

Testimonial for Kriyayoga Practice

LC (Shardamata)

Canadian female, age 55

I started to practice Kriyayoga meditation on September 17, 2004.

At that point, I had had Fibromyalgia for over 15 years. The past 6 years had been particularly difficult as symptoms worsened after I was in an accident in 1998. I had been unable to work for over five and a half years due to debilitating pain and fatigue. I spent, on average, 20 hours out of every 24 lying down resting. I had chronic pain, chronic fatigue, chronic headaches, sleep disturbances, difficulty sitting, standing and walking, muscle weakness, irritable bowel syndrome (IBS), depression and memory and concentration problems, a herniated disc in my lumbar spine, degenerative disc disease, carpal tunnel syndrome in both wrists and possible malnutrition and I was obese. Doctors had diagnosed syringomyelia in the thoracic spine, narrow angle pre glaucoma and the early stages of osteoporosis but I had no symptoms of any of these that were noticeable to me. ***A Disability Assessment Centre had certified me as totally disabled in regards to employment.***



I wanted to enjoy again the active life I had previously led... working at a challenging job; hiking, cycling, canoeing, camping; playing my flute and drums; spending time with family and friends; always ready and able to do anything or to help anyone. I wanted to have the energy again to take care of myself and to help others.

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To this end, I had tried many different treatments, drugs and supplements. There were many recommendations from medical doctors especially those specializing in fibromyalgia and chronic pain and from chiropractors, physiotherapists, naturopaths, massage therapists, reflexologists, a body movement specialist, others who had fibromyalgia and chronic pain, and family and friends who had heard about possible treatments. ***My life was totally consumed by my illness and by my efforts to overcome its debilitating effects but nothing I found helped very much or for very long.***

When I started to practice Kriyayoga meditation, I had to lie down for the entire class and could only do many of the steps to a very limited extent. ***From the first moments of my first class, I felt a great sense of peace.*** By the end, I felt more hope for the future than I had had in years. ***I decided to give this my all.*** For the first two weeks, I attended 2 Kriyayoga meditation classes per day, one in the morning and one in the evening. For the next 6 weeks I attended the Kriyayoga Residential Healing Retreat in Kitchener, Ontario where we had four to five Kriyayoga meditation classes per day and began to eat the special yogic non-violent diet of only whole, mature foods.

On Day 3 of my Kriyayoga meditation practice, I had a severe headache and took several Tylenol Extra Strength and several Advil in an attempt to reduce the pain enough so that I could make the 5-minute drive to the evening class. I made it and Swami Shree Yogi Satyam, the Kriyayoga master from India who was teaching the class, asked if I had taken anything for pain that day. I said I had. He said not to do it again, to concentrate on and to love the pain.

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That was the last time that I used any medication to get rid of or to reduce the symptoms of any disease or condition. Since then, the only treatment I have used for any condition is Kriyayoga meditation.

By Day 5, I was ***able to sit for a few minutes*** for part of each class. I had ***more energy*** and was ***walking a little further each day*** after each class.

By Day 10, I had ***more confidence*** and drove for the 1st time in years on a very busy stretch of highway to get to a class. I was ***sitting and participating more in classes,*** often with tears of pain running down my cheeks. I wanted to do more and more and pushed myself to the limit.

By Day 14, I ***drove from Brampton to Kitchener*** to get to the Healing Retreat. This would have been impossible even one week earlier.

By the end of Week Three of my Kriyayoga practice /Week One of the Healing Retreat, I was ***taking short walks each day without the aid of the cart*** I had used for years for support, ***resting less each day*** and ***helping with kitchen work*** for a couple of hours each day. I had ***more energy*** than I had had for years.

