

## Jesus is your bridegroom. The Lord desires an intimate relationship with each of us.

For he who has become your husband is your Maker; His name is the Lord of hosts.

Isaiah 54:5

## John the Baptist identifies Jesus as the bridegroom.

I am not the Messiah, but that I was sent before him. The one who has the bride is the bridegroom; the best man, who stands and listens for him, rejoices greatly at the bridegroom's voice. So this joy of mine has been made complete. He must increase; I must decrease.

John 3:28-30

## Paul explains how our relationship to Christ is nuptial.

I feel a divine jealousy for you, for I betrothed you to Christ to present you as a pure bride to her one husband. But I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ. For if someone comes and preaches another Jesus than the one we preached, or if you receive a different spirit from the one you received or a different gospel from the one you accepted you submit to it readily enough.

2 Corinthians 11:2-4

## What does the Catechism say?

The entire Christian life bears the mark of the spousal love of Christ and the Church. Already Baptism, the entry into the people of God, is a nuptial mystery; it is so to speak the nuptial bath which precedes the wedding feast, the Eucharist.

(CCC 1617)

## On the cross Christ confirmed this intimate love for us with his final words, "It is consummated."

Blessed are those who have been called to the wedding feast of the Lamb. And he said to me, "These words are true; they come from God."

Revelation 19:9

## If you are His bride, are you being faithful?

Examine yourselves to see whether you are living in faith. Test yourselves. Do you not realize that Jesus Christ is in you? Unless, of course, you fail the test.

2 Corinthians 13:5

## What could possibly be wrong with Yoga?

Hindus did not devise these exercises for athletic limbering or muscle building. All were meant to lead the practitioner to enlightenment and the awareness of his or her inner divinity. [To become divine is not the goal of a Christian. God abides within us.]

From Fr. Mitch Pacwa. *Catholics and the New Age*. Ann Arbor: Servant Publications, 199233.

## Maybe this analogy can help you to understand.

If praying the Rosary would prevent you from ever getting Alzheimer's disease, people would be praying the Rosary every day. (The Rosary focuses on the life of Christ from different scriptures, repeats Luke 1:42, and requests that the Virgin Mary pray for us also.) Without realizing it people would be receiving the spiritual effects of the Rosary. Are we not receiving the effects of Hindu spiritual practices when we enter into their religious rituals, such as Yoga or Transcendental Meditation? Hindus worship around 330 million gods and goddesses.

## The question: My yoga class consists of only stretches and exercise. Is there anything wrong with that?

Please pray and ask the Lord if He is offended by your class. Be open to whatever creative method He uses to answer your prayer.

## One word of caution:

But make sure that this liberty of yours in no way becomes a stumbling block to the weak.... Thus through your knowledge, the weak person is brought to destruction, the brother for whom Christ died. When you sin in this way against your brothers and wound their consciences, weak as they are, you are sinning against Christ.

I Corinthians 8:9-13

## What could be wrong with eastern meditation methods and Transcendental Meditation?

Eastern mystical techniques such as the repetition of a secret Sanskrit word (mantra) or sound, and the emptying of the mind have opened the door to a subtle abandonment of Christ. A Christian reflection on the New Age, Jesus Christ the Bearer of the Water of Life, reminds us that these techniques are not Christian prayer.

The Pontifical Council for Culture. *Jesus Christ the Bearer of the Water of Life*. Boston: Pauline Books and Media, 2003. 74.

A letter written to the bishops on Christian meditation states, "Separation of the mystery of Christ from Christian meditation is always a form of 'betrayal.'"

Congregation for the Doctrine of the Faith. *Letter to the Bishops of the Catholic Church on Some Aspects of Christian Meditation*. Boston: Pauline Books and Media, 1998. 34. footnote 11.

St. Teresa of Avila, Doctor of the Church, tells us that **genuine Christian mysticism** has nothing to do with technique: **it is always a gift of God**, and the one who benefits from it knows himself to be unworthy.

Congregation for the Doctrine of the Faith. *Letter to the Bishops of the Catholic Church on Some Aspects of Christian Meditation*. Ch.V,no. 23. Boston: Pauline Books and Media, 1998. 25.

## But, you might say, I invite Christ into my Eastern meditations and use Christian mantras.

When you come in to visit me, who asks these things of you? Trample my courts no more! Bring no more worthless offerings;... Your new moons and festivals I detest; they weigh me down, I tire of the load. When you spread out your hands, I close my eyes to you; though you pray the more, I will not listen.

