

## Articles and Sermons :: YOGA AND THE CHRISTIAN by Sandeep Poonen

**YOGA AND THE CHRISTIAN by Sandeep Poonen - posted by sermonindex (), on: 2012/6/1 15:19**

Yoga is a Hindu science that claims to teach people how to unite their soul with the "Supreme Soul", and merge their will with the "Cosmic Will".

The practice of yoga has three main components:

- 1) The physical exercise component,
- 2) The mental meditation component, and
- 3) The verbal chanting component.

These three are combined to make yoga what it is.

Let us think of these three separately.

1) There is nothing inherently holy or evil about the physical exercise component by itself. If someone stretches his leg in a certain way, that is neither holy nor evil. None of the physical stretching exercises in yoga need be connected with any religion. So we can do any exercise freely, even if it was a Hindu (or a Muslim, or a Buddhist) who first taught it. A typical yoga lesson does not emphasize the spiritual connection initially. So when people hear that some Christians are opposed to the practice of yoga, they wonder why. The reason is that the more advanced you get into yoga, the more you are going to move towards the ultimate purpose behind these exercises. So while breathing exercises may appear to be innocent initially, even these could be initial stepping stones that have its overall aim as "merging the individual will with the Cosmic Will."

2) When it comes to the mental meditation component, we have to be careful. Yoga typically teaches people to empty their minds of all thoughts and then to meditate. That is wrong for a Christian. The Bible tells us to meditate on God's Word at all times. We must FILL our minds with God's Word - meditating especially on the verses that tell us how much God loves us (e.g. Psalm 139:17-18, Isaiah 49:15-16, Jeremiah 29:11, etc).

3) The verbal chanting component is what we must avoid altogether. Yoga typically teaches people to keep chanting the word "Om" - a syllable that is supposed to be the highest manifestation of God-consciousness in Hinduism. The invoking of Om to relax is much more than a blind chant of some random syllable. It is an opening of the mind to other spirits. As Christians, we must never seek to achieve any sort of relaxation by such chants. We do not even chant the Name of Jesus, because that Name is not a 'mantra' - and our Lord specifically forbade us from using meaningless repetitions in prayer. The Lord gives us rest in our minds through the Holy Spirit and not by chanting.

It is best to avoid group yoga classes, as these classes are most often led by yoga instructors who subscribe to underlying yogic philosophy. Submitting to their instructions may possibly open your inner being to spirits other than the Holy Spirit, if you are not strong in the Lord. Even if you are strong in the Lord, your example may encourage weaker believers to go to such classes - and they may suffer. So, if you find that the physical exercises taught in yoga are useful to keep your body fit, you could practice them on your own in your own home. But if you find an uneasiness in your spirit in doing them, then avoid even that. There are many other forms of exercise that you can engage in, to keep yourself physically fit. We know the mind of the Spirit in all matters by peace in our hearts (Rom.8:6).

<http://www.cfcindia.com/web/mainpages/articles.php?display=article41>

**Re: YOGA AND THE CHRISTIAN by Sandeep Poonen - posted by murrcoir (), on: 2012/6/1 19:01**

Quote: We do not even chant the Name of Jesus, because that Name is not a 'mantra' - and our Lord specifically forbade us from using meaningless repetitions in prayer. The Lord gives us rest in our minds through the Holy Spirit and not by chanting.

What about scripture surely it's not a Mantra either..

Edited:- for this quote: If we find that we can meditate on the Lord and be at rest in our spirits, while doing the physical exercises in yoga, then we can continue doing them.

That utter nonsense and will lead people astray... Yoga is the Occult...

**Re: - posted by TMK (), on: 2012/6/1 19:21**

I have only done yoga when i did P90x and the only spiritual component was me praying for mercy-- it was really really tough.

**Re: - posted by murrclor (), on: 2012/6/1 19:55**

Yoga postures are a offering to a hindu idols.....

**Re: - posted by TMK (), on: 2012/6/2 23:39**

Quote:

"Yoga postures are a offering to a hindu idols....."

Yes, if you are a Hindu doing it for Hindu purposes.

A push-up is essentially a yoga move with ancient origins.

**Re: YOGA AND THE CHRISTIAN by Sandeep Poonen, on: 2012/6/3 0:10**

Quote:

-----None of the physical stretching exercises in yoga need be connected with any religion.....

...If we find that we can meditate on the Lord and be at rest in our spirits, while doing the physical exercises in yoga, then we can continue doing them.

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Come on Greg, this is kind of stumbling at grade 1 page 1.

From Their own Mouth

"Is Yoga a religion that denies Jesus Christ? Yes. Just as Christianity denies the Hindu MahaDevas such as Siva, Vishnu, Durga and Krishna, to name a few, Hinduism and its many Yogas have nothing to do with God and Jesus (though we do respect that others believe in this way). As Hindus who live the Yogic lifestyle, we appreciate when others understand that all of Yoga is all about the Hindu religion. Modern so-called 'yoga' is dishonest to Hindus and to all non-Hindus such as the Christians."

Danda,  
Dharma Yoga Ashram  
(Classical Yoga Hindu Academy)

Note: He is the one who said that ALL OF YOGA is about the Hindu religion, that includes the movements and particular exercises associated with it. If you need to stretch for physical conditioning, there are lots of ways to do it OUTSIDE of the Yoga movements.

OJ

**Re: He Would!, on: 2012/6/3 1:29**

Quote:  
-----He is the one who said that ALL OF YOGA is about the Hindu religion, that includes the movements and particular exercises associated with it. If you need to stretch for physical conditioning, there are lots of ways to do it OUTSIDE of the Yoga movements.  
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Hi OldJoe. Bless you brother.

Danda, Dharma Yoga Ashram of the, Classical Yoga Hindu Academy would say that wouldn't he. He would like every one to believe in what he does. Then we will all become Yogic. Exposing ourselves to deluding spirits, and make him even richer and more fit for hell.

I think that what Greg is saying has more to do with having a mind free from concerns about physical exercises which in purpose are about keeping the body in shape. If one of my son's were to ask me about this I would tell them the truth about the reality of Yoga and its part in delusion and wickedness as well as the truth that a physical exercise is nothing of it self. I would also know in my heart, if one of them were to want to exercise in this way, that they were to get the understanding of those physical exercises from someone who had stripped out the delusion and wickedness. Im sure that I would be praying for him as well so that he didn't make an idol of it.

The idol is visible, but a demon is nothing if we understand.

Respects Old Joe.

Andrew

**Re: - posted by TMK (), on: 2012/6/3 8:45**

Saying that a person who solely does "yoga movements" with no attention to anything Hindu is somehow submitting to Hinduism is like saying a person who goes to church and tithes is a Christian.

I am no supporter of Yoga because I think it is boring and difficult to boot. Any Christian would or should be against entering into a Yoga system with Hindu intent. But it would seem that very few people (in the US) have any Hindu intent when doing Yoga exercises. And to say they are "opening themselves up to demons" just by doing the postures is a tad ridiculous.