

Paramahansa Yogananda – Renunciation Prayer and Release from the Guru Lineage

This prayer is intended to help you break free from any form of demonic interference. Before you begin, read through the entire document carefully. As you pray, feel free to include any areas of your life where you've experienced involvement—whether these actions were done to you or by you. Simply skip any sections that do not apply to your situation.

If you are not afraid of demonic forces and truly believe you have the authority, through the name of Jesus, to cast them out, you are encouraged to proceed with this prayer. However, if you do not yet have a strong connection with Jesus or lack confidence in His power to deliver you, the prayer may not be effective. In that case, consider reaching out to me for support, or explore additional teachings and resources available on my YouTube channel. You can also strengthen your understanding by reading the Bible yourself and downloading the over 200 scriptures referenced in my ten-part video series on demonology at theresacrabtree.com/bible-studies/

If you signed any contracts with groups associated with Yogananda, it would be wise to tear it up or burn it. You can do it at a different time or while doing this renunciation prayer. Also, it would be good to get rid of any symbols, statues, books, artwork, jewelry or anything associated with Yogananda and the gurus in his lineage.

When you are ready to begin, speak the prayer aloud with faith and conviction. Remember, this document is simply a template—there is no “right” or “wrong” way to pray. Use your own words from the heart as you invite God's power and protection into your life.

Heavenly Father,

I come before You with a humble heart, asking for Your protection over me and my family. Please shield us from any interference by spirit beings during this time. Holy Spirit, I invite Your guidance, and ask that You reveal to me any areas in my life where I may be out of alignment with Your will. If there are any fragments, alters, or sub-personalities that may cause disruption, I pray that they be kept away as we work together.

I am grateful for your forgiveness, grace and mercy on me regarding the unholy vow that I made, taking Paramahansa Yogananda and his lineage of gurus as my gurus. If the Jesus that they profess is a false representative of your Son, I include that Jesus in this renunciation.

I renounce, forsake, and break every covenant I have ever made with Paramahansa Yogananda, Babaji-Krishna, Lahiri Mahasaya and Swami Sri Yukteswar. I cut off all soul ties, energies and allegiance to each of them and any others connected to them who have connected to me.

I also renounce, forsake, break every covenant and all soul ties that I have ever made with the Self-Realization Fellowship, including the initiation into Kriya Yoga, the guru-discipleship with Yogananda, the YSS lessons and all of the teachings that were written by Yogananda and those in alliance with him.

I renounce and cut any and all soul fragments that may have been attached to me through any of these people, dead or alive. This also includes any demons associated with any of these people, this organization, its practices and teachings. I recall any of my own soul fragments that may have lodged with any of these people, demons or organization. I given no permission for any of them to watch over me or contact me in any way, whether or not they are in human form.

I disown all of them as my spiritual family, counselors, gurus and any other capacities. I cut off every bondage I have been under because of their writings, in the name of Jesus Christ.

I now confess that my body is the temple of the Holy Spirit, redeemed, cleansed and sanctified by the blood of Jesus Christ. I ask you, Lord Jesus, to fill me now with your Holy Spirit, so that He will

give me insight and understanding when I read and study your Word. Please Holy Spirit, help me to uncover all of their false teachings that I have taken on as truth so that I do not propagate false information to others.

I enthrone you, Lord Jesus in my heart, for you are my Lord and Savior, the source of eternal life. Thank you, Father God, for your mercy, your forgiveness and your love, in the name of Jesus Christ. Amen."

If you are not in fear of the demons and have the belief that you have the right to cast them out in the name of Jesus, then you are encouraged to continue with this prayer. If you do not have a strong connection with Jesus or believe that he has the ability to cast demons from you, they may not leave. In that case, contact me for support. Check out the videos on my YouTube channel for added information. Better yet, read the Bible and discover the truth for yourself by downloading over 200 Bible scriptures mentioned on the ten video series on demonology on my website: theresacrabtree.com/bible-studies/

BINDING AND CASTING OFF DEMONS PRAYER

By the authority granted to me in Jesus Christ, I revoke all access, rights, or claims that any evil spirit has had over my life—whether through lies, deception, trauma, agreements, or any other means. I break every curse, oath, covenant, and legal right the enemy has held against me. I close every door that I or my ancestors have opened to darkness, sealing them with the blood of Jesus. I now declare that Satan and his demons no longer have any legal right to mislead, manipulate, or control me.

In the powerful name of Jesus Christ, I call attention to every demon attached to me—whether coming, going, circulating freely, or in any way connected to my life. You are now under the authority of the risen Lord Jesus Christ. I bind you and command that you will not harm me or anyone connected to me. You will not hide, leave, seek help from others, or move on to someone else. You will not split, divide, multiply, fragment, clone, or delegate your duties to any other demon. Any parts of you residing in others or elsewhere, I call back now and command you to unite as one.

