

## **YOGA—YOGA EXERCISES—CLEANSING AYURVEDA THE ANCIENT HEALING TRADITION OF INDIA-PART II**

Forty years in the past yoga was an activity that most Americans considered as Hinduism and associated with pagan idol worship. The Christian community tended to consider its practice as a denial of faith. In the intervening years many Americans has been conditioned to accept it as a healthy part of Christianity. The term “Christian Yoga” is often heard or read. Its practice has spread through clubs, sports, schools, television, businesses, churches, youth groups, medicine, entertainment industry, and for many individuals simply a practice at home. It has even been especially prepared and presented to the very young and promoted as a “family activity.” Yoga has moved into wellness programs primarily through yoga exercises which have become popular in many churches, especially with young women.

Has the Christian community carefully analyzed yoga and found it to be an appropriate adjunct to the Judeo-Christian doctrines? Has there been any concern that it might be a “wolf in sheep’s clothing?” Some pastors give warnings about its practice, while some others are encouraging its practice? We need to look carefully at the origin of yoga and its place and purpose in the Hindu worship for the past 3500 years. Then we need to answer the question, is its use safe for the Christian? Read carefully this chapter and learn more about this controversial subject.

### **YOGA**

Yoga is an intrinsic part of Hinduism. Laurette Willis, who was led into New Age occultism through yoga and was then delivered through faith in Christ and obedience to God’s Word, explains:

The goal of all yoga is to obtain oneness with the universe. That’s also known as the process of enlightenment, or union with Brahman (Hinduism’s highest god). The word “yoga” means “union”, or “to yoke”...Yoga wants to get students to the point of complete numbness in their minds (to open them to this force). God on the other hand, wants you to be transformed by the renewing of your mind through his Word.<sup>1</sup>

We read an opposing viewpoint:

Yoga is a science as well as a method of achieving spiritual harmony through the control of mind and body. The *asanas* (yogic postures) and *pranayama* (breath control) are practices that not only help us to acquire perfect health, but also develop the inner force that enables a believer to withstand stressful situations with a calm and serene mind.<sup>2</sup>

B.K.S. Iyengar, the founder of Hatha Yoga (used in the U.S.), makes the following statement regarding the goal of yoga,

...the means by which the human soul may be completely united with the Supreme Spirit pervading the universe and thus attain liberation (escape Reincarnation)... *Yoga Journal*, May/June 1993, p. 69.

Yoga is an ancient physical practice of postures and movements established to *join* the mind, body, and spirit. Yoga means to hook up, to join, to unite. The primary purpose of posture and movement of yoga is to facilitate the flow of energy through the body and chakras, especially kundalini energy. As stated previously yoga is associated with meditation like a glove is with the hand. Dr. Khalsa tells us in *Meditation as Medicine* that he combines yoga with meditation to obtain a more powerful response in healing.

Swiss psychiatrist C.G. Jung, a spiritist and anti-Christian, brought yoga to the West nearly ninety years ago and was a devotee of it. He strongly emphasized that the spiritual cannot be taken out of it, see quote below.

The numerous purely physical procedures of yoga (unite) the parts of the body... with the whole of the mind and spirit, as...in the pranayama exercises, where prana is both the breath and the universal dynamics of the cosmos...the elation of the body becomes one with the elation of the spirit.... Yoga practice is unthinkable, and would also be ineffectual, without the ideas on which it is based. It works the physical and the spiritual into one another in an extraordinarily complete way.<sup>3</sup>

Later, Yogi Paramahansa Yogananda popularized yoga in this country in the latter part of the 20<sup>th</sup> century by introducing it as science in the guise of health enhancement. Yoga was presented as a purely physical practice non-related to religion. Hatha yoga, often considered only as physical yoga, has for its center of instruction the "Temple of Kriya Yoga" in Chicago. Yogananda initiated approximately 100,000 people into Kriya Yoga (or Hatha Yoga) for the purpose of "self-realization" (to realize one's oneness with God). The leaders in this movement have been "Yogi's," or holy men.

These techniques were all precisely developed over centuries to induce subtle changes in states of consciousness leading to "self realization." They were not developed for physical benefits.<sup>4</sup>

Medical newspapers and journals frequently print articles reporting yet another medical condition that improves with the use of yoga and/or meditation. A government survey of 31,000 adults revealed that eight percent of Americans use yoga as an alternative medical therapy. As of 2004, Wal-Mart web site listed 990, and Target's, 4235 yoga products for sale.<sup>5</sup> Richard Hittleman a leader in the "physical yoga" movement in the USA makes the following comment:

...as yoga students practiced the physical positions, they would eventually be ready to investigate the spiritual component which is "the entire essence of the subject."<sup>6</sup>

Yoga is sweeping the West. Multiple millions practice yoga not intending to embrace Hinduism, yet using the fundamental tools of Hinduism and placing their minds under its influence. They do not contemplate on God while in yoga meditation. Instead, they try to empty their minds of all thought, or concentrate on a single thought so as to achieve mental rest or “passivity of mind”. The end result, however, allows opportunity for Satan to control one’s mind. We are to contemplate on God through prayer and study scriptures of the Bible, while inviting the Holy Spirit to direct our thoughts.

Yoga is also a commercial business. Consider the financial impact of this movement:

Nationally, Yoga is a 22.5 billion dollar industry. Advertisements for yoga books, videos, clothes, wellness retreats and even yoga business training classes can be found in the back of magazines such as Yoga Journal, and the phenomenon is now reaching into the mainstream. ...35 million Americans who will try yoga for the first time this year. Once confined to New Agers with an interest in Eastern spirituality, yoga is catching on among young men, fitness fanatics, aging baby boomers and other unlikely enthusiasts who claim the mind body practice does everything from healing illness to tighten abs.<sup>7</sup>

Contrast yoga meditation with Christian meditation which really is best called *study*, or *contemplation*. The Christian attitude is that of allowing God to direct his thoughts and life. He does not look inward in an attempt to raise his divinity to godhood, but outward and upward to the Creator God as the source of power and redemption. This is directly opposite to Ayurvedic principles. Can one take a fundamental act and practice, physical and mental, from a pagan religion (Satan’s ground) and make it Christian? The “*Christian Yoga*” term is an oxymoron. As the Hindu Holy men tell us we cannot take yoga out of Hinduism nor can you take Hinduism out of Yoga.

