

PRAYERS OF RENUNCIATION

EASTERN

Freedom from Martial Arts and Yoga
Yoga, reincarnation, meditation
techniques and breathing techniques
Deliverance from Acupuncture
Reflexology and Aromatherapy
Information for Counsellors:
Chakras / Sex Magic / Lotus Position
Meditation
Mudras
Karate
Ninjutsu and Taijutsu
A Word for Counsellors
Dictionary of Basic Terms
Additional Information
Christianity vs Buddhism

Amanda Buys' Spiritual Covering

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These prayers are written according to personal opinions and convictions. These opinions and convictions are gathered from our interpretation of the Word of God, the Bible.

In no way is it being discriminated against any persons, churches, organizations or political parties.

We ask therefore, that you handle this book in the same manner, whether you agree with it or not.

GUIDELINES FOR USING THE PRAYERS OF RENUNCIATION

The renunciation of occultic involvement is two-legged:

1. CONFESSION OF INVOLVEMENT.

When **confessing** involvement, the prayer is read out loud, preferably with one or more witness/es *present*, as well as the counsellor. The reason for reading the prayer out loud, is that the individual will have no doubt to the renunciation of the prayer. This is also why we recommend that one or more witness/es be present.



James 5:16 *Confess to **one another** therefore your faults and pray for one another...*

After this part has been done, only half of the renunciation has been completed, The next part is very important. This is where the counsellor is essential.

2. WARFARE

The prayer has to be warred through now. All words and phrases typed in bold or that have been underlined, as well as the powers of darkness involved and the effects of involvement, i.e. sickness, poverty, quarrelling, etc. need to be addressed. The powers are **rebuked, bound, uprooted from the bloodline and commanded to become a footstool for Jesus.**



Ps 110:1 *Sit at My right hand, until I make Your adversaries Your footstool*

Heb 1: 13; 10: 13 *“Besides, to which of the angels has He ever said, Sit at My right hand [associated with Me in My royal dignity] till I make your enemies a stool for your feet? 13Then to wait until His enemies should be made a stool beneath His feet.”*

The individual must also be cut loose from the human laws and institutions of the organization/s involved and submit under the Law of Christ. (**Gal. 3:10**)

CONTENTS

1.	Finding freedom from Martial Arts and Yoga	5
2.	Yoga, reincarnation, meditation techniques and breathing techniques	8
3.	Deliverance from Acupuncture	12
4.	Reflexology and Aromatherapy	13
5.	Information for Counsellors:	20
	➤ Chakras	20
	➤ Sex Magic	21
	➤ Lotus Position	24
6.	Meditation	25
7.	Mudras	26
8.	Karate	27
9.	Ninjutsu and Taijutsu	30
10.	A Word for Counsellors	33
11.	Dictionary of Basic Terms	35
12.	Additional Information	39
13.	Christianity vs Buddhism	41

1. FINDING FREEDOM FROM MARTIAL ARTS AND YOGA

Matt. 16:18, 19 *“18 And I tell you, you are Peter [Greek, Petros—a large piece of rock], and on this rock [Greek, petra—a huge rock like Gibraltar] I will build My church, and the gates of Hades (the powers of the infernal region) shall not overpower it [or be strong to its detriment or hold out against it]. 19 I will give you the keys of the kingdom of heaven; and whatever you bind (declare to be improper and unlawful) on earth must be what is already bound in heaven; and whatever you loose (declare lawful) on earth must be what is already loosed in heaven.”*

Rev. 1:18 *“18 And the Ever-living One [I am living in the eternity of the eternities]. I died, but see, I am alive forevermore; and I possess the keys of death and Hades (the realm of the dead).*

When a person asks for deliverance from the demonic hold of **Yoga and the Martial Arts**, there are certain directives to take into account. This is no light matter and the counsellors need to be **experienced and well prepared** for this task.

The first guide-line is to not counsel such a person on your own, but always with a co-counsellor and if possible, someone of the same sex.

Secondly, if you could “tidy up” all the lesser points for release first, it could lessen the manifestation from the counsellee and create a smoother release.

Thirdly, remember that the mind of the counsellee is ‘programmed’ by the particular medium he has pursued and that he will need deliverance from all that has entered from the basic source of belief and acceptance of anything concerning that belief.

A next step would be to counsel the person on his past and to deal with all sin in his life, while encouraging him and assure him of God’s grace and forgiveness after confession of the sin.

Another necessity is to make sure that the counsellee understands how to maintain the armor of God as it is written in.

Ephesians 6: 10-18 *“10 In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides].*

11 Put on God’s whole armor [the armor of a heavy-armed soldier which God supplies], that you may be able successfully to stand up against [all] the strategies and the deceits of the devil.

12 For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere.

13 Therefore put on God's complete armor, that you may be able to resist and stand your ground on the evil day [of danger], and, having done all [the crisis demands], to stand [firmly in your place].

14 Stand therefore [hold your ground], having tightened the belt of truth around your loins and having put on the breastplate of integrity and of moral rectitude and right standing with God,

15 And having shod your feet in preparation [to face the enemy with the firm-footed stability, the promptness, and the readiness produced by the good news] of the Gospel of peace.

16 Lift up over all the [covering] shield of saving faith, upon which you can quench all the flaming missiles of the wicked [one].

17 And take the helmet of salvation and the sword that the Spirit wields, which is the Word of God.

18 **Pray at all times (on every occasion, in every season) in the Spirit, with all [manner of] prayer and entreaty. To that end keep alert and watch with strong purpose and perseverance, interceding in behalf of all the saints (God's consecrated people).**

Each counselling session should start with a confession of faith in God Almighty and His Son Jesus Christ. This is a declaration to the spirit world.

The following are a list of suggestions of the particular areas which need to be addressed in counselling someone who has been involved in the Martial Arts and Yoga.

The level of training in these Arts which the counselee underwent, will determine the depth of the ministry applied:

1. The counselee needs to have a genuine desire to be delivered.
2. All sin must be confessed.
3. Any person who needs to be forgiven?
4. Counselee must have a genuine statement and declaration of his faith in Jesus Christ of Nazareth.
5. Invite the Holy Spirit to come.
6. Cut loose from **Mars**, the **Roman god of war**, the **Principality** over all the **Martial Arts**.
7. Counselee must renounce the **particular name** of the **Martial Art** and the **type of Yoga** practiced and then be released from it.
8. Release from **every move** and **every position** practiced in either the Martial Arts or Yoga and it needs to be cut off.
9. A cutting off and releasing from any **mantra** or **object** used to **aid meditation**.
10. Cutting off from all **instructors** by name.
11. Cutting off from the **name** of the **practice hall**.
12. Release and cut off from **all signs of respect** by **bowing** prior to a Martial Art bout or following a bout.
13. Cutting off and freeing from **any symbol** seen or unseen in the meeting hall; i.e. a flag, scroll, picture, etc.
14. Confess of being a part of a practice of a **physical nature** emanating from an Eastern religion, and release him from it.
15. A release from the **Yin and Yang symbols** and all they represent.

16. Confess any **injuries caused to others** during any practice of any Martial Art, and a prayer for **healing for the injured party**.
17. Confess and cut off any **commitments** made **verbally** or **in writing** concerning the Martial Arts or Yoga.
18. Cut free from all **breathing exercises** and any subsequent ill-effect on the lungs, etc.
19. Cut free from all **ki or chi power**.
20. Cut free from names and **attributes** of all **animals** represented in either the Martial Arts or Yoga.
21. Break the power of **every belt award**, and speak God's release to the participant and declare freedom from **slavery** from any aspect of the Martial Arts.
22. Ask for God's **healing** and **release to the mind and spirit** of the counsellee and pray for a conversion of the mind and spirit to the Mind of Christ.
23. **Ju-jitsu**: Cut free from the **spirit of throttling**.
24. Pray for **healing from any injuries** that the counsellee might have problems with.

Extra to the list for deliverance are one or two other areas to address, but as these affect demonic entry of other types of involvement, I am listing them separately. With any acknowledgement of other faith systems and practice of meditation, prayers and other actions particular to that medium or faith, there will be a **physical control** needing release – the **automatic nervous system**; the **central nervous system**; the **glands**, especially the **adrenal**; **every muscle**; the **conscious, semi-conscious** and **unconscious mind**; the **will** and that part of the mind particularly that makes **decisions**.

