

Yoga & Reiki Exposed

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Scott Johnson 2359 Hwy 70 SE #321 Hickory, NC 28602

Video: Can Believers in Jesus Christ Do Yoga and Still Worship God?

This video should end all debate among believers and will stir up the subjective opinions of non-believers.

(P.S. Towards the end of this video, no one is nude. They are wearing flesh-colored undergarments.)

<http://www.youtube.com/watch?v=IDnngtB8ISA>
<http://www.youtube.com/watch?v=FnhDu17T8NY&feature=related>

Yoga

Relaxation or Occult?*

- Yoga is from the Sankrit word *Yug*, meaning "union" (with the Divine, your higher "SELF"). Yoga is a path for transcending the ordinary mind (who you think you are) in order to merge with your "higher SELF" or "God SELF." Yoga means "to yoke" -- to yoke with Brahman (i.e., the "Infinite," the "Universal Spirit," the impersonal force that the Hindus call "God") via the realization of an altered state of consciousness, thereby theoretically releasing oneself from the bondage of endless reincarnation. Yoga comes out of the Hindu Vedas. It can be traced back to Patanjali, who was a religious leader. Shiva, one of Hinduism's three most powerful gods, was known as "The Destroyer" -- he's called Yogi Swara or the "Lord of Yoga."

- Consider the following portion of an article from a secular newspaper:

"It is estimated that there are 10,000 yoga teachers in the United States, who teach between 4 and 5 million students a week. Yoga is a program that involves conscious stretching, deliberate movements, controlled breathing and relaxation exercises. Its purpose is to develop strength, flexibility, balance, body alignment, body awareness, muscular balance, calmness and controlled breathing. Yoga originated from a school of thought in the Hindu religion, which suggests that postures can isolate the soul from the body and the mind.

"In the Western world, yoga is used mainly as a form of exercise. Yoga comes from the original Sanskrit word, 'joga,' which means 'to join.' Yoga means to join body, mind and breath; to get them to work together in harmony [This is a lie!]. It's very gentle, slow and meditative; but it requires concentration. Yoga instructors say they have received a handful of complaints from people who believe yoga is intertwined with mysticism and the occult. [We] acknowledge that yoga does indeed come from a portion of India's Hindu religion, but [our] classes deal mainly with the physical aspects of yoga, and do not in any way coerce people to become involved in Eastern religion" [another lie]. (Source: *The Bloomington Herald-Times*, 1991.) (Emphasis added.)

Sadly, even professing Christians have bought into this lie. Every Yoga teacher is, in effect, a Hindu or Buddhist missionary, even though "he or she may wear a cross, insist that Jesus was a great Yogi, and protest that Yoga is not a religion, but science. This is the most blatant of lies. Yet it has been so widely proclaimed and believed that in America's public schools, beginning in kindergarten and in almost every other area of society today, Yoga and other forms of Hindu-Buddhist occultism are taught and accepted as science. In contrast, Christianity has been thrown out of the schools and is being crowded out of every other area of life in the 'broad-minded' move to replace religion with the New Age 'science!'" (Source: *Peace, Prosperity, and the Coming Holocaust*, p. 147.)

- Yoga is clearly a [New Age concept](#) that is deeply religious and pantheistic in its origin. It is widely practiced and supported by New Age proponents. The New Age movement denies the reality of sin and total depravity, and believes that man is generally good and is divine. They teach that there is a god within us, and we are to harness that and develop it through meditation and other metaphysical techniques. They teach that the only thing people need is enlightenment regarding their divinity. They believe that through reincarnation man is reunited with God. They believe in *karma*, which is a debt one owes because of his previous life. They also believe and teach the evolution of man as opposed to the Creation that is taught in the Bible. Yoga is also associated with imagery, visualization, hypnosis, mind magic, chanting of *mantra*, positive thinking, and Silva mind techniques, which are not only unbiblical, but are potentially dangerous. When practiced by professing believers, it allows a certain external spiritual influence in our lives, which is inconsistent with, and disallowed (2 Cor. 6:14-18), in the teachings of the Holy Scriptures (2 Cor. 4:4).

