

Renunciation & Deliverance Prayer for Transcendental Meditation, Zen Meditation and Mindfulness

*Because Transcendental Meditation and Yoga are closely intertwined, the prayer below also includes a number of renunciations related to yoga. For a thorough renunciation of yoga and the Kundalini spirit (which enters through meditation) and the closing of chakras that are opened through yoga, I refer you to the **Renunciation & Deliverance Prayer for Taoism, Yoga, Chakras and Kundalini**.*

Lord God, heavenly Judge, I enter into Your courtroom because I long to be free from the powers associated with all ungodly forms of meditation. I ask for all the books concerning me and my ancestors to be brought in and be opened. Thank You for the guidance of the Holy Spirit and the intercession of the Lord Jesus Christ.

Heavenly Judge, on behalf of myself and my entire ancestry, I confess the following:

- I renounce all ungodly forms of meditation that I have practiced, including Transcendental Meditationⁱ, Zen meditationⁱⁱ, Vipassana meditationⁱⁱⁱ, and Mindfulness.^{iv}
- I renounce Transcendental Meditation based on ancient Hindu scriptures, in which a mantra is repeated for the purpose of meditation.
- I renounce Japa: reciting my personal mantra countless times to obtain blessings. I renounce all mantras recited by me and/or my ancestors. I renounce and revoke *(name mantra, if you have ever recited a specific mantra)*.
- I renounce and revoke the sutras^v that I have recited and practiced to develop supernormal abilities, including: kindness, compassion, joy, the strength of an elephant, inner light, the distinction between mind and transcendence, intuition, the finest transcendental hearing, taste, touch, and smell, the most beautiful transcendental vision, the levitation/flying technique, the relationship between body and Akasha^{vi}, and the lightness of cotton fiber. *(If applicable, mention other specific sutras you have recited)*.
- I renounce and revoke all other texts and sounds that I have uttered for the purpose of meditation. *(If applicable, name the specific texts and sounds)*.
- I renounce all breathing exercises (Pranayama) with which I have invited the so-called “vital energy” into my body and with which I have directed that energy.
- I renounce any demonic control over my breathing and any form of trance or hypnosis of my mind and soul. I now renounce everything that darkness has planted in me during these moments of trance and hypnosis in Jesus' name.
- I renounce all Yoga asanas (body positions) and objects (such as candles) that I have used to raise my concentration to a higher level. Specifically, I renounce the Lotus position.
- I renounce all body and hand postures (mudras) that invited the Kundalini spirit. I renounce the Kundalini-spirit and turn away from it.
- I renounce the reading of Mandalas.^{vii}
- I renounce the ancient Vedic traditions of India and the teachings of Guru Dev and Maharishi Manesh Yogi, from which TM originated. I also renounce all teachings from which Zen originated, including the teachings of Mahayana Buddhism, the doctrine of enlightenment, and the doctrine of non-duality.^{viii}
- I renounce my faith in my guru/master and my unconditional obedience to him. I sever the ungodly tie with *(name)*.

- I renounce all occult powers and gifts, the ability to astral travel, and any connection to the occult world through the Third Eye. I now close that eye in Jesus' name.
- I renounce the attunement of myself (mind, soul, and body) to the energy and/or wisdom of Satan.
- I close every demonic gate that I have opened through Transcendental Meditation, Zen meditation, Vipassana meditation, Mindfulness, and other ungodly forms of meditation.
- I renounce all demonic powers that I have given access to my spirit, soul, and body through these forms of meditation, through objects, the various asanas and mudras, and through Pranayama.

Heavenly Judge, I ask You for forgiveness for all these sins and repent of them now. Thank You for removing these sins from the books in heaven on the basis of the blood of Jesus.

I ask You to dissolve every contract that I and my ancestors made with demonic spirits and entities because of practicing ungodly forms of meditation. I ask You to judge them and separate me and my descendants from them. In Jesus' name, I command these spirits and entities to leave me and my bloodline now!

(You could name them: the spirit of meditation, the Kundalini spirit, the spirit of trance, the spirit of hypnosis, etc. Pray under the guidance of the Holy Spirit until you experience His peace.)

In the name of Jesus, I break every link between these demons and my consciousness, my subconscious, and my unconscious. I also break all connections with cosmic vibrations that have fragmented my soul. I now ask the Lord Jesus to retrieve all fragments of my soul from the various cosmic levels, cleanse them, and place them back into me.

I now break every connection to cosmic entities in Jesus' name.

Lord, I ask You to cleanse me with Your blood from everything that has entered me through ungodly meditation. Cleanse me of every ungodly flow of power and energy and remove every false aura from me. I ask You to erase from my consciousness, my subconscious, and my unconscious all mantras, sutras, and other texts and sounds that I have used to meditate.

Lord, fill all levels of my consciousness with the Holy Spirit and with the truth of Your Word. Lead me into a deeper unity with You. May I experience more and more Your Presence and Your Shalom through meditation on Your Word. I thank You and praise Your name. Amen.

ⁱ Transcendental Meditation originates from Hinduism. It generally works by repeating mantras.

ⁱⁱ Zen is a Japanese form of meditation derived from Buddhism. It is often practiced in the lotus position (cross-legged), and is therefore also called Zazen (Japanese “za” = to sit).

ⁱⁱⁱ In Vipassana meditation, attention is not focused on a single point, but rather the mind is trained to be aware of all changes taking place in the body and mind. In the context of Buddhist practice, this form is called Vipassana meditation. When taken out of its original Buddhist context (e.g., for therapeutic application), it is referred to as mindfulness. (Source: Wikipedia)

^{iv} Mindfulness is part of Zen meditation and means becoming fully aware of every moment, every breath, and every thought that arises, without getting caught up in it. It is about cultivating a state of alert presence in which one is fully connected to the here and now.

^v Sutras are ancient Buddhist texts, often the words of the Buddha himself. Reciting them is said to generate a lot of positive energy.

^{vi} Akasha is a Sanskrit term that refers to the ‘ether’ or ‘spiritual space’ and is believed to be the source of all energies in the universe. It is considered to be the fifth element in Vedic philosophy, after earth, water, fire, and air. The term Akasha appears in Hinduism, Buddhism, and New Age philosophy.

^{vii} The mandala (Sanskrit for “circle”) is a plan, map, or geometric pattern that symbolically represents the cosmos in Eastern religions (Hinduism, Buddhism, Jainism, and Shintoism). Mandalas serve as objects of meditation that help practitioners focus on the motif in question and on what it represents.

^{viii} Non-duality means that there is no separation between ourselves and the world around us.