It is helpful to invite the counsellee to breathe in the Breath of God deep into their lungs and then command any unclean thing to come out with their breath.

Ezekiel 37:5 *"5 Thus says the Lord God to these bones: Behold, I will cause breath and spirit to enter you, and you shall live;"*

1 John 4:4 *"4 Little children, you are of God [you belong to Him] and have [already] defeated and overcome them [the agents of the antichrist], because He Who lives in you is greater (mightier) than he who is in the world."*

2. PRAYER FOR DELIVERANCE FROM YOGA, REINCARNATION, MEDITATION TECHNIQUES AND BREATHING TECHNIQUES.

Father, I come to You in the Name of Jesus of Nazareth and I confess Jesus Christ as my Lord and Master. His Blood sets me free. His Life is within me and I am a child of God.

I renounce the **yoke** (Yoga – Sanskrit ‘*yuga*’ – ‘yoke’) **of slavery** I received through the practice of **yoga** and I sever myself from the universal spirit **Brahman**, who is the object of knowledge. I also renounce the seeking of **perfect self-knowledge**.

I repent of climbing any/all of the **eight stages** of the ladder leading to so called ‘perfect knowledge’ and renounce the following:

1. **Self control** (*yama*), which involves truthfulness, abstinence, avoidance of theft, refusal of gifts and not doing injury to living things.
2. **Religious observance** (*niyama*) which embraces austerity, poverty, contentment, purification rites, recital of Vedic hymns, and devoted reliance of the Supreme Being.
3. **Postures** (*asana*), which are regarded as basic to all the stages that follow. I command every demon, which entered me to leave me now, in the Name of Jesus! (Be specific and **name position** – usually cobra, lotus, peacock stand etc. **Twelve basic asanas** are recommended for Western Yogis). I break the link between every **Yoga position**, my **nervous system** and **my mind**, in the Name of Jesus. I also renounce the use of any **object** (candle etc.) for concentration.

4. **Regulation of the breath** (*pranayama*) which believes in the breathing in of positive air and the exhaling of negative air, and that this revitalizes my body with energy (vital energy – Prana). I also renounce the two roots of Hatha Yoga, (Ha – sun / Tha – moon) and the flow of breath through the right nostril (sun breath) and the left nostril (moon breath), in the Name of Jesus. I renounce any control over my breathing. I cancel every specific **breathing technique** I employed. (Name it). I break the HYPNOTIC POWER and trance inducing effect of the breathing techniques in the Name of Jesus!
5. **Restraint of the senses** (*pratyahara*) which means their withdrawal from external objects and the consequent turning of the mind upon itself, in an attempt to climb to God and become as God. I renounce all control my soul (mind) obtained over my spirit. (State of God-consciousness). I confess that I allowed my mind to become passive and ask forgiveness for it. I submit my mind totally and only to the authority of Jesus Christ.
6. **Steadying of the mind** (*dharana*) that narrows attention to one part of the body, such as the navel, tip of the nose, or middle of the brow, in a way which renders the practitioner insensitive to outside disturbance.
7. **Meditation** (*dhyana*), which fixes the mind on the object of knowledge, especially Brahman, to the exclusion of all other thoughts.
8. **Profound contemplation** (*samadhi*) that is the perfect absorption of thought in the **object of knowledge**, its union and identification with that object. The achievement of samadhi supposedly liberates the self from the illusions of sense and the contradictions of reason. It is supposedly, thought that has gone beyond thought, reaching its goal by its own negation, which leads to an inner illumination, the ecstasy of the true knowledge of reality. I also renounce **every yoke position** that I carried to achieve samadhi and renounce every **trance state** in which I was totally unconscious.

I repent and renounce the belief in and attainment of *kaivalya*, which is **liberation**, first from the world of phenomena, then from thoughts of self and finally from the spirit's entanglement with matter. I renounce the performance of **mental and physical feats** and even changing the course of nature.

- I renounce my belief in the '**Wheel of life**' and I sever myself from it in the Name of Jesus.
- I renounce my faith in **reincarnation** and I sever myself from all previous lives, which I now admit, are specific demons carrying supernatural knowledge. I renounce the **personality** that I believed I was. (Name it).
- I sever myself from the **specific levels** of the spirit dimension and levels of spirituality I achieved. (7 according to the New Age). I give every '**gift**' and all '**wisdom**' I received from the **tree of knowledge of good and evil**, back to satan.
- I renounce every god over each **specific level**, before which I bowed (e.g.: goddess of Death, Power and Sickness – **Kali**). I renounce **Shiva** – god of destruction also known as the god of light (Light of Shiva).
- I renounce the **Principality** over all Eastern religion, namely **Buddha**, I sever myself from him in the Name of Jesus.
- I renounce all **books / literature / video material** which I studied to obtain more knowledge and wisdom concerning Yoga, meditation etc. (The Prophet, etc.)
- I renounce my faith in **FATE / PREDESTINATION /ACT OF PROVIDENCE**. I accept full responsibility for my sin and acknowledge Satan as a murderer, thief and destroyer (**John 10:10**)
- I confess my full dependence on Jesus Christ and confess that He is the only **WAY**, the **TRUTH** and the **LIFE** (**John 14:6**).
- I ask forgiveness for the denial of the **Blood of Jesus**, which is the **ONLY** redemption from sin.
- I renounce my belief in **Pantheism** (Creation as God) and man's so-called becoming one with him / this life force.

- I renounce the belief in **'self'**, **discipleship** of 'self' and that 'self' can become God (ultra self / real self).
- I renounce every **manifestation** or **position** taken up to awaken the KUNDALINI force, every act of worship to the **fire, sun, moon** and especially to the **'slumbering / latent divinity'**, the drinking of any **sacred water**, any **mantra** to praise and honor Kundalini (eg: sacred mantra, the word of glory, Om). I renounce the **Kundalini power** and command it to leave me now in the Name of Jesus! Lord I ask that You will cleanse me and close all channels opened through **chakras** (the 7 levels through which these Kundalini powers have moved).
- I renounce every **'tattvic' light** as well as the **bright Kundalini light** I experienced during the awakening of the Kundalini through the several chakras.
- I renounce my faith in the LAW OF KARMA (cause and effect).
- I renounce every **purifying exercise** (Nadis) of my nervous system and mind, which I took part in.
- **I break the link between the**
 - demon of meditation
 - familiar object used (can be lotus position)
 - demon of fantasy and the
 - conscious mind as well as the
 - unconscious, semi-conscious and subconscious mind in the Name of Jesus.
- I break all the ENSLAVEMENT to the **spirit of meditation** in the Name of Jesus.
- I break any connections with the **cosmic vibrations** that **scattered my soul** and I command my soul to be restored from the seven cosmic levels, in Jesus Name.
- I break the flow of power and the **false unity** (Yin and Yang) that flowed through my **fingers**. **I separate the false unity** and isolate the demonic powers from each other.

- **I break the link** with all cosmic powers in the Name of Jesus!
- I destroy the **energy levels** as well as any **false auras** in the Name of Jesus.

BREATHING EXERCISES:

- I renounce the two roots of **Hatha Yoga**, i.e.

Ha – sun

Tha – moon

and the flow of breath through the right nostril (sun breath) and the left nostril (moon breath), in the Name of Jesus Christ.

I renounce any control over my breathing. I cancel every specific **breathing technique** I employed. (Name it).

I break the HYPNOTIC POWER of the breathing techniques in the Name of Jesus!

I renounce my belief in prana yama (breathing in of positive air and breathing out of negative air) and that this prana yama had built up my body with vital energy – prana.

- I renounce every cleansing exercise of my nervous system (nadis) and my mind in which I had participated.
- I renounce every yoga position (asana) where demons had entered me and I command every demon to leave me now in Jesus Name! (Be specific and name positions – usually Cobra, Lotus, Peacock stand, etc., twelve basic asana are recommended for Western Yogi).
- I sever the link between every yoga position, my nervous system and my mind in Jesus Name.

I confess that Christ has set me free from the Law of sin and death and that I am now living in Christ, by the Law of the Spirit (**Rom 8:2**). I break the **curse of death over me** in the Name of Jesus and cancel the **fear of punishment / torment** in my life.

