

THE TRACK OF THE SERPENT IS HERE —

YOGA IS DANGEROUS

— IT IS CAPTURING SOULS FOR PERDITION

Yoga is a multiheaded dragon that has invaded the Western world. To whatever degree it is accepted by individuals, it weakens and destroys.

This brief overview will provide you with a view of its origins, inner teachings, methods of capture, and terrible dangers.

You may have loved ones or friends who are considering dabbling in this. Share this article with them. They need this warning before it is too late.

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INVADING THE WEST

You need only visit the exercise classes and keep-fit gyms in a local sports hall or school to see the invasion in progress. Articles, advertisements, and stories are everywhere to be found in the media.

You will be told about the wonderful health benefits of these “simple exercises” and how they improve poise, personality, and success in life. But you are about to learn that the opposite occurs.

There is a well-organized and highly successful campaign in progress to get yoga into all of our schools, kindergartens, nurseries, churches, hospitals, offices, sports centers, and homes.

In one school, Watts Learning Center, a large public school, the children sit in a circle and toss a ball to one another. Whoever receives it calls out a *mantra*. Today it is “*sat nam*.” Hollins, the instructor, leads a meditation in which the children sit in *siddhasana* and chant “*sat nam*” together for three minutes. Then, after taking part in certain peculiar postures and physical exercises, they have deep meditation periods for a little while.

In the 1990s, Hollywood helped this Eastern mysticism, which is so entwined as the basis of several Far Eastern religions; so it has become well-known and popularized. Video presentations by Jane Fonda, Ali MacGraw, and Rodney Yee encouraged millions to turn with interest to yoga. Musical groups

(including Sting and Madonna) and sports heroes (such as Kareem Abdul-Jabbar [NBA]), Dan Marino (NFL), and John McEnroe (tennis) added to the enthusiasm for these strange body positions, breathings, and meditation periods.

The following advertisement (sponsored by the *Sunrise Education Trust*, which was set up in 1990 and runs a nursery at a primary school) appeared in a local newspaper:

“Children are taught . . . meditation and respect for all humans and animals . . . On Friday there is a Yoga Circle, . . . rounded off with a concert on spiritual music plus a vegetarian meal.”

The Friday event is obviously designed to also draw adults into yoga. It all sounds so inviting.

Another organization, *Yoga for Youth*, says its mission is “to provide children and teenagers with a solid physical, mental, and emotional foundation through the practice of yoga and meditation.”

Even prisoners are being introduced to the acclaimed “benefits” of yoga and meditation, especially young offenders (get them while they’re young), with the stated intention of helping them “discover their deepest Self.”

The *Phoenix Prison Trust* is one of the organizations invading the prisons with this deadly mind-controlling virus. It offers 102 yoga classes in 75 prisons, as a “mind cure” and as “a means of getting in touch with Self.” What they do not tell the prisoners is that the “Self” is not their own selves or inner consciousness; but it is the Universal Self: the combined wisdom of “immortal souls,” collectively called the Super soul or the Mind of consciousness—a supernatural occult force of spiritism, Hinduism, and Buddhism.

Yoga has become one of the biggest New Age fashions of young adults who want to be “hip” in all the latest exotic types of activities.

WHAT IT CLAIMS TO OFFER

In the West, we have been presented with a very one-sided picture. Yoga and meditation are portrayed as just alternative forms of relaxation or recreation. They are just ways of relieving stress, “rebalancing,” and healing.

Describing it, well-known yoga practitioner, Swami Chinmayananda says this:

“Yoga meditation can never fail. It will ever be a success . . . it is a contemplative flight . . . We must have the confidence of a Protecting Power.”—*Medi-*

We have received urgent requests, from prisoners in U.S. prisons, for guidance as to the safety of taking part in yoga classes which are being offered them. Therefore this publication has been prepared and will be listed in our Prison Ministry *Free Book List*, so they can be warned. They also need information about this menace.

tation and Life, pp. 81-82.

In the book, *Light on the Yoga Sutras of Patanjali*, B.K.S. Lyengar makes the following claims about the “powers” which yoga is supposed to impart to the serious practitioner:

“(1) He begins to know the past and future; (2) he understands the language of all people, birds, and animals; (3) he knows his past and future lives; he reads the minds of others; (4) he becomes invisible at will; (5) he knows the exact time of his death by intuition or through omens; (6) he clearly sees objects near and far, gross and fine, and concealed; (7) he reads the movements of stars from the pole star and predicts world events; (8) he has the power to perceive anything and everything; (9) he leaves his body consciously and enters other bodies at will; (10) he creates fire at will; (11) he levitates [floats and flies through the air]; (12) he controls nature’s constituents, qualities and purposes.”

