

Yoga Renunciation

Depending on your level of involvement, renunciation could include:

- **canceling subscription to a yoga magazine;**
- **forfeiting pre-paid, unredeemed yoga classes at a studio, recreation center or gym, or dropping out of a registered, tuition-paid, for-credit college P.E. class;**
- **discarding an expensive library of yoga books, training manuals, videos, DVDs, music CDs or MP3s (please do not donate to libraries or sell on eBay as that will only entangle others!);**
- **trashing yoga contact objects that you feel you cannot repurpose without compromising yourself or someone else, such as blocks, straps, mats, bolsters, zafus;**
- **destroying mementos, souvenirs, anything with the Om symbol on it;**
- **shredding or burning yoga teacher certifications and continuing education credits;**
- **resigning from your job as a yoga teacher or teacher trainer;**
- **disowning Yoga Alliance membership or other yoga group membership;**
- **disassociating from people whose commitment to yoga would compromise you;**
- **discontinuing yoga classes, if you own a gym;**
- **closing a yoga business, such as a yoga studio, exercise video production company, teacher training and continuing education provider;**
- **discontinuing the sale of any yoga book, manual, or exercise DVD from public sales sites if you have retained the copyright interest in such works, or if you have not retained the copyright interest, donating or**

dedicating the royalties of such works to truth advocacy;

- and if you have great influence—as some teacher trainers do—publicly renouncing the practice and debriefing, counseling, and praying for those you have influenced, particularly other yoga instructors;**
- relinquishing the benefits of yoga—physical, mental, emotional, and social, etc.—that you have enjoyed at the cost of your spiritual integrity, kingdom identity, and divine destiny;**
- investing in finding, developing, or promoting alternatives to yoga.**

Because Hindu spirits take interest and attend the practice, renunciation has to be sincere and severe. Otherwise, your entertaining them again could end in stronger bondage, and especially if a spirit vacates and later returns, inviting others, as Jesus informed His disciples:

When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, 'I will return to my house from which I came.' And when he comes, he finds it empty, swept, and put in order. Then he goes and takes with him seven spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first. Matthew 12:43-45 NKJV

Are you staggered by the sacrifice involved in renunciation? You are worth it. Your life purpose is worth it. The kingdom is worth it—worth your violent effort and total sacrifice:

The kingdom of heaven suffers violence and the violent take it by force. Matthew 11:12 NKJV

Again, the kingdom of heaven is like a merchant seeking beautiful pearls, who when he found one pearl of great price, went and sold all that he had and bought it. Matthew 13:45-46 NKJV

Jesus promises an excellent, hundredfold return—along with persecutions—for any sacrifice you

make for the sake of righteousness and the love of God:

Assuredly, I say to you, there is no one who has left house or brother or sister or father or mother or wife or children or lands, for My name's sake and the gospel's, who shall not receive a hundredfold now in this time—houses and brothers and sisters and mothers and children and lands, with persecutions—and in the age to come, eternal life. Mark 10:29-30 NKJV

Forgiving Others

Father God, I come to You in the name of Jesus through the blood of Jesus.

I forgive (*name the person or people*) for introducing me to yoga. I am sure (*name/s*) had my best interest at heart and did not recognize the Hindu nature of the practice, or if *she/he/they* did, *she/he/they* thought the spirituality was neutral or benign. I forgive (*name/s*) for unintentionally introducing me to Hindu worship, exposing me to Hindu spirits, and embroiling me in idolatry.

If the person was in a position of relational authority or influence, such as a parent or spouse; or held a sacred or public trust, such as a pastor or teacher; or had a fiduciary responsibility, such as a doctor or counselor or other professional entrusted with your care:

I recognize that this person had a special charge or influence over me, and I forgive (*name*) for breach of that responsibility (*describe it*). I release any judgment I have against (*name*) for misguiding me when I relied on *his/her* professional expertise and trusted *his/her* influence or authority.

I now bless (*name/s*) with knowledge of the truth, conviction, and conversion. I ask you to send your Holy Spirit to brood over (*name*) and assign holy angels to minister to (*name*).

