

## **Assignment for Sat Nam Rasayan Level II, treating a patient for 3 months and making a report of it.**

Purpose of the workpiece:

- learn to draw up a treatment plan.
- learn to work on the basis of a treatment plan
- hold the thread of a treatment over a period of time
- become aware of how you are doing a treatment
- become aware of the effect of a series of Sat Nam Rasayan treatments
- invite you to apply what you have learned from previous years
- teach you to reflect on your treatments

### **How do you make your project?**

You choose a patient / subject who can follow you for 3 months. In the beginning you will treat him / her every week, in the last month you can also do this every 2 weeks. You do this in the last year of the course or just after the course. You can possibly agree a fee with your patient, normally that fee is lower than from a professional and qualified healer.

### **Every time your patient comes to you:**

you ask how it goes. The patient tells what is going on, you make notes of that.

Then you start the treatment and go into space to feel what you feel, in general and also individualize the areas, organs, if necessary. emotions, pains, problems that your patient has talked about. You do the treatment based on what you feel in space. Perhaps you immediately feel what is going on with this patient, then you do not have to individualize everything again. Maybe you individualize something to check your first impression.

After the treatment you make notes of what you have felt in the space and how you have done your treatment. E.g. you felt fat and heavy in relation to the colon and gave space to it, at the end you worked with the ether element to get more space.

Then you worked on the nervous system using the electromagnetic field technique we learned in Assisi 2007. Then you worked with the dream state to solve long-lasting patterns that deal with the problems of the digestive system.

After the treatment you make a treatment plan. It is good to check a few things while you are treating in relation to this treatment plan.

E.g. if you have a patient with sleep problems, check the nervous and glandular system, if necessary. the day and night rhythm, stress, energy level etc. Then you will get an overview of what is connected with the complaint. You can also experience something during the treatment or have an idea that you are heading in the right direction with your treatment.

The next time the patient comes to you, proceed in the same way. Now it may happen that the patient has something completely different in the foreground, in the meantime he has caught a cold or she has had an argument with her son and is only talking about it. Then you get started with this new problem, but you also inquire about the old one. In your treatment you look at how you can take this new problem with you without losing sight of the old one. You look for a common basis for both problems.

In the treatment you treat the new problem and you work on the basis of the problems, which has to do with the 'tendencies' of the patient.

In your report you describe how you acted according to the treatment plan, what was added and if you want to adjust the treatment plan and how you do it.

Have fun and good luck with your project!