

Yoga Versus the Bible

Classical Yoga Teachings VS the Bible



CLASSICAL YOGA TEACHES:

- "Ohm" gesture (an invitation for Brahman to enter the soul according to "The Sivananda Companion to Yoga").
- Invocations to "Shiva the Destroyer".
- Salutations to Sun god.
- Honor of "the goddess".
- "Namaste" greeting literally means "from the god in me to the god in you."
- God is characterized as impersonal "Universal Spirit" having many names.
- Teaches that eternal life achieved by doing good in many lifetimes until perfection is achieved.
- Teaches that there are many paths that lead to eternal life.

THE BIBLE TEACHES

"Let all the world look to me for salvation!
For I am God; there is no other"
- God (Isalah 45:22)

"...do not mention the name of other gods,
nor let them be heard from your mouth." - God (Exodus 23:13)

God is not a man... (Numbers 23:19)

... at the name of Jesus every knee will bow
... every tongue will confess that Jesus Christ is Lord (Philippians 2:9-11)

"And there is salvation in no one else; for there is no other name
... by which we must be saved." (Acts 4:11-13)

I have loved you with an everlasting love; Therefore I have drawn you
with lovingkindness." - the Lord (Jeremiah 31:3)

For by grace you have been saved through faith;
and that not of yourselves, it is the gift of God;
not as a result of works, so that no one may boast. (Ephesians 2:8-9)

But as many as received Him, to them He gave the right to become
children of God, even to those who believe in His name (John 1:12)

"I am the way, and the truth, and the life; no one comes
to the Father but through Me." - Jesus (John 14:6)

Yoga Versus the Bible

By Laura Monica, WholyFit

Which group do you most readily agree with?

A. **An Intellectual Spiritualist:** You do not believe the Bible is the inspired Word of God and believe other religious writings are equally or more valid. You believe Jesus was one prophet among many. (Post-Christian Humanist)

B. **A New-Age Christian:** You are seeking to synchronize Biblical faith with the favored philosophical and religious systems of your culture. (Synchronist)

C. **A Bible Believer:** You believe the Bible is the final authority. You follow the teachings of Jesus and believe He is Lord of Lords and King of Kings. (Disciple)

How to Add Your Score:

Low Scores in left hand Column (Yoga) indicate your tendency to believe the Bible over all other authorities.

0= Bible Believer:
60-10 = New-Age Christian:
100 -60 Intellectual Spiritualist:

High Scores in the Right hand Column (Bible) Indicate your tendency to believe the Bible over all other authorities.

100= Bible Believer
75-25=New-Age Christian
0-25 = Intellectual Spiritualist

What About...?

Beliefs and degrees of belief vary in the different traditions.

Some sound so beautiful and right. **What do you believe?**

How will you decide? Do not let fear, shame or guilt be a motivating factor. Jesus loves you and He wants to have a meaningful conversation with you. So wrestle it out! That's the way your relationship with Him will grow. Depend on His Word. That's how your faith will grow.

Note: Labels are never the best way to describe living, breathing individuals, but this booklet will help you to get to know yourself and minister

Directions:

Meditate on one page per day rating each topic by picking 1, 2, 3 or 4 to indicate how much you agree with column a. for New Age philosophy and for column b. Biblical philosophy.

Choose your first knee jerk reaction.

1. I do not believe this at all
2. I believe this least
3. I believe this most
4. I believe this completely

This survey will help you to get to know the way your mind works when seeking after the things of God and don't ignore your emotional prejudices. Everyone has them. The purpose of this self-survey is not to judge you, and no one will see the answer but you.

Thinking and praying through the questions will help you respond to the Bible's teachings and will allow God to direct your life. This is the definition of Biblical Meditation.

If you have any questions, or would like someone to talk to who will not judge you, contact us. Our main goal will be to love you and care for your soul, not to solve the problems of the universe or prove one position over another. If you can't reach us by phone, email or leave a message indicating a good day and time in your time zone for us to return your call.

