

balance

# truth

Discern Truth

**Classical yoga meditation...** Seeks to unite us with a "Supreme Universal Spirit" (*Light on Yoga*, p. 1); but God Himself paves the way for us into His presence and joy, revealing who He is uniquely, simply by our response to the cross. (Eph 1-3, John 14:2-6, 2 Cor 4:16-18, (Psa 139))

**Can yoga be purely physical?** According to Richard Hittleman, Hatha Yoga is meant to ready us for the spiritual context which is the "entire essence of the subject." (*Yoga Journal*, May/June 1993, p. 68)

Growing up in church later to be led to the New Age starting with yoga, Laurette Willis created PraiseMoves—a Bible-rooted yoga alternative—after becoming a believer in her adult years. (*Today's Christian Woman*, 2005, March/April, Vol. 27, Issue 2, p. 40; also at [kyria.com](http://kyria.com))

## **Renewed mind, transformation**

Whatever view we come from, our bodies feel good when we stretch in particular ways. Why not pursue Bible-integrated exercises that strengthen the body but also build up the mind and spirit?

Let the strengthening and rest start inside. Let God's biblical truths enlighten your understanding that you would "know the hope of His calling." (Eph 1:18) Let these truths sink in kinesthetically, while you stretch through the "word of God, which also effectively works in you who believe" (1 Th 2:13, Rom 10:17, Heb 4:12)—resulting in your transformation as your mind is renewed. (Rom 12:2)

✦ see back for more



looking for a biblically-rooted **alternative to yoga?**