Date: June 2021
Dear S~~~~,

Yes there are many deceptive and demonic practices in kundalini yoga, as well as in Hinduism, and the so-called "New Age", and none of these are consistent with the Raja Yoga of Patanjali, which I teach. And there are many deceptive and demonic practices in christianity as well. Ever consider that? Critical thinking is always necessary, and be skeptical of anyone who insists that you turn it off to engage in cultic practice or group membership. Judge words and actions - your own first, and then those of others, including mine here. Judgement on people as such, is done by the heavenly court of God.

Yes, we've been in the “last days” for quite a while now, and evil men go from bad to worse, deceiving and being deceived. I'm not quite sure whether "The" antichrist was Titus Vespasian or Constantine. What do you suppose? They both practiced lawlessness, but Constantine and the Nicean bishops made rejection of the Torah into church doctrine and a requirement for membership, while excommunicating all the Jewish Christians and Arians. Turning lawlessness into the law of the land and of the church, is in some ways is worse than merely destroying Jerusalem (which was Vespasian’s work). It might even be worse than setting up the abomination of desolation in the temple. (that was Hadrian doing, if my memory serves, and he should certainly be counted among them as well). Paul and John warned about the “man of lawlessness,” and perhaps thats why the bible is suppressed in the churches and reason is devalued - it would disrupt the personality cults built around the bishops, pastors, saints, and so-called prophets. In any case, the disease metastasized among the "christian" kings of Europe, and by now there are so many antichrists I can't even keep track.

Ok, back to yoga. Yoga asana is form of physical exercise through sitting still. The first thing to do is stop moving. But since you’re likely to move in and out of studio, and move money from your pocket into someone’s cash register, first I’ll teach you how to NOT do that.

- Don't practice in a studio with idols, or with mirrors. Most studios have these. Yoga is meant to be practiced alone in an empty room.
- Don't recite devotional mantras except those from the hebrew bible.
- The Yoga sutras may be recited in Sanskrit, English, or any other language, because these are intelligible propositions of epistemology, psychology, ethics, and soteriology. Although they are stated dogmatically, they should not be received merely on faith. They can and should be explained rationally, and subjected to skeptical inquiry like anything else.
- Don't prostrate before a guru, or stare at his image. Don’t attempt to communicate with the dead.
- Don't give your money or honor to a teacher unless he gives honor to Patanjali, who compiled and transmitted the Yoga Sutras. Otherwise he is stealing from his teachers and stealing from you. And most of them are.

- Ensure that your teacher restrains himself according to the ethical code, the yamas, given in the second chapter, sadhana pada, on practice. This is the first limb of the Ashtanga, the eight limbs of raja yoga, which I practice and teach. This is roughly consistent with the Noachide covenant taught by Paul in Romans 13-15, and transmitted from ancient times both by Israel among god-fearing gentiles, and by the sons of Keturah who went to the east.
- I'm forwarding this to my own teacher, firstly because all teachings should be tested. Secondly, because accountability and moral responsibility is necessary for men in positions of spiritual leadership. Both of which were grossly lacking in our previous church, IMHO. This is important, especially when the teacher is giving "directions" to a beautiful woman like yourself. :) The powers can be abused.

God did indeed design how our bodies move. Yoga asana, however, is steady and comfortable posture, not movement. And posture is an internal awareness of the body image in the minds eye - it is the “seat of the soul”. Most studios get stuck on gymnastics, but these are not the goal, and it is a preparatory for higher practice. A healthy body supports a healthy mind, which itself must be stilled, in order for the intellect to awaken and the fire of reason to shine through the darkness of our avidya, our ignorance.

The best way to enter asana is to close your eyes and withdraw your senses. This is pratyahara, which is neglected by the studios because they are mostly practicing bhoga, not yoga. Soon your body will slow its movement. When you find a steady comfortable posture, hold it for at least three breaths, before moving to another. With practice, it will become possible to sit for long periods of time without becoming distracted by pains, aches, and compulsive desires. Awareness is the goal: not flexibility, range, endurance, or strength. But once these powers come, yogis and yoginis often get stuck on the gymnastics and acrobatics. This is a diversion from the path, and often an error and a form of bhoga. The attainment of powers is not the goal, and can become a snare.

Yoga is the stilling of the turnings of the mind. Yoga chitta vritti nirodha. That is the authoritative teaching on yoga, from Patanjali, the chapter on meditative absorption, Samadhi pada, sutra 2.

The purpose is kaivalya - liberation - deliverance. To awaken to our own embodied spiritual nature which is denied by so many, to break the yoke of the selfish inclination, to purify our memories and imaginations, to practice pramana - valid deductive and inductive reason leading to discriminative discernement (viveka), and thus refute the lies we have been taught by societies false teachers, and to take on the yoke of heaven.

Kind regards,
Jared

From: **Jared Essig** <jared.essig@gmail.com>
Date: Wed, Nov 30, 2016 at 7:01 PM
Subject: Re: FOR FRIDAY NIGHT: Keeping One's Balance (Vayeira)
To: E~~~~ <e……..n@gmail.com>

Thank you for the suggestion Ethan. I'm in my third year reading Torah parshiyot, and next year I hope to to come to Israel. First I plan to mikveh in Nahar Yarden. I'm sure you can walk there from Yerushalayim. Have you ever tried it? Are you studying? Working?

Please take care of your body as well as your mind. Here are some suggestions for you:
http://www.aish.com/sp/so/How-Orthodox-Jews-Taught-Me-Yoga.html

Breslover couple teaches Yoga in Haredi community, Ramat Beit Shemesh
http://thejewniverse.com/2013/hasidic-yoga/

I personally do Yoga Sadhana (practice) with my morning brachaot, before prayers or breakfast. These are the "fences" that I have put up to remove me from Avodah Zara and to move me toward Birchat Ha'shem.