Laura Monica

WHOLYFIT

1-877-HOLYFIT

Lmonica@sbcglobal.net

Opening Prayer

Lord Jesus, You said that if I ask, You will answer and that if I seek, I will find. I am searching for You with my whole heart. Let me hear from You and no one else. Help me to hear your voice over my own prejudices and preconceived ideas. Help me to want to please You more than anyone else. I trust You to lead me into all truth, just like you promised You would.

Editorial Notes:

Direct quotes made by God in the Old Testament are indicated in red.

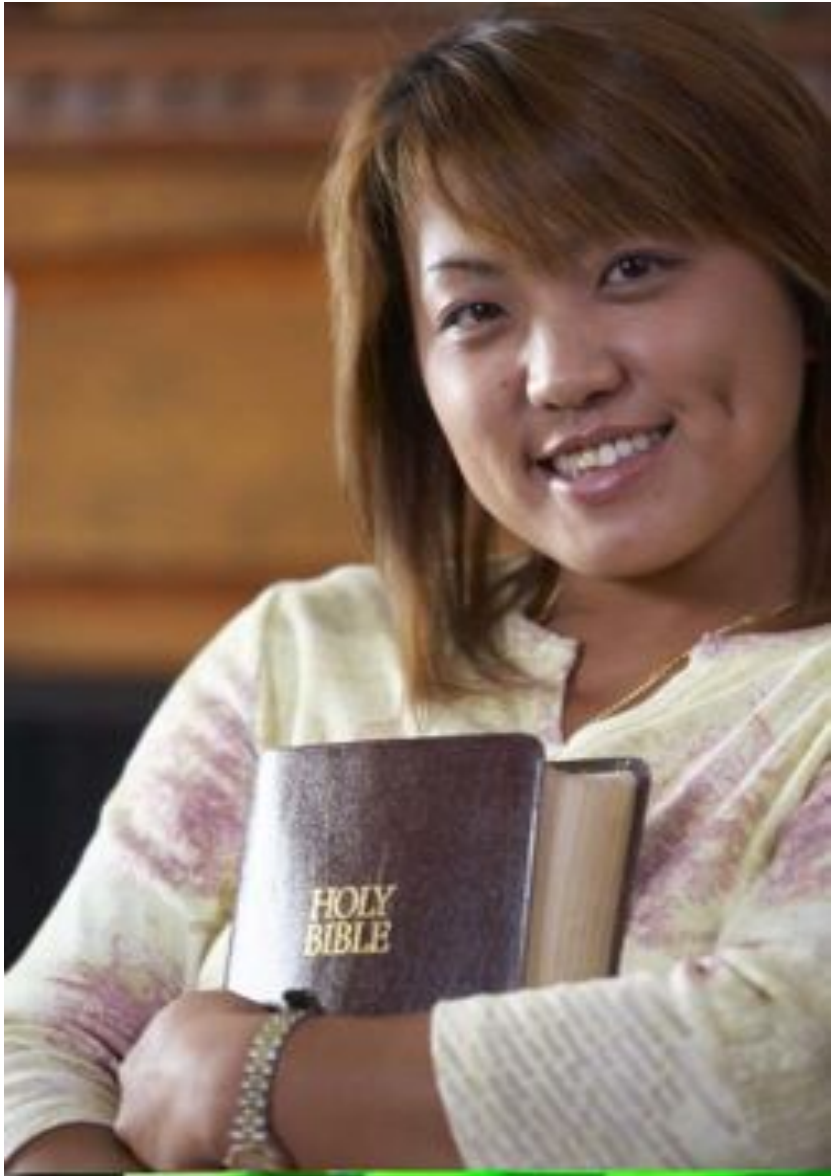
Direct quotes made by Jesus in the New Testament are indicated in red.

NASB bible translation used unless otherwise indicated.

[**Emphasis mine**] Where you see bold faced type within a Bible verse, the emphasis is the author's.