The practice of Yoga is pagan at best, and occultic at worse. Its teachings emanate from the Eastern religions, all of which teach that *self* is God, only we just don't realize it:

"The goal of Yoga is 'self-realization' -- to look deeply within what ought to be the temple of the one true God and there to discover the alleged 'true Self' or 'higher Self' and declare self to be God. Nothing could be more religious than that, yet with straight faces all of the Yogis insist that practicing Yoga will not change anyone's religious beliefs. This is the religion of Antichrist; and for the first time in history it is being widely practiced throughout the Western world as Transcendental Meditation and other forms of Yoga." (Source: *The Seduction of Christianity*, p. 54.)

- Yoga calls itself *science*. "By calling itself *science*, Yoga (which is the very heart of Hinduism) has within the last [30] years become an integral part of Western society, where it is taught in nearly every YMCA or YWCA, in clubs, in public schools, in industry, and in many churches. Dressed in Western clothes, Yoga has gained acceptance in medicine, psychology, education, and religion under such euphemisms as 'centering,' 'relaxation therapy,' '[self-hypnosis](#),' and 'creative [visualization](#).' Yoga is designed to lead to the 'realization' of one's true 'godhood' through an inward meditative journey that finally locates the ultimate source of everything within the human psyche." (Source: *The Seduction of Christianity*, p. 110.)

- Hatha-yoga is a popular form of Yoga practiced today by those looking for a form of relaxation and non-strenuous exercise. Johanna Michaelsen, however, correctly discerns:

"There is a common misconception in the West that hatha-yoga, one of about ten forms of Yoga that supposedly leads to self-realization, is merely a neutral form of exercise, a soothing and effective alternative for those who abhor jogging and calisthenics ... [However], Hatha-yoga is 'one of the six recognized systems of orthodox Hinduism' and is at its roots *religious* and *mystical*. It is also one of the most difficult and potentially [spiritually] dangerous forms of Yoga.

"The term *hatha* is derived from the verb *hath*, which means 'to oppress.' ... What the practice of hatha-yoga is designed to do is suppress the flow of psychic energies through these channels ["symbolic, or psychic passages on either side of the spinal column"], thereby forcing the 'serpent power' or the *kundalini* force to rise through the central psychic channel in the spine (the *sushumna*) and up through the *chakras*, the supposed psychic centers of human personality and power. Westerners mistakenly believe that one can practice hatha-yoga apart from the philosophical and religious beliefs that undergird it. This is an absolutely false belief. ... You cannot separate the exercises from the philosophy. ... 'The movements themselves become a form of meditation.' The continued practice of the exercises will, *whether you ... intend it or not*, eventually influence you toward an Eastern/mystical perspective. *That is what it is meant to do!* ... There is, by definition, no such thing as 'neutral' Yoga" (*Like Lambs to the Slaughter*, pp. 93-95). (Last emphasis added.)

- Other types or brands of Yoga:

(a) Laya Yoga: Path of Universal Body -- In Laya Yoga, the Macrocosm (the Universe) is directly networked with the Microcosm (the human body). There are five centres (*chakras*, or "wheels") along the spine and one between the eyebrows that directly corresponds with some aspect of creation. These *chakras* are linked through an etheric channel along the spine. A primordial creative energy (*kundalini*) lies dormant at the base of the spine in the root *chakra*. The Laya Yogi (someone who practices Laya Yoga), through meditation and *Asanas* (posture exercises), will coax this *kundalini* energy into traveling up the channel through each *chakra* until it reaches its point of origin at the top of the skull. At that point, the yogi will have merged with the source of creation. If the yogi then chooses to reverse the process, the *kundalini* energy will travel back down the channel recharging each centre with an increased amount of *Prana* (life force energy). The result is that the yogi will then have more understanding of, and control over, all aspects of creation each time this process is done.

(b) Karma Yoga: Path of Selfless Action -- Action performed for the purpose of satisfying a desire has the effect of generating new desires that require additional actions. Addiction to pleasure (in any form) is a good example of this. Once the desire is satisfied, it generates more desire, which then needs to be satisfied *ad infinitum*. In Karma Yoga, one seeks to end this cycle by not being attached to the outcome of anything he does. Actions are thus performed based on what seems appropriate in a given situation. The person performing the action has no concern about whether the end result is "good" or "bad." Since the actions are not performed for self-gratification, the person is free of them. As a result of not being attached to the outcome, a person can become completely involved in whatever he is doing. In this way, yogis seek to end the eternal cycle of death and rebirth.