Thank You Jesus!

AMEN!

Different types of Yoga:

- Bhakti Yoga - self control and religious observance
- Mantra Yoga - devoted to uttering the name of Krishna and other incantations
- Karma Yoga - the path of work and service
- Jnana Yoga - the way of intellect
- Raya (royal) Yoga - the synthesis of Bhakti, Karma and Jnana Yoga.

3. PRAYER FOR DELIVERANCE FROM ACUPUNCTURE

In the Name of Jesus Christ I also renounce all of the following practices and declare them to be a deception and a lie.

1. Any form of **ACUPUNCTURE** - insertion of needles at certain nerve-ends.
(**Counsellor:** Pull out any needles in the spirit world, anoint and ask for any toxic substances to be disintegrated, as well as for the removal and healing of any scars or wounds.)

In the Name of Jesus I renounce **TAOISM** and **PANTHEISM**, being the original source of acupuncture. I cut myself loose from any such roots and ask You to let them shrivel up and burn them in your consuming fire. I renounce any such roots of TAOISM and declare:

That there is a personal God (**Gen 14:19**) and that God the Father and Jesus Christ has their home in Heaven (**Ps 20:6**).

That all men lack the glory of God. That all men are received in sin and are in need of a Saviour. That we have a Saviour in Jesus Christ of Nazareth who liberated us from the curse of the law, His Blood having cleansed us of all iniquity. (**1 John 5:11,1; 1 John 3:8**).

2. I renounce CHI the COSMIC SPIRIT and declare any doctrine teaching it to be the sustainer of everything in the universe, to be a deception from the pit of hell.
I declare that God, JAHWEH, is the one who created and sustains the whole earth.

I renounce the **CHI energy** in the body, along with the two systems, i.e. the **YIN and the YANG**, the 12 MERIDIANS flowing through the body, as well as the connection between the 12 MERIDIANS and the 12 **SIGNS OF THE ZODIAC**.

4. REFLEXOLOGY & AROMATHERAPY

Heavenly Father, I ask You to forgive me and my family for having practiced **REFLEXOLOGY, AROMATHERAPY** and **ACUPUNCTURE**. I reject being able to cure myself by means of these things, God thus being obsolete. I confess that Jesus took my grieves and sorrows upon Him on the cross of Golgotha so that I could be healed (**Is 53:4**).

In the Name of Jesus I also renounce the following TAOIST DOCTRINES forming the basis of Hinduism:

1. That all sickness originates from an **imbalance** between the Yin and the Yang.
2. The **Yin and Yang** being **symbols** of **Karate**, as well as the roots of Karate, i e Buddhism and Taoism, being the basis of Hinduism and acupuncture.
3. I renounce I CHING, the **Taoist Bible**, as well as any other scriptures of divination, sorcery and magic determining the uniform school of thought as found in **Hinduism, Buddhism** and **Taoism**.

Heavenly Father, I ask You to forgive me as well as my family for any involvement in these schools of thought. I now turn my back on and walk away from each and every one them.

I renounce and resist any Eastern spirits, evil forces and demons related to the above. I bind, rebuke and resist every evil force and command them to leave me right now, in the Name of Jesus.

I renounce any form of Taoism and acupuncture rooted in ASTROLOGY and the theories regarding the MICRO and MACROCOSM. In the Name of Jesus I sever my family and myself from any **divining spirits** as well as from astrology.

4. I renounce any teaching of man's not being made in the image of God, but being a mere projection of creation. I hereby confess that I have indeed been created in the Image of God according to **Genesis 1:26**.
5. I declare the teaching of man's destiny being determined by the position of the **planets, sun, moon and stars**, to be a lie from the very pit of hell.

6. I renounce the following anatomical parts' being used as open doors for the Evil One:
- a. the auricle.
 - b. heartbeat.
 - c. palm of the hand.
 - d. soles of the feet.
 - e. nails.
 - f. iris of the eye.

I now turn my back on acupuncture and walk away from any ungodly altars and idols. I ask You, Father, to forgive my family and me for having used any of the following instruments related to acupuncture, i e **Radiotronics, Black Box, De La War Machine** and **Kirlan Photography**. I also renounce the use of **AURAS** in the teachings of Buddhism, Hinduism and the New Age.

I declare the following teachings to be unbiblical, untrue and a deception:

1. That all men are frozen energy.
2. Having one's aura tested by means of the Oscilloscope.
3. The CHAKRA WHEEL of colour and light determining one's aura.

I renounce the **colours** of the **Chakra Wheel** and now sever my family and myself from every colour of this wheel, i.e.:

- a. **Red** -earth chakra .-genetic coding, instincts.
- b. **Orange** -moon chakra -sex drive, fertility.
- c. **Yellow** -sun chakra -personal power.
- d. **Green** -heart center of astral light.
- e. **Blue** -controlling time.
- f. **Violet** -the arts, music, poetry, dance, drama, literature and sciences.
- g. **White** -center through which the soul leaves the body in astral projection.

4. Any cure by means of **Auras**, the **pendulum**, **bells** or the so-called "ghong".

Father, in the Name of Jesus I now also renounce the **KUNDALINI SERPENT** (Hindu snake-god) **lying curled up with its tail in its mouth**, its 3,5 coils being connected to the human spine. I ask forgiveness for having believed in this kundalini force and ask You to sever me from this force.

I also ask Your forgiveness for having given this kundalini force control over my body by practicing the various **Yoga positions**. In the Name of Jesus Christ of Nazareth I now take up the Sword of the Holy Spirit and sever my family and myself from this kundalini force. I also renounce **SHAKTI** and **SHIVA** whose union awakens the kundalini force. In the Name of Jesus, I now **separate and isolate Shakti, Shiva** and the **kundalini** serpent and command them to leave me right now. I also chase away their **gatekeepers**, tear up all their **commission papers** and cancel all their instructions. Father, would You now please close these doors and seal them with the Blood of Jesus. In the Name of Jesus I now sever any **soul tie** with these three evil forces.

I also renounce all the following **Hindu ideologies** and **doctrines** and ask You to forgive me and my family for having believed in them:

1. That salvation is possible only when a person, being aided by a Guru, comes to the realization that he is God within himself.
2. That reincarnation is a way of becoming one with the universe. This being possible only when the **ATMAN** (spark) within oneself unites with **BRAHMAN** (fire).
3. Punctual performance of **SURYA NAMASKAR** exercises (sun-worship) at **fixed times** in order to pacify the sun-god. I ask forgiveness for having performed any of these series of exercises or bodily positions at **sunrise**.
4. I renounce any form of Yoga in order to reach unification with the Hindu gods - salvation being impossible without this unification.

I profess that salvation can only be obtained by accepting Your Son, Jesus Christ, as my Lord and Savior (**Acts 4:10-12**).

5. I renounce man's inability to escape the **MOKSA/KARMA** wheel of reincarnation. I admit that there can be no forgiveness in Karma, since we can only obtain forgiveness in Jesus Christ. The **state of Nirvana** can never set man free from this evil cycle; only the Power of Jesus' Victory on the cross can do this.
6. I renounce that Yoga is the only way to one's own salvation. I profess Jesus Christ of Nazareth to be my only Saviour (**Eph. 1:7**).
7. I renounce Yoga being a **mere health cure**. I admit that this is a lie, since Yoga actually provides the basis for achieving salvation in Hinduism. In the Name of Jesus I now renounce any **lying and deceiving spirit** and command them to leave me right now.
8. I renounce Yoga being the only road to perfect peace. I profess that we can only have True Peace in Jesus Christ (**Rom 5:1**).
9. I renounce Yoga not being a religion. I admit that it is indeed a religious system, the basis of Hinduism.

I admit that Yoga actually has the following objectives - thus being an abomination in the Eyes of God:

- a. Creating an open door for satanic influence, eg the teaching that there is neither heaven nor hell - these being mere products of the mind/emotions.
- b. Establishing contact with the Hindu god **Brahman**.
- c. Achieving union with Brahman through the repetition of prescribed **mantras** (prayers).
- d. Giving worship and glory to the Hindu gods by means of various positions of the body, e g the lotus, cat, cobra, peacock, cow, plow, fish and camel rider, all of these directed at union with the kundalini serpent.

