

PART ONE



**YA-OR-GA TORAH YOGA.** It is stated in a Discovery Channel documentary on the Story of Yoga that over 250 million people practice Yoga today. In America alone, more than 55 million adults practice Yoga. The number of US "yogis" increased by over 50% in 4 years. It was forecasted that over 70 million people would practice Yoga in the US by 2025. Women account for 72% of Yoga practitioners. Its popularity continues growing in the West and the East as more Yoga studios and schools open across city centers and towns. It is said that in every city, it is easier to find a yoga studio than an Indian restaurant. Further, Yoga is still increasingly taught in schools, hospitals, and secular institutions across Western countries. The Prime Minister of India, Narendra Modi, a yoga practitioner himself, called yoga "India's greatest contribution to the world" and proudly stated, "Yoga is India's priceless heritage and has become the world's priceless heritage." A heritage that undoubtedly includes the history and philosophy of Hinduism, which, frankly, one cannot avoid when you wish to advance in Yoga. The Hindu religion has many good things to offer humanity other than Yoga. The good news is the Torah has no competition or is a threat from Hinduism or, for that matter, any other religion. A Torah keeper, Messianic believer, or Christian need not fear being snared or afflicted by Yoga or Hindu teachings or practices as long as one understands and respects their place in human society. After all, there are more than 1.35 billion Hindus, and their religion is third-ranked in the World. Torah and Messianic believers shall benefit from learning from Hindu wisdom and their Yogic traditions. DEFINITION. It is generally understood that the practice of Yoga aims to create a union between body, mind, and spirit, as well as between the individual self and universal consciousness and with man and Nature. How you put this into a definition is impossible. There is no one universal definition of Yoga, though its meaning is clear. The word 'Yoga' is derived from the Sanskrit root 'Yuj,' meaning 'to join' or 'to yoke' or 'to unite' or 'to balance.' A yoke, or wooden beam used between a pair of animals to allow them to pull a cart together, generally serves two functions: to unite the animals to said cart and to control the movements of the animals using ropes attached to the yoke. Just as a yoke is a mechanism of control and unity, yogic practice is a mechanism of controlling the body, breath, senses, and mind to enable more effective meditation for the purpose of liberation. Interestingly, Yoga has a similar meaning to religion, derived from the Latin verb Religare, meaning "to fasten or bind." In other words, it is a type of yoke. In the Renewed Covenant, we find a literal application in this saying of Yeshua (Jesus), where the word yoke can be translated as Yoga. *"29 Take My yoke (Yoga) upon you, and learn about Me; for I am meek and lowly in lev (heart): and you shall find rest for your beings. 30 For My yoke (Yoga) is gentle, and My burden is light"* Mattityahu (Matthew) 11:29-30. It is recorded in many documentaries that Yeshua spent a part of his life and ministry in India, where he would have come into contact with Yoga. Could this be the true or hidden interpretation of what he meant here? I am convinced Yeshua taught Yoga as part of his message and spiritual journey. Many Christian mystical schools and books acknowledge the connection with Yoga. I believe he did. THE TRUE ORIGIN OF YOGA. Yoga comes from Heaven. Yoga is a gift from above to humanity. The Hindu deity Shiva is believed to have introduced Yoga from heaven and composed some 8,400,000 postures. I prefer to understand that an angel called Shiva brought Yoga to humanity through the culture of India and that men developed the Yoga Postures (Asana) we love today under inspiration from the Divine. It may surprise you that angels practice Yoga not for health or fitness reasons but for worship and devotion. Angels have bodies shaped like us that are made from the divine essence of the Supreme Being, incapable of decline or cessation. In other words, they don't age or die, yet they use their magnificent bodies to worship the Supreme in Yoga-related movements described in Sanskrit as "Vinyasa." How do we know this? The Prophet Isaiah, a man who saw behind the veil of eternity, gave us a glimpse of the eternal realm, and this is what he saw. *"2 Above Him stood the S'rafim (Angel); each one had six wings: with