(c) Jnana Yoga: Path of Transcendental Knowledge -- This type of yoga is geared toward those who have an intellectual curiosity, who like to reason and analyze. The ordinary mind can never know Ultimately and Absolutely. Therefore, the goal is for the ordinary mind to realize that and, thereby, get out of the way. In effect, one uses the ordinary mind to transcend the ordinary mind. Gradually the ordinary mind reveals its true nature to itself. In the "Who am I?" inquiry, as taught by the great Indian guru Ramana Maharshi, the mind's false identities are discounted one by one until it is exhausted. Once the mind has exhausted all its answers, then the higher Self may emerge.

(d) Bhakti Yoga: Path of Devotion -- Bhakti Yoga is considered the simplest of the Yogas. Bhakti is a practice of self-surrender for the purpose of eventually identifying with the source of love, or the higher Self. It is not unlike devotion and service associated with religion in the West. The yogi selects a Saint, Guru, or another figure to direct his devotional love. Every act in daily life is done to serve the beloved one. Visualizations and *mantras* are also part of Bhakti Yoga practice. The goal is to visualize the beloved one all the time. At first one may have a picture or representation

to look at as the visualization skill is developed. A sound is repeated at the same time as the visualization. Although there are many words that can be selected, the sound of "GM" (A-U-M) is one anyone can use. This practice is especially suitable for people with intense emotional natures. Key words are: worship, devotion, self-surrender, visualization, and *mantra*.

(e) Raja Yoga: Path of Stillness -- In Raja Yoga, the goal is to quiet the mind through meditation where the attention is fixed on an object, *mantra*, or concept. Whenever the mind wanders, it is brought back to whatever is the object of concentration. In time, the mind will cease wandering and become completely still. A state of focused, uninterrupted concentration will occur. From this state, the yogi will eventually merge with the higher SELF.

(f) Kriya Yoga -- Babaji's Kriya Yoga is a scientific art of perfect God Truth union and Self-Realization. The great Master of India, Babaji Nagaraj, revived it as a synthesis of ancient teachings of the 18 Siddha tradition. Kriya Yoga claims to bring about an integrated transformation of the individual in all five planes of existence: physical, vital, mental, intellectual, and spiritual. It includes a series of 144 techniques or, "Kriyas," grouped into five phases, or branches.

1. Kriya Hatha Yoga: including "Asanas," physical postures of relaxation, "bandhas," muscular locks, and "mudras," gestures, all of which bring about greater health, peace, and the awakening of the principal energy centres, the "chakras." Babaji has selected a particularly effective series of 18 postures, which are taught in stages and in pairs. One cares for the physical body, not for its own sake, but as a vehicle or temple of the Divine (religious, not just an exercise).

2. Kriya Kundalini Pranayama: the "potential" technique, is a powerful breathing exercise to awaken powerful latent energy and circulate it through the seven principal *chakras* between the base of the spine and crown of the head. It awakens their corresponding psychological states and makes one a dynamo on all five planes of existence.

3. Kriya Dhyana Yoga: meditation, the scientific art of mastering the mind: to cleanse the subconscious; develop concentration, mental clarity, and vision; to awaken the intuitive and creative faculties; and bring about the breathless state of communion with God, "samadhi" (not the God of the Bible).

4. Kriya Mantra Yoga: the mental repetition of subtle sounds to awaken the intuition, the intellect, and the *chakras*; the *mantra* becomes a substitute for the "I" centred chatter and facilitates the accumulation of great amounts of energy. The *mantra* is supposed to cleanse habitual subconscious tendencies (it is a religious repetitive chant).

5. Kriya Bhakti Yoga: devotional activities and service to awaken pure Divine universal love and spiritual bliss; it includes chanting and singing, ceremonies, pilgrimages, and

worship.