I repent of all **bodily positions** by which I have given honour and worship to the Hindu gods. Would you now please delete any such worship in the spirit world so that it can no longer bear witness against me.

- e. Establishing contact with all Hindu spirits by means of Yoga.
- f. Liberating the spirit body from the restrictions of the physical body.

- g. Opening up the human spirit for the cosmic spirit KI/CHI by means of Yoga breathing techniques.
- h. Using any of the following for the awakening of the Hindu spirits, ie Yoga, biorhythm, alpha and beta brain waves, homeopathy, acupuncture, holism, reflexology and aromatherapy.

I renounce all of the above objectives and turn my back on them. In the spirit I now walk away from Hinduism, its gods and its idols and ask that You for once and for all burn the bridge of Hinduism behind me in the Name of Jesus.

I renounce all the following forms of Yoga, i e:

1. HATHA YOGA - bodily positions and breathing techniques.
2. KUNDALINI YOGA awakening the kundalini force and false healings.
3. TANTRA - perversion in the sexual area.
4. KARMA YOGA - correct actions, denial of self.
5. BHAKTI YOGA.
6. JNANA YOGA - wisdom and the study of scriptures.
7. RAJA YOGA - meditation and philosophy.
8. INTEGRAL YOGA.
9. PATANJALI YOGA - using textbooks.

I renounce any **bodily positions** or **breathing techniques** (ASANAS and PRANAYAMA) of Yoga to awaken the ``Vital Energy" (demonic powers) and now sever my family and myself from all of these things in the Name of Jesus.

I renounce the following **roots of Hinduism** and ask You to let them shrivel up and burn them with Your consuming fire.

1. Ascetism.
2. Meditation.
3. Physical breathing techniques.
4. Astral projection.

I renounce any form of sorcery, mind control, fire worship, black art (Lamas), trance states, zombi's, Alants, Maccumbas, Voodooism, Guru's and all of their rituals and teachings. In the Name of Jesus I sever any possible soul tie with any of these people and ask You to restore me to a right relationship with You. I ask forgiveness for my involvement in any of these things.

I also dissociate myself from the **objective of meditation**, that is:

Eliminating the bad Karma in the subconscious and cleansing the mind of all negative thoughts of guilt; cultivating a super consciousness making me a god in my own right, determining my own destiny.

I profess that only the Blood of Jesus cleanses me of sin
(1 John 1:7).

In the Name of Jesus I renounce any **Hindu rituals** and specifically the following:

The **Initiation ritual** - placing 6 flowers (representing life), 3 pieces of fruit (representing the seed of life) and a white handkerchief (representing purification of the spirit) on a table in front of a photograph of Shri Guru Dav, while another Guru is singing a song (Puja, Vedi) in praise of the **deceased masters**.

I also renounce the **secret mantra** that was given to me and ask You in the Name of Jesus to send Your consuming fire to burn this word from my memory.

I admit that Hindu meditation actually represents the following evil works:

- A. Self-hypnosis.
- B. Deification of the self.
- C. Exalting natural, earthly religion to the level of the Divine.
- D. That it is in fact a demonic deception, a heresy and a lie.

Finally, I also renounce the following **teachings of Hinduism**:

1. That the ego of man is TRANSCENDENT and IMMANENT, having no beginning or end, no birth and no death. That practicing Yoga is the synthesis of the physical and the metaphysical world. I also renounce any form of mysticism, the occult and sorcery in Hinduism in the Name of Jesus.
2. I reject all the **phases of Yoga**, i.e. controlling the body and subconscious, controlling the subconscious and blood circulation, mastering of any natural forces, mastering of black arts and sorcery.

3. I renounce any form of **bio-feedback**, Silva Mind-control, TM, Yoga, mantras and breathing techniques, mind-control, self-hypnosis, hypnosis, ESP, any spiritist activities, any form of clairvoyance, Yoga fitness tapes, any form of **visualization** and **meditation**, and **astral projection**. I ask You to forgive me and my family for our involvement in any of these, in the Name of Jesus.

In the Name of Jesus I now turn my back on these works of Satan. I claim back my territory, tear up any contracts with Satan and decommission any **gatekeepers** in the Name of Jesus. I now walk away from any Hindu idols, doctrines, altars, rituals and practices and surrender myself completely to the Lordship of God the Father, His Son Jesus Christ and the Holy Spirit. Today I make an irreversible and binding decision to submit myself, spirit, body and soul, to the rulership of the Kingdom of God - the Kingdom of Truth, that is Jesus Christ of Nazareth. I now choose to trust Him as my personal Lord and Saviour, only.

AMEN

5. INFORMATION FOR COUNSELLORS

CHAKRAS

Chakras are named after the Sanskrit for wheel. They are frequently pictured as whirling lotus petals of various colours. Chakras are psychic energy centres based at the cardinal points of the body.

According to the traditional view of yoga we have seven charkas or energy centres situated throughout the body.

Various systems in yoga will give slightly different symbols, colours or even names to the charkas. The universal life force is said to enter through the crown chakra and is filtered down through the other chakras, each of which transforms the energy into the appropriate form for the function it governs.

Kundalini energy passes in the opposite direction from the root chakra upwards. Kundalini means snake or serpent power in Sanskrit. Kundalini is the basic energy that drives the chakras from within, and it is pictured as a coiled snake sleeping at the base of the spine. It travels up the body on a spiraling psychic pathway, activating the various energy centres and changing colour, eventually becoming clearer and paler 'till it emerges through the crown chakra as pure white light to mingle with the energies of the cosmos.

Opening these through visualization is an effective method of preparing for psychic work and can also be used to close down psychic channels. These chakras need to be fully "open" for us to astral project.

BASIC, SEED OR ROOT CHAKRA (MAMADHARA)

The chakra of the earth. The red chakra. Situated at the base of the spine. Governs our instincts and genetic coding. Focuses on physical existence and survival. The chakra of courage and physical strength. It's symbol is the yellow square.

SACRAL OR PELVIC CHAKRA (SVADHISTHANA)

The chakra of the moon. The orange chakra.

Situated near the genitals and reproductive system.

Governs our sex drive and energy. Focuses on all aspects of physical satisfaction, home of the five senses. The chakra of all forms of fertility needs and desire. It's symbol is a white crescent.

SOLAR PLEXUS CHAKRA (MANIPURAKA)

The chakra of the sun. The yellow chakra. Situated at the navel. Governs our sense of personal power. Focuses on assimilating experiences. Chakra of power, determination and focused will. It's symbol is a red triangle.

HEART CHAKRA (ANAHATA)

Chakra of the four winds. The green chakra. Situated over the heart. Governs our emotions. Focuses on emotions and sympathy. Chakra of love and relating to others. Its symbol is a blue hexagon.

THROAT CHAKRA (VISHUDDHA)

Chakra of time and space. The blue chakra. Situated close to the vocal cords in the centre of the neck. Governs our ability to communicate. Focuses on ideals, ideas and true communication. Chakra of truth and altruism. Its symbol is a white circle.

THIRD EYE OR BROW CHAKRA (SAVIKALPA SAMADHI or AJNA)

Chakra of freedom. The purple chakra. Situated between the eyebrows. Governs our intellect. Focuses on inspiration and psychic awareness. Chakra of connecting with other dimensions. Its symbol is the white triangle.

CROWN CHAKRA (NIRVAKELPA SAMADHI or SAHASRARA)

Chakra of eternity. The white chakra. Situated at the top of the head. Governs our spirituality. Focuses on spiritual awareness and unity with one's higher self. Chakra of wisdom and understanding. Its symbol is a white Lotus Flower. It is a two-way chakra, since it receives light from the cosmos.

CHAKRAS IN ASTRAL PROJECTION

Successful projections occur under ideal conditions. You will need to give attention to finding a suitably quiet room, eliminating any intrusive noises such as telephones, your physical comfort and clothing, the light and atmosphere in the time, the time of day and irritations in your body caused by your ego state.