Breaking Generational Curses

If any family member (and especially from a preceding generation, a parent, grandparent, aunt or uncle) has practiced yoga or studied Hinduism for personal development or improvement of life circumstances, or otherwise explored, experimented with or invested in Hinduism:

I confess on behalf of my family member(s) and ancestor(s) that we have sought life in Hindu gods; we have sought to have our needs met and our desires fulfilled through Hindu gods; we have sought physical health and longevity, emotional well being and calm, mental clarity and focus, spiritual knowledge and wisdom, direction and guidance, provision and protection, social influence and harmony, professional success, spiritual power and fulfillment through Hindu doctrines, practices, deities, and spirits. I confess this as the sin of idolatry. I repent on behalf of my immediate family and ancestors (*name them*). Jesus, I receive Your blood shed for the remission of our sins. I ask you, Lord, to forgive my family of idolatry, and to release me from any inherited generational curses, familiar spirits, distortion in my faith or departure from my spiritual path on account of my family. I disown and break all familial associations with Hinduism, and any Hindu influence, control, or power over my life by the power of Your name and Your blood shed for the remission of our sins. I thank You for cleansing me of any generational defilement and freeing me from any generational oppression.

Repenting of Idolatry

If you were ignorant about the Hindu origin, nature, and purpose of yoga:

Lord, I confess that I have been irresponsible in the matter of consecration, of setting myself apart for You. I have been oblivious, ignored, minimized, or discounted the controversy over yoga among Christians. I have failed to consider

arguments opposing the practice. I have neglected to research the subject to determine whether there might be anything objectionable about it. I have neglected to study the Bible on the subject. I have not prayed and fasted about my decision to engage in an ancient spiritual practice from India. I have been emboldened by the example of other Christians who practice yoga, by churches that host yoga, by Christian colleges and universities that offer yoga. In short, I have relied on people as my standard for what is right. I have not been led by the Holy Spirit, but by my own ignorance and desire and by others. I ask You to forgive me and cleanse me. I receive Your love. I pray that You will help me to become much more vigilant and wise and proactive about matters of faith. I consecrate myself to You alone.

If you knew about the Hindu origin, nature, and purpose of yoga, but thought you could revamp it as pure exercise or reassign it as devotion to Jesus:

Lord, I confess that I have been presumptuous in my faith. I have not taken seriously Your warnings about deception at the end of the age: I have assumed that I could not be deceived or that I was not deceived about yoga. I have not taken seriously the warnings in Revelation against pagan practices in the church; I have assumed that compromise and corruption applied to other Christians and other pagan practices, not to me and my yoga practice. I did not consult You before embarking on yoga, nor did I submit my decision to You by and by.

From time to time, I have dismissed the concerns of other Christians as misinformed, unenlightened, and without merit. I fancied that my faith in God was greater than theirs and that my knowledge of the one, true, living God would automatically nullify the Hindu power of a Hindu practice. I assumed that I could "purify" a pagan practice with impunity and with Your blessing. I relied on my own good intention and my own

clear conscience as proof of rectitude, rather than obedience to the strict implications of Your Word. I twisted scripture to support the practice. I did not consider Your perspective in the matter: whether You like and accept a reworked pagan practice as a love offering from me. I was oblivious to and underestimated the claims of Hindu spirits attached to the practice.

In short, I have been wise in my own eyes; I have leaned on my understanding; I have not acknowledged You in my lifestyle choices. I have acted independently of You; I have been self-seeking, self-reliant, self-determined, and self-willed. I repent of this and pray that You help me surrender control of my life. I pray that I can hear You in matters of personal desire and submit my desires to You. I ask You to forgive me and cleanse me. I receive Your love. I ask You to develop in me a profound appreciation for Your sovereignty and obedience to Your Word.

I heartily repent of yoga as Hindu worship. Thank you, Jesus, that Your sacrifice covers sins I committed unintentionally while I was deceived and in error. Please free me to worship You with all my strength.

Renouncing Hindu Gurus

I renounce the entire guru lineage associated with the form (or forms) of hatha yoga I practiced. *(If possible, name the guru/s; at the bottom in the notes section is a short list of gurus associated with popular styles of yoga. If you don't know the guru lineage of the style you practiced, just use the general term "guru".³)* I affirm that Jesus is more than a human teacher and master: He is God and Savior of the world, even of gurus, should they believe. I affirm that the Holy Spirit sent from the Father to live in me is "the Spirit of truth" who leads me into "all truth" and who is my "Comforter, Counselor, Helper, Intercessor, Advocate, Strengthener, and Standby" (John 16:3; John 14:16 AMP).