- So if someone's interested in physical exercises that are designed to help one's body, he should *not* take Yoga, which is designed for death, and teaches how to reach this state of consciousness (see note) where one gets a better reincarnation. Even the physical positions in Yoga come right out of the Hindu scriptures, and are designed to put one into this state of consciousness where you imagine that you're God. Therefore, Christians who think they're getting relaxation and/or exercise, are really getting Hinduism! They think they're getting science, but they're getting religion. It's mislabeled and it's dangerous! (Source: a 1988 *John Ankerberg Show* program, "The New Age in Society.")

- John Weldon and Clifford Wilson wrote in *Occult Shock and Psychic Forces* that Yoga is really pure occultism. Hans-Ulrich Rieker, in his book *The Yoga of Light*, also warns that misunderstanding the true nature of Yoga can mean "death or insanity." Another little known fact is that virtually every major guru in India has issued warnings similar to these; i.e., deep-breathing techniques such as the ones taught in Yoga are a time-honored method for entering altered states of consciousness and for developing so-called psychic power. [Note: Yoga is one of the basic means of reaching this altered state of consciousness. And the altered state is the doorway to the occult. Sir John Eccles, Nobel Prize Winner for his research on the brain, said the brain is "a machine that a ghost can operate." In a normal state of consciousness, one's own spirit ticks off the neurons in his brain and operates his body. We are spirits connected with a body. But in an altered state, reached under drugs, **Yoga**, [hypnosis](#), etc., this passive but alert state, the connection between the spirit and the brain, is loosened. That allows another spirit to interpose itself, to begin to tick off the neurons in the brain, and create an entire universe of illusion. You've then opened yourself up. It's called sorcery. People are literally teaching themselves how to be demonized, all in the name of developing one's full potential.]

* Unless otherwise cited, parts of this report have been excerpted and/or adapted from *Examining & Exposing Cultic & Occultic Movements*, Jack Sin, "Should a Christian Practise Yoga?," April 2000, pp. 79-84.

Biblical Discernment Ministries - Revised 1/2002

<http://www.rapidnet.com/~jbeard/bdm/Psychology/yoga.htm>

15 Percent of US Hospitals Now Using Occultic Method - Reiki

In a recent article in *Reiki News*, it was revealed that 15 percent of all US hospitals are now implementing the practice of Reiki. In Reiki, a type of therapeutic touch, it is believed that the ki (chi) energy (a supposed universal energy that flows through all things) can be used to heal people. In the *Reiki News* article written by Reiki proponent William Lee Rand, Rand expresses a concern about a [statement](#) released by US Catholic bishops asking Catholic hospitals not to use Reiki because of its

Buddhist roots. Rand tries to show that Reiki is a scientific method that has healing results.

However, as Rand explains his views on Reiki, the discerning reader begins to realize that Reiki is not scientific at all but rather a spiritual approach. Rand admits that "Reiki healing energy directs itself." He says:

I was unable to direct it with my mind or will and realized this wasn't necessary as Reiki had its own form of guidance that was superior to my own. This experience has been verified by other professional Reiki practitioners and forms the basis of one of the important keys to using Reiki: If you want Reiki to provide the best healing experience, it's necessary for the practitioner to set their own desire, will and ego aside, and allow the Reiki energy to guide itself.

Author Ray Yungen, who says there are now over one million Reiki channelers in the US alone (a million in Germany also), explains this "energy" behind Reiki further:

One practitioner describes the experience in the following way:

When doing it, I become a channel through which this force, this juice of the universe, comes pouring from my palms into the body of the person I am touching, sometimes lightly, almost imperceptibly, sometimes in famished sucking drafts. I get it even as I'm giving it. It surrounds the two of us, patient and practitioner.¹

What is this "juice of the universe?" The answer is an important one, given by a renowned Reiki master [Rand] who explains:

A Reiki attunement is an initiation into a sacred metaphysical order that has been present on earth for thousands of years ... By becoming part of this group, you will also be receiving help from the Reiki guides and other spiritual beings who are also working toward these goals.²

While this is not widely advertised, Reiki practitioners depend on this "spirit guide" connection as an integral aspect of Reiki. In fact, it is the very foundation and energy behind Reiki. One Reiki master who has enrolled hundreds of other masters spoke of her interaction with the spirit guides:

For me, the Reiki guides make themselves the most felt while attunements are being passed. They stand behind me and direct the whole process, and I assume they also do this for every Reiki Master. When I pass attunements, I feel their presence strongly and constantly. Sometimes I can see them.³

A Christian's initial response to this information might be, "So what? I don't travel in those circles, so it does not concern me." This nonchalant viewpoint would be valid except for the fact that Reiki is currently growing to enormous proportions and in some very influential circles. (It may even be in your local hospitals, schools, and youth organizations.) It is essential to know that many nurses, counselors, and especially massage therapists use Reiki as a supplement to their work. It is often promoted as a complementary service. ([ATOD](#), pp. 94-95).

In Rand's article, he talks about a doctor who has been largely responsible for the growing popularity of Reiki. Dr. Mehmet Oz is "one of the most respected cardiovascular surgeons in the US" who "uses Reiki during open-heart surgeries and heart transplants." According to Dr. Oz, "Reiki has become a sought-after healing art among patients and mainstream medical professionals."⁵ Dr. Oz is a frequent guest

on the Oprah Winfrey Show. No doubt, she has been an evangelist for Dr. Oz and Reiki treatments. Yungen discusses this rapid growth in popularity: The reason for this level of acceptance is easy to understand. Most people, many Christians included, believe if something is spiritually positive then it is of God. A pastor friend of mine recounted a situation in which a Christian, who had some physical problems, turned to Reiki for comfort. When this pastor advised the man that Reiki fundamentally opposed the Christian faith he became furious and responded with the following defense, "How can you say this is bad when it helped me?" [However], if something is of God it will conform to the very cornerstone of God's plan to show His grace through Christ Jesus and Him alone (Ephesians 2:7). Reiki, as I defined earlier, is based on the occult view of God.

This assessment of Reiki is beyond question. Every Reiki book I have ever seen is chock full of pronouncements that back up the point I am trying to make. In *The Everything Reiki Book*, the following clears up any doubt about Reiki's incompatibility with Christianity:

During the Reiki attunement process, the avenue that is opened within the body to allow Reiki to flow through also opens up the psychic communication centers. This is why many Reiki practitioners report having verbalized channeled communications with the spirit world.⁴ (from *ATOD*, p. 97)

Lighthouse Trails urges you to be sure to ask your own health practitioner if he or she plans to perform Reiki on you or your loved ones when you or they are on the operating table or at any other time during health care treatment. We are living in a society that has integrated occult mysticism into every facet of life. The Bible gives a prophetic statement about such practices (of which includes contemplative spirituality), which should not be ignored or taken lightly.

And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorceries were all nations deceived.

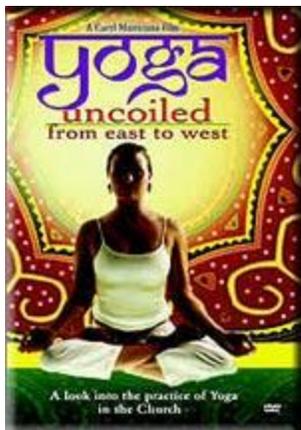
Revelation 18:22-24

Notes:

1. "Healing Hands" (*New Woman Magazine*, March, 1986), p. 78.
2. William Rand, *Reiki: The Healing Touch* (Southfield, MI: Vision Pub., 1991), p. 48.
3. Diane Stein, *Essential Reiki* (Berkeley, CA: Crossing Press, 1995), p. 107.
4. Phylameana lila Desy, *The Everything Reiki Book* (Avon, MA: Adams Media, 2004), p. 144.

Yoga Exposed

YOGA UNCOILED DVD: From East to West - An examination into the practice of Yoga in the Christian Church



WARNING -- Many believe they can practice yoga postures, breathing, and focusing techniques **devoid of yoga's spirituality**, not realizing that yoga is an inherent part of Hindu philosophy which teaches man and nature are one with divinity.

Today, yoga is experiencing a worldwide renaissance and in America has more than 70,000 yoga teachers working in 20,000 locations. Although viewed primarily as fitness instructors, these trainers are in reality the leading missionaries of eastern religion in the west.

