

# Yoga Renunciation Prayer

*By: Joan Harmon*

## Prayer of Renunciation

1 John 1:19 KJV

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Any participation in occult activities whether known or unknown can have a damaging effect on you and your family. It can open doors to demonic subjection and oppression.

Please pray the following prayer if you have participated or your ancestor have been involved in yoga.

Father, in the name of Jesus Christ of Nazareth I come before your throne of grace and confess my trespasses, sins and iniquities, as well as those of my ancestors going all the way back to Adam and Eve. I ask that you would forgive me for denying the power of the blood of Jesus Christ, which is the only way for the redemption of sin. I confess that Jesus Christ is Lord and HE alone is the way, the truth and the life and no one can come to the Father except through the blood of Jesus Christ.

In the name of Jesus Christ I renounce all yoga philosophy, yoga mindsets, yoga positions, yoga exercises, eastern philosophy, yoga disciplines, and the yoke of slavery through yoga practice, the universal spirit, Brahman, Krishna, the serpent, and the Kundalini. I proclaim this day that yoga and all its components are doctrines of demons with the goal of awakening the Kundalini to action. I renounce any and all covenants with yoga, kundalini, Brahman, Krishna and sever any cords/bonds/ties/yokes from myself and my children from yoga and its fruits.

I confess and renounce seeking and awakening the kundalini serpent, for pursuing illumination, the desire to be god or god-like, and the desire for higher consciousness. I confess and renounce pursuing the eight levels of the ladder leading to 'perfect knowledge' or self-realization in Jesus' name.

I confess and renounce my and my ancestors' involvement in level one – Yama – which involves moral disciplines such as truthfulness, abstinence, avoidance of theft, not being greedy, and refraint from harming or demeaning living things. I renounce the Law of Karma in Jesus' name.

I confess and renounce my and my ancestors' involvement in level two – Niyama – which involves spiritual observances, embracing austerity, poverty, and

contentment, and purification rites, recital of Vedic hymns and devoted reliance of the Supreme Being in Jesus' name.

I confess and renounce my and my ancestors' involvement in level three – Asana – which involves the postures. I renounce all twelve basic postures (if you have performed other positions or postures call them out by name): 1) The cobra, 2) The bow, 3) The shooting bow 4) The headstand 5) The shoulder stand 6) The plough pose 7) The fish pose 8) The sitting forward bend 9) The locust 10) The half spinal twist 11) The crow pose 12) The lotus position

I call upon the name of the Lord according to Joel 3:32 “Whosoever shall call upon the name of the Lord shall be delivered!” By the authority of Jesus Christ, I command every demon which entered me through yoga, yoga meditation or these yoga positions to leave me now in Jesus Name. I sever all ties/cords/bonds that would connect me to any and all yoga positions, my nervous system and my mind in Jesus' name. I renounce for bring in any objects into my home such as yoga videos, candles, new age music, new age symbols, scared water, mantra beads, crystals, and any other object the Holy Spirit would bring to my mind.

I confess and renounce my and my ancestors' involvement in level four – pranayama – which includes controlled breathing to induce a hypnotic trance-like state or a blanking out of the mind. I renounce the trace-like state induced by these techniques and sever the control over my mind and body. I renounce the life force, vital energy and the breathing in of “positive’ air and breathing out the “negative” and all the breathing exercises associated with meditation and yoga. I break and sever the power over my breathing and I cancel every breathing technique I used [Name the technique] in the Name of Jesus.

I confess and renounce my and my ancestors' involvement in level five – pratyahara – which includes “removing your senses from material things”, to withdraw oneself from anything that would nourish the senses. I renounce the withdrawal of the mind, and focusing on the inward self or the god within. I repent for blanking out my mind or becoming passive. For I am to have the mind of Jesus Christ and meditation on the word of God according to Phil 2:5 and Psalm 1, I submit my mind, body, and spirit to the authority of Jesus Christ.

I confess and renounce my and my ancestors' involvement in level six – dharana – which involves the fixation of attention or a form of meditation called receptive concentration. I renounce the channeling of my thoughts on one object which tunes out the outside. I renounce all mantras spoken and ‘Om’ in the name of Jesus.

I confess and renounce my and my ancestors' involvement in level seven – dhyana – Meditation – which fixes the mind on the objects of knowledge, especially Brahman, to the exclusion of all other thoughts. [Prayers of Renunciation – Eastern by Kanaan Ministries] In the name of Jesus Christ.

I confess and renounce my and my ancestors' involvement in level eight – Samadhi – which denotes the higher levels of concentrated meditation, becoming one with the concentrated object. I renounce Nirvana, the divine consciousness, enlightenment, and false peace and the illusions that came in through this evil mediation. I renounce every yoke position that I performed in order to obtain Samadhi and renounce every trace state that was induced in Jesus' name.

I renounce all belief in the teachings of Eastern religion and renounce the Principality of all Eastern religions, philosophies, and teachings. I renounce being in alignment with these doctrines of demons and renounce such teaching as reincarnation, dualism, Taoism, Buddha, Buddhism, Hinduism, the force, circle of life, pantheism, yin-yang, and feng-shi. I break every tie that would bind me to these doctrines in the name of Jesus. I align myself with God, the Father, the Son (Jesus Christ) and the Holy Spirit. I confess my total and complete surrender to the Lord Jesus Christ to be used by Him and for His glory.

I renounce the worship of the elements fire, earth, air and water. I renounce the worship of the sun and moon. I renounce all vibrations, chakras, false light, Kundalini light, tattvic light that I experience during the awakening of the Kundalini in the name of Jesus. I renounce all out of body experiences invoked by these practices and ask the Lord Jesus to sever with the sword of the Spirit, my soul and spirit. Any soul ties with evil; I renounce and ask Jesus to sever all soul-ties with evil in Jesus name.

Father, I claim the authority that you have given me in Jesus name. I bind you, Satan from my body, soul and life. I call to attention spirits of (naming all the ones you renounced aloud) binding you and all your works with cords dipped in the blood of Jesus Christ of Nazareth. I sever all your power, cords, tentacles, ties, and bonds and expose all your darkness by the blood of Jesus Christ. I command every demon mentioned to flee from me NOW and go straightway to the pit, harming no one on your way in Jesus Name. I ask the search light of the Holy Spirit to come and burn out any residue that would try to linger. I praise you Lord Jesus for your delivering power; I praise you for the blood of Jesus and the authority of Your Word. Thank you God for delivering me. Father, I ask that you would fill me with you precious Holy Spirit that You will be my guide and You will order my steps according to Your Word, In Jesus name. AMEN.