

incompatible with Catholicism. The Buddhist can find peace in harmony with the universe completely within him or herself. Christians know that true inner peace comes only when we are in harmony with God our Creator and our Savior. That is the **BIG** difference.

My concern with people who are practicing “innocent” yoga for the “exercise” is that they will not be able to separate the ritual from the practice that leads to meditation and self-realization.

There are a lot of good exercise systems out there that incorporate stretching and balance and that do not buy into the psychic baggage that is inherent in the practice of yoga.

Sometimes when we leave the door open **just a little bit** the devil can come in whether we invite him or not.

DEFINITION OF YOGA:

Yoga is a physical, mental, and spiritual discipline, originating in ancient India. The goal of yoga, or of the person practicing yoga, is the attainment of a state of perfect spiritual insight and tranquility while meditating on the Hindu concept of divinity or Brahman. The word is associated with meditative practices in Hinduism and Buddhism.

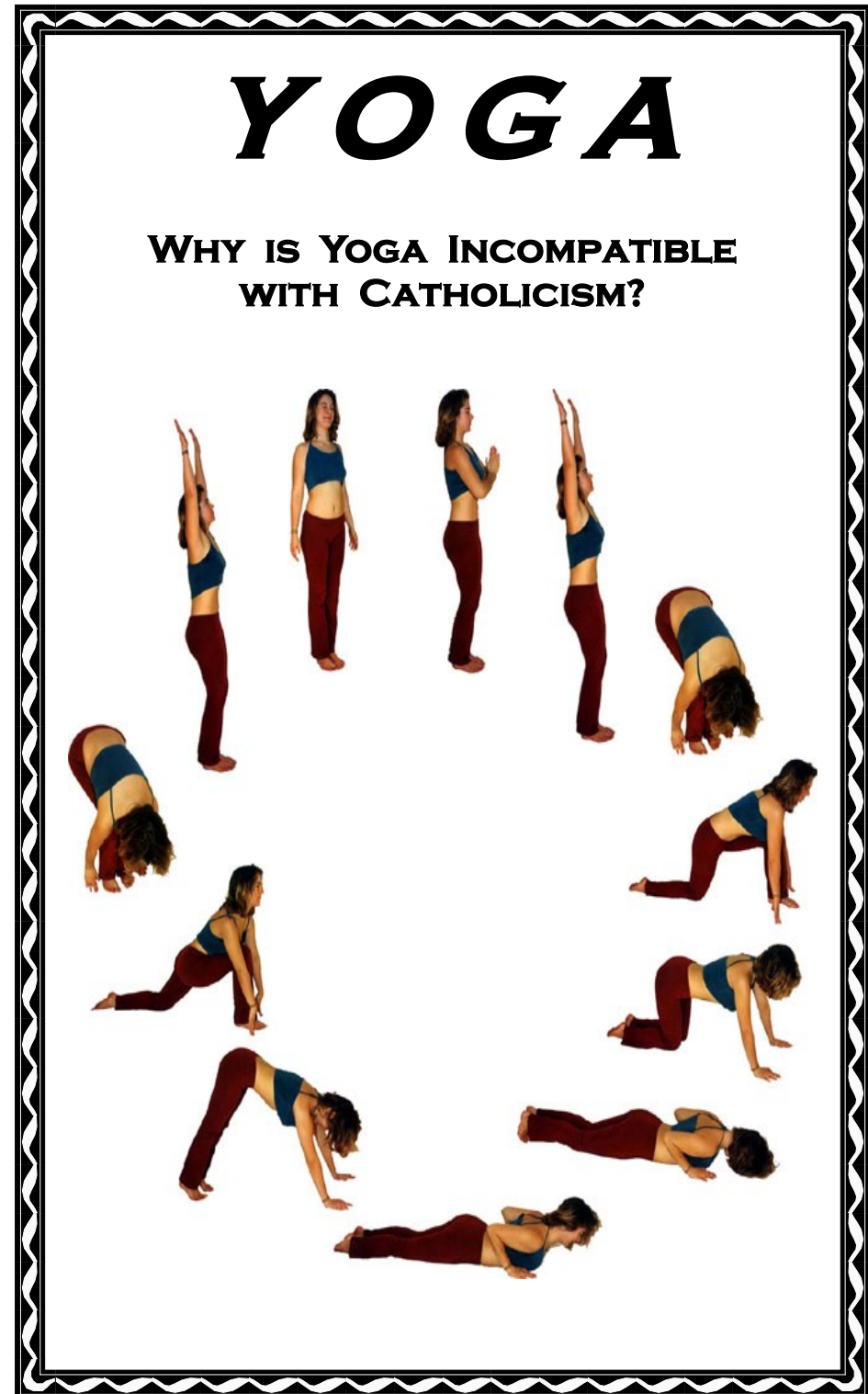
Fr. Gabriele Amorth, who for years was the Vatican’s chief exorcist has said yoga is Satanic because it leads to a worship of Hinduism and “all eastern religions are based on a false belief in reincarnation.”

