



# THE DANGERS OF YOGA FOR SPORT AND PSYCHOTHERAPY: YOGA AS THE GREATEST FORM OF STRAYING OR FALLING INTO AN ABYSS

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## SUMMARY

Theology of sport

To Milos Soskic

The motto of the Olympic games *Citus, altius, fortius* – *faster, higher, stronger*, in practice comes down to athletic success, which in an athlete suppresses and blunts a healthy yearning for perfection with the man-God Christ (or with the religion to which and individual belongs); rather it strips the athlete down to ambition (=drive for success), longing to win at any cost, including various forms of misuse. This noble challenge, a motto, is perverted at competitions into an irreconcilable opposite to the basic principles of athletic life and its spiritual-corporal nature, and removes the athlete from the precious gift of life, its freedom and care. Sport is stripped down to material, impersonal scope, into „meat“, athletic success, and it thus falls into an unavoidable abyss and self-deception: doping, intoxicants, magic, neopolytheism, satyriasis, nymphomania, sodomy, and the biggest and most harmful danger sport – yoga, which is considered permissible as supplementary practice, and even as an aid in psychotherapy. All of these forms of misuse in sport, particularly yoga, are not only deviations, but also criminal acts, which turn the athletic successes themselves into lies and cheating.

**Key words:** yoga, non-being, death, hinduism, cheating.

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*Teacher Jesus, Europe no longer has a place for you.  
Come, reside with us in Asia, in the land of Buddha.  
Our hearts are captives of despair, your coming shall set us free.*

*Rabindranath Tagore*

Sport is a pronounced social occurrence in time and is an essential part of the cultural social life. With its likeability and the strength of its attraction it has always swayed people of all religious denominations and world views. It has won over different age groups, all types of social classes and forms of political conviction. Sport includes more spiritual, angelic motives such as the noble joy that stems from participation, the invigoration that comes from spirit-spiritual peace, righteousness and honesty in play, respect for one's opponent, above-average endurance and a theological moderation in one's efforts. This is directly contrasted to any non-athletic deviations: pride, vanity, a merciless and dishonest fight. A dishonest sports battle is coupled with a crude, demonic, almost magic desire for achievement. In modern-day sport, these anti-athletic motives are dominant and take control over the angelic and morally healthy. Instead of developing, enriching and rendering immortal the personality, they mutilate, satirize and numb. Instead of lifting the spirit high as during liturgical prayer (...) "*You have brought us from non-being into being*", just like yoga, they transfer us from the being to the non-being. Instead of developing, enriching and giving life to the personality, they mutilate and destroy. Instead of bringing people and nations together, they become an obstacle and a cause of discord.

The motto of the Olympic Games: *Citus, altius, fortius* – faster, higher and stronger, boils down to the sports achievements of the athlete, suppressing and wiping away within him the man and his desire to worship in Christ, and instead leads him to self-destruction through his own arrogance. The one who does not understand any type of divinity of man, is reduced to the celebrated worshipper of honor, solely interested in victory at any price, including deviance in sport. This noble challenge at all competitions is warped into something quite opposite to the basic tenets of life and one's own spiritual-physical selfhood, and renders the athlete unable to cherish the pricelessness of God's gift of life, to take care of it and protect it. Sport focuses on the visible manifestations, on the "flesh" of sports achievements and falls into the inevitable abyss of deceit, doping, narcotics use, money, pansexism and the greatest threat of all to sport – yoga. This use of sport is not only a perversion, but it is also criminal.

Yoga is doping for spiritual death of the cancerous kind: death in the living. Not a single misuse in sport or life renders a person so out of touch, so fake, so false and always victorious as it does. This is achieved by leading to discord