By the start of Week Six of my Kriyayoga practice/ Week Four of the Healing Retreat, I was ***running the kitchen.*** I got ***up at 4 am each day;*** ***started cooking*** the grains and beans; ***got washed*** and ***dressed*** and ***organized my sleeping/meditation area;*** ***did wake up calls*** for the rest of the participants; ***checked the food*** and turned it off before the ***6 am class.*** After class, ***meal preparation continued*** with the help of others. During the day, there were ***3 to 4 more meditation classes*** to attend, ***at least one walk*** to take, a ***second meal to prepare*** and possibly ***grocery shopping*** to participate in.

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I was also now **helping others by driving them** to **places** such as phones, banks, malls and Laundromats **and by being the house mom**, helping new participants to settle in and listening to their stories, problems, hopes and dreams.

At the end of Week Eight of my Kriyayoga practice/Week Six of the Healing Retreat, I returned home. My family and friends could not believe the changes. I was much **stronger** and **in less pain**. I had **lost 10 to 15 pounds**. I was **no longer depressed**; I was **excited about the future**. I was **resting 8 to 10 hours per day rather than my previous 20**. I had **more energy** and was **happier** and **more at peace** than they had seen me in many years.

I had decided to go to the Kriyayoga Institute in India to continue my meditation practice in the supportive atmosphere of the ashram under the direct guidance of Swami Shree Yogi Satyam. That is what I felt I needed to do to continue and to complete the healing process. My family and friends, two of my doctors and the director of the Pain Clinic I had been attending before the Healing Retreat all supported my decision.

I had additional reasons for wanting to live and practice at the Kriyayoga Institute in India. I wanted to advance spiritually as far as I could in this lifetime. To do that, I would have to dedicate my life to it. I would have to live and to practice under the direct guidance of a self-realized master. I also wanted to help in the mission to spread the knowledge and the practice of Kriyayoga to the villagers of India and then to the rest of the world. Therefore, I left for India two weeks after the Healing Retreat ended.

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About 9 months after I started to practice Kriyayoga, Swami Shree Yogi Satyam (Guruji) took us on a very demanding trip. One day we were scheduled to go up into the mountains. This involved riding on ponies 19 km along narrow mountain paths, walking about 2 km thru rocky areas to our final destination and returning the same way. It would be a very long day full of strenuous activity. Guruji felt that I was not yet strong enough to go. I really wanted to go. I knew that I could do this, that I could do anything. I told him that if I did hold up the group, I would not mind being left on the trail and picked up on the way back. I would use the time to meditate until they returned. With these assurances and seeing my determination, he allowed me to go on the trip. I had intense IBS symptoms all day but I concentrated on my body and meditated for hours as we traveled along on horseback and on foot. With the help of Kriyayoga meditation and Guruji, I made it thru the entire journey. ***Anyone who had known me only in the past would have been hard pressed to believe what I was able to do that day.*** In fact, one of the participants, who had not seen me for the past seven months, told me he had not recognized me and could not believe how far I had progressed. ***That day, I felt that I experienced much more than ever before the power of Kriyayoga meditation.***

It is now 22 Months since I started to practice Kriyayoga meditation. I no longer have any symptoms of fibromyalgia. Chronic pain, chronic fatigue, chronic headaches, chronic sleep problems, difficulty sitting, standing and walking, muscle weakness and depression are gone. My powers of memory and concentration are improving. I have lost about 80 pounds and am of normal weight. All symptoms of degenerative disc disease, carpal tunnel syndrome and malnutrition are gone.

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My eyesight is starting to improve. I occasionally still have the low back and leg pain that were attributed to the herniated disc in my lumbar spine. Those symptoms now usually last only a day or two rather than being present most of the time. I still have no symptoms of syringomyelia, narrow angle glaucoma or osteoporosis of which I am aware. The only condition that I still have many symptoms of is Irritable Bowel Syndrome (IBS). It seems to come and go. I can usually control the symptoms by concentrating on them and accepting them. I know that these symptoms will disappear in time thru my practice of Kriyayoga meditation.

