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# SAT NAM RASAYAN®

As taught by Guru Dev Singh  
[www.gurudevsnr.com](http://www.gurudevsnr.com)

## The five dogmas of the sensitive space/shield include:

- You only know what you feel (see, touch, hear, smell, taste)
- You can only feel yourself in relationship with something (your event/client). You cannot feel the event; you can only feel yourself in relationship with it.
- Everything you feel is included in the relationship, even your thoughts or a bus driving by. (above three are referred to as the “three propositions”)
- If something changes in your sensitive space it affects the relationship, and that affects the event in some way.
- There is **no dogma**. Once you have learned to access the Sacred Space, and are stabilized, you no longer need to use the sensitive space/shield in this way. You can access the Sacred Space directly.

## The Basics of SNR® include:

- Opening the Space. Stabilize and Equalize the Space
- Individualize: Select an Event
- Set an Intention—utilize the Sensitive Shield
- Contemplate: Neutral Awareness—Shuniya; Allow more sensations (deepen) or hold the space (intensify).
- Complete: Recognize when the process is complete (the resistance has disappeared or changed)

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