twain he*

## PART TWO



covered his face and with twain, he covered his feet, and with twain, he did fly. 3 And one called unto another and said: Set-Apart, Set-Apart, Set-Apart, is YHWH Tzva'ot; the whole earth is full of His glory" Yeshayahu (Isaiah) 6:2. The Angel has six wings; observe closely its movement, with two wings the Angel covered its face, with two it covered its feet, and with the other two, it flew. The Angel repeats this movement without ceasing, as we would repeat postures in Yoga, which are consistently described in Hindu texts as Hatha and Vinyasa. This movement is a posture of worship involving the beings' body, mind, and soul. As it makes these movements, it draws the accolade of the Twenty-Four Elders who surround the eternal throne and repeat the words of the Beings saying, "Set-Apart, Set-Apart, Set-Apart is YHWH or Holy, Holy, Holy is YHWH." In the Hebrew tongue, "Kadosh, Kadosh, Kadosh YHWH." THE TRUE PURPOSE OF YOGA. Like our cousins, the Angels, your body is a divine instrument of perfect engineering, made with the divine consideration to exalt the Supreme Being. You are not your own; the Bible emphatically states that our body does not belong to us; "Do you not know that your bodies are temples of the Ruach Ha Kodesh (Holy Spirit), who is in you, whom you have received from Elohim (God)? **You are not your own; you were bought at a price. Therefore, honor Elohim with your bodies**" Qorintyah Alef (First Corinthians) 6:19-20. We were bought back from the darkness with a price. Accordingly, we are commanded to worship the Creator with our bodies. Therefore, the ultimate expression of Yoga must be worship. The truth is Yoga is innately and intimately a spiritual practice. It was designed to be a worship system combining the spirit with the mind and body. It is through the practice of Yoga that we unite these elements in a symmetric unity, fulfilling our divine duty as stated in the text: 'to honor or literally to exalt our Creator with our body!' Sadly, worship as an integral aspect of the Yogic system has been set aside in the West purposely by its founding fathers to allow Yoga to be assimilated into mainstream society, but this was never the will and teaching of the Yoga sages. Kundalini and Mantra Yoga, the spiritual components of Yoga, are integral parts of the Yogic system that were set aside to avoid opposition from the Judaic-based religions of Judaism, Christianity, and Islam. The strategy worked, and Yoga was quickly assimilated into the West, but make no mistake about this: Yoga did not lose its spiritual roots. Indeed, the real Yoga practiced by the Hindu sages is wrapped up in the coat of Hindu polytheism. A believer has nothing to fear from the religious roots of Yoga. Hinduism is the vehicle that the Creator used to develop this system and introduce Yoga to the world; therefore, it is natural that it will have a Hindu face. We must respect the vehicle and culture from which Yoga emerged. However, we do not have to embrace their plethora of gods as many have done. We are in the 21<sup>st</sup> century, and enlightenment has come; we must see Yoga for what it is: a royal and divine system unequal among many bodily arts for its benefits that were gifted to us from above via Hinduism. THE TRUE MISSION OF YOGA. Yoga is a royal art because it is divinely created. Its mission has always been royalty. Yoga has always appealed to the royalty of all societies since its Hindu inception. This is because Yoga is majestic, and it belongs to kings. The royalty first promoted Yoga under the famed guru Tirumali Krishnamacharya, who opened a Yoga school and taught the royal family. In the early 1800s, when Yoga was in its infancy, the royal family of the Mysore Palace avidly supported Yoga in all its forms, including Hatha, and compiled a treatise on Yoga poses, the *Sritattvanidhi*. Essentially, it could be considered the first Yoga workout text. In England, royals, including Meghan Markle, Kate Middleton, Prince William, Princess Diana, the late Queen Elizabeth, and more are huge fans of Yoga. Almost all Royals families practice Yoga. This is not an accident when you understand its divine mission. We are all royalty. Ya-Or-Ga is, first and foremost, the Yoga of the royal priesthood. Every believer is a priest and king according to the Set-Apart Scriptures. "And You made them to Eloah a Kingdom, and cohenim (priests), and kings, and they will reign on the earth" Gilyahna (Revelation) 5:10. We are a royal priesthood destined to



