



Hindu's Yoga and Karma and Taoism's Dualism

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1. **yoga**—Means yolk or union from the Sanskrit. Through breathing, stretching, calculated movements, relaxation exercises and visualization techniques, as well as subliminally suggestive and externally, repetitious, vocally induced mantras,¹ the student of yoga is duped into thinking this innocuous activity is simply a way to decompress and relieve stress. Nothing could be further from the truth. Yoga involves a cleansing of the mind to any obstacles hindering its practitioners from embracing its concepts. The ultimate goal of any devout and devoted yoga practitioner is to see themselves as capable of doing or becoming anything.² The power is from within (subjective) and limited only by the mind's freedom from any negative, spiritual view impeding the individual's potential. When mind and body are in tune, then the chakras or energy centers of the body are in sync.

What does the Bible say about yoga with its practices? Yoga comes from Hinduism; a religion of the East that is in conflict with the Bible and its teachings. Consider the following:

- **NATURE OF MAN**—Like all religions, Hinduism teaches that man is reformable through its religious practices and observances, namely works. The Bible teaches that God's reach toward man is motivated by grace.³ Grace is the mindset whereby God's mercy⁴ is extended, and faith is the operation whereby men are delivered from condemnation.
- **HINDUISM'S TEACHINGS ARE CONSTANTLY CHANGING AND UNRELIABLE**—This is in contrast to God's laws which are clearly defined, reliable, incontestable, inspired, and immutable (unchanging). Hinduism's tenets cannot claim such divine characteristics or origin.
- **MAN IS BASICALLY GOOD**—The concept of karma or as I like to call it the mindset of 'try, try again until you get it right,' rejects a literal hell with its judgment. Hinduism's reincarnation teaches that man is innately (mind) and intrinsically (biologically, genetically) evolving toward a higher plane of existence. That ultimate plane of existence in Hinduism's journey is *nirvana* where the soul, spirit and body of the disciple become one with the universal, cosmic conscience

¹ mantra—Consist of repetitive words and slogans whose end is to elevate one's conscience, while at the same time 'clear' the mind of hindrances in one's journey toward self-actualization.

² Hinduism and reincarnation teach you can return in another life as an insect, a cow or a human.

³ grace—Is unearned or unmerited favor.

⁴ mercy—A quality unique to Providence, mercy is that divine restraint and leniency whereby man does not receive what he justly deserves.



- **ROOTED IN EVOLUTION, NOT BIBLICAL CREATIONISM**—This is not only true of Hinduism, but evolution has become a maxim of all religions. Man is not distinct from the animals. Man's existence has resulted from disconnected and mutated processes taking millions of years, resulting from random acts resulting from an explosion out of which sequential order, thoughtful design, detailed complexity and quantum information evolved. Ridiculous!
- **RELIGIOUS COLLECTIVISM IS THE TEMPLATE OF HINDUISM**—The same techniques that Nimrod used to build his religious empire, religion has also borrowed from—the hive mentality or social memory complex of the group.
- **HINDUISM'S CASTE SYSTEM PERPETUATES THE BELIEF PEOPLE ARE BORN INTO A MOLD THAT IS IRREVERSIBLE FOSTERING ABUSE, MANIPULATION,⁵ AND THE DE-HUMANIZATION OF THE INDIVIDUAL**—This caste concept is inseparable from Hinduism. The Bible teaches that there is no limit to the individual's potential when they are walking in Christ. What is perceived as strait-laced and restrictive is actually liberty and a personal freedom beyond man's grasp.
- **HEALTH AND LONGEVITY ARE LINKED TO OBEDIENCE TO GOD, NOT CLOSED CHAKRAS**
Is the mind in subjection to the Spirit of Christ OR is the disciple of yoga convinced that regardless of one's physical limitations, the mind can overcome any obstacle? The Bible teaches longevity and good health. This occurs when God's precepts are observed. Closed chakras have less to do with one's health, than reception of Eastern ways, thought and demons.
- **CHRIST'S PEACE PRODUCES REST AND RELAXATION**
Yoga is sold as a means of decompressing, stress relief, and increasing one's range of motion. Scripture teaches that the Spirit of Christ, operational within the believer, is responsible for personal peace, contentment, fulfillment, and stress relief. If you want to increase your range of motion, engage in physical exercise, proper diet, supplement, and rest.
- **PRE-EXISTENCE OF SOUL**
Hinduism teaches the pre-existence of man's soul. The talk of a 'former life' is a hint that the individual has been influenced by Eastern thought. The Bible suggests no such pre-existence. Man, along with his moral conscience and unique soul/personality does not become a responsible moral agent until human existence occurs. This happens when sperm and egg produce conception.

⁵ This manipulation can come in the form of direct influence by men OR indirect invitation through the occult summoning of a spirit or avatar (demon impersonating a deceased spiritual celebrity). This is the ultimate objective of the yoga disciple, namely, to become yoked with a lying, unclean spirit.