Renouncing Hindu Deities

Despite such diversity, Hindus subscribe to a world view that is diametrically opposed to the Biblical world view. From this world view spring certain religious tenets, most notably the following:

- **reincarnation—one is repeatedly reborn in a new body until one drops personhood;**
- **karma—conduct in previous lives is the causal agent of rebirth; the consequences of such conduct determine one’s fate or destiny in this life and in future lives;**
- **samsara—the nature of life is suffering, and one is doomed to “wander through” an endless cycle of birth, death, and rebirth until one abnegates personhood as a worthwhile or desirable existence;**
- **avidya—ignorance of one’s true nature and consequent delusional attachment to this world is the source of suffering;**
- **ahamkara—the body, mind, and sense of self or “I” are obstructions to spiritual freedom;**
- **yoga—the way to end suffering is to escape the human condition through yogic disciplines of detaching from the body, mind, and sense of self or “I”;**
- **moksha—one can release or liberate oneself from suffering by realizing that one is not a person but infinite consciousness-being that pervades the whole universe: “Tat Tvam Asi,” “Thou Art That” (from the *Chandogya Upanishad*).⁶**

Brahman: *Renunciation of Brahman*: I renounce Brahman, any “benefits” of Brahman, and any spirit associated with Brahman. I affirm that God is God, the great I AM, and that I am human and not God—never have been God and never will be God. God is the Creator, and I am a created being. I affirm that not all creation is equal, but rather mankind is God’s greatest work, made in His own image, which He praised as “very good,” more

excellent than any of the other works of His hands, including living beings and the world itself, which He made as a habitation for mankind. I affirm that mankind is unique, not only in identity, but also in function, that mankind was given stewardship responsibility over the created order and magisterial powers to govern for the benefit of mankind and the glory of God. I affirm that God is a Person; that He is a personal God; that He is for me; that He likes me; that He loves me; that He wants to be with me and is in me through His Holy Spirit. I affirm that man is appointed once to live, once to die, and after that to be resurrected for just judgment of deeds done while alive, whether good or evil. I affirm heaven as a place of fellowship with God and hell as a place of torment for evildoers—the Devil, his angels, and those who live by him. I affirm that my identity as an individual remains intact in the everlasting life that only Jesus gives. I affirm that Jesus is the eternal Word that was in the beginning, and that through this Word all things were made, and without this Word nothing was made that was made (John 1:1-5).

***Ishvara: Renunciation of Ishvara:* I renounce Ishvara, any “benefits” of Ishvara, and any spirit associated with Ishvara. I affirm Jesus as owner, ruler, husband, the Creator of beauty, bestower of blessings, and God of love. I celebrate the unique person God has made me to be and the unique personality He has given me. I celebrate the sanctification process in my life and the regeneration of my soul through submission to Christ. I invest myself fully in the life God has given me. I take responsibility for my thoughts, words, and actions. I ask You Lord, to compel me to walk in the good works that You have foreordained and prepared for me to do, even great exploits. I affirm that peace is the fruit of righteousness, not the cessation of personal being. I affirm that peace is the Presence of God, not the absence of self.**

Shiva: *Renunciation of Shiva*: I renounce Shiva, any "benefits" of Shiva, and any spirit associated with Shiva. Lord, I affirm that You give me a garland of beauty for ashes; You turn my mourning into dancing; You remove my sackcloth and clothe me with gladness (Isaiah 61:3; Psalm 30:11). You give life in abundance, and You will raise me from the dead (John 10:10;). In Your Presence is fullness of joy and at Your right hand are pleasures forevermore (Psalm 16:11). You are the One who can inspire a war hero to dance before You with all his might in an undignified way (2 Samuel 6:14, 16, 22). You rejoice and exult exceedingly, You leap and twirl, that the Father has revealed all the wonders of salvation—including deliverance from demons—to babes (Luke 10:21).