reign on Earth. To reign entails a Purpose-Driven Lifestyle that assumes completeness and wellness in physical condition. It is a fact that more than two billion people today have atherosclerosis, heart disease, stroke, obesity, and type 2 diabetes. These diseases are non-communicable diseases, meaning they are caused by lack of physical activity, unhealthy eating, alcohol abuse, substance abuse, and smoking tobacco. Regrettably, many believers are disqualified from reigning because they are sick, feeble, and undisciplined. An unwell and unfit believer is of no purpose to the Kingdom of Elohim if they are struggling with their health due to lifestyle choices. A sick believer cannot blame the adversary for their failure to look after their health. A Purpose-Driven Lifestyle means being healthy, fit, and alert. Ya-Or-Ga is the pathway to divine and royal health. To be qualified to reign, every believer must pass the test of health, and this is often the hardest test to pass because it involves making a lifestyle change and changing your lifestyle. The older you get, the more you realize that a \$3,000 watch and a \$30 watch tell the same time; a Toyota Camry and a Porsche take you from A to B, and a five million dollar mansion is no better to sleep in than 50,000 dollars home. The trappings of this life, no matter how lavish and expensive, are meaningless when you are sick and feeble. Health is the most valuable asset we can obtain; as the saying goes, a pale cobbler is better than a sick king. **THE TRUE LIGHT OF YOGA.** When you pass Light through a prism, it splits into multiple colors, and for the first time, you get an inside glimpse of the true composition of Light. Light is a consortium of vivid colors, each divinely created to illuminate or enhance a particular aspect of Nature. Yoga is like a prism that contains numerous properties that are only revealed when we commit our power (energy) to it. Indeed, you cannot see and know these aspects until you have practiced Ya-Or-Ga or for that matter any other style for at least twelve months. **The Health aspect.** The international appeal of Yoga has always centered on its health aspect, and numerous studies have revealed that Yoga can be both medicine and prevention. This aspect has become more relevant with the COVID-19 pandemic due to unmitigated lockdown restrictions preventing people from outdoor sporting activities. More people at this time have discovered the fantastic health possibilities in Yoga that can be obtained from practicing it in confined or isolated places. In Ya-Or-Ga, you will discover this. **The Fitness aspect.** It is an amazing feeling and blessing to feel fit, to have a toned body, to breathe effortlessly, to move freely without pain, and to have a general sense of peace in the mind. The total health package people dream of owning has been available to us for millenniums. You can't buy this kind of well-being or get it through anti-aging drugs, medical treatments, gene manipulation, or any other therapy. You can get this through Yoga. This is what Ya-Or-Ga offers people. **The Productivity aspect.** Yoga is not just limited to improving health but our economy as well. Corporations and Organisations have discovered that Yoga goes a long way toward improving productivity. Professional people are dwarfed by their circumstances and commitments daily, overloading the mind. The daily practice of Ya-Or-Ga puts you back into the driver's seat that we lost control to the mind. **The Control aspect.** The mind is a cruel master when left to its whims and whams; we become defenseless against its dictates when the body is left to follow its inclinations and passions. Through Ya-Or-Ga, your body will know for the first time that it's Master because whatever you don't master, it will master you. And whatever you master becomes the ultimate expression of your mind and body. It is a victorious life, and many prosperity and positive thinking gurus sell millions of desperate people, but that is only a temporary fix to their situation. **The Challenge aspect.** A sport is a good habit to develop but certainly not good in the long run. You are not a machine designed to discover its austere limits; the body knows its natural limits and will tell you when enough is. There is no amount of money or heights of fame worth the price of damaging or permanently disabling your body, which many have done to set a record of some sort. In Ya-Or-Ga and all Yoga, the only person you have to beat is yourself. The challenge does not come at