After creating the ideal conditions, lie down on your back with your arms by your side in the yoga "corpse" position. Now do your relaxation exercises, staring at your feet and ending with the top of your head. Once you are relaxed, start your visualization exercises. With your eyes closed visualize the **shamanistic symbol** for the universal consciousness the circle with the cross inside it dividing the circle into four segments.

Now imagine that at every chakra you have a small pouch drawn shut with a drawstring. Starting with the Base/root chakra, imagine the pouch being opened. Visualize the drawstring being loosened and the pouch being pulled open allowing the chakra's symbol to emerge from the bag and sit above it. Carry on opening the chakra's - from the base/root chakra to the crown chakra, releasing the stream of energy that will carry your consciousness with it as it exits the crown chakra.

INFORMATION ON SEX MAGIC AND TANTRA

Right from the start it is important to remember that the occult always perverts or does the opposite of God's truth.

Sex was created by God to serve as

- a spiritual union between a man and a woman,
- a sacred act between two people of the opposite sex, unified in marriage.
- a way of expressing love
- a way of procreating

Sex magic is about

- expressing and liberating consciousness
- reaching altered states of consciousness
- spiritualising sexuality
- achieving “unity” with universal life energies, cosmic powers and the “divine”
- connecting to other dimensions
- using the mind to achieve “psychic” power through the power of orgasm
- releasing sexual energy and harnessing Kundalini
- primal and creative energy being taped into

Sex as the act God created and sex through tantra (sex magic) are poles apart. Sex magic has its base or roots in Tantra, much in the same way as numerology is based in Cabala.

When all is said and done, remember that all magic, sexual or otherwise, is witchcraft and witchcraft is an abomination. This power has to do with Eastern religions – meditation, yoga, karate, etc. It is a so-called “**white serpent**” that is **coiled up at the base of the spine** in the **base chakra**, and gets awakened when practising these above arts. When Christians have not renounced their involvement, they usually suffer **lower back problems** among many other things.

In the Eastern religions, the conscious creation and stimulation of sexual energy is known as **Tantra**. The idea of **Tantric sex** is to stimulate the **sexual energy** held in the **base of the spine**, the **Kundalini energy** as it has become known. This was symbolized as **uncurling serpents** and in Tantra the participants control and delay **orgasm** to transform the kundalini from its original state (ching) into higher energy (ch'i) and finally its highest expression (shen). Stimulating the kundalini is described as ‘**lighting the inner fire**’. Tantra is designed to complete this process in a more controlled way. Once the Kundalini is awakened, you have a constant supply of enormously powerful energy with which to create whatever you choose. The **satanists** use **sex** as a fundamental part of their ritual so they can tap this sexual, kundalini force, for their horrendous purposes.



Sex magic comes in many forms and guises, hidden beneath **Hindu** and **New Age** mumbo-jumbo, and to understand sex magic you are going to have to understand its roots in Tantra.

In reality, there is a much darker truth beneath what the **Tantric Masters** are teaching. Yoga, meditation, concentrating on “emptiness, mantras and emptying the mind of thought all lead to altered states of consciousness.

An altered state of consciousness is similar to **self-hypnosis** or opening of the spirit to **cosmic forces**. It creates a gateway to the soul. It sets the practitioner up for soul control and demon possession.

You do not achieve **Nirvana** or paradise.

You do not unite with “god”.

You do not “evolve” into a higher karma or improve your reincarnation.

You do not reach a higher level of consciousness or evolvment.

You get possessed!!!!

You get trapped.

You get pulled into an occultic web.

You think you have tapped into cosmic powers.

You think you have enlightened your spirit.

You think you have united with the “divine”.

You are sadly mistaken and about to be horribly disillusioned.

You are not a sex magician, you are practicing witchcraft, an abomination unto the Lord.

You do not have sexual power, you are being controlled by powers.

You are being controlled and used by Satan to achieve his purposes.

Tantra would have us believe that sex magic is pure and holy.

There are various ways of using sex magic, and all of them are evil.

Sex magic is used by Satan to create

- soul control
- soul ties
- transference of spirits

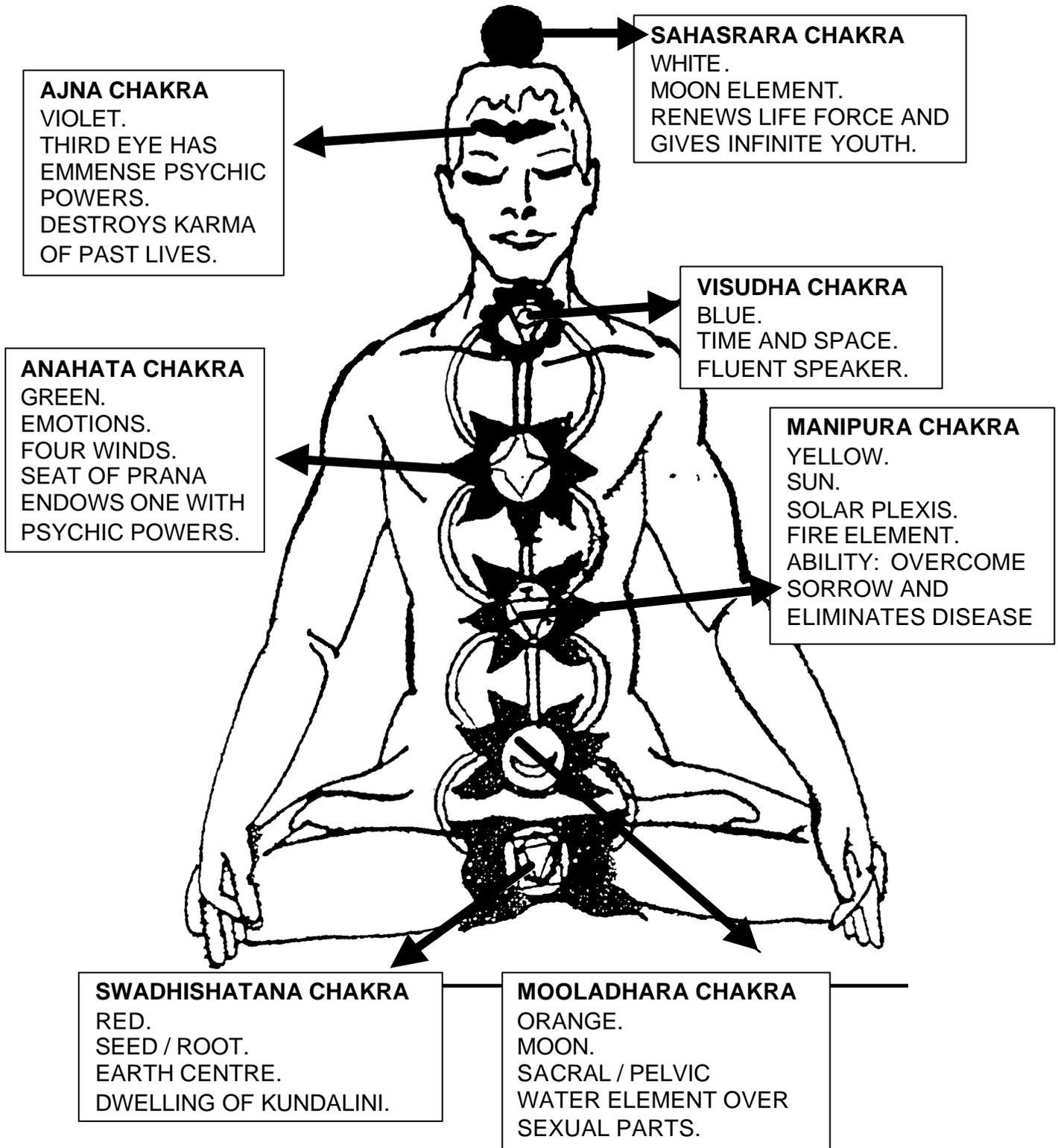
Sex magic is about

- using sex as a weapon
- tapping into cosmic powers to achieve your own end
- bewitching your partner
- tapping strength from your partner
- enforcing dominance over your partners spirit
- subduing and controlling your partner to achieve ranking
- using “sacred orgasm” to generate power for magic
- entering someone else’s very soul

Examples mentioned previously:

- sleeping with a medium to access the demons she uses to “see” things
- using visualization and fantasy to “hex” someone
- controlling and manipulating your targets marriage
- overpowering an occultic rival in the ranking struggle
- finding a gateway into your targets sub-conscious mind

LOTUS POSITION



6. MEDITATION

I renounce the Lotus position used as a means for meditation to enhance my concentration. (May be other positions / even objects) used to concentrate on - candles etc)

I break the link between the

- Demon of meditation
- Familiar object used (can be Lotus position)
- Demon of fantasy and the
- Conscious mind as well as the
- Unconsciousness, semi- and subconscious mind in the Name of Jesus.