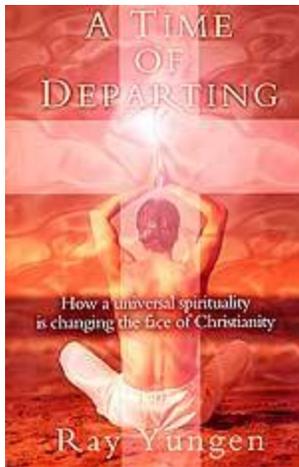
Once viewed by Christians as a pagan import from the East, yoga has now become mainstream in the church through "Christ-centered yoga classes" designed to help improve spirituality and experience "the presence of God". But is yoga's mysticism compatible with historic Christianity?

With critical discernment, this hard-hitting and informative DVD explores the ramifications of dismissing yoga's core spirituality, and blending Biblical terminology and precepts with eastern meditative techniques and practices.

Is YOUR church holding any Yoga classes?

<http://www.carylmatrisciana.com/shop/catalog/Yoga-Uncoiled-From-East-to-West-p-16188.html>

Yoga: Exercises (physical, mental or spiritual) based on Eastern metaphysical assumptions designed to aid in enlightenment or self-realization. Goals sometimes include altered states of consciousness or uniting the practitioner with the impersonal pantheistic God. Types of Yoga include: Karma Yoga (spiritual union through correct conduct), Bhakti Yoga (spiritual union through devotion to a Guru), Juana Yoga (spiritual union through hidden knowledge), Raja Yoga (spiritual union through mental control), Hatha Yoga (spiritual union through body control/meditation), Kundalini Yoga (spiritual union through focusing inner energy) and Tantra Yoga (**spiritual union through sexual practices**). Yoga philosophy is based on the concept of reincarnation and is drawn from the *Upanishads* and other Hindu scriptures.



XI. First Lady Laura Bush has been so bright and pleasant nearly every single day lately that many people have inquired how she can possibly stay so sunny and cheerful.

<http://cuttingedge.org/newsletters/080605.html>

On July 16, we learned her secret; no, Laura is not a Born Again Christian who is filled with the Holy Spirit.

NEWS BRIEF: "Part of the First Lady's Day", Yoga Science In Brief, July 16, 2005

"For many months, First Lady Laura Bush's glowing good looks have been the subject of much commentary in the press. Now, the secret of her vibrant health and noticeable weight loss is a matter of public record. According to India Times Magazine, Laura Bush, like millions of other Americans, has now made yoga a regular part of her physical fitness routine."

Cutting Edge Ministries has been warning that Yoga is witchcraft for a very long time now. Let us review some of our previous warnings:

* [NEWS1017](#) -- "Antichrist Proven To Be A Perfect Double of Adolf Hitler: Study of 'The Spear of Destiny: The Occult Power Behind The Spear Which Pierced The Side Of Christ', by Trevor Ravenscroft - Article posted August, 1996

Exactly what is meant by White and Black Magic? The occultist believes that the Forces of the Universe have allowed each individual the Free Will to determine for themselves whether they will use the secrets and the powers of the Occult for Good or for Evil. If a person chooses to exercise his occultic powers for Good, he is said to have embarked upon the "Right Hand Path", and is practicing White Magic. However, if a person chooses to exercise his occultic powers for Evil, he is said to have embarked upon the "Left Hand Path" and is practicing Black Magic. for the record, the *New Age Dictionary* defines Right and Left Hand Paths as follows:

Right Hand Path -- "Journey to wisdom based on faith, light, and avoidance of sensual pleasures; the perfections." (Page 166)

Left Hand Path -- "Tantric path, way of magic, occultism" "Tantra" is further defined as a "meditative sexual union" in Hinduism, Buddhism, and Yoga

"Hitler's early, preparatory reading was Ancient Rome, the Eastern Religions, Yoga, Occultism Hypnotism, and Astrology" (Page 32)

Now, we have another link between Adolf Hitler and President Bush. Both men are members of a Black Magick "Brotherhood of Death" secret society; Hitler's secret society was called "The Thule Society", while President Bush's society is called "[Skull & Bones](#)". And now, we learn that First Lady Bush is practicing Yoga, the same Eastern Mystic Meditation religions that Hitler studied.

