

Yoga “the missionary arm of Hinduism, Buddhism and the New Age movement.”

The philosophy and practice of yoga have been primary tools of Hindu, Buddhist and the New age movement missionaries. First they present it as an exercise and then turn it into a Pagan practice. According to *Hatha Yoga Pradipika* **Shiva is the lord of Yoga (Yogishwara) and the first hatha yoga teacher.** According to *Webster’s* **Shiva is the Hindu god of destruction and rebirth.**



Yoga (coming from an Indian Sanskrit root word “Yuj” which means to union, yoke or connect) is a mystic and ascetic Hindu discipline for achieving union with the Hindu gods through meditation, prescribed postures, controlled breathing, etc.

What is OM (A-U-M)?

This is a Hindu Sanskrit mantra (chant), pronounced as *om* or (*a-u-m*), the most important mantra of yoga. It is the original mantra of Hindu gods Brahma, Vishnu, and Shiva. A **mantra that refers 330 million Hindu gods.** Usually in the yoga places yoga teachers follow the tradition of beginning their classes chanting *Om*. **As the Cross is to Christians, the Om is to Hindus.** It is made up of three Sanskrit letters, **aa, au and ma** which, when combined, make the sound Aum or Om. The most important symbol in Hinduism, it occurs in every prayer and invocation to every Hindu deities begins with it.



OM symbol is the universally accepted symbol of Hinduism

Christians, the Om is to Hindus. It is made up of three Sanskrit letters, **aa, au and ma** which, when combined, make the sound Aum or Om. The most important symbol in Hinduism, it occurs in every prayer and invocation to every Hindu deities begins with it.

HATHA YOGA is actually seen as the stepping stone to *raja* yoga, the form said to involve “psycho-physical meditation techniques to attain an experience of the truth and ultimate liberation from re-incarnation and to achieve *moksha* (Salvation). As a person proceeds with the **physical exercises** (Hatha yoga), it will not be too long before he is asked to practice the “meditation” along with the postures. Many do not realize that yoga postures are offerings to the **330 million Hindu gods.** Separating theory from practice is simply impossible with yoga. **Many of the Asanas (Yoga Postures) are direct worship towards Hindu deities.** For example, Matsyendrasana (Spinal Twist), Suriya Namaskar (Sun Salutation), and Hanuman-asana (Splits) are direct prayers to Hindu gods Shiva, Suriya or Vishnu and Hanuman, respectively.

In truth, yoga exercises are NOT just of a physical nature. They cannot be separated from their mystical, Hinduistic purposes.



Idol of Hindu elephant-god Ganesha is a yoga god, frequently depicted in yoga postures (asanas) described as “always situated in the muladhara”(the lotus)

HATHA YOGA teaches that there are some 72,000 invisible psychic channels, which constitute another-dimensional body. This “subtle” body is claimed to connect to the real body in seven **predominant** places, ranging from the base of the spine to the top of the head. **It also teaches** that at the base of the spines lies coiled a great **serpent** power called in Sanskrit ‘kundalini shakti’. A former yoga teacher for ten years, and former vice-principal of a large yoga school, now a Christian, **comments** “Every posture is designed to stimulate this power to uncoil itself and rise up through the **nerve centers** in the spine (called in Sanskrit “**Chakras**” and each **chakra** corresponds with an organ of the

