

Yoga poses are offerings to Hindu gods?

Did you know that yoga poses are offerings to the 330 million Hindu gods?

Can you see a twisting of Romans 12:1 here (*“present your bodies a living sacrifice”*)?



George P. Alexander, Ph.D., who taught World Religions at Biola University, sheds light on this subject for us.

Born in Sri Lanka, George grew up in India, the birthplace of Hinduism and yoga. He told us that yoga poses are actually offerings to the 330 million Hindu gods.

“Many Westerners who practice yoga today are unaware that the physical positions assumed in yoga symbolize a spiritual act: worshiping one of the many Hindu gods,” Dr. Alexander told me during a phone conversation.

“To a Hindu, yoga is the outward physical expression of a deep spiritual belief. You cannot separate one from the other.”

Since yoga is tied so strongly to Hinduism, can there be such a thing as “Christian yoga,” or would that be an oxymoron (a contradiction in terms)?

Many practicing Hindus, as well as Christians, agree that since yoga IS Hinduism, the two cannot be combined.

One of our PraiseMoves Instructors spent three months on a missionary trip to India several years ago. She said her group often saw people performing yoga poses in front of statues of the gods in the streets! Some brought offerings of flowers, some fruit, some themselves...

Acts 15:29 tells us to **“abstain from things offered to idols.”**

“The Lord of Yoga”?



More Evidence that Yoga is NOT “just exercise.”

Meet *Shiva*, “The Lord of Yoga”

This Hindu idol (god/demon) is only 1 of the 330 million Hindu gods. Yoga poses are offerings to these gods.

The “Lord of Yoga” is “Shiva, The Destroyer” also known as “The god of Death.”

This is one reason I have been quoted as saying, “Yoga is a Discipline of Death.” When one believes in reincarnation, as Hindus do, the sooner one dies, the sooner one goes into the next life.

Who is Shiva?

While Hinduism recognizes millions of gods (and yoga poses are “offerings to the 330 million Hindu gods”), the trinity of chief Hindu gods includes Brahma (creator), Vishnu (preserver) and Shiva (destroyer).

According to Websters, Shiva is the Hindu god of destruction and rebirth. Shiva is Lord of Yoga (Yogeshwara) – according to Bhagavad-Gita And the first Hatha Yoga teacher – according to Hatha Yoga Pradipika The Hatha Yoga Pradipika (HYP) is a classic text for Hatha yoga (the type of yoga taught in fitness centers and many churches).

According to this text, “The (real) Yogi becomes the creator and destroyer of the universe, like God.” Ch. 4.76, HYP Yoga is motivated by a spirit that inspires self-deification — with a promise of reincarnation. That sounds familiar!!!

“And the serpent said unto the woman, ‘You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil’ (Genesis 3:4-5).

“But They Do Yoga in My Church.”



Yoga means “yoke” in Sanskrit.

It’s a different yoke from the one Jesus talks about when He said *“My yoke is easy and My burden is light”* (Matthew 11:30).

Why would churches of the Lord Jesus Christ have a practice yoked to Shiva the Destroyer, the Lord of Yoga?

Would you agree that the root of something can affect its fruit?

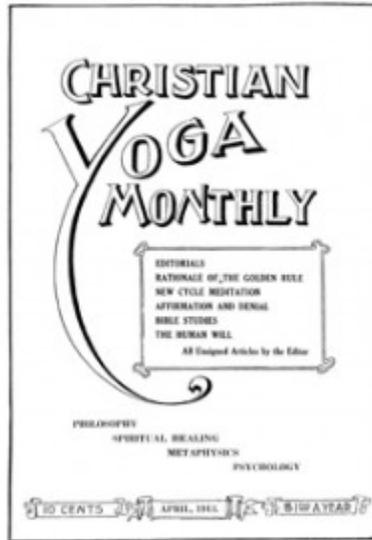
Jesus said, speaking of Satan, *“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly”* (John 10:10).

In Ephesians 6:12, the Holy Spirit wrote through Paul:

“We do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.”

Perhaps now you see more clearly the potential spiritual influence (and danger) of yoga in the Church.

