

# Activity Report on Sat Nam Rasayan 2017-2018

May 2019 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.

- 2016 “Restructure the Consciousness to achieve Healing”. Guru Dev Singh could not travel for medical reasons. The students were confronted by the absence of the master. Guru Dev scheduled a series of classes by the experienced teachers. The program was well received by the participants and gave interesting insight to the different styles and talents of the teachers.
- 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.

- 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.

- 2016 the meditation retreat was cancelled
  - 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.
- 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

- 2017 Guru Dev Singh participated by daily video livestream.
- 2018 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.

- 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.

2017 it was held a teacher’s meeting in the Friday afternoon to update on the school and for group discussion. Main topic was to reflect on the changes and personal reaction to the long absence of Gurudev and his personal guidance. The main conference with Guru Dev Singh was well attended.

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.

### ***School – training programs / Training Courses in different countries***

- The Level 1 training program went through some challenges in 2016-2018 because Guru Dev was traveling so much less and some events got cancelled on short notice, so the Level 1 class requirements could not be delivered as planned.

Also the limited availability to pass the practical testing of level 1 caused some students to delay the passage to Level 2 training.

- In 2018 was decided to modify the Level 1 teaching structure, so the classes with Guru Dev Singh would no longer be mandatory and the exit conditions were simplified. This has been implemented for the groups starting in 2018. For students from earlier groups a transition rules have been defined for their certification.
- The Sat Nam Rasayan instructors therefore take a bigger role in the teaching of Level 1.
- During recent years, Guru Dev Singh has continued to train a smaller group of instructors from around the world.
- Sadhu Singh (Mexico) is the first SNR instructor authorized to hold the level 1 and level 2 examinations for other students.
- Daya Singh and his team have upgraded the international sat Nam Rasayan website to improve the international coordination of teachers and rules.

### ***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:
- Participated with 3HO activities as in earlier years in 2017 & 2018: Like Summer Solstice Sadhana, European Yoga Festival. German, French, Austria, Switzerland, China, Russia Yoga Festival.
- An overall integration of Sat Nam Rasayan introduction class into the 3HO/KRI/IKYTA certified Yoga teacher training programs was discussed but could not be finalized.