

## YOGA

### Is Yoga Okay for Christians?

To many yoga is simply an innocuous exercise. However according to Proverbs 1:32, “the waywardness of the naïve... & the complacency of fools is a destructive” way to live. That is to say; what you don’t know can cause tremendous damage, not only to yourself but to those around you whether you know or believe something to be harmless or harmful. Yoga is identified as a practice, a philosophy and yes even a RELIGION. Its roots come out of Hinduism, Buddhism & Jainism. Its focus ranges from bodily discipline to meditation & worship. One of its teachers wrote that its pursuit was a type of nirvana. The declared goal of yoga is described as “mosksha”- liberation. This is accomplished by “the raising & expansion of consciousness from oneself to being coextensive with everyone & everything...” It is a technique for entering into other bodies, generating multiple bodies as a result in an attempt to attain the ability to perform supernatural accomplishments.

Paul refers to the “doctrines of demons” in 1 Timothy 4:1 and refers to practices such as “abstaining from foods”. In verse 3 he speaks of concern for those who seem to be emphasizing bodily discipline above godliness in verse 8. In Colossians 2:23, Paul writes “these are matters which have, to be sure the appearance of wisdom in self-made religion & self-abasement and severe treatment of the body, but are of no value against fleshly indulgence.” In 1 Corinthians 10:20, Paul warns the church, “that the things which the nations sacrifice, they sacrifice to demons & not to God!” For this reason he says, “I do not want you to become sharers in demons.” Psalm 1 declares that the counsel & way of the world is antithetical to God’s clear & beneficial truths which bring divine favor & happiness to all who will meditate & live by them.

Yoga is both humanistic & egocentric in its fundamental philosophy & practice. Its assumed source of power is man & what he can accomplish through discipline & meditation. NOTHING could be more disruptive to our faith than to declare “ourselves” as the origin of our salvation. Paul clarifies in Ephesians 2:8,9, that our salvation is “not of ourselves” & in Acts 4:12, Peter proclaims “there is salvation in no one else...” save Jesus Christ the Nazarene. Yoga’s roots are dark and demonic. Its philosophy is humanistic and its pursuit is self-aggrandizing. Identifying or fellowshiping with or around any part of its expression would not only defy the command of 2 Corinthians 6:14-18 but would deny our master who bought us and malign the truth we say we love and embrace (2 Peter 2:1-2).

To answer the original question clearly & concisely “NO”, it’s not okay for Christians to be in anyway associated with what is identified as “yoga”.