These untrue (actually fantastic) claims are made in order to draw people into trying to become masters of yoga under a supposed “master” (*guru*). Yet all the while they imagine that they are moving up the ladder of progress, they are damaging their own personality, while providing this “master” with funds to nicely support him in his useless postures.

But there is far more to yoga and meditation than that. Such pupils are opening a door to satanic mind control. This may seem like a strong statement, but supporting evidence will be presented below.

Only read the next section if you want to understand more clearly the terminology. Otherwise skip some or all of it and go on to the next section. The following information is provided because part of the initial fascination with yoga are its strange terms.

BASIC VOCABULARY

A person who is trying to master yoga is called a *yogi*. There are several types, or schools, of yoga. They are all based on the Hindu holy book, the *Bhagavad-Gita*, and the various *yoga sutras*. All types of yogas can generally be placed under one or another of the following four types:

(1) *Raja yoga* (psychophysical meditation), which Patanjali Maharishi made into a definite system, called *Ashtanga yoga*. (2) *Bhakti yoga* (devotion). (3) *Karma yoga* (activities done to eliminate personal contamination). (4) *Jnana yoga* (pronounced *gnaan* or *jnyaana*; self-transcending knowledge).

All other forms are essentially *Raja yoga* (meditation) or *Hatha yoga* (which emphasizes rhythmic breathing and visualization techniques).

In order to fill out the picture, mention should be made of *Artistic yoga* (yoga with an acrobatic emphasis), *Dynamic yoga* (a combination of *Ashtanga* and *Hatha yoga*), *Power Chi yoga* (a mixture of tai chi movements, stretches, and breathing yoga), *Nada yoga* (yoga of sound), *yoga Nidra* (yoga of divine

sleep), and *Anusara yoga* (a type of *Hatha yoga*).

Hatha yoga is the most famous of the non-traditional Hindu schools of yoga, and is the basis of most modern systems.

“It is estimated that in America alone, there are over 30 million individuals practicing *Hatha Yoga*.”—P.D. Moore, *Yoga is Powerful*, p. 77.

People become fascinated by yoga because of its exotic claims and physical contortions. Then, upon trying it, they imagine that they feel better for a time. But they do not realize that there is a dark spirit giving them that good feeling for a short time, until he has them under more direct control.

Inherent in yoga is the Hindu belief that reality (everything around us) is an illusion (*maya*, the Hindu word for illusion). Yoga claims to lead a person to the “Truth,” which the seeker discovers requires a renunciation of reality and a submission to a spirit Force. Yoga’s aim is *Nirvana* (*moksha*), which is an escape from the cycle of reincarnation. This is said to be done by uniting in oneness with the *Self*, or *Atman* (*Brahman*). To do this is the objective of yoga. The person is actually trying to submit to a spirit power, which is not of God. The result is dangerous in the extreme.

In the Western world, *Hatha yoga* and its variant, *Kundalini yoga*, are most frequently taught.

Hatha yoga is a system of invoking occult energies; and it consists of physical exercises and postures (called *asana*, placing the body in certain strange positions and holding them awhile).

Kundalini yoga emphasizes the occult energy said to be found coiled at the base of the spine, after entering the body from the *Universal Spirit*. It is symbolized by a coiled female serpent. *Kundalini yoga* uses breath, sound, and meditation as its major resources. It specifically tries to “move the breath along the spine,” to stimulate different *chakras*.

Hatha and *Kundalini yoga* both integrate *pranayama* (breathing certain ways), *asana* (strange body positions), *mudra* (grotesque hand positions), and *mantras* (mindlessly chanting certain words or phrases over and over).

The immediate goal of the various yoga practices is to “invoke the *chi* force” in order to receive power, healing, etc.

Chi (a Chinese word for “*spirit*”) is a spirit power said to flow into the person practicing yoga, through the seven major *chakras*. Everything done in yoga is purposely done to bring this *Chi*, or spirit power, into one’s body and mind.

According to Hindu, Buddhist, and certain other ancient religions, *chakras* are the “spiritual energy centers” of the body. Stimulating them is supposed to show a person’s state of health, as well as his spiritual and psychic abilities.

Yoga techniques are said to increase energy in the

so-called seven main *chakras*, or energy centers (called *vortexes* in some charismatic groups), at different levels in the spine.

Karma is a Hindu concept basic to yoga. It is said to be the accumulated good or bad deeds of the past, including countless previous lives. Only by practicing yoga (*pranayama*) can the *karma* be eliminated, so the soul can fly off to *Nirvana*.

