

Sat Nam Rasayan® Newsletter

Issue 6

Sat Nam Rasayan®
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This Newsletter was edited by *Hargopal Kaur Khalsa* for the Center for Contemplative Awareness, 370 ½ N. La Cienega Blvd.; Los Angeles, CA 90048. Please send articles, photographs, news items, and suggestions to Hargopal at 1752 Preuss Rd, Los Angeles, CA 90035 USA or, via email, to hargopal@snrbliss.com.

An Introduction to Sat Nam Rasayan® by Hargopal Kaur Level III Traveling Student Instructor

What is Sat Nam Rasayan®?

Sat Nam Rasayan® (SNR) is an ancient yogic healing technique that uses the transcendent consciousness to heal. We hold a contemplative state of consciousness, called the projective meditative mind, which allows the release of resistance to self and to reality. In this transcendent consciousness, as we relate to an event, our consciousness and that of the event merge. Resistance in the form of differentiation, preconceptions, conditions, and boundaries and limits may change or disappear.

What are the basics of SNR?

Yes. The basic, level 1 SNR is learned through four steps: (a) To begin, you *open the space*. That is, you come into the meditative state of contemplation. (b) Once the space is open, you *stabilize* it by equalizing your awareness of the



sensations. We treat every sensation the same. No single sensation is considered more important than any other. All 5 senses are included, experienced at the same time, and allowed to happen. (c) Next you *individualize*, you select an event and set an intention. You *contemplate* the resistance that is experienced, which, to begin with,

is through the senses. Contemplation is a neutral awareness that is completely receptive. There is no reaction in this state. In SNR we allow the resistance to happen. It is not about doing something, rather it is being in the state of contemplation, allowing and including all that one experiences. (d) And the final step is to recognize when the process is *complete*, i.e. when the resistance has disappeared or changed.

How do you open the space?

Opening the space is attaining a specific meditative state – that of SNR contemplation. Generally when one meditates, you sit in some yogic posture, hold a mudra, possibly chant a mantra, and practice some breath pattern with the eyes focused on some place, such as the tip of the nose. In SNR we use the sensations we experience as a stepping-stone to reach the meditative state of contemplation. Once you've practiced SNR for a while, you can go directly to that state of consciousness. We train the consciousness like a muscle. For example, when you want to pick something up, you don't consciously tell your hand to reach, grasp, and lift; you just go ahead and do it. The same is true with SNR contemplation.

What is Resistance?

Resistance is when you are uncomfortable, or feel a contraction or a density that blocks you from experiencing other sensations. As Guru Dev explains, "A resistance is a proposition to reality that holds you in a tendency." This proposition or condition is a position of the mind that manifests through the sensations, and that is what is called resistance. Any stance a person takes, their point of view or point of reference, is limiting and produces a resistance. SNR is not based on a belief system. A belief such as a point of view, preconception or judgment, creates a limit to the consciousness. For example, a woman treating her child may take the

stance of the mother (protective, loving, possibly with hopes and expectations). While not being good or bad, it is the relationship they have, and it may limit or orient what can happen in the treatment. It is not neutral.

What can you use SNR for?

SNR is not a medical science. It is a meditative state of consciousness, a yogic technology, which can have healing benefits – even if it is solely to relax a person. Yogi Bhajan has called SNR “ultra-relaxation.” It has been shown through medical research that relaxation lowers blood pressure, reduces anxiety, and stimulates immune cells and their function. In SNR we make no claims as to its efficacy in treating any particular disease or condition. People often seek SNR help for physical, mental and emotional issues.

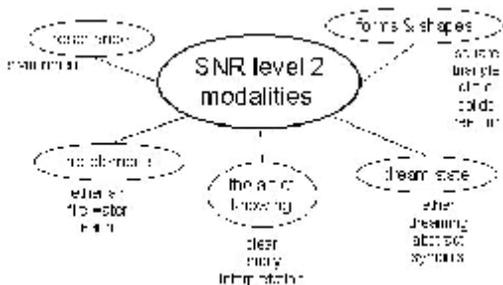
Are there any guidelines for the beginner?

There are three basic guidelines which are helpful for those new to SNR.

- (1) Everything you know is based on your sensations, your experience as you are contemplating.
- (2) You only feel *yourself* in relation with something. You don't feel something directly; you feel how it affects you.
- (3) Anything that happens in the relation is included. You cannot discriminate or eliminate. Everything is included.

SNR Certification

There are four levels of certification: (1) student, (2) healer, (3) instructor, and (4) teacher. Level 1 was described in the “basics of SNR” section. In level 2 there are 5 modalities to gain proficiency in: resonance, forms and shapes, elements, dream state, and the art of knowing. In forms and shapes, for example, we recognize that a square is grounding and a triangle is effective at dispersing or releasing dense resistance. A circle has flow and can give a sense of completion. And then there are irregular shapes and 3-dimensional shapes to explore. In level 3 proficiency must be shown in teaching the five modalities that are learnt in level 2.