I break all the ENSLAVEMENT to the spirit of meditation in the Name of Jesus.

I break any connections with the cosmic vibrations that scattered my soul, and I command my soul to be restored from the seven cosmic levels, in Jesus' Name.

I break the flow of power and the false unity (Yin and Yang) that flowed through my fingers. I separate the false unity and isolate the demonic powers from each other.

I break the link with all cosmic powers in the Name of Jesus!

I destroy the energy levels as well as any false auras in the Name of Jesus.

7. MUDRAS

I renounce the SPECIAL techniques I participated in to awake the sleeping, latent force (kundalini) and drive it out from the central nervous system.

I renounce my faith in my Guru / Master (deva) and my unconditional obedience to him / her. I sever myself from the soul tie with (Name) and loosen myself from him / her in the Name of Jesus.

I renounce all PSYCHIC POWERS / GIFTS in the Name of Jesus and close the THIRD EYE. (Seat of Shiva)

Thank You Lord, that You now set me free. Thank You Jesus, that You did everything so that I can stand righteous before the Father in Heaven. I now know that it is only Your Blood that cleanses me and gives me the right to go into the Holy of Holies. I confess that flesh must become less so that Christ can become more in my life. I completely submit my soul, spirit and body under Your authority. You are truly the ONLY WAY, THE TRUTH, AND THE LIFE until eternity!

Thank You for the TRUTH that sets me free!

AMEN.

COUNSELLORS: Areas that must be addressed

Pride, Self-exaltation, Religious spirits, Anti-Christ, False Christ, Judgment, Anorexia, Self-rejection / Destruction, Torture, Serious Depression, Despair, Suicidal Tendencies, Pain in Bones (whole body),

Back Pain, Intense Headaches, Bondage on the Mind, Hopelessness, Intense feelings of guilt, Self-judgment.

8. KARATE

I renounce the two roots of karate, namely the Chinese Martial Arts (including Kung Fu) and the Okinawese Martial arts.

I renounce Bhodidharma (An Indian Zen Buddhist), who developed the main theory concerning the Eastern Martial arts.

I renounce any link with the Shaolin-Temple, from where karate originated and was developed.

I renounce BUDDHA as well as any form of worship / honour to him. I confess it as the sin of idolatry and ask for forgiveness in the Name of Jesus.

I renounce the teachings of ZEN (Find "God" in yourself / Find "Enlightment" from within) and every KHATHA used as an aid for meditation. (KHATHA - series of exercises in a specific format)

I renounce every discipline of the mind, in order to allow my mind to become my master as well as the faith I had in **myself** in the Name of Jesus.

I renounce the teachings of TAOISM, stating that there is a supernatural energy that gives life to everything and maintains that life.

I renounce this "KI" energy as well as every "KIAI" I shouted in order to activate this energy, so as to ensure a better result in the specific technique used.

I renounce FUNAKOSHI (The "father" of karate) who developed karate so that ZEN can practically become a manner of life.

I renounce the doctrine of karate that states "the way of the empty mind" through the exercising of the body and mind, until I obtain a new level of consciousness.

I renounce every form of meditation, namely:

- MUKOSO (Pay attention to the different positions, e.g. LOTUS)
- Meditation through normal exercising sessions ("Moving ZEW")
- Meditation through the repetition of the basic principles of karate.

I renounce the purpose of karate, namely:

- The construction of a better inner character.
- The removal of any egocentricity.
- The Discipline of the mind and body.
- Through meditation ("Moving Zen")
- That the student must overcome himself, empty himself of his own ego and thus develop a Zen-way of thinking.

In the Name of Jesus, I break every OATH I made.

I renounce my faith in karate as one of the MANY WAYS that leads to life, and that I accepted it as A WAY OF LIFE through my earnest dedication.

I confess that Jesus Christ is the ONLY WAY, THE TRUTH AND THE LIFE and that no one goes to the Father, except through Him.

I confess that I serve only ONE God, and admit that I bowed down before other gods (including self-exaltation). I ask for forgiveness, in the Name of Jesus.

I renounce every Khatha, every kick and every war-cry I used to summon demons, in order to use their power. I confess it as a sin, and lay it down in the Name of Jesus.

I renounce every special weapon, including Chaka-sticks that I used, and lay it down in the Name of Jesus. Any marks I received during fights, I ask you Lord, to remove them in the Name of Jesus.

I ask that you will sever the soul tie between my master and me (Sen-Sei - name is important) and that you will break any control over my mind that he has in the Name of Jesus.

I give all warring ranks that I received back to Satan, in Name of Jesus (also any special awards / Honoree titles).

(Ranks are given according to colour-belts: White, Yellow, Brown, Black. First to seventh Dan - this level: floating master with status in Japan) I renounce all pride and self-exaltation that worked through me, as well as any belief in invincibility.

I renounce any spirits of self destruction, destruction, murder and death, in the Name of Jesus.

AMEN.

9. RENUNCIATION OF NINJUTSU / TAIJUTSU

Dear Father God of Israel, thank You that today, before witnesses seen and unseen, I can repent of my involvement with Ninjutsu (armed combat) and Taijutsu (unarmed combat). I confess that the very roots of these arts are born out of occult and psychic powers and are not in any way compatible with Christianity. As the very name 'Ninjutsu' means stealing-in or stealth art, I now renounce it and bring ALL of this area of my life into the Light of JESUS CHRIST, and acknowledge Him as my only Saviour and Redeemer. All of the following points, I renounce both in the physical and spiritual realm.

I renounce the **9 levels of personal development**, from base physicality to highest spirituality.

I renounce the art of **visualization** being used as a 6th sense to appraise situations, and not be caught by surprise; also, the use of **meditation, mind control, hypnosis, self-hypnosis** and **psychic power**.

I renounce the techniques taught me, of:

1. Espionage.
2. Weaponry.
3. Unarmed combat.
4. Poisons.
5. Psychology.

I renounce all of the 81 **mystical hand positions** (finger knitting) (kuji-kiri), which is used for **energy channeling** and repent of and renounce the state of mind which it induced. I also renounce the practice of **reduced breathing** by entering into a **yoga-type hypnotic trance**.

I cut myself free from the energies channeled through

1. Earth.
2. Water.
3. Fire.
4. Wind.
5. Void.

I repent of the belief that Ninja training brings about purity of the soul and is referred to as the '**Ninja Heart**'. I confess that my purity of heart comes only from being washed by the Blood of Jesus Christ of Nazareth and being renewed through His Word.

I renounce these **18 areas of expertise**:

1. **Spiritual refinement**, which involves the Ninja coming to terms with his strengths and weaknesses, and intention, commitment and personal motivation. Being part philosopher through the mystical teachings of the Shugendo, the Ninja strives to put himself in touch with the **universal laws of nature**.
2. **Unarmed combat**, involving grappling and escaping, plus rolling and leaping.
3. **Ninja sword**, involving fast-draw sword techniques and cutting and attacking.
4. **Stick and staff fighting** involving use of 6ft and 4ft staffs.
5. **Shuriken throwing**. [These are stars made out of steel and often poison tipped.]
6. **Spear fighting**.
7. **Naginata techniques** (spear-like weapon with a curved blade) involving fighting with the halberd (long pole with axe-like head).
8. **Chain and sickle weapons**.
9. **Fire and explosives**, including demolition and distraction methods.
10. **Disguise and impersonation**, including personality traits and career roles.
11. **Stealth and entering methods**, combining silent movements with breaking and entering.
12. **Horsemanship**.
13. **Water training**, involving swimming , floating and extensive breath holding.
14. **Strategy**, including unconventional tactics, deception, political plots and influencing events.
15. **Espionage**, including recruiting spies and setting up espionage cells.
16. **Escape and concealment**, involving camouflage and invisibility techniques.
17. **Meteorology**, involving forecasting and taking advantage of weather conditions.
18. **Geography**, including terrain features, map-making and combats strategy.

