely manner.
- *Website Management:* The school's international website, which Daya Singh manages, serves as a central resource for students and teachers worldwide. Plans are in place to update the website in 2024 to reflect current information on Sat Nam Rasayan activities and developments across the globe.
- *Organization of International Retreats:* Daya Singh has historically organized the well-known Perugia and Paris international retreats. While these events have been paused since Guru Dev's passing, there are plans to explore new structures and alternative venues for future retreats. The goal is to restart or

redesign these gatherings as Sadhu Singh continues to guide the development of the teachings.

Maintenance of Healing Sanctuaries

Guru Dev established two primary sanctuaries for healing and community: one in Campagnano di Roma, Italy, and another in San Cristobal, Chiapas, Mexico. These places have become spiritual hubs for Sat Nam Rasayan practitioners, offering a space for healing, meditation, and community gatherings.

- Campagnano di Roma, Italy: Under the care of Anil Singh, Narayan Kaur, Atma Kaur, and Daya Singh, this sanctuary continues to thrive as a center for healing and community connection.
- San Cristobal, Mexico: Managed by Hari Singh, Hari Nam Kaur, and Ram Das Kaur, the sanctuary in San Cristobal remains a vibrant space for meditation, healing, and the continuation of Guru Dev's work.

The Foundation continues to provide financial and logistical support to maintain these sanctuaries, ensuring their longevity and availability for future generations.

Trademark Management

In order to safeguard the integrity and authenticity of the Sat Nam Rasayan teachings, the Foundation has maintained trademarks for Sat Nam Rasayan in various countries since the early 1990s. In 2023, efforts continued to expand the reach of the trademark to additional regions while renewing and maintaining existing trademarks. This ensures that the teachings remain protected and true to their origin, preventing any dilution or misrepresentation of the Sat Nam Rasayan tradition.

Looking Forward

As we move into 2024, the Sat Nam Rasayan Foundation remains committed to its core mission: preserving and promoting the teachings of Guru Dev Singh. With the leadership of Sadhu Singh, the dedicated support of Daya Singh in school administration, and the global community, the Foundation looks forward to expanding its reach and deepening its impact in the coming year. The healing sanctuaries will continue to be places of refuge and renewal, and the global network of teachers and students will persist in embodying the principles of Sat Nam Rasayan. The planned updates to the website will further enhance access to current information, connecting more people to the Sat Nam Rasayan teachings.

Conclusion

The year 2023 was one of growth, reflection, and continuation for the Sat Nam Rasayan Foundation. Despite the profound loss of Guru Dev Singh, the Foundation

remains focused on its path, guided by the teachings of our beloved master and the leadership of Sadhu Singh. With Daya Singh's continued management of school operations, and the thousands of practitioners providing healing worldwide, the Foundation is well-positioned to maintain the quality and reach of Sat Nam Rasayan in the coming years. We are deeply grateful to all who have supported the Foundation during this time of transition and look forward to another year of healing, teaching, and community building.

Sat Nam Rasayan Foundation, August 2024