Mantras are special words (often a short phrase of two words) that a person is to repeat over and over, to help the spirit power enter his body. However, it has the effect of blanking out his brain, so the spirit can do things with it. More on this later.

In the book, *The Yoga Sutras of Patanjali*, we are told that “*Yoga*” is derived from the Sanskrit root, “*yog*” or “*yuj*,” which means the same as the English word, “*yoke*.” They mean “binding two together.” When one practices yoga, he is calling to the spirits to enter his body and mind and possess them.

As the *Divine Life Society* words it:

“Yoga is the science that teaches us the method of uniting the individual soul with the Supreme Soul, of merging the individual will in the Cosmic Will . . . Yoga is restoring our lost link with Brahman, whom we refer to as god.”

In its original purpose, yoga, with its various postures and mantras is meant to be an act of worship to Hindu gods. Although Westernized, the purpose has not changed.

“The Yoga position is one of obeisance in the Hindu way of life meant to salute the gods.”—*Guatum Chatterjee, The Meaning of Hindu Symbols*, p. 47.

The *Jiva Metaphysics Center*, an organization promoting Eastern religions, is quite frank about how yoga is used, by spiritist mediums and channelists, to go into trances:

“The eight-fold path of Yoga is accepted practically by all spiritualists. They resort to it in some form or other. It has been a valuable contribution to spiritualist mediums, even in modern times.”—*Jiva Metaphysics Center*.

Georg Feuerstein, founder-president of the *Yoga Research and Education Center* and translator of the latest version of *The Yoga Sutras of Patanjali*, declares that yoga is one of the “leading New Age occult practices.”

The *asana* is the yoga exercise or sitting posture, usually seated. This seated position (called the *Lotus position*), with the legs crossed over the thighs, looks strange; and it very definitely is. But there is a purpose to it—a purpose which the pupils do not realize. Both the Hindu *Asanas* and the Islamic *salat* (or *jalsah*) seating postures (which look the same) restricts the flow of blood to the legs and feet. This bottleneck in the circulatory system produces an increased pumping of blood into the brain and upper

half of the body. This, together with the peculiar yogic breathing techniques (*pranayama*), causes a hallucinogenic effect. Add to this the repetition of a word or phrase (a *mantra*) for a long period—and a hypnotic stupor, or trance, occurs.

The strange breathing control (*pranayama*) is supposed to increase the *chi* (*prana*), which yogi gurus declare to be an occult spiritual energy. But that which results from the mind-emptied trance is not “spiritual energy,” but strange effects by an invading spirit on the mind. (*Chi* is the Chinese word for *prana*, the Hindu word.)

It is dangerous to be hypnotized; for it makes it easier for it to be done again. Soon, the weakened mind and will are fully in demonic control.

When individuals try to follow these techniques, a spirit will give them mental and spiritual effects which will convince them that yoga is accomplishing something. What is actually being accomplished is that, while they flatter themselves that they are entering upon a higher level of existence, their minds are being quietly captured by demons.

THE GERMAN GOVERNMENT STUDY

A major research study was made by the German government in the late 1980s. It resulted in government legislation, followed by an important Supreme Court ruling in full support of the enactment.

This study, commissioned by the government’s *Ministry of Youth, Family and Health*, focused primarily on transcendental meditation (TM). It exposed the dangers inherent in all meditative practices of this kind.

Yoga, and related Eastern religious practices, always include TM in some form. This is because, as we will learn below, it is the special meditative techniques (which include breath control and mindlessly repeating a mantra) which powerfully opens the mind to an invasion of demons.

The study offers an overview of the teaching and practice of TM, based on the movement’s own presentation of itself and its aims. Please understand that we are not here discussing thinking or normal Christian “meditation,” which consists of reading God’s Inspired Writings and prayerfully thinking about what one reads.

Hindu/Buddhist meditative techniques, which form a basic part of yoga, are quite different. The trainee is carefully instructed to sit cross-legged, stare at a point between his feet (or a candle set in front of him), and focus on trying to empty his mind, while mindlessly repeating a word or a two-word phrase over and over for one to four hours or more.

CONCLUSIONS OF THE RESEARCH STUDY

The following excerpts are from *TM-EX Newsletter*, from Fall 1990 through Summer 1992, and summarize the conclusions of the German research study:

“Meditation with the help of a *mantra* [a required word or phrase audibly repeated over and over] is a common method, and one in great demand in Hinduism. This is because of the belief in the magical power of certain sounds or words, by the use of which the gods can enter the initiated, and they can attain godly powers.