Note from the author: You do not have to be a theologian to read this booklet and I do not claim to be a theologian in writing it. These discussion topics were taken from actual conversations I have had personally or have witnessed other real people having. I hope this offering will be of

Notes:



Yoga Teaches:	The Bible Teaches
<p>I a.</p> <p>There are many revelations of “God” as exemplified by the following spiritual practices:</p> <ul style="list-style-type: none"> • Sanskrit Invocations to "Shiva" • Salutations to sun god. • Honor "the goddess" • "Ohm" gesture (a mudra, a hand gesture, that symbolically is an invitation for Brahman to enter the soul, which is signified by uniting the thumb (Brahman) and middle finger (the individual’s soul). [Footnote: <u>Sivinanda Companion to Yoga</u>] 	<p>I b.</p> <p>"Let all the world look to me for salvation! For I am God; there is no other", says God (Isaiah 45:22)</p> <p>" You shall have no other gods before Me.” (Exodus 20:3)</p>

<p>I a.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely 	<p>I b.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely
---	---

Yoga Teaches:	The Bible Teaches:
----------------------	---------------------------

II a.

Honor to statues of deities enhances spiritual awakening as we embrace the diverse cultural expressions of spiritual goodness that exist in all religious systems of the world.

II b.

“Do not turn to **idols** or make for yourselves molten gods; I am the LORD your God.” (Leviticus 19:4)

He walked in all the sins of his father (speaking of idolatry) which he had committed before him; and his heart was not **wholly devoted** to the LORD his God, like the heart of his father David. (1 Kings 15:3)

“You shall not make for yourselves **idols**, nor shall you set up for yourselves an image or a sacred pillar, nor shall you place a figured stone in your land to bow down to it; for I am the LORD your God.” (Leviticus 26:1)

The rest of mankind, ...did not repent of the works of their hands, so as not to worship demons, and the idols of gold and of silver and of brass and of stone and of wood, which can neither see nor hear nor walk; and they did not repent of their murders nor of their sorceries. (Revelation 9: 20-21)

II a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

II b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

III a.

Dualism: God and man are one. God is in everyone.

Examples:

- "Namaste" greeting literally means "The god in me honors the god in you."
- Meditation: The goal of Yogic meditation is to contact the "higher self" which already resides within.
- "Ohm" gesture

III b.

God is not a man... (Numbers 32:19)

[Satan urged Adam and Eve to disobey God by saying:]
 "For God knows that in the day you eat from it your eyes will be opened, and you will **be like God...**" (Genesis 3:5)

But I am afraid that, as **the serpent deceived** Eve by his craftiness, your minds will be led astray from the simplicity and purity of devotion to Christ. (2 Corinthians 11:3)

[Jesus said that not all people are of God.]

" **He who is of God hears the words of God; for this reason you do not hear them, because you are **not of God.****" (John 8:47)

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you. (1 Peter 5:6,7)

III a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

III b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
<p>IV a. Value of tradition (over the Judeo-Christian Bible): The writings of Patanjali and the Bhagavad-Gita, etc... After all, Yoga has been around for 6,000 years.</p>	<p>IV b. <i>[Jesus said to the Pharisees,] ...thus invalidating the word of God by your tradition which you have handed down; (Mark 7:13) [Emphasis mine]</i></p>
<p>IV a.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely 	<p>IV b.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely
<p>V a. God is a "Universal spirit". It doesn't matter what name you call Him by: Jesus, Shiva, Buddha, etc...</p>	<p>V a. ...at the name of Jesus every knee will bow ...every tongue will confess that Jesus Christ is Lord (Philippians 2:9-11)</p> <p>"And there is salvation in no one else; for there is no other name...<i>[Jesus]</i> by which we must be saved." (Read Acts 4:11-13) <i>[Emphasis mine]</i></p> <p>"...do not mention the name of other gods, nor let them be heard from your mouth." (Exodus 23:13)</p>
<p>V a.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely 	<p>V b.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

VI a.

Reincarnation teaches that eternal life is achieved by doing good deeds in many lifetimes until perfection is achieved.

VI b.

And inasmuch as it is appointed for men to **die once** and after this comes judgment (Hebrews 9:27)

VI a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

VI b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
<p>VII a. There are many paths that lead to eternal life. Any beliefs that state there is only one way to God is narrow-minded and bigoted.</p>	<p>VII b. <i>Jesus said,</i> "I am the way, and the truth, and the life; no one comes to the Father but through Me." (John 14:6)</p> <p>"Enter by the narrow gate, for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult is the way which leads to life, and there are few who find it." (Mat. 7:13-14)</p> <p>For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast. (Ephesians 2:8-9)</p>

<p>VII a.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely 	<p>VII b.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely
---	---

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

VIII a.**The God described in the Judeo Christian worldview**

(Bible and Torah) is harsh, unloving, unreasonable and narrow minded.