NOTE: To see the spiritual fruits of President Bush, study our table, "[President Bush's Evil vs Good Fruits](#)".

* [NEWS1084](#) -- "Freemasonry Proven To Be Practice of Witchcraft: Review of what one Freemasonry Publishing House recommends that their members read and study" -- Posted December, 1996

"BRAGDON, CLAUDE, An Introduction to Yoga , This book, by the respected author, known for his many contributions to occult literature, describes how to use Yoga to attain an awareness of life by following a specific discipline to merge the consciousness with that of the universal spirit. It describes the technique of the release into life."

ISBN 1-56459-582-X, 106 pages. [NOTE: If any of you were under any illusions about the danger and the occultism of Yoga, you have just learned the truth!! Yoga is deeply occultic, even if many of its teachings "work". Whether demons can make a practice "work" has never been the guide for Christians in determining whether to follow something. Demons can make spectacular things work! The question is whether the practice is Biblical or occultic. Yoga is occultic; stay far, far away]

* [NEWS1161](#) -- "Pope John Paul II Receives A Mark In The Middle of His Forehead By a Shiva Priestess" -- Posted March, 1998

We received some very shocking, but revealing, information about Pope John Paul II from a sister Christian organization, *Former Catholics For Christ*. In their newsletter, dated Jan/Feb/Mar, 1998, they reveal that Pope John Paul II allowed a Shiva priestess to create the traditional Shiva mark on his forehead. Of course, this event will cause any person to sit up and take notice, those of us who literally believe Biblical prophecy. In the Book of Revelation, the False Prophet, the leader of the new global religion of Antichrist, causes all people in the world to take a mark, either in the forehead or in the right hand.

Therefore, it is a big deal when a Pagan priestess causes a mark to be made in the forehead of the Pope! Most of you probably do not know what the Shiva religion is, so we will take a few moments to enlighten you. The *New Age Dictionary* defines the Shiva (pronounced 'siva') as the "Hindu God of Illusion, Yoga, Animals, Ascetics".

When practitioners of the "Hindu God of Illusion, Yoga, Animals, Ascetics" place a mark in the middle of the foreheads of their people, that is most definitely preparation for the final Mark of the Beast of Revelation 13:16-18. Yoga is, therefore, conditioning to accept that final mark of Antichrist.

It is a very big religious deal when First Lady Laura Bush practices Yoga every day. Millions of people look up to the example of the First Lady of any President, and many will emulate her. But, why should we be surprised, for her husband is a life-long adept in one of the most evil, Black Magick secret societies in the world, [Skull & Bones](#).

Do we have any evidence that America's love affair for Eastern Meditation religions like Yoga has really hit Mainstream? Yes, we do, as this next story reveals.

NEWS BRIEF: "[Yoga craze spills over to preschoolers](#)", CNN.com.Education, July 25, 2003

"NEW YORK (AP) -- When the yoga teacher urges her students to stretch like trees, Benjamin Wolfgang gets up on his toes. Jenna Katz opens her palms to the ceiling ... Jenna is 4, and with two years of instruction behind her, a veteran in an increasingly popular activity, yoga for children .. For teachers like theirs, Jodi Komitor, it is a fast-expanding business. Two years ago, she taught 50 children a week at her Next Generation Yoga studio on Manhattan's Upper West Side. Now there are 150, paying \$20 per 45-minute class .. Clearly, the children enjoy themselves as they slither like snakes, bark like dogs and try to dodge the mist Komitor sprays on them, saying 'This is rain -- if you like rain, be a tree'."

America is leading her precious young children religiously astray. Additionally, tens of millions of Americans across the entire age spectrum are practicing some form of Eastern Meditation religions. The practice is getting so widespread that now it can be revealed that the First Lady of the United States of America practices Yoga daily.)

America is now free-falling into the prophesied Abyss, with President and Mrs. Bush leading the way.

<http://www.lighthouse trailsresearch.com/blog/index.php?cat=31>

CHRISTIAN YOGA: Rooted in Hindu Occultism

**Source: *Chris Lawson*
*of Spiritual Research Network***

Dear reader, the following article has been written in order to convey information about the unbiblical practice of Christian Yoga. Sadly, many professing Christians in the church are too undiscerning to know any better. Even Hindu's recognize that "Christian Yoga is still Hindu."