the price of injury or risk of disability. **The Romance aspect.** On a personal level, I find Yoga to be the most romantic thing one can do for the body and mind. Romance with your body is a concept that has never been introduced into Yoga before. And I am talking about Tantric Yoga or the sensuous sexual intonations we see expressed in dances or the emotions of love expressed in the ballet. I refer to the pure physical delight of a banquet of precision movements that push the body to its natural limits, providing a heightened level of ecstasy. A concept understood by angelic beings who are forever romancing their Creator with their movements. We use art to decorate space, music to decorate time, and Ya-Or-Ga to decorate our bodies. The body is like a finely tuned musical instrument; one can use it to play whatever melody your heart desires, but its ultimate purpose and expression are to romance the Supreme. We are the only animal in creation who was born to learn and master this; all other species are naturally endowed with their unique gift of expression of romance. A bird does not go to school to learn how to sing and dance. They are born with it; we are not. **The Art aspect.** The first step in Yoga is to realize you are the sculptor, and Ya-Or-Ga is your tool to create the Greek statue you have always admired. You will lose weight, feel lighter, sleep better, awaken fresher, and work with more energy. To Yoga beginners or returnees. While after performing a good Ya-Or-Ga routine, your body will say, "Give up, stop, and get out." You will respond, "Never ever!" After two weeks, you will thank your brain for not listening to your body and see and feel the results. You will truly become a work of art. **The Divine aspect.** All styles of Yoga are equally beautiful; however, I compare Ya-Or-Ga to a Rolex watch. There are many brands of watches in the world, but there are two primary reasons why Rolex watches are the most expensive. It is made by the best with the best for the best. We designed Ya-Or-Ga to include features from all Yoga styles so we can bring the best of each style to you with the climax of exalting the Indivisible Divine – the One True Elohim of the Universe who is worshipped in all religions by various names. We are the youngest of styles yet the closest to the heart of the Divine. YA-OR-GA. INTRODUCTION. "The body benefits from movement, and the mind benefits from stillness" Sakyong Mipham. The ultimate expression of Yoga is the worship of Elohim. The ultimate expression of bodily worship is Ya-Or-Ga. Yoga was not created to be without Spirit and Worship. True worship combines the movements of the body, the thoughts of the mind, the lungs' breath, and the tongue's speech as a sanctified system of adoration of the Divine Being – The Spirit. Through the practice of Ya-Or-Ga royal postures, we bring the human being's physical, psychological, and spiritual aspects into alignment with the Shekinah (the Divine presence) and in union with the Sacred Name YHWH. Ya-Or-Ga is not another alternative system of Yoga to deal with the ever-increasing complexity of the human condition. It is a holy lifestyle, a way of living the sages of old in many religions that have been practiced for thousands of years in the daily routine of Elohim's nomadic people, Yisra'el. Ya-Or-Ga was purposefully developed to include the spiritual dimension of man. It is designed to deal with the whole person and not just the physical or mental aspect of our being. Without the inclusion of the spirit element, a routine is nothing more than the worship of self and the elevation of man, which is precisely the picture of many Yoga routines and styles today that exalt the god within. We dare to be different. THE DEFINITION. YA-OR-GA is an acronym: YA is the short form of the sacred Name YHWH. The short form of the name occurs 50 times in the text of the Hebrew Scriptures, of which 24 form part of the phrase "Halleluyah." It is also part of many names in the Scriptures, e.g., Yeshayahu (Isaiah), Yirmeyahu (Jeremiah), Eliyahu (Elijah), etc. In Tehillim (Psalm) 68:4, this name is particularly stressed. The first instance of the name Yah occurs in Shemoth (Exodus) 15:2, where Moses and Yisra'el compose and sing a song after their deliverance from Pharaoh's horsemen. "YAH is my strength and song, and He has become my salvation. This is my El, and I will glorify Him; my father's Elohim, and I will exalt Him." It is this everlasting Name of which the Ya in which Ya-Or-Ga captures. OR is the



