

## Testimonial

by Mariana Sinanan

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**K**riya Yoga science, in my opinion, is a pure, perfect and universal science, which brings to light the Truth about ourselves and this cosmos. For many years the search for Truth devoid of theory and speculation has been of great interest to me. Of all the sciences encountered in the past Kriya Yoga meditation is the only science that offers a pragmatical approach geared towards complete satisfaction at all levels of human development--physical, mental, intellectual and spiritual. With sincere and continuous practise of this science one can see and feel the results manifesting on a daily basis. There is no exception to this rule, results is 100% guaranteed and everyone benefits.



I can say with all sincerity that I am not only a witness to the tremendous impact that had resulted from the continuous practise of this science, but more so I am also a surviving victim due to Kriya Yoga meditation. One year ago I was diagnosed with severe osteoporosis and parathyroidism. I was told by many Canadian doctors and specialists that there was practically nothing anyone can do at this stage of my illness. I was virtually helpless and immobile.

Fortunately, however, at that time I was familiar with many cases of terminal illnesses and other diseases in Canada whereby patients had completely cured themselves through continuous practise of Kriya Yoga. In this process there was no usage of medicines or conventional supplements involved. I was also aware that medical reports of these cases were available to substantiate all claims.

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In light of these full proof claims I decided that apart from Kriya Yoga I was not going to resort to any other alternative. One year ago I came to India and within this short period my health has improved significantly. All symptoms of my illness had completely vanished. I am now able to walk, run and do anything as any normal human being. What medication was used? Kriya Yoga meditation.

Kriya Yoga science uses the body as the means, medium and the end of all. It teaches that within this body we will find all nutrition, knowledge, power and bliss. When we practise this science we first learn how to cure ourselves.

Then only we can utilize this body in the best way possible-- to serve humanity. In this selfless service all hatred, greed, anger and jealousy starts dissolving. In the dissolution process evolution in the form of infinite peace and knowledge starts emanating from within. The end result is peace within our family, society, country and ultimately the world. This is the sole and ultimate aim of Kriya Yoga.

This most ancient science is the answer to all questions and the solution to all problems. Being itself universal and perfect in nature it is available to all and does not distinguish between gender, age, race or religion. It does not require the aid of any other science to substantiate its claims. It is itself the Substratum of all science.

In view of the above this ancient science has not only withstood the test of time but will continue to do so for all time to come. It is itself the Eternal science.

**Mariana**