“Although it is said in the TM movement that the mantra is a sound without meaning, the belief in the magical power of the mantra is still there. It [the mantra] may not be exchanged, and has to be a certain one chosen from Hinduism. It has a traditional meaning, often the name of a certain god.

“In order to make it appear scientific, Maharishi deliberately mechanized and standardized his meditation procedure, making it more attractive to the westerner. ‘The mechanical path to god-realization,’ he calls it. In public, it is often called ‘self-realization.’

[You will recall that we earlier mentioned that it was Patanjali Maharishi who systematized *Raja yoga*, a method of a simplified structure of mindless meditation which he formulated into *Ashtanga yoga*.]

“Belief in the effectiveness of TM is maintained, even when negative experiences result. These are interpreted as an ‘on-going release of stress.’ Far-reaching changes in the perception of reality occur, as well as changes in self-evaluation and evaluation by others.

“The length of time given for meditation each day is increased in half of the total cases, from 40 minutes to at least two to four hours, or more, daily. This tendency is encouraged in courses, and at times the trainee is instructed to meditate longer each day . . .

“TM has a detrimental effect on the decision making process. There is a loss of self-determination and a turning toward the TM authorities for guidance; *i.e.*, in the case of important decisions. Facial expression, bodily posture, voice and handwriting—all point to the fact that the total personality is gravely altered under the influence of TM.

“Before the TM phase performance began, performance at school was generally well above average, and those investigated were most happy with their school or job situation. But a considerable worsening in all these areas occurred as a result of the practice of transcendental meditation.

“• 56% had decreased concentration abilities during the TM phase; only 16% reported an improvement.

“• 61% found it more difficult to manage the workload, as against 13% who reported an in-

creased capacity.

“• TM had a negative influence on the professional careers of 58% of meditators. Altogether, 42% of meditators gave up their professional career in order to work full time for the TM movement or to be able to take long TM courses of instruction. *They did this because they have been promised that they will eventually have supernatural powers if they continue on and on with the meditations.* An analysis of the taped interviews and the stenographer’s scripts only serves to strengthen the suspicion that the TM organization aims at cheap labor. In the case of those people who eventually became unfit to work, they were sent away . . .

“• In 76% of the cases, psychological disorders and illnesses occurred. 43% had psychiatric treatment or had to have medical treatment during the TM phase.

“• The psychological disorders most prevalent were tiredness (63%), ‘states of anxiety’ (52%), depression (45%), nervousness (39%), and regression [to a more childish, dependent personality, unable to make decisions for themselves] (39%). 26% had a nervous breakdown, and 20% expressed serious suicidal tendencies.

“TM can cause mental illness or at the very least prepare the way for the onset of mental illness.

“The ruling of the highest federal administrative tribunal, the *Bundesverwaltungsgericht* was made on May 24, 1989. The Case Number was 7-C-2.87.”

These were the shocking findings of the German Government youth department (*Ministry of Youth, Family and Health*) which, after careful review, were approved by the Supreme Court of the nation.

THE STORY OF TWO GURUS

After years of misery, Rabindranath Maharaj wrote a book, *Death of a Guru*, in which he told about his father’s and his experiences in yoga.

He first described how his father (by practicing yoga for years) finally attained a lofty “spiritual state,” in which he had to be fed, washed, and cleaned for eight years by others. He was worshiped by the people as an *Avatar* (a reincarnation of one of the gods). That is because, during those years, his father sat in a “lotus position” (with legs crossed and feet overlapping his thighs), never moving day or night, never speaking to others, but chanting “Om” over and over and over.

When Rabindranath’s father finally died at the age of 54, both Hindu spiritual leaders and common people in the nation [Trinidad] declared that he had finally reached the highest attainment a yogi could make—and had passed into Nirvana, having escaped

Continued on the next tract

YOGA IS DANGEROUS

**PART TWO
OF TWO**

Continued from the preceding tract in this series

the cycle of karma bondage.

After his father's death, Rabindranath was expected to continue on with his father's senseless practices. So, shortly thereafter, Rabindranath entered the *Durga Hindu Temple* in Port of Spain, Trinidad. (The population of Trinidad is about 90% Hindu.)

Rabindranath (nicknamed Rabi) was entrusted to a well-respected guru, a Brahman priest who was "thoroughly learned in Hinduism."

Rabindranath told how, very early each morning—day after day,—he and the other students would have to chant the mantra, *Hari Om Tat Sat*, and say prayers.