Hebrew word for Light. Strong's concordance defines this word as to be or become Light. Among its other meanings are bright, dawned, enlightened, gave Light, illumine, kindle, make a fire, make shine, resplendent, shed light, shine. It can also mean daylight, early morning, lightning, lights, sun, sunlight, and sunshine. The word occurs 177 times in the Hebrew Scriptures and 95 times in the Renewed Covenant Scriptures. The word OR first appears in Beresheet (Genesis) 1:3, *"And Elohim said, Let there be Light: and Light was."* This was no ordinary light but the Light of the Word of Elohim that pierced through the darkness of eternity, what Scientists have called the Big Bang. It is this eternal Light of which the Or in Ya-Or-Ga captures. GA is the short form of Ga'ah. A Hebrew word that means to rise up on high, to exalt. Strong's concordance defines it as to raise up, to increase, or to triumph. It comes from the primitive root: to mount up; hence, in general, to rise, (figuratively) be majestic - gloriously, grow up, increase, be risen, and triumph. The first instance of the word Ga'ah occurs in Shemoth (Exodus) 15:1-2 where Yisra'el has triumphed over Pharaoh's horsemen. *"1 Then sang Moshe and the children of Yisra'el this song unto YHWH, and spoke, saying, I will sing unto YHWH, for He is highly exalted; the horse and his rider has He thrown into the sea. 2 Yah is my strength and song, and He is become my salvation. This is my El, and I will glorify Him; my father's Elohim, and I will exalt Him."* It is this infinite power that Ga in Ya-Or-Ga captures. THE JUSTIFICATION. Melech Dawid (King David), a man after YAH's own heart, received a revelation of truth beyond his time when knowledge of anatomy was considered witchcraft. He exclaimed, *"13 For You have made my reins; You have knit me together in my mother's womb. 14 I will give thanks unto You, for I am fearfully and wonderfully made: wonderful are Your works, and that, my soul knows right well. 15 My frame was not hidden from You when I was made in secret, and curiously wrought in the lowest parts of the earth"* Tehillim (Psalms) 139:13-15. Biological knowledge of the complexity and dynamism of the human body was not known in the age of David, a humble Sheppard, but in a divine moment, Melech Dawid received a divine download: a binah (knowledge) of the human anatomy millenniums before medical science understood the wonder of the human body. To paraphrase, *"We are fearfully and wonderfully made and my soul knows it well!"* In the last of his psalmist compositions, Psalms 150, he, therefore, instructs us; *"Let everything that has breath praise Yah. Praise you, Yah."* Believers have quoted this passage with vigor and determination, even committing it to long-term memory to draw every drop of its restorative and healing promise, yet most believers live their last years and final moments in pain and ailments, or sickness and disease that are indicative of Mitzrayim (Egypt) they are supposedly delivered. Lest we forget; *"26 And He said: If you will diligently hearken to the voice of YHWH your Elohim, and will do, that which is right in His eyes and will give ear to His commandments, and keep all His statutes: I will put none of the diseases upon you, which I have put upon the Egyptians, for I am YHWH that heals you (YHWH-Rophechah)"* Shemoth (Exodus) 15:26. Rophechah is an interesting Hebrew word. Generally, it means to cure or heal. Strong's concordance says this: Raphah (raw-faw'); a primitive root; properly, to mend (by stitching), i.e. (figuratively) to cure, (cause to) heal, physician, repair, X thoroughly, make whole. In other words, YAH heals, repairs, and makes whole or complete. Ya-Or-Ga is the raphah of the Torah—a claim we do not make lightly. Thousands of years have passed, and we lost the raphah of the Torah when we turned the Divine Instructions into a solely religious and intellectual pursuit. We are a Triune Being consisting of a ruach (spirit), nephesh (soul), and basar (body). Parts or centers are equally addressed and taught in the Torah. The Torah is for everyone. No part of the Torah is for Yisra'el alone. The Torah itself teaches that its truth and wisdom are for all people and nations. Ya-Or-Ga is for everyone who desires to tap into the raphah of the Torah. Ya-Or-Ga was composed to fulfill this important mitzvah (commandment) which we have so wilfully neglected to our detriment and fall. THE PURPOSE. Billions of dollars are committed annually to



