

Former Yoga Instructor: Why Chanting Mantras Endangers Your Spiritual Health

A mantra is a sacred utterance, a mystical sound, syllable, word or group of words, often in Sanskrit, that are believed by practitioners to have religious, magical or spiritual powers.

The Primary Mantra I Chanted as a Yoga Teacher in 1970

Ek Ong Kar, Sat Nam, Siri Wah Guru.

The meaning of the chant:

Ek Ong Kar—There is only one God.

Sat Nam—Truth is His name.

Siri Wah Guru—The Spirit is my teacher.

Surprisingly, within a biblical worldview, these three statements are true. However, they mean something completely different within a Hindu or New Age worldview.

The Purposes of Chanting Mantras

1. To empty the mind of random thoughts.
2. To achieve focus.
3. To summon the influence of certain deities.
4. An aid in achieving enlightenment.
5. Some teach chanting can burn up negative karma.

The Popular Single-Word Mantra ‘Om’

It is taught to be the primal sound, the original utterance that happened with the manifestation of the universe. It is pronounced with three sounds: a-u-m, representing three

deities: Brahma (the creator god), Vishnu (the preserver god) and Shiva (the destroyer god).

Do Mantras Achieve Their Purpose?

–Repetition does calm the mind, so a semblance of peace may be experienced, but not the peace of God.

–Chanting mantras does not attract God, but it does attract demonic entities.

What Jesus Said About This Practice

“But when you pray, do not use vain repetitions, as the heathen do. For they think that they will be heard for their much speaking” (Matt. 6:7).

For more on this important topic, click here to listen to the entire podcast on *Revealing the True Light*. {[eo](#)}

Important Resources

Article: *An in-depth article on this subject can be found on our comparative religion website.*

True Light Book: *All Revealing the True Light podcasts are based on, or related to, Mike Shreve’s classic book titled In Search of the True Light, an in-depth comparison of over 20 religions. Also, it provides answers to 30 important questions concerning truth and spirituality. Obtain your copy today! Available as an e-book on Amazon and other online sources.*

Mike Shreve also explains his stance on the practice of yoga in his mini-book: Seven Reasons I No Longer Practice Yoga. Available on our websites and on Amazon (both paperback and e-book formats). Discounts are offered for bulk orders: just call 423-478-2843 for information.

Free e-book of Mike Shreve’s Transformation Story: *In 1970, Mike Shreve was a teacher of Kundalini Yoga at four*

universities with several hundred students following his teachings. Read how God opened his eyes to the uniqueness and exclusivity of Jesus in this free e-book The Highest Adventure: Encountering God.

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