between its own teaching that it serves life and its behavior from which it can be seen that the one practicing yoga is actually serving death (Thanatos) in the living body-spirit-spiritual. When an individual practices yoga, everything in the body splits into two irreconcilable worlds: the world of the living and the world of the dead. Taking part in yoga leads a part of our being becoming separate, the super-self, which through practicing yoga at least appears to solve all the questions of inner peace, social status, success and existence itself. An individual who undergoes this separation becomes distant from any, including religious (synagogue, mosque) community, in order to survive, and pretends to be loyal to the ideals of faith, that is, religion, which is his less and less and of which he is less and less convinced. Delving into the misuse of the freedom of non-being, death, the yoga practitioner makes a grave, if not the gravest injury to one's personal religious dignity. Through normal entry into death, without yoga, the practitioner is resurrected into life. "The yogied" no longer hears "*in the light*", nor "*preaches on the rooftops*" (Matthew 10, 27). He does not clearly and loud state who AND what he is, and thus which spirit he serves: the spirit of life or the spirit of death. His life does not show which faith he uses to inspire himself. To practice yoga means to come down from the rooftops of one's religious convictions and close oneself off in a bunker, tomb of hades which means death due to cowardice, a fear of living freely. What will the "hosanna" of the yogied winner, the lifting of arms upwards, naming with the sign of the cross mean, when in his being he opts for death, for the death sentence he is continually executing. Peter's singing no longer warns us that we are traitors of the Truth. Yoga is not death delayed, but an accepted and embraced death as a way of life, as a need, even as an addiction. It means agreeing to death in lie, without resistance. The readiness for this, clearly eternal, death magnifies the power of triumph over life, and thus creates a winner over all human victories. From this eternal winner through yoga, the being slowly slips away. Becoming void of life, this type of winner, which to many competitors has brought numerous defeats, in the end will finally completely be vanquished. Vanquished by the death itself who was his lover. This death through yoga is a vivid experience precisely in the living part of the spirit-soul. Death is experienced thousands of athletes, it changes them, even strengthens them in a natural way by plunging them into itself only for them to emerge in a stronger experience of life through simple exercise. Yoga however, as an experience of death, deadens practitioners of yoga for sport, removing them from their won spirit-soul and life. Heroism means facing it as an evil reality in sport and psychotherapy and being horrified by its reality, the bony nothingness which is finally used to "win". It would be good to gaze into it and wonder what it might ask of us in return and prepare for an open conflict, to face it as a form of self-manipulation. All of the "victories" realized on these diabolical wings of yoga are forms of defeat. Death wins temporarily, but life always. A true Christian (even Jews and Muslims) is horrified of the readiness to accept this quiet, but eternal, dying of the yoga type.

Outside of it, athletes who are believers actually defeat their own death by pulling out its sting through exercise, along with its destructiveness, not only from their own bodies, but also from their spirits-souls. Complete and definitive death is vanquished, precisely through Christ's death and resurrection. The triumph of death is only an illusion in Christianity, and in Judaism and Islam alike. Life must triumph, since it cleanses the spirit-soul and body, changes the bloodstream of a "suicidal person" into someone who is overman, "a little lower than the angels". This practical goal, which is a part of agility in sport, is better realized when inspired by Wisdom, Sense, or the Life-affirming Spirit. Logos is what gives the man-athlete "an understanding heart to discern between good and evil" (1 Kings 3, 9), while yoga deceptively seems to be a kind of wisdom which will eventually have its malicious revenge on us. Real wisdom should be found in the ability to respect life, while it is "bright" and unfading: "is easily discerned by those who love her, and is found by those who seek her" (Wisdom of Solomon 6, 12). It is the true arch-coach – a coach that will lead you to the heavens, since he follows the moral of the Decalogue. It is important to acquire the preconditions, the state needed for that final jump into apotheosis, for the unity of beauty and wisdom. Sadly, sports and medical, and thus psychotherapeutic, science have fallen short. Since has not recognized yoga as an auto-destructive occurrence and the practice of death and dying. In this hopeless case, only faith in Life can help, and finding its logos – finding Reason. Yoga sinks all hope, like a dull and stiff death stare, unlike prayer, like the last S.O.S – Save Our Souls – call, as well as other sacred secrets (the Holy Sacraments) which bring peace, joy and courage when transitioning from the temporary into eternal life. Let no one hear Reason say the following at the gates of heaven "I do not know you!" (Matthew 25, 12).

## YOGA AS A DETOUR

The ethics of Hinduism rest on egotism, that is, solipsism. Every desire is essentially evil. Yoga leaves open the door to possibility and desire, if condolences are received in the general pain: "We do not have to concern ourselves with Nirvana, nor travel Buddha's life path. Desire means a transformation of the Land of Bliss (sukhâvati) in the eternal sight of the heavenly Buddha... thus from an absolute agnosticism we come to an almost monotheistic concept even against the wish of our founder " (L de la Vallè Poussin, La morale boudhique, according F.Fabbi, op. cit., pg. 155).

All yoga practitioners show signs of a silvery darkness on their face, their eyes lose their glow even when they are successful, winning. It is the mark of death.

Yoga is practiced by millions of people. In Serbia alone there are approximately 700 000 practitioners, who are being taught by 500 yoga teachers. It could be considered a mass sidetracking of athletes and recreational athletes. Yoga is a part of some psycho-therapeutic techniques.

Yoga is undoubtedly the essence of Hinduism. Actually, it is Hinduism. In the west, and even here as well, only the yoga practices which remind us of physical exercise are practiced. "Asanas" – positions of the body in which it is possible to practice yoga are dedicated to some of the false Hindu deities – demons. The following is true of yoga: *"If it works, then it must be true."* A pragmatic self-delusion! Mantras are not simply words, just like asanas are not simply types of physical exercises, but a form of demon worship. This is why yoga is a human-devilish force which erases the seal of the Holy Spirit and imprints the sign of the Beast (the Apocalypse). A collection of these yoga-rituals is found in the "Vedas" – "Knowledge", which were written in accordance with the teachings dating back from the 7<sup>th</sup> century B.C. Hinduism, as a polytheistic teaching still recognizes the existence of a single, universal, immeasurable eternal being, Brahman, which moves all things and beings.