body and is represented by a color, Symbol, Element, **Mantra** (chant) and an animal), which are closely related to the endocrine glands, until it finally reaches the pituitary gland--the thousand petal lotus--and when this occurs after long and disciplined exercise and meditation perfect enlightenment that leads to **Moksha (Salvation)** is achieved.” **Only after gaining enlightenment does one reach the level of salvation.** They are literally offering salvation through yoga. **A true believer** need not be instructed on the significance and tactics of the original **ancient serpent**, the Devil! **The practice of Yoga is pagan at best, and occult at worst.** According to *Yoga Swami Svatomarama in the HYP Ch.4.71*, as one progresses through Hatha Yoga, the practitioner “*becomes wise like a god,*” and In Ch.4.76, “*The (real) Yogi becomes the creator and destroyer of the universe, like god.*” **Yoga** is motivated by a spirit that inspires self-deification in the practitioner with a promise of ultimate liberation from **samsara (reincarnation).** **First recorded evidence of the word "yoga" is found in the Rig Veda V.81:1 Notice that** In the first Hindu texts Rig-veda, (Approx 1400-1200 BCE) **there was no idea of samsara** but only rewards in heaven and punishment in a dark region (*padam gabhiram*). **Then 100s of years later** (Upanishads, approx 500-200 BCE) **the Hindus changed their minds and invented another theory which is opposite to the padam gabhiram called “Samsara”,** reward and punishment in the form of a new birth on earth. **In these teachings the ideas of karma, samsara and moksha are introduced for the first time.** And then later they invented the ultimate liberation from samsara through yoga to achieve **Moksha (Buddhists call it Nirvana).** Remember, **Eternal life is entirely different** from the concept of reincarnation. **Reincarnation is a lie of the Devil.** This is the exact same lie with which the serpent in the garden of Eden seduced Eve. The Bible later identifies this **serpent as Satan, the deceiver.** “So the great dragon was cast out, that **serpent of old, called the Devil and Satan, who deceives the whole world;** he was cast to the earth, and his angels were cast out with him” (Revelation 12:9). “As the serpent deceived Eve by his craftiness” (2Corinthians11:2-3).“Then the **serpent** said to 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). Now remember the **ancient one** who is called “**the old serpent**” still deceiving mankind, saying “I am the **ancient religion, obey me and you will not surely die (Lie of Reincarnation).**”

It seems the enemy has a counterfeit for almost everything the Lord offers. While mind-numbing tranquility may feel good for a time, it’s the wrong substitute for the “peace which surpasses all understanding” (Philippians4:7). **Jesus said, "Peace I leave with you, My peace I give to you; not as the world gives do I give to you"** (John 14:27). As true believers, you are instructed to “be transformed by the renewing of your mind” (Romans 12:2), NOT emptying them or filling them with false gods and the prideful thoughts of man. **In an article** dated May 14, 2006, Darryl E. Owens of the Orlando Sentinel quoted Sannyasin Arumugaswami, managing editor of Hinduism Today. Arumugaswami said “**Hinduism is the soul of Yoga** based as it is on **Hindu scripture** and developed by **Hindu sages.**” **In an article** entitled “An Open Letter to Evangelicals” from the January 1991 issue of Hinduism Today, Swami Sivasiva Palani writes, “A **small army of yoga missionaries** – hatha, raja, siddha and kundalini – beautifully trained in the last 10 years, **is about to set upon the western world.** They may not call themselves Hindu, **but Hindus know where yoga came from and where it goes.”**

Skeptical Christians should go to their public library and read any authoritative book on Hatha yoga. These various books will make it clear that physical yoga is just the first step to spiritual yoga, and its roots are solidly in Hinduism. Why would Christians want borrow an expression from a false religion, from pantheism (god is everything, you’re god, everything is god) which is found in Hindu Vedas. If you take a tree and chop it’s root off then you don’t have a tree. You cannot separate the yoga exercises from the philosophy. If you want to exercise, exercise. **But why borrow a term that has been part of a false religion for centuries?** Remember there is no such thing as “Christian yoga” (an oxymoron like a “Christian Buddhist” - no such thing!). Repent and ask God’s forgiveness. In the Bible, gods such as Shiva are declared to be idols, which are merely facades for operating devils (evil spirits). “For all the gods of the nations *are* idols...”(Psalm 96:5). “Their sorrows shall be multiplied who hasten after another god;...Nor take up their names on my lips.” (Psalm 16:4). "Because, although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened. Professing to be wise, **they became fools, and changed the glory of the incorruptible God** into an image made like **corruptible man—and birds and four-footed animals and creeping things.**" (Romans 1:21-23) “**You shall have no other gods before Me.” “You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them.”** (Exodus 20:3-5)