This article is also written with heartfelt grief and concern for those whom I have lovingly warned about the dangers of yoga, but who have rejected biblical counsel, pastoral exhortation, brotherly advice, testimony of destroyed lives, written warnings from yogi's of the dangers involved with yoga, etc. This past year I have received several emails from people whose lives have become dismantled due to yoga practice.

Others, thinking they know better, have laughed at me and said that I don't know what I am

talking about. Some have even gone so far as to ignorantly state that hatha yoga is just "exercise" and cannot harm anybody.

Although this article is in two parts, it is not meant to be a full length biblical critique on Christian yoga. Rather, it is meant to serve as a wake up call and warning to all who profess to be Christian--and yet find themselves "Stretching out in Worship" through yogic poses (asanas) and breath control techniques (pranayama). If any professing Christian can still justify doing yoga after reading this and the forthcoming articles, they might want to think twice about which Jesus they worship. The Jesus of the Bible does not and will never endorse any kind of yoga. Yoga, in any way, shape or form, has the ability to corrupt the mind and undo a Christian's faith. It has as its goal the conversion of individuals to an occult, pantheistic world view. As we shall see, Christian Yoga, like all yoga, is part of the occult based Hindu religion. Re-labeling yoga for undiscerning westerners doesn't change the facts. Yoga is yoga![Click here to read more.](#)

This article or excerpt was posted on August 25, 2007@ 9:47 am .

From: <http://www.spiritual-research-network.com>

Category: * [YOGA](#)

[CHRISTIAN YOGA: Rooted in Hindu Occultism](#)

**Source: *Chris Lawson*
*of Spiritual Research Network***

Dear reader, the following article has been written in order to convey information about the unbiblical practice of Christian Yoga. Sadly, many professing Christians in the church are too undiscerning to know any better. Even Hindu's recognize that "Christian Yoga is still Hindu."

This article is also written with heartfelt grief and concern for those whom I have lovingly warned about the dangers of yoga, but who have rejected biblical counsel, pastoral exhortation, brotherly advice, testimony of destroyed lives, written warnings from yogi's of the dangers involved with yoga, etc. This past year I have received several emails from people whose lives have become dismantled due to yoga practice.

Others, thinking they know better, have laughed at me and said that I don't know what I am talking about. Some have even gone so far as to ignorantly state that hatha yoga is just "exercise" and cannot harm anybody.

Although this article is in two parts, it is not meant to be a full length biblical critique on Christian yoga. Rather, it is meant to serve as a wake up call and warning to all who profess to be Christian--and yet find themselves "Stretching out in Worship" through yogic poses (asanas) and breath control techniques (pranayama). If any professing Christian can still justify doing

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<http://www.lighthouse trailsresearch.com/blog/index.php?p=769&more=1&c=1>

[A Hindu Yogi Speaks: "There is no Christian Yoga."](#)

Source: *Editors at Lighthouse Trails*

The following article is written by Yogi Baba Prem, who is a Hindu Yogi, a Vedavisharada trained in the traditional gurukural system. We hope that Thomas Nelson, who publishes *Yoga for Christians*, [American Family Association](#), who sells [Holy Yoga](#), and emerging leader, [Doug Pagitt](#), who offers it at his church, will all read this article by Yogi Baba Prem.

"There is no Christian Yoga."

by Yogi Baba Prem

"It was quite astonishing to see on the flyer 'Christian Yoga! This Thursday night....' I could feel the wheels spinning in my brain. 'Christian Yoga,' I thought. Now while Christians can practice yoga, I am not aware of any Christian teachings about yoga. Yoga is not a Judeo/Christian word! It is not a part of the Roman Catholic teachings and certainly not a part of protestant teachings. It is not found within the King James Version of the bible. It is a Hindu word, or more correctly a Sanskrit word from the Vedic civilization. So how did we get 'Christian Yoga'?"

"From this I could conclude that 'Christian Yoga' could only indicate one of two possibilities:"

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This article or excerpt was posted on February 18, 2007 @ 9:35 pm .

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