Lord, You are the original pillar of fire; You have been a pillar of fire by night to Your people, guiding them in darkness and standing between them and their enemies (Exodus 13:21-22; 14:19-20). Your brightness is like the sunlight; rays stream from Your hand; and there in sun like splendor is the hiding place of Your power (Habakkuk 3:4). Your eyes are like a flame of fire; Your feet are like burnished bronze as if refined in the furnace; Your face is like the sun shining in full strength at midday (Revelation 1:14-16; Luke 9:28-29).

You are the first and last; You never end. You created the human body as a temple for Yourself, and You created human sexuality as an expression of Your love and for covenant (1 Corinthians 6:18-20; Matthew 19:4-6). You formed my inmost being and knit me together in my mother's womb; I praise You that I am Your masterpiece and altogether marvelously made (Psalm 139:13-14). I gladly consecrate my body to You and Your holy purposes: make me an instrument of Your light (Romans 12:1). I praise You that the natural body I now have is a seed that will be sown in death and raised as a spiritual body: Just as I have borne the image of

the first Adam, the man of dust, so too, shall I bear the image of the last Adam, the heavenly Man, Jesus, Who is a life-giving spirit (1 Corinthians 15:42-50).

Lord, I believe that in the last day, events will occur as predicted in the Bible and just as You have foretold: The day of Your return will come as a thief in the night, in which the heavens will pass away with a great noise, and the elements will melt with fervent heat; both the earth and the works that are in it will be burned up. All these things will be dissolved; the heavens will dissolve, being on fire, and the elements will melt with fervent heat (Peter 3:10-13). As lighting flashes from the east to the west, so will Your return be. The sun will be darkened, and the moon will not shed its light, the stars will drop from the sky, and the powers of the heavens will be shaken. Then the sign of the Son of Man will appear in heaven, and all the tribes of the earth will mourn and lament in anguish and beat their breasts when they see the Son of Man riding on the clouds of heaven with power and great glory. And You will send forth Your angels with a loud trumpet blast, and they will gather Your chosen ones from the four winds, from one end of the universe to the other (Matthew 24:27, 29-30).

Shakti: *Renunciation of Shakti*: I renounce Shakti, any "benefits" of Shakti, and any spirit associated with Shakti. God has spoken once; twice I have heard this: That power belongs to God (Psalm 62:11). Great is our Lord, mighty in power (Psalm 147:5). Ah, Lord God! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing is too hard for You (Jeremiah 32:17). Lord, You created the heavens and stretched them out; Your hands spread forth the earth and that which comes from it; You give breath to the people on it, and spirit to those who walk on it (Isaiah 42:5). Yours, O LORD, is the greatness, the power and the glory, the victory and the majesty, for all that is in heaven and in earth is Yours; Yours is the

kingdom, and You are exalted as head over all. [...] In Your hand is power and might, and in Your hand it is to make great and give strength to all (1 Chronicles 29:11-12). You have redeemed me by Your great power and by Your strong hand (Nehemiah 1:10). You give power to the weak, and to those who have no might You increase strength (Isaiah 40:29). You give strength and fullness of might to Your people (Psalm 68:35). By You, I can run against a troop and leap over a wall; by You, I can bend a bow of bronze; by You, I can beat my enemies as fine as dust and cast them out like dirt in the streets (Psalm 18:29, 34, 42). You are the strength of my life (Psalm 27:1). *(For more reflections on God's power manifested in creation, meditate on Psalm 104.)*

Surya: Renunciation of Surya: I renounce Surya, any "benefits" of Surya, and any spirit associated with Surya. Lord, I affirm that You made the two great lights in the sky—the greater light (the sun) to rule the day, and the lesser light (the moon) to rule the night. You also made the stars. You can make the sun stand still for the sake of man, and You can make a sundial turn backward ten degrees and a shadow withdraw ten steps for the sake of man (Joshua 10:12-13; 2 Kings 20:11). The Lord God is a sun and shield, the Lord will give grace and glory, no good thing will He withhold from those who walk uprightly (Psalm 84:11). Men shall know from the east and the rising of the sun to the west and the setting of the sun that there is none besides Me: I am the Lord, and there is no other (Isaiah 45:6). Let all Your enemies perish, O Lord! But let those who love You be like the sun when it rises in might (Judges 5:31).