While TM followers in the U.S. are told they are to pray to the "Universal Self," Rabindranath was told that he was calling upon the Hindu god, Hanuman to enter his mind and body. He was told that the mantra was a necessity for those carrying on the daily "transcendental meditation," which he described as "the heart of yoga."

Somehow, before his mind was destroyed, Rabindranath managed to wake up to what was happening to him. He escaped before it was too late.

In his book, he tells that, what had happened to so many others, was happening to him:

"Frightening psychic experiences awaited the unwary meditator, similar to a bad trip on drugs. Demons described in the *Vedas* [Hindu holy books] had been known to take possession of some yogis.

"*Kundalini power*, said to be coiled like a serpent at the base of the spine, could produce ecstatic experiences when released in deep meditation—or, if not properly controlled, it could do great mental and even bodily harm.

"The line between ecstasy and horror was very fine. For that reason, we initiates were closely supervised by the *Brahmacharya* and his assistant.

"During the daily meditation, I began to have visions of psychedelic colors, to hear unearthly music, and to visit exotic planets where the gods conversed with me, encouraging me to attain even higher states of consciousness. Sometimes in my trance, I encountered the same horrible demonic creatures that are depicted by the images in Hindu, Buddhist, Shinto, and other religious temples. It was a frightful experience."—*Rabindranath R. Maharaj, Death of a Guru.*

Despite this, his *Brahmacharya* (Hindu instructor, who was also the spiritual leader of the temple) assured Rabindranath that all this was "normal and urged him to keep going deeper in order "to achieve Self-Realization."

At times he experienced feelings of what he called "mystical unity with the universe." Indeed, sometimes he felt that he *was* the universe, "Lord of all, omnipotent, omnipresent."

Both he and his spiritual instructors were excited about his rapid progress to the status of his father. He was told that these were clear signs that he was "a chosen vessel, destined for early success in the search for union with Brahman." He says that "the forces which had guided and controlled my father were now guiding me."

Such experiences as seeing psychedelic colors, hearing unearthly music, and visiting exotic planets where the gods conversed with him, have been verified by parapsychologists and well-known researchers and psychologists, such as the late Dr. Carl Jung. In addition, many others have told of having experienced such things.

Soon Rabindranath was being worshiped as a guru and master yogi, and accumulated a good sum of money that was daily laid at his feet.

The experience of Rabindranath is not unusual. In all schools of yoga, the guru is said to be indispensable. He is a *siddha* who has attained the eight *siddhis* (powers) of yoga. When doing yoga, the student is urged to find a *sadguru* (true teacher) and then devote himself to that guru's learning and obeying what he says to do.

As Rabindranath got deeper into yoga, he describes one occasion when he and his cousin, Krashna, had been choked and slapped across the face by an invisible hand.

MORE INFORMATION ON THE DANGERS

All Eastern forms of meditation (in the West often referred to as *transcendental* or *transmission meditation*, or TM) are derived from the spirit-contacting meditation which is the foundation of yoga sublimation.

"Transmission Meditation is compatible with all other forms of meditation. It is in fact a variation of *Kriya yoga*, but the work is done by the Masters, scientifically and occultly."—*Maitreya's Mission, Vol. 1, p. 346.*

Here is how one physician describes some of the effects of the type of spirit-seeking meditation used in yoga and similar New Age techniques:

"Transcendental meditation frequently involves hallucinations and dissociated [loss of contact with reality] episodes that are difficult to treat. Disruption of breathing patterns occurs. Once dissociation has been achieved, depersonalization follows, relationships with the world are ruptured, and the subject becomes isolated and inaccessible . . . This

may result in suicide.”—*Sir James Watt, The New Age Phenomena, p. 11.*

Additional confirmation on the seriousness of these dangers comes from none other than the book that yogis call their “bible”: *The Yoga Sutras of Patanjali*:

“Sickness, lethargy, loss of self-confidence, mental instability, indifference, dissipation, false reasoning, false visions, disillusionment, distractions.”—*The Yoga Sutras of Patanjali, pp. 45-46.*

Later in that book, we are told this inner secret of the yoga objective:

“Yoga is the progressive elimination of consciousness in order to secure pure Self-awareness. This consciousness must be reduced to ashes, its seeds sterilized so as to render all future consciousness impossible.”—*Ibid., p. 121.*

If you go to a yogi guru for instruction in yoga, the above paragraph is what he is bound by agreements with his own guru master instructors to do to you over a course of time.

