

# Bärbel Schäfer

Sat Nam Rasayan  
Healer

instruction by  
Guru Dev Singh

Kundalini Yoga Teacher  
3HO-Yoga Hamburg  
instruction by Satya Singh

Instruction in Body-Mind  
Centering and dance  
workout. Motion and  
perception explorer  
Horst Viral, Berlin

Experimental Body Method  
in self-investigation since 2003

Astrologic instruction "ISIS"  
School for Astrologie in Hamburg

Attendance workshop for body related  
psychotherapy, bodywork therapy and  
body art  
Department of Medical Psychology and  
Psychotherapy in Graz

Communication and life coaching  
Focus: Communication instruction  
Mind clearing by Charles Berner

Reiki master and instructor  
in Usui system of natural healing

TAI CHI instructor  
Instruction by Reimer Eichhorst  
„DAN TIEN"  
School for Qi Gong and Tai Chi



## Sat Nam Rasayan

Silence is a condition that allows  
the other in a relationship to exist really.



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Healthy, Happy, Holy

# Experimental body action

opens access to produced natural in body intelligence  
unfolds and develops your potential on physical,  
emotional, spiritual and psychological level.

Consciousness penetrates the whole body and any cell  
senses.  
Experimental body action deals with dynamic relations  
between consciousness, thoughts and emotions between  
motion and behavior pattern.

With experimental body action different problems will be  
brought into motion. It will be investigated, experienced,  
touched, felt and seen with help of free vital motions.  
A witness is necessary for integration of the results.

"I have seen you"

To experience yourself directly trading as unity of  
body, spirit and soul.

in relation to the real world expands our communication-,  
experience- and developing spaces towards freedom in  
self expression and in action.

The Chi, the vitality, is able to flow free and a new  
resonance field comes into existence. To "operate"  
responsible and self determined - the end of "dramas".  
I work with methods of the Body Mind Centering.

As a rule duration of one Sat Nam Rasayan Treatment  
lasts 30 to 60 minutes.

Treatment costs: 1,00 € per minute

One session experimental body act can be agreed  
individually.

Length of session and costs by agreement.

Base rate is 1,00 € per minute.

People with low income gain reduction in rate.

Free energy balance also payment by  
installments are possible!

# Sat Nam Rasayan

...is a holistic healing method coming from Kundalini Yoga  
developed from the healer Guru Ram Dass (1534-1581).

This Indian healing tradition is existing over several  
millenniums and is used in several traditions and cultures  
as a "natural way" of healing.

Sat Nam Rasayan is healing in the name of the divine.  
Healing happens in an internal space of silence.

Anything existing has a right to exist. This is the base  
assumption of Sat Nam Rasayan.

This healing method helps to loose tendencies and  
limitations in body, spirit and emotions.

It is more than a method it is a kind of creation which  
connects to the essence of all healing.

With this healing creation over centuries sickness is  
described as a tendency of the body to react which can be  
shown as pain, emotional problem or severe sickness.

The healer is neutral without prejudice or intolerance. She  
does not get involved into the emotions of the patient.  
Emotions are elements of communication and  
transformation.

Change of sickness and finally healing will be achieved  
when receiving everything showing by no interference.  
Sat Nam Rasayan works without additives such as drugs or  
needles. It works with pure attention, in pure faith, in  
complete presence of the moment.

It is possible only through the attention in the meditative  
consciousness to balance and change the elements,  
meridians, chakras, muscles and joints as well as psychic  
conditions.

Thereby healing can happen. This method is also good to  
support or complete other therapeutic methods.