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GO Youth Fellowship Melbourne hosts talk about the dangers of yoga, superstition and alternative spirituality



With the blessing of His Eminence Archbishop Makarios of Australia and under the guidance of His Grace Bishop Kyriakos of Sozopolis, the Archdiocesan District of Melbourne's GO Youth Fellowship initiative hosted a talk at the Parish and Community of the Holy Archangels in Parkdale, titled: The Orthodox perspective on alternative spirituality, yoga and superstition.

The talk was presented by Parish Priest Father Panagiotis Zoumboulis in the presence of the Orthodox faithful. Close to 100 people attended the talk which aimed to educate the faithful about alternative spirituality, yoga and superstition.

In the talk, Father Panagiotis explained how as Orthodox Christians our focus should primarily be to develop a relationship with our Lord and Saviour Jesus Christ through prayer, fasting, active participation in the Holy Mysteries of the Church of which are superessential in protecting the soul and body from evil.

He also explained how alternative spirituality might seem enticing at first but is portrayed in that way to draw in unsuspecting individuals, who are then lead away from serving God.

It is through our lack of trust in God or failure to believe in His power that leads us towards following superstitions and alternative spirituality. However, Fr Panagiotis emphasised to the audience that it is by our trust in God through the intercessions of the Theotokos and Saints that we find true comfort and refuge.

At the conclusion of the talk, the audience asked questions and were treated to light refreshments.

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