Chandra: Renunciation of Chandra: I renounce Chandra, any "benefits" of Chandra, and any spirit associated with Chandra. Lord, I affirm that You have allotted the sun, moon, and stars to the nations (Deuteronomy 4:19). The day is Yours, and the night also is Yours (Psalm 74:16). You appointed the moon for seasons; and the sun

knows its going down (Psalm 104:19). Praise Him, sun and moon; praise Him all you stars of light! (Psalm 148:3).

Vishnu: *Renunciation of Vishnu:* I renounce Vishnu, any “benefits” of Vishnu, and any spirit associated with Vishnu. Lord, You are my protector (Psalm 27; Psalm 91). All things are sustained by You; in You everything holds together; You are the cohesive force that binds creation and gives it structural integrity (1 Col 1:16-17 AMP). You are my personal keeper. You preserve me from all evil. You preserve my soul. You preserve my going out and my coming in from this time forth, and even forevermore (Psalm 121:5, 7-8 NKJV). I look to You alone to preserve and sustain me.

Hanuman: *Renunciation of Hanuman:* I renounce Hanuman, any “benefits” of Hanuman, and any spirit associated with Hanuman. I repent of idolizing exercise and physical culture. I repent of idolizing the body and yoga performance—my own and others’. Lord, You alone are my strength (Ex 15:2; Psalm 118:14). I will worship You only with all of my strength (Deut 6:5). I will lean into You for my commission in a campaign of light, according to Your promise that the people who know their God shall be strong and carry out great exploits (Dan 11:32). By You, I can run against a troop and leap over a wall. By You, my hands can bend a bow of bronze. By You, I overtake the enemies of my soul and the enemies of humanity, neither will I stop until they are destroyed. By You, I will strike them down until they fall wounded under my feet. By You, I will beat them as fine as dust before the wind and cast them out like mire in the streets (Psalm 18:29, 34, 38, 42). Be glorified and magnified in me, O Most High God, You who rule in the kingdom of men. I acknowledge that You hold my breath in Your hand and that You own all of my ways (Dan 5:21, 23). My life belongs to You.

Renouncing Hindu Esoteric Physiology and Doctrine

I renounce any other spirits associated with yoga, spirits associated with particular poses, movement sequences (salutes), breathing exercises, meditation, mantras (sacred Sanskrit syllables like Om or other chants), mudras (esoteric hand gestures or signals), bandhas ("locks" or muscular contractions of the pelvic floor, respiratory diaphragm, and throat to control the flow of subtle energy in the body), names of Hindu deities, and names of gurus. I renounce all spirits associated with yogic esoteric physiology, including the concept of prana (universal vital energy or life force), nadis (subtle energy channels), kundalini (spiritual energy or serpent energy), chakras (energy wheels), siddhis (supernatural powers), and so forth. I renounce all spirits associated with Hindu doctrines such as karma, reincarnation (cycle of rebirths), maya (illusion), moksha (liberation from suffering).

I renounce all benefits of yoga that I got in exchange for deception and bondage (name the benefits, as you perceive them: physical, mental/emotional, and spiritual).

Confessing Christ

Revelation 12:11 says that the saints overcome the Devil by the blood of the Lamb and the word of their testimony. Jesus modeled this when He resisted the Devil by repeatedly quoting scripture after each temptation (Luke 4:1-13). By proclaiming scripture, you are affirming the God of the Bible as God and denying Hindu concepts of god that contradict the Bible. You are broadcasting Truth into the spirit realm and into your being and are announcing your choice of Whom to serve. This disempowers spirits of Hinduism that impersonate God.

Yahweh, the God of the Bible, created mankind in His own image, male and female He created them; therefore, God is a Person; He is personal in nature. *Genesis 1:27*

Yahweh, the God of the Bible—Who chose Abraham as His friend—is Maker and Possessor of heaven and earth. *Genesis 14:19, 22*

He is the God of all flesh and all spirits. *Numbers 27:16; Jeremiah 32:27*

He is the Lord of all the earth. *Zechariah 6:5*

Jesus Christ is His only begotten and unique Son. *Psalm 2:7; Matthew 3:17, 17:5; John 1:14, 18*

Jesus is Immanuel, God with us, God in the flesh, the only God-man. *Isaiah 7:4; Matthew 1:23*