VIII b.

“I have **loved you** with an everlasting love; Therefore I have drawn you with loving-kindness.” (Jeremiah 31:3)

"For **God so loved** the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.

For God did not send the Son into the world to judge the world, but **that the world might be saved through Him.**” (John 3:16-18)

VIII a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

VIII b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

IX a.

God is in everyone and everything.

IX b.

[Jesus said that not all people are of God.]

"He who is of **God** hears the **words of God**; for this reason you do not hear them, because you are not of **God**." (John 8:47)

[Satan is at work in the world and in some people.]

And you were dead in your trespasses and sins, in which you formerly walked according to the course of this world, according to the **prince of the power of the air**, [Satan] **of the spirit that is now working in the sons of disobedience**. (Ephesians 2:1-3)

But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, **nor any other created thing, will be able to separate us** from the love of God, which is in Christ Jesus our Lord. (Romans 8:37-39)

IX a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

IX b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
<p>X a. No one needs salvation or redemption. Everyone is "saved", they just don't know it. As soon as they reach "Samadhi" they will realize their salvation.</p>	<p>X a. Jesus answered and said to him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God". John 3:3</p> <p><i>[Jesus said to Nicodemus:] "He who believes in Him [Jesus] is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God. This is the judgment, that the Light has come into the world, and men loved the darkness rather than the Light, for their deeds were evil."</i> (John 3:18-19)</p> <p>For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God. For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God,. (1 Corinthians 1:18)</p>
<p>X a.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely 	<p>X a.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XI a.

Everyone is a child of God.

XI b.

*[Jesus said to the Pharisees:] "You are of your father **the devil**, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies."* (John 8:44)

*"He who is of God hears the words of God; for this reason you do not hear them, because you are **not of God**."* (John 8:47)

Let no one deceive you with empty words, for because of these things the wrath of God comes upon the **sons of disobedience**. Therefore do not be partakers with them; (Ephesians 5:5-7)

But as many as received Him, to them He gave the right to **become children of God**, even to those who believe in His name. (John 1:12)

XI a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XI b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XII a.

Contacting the “higher self” is the way to realize salvation (actualization, Samadhi) and have a more productive and meaningful life; Contacting the “higher self” is one of the goals of meditation.

Examples:

- Electrical sensations/warmth during meditation
- Ecstasy during meditation

XII b.

Satan himself transforms himself into an **angel of white light**. Therefore it is no great thing if his ministers also transform themselves into ministers of righteousness. (II Cori. 11: 14,15)

Beloved, **do not believe every spirit**, but test the spirits, whether they are of God; because many false prophets have gone out into the world. (1 John 4:1)

Test all things, hold fast what is good. (1 Thessalonians. 5:21)

“Beware of the false prophets, who come to you in sheep's clothing, but inwardly are ravenous wolves. You will know them by their fruits. Grapes are not gathered from thorn bushes nor figs from thistles, are they? So every good tree bears good fruit, but the bad tree bears bad fruit. A good tree cannot produce bad fruit, nor can a bad tree produce good fruit.” (Matthew 7: 15-18)

Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. (1 Peter 5:8)

XII a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XII b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XIII a.

Spirit Guides are from God: Spirit channeling is accessing a supernatural, intelligent power, sometimes referred to as a “Master”. This divine power source already resides within the person, and is accessed through meditation. (The “higher self”).

- mystical voices of wisdom, which teach or give “enlightening” information
- angelic beings
- encounters with “light”

XIII b.

But the Spirit explicitly says that in later times some will fall away from the faith, paying attention to **deceitful spirits** and doctrines of demons, (1 Timothy 4:1)

[Example of a Spirit Guide that the Apostle Paul cast out:] It happened that as we were going to the place of prayer, a slave-girl having a **spirit of divination** met us, who was bringing her masters much profit by fortune-telling. Following after Paul and us, she kept crying out, saying, "These men are bond-servants of the Most High God, who are proclaiming to you the way of salvation."(Acts 16:16)

She continued doing this for many days. But Paul was greatly annoyed, and turned and said **to the spirit**, "I command you in the name of Jesus Christ to come out of her!" And **it came out** at that very moment. (Acts 16:17)

But when her masters saw that their hope of profit was **gone**, they seized Paul and Silas and dragged them into the market place before the authorities, (Acts 16:19)

XIII a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XIII b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XIV a.