Reflecting upon the subject of meditation and yoga in the 1950’s, I cannot remember that the subject was ever thought of or considered Christian compatible by people with whom I associated. In the 1960’s a change was observed occurring on college campuses, such as style of dress, long hair on men etc. Standards were changing and to a person not involved in the culture change of the youth it was not well understood. Many influences were creating the outward changes we were seeing and most of us did not understand what was happening. One of the greatest influences for change came from the influence of psychedelic drugs and the popular music of the period. Timothy Leary is a name that comes to mind when this subject of psychedelic drug use is mentioned. He championed the use of LSD; other substances such as peyote, Marijuana, amphetamine were easily available. The mind trips experienced with these substances blew away old norms and created a desire for ever expanding “consciousness.” Drug using musicians; Presley, the Beatles, Rolling Stones, and many other music groups came on the scene captivating the youth and opening up the drug use as nothing else could do. This was a stepping stone to even more exhilarating practice of yoga and the “trips” that could be taken in this manner without purchasing drugs.<sup>8</sup>

The Beatles spent time in an *ashram* in India learning meditation and yoga then returned to the music performance circuit, promoting yoga. They had learned that mind trips, equal and beyond what drugs give, could be experienced by yoga without drugs. Yoga was now on a roll. Meditation and yoga is not a novelty any longer, it has gone “main-street” even in many of our

leading hospitals. An altered state of consciousness is a prerequisite to experience mind trips and obtaining a "spirit guide."

In view of the nonphysical nature of consciousness, it is intriguing that those who practice divination techniques for initiating contact with "spirit" dimension all agree that the secret is in achieving the requisite state of consciousness through drugs, yoga (other forms of Eastern meditation), hypnosis, and mediumistic trance. It is not surprising, then, that this "altered state of consciousness" and the contact it brings with "spirit guides" has always been the traditional shamanistic method of achieving paranormal or psychic powers. It has also often opened the door to what has become known as possession.<sup>9</sup>...

### YOGA EXERCISES

Yoga is an act whereby a person assumes a physical posture in Sanskrit called "asana." There are more than fifty different postures in yoga. The purpose of yoga is to facilitate liberation from reincarnation (rebirth) as taught in pagan religions and yoke (yoga) together the individual soul with a pagan Deity. By the practice of yoga the agitated mind is said to be brought under control. In the meditation-yoga system the mind is controlled by focusing on obtaining to Samadhi, Lotus, Supreme Self, godhood. At this level of attainment in meditation and yoga, the individual knows that he is a real entity having a life that will go on in spite of the destruction of the body. Meditation is an integral part of yoga practices and all that has been said about meditation is equally applicable to yoga. Szurko, an ex-yogic master, explains:

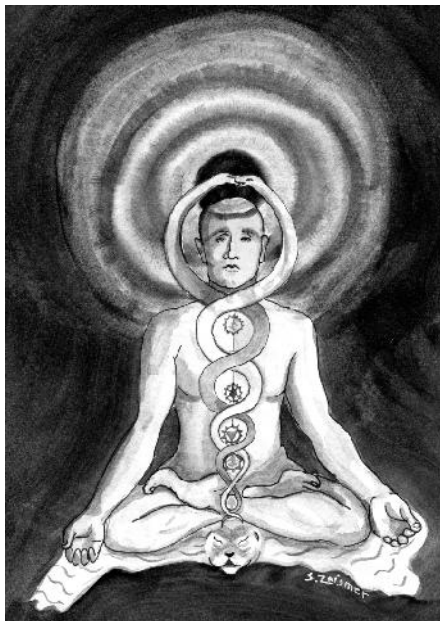
The importance of asanas (physical postures), Pranayama (breath control) ...to the yogi pursuing liberation lies partly in the belief that the body is the microcosm of the universe; that is to say, whatever exists in the universe may be found in the body, which is a "universe in miniature." Thus the yogi finds within himself all bodies; all truth; heaven and hell; all the expanses of space and the whole of time as well as of eternity; spirit, the gods, and Deity

The knowledge of the universe is to be found in Self; all healing is to be found in Self. Yoga is less of a treatment for illness and more for preventative measures. The Hindu believes that yoga exercises decreases congestion and blockage of energy and facilitates its flow. Sitting straight during meditation or even without meditation, it is believed, will allow for release of the congestion and blockage of the universal energy making it flow smoothly through various organs. These exercises are supposedly to stimulate the "*chakras*" which in turn allows the energy to flow freely and maintain health.

The above concept has been accepted by western mysticism and magic in whole and forms the philosophical basis of most alternative medical therapies yet to be discussed.

The positions of the yoga postures are important in its concept because each position is proclaimed to direct prana or universal energy to specific parts of the body. In Hatha yoga the spine is to be kept straight so that the latent kundalini, or serpent force, supposedly coiled up at the base of the spine from birth, will be able to ascend through the chakras (energy centers of Hinduism) toward the top chakra. All of these acts are directed at "stilling the mind." Hatha yoga is the most popular in the US. "Ha" means sun and "tha" is moon. Breathing through the nose in the left nostril will bring in the moon energy and in the right nostril the sun energy. Both

sun and moon energy then travel downward through special (nonexistent) passages, one on each side of the body, and go to the bottom chakra at the coccyx area. This energy will then ascend up through the body by the help of yoga postures and exercises until the energy comes into full force at the top chakra, signifying that eternal life has been attained.



### **Kundalini -- serpent power**

*Let Us Reason Ministries* placed an article about yoga on the Internet entitled “Yoga Today’s Lifestyle for Health.” The author of the article, once a practitioner of yoga, tells of becoming involved in yoga meditation as a result of practicing the yoga exercise positions. He cautions us that the physical yoga is not separate from the whole of Eastern Metaphysics.

