Is Yoga OK for Christians?

First let’s examine the purpose of Yoga? The word Yoga means to ‘yoke’ or ‘bind together’. It is a doorway for worship. It is a link or ‘yoke’ with the Hindu god Brahman. It is not just a physical exercise. In other words, Yoga is a religion.

The goal of Yoga is to blank out the mind, stop all movement of the body, cut off all sensation of the physical world and attain union with Brahman in a state of nothingness.

There are several types of Yoga:

 Hatha yoga is supposed to be only a physical exercise.

 Kundalini yoga is used by the medical field for purposes of healing of the mind

 and body. This is used to arose the Kundalini force. This is the name of a Hindu goddess symbolized by a serpent with 31/2 coils, sleeping with its tail in it’s mouth. This serpent supposedly resides within the body of the human. When aroused it brings strength, power and wisdom.

Tantra yoga is a form of Satanism. All sorts of sexual perversions are common in this type of yoga. It is supposed to bring various powers, vibrations and energies.

There are four types of yoga used within Hinduism: Karma yoga, Bhakti yoga, Jnana yoga and Raja yoga.

Yoga is found in many bookstores under sections for ‘health’ and ‘physical fitness’ but should really be placed under ‘religion’.

The basic postures or positions in yoga are called asanas. Breathing exercises play a large part in yoga. The correct breathing for yoga is often called pranayama. The purpose is to facilitate the flow of prana, which is described as being a vital energy which must flow through the body. (It is really talking about a spirit, or more specifically, a demon spirit).

A yoga textbook makes the following statement, “The ultimate purpose of both asanas and pranayama is to purify the nadis or nerve channels so that prana can flow freely through them, and to prepare the body for the raising of Kundalini, the supreme cosmic energy, which leads the yogi to a state of god consciousness.” (Ibid, p.29).

This is saying that various positions and breathing is preparing the body so that the demon god called Kundalini can actually enter into the body and flow through it. Dr. Rebecca Brown in her book. Prepare for War, states that yoga is specifically for the purpose of opening up the practitioner to the entrance of demons.

A quote by The Sivananda Companion to Yoga, by Lucy Lidell, Fireside Books, 1983., p. 18, says “All paths of yoga lead ultimately to the same destination-to union with Brahman or god, and the lessons of each of them need to be integrated if true wisdom is to be attained.”

Yoga is usually found in many bookstores under the heading “health” and “physical fitness.” It should be presented under “religion.”

People are so misled by thinking that yoga is just a physical exercise when is reality every physical position is to worship demonic gods.

Don’t be misled. Yoga is not for Chrisitians.