



## Yoga, Is it dangerous?

Where does yoga originate? Yoga originates out of India. It is a practice commonly integrated into many false religions such as Hinduism and Buddhism, and is considered to be an ancient path of obtaining spiritual growth through the worship of sun gods. It is a practice over 5000 years old and is first documented among the Indus Valley Civilization, which is an ancient civilization, which flourished primarily in Pakistan, but extended into parts of India, Afghanistan, and Iran. Yoga is one of the six schools of Hindu Philosophy, which focuses on obtaining self-knowledge and liberation.

The Washington Post reports in an article Yoga, The Power to Heal, "Brought to the United States in the early part of the 20th century, yoga was introduced to baby boomers when swami Satchidananda taught the crowd to chant "om" at the Woodstock Festival in 1969. Today the ancient art is experiencing a renaissance, with an estimated 12 million Americans now practicing yoga, double the number just five years ago.

The word yoga has many meanings but at the Indian root, the Sanskrit word originates from the word "Yuj" which means to control to yoke, or to unite. One claim of yoga hopefuls is the control of the mind, the body and the spirit. In an article by Richard Rosen, Here Comes The Sun the Yoga Journal states, "That most familiar of asana (yoga positions) sequences, Surya Namakar (Sun Salutation) is rich in symbolism and mythic overtones as it is in physical benefits." These sun salutations are a means by which the practitioner offers homage to the sun, which explicitly states in the spiritual realm a uniting with and yoking to the demonic forces behind this type of idolatry. Rosen continues to write, "Moreover, since everything that exists originated from the sun, as Alain DaniZlou wrote in *The Myths and Gods of India* (Inner Traditions, 1991), it 'must contain the potentiality of all that is to be known.'"

I hope you are seeing the urgency of this topic. Is yoga dangerous? Yes! Even if those involved do so under the guise of ignorance, it is still a practice of idolatry, which will bind and insure bondage.