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Question: Recently I joined a yoga class for fitness and relaxation. During the class, mantras are used. The teacher explained the meanings such as “all is truth.” Is it wrong to participate in these mantras? Can I just substitute Christian words such as “Jesus”? Or should I not participate in the class at all? Everyone I have asked seems to think there is no problem with this but I feel uncomfortable and do not know why.

Response: I am glad that you feel uncomfortable about being involved in yoga. Drop the class immediately! Yoga is the very heart of Hinduism. It is sold in the West as science but in fact is religion. It is promoted in the West as beneficial to health, but in the East it is a technique for dying. The goal is to reach *moksha*, allegedly escaping the world of illusion (*maya*) of time and sense into liberation from the endless cycle of birth and death and rebirth through reincarnation.

The latter is another of Satan’s appealing lies that offers endless chances by denying God’s declaration that it is “appointed unto man once to die” (**Heb:9:27**). Many Roman Catholic priests and nuns practice yoga, and some who have become deeply involved in Eastern mysticism of various kinds, such as Thomas Merton, are highly honored among Catholics.

Yoga is a sanskrit word that means “yoking” and refers to union with Brahman, the ultimate god in Hinduism. The goal of yoga is “self-realization,” to realize that *atman*, the individual soul, is identical with Brahman, the universal soul, i.e., that you and god are one; indeed, that you are god but just don’t know it and need, through yoga, to discover this great “truth.”

Your yoga teacher will probably deny all of this, but he (or she) cannot deny that this practice comes from Hinduism. It was not invented in the West. Yoga was introduced by Lord Krishna in the Bhagavad Gita as the sure way to the Hindu heaven. Shiva, one of the most feared Hindu deities, known as The Destroyer, is addressed as Yogeshwara, which means “Lord of Yoga.”

Hatha yoga, known as physical yoga, is alleged to be devoid of the mysticism in other forms. Not so. One of the most authoritative hatha yoga texts, the fifteenth-century *Hathayoga-Pradipika*, declares that Lord Shiva was the first hatha yoga teacher. As for the mantras, if one of them means “all is truth,” that should give

you the pantheistic Hindu connection. You know that all is not truth; indeed, this very idea is a satanic lie!

Substitute “Jesus” as your “Christian mantra”? No! Any mantra (like the Catholic rosary) violates Christ’s command to “use not vain repetitions as the heathen” (Mt 6:7). I don’t know what mantras you have been taught, but the fact is that true yoga mantras are all the names of Hindu gods. Furthermore, the greatest yoga teachers all declare that the repetition of a mantra is a call to that god (i.e., the demon it represents) to come and possess the meditator. I have interviewed people who became demon possessed through yoga. The great yogis all warn of the grave dangers involved, even though at the same time they promote the alleged benefits.

Yes, you could benefit physically from stretching your muscles, etc. However, the spiritual price you pay is not worth it. If you are interested in physical fitness, then practice exercises designed for that, not those designed specifically for achieving union with Brahman!

One of the most popular forms of yoga in the West is Transcendental Meditation (TM). Maharishi Mahesh Yogi at first introduced TM to the West as a Hindu religious practice. He openly taught that its purpose was to produce in the meditators’ bodies “soma,” a legendary substance that would allegedly feed and awaken the pantheon of Hindu gods. But when TM was excluded from public schools and government funding, Maharishi quickly and dishonestly deleted all reference to religion and began presenting TM as pure science. Such deliberate deceit says much about Maharishi’s integrity. Nothing was changed except the labels.

Former TMers have filed lawsuits asking millions of dollars in damages because of the traumas they suffered through the practice of TM. More recently, TM has practically taken over the town of Fairfield, Iowa, where Maharishi University of Management is located.

The latest push in the promotion of TM comes from television personality Dr. Mehmet Oz. This protégé of Oprah Winfrey is a national spokesman for Transcendental Meditation, as well as being a medical advisor/teacher in Rick Warren’s “Daniel Plan,” an alleged biblical health and fitness program begun at Saddleback Church. The curriculum features occult meditation advocated by Oz and two other medical consultants [see also *Yoga and the Body of Christ*].
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