

WHY DO WE GET SICK? WHY DOES IT SEEM WE CAN'T OVERCOME SOME OBSTACLES?

Before a dis-ease manifests into symptoms of pain, illness, or limitation, it has formed as an energetic block in multiple unseen layers within us. A block is created out of tendencies and points-of-view which we hold as paradigms. In other words, it is like looking at the world through tinted glasses, without even realizing we are wearing glasses at all.

Some points-of-view we inherit, some we acquire through life experience and some we hold on a cellular level. Discomfort arises when these hard-core unconscious beliefs clash with our conscious desires. Our various ways to compensate for the discomfort is what creates a disruption (dis-ease) that will, in time, turn into a full-fledged condition.

SAT NAM RASAYAN®

Sat Nam Rasayan® is a technology that stems from an ancient healing tradition, traced back to the great Indian healer, yogi and Sikh master Guru Ram Das.

It has been taught secretly and in silence from Master to student, until the 1980s. At that time, Yogi Bhajan, the master who also brought Kundalini Yoga to the West, taught it to his chosen student, a reputed Shaman and healer named Guru Dev Singh, with the mission to teach this technology openly for the first time.

Guru Dev Singh has been doing so all over the world since, attracting healers, traditional doctors and individuals seeking to experience healing on a level never before experienced. I have had the privilege of being both Yogi Bhajan's and Guru Dev Singh's student and have received both their validations as a healer. I practice Sat Nam Rasayan® under Guru Dev Singh's tutelage & encouragements.

HOW DOES IT WORK?

Sat Nam Rasayan® works at the level of consciousness, or meditative mind. The practitioner accesses a neutral meditative space and observes the internal conflicts and resistances within you in their energetic form. Science has proven that any 'event' is affected - and thus modified - by the mere fact of being observed. Similarly, by being observed neutrally, the paradigms that create disharmony within you will shift. This technology does not manipulate your energies in any way, it helps you to shift your conflict-creating points of view, only as much as your consciousness is ready to accept and process a change. The practitioner will simultaneously hold the intention to heal and let the highest part of you manifest in your daily life. Healing will occur at the pace that is right for you. Therefore, for some issues, one session will suffice while others may require several sessions for a shift to occur and become definitive.

The effects of Sat Nam Rasayan® - that is, a shift in your consciousness - can be very deep and profoundly affect your life in a positive way. As the shift is as subtle as it is deep, you may not see or feel the effects you would expect in a conventional way. Just observe whether your issue is getting resolved in ways that are seemingly unrelated to your sessions. Sat Nam Rasayan® is also the perfect complement to maximize the chances of results of other forms of treatment.

WHAT HAPPENS DURING A SESSION?

A Sat Nam Rasayan® session is thankfully stress-free, not much will be required of you. Try to fully lend yourself to the experience. Experience occurs whether you fall asleep or remain awake. For best results, try not to let your brain and its commentaries get in the way.

At the beginning of the session, you will have the opportunity to express your concerns and desired goals.

You will then be asked to lie down and relax as much as possible. I may lightly touch your arm, shoulder, head or leg. If you would prefer not to be touched, please let me know before we start. That's all. The actual meditative experience usually lasts about 20 minutes, although in some cases it may last longer. Please allow 45 minutes for the full session.

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Guru Ram Das



Yogi Bhajan



Guru Dev Singh