



## INTERVIEW WITH GURU SAHAI SINGH/SVEN BUTZ

### WHERE DOES SAT NAM RASAYAN COME FROM AND WHAT IS THE HISTORY OF THIS HEALING SYSTEM?

We consider the closest relation we have is to the tradition of Shivaism in Kashmir as the tradition was a silent and secret tradition which was only passed from a master to his student. There are no written records as there are for example in Tibetan Buddhism. Historically we consider Guru Ram Das the 4th Guru of the Sikhs as the archetype of this tradition.

Through him the teachings crossed the lineage of the sikhs and were given from Yogi Bhajan to our living master Guru Dev Singh in the traditional way in silence. Guru Dev Singh has built the school of Sat Nam Rasayan, where these teachings are now for the first time being taught openly to everyone. Sat Nam Rasayan is a pure teaching of the new Aquarian Age i.e. to serve all. Everything we do is only based on experience. There are no beliefs, no dogmas; only a state of silence, where through your meditative intuitive mind you contemplate the flow of your experience without resisting or proposing anything over your experience.

### HOW DID YOU FIND SNR?

I cannot say how I found Sat Nam Rasayan. I was very lucky that I met my teacher, Guru Dev Singh. Due to his great compassion I learnt these teachings and now I can help to spread them. There is no part in my life which is not impacted by Sat

Nam Rasayan and it is difficult to imagine how I would live without it. My experience I can maybe describe like this... it seems that the silence in me gets louder than my thoughts. In a meditative state I can feel the connection of everything that is, and in this state I can heal others and myself, as we are not separate.

### TELL US ABOUT YOUR SEMINARS/WORKSHOPS

In my seminars/workshops I try to share Sat Nam Rasayan as I have learnt it with Guru Dev Singh. We never prepare a class. Everything which happens happens in the moment. We contemplate the group and feel where their imbalance lies and through that use kundalini yoga and Sat Nam Rasayan to uplift the group and give them an experience of shuniya (silence). Through this silence they learn to use Sat Nam Rasayan to heal others. We never in any way push the process of the group, but share an experience which can then be reproduced when you are alone. In this way I teach Level 1 and 2 retreats and topic related seminars, for example, conquering fear or developing your intuition.

### WHAT IS A GOOD EARLY STORY ABOUT YOUR HEALING EXPERIENCE WITH SNR?

Guru Dev Singh was born in Mexico and studied Sat Nam Rasayan with Yogi Bhajan from the early 70s. He has the

ability like no other person I have ever met to share and translate the state of shuniya in a way that you can use it for healing. The experiences I have had with him are beyond description. He is deeply compassionate and takes everybody as he or she is and uplifts them from there. It's a big blessing to meet him and work with him and I wish for everybody to have the chance to meet him and be taught by him.

Sat Nam Rasayan and kundalini yoga in the way we practice are deeply connected. We use kundalini yoga to break the blocks and tendencies in the meditative experience of the group, so that they can uplift their consciousness and have a clearer experience in their meditation. At the same time to practice Sat Nam Rasayan you don't need to learn kundalini yoga. You can have your own spiritual path and still learn Sat Nam Rasayan.

Sat Nam Rasayan has no belief system and no dogmas and does not belong to any spiritual path. It's a pure state of experience. In a little provoking way I would say, if you practice kundalini yoga you surely need Sat Nam Rasayan, as this is the state from where Yogi Bhajan was coming i.e. the state of shuniya. It gives you the power to understand the problem or feel the group you are teaching and in this way choose the exact kundalini yoga kriya to help the group in the best possible way. You also learn to hold a state of silence through which the process of kundalini yoga can be perceived in a very clear way. There are no typical clients; we have people from all walks of life who have the desire to experience meditation, silence, freedom and

healing. We are open to everyone who wants to learn. No special abilities or previous experiences are required.

## WHAT IS UNUSUAL OR UNIQUE ABOUT SAT NAM RASAYAN IN COMPARISON WITH OTHER HEALING TECHNIQUES?

I don't like to compare healing techniques, if a technique heals then it is right. In Sat Nam Rasayan we don't send energy, we don't visualise and we don't propose anything over the other. We just process the other in our own meditative field. We say when you have a pain, I have a pain and in a certain meditative state we say I can recognise this pain in me and by contemplation resolve it. When I resolve it in me it will also change in you. This is because in this meditative experience you and I are not different or separate. We say the more silent I am, the more you exist in my experience or the more clear is my experience of you. Sat Nam Rasayan healing is extremely precise and very sophisticated.

## WHAT ARE SOME OF YOUR GREATEST CHALLENGES IN TEACHING?

The greatest challenge always is not to use the ego in teaching, to keep the teachings clear and pure. It's very important for us as teachers to constantly practice and refine our awareness. We practice ourselves so we can serve others more clearly and directly. We recognise that each of our actions in the class has an influence on everybody who is practicing Sat Nam Rasayan. So we always need to contemplate our process and teach from our silence and intuitive mind without creating fantasies or distractions. This is a beautiful and challenging discipline.

## WHAT ARE SOME COMMON MISTAKES STUDENTS MAKE WITH SNR? COULD YOU DESCRIBE THE BENEFIT OF OVERCOMING THESE?

There are some common mistakes we can make while we learn Sat Nam Rasayan. First we may visualise and

differentiate between us and our partner. We have the idea that we are sitting here while the client is lying there. We reach out to experience the client, instead of only perceiving him or her as an inner experience, as an impression in our meditative process. In our normal life we perceive everything as inside and outside. In Sat Nam Rasayan we only have one experience and we heal only by using our meditation. We go into shuniya without creating any resistance, so we start to merge our consciousness. You cannot understand Sat Nam Rasayan through your mind. You only learn by constant practice, by experience. We only use language as a way to have a way to describe an experience; all our learning in Sat Nam Rasayan is based on doing. Whenever you create an idea or a concept you already limit your experience. You can see there are many mistakes you can make while learning, but if you overcome the limitations of your mind and stay silent Sat Nam Rasayan can be an infinite possibility. Sat Nam Rasayan healing is such a beautiful system, just practice and experience it.

To find out more please go to [www.satnamrasayanaustralia.com](http://www.satnamrasayanaustralia.com)  
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# 'Silence is the greatest healer'

YOGI BHAJAN

