



**Jesus,**

**Not Yoga**



**Rev. Paul Varghese**



Jesus Died for your sins

**Jesus,**

**Not Yoga** 

**Choose this day  
whom you will serve!!!**

**The Lord Jesus Christ  
or The lords of Yoga???**

**“No man can serve two masters”**

Mathew6:24

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



## Idol of Shiva !

(the lord of yoga)

performing yogic meditation



Hindu Symbol

OM



## Idol of Hanuman !

Hanuman-asana (The Split)

dedicated to the Hindu monkey god

# 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 “Yuj” which means to union, yoke or connect) is a mystic and ascetic Hindu discipline for achieving union with Hindu gods through meditation, prescribed postures, controlled breathing, etc.

## 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.”



OM symbol is the universally accepted symbol of Hinduism

As the Cross symbol is to Christians, the Om symbol is to Hindus. It is made up of three Sanskrit letters, aa, au, 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.

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**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

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 of Hindu deities. For example, Matsyendrasana (Spinal Twist), Suriya Namaskar (Sun Salutation), and Hanuman-asana (Splits) are direct prayers to the 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.

**HATHA YOGA** teaches that there are some 72,000 invisible psychi c channe l s , whi ch constitute another-dimensional body. This "subtle" body is claimed to connect to the real body in seven pre-dominant 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 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, and 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. Yoga teachers are literarily offering salvation through yoga.



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)

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 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 text, the Rig-veda (approx. 1400-1200 BCE), there was no idea of samsāra, but only the concept of rewards in heaven and punishment in a dark region (padam gabhīram), an idea which was copied from ancient Hebrew texts ! Then hundreds of years later in the Upanishads (approx 500-200 BCE), the Hindus changed their minds and invented a theory vastly different from the padam gabhīram called “Samsāra” which entails 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. Eventually, the Hindus developed the concept of ultimate liberation from samsara through yoga to achieve Moksha. (Buddhists call it Nirvana.)

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). “...The serpent deceived Eve by his craftiness...” (2 Corinthians 11:2-3). “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 (The 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” (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 renewing 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.

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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."

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 new and more refined states of mind, and to understand them one needs to believe in and understand the Hindu way of looking at God... A Christian trying to adapt these practices will likely disrupt their own Christian beliefs." (Hinduism is based on pantheism - god is everything, you're god, everything is god, which is found in the Hindu Vedas. The Yoga/Hindu Symbol/Chant/Mantra "OM" connects the practitioner to 330 Million Hindu gods).

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 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 a practice 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, Ganesha, 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; ...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)



## 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 concepts of Eastern religion !

## THE BIRTH OF HINDUISM

Hinduism was founded in India, after the violent arrival of Aryans into the country. Dravidians were the original 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 times. 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 only born 570 yrs after Jesus).

Maohanjo-daro 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. Remember, the whole world civilization was destroyed of Noah's day by a flood (Please read Genesis 6:13) and whole cities by fire, such as Sodom and Gomorrah (Please read Genesis 19) by the consequences of their sin. Jesus said "it will be more tolerable in that day for Sodom than for that city"(Please Read Matthew 11:20-24).

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 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. Example: 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 Puranic Hinduism is a continuation of the Vedic "Indra." Indra himself is called Shiva several times, Rig-Veda 2:20:3, 6:45:17, 8:93:3

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(Please Read Matthew 11:20-24).**

## 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 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 WENT TO INDIA" IS A JOKE

Buddhism and New Age religions have claimed that Jesus went to India as a child to learn from Hindu gurus. Jesus allegedly later went to Israel and performed miracles that He learned from these gurus, and taught doctrines that He derived from them. Such an idea is preposterous (a joke and a 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 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.

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The Bible clearly distinguishes God from His creation.**

## 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, Taiwan 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." Deeply depressed by these sights, he sought to overcome old age, illness, and death by living the life of an ascetic. When Buddha saw the sufferings of mankind he was sorry for them, but he couldn't help them. He never said that he 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.

The truth is 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, being moved with compassion He said, "I came to set you free". His sacrificial death for human sin was pre-planned. Jesus declared it from the beginning of His ministry: "I will be crucified, but I will rise again on the third day." Jesus not only overcame disease, storms, demons, sin and death, but He said, "I came to set the captives free." When Jesus saw blind men, He opened their blind eyes. When He saw sick men, he healed them. When He saw dead men, He raised them back to life! Christ's power is not only to give life, but to give eternal life. Not only does Jesus have the power to heal man's diseases, He has the power to forgive sins. He was crucified, and He rose again on the third day. After His resurrection, the Lord Jesus was on the earth 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..." (Please Read Acts 1:3-11).

## "DOUBTING THOMAS" MARTYRED IN INDIA

Jesus' disciple, Thomas, initially doubted the resurrection of Jesus. However, when Jesus appeared directly before Thomas, He was so real that this disciple became a firm believer! (John 20:27-28) "Then He [Jesus] 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 that, Jesus ascended to heaven. For the rest of his life, Thomas lived in India. There his preaching aroused hostility among Hindu priests. Thomas was speared 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.

**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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