I am no longer disabled but I realize I have more healing to do in some areas before I would be able to take on a full time job. Working on this report and others gave me some insight into this. ***I believe that in a short time and with the practice of Kriyayoga meditation, my body and mind will continue to heal to the point where I can take on any type of work that I desire.***

My life is full. I practice Kriyayoga meditation 4 to 7 hours per day. I do work at the ashram such as helping in the kitchen cleaning rice, washing dishes and occasionally cooking, tutoring a Grade 9 student in English, and spending time on a daily basis with an active 2 1/2 year old. I take walks frequently around the ashram properties, to the Ganges or to the local markets. I occasionally go to into the city, usually accompanying one of the other matas when they have work to do there. I participate in all the Kriyayoga programs in the ashram and the local area city and villages and in most of the programs in more distant cities and villages. I am happy with life. I feel at peace.

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Kriyayoga Science teaches us that everything in the cosmos is divine so everything that we feel in our bodies is divine. When we accept, appreciate and love everything that we feel, everything that we are, every characteristic of ourselves and do not want to change or get rid of any of it, we truly love our bodies/our selves.

In Kriyayoga meditation, we concentrate on what we feel and on accepting, appreciating and loving everything we feel. This increases our love for our body. This is the way to self-realization. Whenever I find myself hoping that some condition of my body or my life will change, go away or not last too long or I find myself feeling some lack in my life, I know that I am not loving my body/my self and that I need to practice more. I need to concentrate on the present condition of my body and mind, really feel it, accept it, appreciate it and love it and the only way I can do that is thru Kriyayoga meditation. That is why I practice Kriyayoga meditation.

When I truly feel one hundred percent that everything in life is perfect and that no change will make it any more perfect, I will be at peace and in bliss all the time. Practicing Kriyayoga meditation is the only way I know to do this. That is why I know that I will be practicing Kriyayoga meditation for the rest of my life and that it will be more exciting and challenging than anything else could ever be.

I can no longer conceive of a life without the practice of Kriyayoga meditation. It is the most important aspect of my life. I feel blessed to have found Swami Shree Yogi Satyam and Kriyayoga Science.

Updated Testimonial of Shardamata

Sept 26, 2006 at Kriyayoga Research Institute, Jhunsi, Allahabad

N*amaskar.* My name is Shardamata or Elizabeth. I am originally from Canada. I started to practice Kriyayoga meditation in Canada 2 years ago in September 2004. At that point I had had Fibromyalgia for over 15 years and had been unable to work for over 5 years due to debilitating pain and fatigue. A Disability Assessment Centre had certified me as totally disabled in regards to all forms of employment. I had difficulty walking, sitting and standing, memory and concentration problems, a herniated disc, degenerative disc disease, carpal tunnel syndrome and irritable bowel syndrome. I had severe headaches most days and almost constant back, neck, shoulder, hip and leg pain. Doctors told me my condition would not improve and I needed to learn to accept it and to work with them to find medications that may alleviate the symptoms to some extent. But nothing helped very much or for very long and I was reluctant to take medications due to the short and long term side effects. I tried many other forms of treatment. Some alleviated the pain to some extent but only for a few hours. None changed the underlying condition and the treatments had to be repeated again and again at considerable expense.

I believed that my body would heal itself as it always had in the past if only I could find the key. I believed that everything that happened in my life happened for my higher good so that I could learn from it and change and grow spiritually. But I was feeling defeated by the unrelenting nature of this illness. I just couldn't get past the constant pain and fatigue, the lack of energy, the inability to function. I felt hopeless.

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Then I saw a flyer advertising Kriyayoga meditation classes. I felt immediately drawn to it because it was a spiritual practice that promised to give unshakeable faith in Truth, boundless peace, patience and willpower, to cure all disease process of the body and mind and to accelerate the process of attaining God-Consciousness. I decided to try it and to give it my all.

For the first 2 weeks, I attended 2 classes each day in and near Toronto, the city I lived in. For the next 6 weeks, I attended a Residential Healing Retreat at the North American centre in Kitchener, Ontario.

