Why is Yoga incompatible with Catholicism?

FATHER JOHN A. 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. 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. 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 illusion (Maya). To achieve this liberation the principal way is by means of concentration and self control (yoga).

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 or 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.

Adapted from: https://www.catholiceducation.org/en/culture/catholic-contributions/why-is-yoga-incompatible-with-catholicism.html

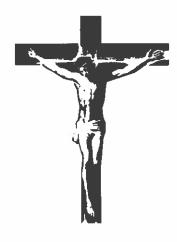
Religious Ed Volunteers Needed!

Divine Mercy AFC is in need of volunteers at each of our Wednesday night religious education programs:

(Sleepy Eye, Morgan, & Comfrey)

- St. Mary's
 - o 2nd grade teacher
 - o 6th grade teacher
 - o 10th grade teacher
 - o Program Facilitator
 - o Prayer Partners (open to high school students as well)
- St. Michael's
 - o 3rd&4th grade teacher
 - o Program Facilitator
- St. Paul's
 - o 9th grade teacher

For inquiries or to volunteer for any of these roles, please contact Samuel Rosemeier at <u>dre@sesmschool.com</u> or 320-368-0161. Thank you!



The Assumption of the Blessed Virgin Mary Marian Rosary Procession Sunday, August 13, 2023 7:00 PM St. Mary's Church, Sleepy Eye

The procession will begin at the Schoenstatt Shrine and end at St. Mary's Church, where there will be an 1/2 hour of Eucharistic Adoration along with Marian hymns and Benediction.

A shuttle from St. Mary's Church north parking lot to Schoenstatt will be available from 6:00pm to 6:50pm to allow participants to park at St. Mary's where the procession will end.

Eucharistic Miracles Throughout History

Sometimes the veil between heaven and earth flutters, and God allows us a physical glimpse into supernatural realities. Below are some of the many amazing Eucharistic miracles that provide evidence for the Real Presence of Jesus in the Eucharist.

Scientifically Confirmed

LANCIANO, ITALY

In the eighth century, an Italian monk had doubts while saying Mass. As he said the words of consecration, the host visibly changed into cardiac tissue and the wine became physical blood. This miracle has been studied by modern scientists, who have concluded that there is no natural explanation. DNA indicates the flesh is from the middle east, matching the genetics and blood type recovered from the Shroud of Turin.

The Waters Parted

AVIGNON, FRANCE

The Chapel of the Holy Cross had the Eucharist exposed during the massive 1433 flood. The water in the church was 4ft high, but the center aisle remained completely dry, creating a clear path to the Eucharist.

An Army, Defeated

ASSISI, ITALY

In September of the year 1240, the Saracen Army stormed the convent of the Poor Ladies of San Damiano, now known as the Poor Clares. Though frail at the time, St. Clare carried the Blessed Sacrament before the army and cried out to Jesus for protection. The soldiers were struck with fear and retreated at the sight of the Sacred Host.

A Living Person

BALTIMORE, MARYLAND

On his 1995 visit to the United States, Pope St. John Paul II asked to visit the Blessed Sacrament at Saint Mary's Seminary chapel in Maryland. His security personnel brought in trained dogs to sweep the area. The dogs indicated that a living person was in the Tabernacle, and refused to leave!

Even Fish Worship Him

ALBORAYA-ALMÁCERA, SPAIN

In 1348, while a priest was crossing the river on his way to bring the Eucharist to some sick members of his community, he was knocked into the water by a wave, and the consecrated hosts were swept away! Horrified, he did not think they could be recovered. Some fishermen called to him from further down the river, where three fish suspended themselves almost completely out of the water, holding the precious hosts carefully in their mouths. One-by-one, they deposited the hosts back into the chalice and dove back into the water.