THE BIRTH OF HINDUISM

Hinduism founded in India after the violent arrival of Aryans. Dravidians were the original inhabitants of India. The language spoken here was from Dravidian family, which includes Tamil. The name ‘Hindu’ is a corrupt form of Aryanism. The Indus River was called **Sindhu river** in the ancient times. After the **Aryans (pre-Islamic Persians)** invaded the **Sindhu valley** pronounced in Sanskrit the word **Sindhu** as **Hindu, and called all those who lived there as Hindus.** (Notice, the founder of Islam was only **born 570yrs after Jesus**). Maohanjo-daro and Harappa were the two major cities of the ancient Indus valley civilization—one of the **three civilizations** which turned into pagan practice (idolatry), the other two being the Egyptian and Mesopotamian. **Remember, the whole world civilization was destroyed of Noah's day by a flood** (Genesis 6:13) **and whole cities by fire, such as Sodom and Gomorrah (Genesis 19) by the consequences of their sin.** **Jesus said “it will be more tolerable in that day for Sodom than for that city”(Luke10:10).** **Aryans invaded India** around 1400 BCE and Hinduism gained influence in India around 1100 BCE. Between approximately 1400-1200 BCE, the Aryans wrote the first Hindu texts, called Rig Veda. Many verses in Rig Veda praises their god Indra (sky god) for killing thousands of the abject tribes of Dasas (Dravidians) with his arrow and taking great vengeance with “murdering weapons.” Another hymn mentions how sixty thousand Dasas were slain. Example: Rig Veda IV: 28:3&4. **These violent hymns in the Rig Veda are the internal evidences** which proves the time period when it was written. By the time the Aryan invasion was concluded, thousands of citizens of the great Indus valley civilization had been murdered. **Shiva of Puranic Hinduism is a continuation of the Vedic Indra.** Indra himself is called Shiva several times, Rig-Veda 2:20:3, 6:45:17, 8:9:33

NEW AGE MOVEMENT

The new age movement is based on "monism," which comes from the Greek word *monos*, meaning "one". Monism is a common view of Eastern religions, especially Hinduism. **The monism is really pantheism, believing that all (pan) is God (theos).** Six distinctives of New Age thinking : All is one, all is god, humanity is god, a change in consciousness, all religions are one and cosmic evolutionary optimism. New Agers sets forth theories and doctrines about God, man and the world, which are incompatible with the Word of God. The god of the New Age Movement is an impersonal presence, not a person with intellect, emotions and a will, as the Bible presents Him. The God of the Bible is a personal Father, not an impersonal force. This reveals why New Agers cannot accept the teaching of the Bible. They are not able to get beyond the first five words: "In the beginning God created" Gen 1:1 **Because they confuse God with creation,** the New Agers see God as part of creation -- not separate from it. The Bible clearly distinguishes between God and creation.

"JESUS WENT TO INDIA" IS A JOKE

Buddhism and New Agers have claimed that Jesus went to India as a child to learn from Hindu gurus. He allegedly later went to Israel and performed miracles learned from these gurus, and taught doctrines He derived from them. Such an idea is **preposterous (Joke and pure lie).** Jesus' teaching about God was not pantheistic ("all is God"), as was that of the gurus of India. Jesus never cited the Hindu Vedas but always the Jewish Old Testament which proclaimed the monotheistic God of Judaism (see Mark 12:29). Luke 4:16 is a key text to refute the idea that Jesus went to India. At the beginning of His three-year ministry, Jesus "came to Nazareth, where He had been brought up; and as was His custom, He entered the synagogue on the Sabbath and stood up to read." **Jesus** was brought up in **Nazareth, not India, and His custom was to visit the synagogue, not Hindu temples.** After Jesus finished reading on this occasion, "all were speaking well of Him, and wondering at the gracious words which were falling from His lips; and they were saying, 'Is this not Joseph's son?'" (Luke 4:22). **Those in the synagogue recognized Jesus as a local resident.** It is also noteworthy that Jesus read from the Old Testament Scriptures. The Old Testament, for which Jesus often displayed reverence (see Matthew 5:18), **warns about staying away from false gods and religious systems** (Exodus 20:2-3; 34:14; Deuteronomy 6:14; 13:10; 2 Kings 17:35) - **this would include Hinduism.** The Old Testament clearly distinguishes the creation from the Creator, unlike (Hinduism) pantheism, **and teaches the need for redemption, NOT enlightenment.** Further, Jesus taught the concept of **resurrection (eternal life) NOT reincarnation.** And the penalty for sin is death, **NOT** reincarnation. (see Romans 6:23). **Jesus, of course, was both God and Human and God is Omnipresent and Jesus died for the sins of the whole world including India, but He never went to India as a Child.**

