

Kriyayoga—The One and Only Answer to All of My Problems of Life

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It is with great honour and privilege that I am writing about how Kriyayoga, as taught by my beloved Gurudeva Swami Shree Yogi Satyam, has changed and improved my life.

I am a resident of Brampton, Ontario, Canada. I am currently seventy years of age and I am blessed with the ability to still be actively working as a full-time real estate agent. I can only attribute my good health and prosperity to the practice of Kriyayoga.

I must tell you that many years ago my health was not so good. At the age of 40, I was affected by alternating numbness and pain throughout my body. I was a heavy alcohol drinker up until I was introduced to Kriyayoga as taught by Swami Shree Yogi Satyam.

In 1984, I was involved in a motor vehicle accident. I was driving my car in Toronto and was hit by a truck at the intersection of King Street and Strachan Street. My car was completely totaled—windshield crushed in. The police officer had great difficulty removing me from the car because of all the damage. When he came to get me, I had no recollection at all of where I was and what happened. I was taken by ambulance to the nearby hospital emergency and was later released. As a result of this accident, I suffered for two months with excruciating bodily pains. I did not take any painkillers for this.

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Again in 1987, I was involved in another accident. I was walking in the snow on Spadina Avenue in Toronto and fell causing a dislocation of my left shoulder. Rather than going to the hospital right away, I got into my car and drove home.

In 1987, I was also suffering from uncontrollable Diabetes (blood sugar level = 27 mmol/L). I also experienced piles (haemorrhoids) that were so bad that they were exuding pus discharge. My other illnesses included a stomach ulcer and arthritis, which caused not only joint pains but a lot of muscle cramping as well.

Basically, my physical body was in a sorry state of affairs. As I tell many people—"I was a mess!" It was very obvious to me that I really needed something or someone to help me regarding all of my problems.

With many thanks to God, in 1994, I was first introduced to the science of Kriyayoga. I was invited to attend a lecture on Kriyayoga by Swami Shree Yogi Satyam of Allahabad, India at the Hindu Sabha Temple in Brampton, Ontario. Normally, I am a bit hesitant to adopt these kinds of techniques but after listening to Swami Shree Yogi Satyam talk about Kriyayoga Science, I could see his great love for this scientific technique. He spoke so spontaneously on the subject of Kriyayoga to the people without having to resort to reading any paper. His understanding and knowledge of Kriyayoga was quite noticeable. He also impressed me because he never charged any fee for the class, which I found very unusual in North America where it is commonplace to charge high prices for classes in yoga.

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It was my distinct observation at that time that Swami Shree Yogi Satyam not only believed in this science of Kriyayoga, but he also “lives, eats and breathes” Kriyayoga. He is the perfect embodiment of the beneficial effects of Kriyayoga.

It was then and there that I firmly decided to practice Kriyayoga in the systematic, scientific way as outlined by Swami Shree Yogi Satyam. I practiced the technique with no expectations at all. I simply felt that it was easy to understand and I felt comfortable to practice the technique.

From 1994 to 1997 I practiced Kriyayoga sincerely but there was no visible relief. Despite this, I believe that astrally I was experiencing relief and I continued to practice Kriyayoga with no expectations.

After 1997 to the present, I was blessed with complete relief of all of my medical problems. My bodily pains have disappeared and I feel very fit—like a young man in his twenties. My blood glucose levels returned to normal. My piles, ulcer and arthritis have totally resolved. I no longer drink alcohol. I feel like a new man and all of this is due to the practice of Kriyayoga as taught by my Guru, Swami Shree Yogi Satyam. I am so delighted that I was able to accomplish this with such a simple, yet powerful technique—and without the aid of any medications or supplements.

From my own experience, I know that with 100% conviction I can say that Kriyayoga will solve any problem in life. Even in July 2004, I suffered from severe diarrhea. I went to my doctor who also practices Kriyayoga and she recommended that I attend the Healing Program at Yog Fellowship Temple.

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This is an intensive residential Kriyayoga Program conducted by Swami Shree Yogi Satyam. After attending one class, my diarrhea problem completely resolved. In summary, I have always recommended Kriyayoga to everyone I come across who is suffering. I am a living example of how Kriyayoga can help someone. If I can do it—anyone can do it!

I give my humblest devotion and thanks to Guruji for introducing the ancient, yet ever-new science of Kriyayoga to me and I thank God for guiding me to attend my first lecture on Kriyayoga at the Hindu Sabha Temple.

J.K. Kapoor