At first, I had to lie down for the entire class and could only do many of the steps to a very limited extent. But from the first moments of the first class, I felt a great sense of peace .On the 3rd day of classes, I took pain medication for a severe headache for the last time. Since then I have used Kriyayoga mediation to try to accept all conditions of the body and mind and have not taken any medications. By the 5th day, I was able to sit for a few minutes during each class. I also had more energy and was able to walk a bit further each day. By the 10th day, I had the confidence and alertness needed to drive on a very busy stretch of highway to get to class. I was sitting and participating more in class, pushing myself to the limit. By the end of the 3rd week, I was taking a short walk each day without the aid of the cart I had needed previously for support while walking. I was helping with kitchen work for a couple of hours each day and resting less each day. By the start of the 6th week, I was running the kitchen at the Healing Retreat. I was up at 4 am each day to start the food preparation.

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At 6 am I attended the first class of the day. The rest of the day was equally busy... finishing the meal preparation with the help of others, going for a walk, driving those without vehicles to a bank, a phone or a store or wherever else they needed to go, shopping for food, preparing food for the evening meal, attending 3 or 4 more meditation sessions throughout the day and the evening and helping new participants to settle in.

At the end of my 8th week of practice, I returned home. I no longer had chronic fatigue. I had energy. I was stronger. I had somewhat less pain and was able to tolerate the pain far better than before. I was no longer depressed. I was excited about the future and was happier and more at peace than I had been in many years.

I had decided during the Healing Retreat to go to the Kriyayoga Institute in India to continue my meditation practice in the supportive atmosphere of the ashram under the guidance of Swami Shree Yogi Satyam and his team of Kriyayoga teachers and devotees. I went with the blessings of my family and my doctors who were all very pleased and amazed at the improvements in my condition over the past 8 weeks.

I knew that in addition to wanting to heal my body further, I wanted to advance spiritually as far as I could in this lifetime and to do that I needed to dedicate my life to deepening my practice of Kriyayoga and to live under the divine guidance of a self-realized master. I also wanted to spend my life helping Guruji in his mission to spread the knowledge and practice of Kriyayoga to the villagers of India and then to the rest of the world. I left for India two weeks after the Healing Retreat ended and I have been living and practicing since then here at the Kriyayoga Mother Centre.

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I no longer have any symptoms of Fibromyalgia. Chronic pain, chronic fatigue, chronic headaches, chronic sleep problems, difficulty sitting, standing and walking, muscle weakness and depression are all gone. I have also lost about 80 pounds of weight even though I eat much more than I used to.

I have met many wonderful people in India at the ashram, in Jhunsi, in the city of Allahabad and in the villages and cities where we have held Kriyayoga meditation programs. I appreciate the openness, the kindness and generosity of everyone whom I have met here. India is now my home.

I am happy with life. I feel at peace. I formally joined Gururji's mission over a year ago as a renunciant monk. I know that I will be practicing Kriyayoga meditation for the rest of my life and that this life will be more exciting and challenging than anything else could ever be. I feel blessed to have found Swami Shree Yogi Satyam, Gyanmataji and Shantimataji and all the rest of their team, my new family of Kriyayoga teachers, renunciant monks and devotees. I can no longer conceive of a life without the daily practice of Kriyayoga meditation and without the loving support of Gururji and my new family of Kriyayoga practitioners.

I thank you all for giving me the opportunity to tell you of my experience of Kriyayoga meditation and to thank all of you whom I have had the pleasure of meeting and getting to know for your kindness and your hospitality especially those whose homes I have had the pleasure of visiting and staying in.

I encourage each and every one of you to learn and to practice Kriyayoga meditation. It will change your life and the lives of your family, your friends, your community. Eventually our practice of this great and ancient Indian Spiritual science will change all of India and the rest of the world. I bow to God, to the Gurus and to all of you. *Pranaam.*