I repent of and renounce the desire / calling to be the perfect killing machine / mercenary / assassin / spy.

I renounce the **secrecy codes** within the Ninja 'clan', which I belonged to and bring all into the Light of Jesus Christ. I also renounce the **suicide code of honour** if a mission should fail.

I cut all soul ties and break all agreements with my master/s in the Name of JESUS CHRIST of Nazareth. I also break all covenants with the spirit of death and suicide.

I lay down every piece of my fighting clothing and all weapons, both in the physical and spiritual realm. I return my green belt and my black belt in Jesus Name.

As a female Ninja (KUNOICHI) I repent of the use of **sexuality** for entrapment and murder. I renounce all the **smells, perfumes, clothing, underwear**, etc. that I used for entrapment purposes.

I cut off the following spirits that were imparted to me through Yogic practices:

- Crocodile.
- Fish.
- Camel.
- Cat.
- Cobra.
- Lion.
- Eagle.

I repent of all Yoga that was used in conjunction with Nin-jutsu to empower me more in the skills required.

AMEN.

10. A WORD FOR COUNSELLORS

FACETS OF KUNG FU

First Facet

Fighting skills demonically inspired and controlled.

Second Facet

All Khathas and kicks as well as war cries which acts as a means to call and gain the use of demon power skills.

Third Facet

Meditation with special emphasis on the use of the lotus style position found in yoga and other Eastern Religions.

Fourth Facet

Special weaponry and the use of Chaka Sticks (the use of these sticks act as a means of marking the person and it is necessary to specifically pray for the removal of these marks in the spirit.)

PROCESS OF RENUNCIATION INCLUDES:

- Destruction of soul ties and loyalty to master (Master's name is important - many of them actually exercise mind control over their students- Deut 5 : 9)
- Ranks are awarded by different belts – white, yellow, orange, brown, black - First - Seventh Dan (This level makes you a floating master with status in Japan).
- Satan gives ranking accordingly in the spirit (also for special awards / honoury titles).
- Person must return ranking as well as all demonic skills must be renounced and laid down.
- Very strong pride and self-exaltation demons operating tendency of belief in invincibility.
- Spirits of destruction, death and murder.
- Roots in worship of Buddha - Strongman.

FACETS OF NINJA

Ninja means **Fighting Soldier for the King** . Therefore the name of **honour** and **title** must be destroyed.

First facet

Calling as a Ninja basically renounced as a fighting machine and capacity as a mercenary.

Second Facet

Fighting techniques especially those inspired and controlled by fighting and warring demons.

Third facet

Meditation. That is the use of

- a) Meditation
- b) Mind control
- c) Hypnosis
- d) Self – hypnosis
- e) Psychic power

in order to link physical skills with mental abilities (Power demons)

Fourth Facet

Destroying skills which included a spirit of murder, destruction and death.

- Code of honour must be destroyed - which demands the rite of suicide if mission fails. Therefore demon of suicide and death will be present.
- Prince of the air ruling over strength is **Hercules** (Greek god of immense strength and power) Cut person free from him.
- Destruction of soul tie and loyalty to master (master's name is important).
(*Deut 5 : 9*)
- Destruction of uniform:
1st Sword : Fighting sword
2nd Sword : Ritual suicide sword not only in the physical but also in the spirit.
- Destruction of fighting clothing.
- Demon powers connected to the Sun god, worship of the sun (*Deut 17: 3*) worship of Buddha.
- Strongman - Spirit of Buddha.

Demon forces interlinked known as the **Holy Four** must be isolated from one another - VERY IMPORTANT!!

NOTE : Because of nature of demon powers manifestation tends to be very violent with drive to destroy

11. DICTIONARY OF BASIC TERMS



Banzuke: An ordered list of men fighting up through the ranks of professional Sumo; a ranking sheet.

Basho: A sumo tournament. In a sanctioned competition, consists of seven or fifteen bouts held over a two week period.

Dohyo: The ring within the square in which Sumo is performed.

Heya: A building used to house and train **rikishi**. This includes sleeping accommodations, cooking facilities and training **dohyo**.

Hon-basho: Any of six official **basho** held in each odd numbered month by the Sumo **Kyokai**. Only these contests count in the official scores used to rank the rikishi.

Jungyo: The exhibition bashos that are held across the nation in between the regular basho schedule. These help in recruiting new rikishi to the sport and also give other people a chance to see the rikishi up close. The most extensive **Jungyo** is in July-August, covering the Tohoku and Hokkaido regions.

Juryo: The first of the two professional divisions of Sumo. Thirty men vie for entrance into the top, **Makunouchi** division.

Kachi-koshi: In a tournament, attaining the number of wins that assures a better than even percentage. Out of 15 bouts, for example, a rikishi is said to be **kachi-koshi** at that point where he tallies 8 wins.

Kimarite: The names given to each of the seventy winning techniques and two inadvertent methods that describe the result of a Sumo bout.

Kin-boshi: Literally, "gold star." This is a salary incentive to **Maegashira** ranked **sekitori** to defeat **Yokozuna**.

Kokugikan: The Arena of the National Sport, in the Ryogoku neighborhood in southeastern Tokyo. This is the rather magnificent facility where **Hon-basho**, retirement ceremonies, World Amateur Championships and other events are held.

Komusubi: The rank below **Sekiwake** but above the Maegashira. There are typically two or three rikishi holding this rank. Most rikishi do poorly when promoted to **komusubi** for the first time and are demoted.

Kyokai: An official association or administration. For Sumo, the Nihon Sumo Kyokai administers the sport under the Ministry of Education.

Maegashira: The lower ranks of the Makunouchi division, numbered from one (highest) to 15 or 16. There is an east and a west position at each numbered level. The number of Maegashira ranks is adjusted so that there are a total of forty Makunouchi rikishi.

Make-koshi: The opposite of kachi-koshi. In a 7 bout tournament, having 4 losses guarantees **make-koshi**.

Makunouchi: Also called Makuuchi, this is the top division of Ozumo. It is comprised of the ranks of Yokozuna, **Ozeki**, Sekiwake, Komusubi and Maegashira.

Mawashi: The thick belt that is wrapped around a rikishi for Sumo. It is wound in such a manner that protects the genitals as well as offering a way for the combatants to grapple.

Oyakata: Stablemaster or coach. The man who trains and takes care of all wrestlers living in his stable.

Ozeki: The champion rank of Sumo. Whereas lower ranks can be attained by consistently winning, this rank must be granted by the Sumo Kyokai.

Rikishi: Literally, "strong man." This is an all-purpose term for men engaging in Sumo.

Sansho: Any of three special prizes awarded to Makunouchi sekitori under the rank of Ozeki. These are for superior technique, superior performance and fighting spirit.

Sekitori: A rikishi who is ranked in one of the top two divisions of Sumo, who are being paid a salary.

Sekiwake: The junior champion rank of Sumo. Usually two to four rikishi hold this rank.

Sumobeya: See **Heya**. When referring to a specific heya, the suffix -beya may be used; instead of saying that Tosanoumi's heya is Isenoumi, it is neater to talk of Tosanoumi, or Isenoumi-beya. It is less awkward to say, "Look, there's Izutsu-beya" than "That heya is Izutsu."

Torikumi: The term for an individual sumo bout, or also used to refer to the list of bouts for an entire day.

Toshiyori-kabu: A financial term, this is a license that must be purchased from the Sumo Kyokai in order to hold a position as **Oyakata**, or coach. There are only a limited number of these positions, each of which carries a name. Currently, these cost between two and four hundred million yen.

Yokozuna: The pinnacle of active Sumo, this is the rank of grand champion. Only 65 men have held this rank.

Yusho: The tournament title. A rikishi wins a **yusho** by winning more matches than any other in his division, or if two or men are tied, by being triumphant in a playoff.

Glossary

Acupuncture - Chinese system of healing using needles at key points of the body.

Atemi - Japanese for the vital points of the body, which when attacked can cause pain, injury or even death.

Black belt - The level of proficiency in Martial Arts at which a student may graduate to instructor.

