

# Basic Yoga Changes Gene Expression

Basic Yoga changes gene expression in those who practice it. This was used to regenerate people and heal them. This is just what basic Yoga does.

Yoga is Satan's gift to humanity.

Think about how better people would be if they practiced even basic Yoga. The Jewish-run pill factories would lose billions of shekels, which is another reason they don't want this knowledge in the public.

<https://www.youtube.com/watch?v=syQW8rUIIPU>

## Reply by High Priestess Shannon:

Great post and link.

Meditation has also been found, and it is a fact, that it changes the brain over time and increases awareness, cognitive functioning and intelligence....Definitely screws up the Jews' plans....

Syt wrote:

“Is there a difference between Yoga vs. Mantra/Chakra meditation when it comes to enhancing gene expressions?”

Well yoga works on the soul, chakras included so it can have similar effects as chakra meditation, you're just working on the soul. Same goal, different methods. The chakras are located along the spine near the endocrine system so stimulating those through chakra meditation or yoga will have a rejuvenating and healing effect.

Yoga works on the physical body and soul directly as the added benefit.

High Priestess Shannon

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Joy of Satan Forums Contributions