

Healing Hearts Ministries International

Youth Division

Belief Regarding Yoga

A staff member of the Classical Yoga Hindu Academy in New Jersey was quoted as saying,
"Yes, all of yoga is Hinduism. Everyone should be aware of this fact."

It is Healing Hearts Ministries' stance that yoga is an act of idol worship based on the following points (although not exhaustive):

1. Yoga seeks salvation through discovering the "god within you".

Yoga students, whether in a secular setting or church setting, often begin the class saying, "Namaste" ("I bow to the divine in you."). As Christians, we do have the nature of God, the Holy Spirit, dwelling in us. However, we do NOT bow to man. We bow in worship to God alone.

John 14:16-17 says, ***"And I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not behold Him or know Him, but you know Him because He abides with you and will be in you."***

Acts 10:25-26 says, ***"When Peter entered, Cornelius met him and fell down at his feet and worshiped him. But Peter lifted him up, saying, "Stand up; I too am a man."***

In Acts 14:15, the crowds begin to bow down to Paul and Barnabas as gods. Paul and Barnabas tell them, ***"Men, why are you doing these things? We also are men, of like nature with you, and we bring you good news, that you should turn from these vain things to a living God, who made the heaven and the earth and the sea and all that is in them."***

We are not even to bow to angels, who are also servants of God. An angel told John the apostle after he bowed down to it, ***"You must not do that! I am a fellow servant with you and your brothers the prophets, and with those who keep the words of this book. Worship God."*** (See Revelation 22:9)

In Genesis 1:26-27 God said, ***"Let Us make man in Our image, according to Our likeness..."*** God gave man His very nature, but not His Divinity. (See 2 Peter 1:4)

2. Yoga's way to enlightenment, attaining oneness with "god", and being still is to empty the mind completely into nothingness.

God tells us not to empty our mind, but to renew it, to be sober, to fix it upon Jesus, and to fill it with godly thoughts.

Romans 12:2 says, ***"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."***

1 Peter 1:13 says, ***"Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ."***

Hebrews 3:1 says, ***"Therefore, holy brothers, who share in the heavenly calling, fix your thoughts on Jesus, the apostle and high priest whom we confess."***

Philippians 4:8 says, ***"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things."***

Healing Hearts Ministries International

Youth Division

Belief Regarding Yoga

3. Yoga involves not only physical exercise, but also breathing and meditation techniques. All three are used together to worship the Hindu gods.

Each yoga pose was designed by different yoga masters to pay honor to various Hindu deities. There are 330 million Hindu gods.¹

God says to **"Be still and know that I am God."** (Psalm 46:10)

Does that mean we can use yoga to be still and just meditate on God? No. We must meditate on Him in the way that He says is best for us. God tells us specifically how to worship Him. He is very much into the details. God was very specific in His instructions to Noah for building the ark. God was also very clear when He gave Moses the Ten Commandments.

Deuteronomy 12: 4-5 says, **"You must not worship the LORD your God in their way. But you are to seek the place the LORD your God will choose from among all your tribes to put his Name there for his dwelling. To that place you must go;"**

Deuteronomy 12:31 says, **"You must not worship the LORD your God in their way, because in worshipping their gods, they do all kinds of detestable things the LORD hates. They even burn their sons and daughters in the fire as sacrifices to their gods."**

Exodus 23:24 says, **"Do not bow down before their gods or worship them or follow their practices. You must demolish them and break their sacred stones to pieces."**

4. Yes, God wants us to exercise, but as you've seen from the verses above, exercise is not to be tied to any form of religion. There are plenty of exercise programs available that are not faith-based, but are purely for physical fitness. (For example: Pilates, running, swimming, aerobics, etc.)

1 Timothy 4:8-10 says, **"Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance (and for this we labor and strive), that we have put our hope in the living God, who is the Savior of all men, and especially of those who believe."**

It is Healing Hearts Ministries hope and prayer that in your efforts to honor and glorify God, loving Him with all your heart, soul, mind, and strength, that you will prayerfully reflect on these Scriptures and the truths they teach. We commit to the sufficiency of the Word of God and the guidance of His Holy Spirit to give us everything we need concerning life and godliness. We realize that what you do with this information is between you and the Lord. Please know that we love you in the Lord and are committed to walking beside you with God's Truth.

With Love and Prayers,

Camille Cates

Youth Division Director
Healing Hearts Ministries

¹ <http://www.religiousportal.com/HinduDeities.html>

(Another helpful website for understanding yoga http://www.christiananswersforthenewage.org/Articles_Yoga.html)