Spiritualism is good in all forms, as it awakens society to the truth of the spirit realm.

XIV b.

'You shall not eat anything with the blood, **nor practice divination** or soothsaying. (Leviticus 19:26)

He made his son pass through the fire, practiced witchcraft and used divination, and dealt with mediums and spiritists. He did much **evil in the sight of the LORD** provoking Him to anger. (2 Kings 21:6)

"They made Him [*God*] jealous with **strange gods**; With abominations they provoked Him to anger. They sacrificed to demons who were not God, to gods whom they have not known, new gods who came lately, whom your fathers did not dread. You neglected the Rock who begot you, and forgot the God who gave you birth. (Deuteronomy 32:16-18)

Submit therefore to God. **Resist** the devil and he will flee from you. (James 4:7)

XIV a.

1. I do not believe this at all
2. I believe this least
3. I believe this most
4. I believe this completely

XIV b.

1. I do not believe this at all
2. I believe this least
3. I believe this most
4. I believe this completely

Yoga Teaches:	The Bible Teaches
<p>XV a. Mantras Repeating a single word (sacred word, breath prayer, etc...) to get into an altered state of consciousness is a good way to get closer to God;</p> <ul style="list-style-type: none"> • “Ohm” • Chanting • Breath prayer • Sacred word • Centering word 	<p>XV b. <i>(Jesus said,)</i> "And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words.</p> <p>"So do not be like them; for your Father knows what you need before you ask Him.</p> <p>Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name. Your kingdom come Your will be done, On earth as it is in heaven. Give us this day our daily bread. 'And forgive us our debts, as we also have forgiven our debtors. 'And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.]' “ (Matthew 6:7-13)</p>
<p>XV a.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely 	<p>XV b.</p> <ol style="list-style-type: none"> 1. _____ I do not believe this at all 2. _____ I believe this least 3. _____ I believe this most 4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XVI a.

Mystic experiences are a reliable way to God.

Reliance on sensations and physical feelings determines whether or not God is near

- Experiencing Reiki energy flow, heat, etc..
- Seeing colors and patterns during meditation

XVI b.

Then some of the scribes and Pharisees said to Him, "Teacher, we want to see a sign from You." But He answered and said to them, "**An evil and adulterous generation craves for a sign; and yet no sign will be given to it but the sign of Jonah the prophet;** (Matthew 12:37-39)

...teaching them to observe all that I commanded you; and lo, **I am with you always**, even to the end of the age. (Matthew 28:20)

...for we **walk by faith**, not by sight (2 Corinthians 5:7)

"But the righteous man shall **live by faith.**" (Romans 1:17)

XVI a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XVI b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XVII a.

The Bible cannot be trusted completely because it was written by fallible humans.

XVII b. All Scripture is given by **inspiration of God** and is profitable for doctrine, for reproof, for correction, for instruction in righteousness (11 Tim. 3:16)

Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the **word of truth.** (2 Timothy 2:15)

The law of the LORD is **perfect, restoring** the soul;
The testimony of the LORD is **sure**, making wise the simple.
The precepts of the LORD are **right**, rejoicing the heart;
The commandment of the LORD is **pure**, enlightening the eyes. (Psalm 19: 7-8)

For the **word of God** is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. (Hebrews 4:12)

XVII a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XVII b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XVIII a.

The mind has greater capability than we realize. We only use 10% of our actual brain power. Much of our cosmic consciousness is tied up by the conventions of our culture and must be freed. For example, “**Adepts**” are those who are gifted supernaturally. Only those who are highly evolved will understand New Age concepts.