How popular are yoga exercises? *Let Us Reason Ministries’* article on this gives just a glimpse of the interest.

Hatha yoga exercises are taught as part of YMCA physical education programs, in health spas and given as physical exercise on TV programs. Eighty percent of clubs now offer yoga classes. Yoga is also incorporated into institutional and liberal churches on the assumption that these techniques are nothing more than benign physical exercises which condition the mind and body. It has come in under the guise of stress reduction. Touted as scientifically proven is more an assumption that is really at worst, a presumption.<sup>11</sup>

The response that so often comes from participants of yoga exercise is that they are only doing “stretching exercises.” What could be wrong or dangerous with that? The answer is given by the author of the article submitted by *Let Us Reason Ministries*:

The poses that they so diligently practice in their stretching are named after Hindu Gods, and what one is actually doing, is calling on them. In that

worshipful pose, they are bowing and for all intents and purposes worshipping that god. Our God says: 'You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God.'<sup>12</sup>

Another Yogic or Hindu mystic, Sri Aurobindo taught that all yoga, including Hatha yoga, "has the same goal-unity with the Supreme." Many people think they are just taking a physical fitness activity when they join a yoga exercise group. The Master mystics and the Yogics tell us you cannot separate the physical from the spiritual. Szurko an ex mystic says:

When I taught yoga, it became apparent that for many people the spiritual dimension of the discipline was self-manifesting-it could be ignored at first, but not for long.<sup>13</sup>

I quote Yogi Ramacharaka:

The beginner will also do well to study 'Hatha Yoga' in order to render his physical body healthy and sound and thus give the spirit a worthy Temple in which to manifest.<sup>14</sup>

Theos Bernard, states:

...Great Masters, through the potency of Hatha Yoga, breaking the scepter of death, are roaming in the universe.<sup>15</sup>

Combined with yoga exercise is the emphasis placed on breathing. In Eastern medicine this is paramount. Air (*prana*) is believed to carry the universal energy, (life force), into an individual, and breathing in a certain manner (through the nose) increases the amount of this universal energy, intelligence, consciousness, or creative principle in a person. Ramacharaka also tells us:

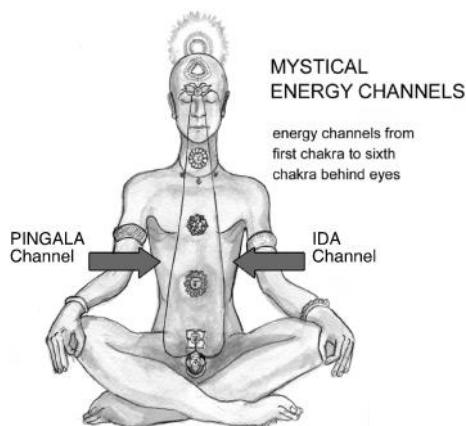
The Yogi practices exercises by which he attains control of his body, and is enabled to send to any organ or part an increased flow of vital force "prana," thereby strengthening and invigoration the part or organ...He knows that by rhythmical breathing one may bring in the unfoldment of his latent powers. He knows that by controlled breathing he may not only cure disease in himself and others, but also practically do away with fear and worry and the baser emotions.<sup>16</sup>

*The Complete Illustrated Encyclopedia of Alternative Healing Therapies*, tells us,

The exercises of yoga are *all* designed to direct the flow of 'prana' and to release the body's internal energy to create spiritual awareness. Yoga is thus a form of preparation of the mind, body, and spirit, which must be unified through conduct, right-thinking, and meditation, before the ultimate merging of the self with the universe, or the totality of all that is – the equivalent of God or the Hindu goal of "nirvana." In this wider context, the postural and breathing exercises of "hatha" yoga are simply a means of promoting meditation and internal balance, through which the final goal of "oneness" can be achieved.

“Hatha” yoga is a yogic system in its own right, although in the West emphasis is generally placed on its exercises.<sup>17</sup>

Taking air in through the right nostril is said to be breathing in the *sun* energy. Breathing through the left nostril is said to be breathing in the *moon* energy. In the nostrils are believed to be two channels for carrying universal energy. These channels are called *ida* (left) and *pingala* (right) and are believed to start at the nostrils and go down to the lower end of the spinal column. They are said to be related to the activities of the lunar and solar forces in the body. The mystic moon of the body (microcosm) is said to be located in the head, pouring with its milky rays the elixir (amrita) which serves the channel *ida* on the left side of the body, etc. The antagonistic principle of devouring solar heat is supposed to be situated at the lower pelvis area of the body.<sup>18</sup>



### Man in yoga position with IDA AND PINGALA

Hatha Yoga, by definition, means *union of sun (ha) and moon (tha)*. At a little higher level of yoga called “pranayama” the two channels in the nostrils become stimulated and union of the two breaths takes place at the “agya,” the important chakra between the two eyes. One set of yoga exercises called *Surya Namatura*, (Salutation to the Sun) is a set of easy movements and postures not held as long as most exercise postures. These exercises present a:

Spiritual salutation to the rising Sun the source of all energy for life, and are found in many religious and pagan societies.<sup>19</sup>



### An artist's depiction of yoga exercises

Hinduism teaches that there is a great “latent” power within each person. Said to be located at the base of the spine, it is called *kundalini*, also referred to as “the serpent power,” as this is the definition of this Sanskrit word. To attain god-hood this *serpent power* must be awakened and moved up the body through the Hindu chakras to the highest one at the top of the head. The movement of this kundalini is believed to be accomplished by practicing meditation and yoga. Yoga asanas (postures) and exercises were designed to force flow of this serpent power up through the chakras and the body to the crown chakra on top of the head. The exercise positions are specifically designed to be snake-like in motion and are named after Hindu gods. One such position is called *the cobra*. Along with the positions of the exercises, great emphasis is placed on breathing. Remember *prana*, the *universal energy* of Hinduism, is believed to be in the air we breathe. In so-called Christian yoga (an oxymoron), there may be practiced what is called the breath prayer, a pagan practice given a Christian name, not unlike the centuries wherein paganism entered the church by simply giving Christian names to pagan customs.



