Subject: Yoga, Tai Chi, etc.
Posted by Gary on Wed, 25 Mar 2015 09:24:54 GMT
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It appears that yoga, tai chi, and other hindu practices are being widely accepted by many Christians as a harmless form of exercise.

Many are claiming yoga can bring healing to ones body.

Quote: Yoga gurus from India later introduced yoga to the west, following the success of Swami Vivekananda in the late 19th and early 20th century. In the 1980s, yoga became popular as a system of physical exercise across the Western world. Yoga in Indian traditions, however, is more than physical exercise, it has a meditative and spiritual core. One of the six major orthodox schools of Hinduism is also called Yoga, which has its own epistemology and metaphysics, and is closely related to Hindu Samkhya philosophy.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies[18][19] have been mixed and inconclusive, with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patient's psychological healing process.

Is yoga some harmless exercise?

Quote:As a school of philosophy, Yoga is a way of life, and incorporates its own epistemology, metaphysics, ethical practices, systematic exercises and self-development techniques for body, mind and spirit.

Yoga in any form is an open door to the demonic realm!

Its amazing as the end of time moves swiftly upon us that we would see whole groups of Christians being seduced into other religious practices.

Gary

Subject: Re: Yoga, Tai Chi, etc.

Posted by Marilyn Crow on Tue, 07 Apr 2015 06:36:27 GMT
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Hi Gary,

So true, always looking for something new when our knowledge of our precious Lord needs to increase more & more. Everything else as Paul says is as rubbish.

I`ve been on holidays to visit a dear school friend in Queensland so have not been on here for a while. A bit of catching up to do. Anyway trust you are all well & with the Master.

Blessings, Marilyn.

Subject: Re: Yoga, Tai Chi, etc.
Posted by Gary on Fri, 10 Apr 2015 20:19:15 GMT
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Hi Marilyn,

I have not been on here for a while as well.

Iran's making a lot of news lately. I find it interesting everything happening on the world scene these days. With that said, what we are hearing from the media and what is taking place is two different stories.

I went and heard a Spirit filled Jewish brother who is ministering in Israel and was invited here to share what God is doing. He said there is an outpouring taking place and many Jews and Muslims are coming to Christ. There's a place in the desert in Egypt where many go to intercede in the Spirit.

I cannot remember the scripture off the top of my head but he shared the Lord predicted this would happen one day before the time of the end.

Very Anointed minister with a genuine Presence of the Lord.

Gary

Subject: Re: Yoga, Tai Chi, etc.
Posted by Gary on Tue, 06 Oct 2015 09:56:06 GMT
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It appears that every where you look now you see someone pushing yoga on everyone.

Whether its through the media, medical science, exercise classes, or christian literature, the information is there targeting the gullible.

I recently heard a man state that while practicing yoga he felt energy come up out of the earth and entered his body. His depression left him and hes doing much better coping with life. Now he heavily promotes and teaches yoga to others, sharing how they can experience this energy.

There is a power behind it, and this energy enters all who practice it. Some have a greater sense of this energy then others.

Its become a sweeping fad across this country. I realize many here are aware of this, but it is an open door to the demonic realm and should be avoided at all costs.

Gary

Subject: Re: Yoga, Tai Chi, etc.
Posted by james on Tue, 06 Oct 2015 14:14:04 GMT
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I took an online health fitness survey a few days ago that supposedly would determine my 'health/fitness' level(just a bunch of questions concerning exercise, diet, medical issues, ect. that give an indication of a persons general health.) and one of the suggestions for exercise and peace of mind was yoga or tai chi. I'm all about streaching and exercise but not the mental stuff that goes with eastern religion. I'll just meditate of God's Word and the wonder of Him...even if I could knock off another couple years off 'fitness level age'.

btw: If you want to get a false sense of security just take a survey test like that and let them tell you because you do this and that you're like a 44 year old man instead of a 64 year old. I believe

in exercise and the benefits of it; but not at the expense of my faith in the promises of God.

Subject: Re: Yoga, Tai Chi, etc.
Posted by Mark L on Tue, 06 Oct 2015 14:30:45 GMT
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Yes I agree. Do you do any stretching exercises James? I was thinking it might benefit me but didn't know where to get some that weren't Yoga

Subject: Re: Yoga, Tai Chi, etc.
Posted by james on Tue, 06 Oct 2015 21:15:26 GMT
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Yes Mark, I just does the basic stretching I was taught when playing ball as a young kid. You can start off (if you haven't been doing it all you life as I have) with bending at the waist and keeping your legs straight<but not 'locked at the knees'> try to touch the floor and hold it for 30 seconds for the muscles to really stretch out. You can then place an extended leg up on the back of a chair or bench and bend forward at the waist, this will stretch out other muscles. Bend an arm at the elbow and try to reach behind your head down the back as far as possible and take the other arm and gently add pressure...Actually before I write a instruction manual , just Google basic stretching motions and look at the images. It's simple and good for flexibility, especially as we age we get a bit stiff(or at least some people do...lol

Before I lift weights(Mon, Wed, Fri.) I always do some stretches and warm up on either treadmill, stationary bike, or walking outside. I promise that exercise will make a person feel better if they will be diligent in doing it as a lifestyle. Soreness won't kill you, just keep at it and soon it will not hurt anymore. btw: don't confuse 'hurting or sore muscles' with injury; work through soreness but an injury has to heal, and believe me, I've had my share of both...

Subject: Re: Yoga, Tai Chi, etc.
Posted by Mark L on Tue, 06 Oct 2015 21:43:45 GMT
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Thanks James. I'm going to do that. I've been wanting to but just wasn't sure about the yoga bit.