Yoga: The missionary arm of Hinduism, Buddhism and the New Age movement

The philosophy and practice of yoga have been the primary tools of Hindu, Buddhist, and New Age movement missionaries. These missionaries first present yoga as an exercise, only later do they reveal it as a Pagan practice.

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

According to the text, Hatha Yoga Pradipaka, the Hindu god, Shiva, is the lord of Yoga (Yogishvara) and the first hatha yoga teacher. According to Webster’s, Shiva is the Hindu god of destruction and rebirth.

What is OM (A-U-M)?

"Om" is a Hindu Sanskrit mantra or chant, pronounced as (om) or (a-u-m), and is the most important mantra of yoga. It is the original mantra of the Hindu gods Brahma, Vishnu, and Shiva. This mantra is associated with 330 million Hindu gods. Typically, in the yoga studios, yoga teachers follow the tradition of beginning their classes by chanting "Om".

As the Cross symbol is for Christians, the Om symbol is to Hindus. It is made up of three Sanskrit letters, a, u, and ma which, when combined, make the sound Aum or Om. As the most important symbol in Hinduism, Om occurs in most every prayer and invocation to the Hindu deities.

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).” A person who continues practicing the physical exercises (hatha yoga) will soon be asked to practice “meditation” along with the postures.

Hatha Yoga teachers 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 through 108 energy centers (chakras) in various places, ranging from the base of the spine to the top of the head. Yoga also teaches that at the base of the spine lies coiled a great serpent power called, in Sanskrit, “kundalini shakti.”

A former yoga teacher for ten years, former vice-principal of a large yoga school, and now a Christian, comments: “Every postural form of yogic discipline is designed to focus 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, and animal), which are closely related to the endocrine glands, until it finally reaches the pituitary gland and the hypothalamus 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. Yoga teachers 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 occultic at worst. According to Yoga Swami Svatmarama in the Hatha Yoga Pradipika Ch.4.71, as one progresses through the first seven of the eight Yoga experiences the practitioner “becomes wise like a god,” and in Ch.4.76, “The (real) Yoga 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 text, the Rig-veda (approx. 1400-1200 BCE), there was no idea of samsara, but only the concept of reward in the next life (heaven and punishment).

In this teaching, the ideas of karma, samsara, and moksha are introduced for the first time. Eventually, the Hindus developed the concept of ultimate liberation from samsara through yoga to achieve Moksha. (Buddhists call it Nirvana.)

OM symbol is the universally accepted symbol of Hinduism.

 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 Eva. 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). “...The serpent deceived Eve by conversation and seductive thought.” (Genesis 3:1-3). “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 (The Lie of Reincarnation)?

It seems the enemy has a counterfeit for everything the Lord offers. While mind-numbing tranquility may feel good in the short run, it paves the way for the “peace which surpasses all understanding” (Philippians 4:7). 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 a true believer, you are instructed to “be transformed by the renewal of your mind...” (Romans 12:2) and feed on the word of God, NOT by emptying your mind or filling it with false gods and the prideful thoughts of man.

In an article entitled, “An Open Letter to Evangelicals,” from the January 1991 issue of Hinduism Today, Swami Sivananda, a Hindu missionary — 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.

In an article dated May 14, 2006, Darryl E. Owens of the Orlando Sentinel quoted Sannyasin Arumugaswami, managing editor of Hinduism Today. Arumugaswami said that Hinduism is the soul of Yoga “based as it is on Hindu Scripture and developed by Hindu sages. Yoga opens up the mind, body and spirit to the deeper mysteries of life... Yoga practice of Hinduism has always been spiritual, mystical, Hinduistic purposes.

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 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)

Sanskrit Teachers 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 to borrow an expression from a false religion, from pantheism (god is everything, you’re god, everything is god), which is found in the Hindu Vedas. If you take a tree and chop its 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 the name from 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, Ganesh, Hanuman, etc. 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;...” (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...” (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;...” (Exodus 20:3-5).

ACUPUNCTURE AND TAI CHI

Both Acupuncture and the Chinese practice of Tai Chi have the same philosophical and religious foundation as that of Yoga. All of these practices spring from Eastern religion, and they can not be separated from the pantheistic purposes of Eastern religion.

THE BIRTH OF HINDUISM

Hinduism was founded in India, after the violent arrival of Aryans into the country. Aryans were the direct inhabitants of India. The language spoken in India was from the Dravidian family, which includes Tamil. The term ‘Hindu’ is actually a corrupt form of Aryanism.

The Indus River was called Sindhu river in the ancient scriptures. After the Aryans (pre-Islamic Persians) invaded the Sindhu valley, they pronounced in Sanskrit the word Sindhu as Hindu, and called all those who lived there Hindus. (By contrast, notice that the founder of Islam was born only 570 yrs after Jesus).

Maonhan-ji and Harappa were two major cities of the ancient Indus valley civilization—Indus valley is one of the three civilizations which turned to pagan practice ( idolatry), the other two being the Egyptian and Mesopotamian. The Indus River was called Sindhu river in the ancient scriptures. After the Aryans (pre-Islamic Persians) invaded the Sindhu valley, they pronounced in Sanskrit the word Sindhu as Hindu, and called all those who lived there Hindus. (By contrast, notice that the founder of Islam was born only 570 yrs after Jesus).

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Between approximately 1400-1200 BCE, the Aryans wrote the first Hindu texts, called the Rig Veda. Many verses in the Rig Veda praise 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. Examine the Rig Veda IV, 28:3-4. These violent hymns in the Rig Veda are the internal evidence 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. The “Shiva” of Punnic Hinduism is a continuation of the Vedic “Indra.” 

Indra himself is called Shiva several times, Rig Veda 2:20:3, 6:45:17, 8:93:3

New Age movement

The new age movement is based on “monism,” which comes from the Greek word: “onos” meaning “life,” and “mono” meaning “one.” It is a common view of Eastern religions, especially Hinduism. The monism is really pantheism, believing that all (pan) is God (theos). Six distinctions of New Age thinking include: All is one, all is god, humanity is god, you must have a change in consciousness, all religions are one, and cosmic evolutionary optimism.

New Agers set 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” (Genesis 1:1). This is because they confuse God with creation. The New Age practitioners see God as part of creation -- not separate from it. The Bible clearly distinguishes God from His creation.

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 12:32). 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 Jesus 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, raptoring at the glorious words which were falling from His lips; and 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 spoke (see Matthew 5:18), is full 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 pantheism (Hinduism), 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 man. He was both the Son of God and man, and the 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 between 500-500 BCE. It has influenced the religious systems of the world, including India, but Jesus never went to India as a child.

Doubting Thomas

JESUS DIED FOR YOUR SINS!

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

JESUS, NOT YOGA

Choose this day whom you will serve.

The Lord Jesus Christ

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)

JESUS DIED FOR YOUR SINS!

Are you willing to settle the matter of your eternal destiny?

Would you ask Jesus into your life right now?

Please pray this simple prayer out loud:

Dear Lord Jesus, I am a sinner, yet I believe You died on the cross for me, and that You rose from the dead on the third day. I repent of my sins. Forgive my sins, cleanse me with Your blood, and set me free from the bondage of sin. Come into my heart. By faith, I accept You as my Lord and my personal Saviour, and I will serve You always. In Jesus’ name I pray, AMEN!

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

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The trinity of Jesus as the Lord of yoga: the Lord Jesus Christ, the Hindu Lord Shiva, and the Lord Hanuman

Choose this day whom you will serve.

The Lord Jesus Christ

Or the Lords of Yoga??

"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)

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