

Yoga and the Church

Understand The Times Alert

from Roger Oakland, www.understandthetimes.org

Since Understand The Times was founded in 1990, we have been attempting to alert Christians regarding the infiltration of the New Age Movement (Eastern metaphysical world view) into the western world.

While the world continues to embrace Eastern mysticism in the guise of science, it has now become apparent we must alert Christians to beware of the influence the New Age ideology is having on Christianity. New Age is exploding on the scene and being marketed to Christians in many different packages, and no longer is it even disguised.

For example, check out the following book titled Yoga for Christians, "A Christ-Centered Approach to Physical and Spiritual Health through Yoga" published by Thomas Nelson located at:

http://www.thomason.com/consumer/product_detail.asp?sku=0849912709

The description for the book states:

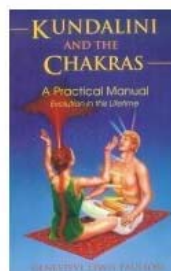
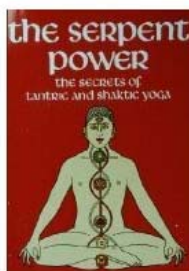
When God gave Susan Bordenkircher the vision for her yoga-based Christian ministry, Outstretched in Worship, she truly believed she was stepping into uncharted territory. And while God has used her ministry as a pioneer of sorts in this movement, she was amazed to see the level of interest and involvement that already existed. She quickly learned that there are approximately 15 million people in this country practicing yoga, and fully 50-60 percent of them say they come from a church background. In fact, many churches, Christian retreats, and denominational conventions are incorporating yoga as one creative approach to cultivating a quiet, receptive spirit and deep prayer life.

After producing several top-selling **Christ-centered yoga instructional videos**, Susan now brings her unique form of exercise, stretching, and prayerful praise to a market eager for yoga **that is centered around Christ and not eastern forms of meditation**. She has even included a full-length instructional workout DVD for readers to follow along with!

Now, please look at the following covers of two books that are promoting yoga!

Is Christian-yoga biblical? Or is it an oxymoron to suggest that yoga and Christianity can join hands?

Perhaps it would be helpful at this time to read what happened to the children of Israel as recorded by the Prophet Isaiah:



"O house of Jacob, come ye, and let us walk in the light of the LORD. Therefore thou hast forsaken thy people the house of Jacob, because they be replenished from the east, and are soothsayers like the Philistines, and they please themselves in the children of strangers. - Isaiah 2: 5-6

Or consider what is written in the book of Deuteronomy as a warning for

those who turned away from God to pagan religious beliefs:

And the LORD said unto Moses, Behold, thou shalt sleep with thy fathers; and this people will rise up, and go a whoring after the gods of the strangers of the land, whither they go to be among them, and will forsake me, and break my covenant which I have made with them. Then my anger shall be kindled against them in that day, and I will forsake them, and I will hide my face from them, and they shall be devoured, and many evils and troubles shall befall them; so that they will say in that day, Are not these evils come upon us, because our God is not among us? - Deuteronomy 31: 16-15

I would suggest that our readers contact Thomas Nelson and ask them for an explanation why they are promoting yoga in the name of Christ?

Sincerely,
Roger Oakland
Understand The Times, International

email: roakland@aol.com, web: <http://www.understandthetimes.org>