Meet the Hindu Founder of “Christian Yoga”



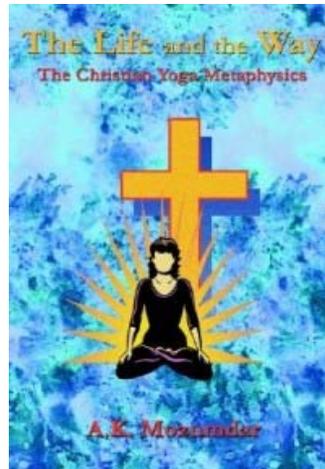
Do you think so-called “Christian Yoga” is something new? I’ll admit that I did. As the founder of PraiseMoves, “The Christian ALTERNATIVE to yoga,” I have said for over 10 years, “**Christian yoga is an oxymoron, a contradiction in terms.**”

At right is a copy of a magazine from the early 1900s, the Christian Yoga Monthly. For 10 cents one could get one’s fill of “Philosophy, Spiritual Healing, Metaphysics and Psychology” along with the “Rationale of the Golden Rule, New Cycle Meditation and Bible Studies.” Sounds like a real hodge-podge, doesn’t it? Not exactly the latest edition of “Upper Room.”

Many think so-called “Christian yoga” is a nice, Christianized version of yoga (“There’s no chanting, so it must be okay.”). Think again.

Christian Yoga IS Yoga. Here’s proof. Meet the Hindu “Father of Christian Yoga.”

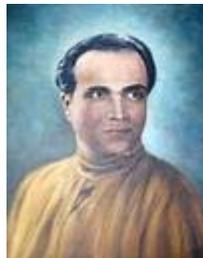
First written exactly 100 years ago in 1911(!), here is the description of a book about “Christian Yoga Metaphysics” by the founder of the **Christian Yoga Society**. I’ll give you a nickel if you can spot anything truly Christian about it. Notice on the book’s cover the “self” sits *in front* of the cross of Jesus Christ.



Life and the Way: The Christian Yoga Metaphysics – by A.K. Mozumdar

*“A. K. Mozumdar was the **founder of the Christian Yoga Society** and this book outlines much of its spiritual philosophy. East and West and brought together to allow those from both spiritual backgrounds to **enhance their growth and to possibly experience an all-pervading Oneness in the universe**. This is an important spiritual work that is capable of transforming an individual. From reading it, one may discover a unique path to follow and achieve spiritual peace of mind.”* Uh-huh.

This “Father of Christian Yoga” lived from 1864-1953. Here’s an interesting quote from Mozumdar who obviously denies that Jesus came to earth in the flesh, as a man (a basic tenet of Christianity):



“If man thinks and acts, is not the thinker and actor God? If God is all life, then all lives are God. The creative power is the very nature of the being of the Creator; hence the creative power is God. Life is the Creator, and will never be reduced to the level of its own creation. This knowledge sets a man free.”

No, A.K., knowledge of the truth that Jesus is the only Way, the Truth and the Life sets one free. I for one am SO grateful that Jesus, the King of Glory, lowered Himself and came to earth as a man, His own creation, that He could be the perfect sacrifice for mankind.

So much for so-called “**Christian Yoga.**”

What did the apostle John under the inspiration of the Holy Spirit say about testing the spirits, whether they are of God or not?

*“Beloved, do not believe every spirit, but test the spirits, whether they are of God; because many false prophets have gone out into the world. By this you know the Spirit of God: Every spirit that confesses that Jesus Christ has come in the flesh is of God, and **every spirit that does not confess that Jesus Christ has come in the flesh is not of God.** And this is the spirit of the Antichrist, which you have heard was coming, and is now already in the world” (1 John 4:1-3).*



What in the World is “Chrislam”?

Have you heard of “Chrislam”? It’s supposedly Christianity mixed with the Moslem faith. Most Christians would agree that Christianity and Islam cannot be mixed.

So, why are some so ready to believe one can mix Christianity with Hinduism?

ChrIslam = Islam, just as “Christian yoga” = yoga. Although the church sign at right we’re told is in jest, ChrIslam is very real, deceptive and dangerous.

Christianity is a relationship, not a religion (although many have made a religion out of it – “Christian-ism,” perhaps).

Relationship is God-made. Religion is man-made.