The Rosary, Eucharistic Adoration, attending Mass are “stress relievers”. Those are habits worth cultivating. Perhaps even learning to chant the various litanies and the daily collects would put the practitioner into a state of irenic bliss as well as congruence with the mind of the Church.

******(excerpted from:<https://bostoncatholicinsider>)

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WHY IS YOGA INCOMPATIBLE WITH CATHOLICISM?

by Father John Hardon, S.J.

*Yoga is incompatible with Catholicism because the best known practice of Hindu spirituality is Yoga. "Inner" Hinduism professes pantheism, which denies that there is only one infinite Being who created the world out of nothing. This pantheistic Hinduism says to the multitude of uncultured believers who follow the ways of the gods that they will receive the reward of the gods. They will have brief tastes of heaven between successive rebirths on earth. But they will never be delivered from the "wheel of existence" with its illusory lives and deaths until they realize that only "God" exists and all else is an illusion (Maya). To achieve this liberation the principal way is by means of concentration and self control (Yoga).

Indian spirituality is perhaps best known by the practice of yoga, derived from the root yuj to unite or yoke, which in context means union with the Absolute. Numerous stages are distinguished in the upward progress toward the supreme end of identification: by means of knowledge with the deity; the practice of moral virtues and observance of ethical rules; bodily postures; control of internal and external senses; concentration of memory and meditation — finally terminating in total absorption (Samadhi), "when the seer stands in his own nature."

Although the psychic element is far more important in yoga than the body, the latter is more characteristic of this method of Hindu liberation. Its purpose is to secure the best disposition of body for the purpose of meditation. The practice begins with a simple device for deep and slow breathing.

Stopping the right nostril with the thumb, through the left nostril fill in air, according to capacity. Then without any interval, throw the air out through the right nostril, eject through the left, according to capacity. Practicing this three or five times at four hours of the day, before dawn, during midday, in the evening, and at midnight, in fifteen days of a month purity of the nerves is attained.

After such preliminary exercises, more complicated practices are undertaken, but not without the guidance of a professional yogin, called guru. The meditative phase begins with fixing the mind on one object, which may be anything whatsoever, "the sphere of the navel, the lotus of the heart, the light of the brain, the tip of the nose, the tip of the tongue, and such like parts of the body" or also "God", who on Hindu terms is the only real being who exists.

Gradually by sheer concentration of attention; the mind reaches a state of trance, where all mental activity stops and the consciousness rests in itself. The state of Samadhi is the culmination of yoga and beyond it lies release. The life of the soul is not destroyed but is reduced to its "unconscious and permanent essence." *(excerpted from www.catholiceducation.org)

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**One woman writes: From what I have read about yoga, in the minds of most practitioners and teachers, it is not possible to separate the physical posture from the "intent", which is a state of "mindfulness" through self-fulfillment and enlightenment. Some postures and gestures have great meaning for us as Catholics, such as the Sign of the Cross and genuflecting. They mean something, and we cannot divorce the posture or gesture from its meaning. It is difficult to understand how people say that they can practice yoga and divorce themselves from the meaning. The "sun salutation", for example, is a form of sun worship, with a mantra said at each of the twelve positions.

The main purpose of Buddhist meditation is to focus inward, on self and on achieving unity with the universe. The main purpose of Catholic Christian meditation is to focus on the mysteries of Christ and on our salvation. There is no divine savior in Buddhism, which is what makes Buddhist practices