The “*Self*” in yoga, which is being sought, is not one’s own personal identity or actual being, but rather the *Super Soul*, also called the *Sanat Kumara*, or the *Serpent King*. (*Ananta* is the Sanskrit name for the Serpent King.)

“The Self is the heights of Self-realization . . . he [the pupil] encounters discarnate beings [spirits without bodies].”—*Ibid., p. 122.*

Through the Self, “the *yogin* establishes contact with the chosen [Hindu] deity . . . The *yogin* makes contact with that god or goddess . . . in the meditative experience.”—*Ibid., p. 89.*

(A *yogin* is a male yogi; and the *yogini* is a female yogi. A *yogi* is one who practices *yoga*.)

In Hinduism, the Self is also referred to as the *Brahman*. In Buddhism, it is said to be *Nirvana*. Every thought, muscle movement, and breath you take in a yoga class or exercise is designed to bring you under the influence of some heathen god. But the gurus do not explain that to all their pupils.

Actually, there are no real heathen gods; they do not exist. The yogi, on whatever level he may be, is really being brought into subjection to demonic spirits.

The Hindu belief is that, on mastering the techniques of yoga, your spirit is no longer bound to your body, but is free to roam the “other worlds,” guided by a spiritual entity. It is at that point that the practitioners are supposed to attain to “all powers, psychic abilities, and sinless perfection.” This is supposed to eventually lead him to *Nirvana* or *Sidhalands*.

It is claimed that yoga positions, breathing, and meditation ultimately removes all sins, so he can escape *karma* and endless reincarnations.

“Through meditation, a sinner comes out of the

field of sin and becomes a virtuous man.”—*Yogi Maharishi Mahesh.*

We are told that yoga is really an initiation “ritual,” to prepare the mind for “gradual extirpation (destruction) of the subconscious” (p. 61).

“*Transmission Meditation* orients one toward the Kingdom of souls—the Spiritual Hierarchy.”—*Maitreya’s Mission, Vol. 1, p. 339.*

Stop and think a minute: What happens when you are no longer in charge of your mind, because you have handed it over to a heathen spirit power? Here is what happened to two people:

“I personally know two individuals who are convinced that the reason they ended up in mental institutions, and have had to struggle for years to recover their mental well-being, was due to their involvement with yoga.

“Strangely enough, one of them is a minister of religion, the other is a Christian young woman who told me she had ‘left the Church’ and got involved in yoga. She says she has been in and out of mental institutions for five years, and believes that practicing yoga was the cause of her mental state.

“This young woman told me that she now believes that yoga is an inherently occult activity. The minister told an almost similar story.”—*P.D. Moore, Yoga is Powerful, p. 63.*

As mentioned earlier, *Mantras* are secret words or short phrases which are supposed to invoke reception of ancient gods, while protecting one from demons. In reality, they do the opposite of providing protection! They invite demons to take control of the mind.

Page 204, of *Death of a Guru*, explains that each mantra is said to embody a spirit or deity. The repetition of the mantra calls this “being” to the one repeating it. Thus the mantra invites a particular spirit god to enter, while at the same time producing the passive state in the mind, so there can be a “fusion of beings.”

Whether he be a student or graduate, the yogi must repeat the mantra over and over, eventually for hours on end. This induces a hypnotic state. Hypnotism is a definite part of yoga. More on this later.

A mantra is thus a vehicle to deliver the mind to a spirit deity.

“We select only the suitable mantras of personal gods.”—*Maharishi, Beacon Light of the Himalayas.*

Many mantras usually begin with the words, “Obeisance” or “All hail,” to welcome the deity. Examples include the Shiva Mantra in *Black Yajur Veda 6.6, p. 139*; and the *Nichiren Buddhist mantra, “Homage to the Lotus Sutra, etc.*

It is a curious fact that the Roman Catholic “Hail Mary” phrasing, which is repeated over and over on Rosary beads, is not unlike the Hindu mantras, which are sometimes repeated as jappa beads are counted.

1 Buddhists, like Hindus, practice yoga and its
3 chants (repeating mantras over and over) as the ba-
6 sis of their religious experience.
8

SATAN IN THE ANCIENT RELIGIONS

The prince of the demons is Satan, originally called Lucifer. Two of the forms by which he is known (the sun god and the serpent god) are frequently invoked by mantras, as the god who is invited into the mind.

First, Lucifer (the phrase means “light bearer”) considers himself the sun god. Paul warned that Satan (another name for Lucifer) was able to transform himself into an “angel of light” (2 Corinthians 11:14-15).

The primary, and most sacred, mantra is Om (or AUM); and it is a call to the Sun god.