1. Do not to attend classes at studios where idols are displayed.
2. Do not repeat mantras in Sanskrit (or any language) unless the mantra is understood, and a true statement. An exception would be "mantras" from the Holy TaNaKh, which are known to be true and divinely given, but it is better to repeat psukim slowly, with understandinga and kavanah.
3. Avoid studios that have large mirrors, and mixed gender classes - this tends toward greco-roman/hollywoodish body worship.
4. Do bless the living G*d for opening the eyes of the blind, straightening the bent, strengthening israel with gevurah, firming the footsteps of man. (Ergo, it is a mitzvah to develop clear vision, upright posture, strong body and feet)
5. Avoid bhakti yoga and kundalini yoga. Learn Raja yoga as taught by Patanjali, and practice Viveka (discriminative discernement).
5. Lest anyone think I bow down to the sun or moon or stars, or chas v'shalem, I ever fall into deception, I say this bracha before doing Hatha (sun/moon) Yoga:
"Baruch atah adonai, eloheinu melech ha olam, ha borei ha ma'orim gdolim, ha shemesh l'memshalah ba'yom, v' ha yarech l'memshalah b'laylai".

If you look at the world through a non-Jewish yogic philosophy, keeping Shabbat is the perfection of Yoga - it is non-becoming, kaivalya, liberation. The sanskrit word "Yoga" is cognate with the english word "Yoke", in Ivrit "Ol". When you take on Ol Shamayim, you are practicing what the Yogis would call "Karma Yoga".

May you be blessed with physical health and strength, and patient endurance in hope

--------- Forwarded message ---------
De : **Jared Essig** <jared.essig@gmail.com>
Date: mer. 24 févr. 2016, à 12 h 01
Subject: Ethan my friend,
To: Ethan Cohen <e……..n@gmail.com>

If you ever do yoga, say the "shema" first, don't do their chants, and look into the "ashtanga" or "raja" style. Avoid kundalini.

The traditional jewish liturgical prayer, along with breathing and physical exercise and lifestyle of self-restraint has been very good for my mental and emotional health.

Psalm 16 - "even at night my kil'yotai instruct me"

May you connect to dreams and visions. And know HIM better.

From: **John Hingson** <l…….g@gmail.com>
Date: Wed, Feb 3, 2021, 4:50 PM
Subject:
To: Eliyahu Weisman <e……..o@gmail.com>

Many people become lured into idolatrous practices and cults through promises of the benefits of their forms of meditation. The Lubavitcher Rebbe explains what is and is not permitted in practices of meditation, and when and how it may be properly prescribed as beneficial by mental-health experts.
https://asknoah.org/video/kosher-meditation

From: Jared
Date: Not sent
Subject: Lockdown yoga.

The pandemic lockdown leaves us more isolated and susceptible to loneliness and anxiety, but it also makes solitary practices easier - including prayer, meditation, study, and yoga. Yoga is meant to be practiced in a clean, empty room.
Asana is posture that is steady and comfortable - sthira sukha asanam. II.32
Pranayama is restraint of the breath. II.33
Together these are Hatha yoga, the physical aspect of the practice. It is a preparatory for higher practice, because a healthy body is necessary for a healthy mind, and a healthy mind is the basis for the adequate discipline of a healthy intellect.

The references are to the Yoga Sutras of Patanjali
Now, the authoritative teaching on Yoga I.1
Yoga is the stilling of the turnings of the mind. - yoga chitta vritti nirodhah I.2

Once the mind becomes still and single-pointed concentrate becomes possible and even easy. After this meditation, and beyond that is a state of absorption or trance that is called "samadhi". A healthy body is necessary for a healthy mind. The yogic anthropology calls this the "chitta", and locates it in the heart; yoga aligns with torah anthropology in this respect, which refers to the mind/heart as "lev". When the turnings - the unnecessary modifications - of the heart are stilled that heart rate can be slowed or hastened at will. Thus the yoga body comes under the authority of his mind, and the practioner's heart/mind comes under the authority of his intellect. Most people are karmis - they are pursuing experiences rather than yogic liberation, and in them this condition is reversed: they tend to obey their bodies desires and aversions, and become mentally unstable and intellectually darkened in various forms of avidya, ignorance. Midrash koheleth 5:2 also teaches this principle in regard to the tsadikkim.

But when the heart/mind is stilled, the intellect can awaken. Prayer and praise should involve both, and both faculties should be used for this purpose, before they are put in the employ of melachah, creative work, which in Sankrit is called "karma" - causative action.

I practice for ten or twenty minutes every morning before praying shacharit. When we pray, we should do so with the intellect, and also with the heart.

Preparatory sequence before solitary shacharit - morning prayer:
Sauca - cleanliness.
Perform necessary ablutions. Wash hands and face. Return to your bedroom.
Clothe yourself with a clean undergarment. Without donning a tallit kattan, hold the tzitzit.
Remain standing, close your eyes, meditate on the commandments that are implied by it, and on the blessings with which your creator has endowed you.

tadasana mountain
trikonasana left triangle
tadasana mountain
trikonasana right triangle

Address a blessing to the creator and ruler of all flesh, who straightens the bent.

tadasana mountain
virabhadrasana left warrior
tadasana mountain
virabhadrasana right warrior

Address a blessing to the creator and ruler of all flesh, who girds his people with strength and teaches his people discipline.

Early morning an hour or two before sunrise is the best time to practice. When finished, sit in meditation in a sukhasana, easy sitting pose, or dandasana - staff pose, or any other seated

pose that is steady and comfortable. After several months consistent practice, the practitioner should be able to hold virabhadrasana IV - warrior IV, for an extended period of time.

When this time sun may rising