**Cobra position**

When the universal energy delivered to the body by breathing has traveled to the lower chakra, it will begin to ascend in an undulating manner, going through the chakras until it reaches the seventh crown chakra at the top of the head, whereupon one receives *immortality*. This may take many lifetimes to accomplish.<sup>20</sup> Yoga is a counterfeit of being yoked to Christ.



Come unto me, all ye that labour and are heavy laden, and I will give you rest.  
 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and  
 ye shall find rest unto your souls. For my yoke is easy, and my burden is light.  
 (Matthew 11:28-30).

Spreading across the world like a forest fire is the popular activity of yoga exercise and the breathing exercises that go with them. There may or may not be meditation involved, but most formal yoga sessions end with a few moments of meditation. This can easily lead to spiritualism experiences. Because the spiritual philosophy that is a part of Hinduism is not presented in a verbal manner with yoga exercises or with meditation, people totally disassociate the Hindu religion and its “world view” of man’s origin, from doing the yoga exercises. Yoga exercises are alleged to be purely physical with no mysticism involved. Yoga is yoga, and those various movements and stretching are designed to raise *kundalini* up through the chakras to join with the universal god of Hinduism. Partaking of these exercises places oneself on *Satan’s ground*. He has used such activities for more than three thousand years and for his purposes only. Will we move his counterfeit system into our lives and into the church as paganism moved in during the 4-5<sup>th</sup> centuries, and call it *Christian*? An ex-Hindu Guru, now a Christian, has stated a very clear truth about the influences of participating in yoga. He said:

There cannot be Hinduism without yoga and there can be no yoga without Hinduism.<sup>21</sup>

The highest goal of the Eastern religion is to realize *one’s own divinity, to make contact with the spirit gods, and to escape the cycle of reincarnation* by joining the spirit world. These religions teach that this goal can be accomplished by our own works, not necessarily by good deeds but by practicing meditation and yoga and its exercises. These practices were designed for these religions (by Satan’s directions) to facilitate an alteration in one’s state of consciousness wherein Satan can exert his power over them and lead the person to believe he has attained godhood and will at death join the spirit world.

To participate in these practices is to accept the foundation pillars of Hinduism. It is akin to dancing around the tree of knowledge of good and evil, and since it seems safe, eventually the urge to reach out and touch and eat of its fruit is too strong a temptation to resist.

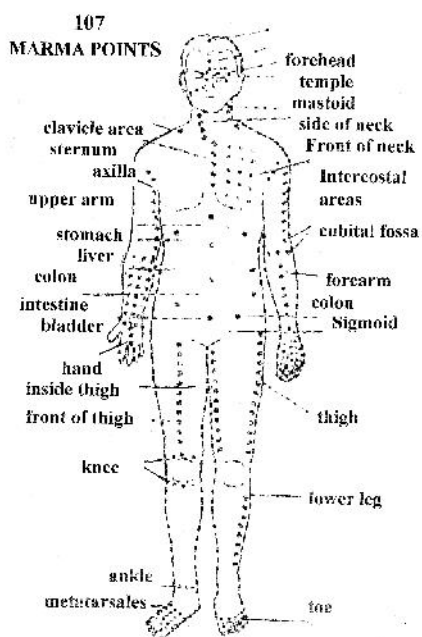
## MESSAGE

Ayurveda teaches that the body has special channels which not only carry nutrients throughout the body, but additionally conduct subtle energies which link mankind with the cosmos. Disease in Ayurveda medicine is said to be determined by knowing which of these channels is affected. Massage and yoga exercises are used to open these channels when they are blocked or are not flowing freely. The congestion of these channels is considered a source of disease.

In Ayurveda it is taught that there are one hundred and seven points on the body called “trigger points” (or *marma points*), and that by massaging these points we are able to facilitate the flow of energy that may be stagnant, blocked or in some way congested. By massaging specific *marma points* with *essential oils*, then there is free flow of energy (prana). Different

types of **essential oils** are used for different types of illnesses, and, in turn, these oils will be chosen for application to particular trigger points. The various trigger points are said to be associated with particular areas or organs of the body. None of the above comments is substantiated by science.

It is very important to understand that the “trigger points” in Ayurvedic medicine should not be confused with the expression “trigger point” as is used in today’s conventional practice of medicine. A very frequent complaint encountered in family practice is a localized point of pain on a specific muscle. Examination will reveal a firm, tender nodule in the muscle. A “twitch” of the muscle group will occur when the tender nodule is touched or pressed on. The cause of the nodule is most likely a section of muscle fibers in constant contraction. It can be very painful and can last days, weeks or even months. There are various methods of treatment. Firm pressure held on the tender nodule for ten minutes may alleviate it. Injecting the nodule with a local anesthetic may also bring relief, and use of ultrasound over the nodule works well. I have personally treated hundreds of these tender nodules. They have no relationship to the “marma points” of Ayurvedic medicine.



**marma points**

Through memory of past emotional experiences, the Hindu believes we sometimes adopt postures and physical behaviors which create congestion of prana. Massage, above all else, involves the movement of energies, relieving congestion, thereby supposedly rejuvenating the mind-body.

Essential oils (oil of a plant) are extracted from plants having specific aromas and are placed on specific marma points and massaged into the skin. Different marma points may require

specific oils applied when massaged. These oils are used because they are believed to contain “spirit”—universal energy of high frequency.

In Ayurveda, food also imparts universal energy (prana) to the body. The diet philosophy is complex. There is a strong bent toward vegetarianism. Another Eastern religion diet, the Zen Buddhist macrobiotic diet, consists of seven steps, with progressive restriction of diet choices. It is believed that food brings a type of energy (universal energy) apart from the energy obtained from the metabolism of food. It is also believed that foods of animal origin are stronger in rajas–tamas, yin–yang, and fruits and vegetables are more neutral in yin–yang and do not upset the energy balance, thus an additional reason for the choice of vegetarianism.