Now, I command you to immediately repair any damage you've caused to me or those connected to me. Restore all things to their proper order, in the name of Jesus Christ. I command you to pack your belongings, take any equipment, implants, seeds, energetic debris, and fully pull up any roots you have planted. Take it all with you. Gather your entire kingdom, ranks, and all associated members, and unite as one. Now go directly into the abyss or wherever Jesus Christ sends you. Completely release me, in the name of Jesus Christ. You have no legal right to remain. This is a command, and it must be obeyed. Go, now!

If any demons dare to linger or resist, Lord Jesus, I ask that You send Your angels to bind them and torment them by all means necessary until they depart. Escort them to the abyss or wherever they can no longer cause harm to anyone. By faith, I receive freedom from all demonic influences in my life, inherited from both my choices and those of my ancestors.

Holy Spirit, I invite You to fill every part of me. Grant me discernment to recognize Your will clearly, and help me reject the deception of all forces that rebel against You.

Thank You, Father, Lord Jesus, and Holy Spirit, for setting me free. Amen.

Additional Instructions:

If you feel tension or discomfort in specific parts of your body during this prayer, it may indicate that demons are holding on. Repeat the command for them to leave several times until your body feels more relaxed. If they try to control your body or cause mental confusion, say, "I bind all demonic powers in, on, or around me, and I command you to be silent and still, in the name of Jesus Christ." This usually calms the disturbance.

The goal is to bind them temporarily, giving you space to complete the process. Pray for help from the Creator and Jesus to overcome their resistance and to strengthen your courage and faith.

Not a believer in Jesus?

I personally believe that every person has the authority to cast out demons from their body and soul, much like one would command an intruder to leave their home. However, stronger demons may hide or resist, making it hard to release them alone. Without the authority of Jesus Christ—who holds the keys to the demonic realm—they are unlikely to be sent into the abyss. But if you are willing to command the demons to go to the feet of Jesus and trust that He will direct them where He chooses, your chances of releasing them improve. Once they leave, they can only return if there are still open doors that grant them access. The SoulCleanse process helps identify and close those doors, but you must also do your “inner work” by addressing fears, beliefs, and behaviors that leave you vulnerable to demonic influence.

What Can I Expect from Doing This Exercise?

Everyone’s experience is unique, so what you encounter may vary. If there are demonic influences involved, you might feel their presence through anxiety, often manifesting as a sudden headache, a queasy stomach, muscle tension, or other bodily sensations. They may try to delay the process by creating distractions or making you feel drowsy when you attempt the exercise. In some cases, they might use fear tactics, such as inducing nightmares or causing minor pain like pinches or pokes. You may also experience intrusive thoughts such as, “This isn’t real,” “This isn’t safe,” or threats like, “You’re too weak to fight me; you’ll regret this. We’ll hurt your family.” These are lies, and it’s important to reject them.

When demons are released, it’s usually subtle, often occurring through the breath—like deep sighs, coughing, burping, or yawning. Some people feel the demons leave from different parts of their bodies, while others might experience vomiting or expelling a bile-like substance. It’s a good idea to have a plastic bucket and tissues nearby, just in case.

Whether you’re dealing with demons or not, you may experience various changes in the days following the exercise. If demons have been affecting your body, you may feel physical healing taking place. Some people feel more energized, while others may need more rest as their energies realign. Emotional shifts are common as well, and many people report feeling a greater sense of inner peace and clarity.

Remember, this prayer targets demons that entered through one specific door. You might still have others that entered through different doorways. Just like with this prayer, be ready to stop and repent for any wrongdoing on your part. Then, using the prayer as a template, renounce the fear, belief, experience, or activity that allowed those influences to take hold, and repeat the casting-off process.

If you’re already dealing with demons that manifest violently, it’s advisable to have someone with you during this exercise. Fasting and prayer beforehand can help make the process smoother. The most stubborn demons are often the last to leave. If they resist departure, you may need additional support from an experienced deliverance minister to help them go.

If you have Dissociative Identity Disorder (DID), paranoia, or schizophrenia, it’s important to have someone with you when doing this exercise. This is because your true self may be so intertwined with the demonic influences that an “identity crisis” or “inner conflict” could arise. The positive side, however, is that this could be an opportunity for you to rediscover and re-create your true self.

Final Note: Sometimes what seems like demonic interference is actually a result of unprocessed trauma, learned behaviors, fear, or other factors. Therefore, doing “inner work” to release these blocks and close any open doors is key to preventing vulnerability to such influences. At the bottom of my website, you will find many resources to help you to get free and stay free.

If you need more personal assistance, reach out at theresacrabtree.com/contact/

Be blessed!

—Theresa Crabtree