XVIII b. *[Jesus said:]* " Truly I say to you, unless you are converted and become **like children**, you will not enter the kingdom of heaven." (Matthew 18:3)

Then some children were brought to Him so that He might lay His hands on them and pray; and the disciples rebuked them. But Jesus said, "**Let the children alone, and do not hinder them from coming to Me; for the kingdom of heaven belongs to such as these.**" (Matthew 19:12-14)

for **it is God who is at work in you**, both to will and to work for His good pleasure. (Philippians 2:13)

(Jesus lamented over Israel:)

...How often I wanted to gather your children together, the way a hen gathers her chicks under her wings, and you were unwilling. (Matthew 23:37)

They are now called " Not My People," but in the future they will be called " **Children of the Living God.**" (Hosea 1:10)

XVIII a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XVIII b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XIX a.

Follow your heart. What feels right in the heart is the moral choice.

XIX b. "The heart is more **deceitful** than all else and is desperately sick; Who can understand it? (Jeremiah 17:9)

There is a way which **seems right** to a man, But its end is the way of death. (Proverbs 14:12)

XIX a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XIX b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:**The Bible Teaches****XX a.**

Practical Spirituality: What is practical and expedient is better than what is morally correct by the Bible's standards.

XX b.

...but in everything commending ourselves as servants of God, in **much endurance, in afflictions, in hardships, in distresses, in beatings, in imprisonments, in tumults, in labors, in sleeplessness, in hunger**, ... by glory and dishonor, by **evil report** and good report; **regarded as deceivers** and yet true; as unknown yet well-known, as **dying** yet behold, we live; as **punished** yet not put to death, as **sorrowful** yet always rejoicing, as **poor** yet making many rich, as having nothing yet possessing all things. (2 Corinthians 6:?-8)

[Speaking of Jesus:] He was despised and rejected, **a man of sorrows, acquainted with grief** (Isaiah 53)

[Jesus said:] "If anyone wishes to come after Me, he must deny himself, and take up his cross and **follow Me.**" (Mark 8:34)

...be found in Him *[Jesus]*, not having a righteousness of my own derived from the Law, but that which is through faith in Christ, the righteousness which comes from God on the basis of faith, that I may know Him and the power of His resurrection and the **fellowship of His sufferings...**
(Philippians 3:9-1)

XX a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XX b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XXI a.

Do what brings unity to all people. This will bring peace on earth.

XXI b.

[Jesus said:] "But whoever **denies Me** before men, I will also deny him before My Father who is in heaven. Do not think that I came to bring peace on the earth; I did not come to bring peace, but a sword. For I came to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; (Matthew 10:33-35)

...holding to a **form of godliness**, although they have denied its power; Avoid such men as these... always learning and never able to come to the knowledge of the truth. (2 Timothy 3:5, 7)

XXI a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XXI b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XXII a.

In actuality all true religions agree. Discrepancies with Biblical teachings can be explained as cultural or semantic misunderstanding.

XXII b. If anyone advocates a different doctrine and does not agree with sound words, those of our Lord Jesus Christ, and with the doctrine conforming to godliness, he is conceited and understands nothing; but he has a morbid interest in controversial questions and disputes about words, out of which arise envy, strife, abusive language, evil suspicions, and constant friction between men of depraved mind and deprived of the truth, who suppose that godliness is a means of gain. (1 Timothy 6:2-6)

I solemnly charge you in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by His appearing and His kingdom: preach the word; be ready in season and out of season; reprove, rebuke, exhort, with great patience and instruction. For the time will come when they will not endure sound doctrine; but wanting to have their ears tickled, they will accumulate for themselves teachers in accordance to their own desires, (2 Timothy 4:1-3)

XXII a.

1. I do not believe this at all
2. I believe this least
3. I believe this most
4. I believe this completely

XXII b.

1. I do not believe this at all
2. I believe this least
3. I believe this most
4. I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XXIII a.

Only good people can do miracles, healings and good works.

XXIII b. “**Not everyone who says to Me, 'Lord, Lord,' will enter the kingdom of heaven, but he who does the will of My Father who is in heaven will enter.**

Many will say to Me on that day, 'Lord, Lord, did we not prophesy in Your name, and in Your name cast out demons, and in Your name perform many miracles?'