One may hear of “*live enzymes*,” which can refer to the enzymes of plants unaltered by heat, or to the universal energy believed to be carried by the enzymes and not a biochemical condition of the enzymes. Our bodies produce all of the appropriate enzymes we need and it is not necessary to assimilate “*live enzymes*” from plants for proper metabolism. The enzymes in plants are for facilitating the biochemical actions in the plant and do not function in our biochemical reactions. Previously stated in chapter five also mentioned the choice of vegetarian diets due to the belief that eating plant food facilitated receiving energy from higher levels, or planes, which are then transferred to an individual’s higher planes of energy.

## HERBS & MINERALS

The use of herbs has been a fundamental practice in all ancient health and healing systems. Herbs are considered helpful in “bridging” the cosmic energies which are said to be internal and external to the body. In Ayurvedic practice, herbs are always to be used in conjunction with meditation, diet and other Ayurvedic approaches to health. According to these theories benefit from herbal therapy will depend upon it being added to other therapies; also, we must acknowledge the *consciousness* of the plant or it will be of no value or effect on us. Little to no benefit is to be expected when it is used alone.<sup>22</sup> A later chapter “Mystical Herbology” will enlarge on use of herbs in Ayurveda medicine.

**Aromatherapy** and the use of **essential oils** are very popular as a method of influencing universal energy within a person. The aroma is obtained by using oil concentrates of flowers and plant substances. It can be applied as an oil or placed in vaporizers and diffused through the air. Many times plants are placed in water, and then placed in the sunshine for several hours. Sunlight is supposed to increase the “essence” of the plants. They are then processed by steam distillation or other methods of extraction into oils which are usually rubbed into the skin. This is one more way in which it is believed that the universal energy (prana) is absorbed by the body. This subject will be dealt with in detail in a later chapter.

## PANCHAKARMA : CLEANSING–PURIFICATION

Disease, by Ayurveda understanding, is the result of an abnormal accumulation of dosha (yin–yang) energies in the tissues of the body. One very interesting part of the Ayurvedic healing system belief is *panchakarma*, or purification treatment. It is believed that cells in the

body contain residual impurities deposited in them as a result of improper digestion. The goal of purification is to rid the body of *ama* or impurities which imbalance doshas.

Ayurveda teaches that there is a “fire” in the body (called *agni*), which we call “metabolism,” that drives all of the vital chemical processes. It directs and supports digestion. If digestion is impaired by too little *agni*, or for any other reason, then impurities (*ama*) are produced. The *ama* is supposedly a *white sticky substance* (not recognized by scientific medicine) that is absorbed by channels (non-demonstrable by the anatomist), spreads to the tissue of the body, and if not cleaned out, often develops disease by causing imbalances of the dosha energies. The diseases might be called gallstones, cancer, heart disease, etc. Ayurveda recognizes two types of disease—outside disease and inside disease. *Ama* is said to be the root of all inside diseases.<sup>23</sup> The purification procedures are used both as preventative and restorative therapy.

The five cleansing therapies of Ayurveda are:

- (1) Nasal administration of substances that are believed to clear out the imbalanced doshas, or energies, from the head and neck area.
- (2) Emetics to induce vomiting, which clears the energies from the lungs and abdominal area.
- (3) Laxatives and strong purgatives to cleanse the blood, liver, spleen, small intestine and sweat glands.
- (4) Medicated enemas to cleanse the colon, rectum, lumbar-sacral region and bones of excess energies. “Ayurveda regards medicated enemas (Ayurveda lists over 100 different ones) as the most important purification method of all, because of the importance of the large intestine in health and disease.” The loosened doshas (*yin–yang*, *rojas–tamas*) are believed to be washed out through the intestinal tract.
- (5) Bloodletting had long been a practice in Ayurveda until a change (140–150 years ago) when using herbs was substituted for taking blood. The concept behind drawing blood was that it eliminated toxins and excess energies from the blood, lymph, and deep tissues. The purpose for bloodletting was to treat skin disorders, enlarged liver and spleen, gout, fevers, abdominal tumors, jaundice, etc. There are other cleansing practices such as the topical application of plasters and herbal pastes, etc. Bloodletting has nearly ceased and herbal use has been substituted in its place.

Ayurveda medicine is strongly connected to astrology, teaching that: ... For this reason, the zodiac was used in determining which area of the patient’s body should be bled.

The sun and moon have the strongest influence on health and healing and their movements indicate changes not only in the seasons but in human health and behavior.<sup>24</sup>

Another believed-in (supposed) cleanser is urine, applied topically, by drinking, by enema, and even by injection into the body.

In traditional Ayurveda, alcoholism, poor appetite, nausea, indigestion, ascites (free fluid in abdominal cavity), and edema are treated with goat feces washed with urine; constipation is treated with a mixture of milk and urine; impotence is treated with 216 kinds of enemas (some including the testicles of peacocks, swans, and turtles); and epilepsy and insanity are treated with ass urine.<sup>25</sup>

These remedial substances were administered in enemas. Urine is the body's process of elimination of a multitude of waste chemicals. To drink or use urine waste in any way is simply putting back into the system a concentration of impurities. I have systematically presented the fundamental principles in Ayurvedic medicine because even today these practices are commonly promoted. It is common to hear of coffee or medicated enemas, or an electrical machine, repeated enemas, herbs, etc., to remove toxins caught in body tissues. Various cleansing practices of Ayurveda are accepted and used by many who have no idea of its origin.

In the practice of panchakarma (purification) in Ayurveda, the organs selected for stimulation to supposedly facilitate the removal of toxins from the system, are not all organs science recognizes as designed to eliminate impurities and toxic substances from the body. Ayurveda sometimes may apply irritating and/or toxic substances to the sinuses, stomach, lungs and intestines, which in turn causes them to secrete mucus and fluids, to vomit, or to have bowel movements. This is not a process of ridding the system of impurities; it is a method of adding impurities, which in turn causes the body to react.

