

Christian Yoga: Bringing the Kundalini Serpent into the Church

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December 17, 2014

Nothing seems to get a heated debate started faster than challenging a Christian who practices Yoga on this subject.

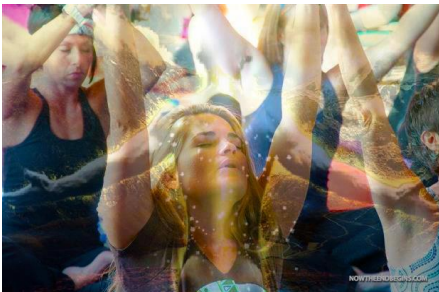
“But I only do the stretching part.” I can’t tell you how many times I have heard this. This article is written for the sake of clarification and education on the practice of Yoga.

WHAT IS YOGA?

Yoga (/ˈjoʊɡə/; Sanskrit: योग, Listen) are the physical, mental, and spiritual practices or disciplines that aim to transform body and mind. The term denotes a variety of schools, practices and goals in Hinduism, Buddhism (including Vajrayana and Tibetan Buddhism and Jainism), the best-known being Hatha yoga and Raja yoga. The term yoga is derived from the literal meaning of “yoking together” a span of horses or oxes, but came to be applied to the “yoking” of mind and body.[1]

Yoga:noun a mystic and ascetic Hindu discipline by which one seeks to achieve liberation of the self and union with the supreme spirit or universal soul through intense concentration, deep meditation, and practices involving prescribed postures, controlled breathing, etc. a system of exercising involving the postures, breathing, etc. practiced in this discipline [2]

A Christian who studies the Word of God, should instantly see red flags and discern that Yoga and Christianity are not compatible. We see in the definition “Yoga is the physical, mental and spiritual practices or disciplines that aim to transform body and mind.” What does God say about transforming our minds?



“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” (Romans 12:2)

Immediately we see a problem between transforming our minds in Yoga, and being transformed by the renewing of our minds according to the Word of God. As Christians, God wants our minds to be renewed, so we will be able to know His will for us. God wants us to be closer to Him. He speaks to us through His Word. He is our perfect Father.

“According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue” (2 Peter 1:3)

We know that the practice of Yoga is rooted in Hinduism and Buddhism. **As Christians, do we want to open up our minds to something that will transform us to be more like Hindus or Buddhists?** Ok, when we see it in black and white, it seems unthinkable. But this is exactly what practicing Yoga is accomplishing in your life.

“There is a way which seemeth right unto a man, but the end thereof are the ways of death.” (Proverbs 14:12)

Next we see in the definition – The term yoga is derived from the literal meaning of “yoking together” a span of horses or oxes, but came to be applied to the “yoking” of mind and body.

Another red flag should easily be seen by a student of the Word. Let’s see what God says about being yoked together:

“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?” (2 Corinthians 6:14)

The picture of oxen being yoked together is used by both Yoga and the Word. In Yoga, the goal is for mind and body to be yoked together. It’s a Hindu discipline to bring mind and body into submission – but to what end?

Were you aware that every Yoga pose is a posture of worship to various Hindu gods? In this way, the person is making offerings to millions of Hindu deities! Of course, these details are left off of the “Welcome pamphlet” in Yoga centers. People are coming there to stretch and relax and be energized, right?

THE KUNDALINI SPIRIT

In an interview with Dave Hunt of the Berean Call (Dave is now with our Lord) the subject of the Kundalini Spirit was addressed:

“In spite of the advertisements and talk about health and fitness yoga’s real goal is to...

*To read this article in its entirety, go to:
<http://www.nowtheendbegins.com/blog/?p=29123>*