research the extent of the lifespan of humans and improve the health of the aged, which is frankly a waste of money when it is known what causes aging. The hope that drives this billion-dollar industry is that someday, youth and vitality will come in the form of a "pill" that is affordable only to the elite. In their quest, our scientists strive meticulously to unlock the secret of our genes to stop aging and death, but they have not succeeded and never will. I want to share a secret with you: The cycle of life, death, and rebirth is programmed into our genes' DNA sequences and the atoms of the universe itself. There is nothing science or medicine can develop that will stop the cycle and reverse the process because we are programmed in our genes and conditioned by our environment to die. However, we can slow the aging process substantially and, in many cases, reverse it for a time period. This is the Holy Grail or purpose of Ya-Or-Ga. To slow down the inevitable process of aging and allow us to die with dignity by having a measure of control over our day and possibly the time of death. The sages of Yisra'el chose the age and time of their death. They gave up their ghost when they knew it was their time to go. When Avraham (Abraham) reached the age of 170, the Torah tells us that he gave up his spirit and was gathered by his people. *"7 And these are the days of the years of Avraham's life that he lived, one hundred seventy-five years. 8 Then Avraham gave up the spirit, and died in a good old age, an old man, and full of years; and was gathered to his people"* Beresheeth (Genesis) 25:7-8. It was the same for Yitzchak (Isaac) (Beresheeth (Genesis) 35:28-29), who died at 180, and Yaakov (Jacob) who died at 140 (Beresheeth (Genesis) 47:28; 49:33). Yaakov did not attain the age of his fathers because he lived in Mitzrayim for 17 years and so did Yoseph (Joseph) who died at 110 years due to their previous diet while in captivity. Moshe (Moses), the greatest of all prophets, also came out of Mitzrayim and died at the young age of 120 due to his previous diet. Nevertheless, he was strong and well in his last days, when he ceased to live the lifestyle of Mitzrayim, which consisted of eating foods prohibited by the Torah. Moshe died well and strong; the impression we get from the Torah is that he decided the time of his death. *"7 And Moshe was one hundred twenty years old when he died: his eye was not dim, nor his natural force gone"* Devarim (Deuteronomy) 34:7. I am convinced these great men practiced a lifestyle of Yoga, which included a strict diet and time to meditate. Indeed, the Scriptures have a prescribed diet and meditation code called the Laws of Kashrut and Tefillah. Ya-Or-Ga aims to bring the believer to a state where aging is inevitably reversed, and the believer returns to his or her youthful state. I like what this author said; "In truth, Yoga doesn't take time – it gives time" Ganga White. You wonder if this is possible, and the answer is a resounding yes. This outcome is promised to us in the Scripture – a life absent of sickness, weakness, and aging is pictured for us. *"28 Have you not known? Have you not heard, that the everlasting Elohim--YHWH—the Creator of the ends of the earth, faints not, neither is weary? His discernment is past searching out. 29 He gives power to the faint, and to him, that has no might, He increases strength. 30 Even the youths shall faint and be weary, and the young men shall utterly fall. 31 But they that wait for YHWH shall renew their strength; they shall mount up with wings as eagles: they shall run and not be weary; they shall walk, and not faint"* Yeshayahu (Isaiah) 40:28-31. Through Ya-Or-Ga we can relive verse 31 *"they shall mount up with wings as eagles: they shall run and not be weary; they shall walk, and not faint."* How many aged or elderly people do you know have the strength and power to outperform young men, as verses 30-31 indicate? Scarcely do we find this situation today, yet many elderly fit men and women have demonstrated that this is quite possible and reachable and is no longer a rare sight, especially among lifetime Yoga practitioners. One of my expressed goals in life is to live at my best health potential and when the time arrives for me to pass into eternity, I want to leave physically and emotionally well and not on a sick bed. This can also be your experience. THE SYSTEM. In the beginning, Yoga was introduced to humanity as a DIVINE SYSTEM (a spiritual order) and not a religion. Hinduism was the