The sciences of anatomy and physiology recognize the function of the lungs, kidneys, liver and skin as the prime organs for processing and eliminating toxins from the body. The intestinal tract is not a prime detoxifying organ. However, it does carry out of the body the detoxified impurities discharged from the liver. Our bodies also need fresh air, water, and exercise to facilitate the elimination of toxins.

The following comment states:

In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.<sup>26</sup>

## **SEVENTH-DAY ADVENTIST DIETARY REGIMEN**

A simple approach to cleansing follows: Eat a non-refined plant food diet; drink at least 5–6 glasses of water per day; breathe clean fresh air; exercise an hour per day, and bathe daily. Abstain from coffee, tea, alcohol and tobacco. In addition, it is prudent to be regular in habits of sleep, rest, and eating. Allow for five or more hours between meals, with nothing at all except water between meals. The fiber in a non-refined diet of plant foods will absorb many chemical by-products from the bowel and will promote elimination. There are several thousand types of phytochemicals in plants and some counteract various types of toxins. With this approach, the

skin, lungs, kidneys, bowels and liver are able to function at their best so as to eliminate impurities.

A fast for a day or even up to three days will allow the eliminating organs to neutralize and rid the body of substances we do not want in our systems. In the case of heavy metal poisoning such as lead, medical care is indicated.

I will share with you a clinical “gem” for promoting bowel function and avoiding constipation that I shared with patients in my medical practice. When first arising in the morning, drink two or three large glasses of quite warm to near hot water. It must be drunk as a bolus and not in sips. Do not eat any food for at least fifteen minutes. This is most effective with a high fiber diet for bowel regularity. Do this daily for the rest of your life. I have had patients tell me that this solved their life-long problem with constipation.

## COMPARISON OF HINDUISM’S AND THE BIBLE’S PLAN OF SALVATION

The path for the Hindu to reach nirvana, (spirit heaven), is by meditation—yoga, visualization (see next chapter), and with clearing the chakras by cleansing techniques such as nasal irrigation, cathartics, purgatives, and repeated colon irrigations. This is a self—works method, a counterfeit of the Bible’s plan. The holy scriptures guide us to seek God through prayer and a mental process that is active and guided by the Holy Spirit; facilitated by the imagery of the Bible to point our minds to the great saving truths found in the scriptures. The Hindu looks to his various “cleansing” techniques to clear the spiritual impurities so as to better move energy through his chakras which he believes will then carry him into the spirit world of nirvana. In sharp contrast, the Christian by faith trusts in the *merits of the shed blood of Jesus Christ* to cover (cleanse) his sin and be accepted into heavenly paradise by God the Father.

And one of the elders answered, saying unto me, What are these which are arrayed in white robes? and whence came they? And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of great tribulation, and have washed their robes, and *made them white in the blood of the Lamb*. Therefore are they before the throne of God, and serve him day and night in his temple: and he that sitteth on the throne shall dwell among them. Rev. 7:13-15

And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night. And they *overcame him by the blood of the Lamb*, and by the word of their testimony; and they loved not their lives unto the death. Therefore rejoice, [ye] heavens, and ye that dwell in them.... Rev. 12:10—12 (emphasis added)

## CONVENTIONAL SCIENCE VS VIBRATIONAL MEDICINE

For the past three centuries the discipline of *science* was developed by experimenting, measuring, analyzing and reproducibility. Conflict in beliefs occurred between the proponents

of universal energy, vitalism, life force, etc. and modern science. The characteristics of the universal energy could not be measured, demonstrated or explained by the known laws of physics. When electricity was discovered, and its laws of action understood, the proponents of universal energy felt that life force energy would now be demonstrated and explained to the non-believing skeptic scientists. It did not work out that way and there is still a gap in belief between the two.

In recent years, instruments for testing electricity and electro-magnetic energy fields have been greatly expanded and have become more sophisticated. Still, scientists cannot find common ground with those believing in, and teaching the universal energy hypothesis.

The scientist who believes in Eastern mysticism and energy hypothesis presents his work as proof. Points of “proof” proclaimed by universal energy adherents, are:

#### **A. Auras:**

All living things (people, plants, animals, etc.) are made up of a complex combination of atoms, molecules and energy cells. As these ingredients coexist, they generate a large magnetic energy field that can be sensed, felt and even seen around the physical body. This energy field is often called an Aura.<sup>27</sup>

Are there energy fields around the human body? Yes, sort of; but there are energy fields almost everywhere. The body’s energy fields are commonly measured by medical devices such as electrocardiograph, electroencephalograph, or electromyography. To obtain a measurement with these devices, it is necessary to either insert needles into the skin to make electrical contact, or sandpaper the skin to prepare it for the application of an electrode that can pick up an impulse that reveals the electrical field. If either of these methods is not used, the machines will not be able to detect an electromagnetic field.

Physics has some very advanced equipment. We can, for instance, measure one quantum of electromagnetic flux. That’s more than a million times more sensitive than living tissue. After all, life as we know it is always warm and wet. Devices don’t have that constraint. We can make devices out of poisonous metals. We can cool them to hundreds of degrees below zero, to make them superconductive.

Even if the human nervous system turns out to be a thousand times better than I think, devices would still be hugely better at measuring energy fields.<sup>28</sup>

The human body has been measured with powerful machines that would detect an aura if such existed. The MRI machine is composed of extremely powerful magnets. When they are turned on the hydrogen atoms in a person’s body shift in position and when the magnets are turned off the hydrogen atoms return to prior position. The movement of the hydrogen atom creates an electrical force that is measured by the instrument and the computer converts the information into a picture of the body’s anatomy. No auras have been detected by MRI machines.

## **B. Kirlian photography:**

In 1939, in Russia, Semyon Kirlian discovered by accident that if an object placed on a photographic plate was subjected to a high-voltage electric field, an image would be created on the plate. The image, though somewhat non-discreet and fuzzy, was accepted by believers in auras as proof of an *aura*.

