

# Cured of Psoriasis

by Sanjana

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**M**y name is Sanjana and I am a Singaporean by nationality. I hold a Bachelor's degree in Computer Science from the National University of Singapore. In January 1994, I moved to Canada as a landed immigrant, along with my family. In December 1994, I found employment with Microsoft Canada, where I was working as a technical support representative and later as an internet program manager. The following is some information pertaining to how I became involved with Kriyayoga:



I began the practice of Kriyayoga Meditation under the guidance of Swami Shree Yogi Satyam in July of 1999. Since then, I have experienced and seen marvelous results through the practice of Kriyayoga meditation as taught by Swamiji.

Firstly, I have been cured of my condition of psoriasis. Before I met Swamiji, I was going from doctor to doctor and also visited several skin specialists to find relief and be cured of my condition. I was given hydrocortisone creams of different strengths to apply on my affected areas (face, elbows, knees). This only gave short-term relief from my very painful condition. The condition kept recurring. With long-term use of the creams, the condition of my sensitive facial skin began to deteriorate and its appearance became rough and unnatural. My psoriatic condition was very painful for me physically and I was also emotionally drained as I was rather embarrassed by it and lost much self-confidence.

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When I began Kriyayoga practice, I was told by Swamiji that it would take a good six years for the complete change of my skin. I followed the Kriyayoga diet as prescribed and slowly my skin has come back to its natural form.

I have gained and am still continually gaining much knowledge through the practice - about the root cause of all my conditions and in general, about myself – habits and tendencies. Through this understanding, I myself am able to cure illnesses and solve all of my problems. I find that my concentration towards any work that I do has improved, which has resulted in better quality output. Also, I feel ever charged with renewed energy to work tirelessly. All this has been only possible through Kriyayoga Meditation and close adherence to the Kriyayoga diet without the use of any external medications or nutritives of any kind.

Overall, I feel that the basic foundation of character strength - patience, tolerance, confidence, determination, sacrifice, and love and caring for others, to name a few, has increased within me. This has been possible by daily regular practice of the simple steps of Kriyayoga taught by Swami Shree Yogi Satyam.

In just these few years, I have also seen how many other practitioners from all over the world have benefited greatly from this practice. Practitioners have been cured of all types of illnesses, some of which were considered to be incurable. Many have found solutions to the many problems of their lives. Better relationships, built on true love and understanding, have been established.

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Many people come to stay for varied lengths of time at the Kriyayoga center in Allahabad, India and have had the wonderful opportunity to experience a real spiritual lifestyle in a surrounding most conducive for spiritual upliftment.

I truly feel that Kriyayoga as taught by Swami Shree Yogi Satyam has given new hope and a deeper understanding about the real purpose of living to many. I felt very strongly even then, as I do now, that spreading the science of Kriyayoga is the best way to serve humanity.

**Meeramata**