In Jesus all the fullness of Deity dwells in bodily form, giving complete expression of the divine nature. *Colossians 2:9*

Jesus is the sole and exclusive expression of the glory of God and the Light-being and out-raying radiance of the divine. *Hebrews 1:3 AMP*

He is the image of the invisible God. *Colossians 1:15*

He is the exact representation and perfect imprint of God's nature. *Hebrews 1:3 AMP*

Jesus is the Alpha and the Omega, the first and the last, the beginning and the end, He Who is and Who was and Who is to come. *Isaiah 48:12; Revelation 1:8; 21:6; 22:13*

Jesus laid the foundation of the earth, and the heavens are the work of His hands. *John 8:5; Psalm 102:25; Psalm 104:5; Hebrews 1*

By and through Jesus, the worlds were created and the outermost reaches of space and ages of time. *Hebrews 1:2 AMP*

Through Jesus all things were made and without Him nothing was made that was made. *John 1:3 NKJV*

All the host of heaven—the angel armies—were made by the breath of His mouth. *Psalm 33:6*

All things were created by Him and for Him—everything in heaven and on earth, visible and invisible, whether thrones, dominions, principalities or powers. *Colossians 1:16*

Jesus upholds and maintains and guides and propels this entire universe by His mighty word of power. *Hebrews 1:3 AMP*

In Him all things consist, cohere and hold together. *Colossians 1:17 AMP*

His power is exceeding, immeasurable, unlimited, incomparable, unsurpassed. *Ephesians 1:19*

Jesus is the head over all rule and authority, over every angelic principality and power. *Colossians 2:10*

Jesus has taken a place and a rank that is as far superior to angels—including the fallen angel Satan—as His name and title are more excellent than any of their names and titles. *Hebrews 1:4 AMP*

Jesus is exalted far above all rule and authority, power and dominion and every name that is named and every title that is conferred, not only in this age and in this world, but also in the age and the world to come. *Ephesians 1:20-21 AMP*

In all things Jesus has the preeminence. *Colossians 1:18*

All the treasures of divine wisdom and spiritual knowledge and enlightenment are stored up and lie hidden in Jesus. *Colossians 2:3 AMP*

Jesus is the only morally perfect human being. *Hebrews 4:15; Isaiah 53:9*

Jesus is the only intermediary between man and God: "There is one God and one Mediator between God and men, the man Christ Jesus." *1 Timothy 2:5 NKJV*

Jesus is the only perfect high priest. *Hebrews 4:15; 2 Corinthians 5:21*

The way to live, the truth about life, and life itself are all in Jesus. *John 14:6*

The light of life is Jesus. *John 1:4*

Rest, refreshing, and restoration of soul are in Jesus. *Matthew 11:28; Psalm 23*

Peace is in Jesus (Shiloh). *Genesis 49:10; Isaiah 9:6-7*

Redemption is in Jesus. *Isaiah 44:6; Romans 3:24; Galatians 3:13; Revelation 5:9*

Jesus made His life a sacrificial offering for sin. He poured out His soul unto death for the remission of sin. *Ephesians 1:7; Isaiah 53:10, 12; 1 John 2:1-2, 3:5*

Jesus is the Savior of the world. *Luke 2:11; 1 John 4:14; Acts 5:31*

Salvation is in Jesus and no other: "Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved." *Acts 4:12 NKJV*

Resurrection is in Jesus: Whoever believes in Him, though he may die, yet he shall live. *John 11:25; John 5:28-29*

Everlasting life is in Jesus: "And this is eternal life, to know You, the only true God, and Jesus Christ Whom You have sent." *John 17:3 NKJV*

Jesus is the Lord of lords and King of kings. *Revelation 17:14; 19:16*

The nations shall bless themselves in Him, and in Him they shall glory. *Jeremiah 4:2*

Every knee shall bow—in heaven, on earth, and under the earth—and every tongue shall confess that Jesus Christ is Lord. *Isaiah 45:23; Romans 14:11; Philippians 2:10-11*

All kings shall bow down before Him; all nations shall serve Him. *Psalms 72:11*

He shall rule from sea to sea, and from the River Euphrates to the ends of the earth. *Psalms 72:8*

All His enemies will lick the dust. *Psalms 72:9*

Purging

Discard and destroy everything pertaining to yoga that you cannot repurpose without compromising yourself or somebody else.

