

## **Appendix C: Frequently asked questions**

### 1. What's the definition of a cult?

A cult is a closed group of people in total submission to an authoritarian leader who supposedly is the exclusive source of secret spiritual knowledge. The leader is accountable to no one. Fear is used to maintain control and exact physical and/or monetary advantage from the followers.

### 2. Why "throw the baby out with the bath water" and reject yoga just because of a bad leader.

Whether the leader is of good or bad character doesn't change the reality that yoga places the 'self' above the true God.

### 3. Don't you think some Christian leaders are just as bad?

It is true that some Christian leaders display poor character. Irrespective of the character of the leader, we must judge the message, not just the messenger; we must judge yoga, not just the guru. A true seeker will seek truth beyond yoga. Yoga by definition precludes submission to God. At least Christian leaders can come under God's submission again.

### 4. Isn't eastern meditation a good therapy for stress?

Meditation is very popular today and there are even studies to indicate that brain waves might be altered, therefore bringing relaxation. However, considering the spiritual dangers involved in switching off the mind, it is far better to use Biblical meditation, and experience even better physical relief as we leave our burdens in the hands of the true living God.

### 5. What's wrong with doing yoga just for exercise?

Yoga does not separate the physical from the spiritual, whether it is subtly or overtly expressed. One cannot ignore unintended spiritual influences from a genuine yoga instructor. Just because a beginner may start with purely physical exercises, doesn't preclude moving unknowingly into the spiritual.

### 6. If yoga can cure someone from asthma, isn't yoga to be recommended?

It is far better to choose a practice devoid of spiritual connotations, such as Buteyko breathing or even swimming. While yoga may have some positive health benefits, the negatives outweigh the positives. A major negative is yoga's power to capture the student's mind, blinding him to the possibility of being corrected and seeing more truth.

7. Aren't all religions really worshipping the same God?

As the attributes of the many gods differ so markedly, likewise the basic beliefs (e.g. salvation and heaven just to name two), the religions cannot possibly be worshipping the same God. Islam teaches that those who call Jesus the Son of God, will not go to heaven; Christianity teaches it is essential for the believer to proclaim the opposite. This is not a trivial difference; without Jesus Christ being God's Son there is no Christianity.

8. Can't I do yoga using the name of Christ and be safe?

Meditating on the person of Jesus, while the heart and mind are actively seeking Him, will bring us closer to God. At the same time we can hand over our stress and worries to Him. However this is not yoga. Yoga and Christian meditation can't be mixed. The use of the name of Christ as a mantra involves numbing the mind, and does not involve actively seeking Jesus, the person.

9. Can't yoga make me a better Christian, seeing that it advocates doing good?

Many people think that being a Christian is being a good person, and the addition of the moral teachings of yoga will make them an even better person. In truth, being a Christian is more than just being a good person. It is accepting forgiveness for our sin and acknowledging that without Jesus Christ we are nothing. Yoga on the other hand teaches that through being good, we can receive spiritual enlightenment, to the point of even becoming god, (the god within). The two are therefore opposing. Christians do good works because they love Jesus and want to obey Him. Yoga followers do good works because they are trying to be the very best they can be, without the need for a personal Saviour.

10. Does Satan really exist, or is Satan just a term used for everything that's evil in the world?

The Bible makes it clear that there are powers of darkness and light. Satan and his followers, called demons, are actual spiritual beings that have power. However powers of darkness can never defeat the powers of light: God the Father, His Son Jesus Christ and the Holy Spirit, and also God's angels.

11. Can evil spirits control a human life?

Supernatural events surrounding a person's life are the evidence of the presence of evil spirits. Examples of this are seen in those who practice Kundalini yoga. Not being under the protection of Jesus Christ makes a person vulnerable, especially if that person invites fellowship with such spirits through participation in evil practices.

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