



# AREOPAGUS PROCLAMATION

Volume 25 • No. 5 • Sep—Oct 2015

A bimonthly thoughtletter  
published by the  
AIIA Institute  
PO Box 262  
Monson, Maine 04464

# What About Yoga?

by Dwight J. Oswald

*Dwight J. Oswald is pastor of Southview Bible Church in Council Bluffs, IA, editor of Earnestly Contending for the Faith (ECF), and a faithful servant of God for many years. The following article appeared in the June 2014 issue of ECF under the title Christian Yoga – An Oxymoron. It is adapted, retitled, and reprinted here by permission.*

A few years ago at the annual White House Easter Egg Roll, First Lady Michelle Obama said, “We want to focus on activity, healthy eating. We’ve got yoga, we’ve got dancing, we’ve got storytelling, we’ve got Easter-egg decorating.”

Yoga has become so mainstream today that it is now considered completely “politically correct” and totally safe even for children. **But in truth, yoga is extremely dangerous!**

“Christian yoga” is an oxymoron. **All of yoga, in reality, is Hinduism.** Many want to bill it as “science” or as simply a matter of exercise or relaxation exercises. However, yoga is rooted in Hinduism and cannot be separated from it.

Laurette Willis, who practiced yoga for 22 years before becoming a Christian, says, “I consider

yoga a missionary arm of Hinduism and the New Age movement.”

The postures, the breathing techniques, and the meditation

associated with yoga are all steeped in the occult. The goal of all yoga — properly understood — is to obtain oneness with the universe. The word yoga means “union” or “to yoke.”

Dr. Albert Mohler writes, “The physical is the spiritual in yoga, and the exercises and disciplines of yoga are meant to connect with the divine.” Douglas Groothuis says, “All forms of yoga involve occult assumptions.”

Hinduism has 330 million gods. **The postures in yoga are really offerings to the gods.** For example, the “salute to the sun” posture commonly

practiced at the start of yoga classes pays homage to the Hindu sun god. The word “namaste” often used at the conclusion of yoga classes means “I bow to the god within you.” The sound “om” is often intended to bring about a trance-like experience where the mind is emptied, allowing the person to have a “oneness” experience with the universal mind.

So affected is the Church by the culture that some pastors in Emergent churches have actually become yoga leaders.

Whether one realizes it or not, this opens the door to demonic activity. When one focuses on emptying the

mind or “stepping outside” the body, then barriers are broken down, allowing demons to move in, leaving one vulnerable to all kinds of deception.

Yoga is really about influencing human consciousness to experience a Hindu god, which is a false god.

Many speak of experiencing a great spiritual energy in the exercise of yoga. This is known as a “Kundalini Awakening” or the “Awakening of Serpent Power.” This serpentine power is supposedly coiled at the base of the spine. People may experience paranormal activity, violent shaking, mental confusion, hallucinations, uncontrollable rage, suicidal tendencies, or

enhanced sexual energy. For some it temporarily seems to bring a sense of calm, but that is part of the deception.

Christians especially should have nothing

to do with yoga. In 1 Corinthians 10 Paul points out that while idols are nothing, people sacrificing to idols are in reality making an offering to demons. (1 Corinthians 10:20-21)

So it is with yoga. One might not realize it, but in reality demons are behind this practice. We are not to seek to empty our minds but to renew them by dwelling on the Word of God and being filled with the Holy Spirit of God. We are not to look inward for enlightenment, but rather to the God of the Bible and His Word of truth.

What position should one hold on yoga? **“Flee idolatry!”** (1 Corinthians 10:14)