“This mantra [AUM] is dedicated to the *Lord Savitur*. This Savitur represents *Lord Sun* . . .

“*Savitur*, the *Lord of Gayatri*, is nothing more than the Light of Consciousness, the Infinite, the Absolute. This manta, as it stands, obviously invokes *Lord Sun* and pleads to Him to illumine in us.”—*Meditation and Life*, pp. 148, 156.

Professor Earnest Wood confirms this hidden meaning of Om, as invoking the Sun god.

“We meditate on the most excellent glory of that divine Sun; may it direct our understanding.”—*Earnest Wood, Yoga*, p. 195.

Even without the use of mantras, yoga is meant to unite the practitioner to Lord Sun.

“Yoga can be traced back to the *Rig Veda* itself, the oldest Hindu text, which speaks about yoking our mind and insight to the Sun of Truth.”—*David Frawley, Inner Meaning of Yoga*.

In a small book, called *The Illuminati* (which means the “Sun-illuminated Ones”), the names of the Sun gods of various pagan religions are said to add up to 666. It also says that all the *avatars* (or incarnations of these gods) were called *Buddhas* or *Rasees* of the *Siun* (Sun). The Greek spelling of *Siun* is *Xiun*, which means wisdom of the Sun.

Second, down through the ages, ever since the Garden of Eden, Satan has identified himself with serpents (snakes, dragons). He has been worshiped since antiquity, in India, as the *Serpent King*; and the cobra is his representative. Indian *fakirs* play the flute as the snake weaves back and forth. Carvings and pictures of serpents are found on, and in, the temples of India, China, Japan, and southern Asia. Large ones are called “dragons” and frequently have wings. Ancient legends have said that the serpent had wings before it was told that it must henceforth crawl in the dust (*Gen 3:14*; cf. *Patriarchs and Prophets*, 53).

Ananta is the Hindu word for the *Serpent King*, or Lucifer. *Bhujangasana* is the name for the serpent position of the human body.

The serpent and the sun have also been worshiped all over the world—including Africa and North, Central, and South America.

“Along with the sun, as the great fire-god, and in due time identified with him, the serpent was worshiped. In the mythology of the primitive world, says Owen, the serpent is universally the symbol of the sun. In Egypt, one of the commonest symbols of the sun, or sun-god, is a disc with a serpent around it.

“The original reason of that identification seems just to have been that, as the sun was the great enlightener of the physical world, so the serpent was held to have been the great enlightener of the spiritual, by giving mankind the ‘knowledge of good and evil’ [Genesis 3] . . . The ancient Mayans of the Yucatan in Mexico worshiped the serpent god under the name of *Can*. *Can* means ‘serpent’ in the Mayan language, and *Can* or *A-Can* was the ancient Sumerian and ancient Scottish word for serpent. Here we find the origin of our word ‘canny,’ ‘shrewd’ or ‘serpent-like.’ The Babylonians worshiped *Can*, the Serpent, and *Vul*, the god of fire.

“The Romans simply combined the two words into *Vulcan*, the Roman god of fire, from which also comes our word, ‘volcano.’ This seems to be how the Mayans and Mexicans named their gods. They also combined two words to describe their serpent god. *Kulkul* means ‘beautiful bird,’ and *Can* meant ‘serpent.’ Hence *Kulkulcan* means ‘Bird Serpent’ in the Mayan language. This is exactly the same meaning for *Quetzalcoatl*, the Mexican pagan messiah in central Mexico.”—*Hislop, The Two Babylons*, 227. [Also see *Nicholson, Mexican and Central American Mythology*, p. 82].

The symbol for *Quetzalcoatl* is a feathered serpent. Even more strange is the origin of the word, *Vatican*. It comes from the Latin roots, *vatic* or *vatis*, which means “prophet” or “soothsayer.” (See any unabridged dictionary; “vaticinate” is a more common word and means to “prophecy.”) The combined word, *vati* and *can* (“Vatican”) means “divination by the serpent,” or the “divining or predicting serpent.” The main symbol for astrology, in pagan art, was often a serpent in a circular position with his tail in his mouth. This represented eternal life. It was the serpent, Satan, who claimed to have the knowledge of good and evil—to know the future.

Lucifer was cast out of heaven with his angels (Revelation 12:7-9). Ancient Hindu texts, including the *Ramayana* and *Dronaparva*, speak of a “heavenly chariot” bringing *Sanat Kumara* to the earth thousands of years ago, together with his “companions.” According to the Hindu texts, their purpose was to “awaken” the inner intelligence of man. Satan, speaking through the serpent, in the Garden of Eden, promised to give “the knowledge of good and evil” to Adam and Eve.