In yoga man searches for perfect peace. To road to that peace is through contemplation, sacrifice, religious practices, good deeds and respect for the gods such as: Brahma, Vishnu and Shiva. The Hinduists consider them the three emanations (aspects) of the same supreme being, but the masses worship them as three different gods. In addition to these deities, Hinduists have innumerable other deities. In a single pagoda, deities include David Beckham, the soccer player, and other famed athletes. Hinduism is actually more than a religious-philosophical approach to life – pantheism and polytheism. Pantheism is characteristic of the higher castes, and polytheism belongs to the world at large, the masses. Hinduism is a concept of life's pessimism. It rejects and negates every value that comes for work and creation, and thus feeds everything into the process of contemplation. As a result, deadening ensues, a sense of lethargy, and there is no epiphany. Hinduists bow to a general Soul of the world – the Divine, which permeates everything. They abandon their idols and leave them for ignorant individuals, and they turn to the right idea – to God. While the crowd, the mob, remains in its idolatry. They look for flesh-and-blood gods, which they could see, touch, whom they could address and pray to, respect, adore and have their statues and even photographs in their houses. Considering the fact that the problem cannot be solved within the scope of a single human life, a belief in the healing of the soul and participation in rebirth was born – reincarnation.

The supreme principle is to immerse oneself in the Brahman the highest Universal Principle, like the river flows into the sea. To free oneself from chains, to be precise, the sensory kind of life and to transfer into a state of the immeasurable, immortal and omnipresent existence. This means being Brahman,

Self, Awareness and joy, bliss. Pantheology – the study of all gods, stumbles into the fact that the yogi has achieved moksha, release, and thus is able to see the eternal in the temporary and the temporary immersed into the eternal.

Revelation in Hinduism, in yoga, lies in the achieved human understanding of his eternal spiritual essence, in his identity and unity with the supreme being. Christianity bases its revelation on the personality of Jesus Christ, God incarnate, on Logos, Reason, God incarnate and Christ's redemptive actions. Revelations in Hinduism focus on Krishna who was incarnate, personified, divine (is an avatar). Salvation lies in avoiding rebirth and the transfer into the eternal existential state, with no limits of space and time. All accompanied by beautiful mystical ecstasy. Everything in man is divine, if a man's awareness is an emanation – the emergence of one less perfect soul from the most perfect Soul of the world. There is no sin, but there is also no need to relocate the soul.

## **THE DEMONIC OR OCCULT ROOTS OF YOGA**

It is a misconception that yoga, "hatha yoga" is a simple harmless form of physical exercise. The concept itself – "hatha yoga" indicates the unity between the male-female principle in a monastic whole. This principle is unified, in terms of their substance, whether in terms of the laws which guide them, whether in terms of the morals according to which the body and the spirit have the same origin, and essentially are the same. "Hatha yoga" is translated into "forced unity" which marks the unity between the male "ha" and the moon "tha", or the female. The symbol of this unity is the "Natarajasana" – "the Dancing Shiva Pose", a game which to play means to destroy the differences between the Creator and the creation, good and evil, male AND female. All differences are illusory and are all overcome through the practice of yoga; yoga-rituals. Yoga systematically changes our biochemical processes, or functions (acetylcholine), by activating the endocrine glands – hormones. That is how yoga changes the awareness of the differences between the subject (the being) and the object. Yoga is an attempt at self-deification, but the result is a fall into an absence of being, into death. Yoga is used to lift oneself up into the pantheon of the gods through oneself, and not through God. Unlike Christian worship, prayer and the contemplation of the Logos of God, the goal of meditative yoga is "murder of the man who thinks like Christ" which leads to the disappearance of differences through invoking a trans, a deep hypnotic connection with a spiritualist medium. All this through self-induced hypnosis. This is in fact a case of "brainwashing".

Hatha yoga awakens the Snake's energy in the spine – kundalini. Kundalini is coiled at the base of the spine. It is awoken by hatha yoga travelling through the energy centers – "chakras" and it is united with its lover Shiva who waits for it in

the “third eye”, the supreme chakra. Enlightenment is achieved through unity with the Brahman.

The spiritual snake is Satan, who offers himself up as a god, that is, tries through magic to falsely, without blessing enable the self-deification of the yoga practitioner, deceiving him into believing that he has actually become a divinity. All of the pagan world, all religions, share the cult of the snake at the core of their worship.