This phenomenon has been shown to be the result of moisture, or gases around the test object, reacting with the generated electrical field and therefore reacting on the photographic plate. When Kirlian photography is done in a vacuum where no moisture or gases can exist, the “aura” vanishes from the photographic plate. (Hines 2003). In spite of the scientific explanation, Kirlian photography is still referred to as *proof* that auras surround living and non-living objects.

## **C. Radiating energy fields are said to be projected from the hands:**

James L. Oschman, in his book *Energy Medicine the Scientific Basis*, makes the comment that energy fields can be detected around the hands of “suitable trained therapists.” Another author states that these same phenomena can be measured on “sensitives” but not on non-sensitives. (As an illustration of energy radiating from hands, Oschman uses the story of Mesmer and his power of healing as done by magnets and then as he changed to using only his hands for healing. See chapter on hypnosis.)

## **D. Claims that energy fields or auras can be felt:**

Therapeutic Touch healing method is based upon this claim.

The spring issue of *Scientific Review of Alternative Medicine* reports a rare test of Therapeutic Touch designed by James Randi. The practitioner (of TT) was unable to detect the presence or absence of a human arm in a ‘sleeve.’ The test involved a patient flipping a coin. After each flip, they either did or didn’t insert their arm into a sleeve. For the first twenty flips, the patient was in plain view, and the TT Practitioner was 100% successful (20 out of 20) in determining if the arm was or wasn’t in the sleeve...The patient was then screened from the TT practitioner’s view, and another twenty flips were done. The practitioners did no better than random (guessing) at telling if the arm was in the sleeve. They were asked if they would like to go on, and they refused. <sup>29</sup>

Emily Rosa, a nine year old girl, did a test of a similar type with the same results for a science project in school. Her project was written and appeared in three medical journals—*Lancet*, *The British Medical Journal*, and *The Journal of the American Medical Association*. Her experiment was also reported on nation-wide television.

## **E. Psychics and sensitives can see *auras*:**



Ten thousand dollars was offered to any psychic who could accurately identify auras. A test was set up with twenty partitions on a large stage. The psychic, Berkeley Psychic Institute's best, was to identify which partitions had a person behind it. This was a live test on the Bill Bixby television show. The psychic agreed that the test was fair. Prior to placing the people behind the partitions, the psychic was asked if she could see the auras of the people. She said yes and that they were from one to two feet above their heads. Six people were placed behind partitions, but fourteen did not go behind partitions and stayed out of sight. The psychic saw auras behind all twenty partitions. There is now a one million dollar offer for the psychic that can pass this same test.<sup>30</sup>

#### **F. Magnetic therapy is used in conventional medicine:**

Pulsating electromagnetic waves are used to facilitate bone healing, with ongoing research exploring its use in soft tissue injury. It is now recognized that with an injury to tissue there is an electromagnetic field *inside* the body surrounding the wound, but none on the outside. Pulsating electromagnetic forces can effect this energy field stimulating healing by attracting repair cells. Powerful magnetic pulses can be used in severe cases of depression; however, there may be significant memory loss. There is no evidence from double-blind studies that any benefit occurs from using stagnant magnets. It may be asked, why use terms such as electromagnetic frequencies, radio frequencies, etc. throughout this book relating to supposedly emanating energies from our bodies. The reason is that there are no proper terms to use for an energy that does not really exist. I have used the terms that appear in writings of those supporting, believing in, and teaching the universal energy hypothesis. For example, from the book *The Way of Energy* by Lam Kan Chuen, we find:

*You are a miniature field of the electromagnetic energy of the universe.*<sup>31</sup>

I must use the terms appearing in the literature so readers can relate the information in this text to that which they may read. A more accurate term might be *Satan's electric currents*. There are many highly trained scientists who are believers in Eastern mysticism. Several are superb authors. They are able to convincingly present the subject of the aura and hypothetical electromagnetic energy as radiating from our bodies and hands, which is said to be able to influence and correct the energy fields of others. I present two paragraphs from a book review which appeared in the *British Homoeopathic Journal* Vol. 87, July 1998, about one such author.

Dr. Richard Gerber is a physician in Livonia, Michigan, USA described as 'the definitive authority for energetic medicine.' In his book he draws together a variety of complementary therapies, including acupuncture, homeopathy, flower essences, magnet therapy, hands on therapies and radionics, seeking to link their healing mechanisms together. He uses the term 'vibrational medicine' to cover these forms of energy medicine, a term that may not be instantly recognizable to all. In the introductory chapter there is an excellent section on the preconceptions of modern medicine, and how they evolved as a result of Newton's mechanical theory of physics. Energy medicine is more in tune with quantum physics.

It was delightful to read a comprehensible explanation of such complex ideas, which would be clearly understood by those without a scientific background. Gerber shows his skill as a teacher in his ability to convey difficult concepts in an accurate yet simple manner.

Gerber describes non-chemical information exchange between cells, which ultimately forms the basis of his theories on how these therapies may work. He creates a working hypothesis that embraces the ideas of chakras, meridians and energetic force fields. He expands on traditional Eastern philosophies of ch'i and prana, blending them together with fascinating results; there is a blending of scientific fact and esoteric philosophy that captures the imagination.<sup>32</sup>

Dr. Gerber presents in his book, *Vibrational Medicine* (and on DVDs), that universal energy frequencies above the first level or plane are faster than light frequencies. He refers to a William Tiller, a previous Physicist of Stanford University for his authority on this subject. *This hypothesis is not entertained in conventional physics.*

I have listened to Dr. Gerber's explanation of vibrational energy medicine. He is highly trained in conventional science and medicine. He is so smooth and convincing that I began to wonder about my own beliefs. I have repeatedly experienced this same *self-questioning* after reading other well-trained scientists and skilled authors who are oriented in Eastern religion and metaphysics. I found that I had to back away from the immediate discourse and evaluate the overall picture that each of these doctors present. Where are they heading with this concept and their explanations of the physical workings of the universe?