On p. 77 of her book, *The Hidden Dangers of*

the *Rainbow*, Constance Cumbey says that *Sanat Kumara* is the Hindu name for Lucifer. The New Age book, *Conscious Immortality* (p. 146), says that *Sanat Kumara* “works through all the New Age gurus in the world. There is no difference between them and him.” According to that, all the gurus (practitioners) of *reiki*, *feng shui*, *yoga*, and other New Age therapies are directly energized by *Sanat Kumara*, which represents Satan.

YOGA AND HYPNOTISM

Both yoga and hypnosis use hypnotic procedures to empty the mind and insert images, commands, beliefs, and instructions into it. The objective of both is for someone to take command of the mind. A trance-like state, or altered consciousness, is achieved.

“For centuries, Zen, Buddhist, Tibetan, and Yogic methods have used a system of meditation and an altered state of consciousness similar to hypnosis.”—*William Kroger, Clinical and Experimental Hypnosis, 1977, pp. 122-123.*

A spiritualist medium and a channeler use the same techniques to make contact with the spirit world. These methods are about the same as those used in yoga and hypnosis.

Shamans do this also. The only difference is that they call it “looking inward,” which they do by entering a trance. Then a spirit pretends to give them information about a person’s future or to provide physical healing.

“Witch doctors, Sufi practitioners, shamans, Hindus, Buddhists, and yogis . . . practice hypnosis.”—*Martin and Deidre Bogan, Hypnosis and the Christian, p. 13.*

“Mesmerism [hypnotism, hypnosis], spiritualism, witchcraft . . . all belong to one family. All have a common root, and are developed by the same laws.”—*Allen Putnam, Mesmerism, Spiritualism, Witchcraft, and Miracle, p. 6.*

Two experts in the field tell us this:

“The reader should not be confused by the supposed differences between hypnosis, zen, yoga and other Eastern healing methodologies. Although the ritual for each differs, they are fundamentally the same.”—*William Kroger and William Fazler, Hypnosis and Behavior Modification: Imagery Conditioning, 1976, p. 412.*

Franz Anton Mesmer (1734-1815), a Viennese physician, was the originator of modern-day hypnotism in Europe. He later confessed that hypnotism (back then, called “mesmerism” after his name) was of occult force and origin. Mesmer said that the power came from a “universal energy.”

Few people would see a hypnotherapist if they knew that they were being mesmerized by the tech-

niques of the ancient witch doctors. Both yoga and hypnotism produce negative results. For example:

“Hypnotherapy caused one patient to suffer severe hallucinations.”—*London Daily Mail, December 21, 1998.*

Dr. Bruce Goldberg, a psychologist, in his book, *New Age Hypnosis*, claims that hypnosis is able to help you view your past and future lives, contact departed loved ones, and heighten your psychic awareness. Goldberg is no novice; he received his doctoral training in 1975. He is a member of the *American Society of Clinical Hypnosis* and former president of both the *Los Angeles Academy of Clinical Hypnosis* and the *Mid-Atlantic Hypnotists Examining Council*. Yet he promotes psychic activities, belief in reincarnation, contacting the dead, and so on.

YOGA AND SEX

There is also a sexual aspect to yoga (called *tantric yoga*), but it will not be discussed in this report. It is very evil. Mention will only be made that yoga teaches that sexual activity—even to excess—helps eliminate *karma*, so the yogi can more quickly escape to nirvana. Such a teaching, of course, leads to very vile conduct.

EFFECT ON THE YOGA CULTURES

The objective of Buddhism and Hinduism is to destroy personality and all the special characteristics which make us human. This includes compassion and care for people. In those Buddhist and Hindu cultures, not influenced by the Western (Judeo-Christian) world, there is no interest in building hospitals, schools, or orphanages. There is no basis for morality. There is also no science or technology. In Hinduism, the physical material world is viewed as an illusion (*maya*). The religious leaders (a Hindu *swami* or Buddhist *monk*) in India or Southeast Asia do nothing for people, but just beg for food while renouncing the world. Human life is not valued.

Only the Bible and Jesus Christ can solve the problems of mankind. The invasion of Eastern religions into the West has the effect of tearing down the moral fabric of society. It stifles the conscience, and every sense of right and wrong, and leads to pleasure seeking and crime.

Warn everyone who is thinking of dabbling in this dangerous practice. Yoga may be presented as something very attractive and inviting. But, as we have discovered, at the very least, it will weaken your willpower and personality. If you continue it long enough, it will ruin your life.

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