



This subtle body is extremely complex, but can be superficially described as consisting of 72,000 invisible psychic channels called nadis, which constitute an other-dimensional body which directly corresponds to the physical or gross body.

"The subtle body is connected to the gross body at several points, with the seven predominant ones located at distinct points ranging from the base of the spine to the top of the head. These are called

chakras, and they are believed to control the various aspects of the consciousness of the individual. Physical yoga finds its most refined expression when it teaches postures which bring various channels within the subtle body into a specific alignment with one another, and thus alter the consciousness of the practitioner in a specified way." "Yoga," article by Spiritual Counterfeits Project, 1990

This article went on to state: "Whether or not this sort of thing is actually going on (and there seems no solid Biblical reason for saying it's not) it is important to understand that physical yoga, according to its classical definitions, is inherently and functionally incapable of being separated from Eastern religious metaphysics. The Western practitioner who attempts to do so is operating in ignorance and danger, from the yogi's viewpoint, as well as from the Christian's."

In summary, this all means there are spiritual dangers for anyone attempting Yoga, and there are potential emotional and demonic issues which should be avoided by anyone who really wants to please the God who created them.

Jnana Yoga

This is described as, "...putting an emphasis on knowledge, not just any knowledge, but insight into those eternal laws which lie beneath the surface facts of life. The student must polish his mind until it becomes a perfect mirror for the whole universe - the seen and the unseen ... for one who has an inclination toward science and philosophy, the yoga of wisdom through knowledge will have most appeal." "The Deceptions of Martial Arts," Fred Grigg, (Mandate Ministries) p24

Bhakti Yoga

This is "known as 'the way of devotion.' Bhakti Yoga majors on love and the surrender of self to the Supreme Spirit. This supreme spirit may be an 'incarnation of the god-head such as Krishna, (many yogis believe that Christ and Krishna are one and the same) a god realised man, or a mental image of a personal god. This is the way for those of a 'devotional nature' who they say find joy in being able to



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lose themselves in 'adoration to the Supreme Being.' This 'Supreme Being' is spoken of as the 'Light Bearer,' or 'Carrier of Light,' whom they unashamedly refer to as Lucifer! He is of course, none other than the Devil himself!" "The Deceptions of Martial Arts," Fred Grigg, (Mandate Ministries) p25

Karma Yoga

This is the 'path of action' and is supposedly the way for people who are 'moved by a passionate sympathy for the suffering and want to do something about it.' The understanding given by the Theosophical Society in Sydney (Australia) for this form of yoga was, quote, "...Mother Theresa would be a prime example of someone giving their whole life to Karma Yoga. She would be practising Bhakti Yoga in her devotional life, but primarily she would be a practitioner of Karma Yoga." Notice how subtly and how appealing are the explanations of the 'web weavers' of deceit, who are setting enticing traps for the unwary!

Raja Yoga

Raja Yoga is known as the 'Royal Road' and is often described as a 'Kingly Science.' Hatha Yoga is part and parcel of Raja Yoga. This form is said by many devotees to be the highest form of Yoga, hence the name Raja, meaning royal. However, many will dispute that their form of yoga is the highest form, e.g. the Hare Krishna people say that Bhakti Yoga is the ultimate way of achieving Krishna Consciousness. "The Deceptions of Martial Arts," Fred Grigg, (Mandate Ministries) p25

If you are looking for release from occult powers you must follow the following steps:

REPENT: Admit to God that what you have been doing is wrong. Ask Him to forgive you.

RENOUCE all the works of Satan in your life. Tell God (and Satan) that you have finished with every evil activity.

DESTROY all books, charms, ornaments and pictures etc., to do with the occult.

RECEIVE Jesus as your Lord and Saviour. Jesus is the name that demons hate and fear. With Him there is perfect freedom and complete safety from every evil influence.

"In honour of the name of Jesus all beings in heaven, on earth, and in the world below will fall on their knees, and all will openly proclaim that Jesus Christ is LORD (YHWH), to the glory of God the Father." (Philippians 2:10, 11, GNB)

"Have nothing to do with the things of darkness, but rather expose them." (Ephesians 5:11)

"Jesus said, "I am the way, the truth, and the life. No one comes to the Father except through Me" (John 14:6)



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