As I continued to listen to Dr. Gerber, the subjects of astral travel, astrology, numerology, reincarnation, clairvoyance, channeling, psychic abilities, spiritual evolution and divine-self were presented as wholesome objectives and realities. He teaches that we have a divine nature and are divine lights. There is the idea of chakras being the processors of energy which moves us onward in the spiritual climb toward the supreme self or godhood. Attaining perfection is a process of self-works which is obtained by the development of a higher energy level. Dr. Gerber is not the only scientist holding such beliefs.

I asked myself how it is possible that highly trained scientists, such as Drs. Gerber, Green, and Oschman arrive at conclusions so far from the accepted laws of conventional physics and chemistry? They at times speak of *intuition* as the source of their information. What is intuition? As I understand it, they are speaking of receiving intelligence from the universe that they are able to tap into. This is analogous to receiving *divine revelation*. The information received or arrived at by intuition, then is accepted as superseding conventional science.

Elizabeth Clare Prophet claims to have received seven dictated messages from Djwal Kul, an "Ascended Master," (demonic spirit) which she placed in the book, these messages are a:

...discussion of the chakras within the body as transmitters of light energy which is essential to the understanding of spiritual evolution.<sup>33</sup>

He, Djwal Kul, (Djwhal Khul in some other writings), presents numerous meditations and techniques for "clearing the chakras" to facilitate their expansion and projection into the

“macrocosmic-microcosmic interchange.” These messages by Djwal Kul are a guide for the Pagan’s pilgrimage and pathway to immortality and godhood.

We are told in Kul’s messages that the aura is an extension of god “him–self” in us and that the size of the aura is directly related to the mastery of god’s energies within our chakras. The “god” spoken of in this book is not the God you and I think of. In reality, it is Satan. However, the description given in this esoteric book is that it is the highest plane [plane 7] of universal energy. It is believed to be the level of energy which imparts *immortality* and *Your Divine-Self*.

Why write about such blasphemy? What does it have to do with spiritualistic practices in health and healing? The alternative and complementary methods of treatment are about balancing body energy. They are not based on being in harmony with God’s laws of health. If we choose to use these “energy” methods, we are accepting that they indeed may work in providing health and healing. At the same time we have accepted (perhaps not consciously) the energy hypothesis, which is the foundation and core of Hinduism and pagan religions.

### **DEEPAK CHOPRA M.D.**

Deepak Chopra M.D. is a name you may have heard as a lecturer or in interviews on a T.V. show. He has authored 19 books promoting Ayurvedic medicine, produced many CDs teaching his style of Ayurveda, and established The American Association of Ayurvedic Medicine in 1991. In 1995 he opened The Chopra Center for Well Being in La Jolla, California, where he is Educational Director. His books are in twelve languages and sold around the world. The books have sold more than ten million English copies. He has produced TV and radio programs promoting his Ayurvedic teachings.

Chopra is a graduate of All India Institute of Medical Sciences; he took several years training in the U.S. at Lehey Clinic and University of Virginia Hospital becoming certified in internal medicine and endocrinology. He taught at Tufts and Boston University Schools of Medicine, and was elected Chief of Staff at New England Memorial Hospital. He also established a private practice. Then his interests changed to Ayurvedic medicine. He no longer practices medicine but applies his skills to the teaching and promotion of Ayurveda.

What does Chopra teach that catches so many people’s interest? Central to his philosophy is that the human mind has latent potential and self-knowledge. To bring this potential to fruition he supports meditation, nutrition, yoga and exercise, herbal medicine, massage, sound, movement, and aromatherapy. He teaches detoxification and purification by fasting and enemas. His influence in this country and other nations has been vast. There are other medical doctors who also have taken up Ayurveda teachings and have great influence in this country—Drs. Weil and Coussens. They promote the association of Western scientific medicine with Eastern mysticisms which is called *integrative medicine*. See chapter “Those Who Do Magic Arts.”

### **SUMMARY**

Presented in this chapter are the basic principles of the Ayurveda system of health and healing. It is based on belief in astrology and the idea that man originated from the cosmic energy called the Creative Principle or Universal Energy. This is the “wisdom from the East” that

so many consider superior to the knowledge gained through present-day science. It can be seen that many of the old practices of the West in past centuries were primarily the practice of Ayurveda without the spiritual names. There is a carry-over of many of the old practices that have been slow to disappear.

In the Bible we are told that God gave Solomon “*wisdom*”:

Solomon’s wisdom was greater than the wisdom of all the men of the East, and greater than all the wisdom of Egypt.” ... “Men of all nations, came to listen to Solomon’s wisdom, sent by all the kings of the world, who had heard of his wisdom. (I Kings 4:29–34, NIV)

God had blessed His people Israel, through the prophet Moses, with instructions for healthful living. Remember, Israel is the only nation in the history of the world to have a primary system of disease prevention. Today, we can give praise to God for the instructions in health and healing as given through the Bible and Ellen White, providing us with the most advanced knowledge in the world for healthful living. The end results have shown this to be true. Why would we even consider looking back to the wisdom of the East and of Egypt (paganism and sun worship) and reject God’s directions for health and healing?

At this time of great advances in science, when this knowledge has been applied with great benefit, we see widespread belief in and the following after, these ancient methods that have no history of being effective for improving the health of man. There is no evidence that shows these practices have extended the life of man by even one day. The medical history in the areas of the world that practiced these methods has shown that health was dismal and never improved until the science that follows the physical laws of God, chemistry, physics, and hygiene were followed. How can we accept and use these pagan methods if we believe in a God who spoke and created by His power? We are sustained by His power and not by some power in us that can be turned off and on or stimulated by the practices presented in this book.

Why put so much effort into exposing the Ayurvedic system of health and healing? Because this system has had great influence on health and healing as practiced over the world for millennia. This system is being used as the right arm of the religious message of Hinduism and spiritualism. Ayurveda cannot be separated from Hinduism and Hinduism cannot be separated from Ayurveda. Ayurveda has its basis in astrology. The sun is the all-powerful tenet of astrology, and to give homage to the sun is equivalent to Luciferic worship. To participate in these so-called healing methods is to partake of the *Tree of the Knowledge of Good and Evil*.

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