And then I will declare to them, 'I never knew you; Depart from Me, you who practice lawlessness.' **Matthew 7:21-23**

"And then if anyone says to you, 'Behold, here is the Christ'; or, 'Behold, He is there'; do not believe him; for false Christs and false prophets will arise, and will show **signs and wonders**, in order to lead astray, if possible, the elect. But take heed; behold, I have told you everything in advance." **Mark 13:19-25**

XXIII a.

1. I do not believe this at all
2. I believe this least
3. I believe this most
4. I believe this completely

XXIII b.

1. I do not believe this at all
2. I believe this least
3. I believe this most
4. I believe this completely

Yoga Teaches:	The Bible Teaches
----------------------	--------------------------

XXIV a.

An especially holy and effective prayer method is to induce a state of mental void and passivity.

XXIV b.

..casting all your anxiety on Him, because He cares for you. Be of sober spirit... (1 Peter 5:6-8)

...Jesus ... He said to His disciples, "You know that after two days the Passover is coming, and the Son of Man is to be handed over for crucifixion." ...Then Jesus came with them to a place called Gethsemane, and said to His disciples, "Sit here while I go over there and pray." And He ... began to be grieved and distressed. Then He said to them, "My soul is deeply grieved, to the point of death; remain here and keep watch with Me." And He went a little beyond them, and fell on His face and prayed, saying, "My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will." ... again a second time and prayed, saying, "My Father, if this cannot pass away unless I drink it, Your will be done." ... and prayed a third time, saying the same thing once more. (Matthew 26:1-2, 37-46)

Now an angel from heaven appeared to Him, strengthening Him. And being in agony He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground... (Luke 22:43-45)

XXIV a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XXIV b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

Yoga Teaches:

XXV a.

Jesus was a prophet who exemplified a godly life, an example of those who reach cosmic consciousness. More Christs will arise in the Aquarian (New) age bringing world peace.

The Bible Teaches

XXV b.

Now when Jesus came into the district of Caesarea Philippi, He was asking His disciples, "**Who do people say that the Son of Man is?**" And they said, "Some say John the Baptist; and others, Elijah; but still others, Jeremiah, or one of the prophets." He said to them, "**But who do you say that I am?**" Simon Peter answered, "**You are the Christ, the Son of the living God.**" And Jesus said to him, "**Blessed are you, Simon Barjona, because flesh and blood did not reveal this to you, but My Father who is in heaven.**" (Matthew 16: 13-17)

Thomas answered and said to Him, "**My Lord and my God!**" Jesus said to him, "**Because you have seen Me, have you believed? Blessed are they who did not see, and yet believed.**" (John 20: 20, 25-29)

.. He is the beginning, the firstborn from the dead, so that He Himself will come to have first place in everything. For it was the Father's good pleasure for **all the fullness to dwell in Him**, and through Him to reconcile all things to Himself, having made peace through the blood of His cross; through Him, I say, whether things on earth or things in heaven. (Colossians 1:18-20)

XXV a.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

XXV b.

1. _____ I do not believe this at all
2. _____ I believe this least
3. _____ I believe this most
4. _____ I believe this completely

TRAINING OR CERTIFICATION?

Many fitness "certifications" today leave you nothing but a piece of paper and an empty wallet. WholyFit offers more than certification: WholyFit training will launch you into immediate guided teaching opportunities in small group mentoring situations and help you to develop your Christian business or ministry at your church or health club. When you join WholyFit, you join a community committed to your success.

It is our experience that employers hire WholyFit certified instructors. Why? Because our instructors possess the ability to draw people to classes, and provide excellent, professional service. After WholyFit certification you will be in demand. There is a great need for good mind-body instructors that have a Christian worldview.

WHOLYFIT.
MIND-BODY
EXERCISE
FROM A
BIBLICAL
WORLDVIEW



WWW.WHOLYFIT.ORG

How to Start:

Go to

WWW.WHOLYFIT.ORG and

Sign up online for the next training or contact Larza Monica at 281-703-3138 or Lmonica@sbglobal.net

WHOLYFIT



WHOLYFIT MIND-BODY FITNESS CERTIFICATION

THE BENEFITS
OF YOUR EXERCISE
WITHOUT
YOGA PHILOSOPHY.



WWW.WHOLYFIT.ORG