THE BIRTH OF BUDDHISM

Buddhism is an Indian religion founded in North India and based on the teachings of **Siddhartha Gautama**, who is known as the **Buddha**. Gautama was born in a **Hindu family** in Lumbini and raised in the small kingdom or principality of Kapilavastu, both of which are located in the **modern day Nepal.** **These were both a part of the border region of ancient India at that time.** Buddhism arose in **India and flourished during the reign of emperors Bimbisara, Ashoka, Milinda, and Kanishka.** It was then introduced and

incorporated into the religious structure of other countries, including Nepal, Sri Lanka, Tibet, China, Korea and Japan, largely due to the efforts of **missionary Bhikkhus.** Buddhism declined and disappeared from most regions of India around the 13th century. **Gautama** lived between approximately 563-483 BCE. At the age of 29, **Gautama** discovered the suffering of his people, first through an encounter with an **elderly man.** On subsequent trips outside the palace, he encountered various sufferings such as a **diseased man, a decaying corpse, (a dead human body)** and an **ascetic.** These are often termed **"The Four Sights."** He deeply depressed by these sights, **sought to overcome** old age, illness, and death **by living the life of an ascetic.**

When Buddha saw the sufferings of mankind he was so sorry for them, but he couldn't help them. He never said that I came to give you life or eternal life, **but rather he himself did try to overcome old age, illness, and death by living the life of an ascetic.** We must remember that **God is not** the cause of our suffering. Suffering is caused by man's **rebellion** against God and the **free will** by which **he chose** to obey the **old serpent** in the Garden of Eden. **Now accept the truth that when Buddha saw a diseased man, he couldn't heal him, when he saw a dead man, he couldn't raise him up back to life.** Not only that, **but he couldn't even help himself to overcome old age, illness or death.** In fact, Buddha accidentally died of food poisoning after a mid-day meal at a goldsmith's home. (**Buddha** became ill and **died** suddenly after he ate a special delicacy called Sukaramaddava).

Now think about Jesus ! When Jesus saw the sufferings of mankind, He moved with compassion and said, "I came to set you free". **His sacrificial death for the human sin was pre-planned.** Jesus warned about it since the beginning of His ministry, and said, **"I will be crucified, but I will rise again on the third day."** Jesus not only overcame diseases, storms, demons, sin and death. But also He said, "I came to set the captives free" when Jesus saw blind men He opened the blind eyes, When He saw sick men, he healed them, When He saw dead men, He raised them back to life. **Christ's power not only to give life, but to give eternal life.** Not only did Jesus have the power to heal man's disease, He had the power to forgive sins. He was crucified, and **He did rise** again on the third day. After His resurrection, the Lord Jesus was upon the earth for **forty days** as it is written "to whom **He** also presented Himself **alive** after His suffering by many **infallible proofs,** being seen by them during forty days and speaking of the things pertaining to the kingdom of God.." (Acts 1:3)

"DOUBTING THOMAS" MARTYRED IN INDIA

Disciple Thomas initially **doubted** the resurrection. However when Jesus appeared to Thomas, he was so real that this disciple became **a firm believer ! John 20:27-28** "Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." **Thomas said to him, "My Lord and my God."** After Jesus ascended to heaven, rest of his life, **Thomas** lived in **India.** There his preaching aroused hostility among **Hindu priests** and he was **spared to death** about **2000** years ago on July 3, 72 A.D. **He was martyred on a hill now bearing the name St. Thomas Mount,** a famous historical place in **Tamil Nadu, India.** He was buried at a place called **Mylapore near Chennai (Madras)** India. Over his tomb now stands the **Basilica of Santhome.**

If you have never received Jesus in your heart, pray the sinner's prayer, ask Him to forgive your sins and come into your heart !

www.anoointedministries.org



"The good shepherd gives His life for the sheep" (John 10:11)

"For THE MESSAGE OF THE CROSS is foolishness to those who are perishing, but to us who are being saved it is the POWER OF GOD" (1 Corinthians 1:18)

"For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes" (Romans 1:16)

JESUS, NOT YOGA !

CHOOSE THIS DAY WHOM YOU WILL SERVE !!!

THE LORD JESUS CHRIST

OR THE LORDS OF YOGA ?



Idol of Shiva
(the lord of yoga)
performing yogic
meditation
(Bangalore, India)



Hindu
Symbol
OUM

Idol of Hanuman
hanuman-asana
(The Split)
dedicated to the
Hindu monkey god

"NO MAN CAN SERVE TWO MASTERS." MATTHEW 6:24

Jesus said "I am the way, the truth, and the life. No one comes to the Father except through Me" (John 14:6)

www.anoointedministries.org