Isaiah 1:12-15

Seek the Lord, your God; and you shall indeed find him when you search after him with your **whole** heart and your **whole** soul.

Deuteronomy 4:29

## What is Reiki?

According to followers of Reiki, Reiki is a practice of "laying on of hands" for the healing of the sick. This is an imitation of Christian healing, but Jesus is not the source. Reiki energy does come from a spiritually guided energy source.

To become a Reiki practitioner one must receive this energy. It is **transferred** from the teacher to the student. Reiki practitioners are also warned to be careful of “psychic debris” or negative energy which attaches itself to you or another person. (A Christian would recognize this to be an “unclean spirit.”)

According to Sr. Emmanuel Maillard, a French nun living and working in Medjugorje, Bosnia-Herzegovina, with Reiki and healing touch therapies the problems often move from the body to the heart, from the heart to the soul. Starting with a physical illness, it suddenly develops into temptations of suicide, incredible hatred, or deep depression.

Sr. Emmanuel “Fast to Heal.” *Freed and Healed through Fasting*,. U. S.A.: Queenship Publishing Company. 2004. 39.

**Christians should be cautious about opening themselves up to any type of energy source or meditative state that is not Christ-centered. Many have been deceived. Satan tries to imitate all of God’s good gifts.**

For even Satan masquerades as an angel of light. So it is not strange that his ministers also masquerade as ministers of righteousness.

2 Corinthians 11:14-15

Do not be deceived, my beloved brothers: all good giving and every perfect gift is from above, coming down from the Father of lights, with whom there is no alteration or shadow caused by change.

James 1: 16-17

### **What is A Course in Miracles that Oprah Winfrey is promoting?**

A Course in Miracles is a book channeled by a spirit guide to Helen Schucman, a Jewish woman. The spirit called himself Jesus. He bears no doctrinal resemblance to Jesus Christ of the gospels. A Course in Miracles is not just a lukewarm, watered-down version of the gospels. It is more of a blasphemy to our Lord. Disguised in beautiful language of love and freedom one finds lessons that include:

- There is no sin. *Lesson 101, 259*
- My salvation comes from me. *Lesson 70*
- I am the light of the world. *Lesson 61*
- The journey to the cross should be the last useless journey. *Chapter 4*

### **St. Paul warns us to beware of these popular distortions of the gospel message that are so prevalent in today’s books and movies.**

I am amazed that you are so quickly forsaking the one who called you by the grace of Christ for a different gospel (not that there is another). But there are some who are disturbing you and wish to pervert the gospel of Christ. But even if we or an angel from heaven should preach to you a gospel other than the one that we preached to you, let that one be accursed. *Galatians 1:6-9*

Now the Spirit explicitly says that in the last times, some will turn away from the faith by paying attention to deceitful spirits and demonic instructions. *1 Timothy 4:1*

### **One must mention the unmentionable.**

Besides offending our Lord who loves us more than we can possibly imagine, one of the grave dangers of venturing outside the protection of Christianity and delving into non-Christian religions, New Age, and occult spirituality is picking up “unclean spirits.” If you doubt this statement, browse through any Catholic or Christian book section on deliverance of evil spirits or spiritual warfare. They will **all** agree with this fact.

Blessed are they who wash their robes so as to have the right to the tree of life and enter the city through its gates. Outside are the dogs, the sorcerers, the unchaste, the murderers, the idol-worshippers, and **all who love and practice falsehood.**

*Revelation 22:14-15*

For you were once in darkness, but now you are light in the Lord. Live as children of light.... Try to learn what is pleasing to the Lord. Take no part in fruitless works of darkness. *Ephesians 5:8-10*

### **What do I do if I have been involved with these types of things?**

First, go to the sacrament of Reconciliation and confess your sins. New Age practices feed on the sin of pride and disobedience. Then focus on how much you love and are loved by God.

**As the Bridegroom rejoices over the bride, so shall your God rejoice over you.**

*Isaiah 62:5*

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# Why Not Yoga



**Be amazed at this, o heavens, and shudder with sheer horror, says the Lord.**

**Two evils have my people done: they have forsaken me, the source of living waters; They have dug themselves cisterns, broken cisterns that hold no water. Jeremiah 2:13**