Casting Out the Spirit of Yoga and Other Hindu Spirits

Father in heaven, I thank You that Jesus Christ was manifested to destroy all the works of the Devil (1 John 3:8). Thank You, Father, that the ruler and evil genius of this world, Satan, is judged and condemned and sentence is already passed on him through Christ and the Holy Spirit (John 16:11). Thank You, Father, that through Christ, Satan is cast out and expelled, and along with him, his evil agents and emissaries (John 12:31). Thank You, Father, for vesting Jesus with all authority in heaven and on earth (Matthew 28:18). Thank You, Jesus, for giving me Your authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing by any means shall harm me (Luke 10:19). Thank You, Jesus, that evil spirits are subject to me in Your name (Luke 10:17). Thank You, Jesus, for giving me power to cast out demons (Mark 16:17; Matthew 10:8). Thank You, Father, that Your Holy Spirit in me is greater than the ruler of this world (1 John 4:4). Thank You, Father, for assigning holy angels to minister to me (Hebrews 1:14; Psalm 91:11). Thank You for those holy angels who perform Your word that I speak and who remove every offense and every hindrance to my redemption (Psalm 103:20; Matthew 13:41). Thank You for making me an overcomer (1 John 5:5). I overcome Satan by the blood of the Lamb, Jesus Christ, my Lord, my Savior (Revelation 12:11).

And now, in the Name of Jesus and by the blood of Jesus, I command all spirits associated with yoga to leave me. I command them to take every aspect of their evil selves with them: their beguiling influence, sensations, feelings, thoughts, impressions, heresies, delusions, lies, curses, control, power, infirmities, afflictions, harassment, torment, oppression—all the tools of their wicked trade. I forbid them to leave any vestige of themselves behind. I loose myself from every demonic influence on my body, mind, will, emotions, relationships, finances, property, work, and anything else that pertains to me or concerns me. They have no part nor lot in my life. I forbid

them to enter any other human being or animal. I command the spirit of Kundalini to come off the spine and go to the feet of Jesus. I command them all to go straight to the feet of Jesus. Go!

Take some time to breathe out, to exhale. The word for spirit in the New Testament is also the same word for air or breath—pneuma. You may or may not experience a manifestation of their departure; common examples are sighing, yawning, coughing, belching, flatulence. If you feel nauseous, forbid the evil spirits to induce vomiting and command them to leave you without harassing or defiling you. If you feel a constriction anywhere, such as a pressure in your abdomen, sternum or throat, or migrating sensations or pain or any other unusual thing, continue to command the evil spirits to leave until those sensations subside and you feel a sense of relief and ease and peace. Sometimes manifestations may continue for a while. Sometimes there is no manifestation.

Father, I ask You to connect me with someone who can confirm my freedom from bondage. Send me a faithful, trustworthy saint of Yours who functions in the deliverance ministry. In the meantime, I receive Your deliverance by faith. Jesus said that deliverance is the children's bread, and if I ask for bread, He will not give me a stone (Matthew 15:26; Mark 7:27; Matthew 7:7-11; Luke 11:9-12).

Closing Prayer

Father God, whatever benefits I derived from yoga, I pray to have through legitimate means without compromise or corruption (Philippians 3:7-8). I ask You, Father, for full restitution and restoration for me and punitive damages against the Devil. Whatever the Devil has meant for evil, turn it around for good (Romans 8:28; Esther 9:24-26; Genesis 50:20). Turn my losses into gains. Give me a double portion for the dishonor I have suffered and for all that I have forfeited

during this season of deception and bondage (Isaiah 61:7). Give me an understanding heart to judge correctly and to discern between good and evil (1 Kings 3:9). Work a great freedom in me that is reproduced in the lives of others. Let Your good will prosper in my life. Grant the desires of my heart and fulfill my life purpose (Psalm 20:4). Establish Your kingdom in me and through my hands; make me a builder (Isaiah 61: 4, 6-7; 49:8-9). Receive the fruit of the travail of Your soul in me and be satisfied (Isaiah 53:11)! Multiply Your spiritual offspring through me (Isaiah 53:10)!