There is the so-called “sports yoga”, but also the new tendencies in yoga, such as the Doga (for those who want to cuddle with their dog), Jivamukti (for those who wish to enrich their spirit), laughter yoga (for those who would beat depression), Ayurveda, therapeutic yoga (for those with tense shoulders), and thus Acroyoga (for those who would like to strengthen their love or marital bond). Yoga is often offered as a form of fitness. All of the aforementioned types of yoga, including fitness-training, sooner or later harm our physical health in some way. Mantra-yoga is even more dangerous since it brings the false promise of bliss, happiness and the manifestation of supernatural abilities and success. All types of yoga are very dangerous, they maim the human soul and spirit, and destroy them. They change our awareness so thoroughly that many of those “hooked on it” are forever psychologically changed, and even become real addicts of Thanatos. It is a misconception that yoga practices are innocent, reminiscent of gymnastics, since yoga leads man to a slow death, it is like a cancer of the spirit-soul and a psychological fall into the embrace of death.

## CONCLUSION

Yoga (=Hinduism) is a form of Neopagan destruction of Christianity and is incompatible with Orthodoxy or Catholicism. It openly propagates belief in many gods and auto-apotheosis. It makes the men who practice it more feminine and effeminate. It is not a true religion, and not a philosophy, since its focus is on the love of death. It worships horror. It rejoices in pain and incarnates Death, or the goddess Kali, and cries out: “*Come let us celebrate death!*” (Swami Vivekananda). It also emerges as a devastating epidemic of spiritual suicide, primarily among the young and those who do not wish to grow old. It enjoys great success the world over, since it flatters vanity, encourages it and proliferates it like death in life. It is a type of cancer, the dying out of everything that is alive in the spirit-soul and is the practice of complete, eternal death.

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## ОПАСНОСТ ЗЛОУПОТРЕБЕ И ЈОГА КАО НАЈВЕЋА СТРАНПУТИЦА И ПРОВАЛИЈА ПРЕД СПОРТОМ И ПСИХОТЕРАПИЈОМ

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### САЖЕТАК

Теологија спорта

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Лозинка Олимпијских игара *Citus, altius, fortius* – брже, више, снажније, своди се у пракци на спортска остварења која у спортском човеку потискују и отупљују последњу жудњу за усавршавањем у богољудскости у Христу (или у религијама којима припада), већ га своди на амбицију (=честољубље) жељног побеђивања по сваку цену, те и цену разних злоупотреба. Овај племенити изазов, гесло, на свим такмичењима изопачује се у непомирљиву супротност основним начелима спортског живота и своје духовнотелесне персоналости и лишава спортисту од драгоценог дара живота, располагања и старања о њему. Спорт се усредоточује на појавне, безличне видике, на „месо“, спортска остварења, и сурвава се у незбежну провалију и самообману: допинг, опојна средства, магију, неополитеизам, сатиријазу, нимфоманију, содомију и највеће и најпогубније опасности спорта – јогу, која се сматра дозвољеним помоћним вежбањем, па и помоћи у психотерапији. Све ове злоупотребе у спорту, на челу са јогом, нису само настраност, већ и криминална дела, а сама спортска стечена остварења своди на лаж и крађу.

**Кључне речи:** јога, небиће, смрт, хиндуизам, обмана.

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## ОПАСНЫЕ ЗЛОУПОТРЕБЛЕНИЯ И ЙОГА КАК СОМНИТЕЛЬНЫЙ ПУТЬ И ПРОПАСТЬ ДЛЯ ВИДОВ СПОРТА И ПСИХОТЕРАПИИ

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### АННОТАЦИЯ

Теология спорта

Милошу Соскичу

Девиз Олимпийских игр – *Citus, altius, fortius* – быстрее, выше, сильнее, на практике сводится к спортивному достижению, которое в спортсмене подавляет здоровое стремление к духовному совершенству в человеке-боге, каким был Христос (или другому идеалу той религии, к которой принадлежит данный индивид), и возбуждает у спортсмена с определенными амбициями (стремлением к успеху) желание выиграть соревнования любой ценой, в том числе и запрещенными средствами.

Этот величайший побуждающий потенциал, девиз, неверно истолковывается на соревнованиях и противоречит основным принципам жизни спортсменов, их духовно-телесной природе и уводит спортсмена от ценного дара жизни - свободы и выбора. Спорт рассматривается как нечто материальное, безликое, как «плоть», а спортивный успех, следовательно, как неизбежная бездна и самообман: допинги, интоксикация, волшебная сила, неополитеизм, сатириаз (патологическое повышение полового влечения у мужчин), нимфомания и содомский грех и самый вредоносный спорт – йога, которая считается допустимой в качестве дополнительной практики и даже вспомогательного средства в психотерапии. Все эти формы разрушения человека в спорте, в особенности йога, являются не только отклонениями, но и преступными деяниями, которые превращают спортивные успехи в ложь и обман.

**Ключевые слова:** йога, не живое существо, смерть, индуизм, мошенничество.

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