2. **Karma**—Karma and reincarnation are inseparable. First let us examine the Hindu concept of Karma. Karma is not the same as the Bible's sowing and reaping. In the Bible, if you live a life of rebellion against God's commands you are cursed in this life and condemned eternally in the next. The Bible's sowing and reaping is punitive and designed to teach the individual that when rebellion against a holy and just God occurs, punishment ensues. God's correction is designed to produce transformative⁶ behavior and thought. As they say, 'no pain, no gain. God's judgment is designed to correct wrong thinking AND behavior. Karma on the other hand does not see the cosmic consciousness as just, holy and righteous because men set the standard, re-defining what constitutes righteousness, holiness and justice.

Karma from the Sanskrit means work or fate. Karma means work because the transmigration⁷ of one's soul (fate) will be determined by human effort, determination and resolve. The goal of the Hindu disciple is to connect and become one with the universal, cosmic conscience. The Bible teaches that man is so sinful that redemption by man is hopeless—God must intervene. The biblical doctrines of election and predestination reinforce this truth, while these concepts are totally foreign to Hinduism. Karma places the individual in the driver's seat. The Bible places God in the driver's seat.

- *reincarnation*—This is the Hindu teaching that when the individual dies, the weight of the good deeds will offset the bad. At this point, good and bad become arbitrary because they are determined by men who re-define righteousness and wickedness. I know what I am talking about. Just look at all the bizarre doctrines cross-denominationally where evil is elevated, and good is suppressed.

transmigration of the soul—The transmigration of the soul and its pre-existence is inseparable to reincarnation. As I said earlier, the transmigration of the soul is not taught in scripture. The Bible teaches that upon death men face judgment by their Creator, Jesus Christ. If the dead, prior to their

⁶ God's laws are designed to first correct thought then behavior. A quick glance at God's Ten Commandments reveal that God has one law that deals with two approaches to the same offense. "Thou shalt not steal" deals with the overt activity of absconding with property that is not yours as well as trespassing on said property from which the booty was stolen. Thou shalt not covet condemns the thought of entertaining such wrong thinking. God is saying if you covet, you will steal. Do not do the first and the second will not happen. Transformative behavior starts in the mind because that is where all sin starts. The reformatory approach addresses only outward actions. Men hate God's laws because it goes to the very essence of the matter, man's heart. Yes, God's laws judge the inner man. You don't have to engage in the act, if you condone it in your heart, you're guilty. You only have two options when it comes to dealing with wicked behavior. You either condemn or condone (approve).

⁷ transmigration of one's soul occurs when the individual dies and their soul and body changes (trans) and migrates from one entity to another, namely from one person to another or from an individual to a tree, a rock, a cow, an insect, etc.



decease, did not have the blood of Christ covering them and they were not baptized by the Holy Spirit (Christ's righteousness imputed to them), they face weeping, wailing and gnashing of teeth, where the flame is not quenched and the worm dieth not.

3. **dualism** (ditheism)—This is the belief in two gods, good and evil, locked in an eternal cosmological conflict, one with another. Neither opponent is able to conquer the other. By virtue of this definition, neither entity possesses omnipotence, a virtue belonging solely to God. Since there is only one Creator God, it stands to reason as well that both of these lesser gods are created entities . . . Again, a truth that contradicts the nature of an eternal being.

The Bible teaches that there is only one God and his name is Jealous (Ex. 34:14) . . . AND yes, he is omnipotent and Creator of all. Often forgotten or ignored in this discussion of good versus evil is how evil is used by Jesus Christ who is the omnipotent Sovereign over all.⁸ God uses evil to further deceive those who hold the truth in unrighteousness—"strong delusion, that they should believe a lie: 12 That they all might be damned who believed not the truth, but had pleasure in unrighteousness." (II Thess. 2:11, 12)

The Bible teaches that evil cannot be known without the knowledge of the biblical God—his holiness, righteousness, justice, punishment, and equity. Adam and Eve knew God's goodness because he made them stewards over his natural resources and the animal kingdom as well as giving them one another through the covenant of marriage.

God's simple command to refrain from eating of the tree of the knowledge of good and evil in the midst of the garden, was not in any way a punishment or denial of anything good. They already had it all: immortality, marital intimacy (physical, emotional, spiritual, mental), fellowship with their Creator, a perfect environment, healthy food, animal companionship, etc.

They knew that to oppose God and disobey would bring death because God told them it would. God's command brings light and life. Disobedience to God's command(s) invites God's judgment and curse. This is not a struggle. It involves acknowledging goodness, truth, honesty, justice, innocence, and loveliness. These are godly virtues ordained of God. We do not get to choose what is right. Our God-given moral conscience has told us what is right.⁹

⁸ Matthew 28:18—And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.

⁹ Rom. 2:14-16—For when the Gentiles, which have not the law, do by nature the things contained in the law, these, having not the law, are a law unto themselves: 15 Which shew the work of the law written in their hearts, their conscience also bearing witness, and *their* thoughts the mean while accusing or else excusing one another;) 16 In the day when God shall judge the secrets of men by Jesus Christ according to my gospel.