religion that wholly embraced the revelation and incorporated it into its teachings, hence its Hindu skin. All other faiths lost "the system," albeit more so in the Western traditions than in the East. It is not hard to understand why. Like the many martial arts that came to the West simultaneously as Yoga, most were introduced as a military or defense system disembodied of its religious roots for fear of rejection. Trace the ancestry of these systems, and one will quickly discover that all came out of a religion and its founders were priests or men of the priestly class. Judaism, Christianity, and Islam have no such systems because killing, sports, and exercise are not part of their religion. The reason is simple: the body is seen as unholy and inferior to the spirit and soul, which is the main focus of monotheistic religions that teach a hierarchy in our triune being. This does not mean we had no Yoga or martial systems. Not so; all it means is that we lost the connection somewhere along the way. The yogic composition of body postures, the patterns of breathing, and transcended meditation techniques are not unique to Hinduism. Most Eastern religions and cultures have their culturally-based expressions and boast a long history; for example, Tai Chi, Qigong, Jujitsu, Karate, Kungfu, etc., practiced many Yoga forms and meditation techniques for thousands of years. These systems maintained a vibrant connection to their people because religion was the glue that held them together and created ancestry, where knowledge and practice were handed down from one generation to the next. Many monks, priests, and holy men in the West in the ensuing centuries of war realized the benefits of these Eastern systems and appropriated these systems into their training purely to improve their combat skills. Yoga was the last of these systems to be incorporated into the West, not for harm but for peaceful purposes. It was mainly the female population that embraced art at the start, but the men who seized it early became our legends in the West. The point is Judaism, Christianity, and Islam lost their connection to Yoga when they misunderstood the origin of "the system" as Hinduism and Polytheism. Many gurus teach that Yoga is not a religion, but this is not true. Yoga may have shed its religious skin as it migrated to the West, but it is fundamentally spiritual. Yoga is innately spiritual, as evidenced by many Hindu sacred texts. Yoga, to be complete and function correctly, must have a spiritual dimension. Suppose it were true that Yoga does not have a spiritual side. Why do thousands of Yoga followers pilgrimage to Indian ashrams annually and display in their studios a semblance of the Hindu religion and pictures of their guru? Something that no pious Jew, Christian, or Muslim would think of doing because it is tantamount to paganism and idolism. Yoga's spiritual pull or vacuum does not need to be filled with religion. The Supreme Creator of all things is not a religion. He is the ALL, the Maker and Creator of all things, and everything that exists is in Him. We must connect the system to the ultimate revelation – The Being that created all things. It is He who gave us Yoga, and it is Him who will complete the spiritual vacuum in Yoga and pull us toward a priestly holiness that embraces the health of the body. We must also stop fearing Hinduism and see it as the guide YHWH provided us to understand Yoga. The majority of monotheistic believers still will not practice Yoga because of its connection to Hinduism. This need not be the case. Hinduism is not a threat to monotheistic belief systems. We are not competing faiths; our religions are different ways the Supreme Being revealed Himself to Humanity. All religions are like petals in a magnificent rose that connects to a center held together by a stalk. Each petal brings to the flower of humanity a unique aspect of life we do not have in our faith. The lessons of each faith will lift and improve the state of our earthly paradise when we all learn to live in peace. Our shared purpose is to discover each petal's beauty through understanding other people's faith. In the task, we will inevitably learn to love one another and appreciate our differences. To conclude, Yoga is India's primary contribution to humanity's mental enlightenment and bodily health – a gift every believer should accept from YHWH. We invite you to practice our YaOrGa routine; go to our websites, and under YaOrGa, you will discover many resources that can assist you.