In addition, an instructor is able to work with the meridian of the group, produce a bindu (center) in a

class, recognize the hukam (order) of the class's need, identify which part of the psyche of the group is functioning, and recognize which aspect of the consciousness the instructor is working from. The qualifications for level 4 are not yet available. A more detailed description of the requirements for the levels is provided on www.gurudevsnr.com.

Where can we learn more about SNR?

The best way is to attend classes. Just by reading about SNR does not teach you contemplation. Guru Dev Singh's classes are listed on his website: www.gurudevsnr.com. There are also classes in many cities taught by student-instructors of SNR. A recommended book on SNR is **The Healing Art of Sat Nam Rasayan®** by Ambrosio Espinosa (which can be ordered on the website). For more information, you can contact the Center for Contemplative Awareness at 310-289-1312 or email gds@gurudevsnr.com.

Calling All Sat Nam Rasayan® Students & Healers - YOU

by Satya Kaur
Level III, Team Solstice Leader
Assistant Summer 2003 Events Coordinator

Are Summoned to Become a Radiant Jewel in the Vast Net of Healing
Join the Few, the Fearless—TEAM SOLSTICE!!

As you well know, the rigorous Solstice experience brings dramatic changes in us all and that's one reason why we gather under the hot New Mexico sun each summer. The intense effects upon the body/mind/spirit can sometimes trigger a temporary crisis that requires swift and effective healing intervention. That's where YOU come in: We invite you to join Team Solstice and, in partnership with medical professionals, be on hand to be of service to the thousands who will come together next June in Espanola. This is a rare opportunity to test your skills and stretch yourself in the service to our community and to our fellow human beings—under the protective umbrella of our lineage—the lineage that links each of us to Guru Dev Singh, the Siri Singh Sahib, Guru Ram Das and straight on through to the Infinite Source of All Healing!

What? You say, “How could I pass up an opportunity like this???” But *wait, there's even more!!! The miracle of it all is this:* The benefits to you are as vast as the healing blessings that will flow from and through you into our community. They include:

- The thrill of opening the sacred space *within a sacred space*

- The camaraderie of fellow SNR students & healers
- The joy of incredible team spirit
- An opportunity to improve your healing skills
- A chance to learn and teach as you heal with other SNR students and healers
- Increase your *confidence* about your healing skills, as you witness yourself working on the front lines
- The opportunity to test your mettle
- Earn credit toward the level 3 requirements.

Take this opportunity to allow all our teachers to see the fruits of their long labors. This is the best gift you could ever give to those who have given of themselves without qualification, judgment or hesitation.

So come. Join us. Join Team Solstice.

**New Moon/Full Moon Remote
Treatments with Guru Dev Singh Khalsa**
by Hari Das Kaur, La Jolla, CA
Level III, San Diego SNR Representative

Once in a “blue moon” a soul has the opportunity to be in the presence and holy vibration of a healer such as Guru Dev Singh. To have the rare good fortune to experience a private healing appointment is even better.

One memorable summer at ladies camp in Espanola, N.M. over eighteen years ago I had my first private appointment with Guru Dev. I have never forgotten that day, how descriptively and with immense compassion he was able to explain to me how I was looking at “my” version of existence, rather than what was true reality. It was like looking at the world through smudged spectacles. I felt better, happier, and with each treatment throughout the years even better.

Life can be unpredictable, and at times can catch us off guard, and at the least, very challenging. However, with his healings, we can come to know ourselves better, master our dilemmas, and come to realize that we don’t have to suffer.

Remote treatments are made available to us and arranged through CCA: kirpal@gurudevsnr.com.
phone: 310-289-1312 or fax: 310-289-1340.
Checks, money orders, and credit cards payable to the Center for Contemplative Awareness; 370 ½ N. La Cienega Blvd.; Los Angeles, CA 90048 USA

Every month I have a pre-arranged new moon remote treatment with Guru Dev and I look forward to it immensely. Sometimes there is a need for an immediate treatment because of circumstances.

This is when you call CCA and the arrangement with Guru Dev will be made. The remote treatments are \$135 and if you wish to personally speak with Guru Dev about your treatment, the cost is \$175.

There are specific qualities to the new moon and full moon, and Guru Dev will determine which phase is most suited to your healing. These two phases are the times that the psyche is most receptive to healing awareness. ***For release New Year’s Eve remotes are great! For renewal New Year’s Day remotes are just the thing for bringing*** this remarkable graceful energy into your life you will be creating a more uplifting and happier existence.