Bokken or Bokuto - A wooden sword used for training in Japanese Martial Arts.

Cat stance - Used in Kung Fu and Karate. The weight is placed on the back leg.

Centreline - The imaginary line of Wing Chun Kung Fu which runs down the centre of the body, the focus of attack and defence.

Ch'an - Chinese for Zen, or meditation.

Chi - Internal force or energy which is harnessed, in particular by practitioners of Tai Chi Chuan and Hsing-i.

Chudan - The chest area of Japanese Martial Arts.

Dan - Japanese for degree, denoting rank of black belt.

Dim mak - Death touch, or strike to a vital point causing delayed injury or death.

Do - Japanese for path or way, also used as a suffix, e.g. Kendo.

Dobok - Korean for practice suit.

Do jang - Korean for training hall.

Dojo - Japanese for training hall.

Escrima - Spanish for 'skirmish'. Filipino system employing sticks, swords and daggers.

Five animals – Movements of the crane, dragon, leopard, tiger and snake incorporated into the Shaolin fighting systems.

Gi - Training uniform for Japanese Martial Arts. In Korean it means 'spirit'.

Gup - In Taekwon-do one of the ten grades below black belt.

Hakama - Long divided skirt used in some Japanese Martial Arts, notably Aikido and Kendo.

Hara-kiri - Japanese ritual suicide by disembowelment, the ultimate act of atonement.

Horse stance - Strong basic stance of both Chinese and Japanese styles.

I ching - Ancient Chinese book of divination, whose philosophical principles form the basis of Tai chi, Pa-kua and Hsing-i.

Ippon - Used in Japanese contests to denote a full point.

Judoka - One who practises Judo.

Jutsu or Jitsu - Japanese for skill or art, also used as a suffix e.g., Kenjutsu.

Karate-ka - One who practises Karate.

Kata - A pattern or form of moves in which the Japanese martial artist fights imaginary opponents.

Katana - A Japanese sword.

Ki - Japanese for chi, internal energy vital to the practice of Aikido and Hapkido.

Kial - Powerful shout of Japanese Martial Arts which can stun an opponent or give extra impetus to a technique.

Kote - Kendo gauntlet,

Kup so - Vital spot in Taekwon-do.

Kwoon - Chinese for training hall.

Kyu - Japanese for any grade below shodan (1st degree black belt).

Martial Arts - The arts of war, from Mars god of war.

Men - Kendo helmet.

Oos - A form of greeting used in the *dojo*.

Randori - Free sparring of Judo.

Ryu - Japanese for school or style.

Samurai - 'One who serves' - the knightly warrior of feudal Japan.

Sensei - Japanese for master.

Shiatsu - Japanese finger pressure therapy.

Shinai - Bamboo sword made of four strips bound together. Replaces the live blade in Kendo.

Sumotori - Sumo wrestlers.

Tanden - Japanese for navel, thought to be the source of power.

Tare - Apron, part of Kendo armour, to protect the vital points below the waist.

Te - Okinawan for hand, as in Karate, empty hand.

Tenugui - Headband used in Kendo to absorb perspiration.

White belt - This denotes beginner in several Japanese systems.

Waza-ari - A half point in Japanese competition.

Yang - The positive male principle of Chinese.

Yin - The passive female principle of Chinese.

Yoi - Ready position in Japanese Martial Arts.

Zanshin - A state of calm alertness cultivated in Japanese Martial Arts.

Zen - Religious philosophy that claims one can reach satori (enlightenment through meditation).

12. ADDITIONAL INFORMATION ON MARTIAL ARTS

Kung Fu Styles

- ? **Tai Chi Chuan**
- ? **Pa-kua**
- ? **Hsing-I**
- ? **The Praying Mantis** - This style is from Sil Lum – a Shaolin style of Kung Fu which involves, grabbing, pulling, striking, and short quick foot movements with kicking to the groin area and kneecap.
- ? **Wing Chun** (also called Street Fighting) - This style uses a weapon called a Luk-dim-boun-kwan – a pole approximately 3 metres long.

Karate Styles

Shotokan
Kyokushinkai
Wado-ryu
Shito-ryu
Shukokai
Sankukai
Shotokai
Goyuryu
Goju-kai
Uechi-ryu

Japanese Martial Arts Using Weapons

- ? **Kendo** – Shinai, a bamboo sword made of four strips bound together, used in place of a live blade.
- ? **Iai-do** – Based on swordsmanship.
- ? **Kyudo** – ‘The way of the bow.’ The bow is about 2 metres long.
- ? **Yabusame** - Horseback archery.

Unarmed Styles

Aikido

- *Yoshinkan Aikido: A lesser known style.*
- *Tomiki Aikido*
- *A Jitsu*
- *Kuatsu*
- *Judo*
- *Shorinji Kempo: A mixture of Karate and Aikido.*

Sumo Wrestling

The Korean Martial Arts

- ? **Taekwon-do**
- ? **Hapkido**
- ? **Tang Soo Do**

Martial Arts from Various Countries

Thai Boxing - A very lethal form of boxing with kicks from elbow, foot, or knee and aimed at the stomach area. Flying kicks are also used.

Burma Bando - Based on the moves of twelve animals, this form may sometimes use weapons.

Malaysian Bersilat - A method of self-defence mostly called by a shortened Version to 'silat'.

Brazilian Capoeira - The roots of this style come out of slavery and are mainly defence moves. This is an acrobatic style, but has become a killing style with 72 moves.

Filipino Kali (meaning blade or knife) - The knife is called a 'bolo' and is similar to a machete.

Escrima - This form developed from Kali and is now practised in Europe.

Russian Sambo Wrestling - The main objective of this form is to seize the legs of the opponent and throw them to the ground. This is claimed to have originated in China.

Indian Kalaripayit - A training method for battle.

French, La Savate - A kicking style, which includes hitting with an open palm.

Sources: Reasoning from the Scriptures Ministries, Rancho Santa Margarita, CA 92688.

"**Animism**" - Alan G. Hefner and Virgilio Guimaraes.

"**The Handbook for Spiritual Warfare**" – Dr. Ed Murphy.

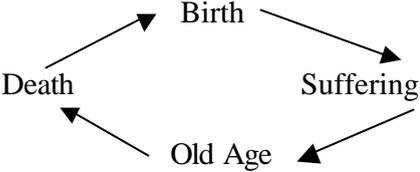
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13. CHRISTIANITY vs BUDDHISM

QUESTION	BUDDHIST ANSWER:
1. Why do we suffer?	<p>1. Because of our selfish craving, attachment to people, things and existence itself. We are all caught in a recurring cycle because of this craving.</p>  <pre> graph TD Birth --> Suffering Suffering --> Old Age Old Age --> Death Death --> Birth </pre> <p>All our experiences of this life have been pre-determined by our Karma = how good or bad we were in our previous life.</p>
2. Is there any way to escape from this cycle of suffering, and the Law of Karma?	2. Yes - by eliminating craving and any sense of attachment to this world and people.
3. How can I do that?	3. By following my teaching about the eightfold path, i.e. Right... <i>Views; Aspiration; Speech; Action; Occupation; Effort; Mindfulness, Concentration.</i>
4. What happens if I follow this teaching successfully?	4. You will attain the state of Nirvana - <i>blissful nothingness</i>
5. I don't think I can do it!	5. Just keep on trying with all your effort.
6. Is your teaching absolute truth?	6. My teaching is the "raft" to take you across the river to the other shore of enlightenment. Once you have reached there you can abandon the raft.

QUESTION	JESUS' ANSWER:
<p>1. Why do we suffer?</p> <p>2. Is there any way to escape from these consequences?</p>	<p>1. Because of the effect of sin, inherited since Adam, as well as those committed today. Humans have turned their backs on God and gone their own selfish ways. The consequence is separation from God and all His purity, love and power.</p> <p>2. Yes - I chose to suffer on the cross in order to provide the way to be released from those consequences.</p>
<p>3. What do I have to do?</p>	<p>3. Repent of your self-centredness. Trust in God's gracious forgiveness and all that I have done as being sufficient for your salvation.</p>
<p>4. Does that mean I don't have to put into practice any ethical teaching?</p>	<p>4. If you really love and trust me you will. Because I am designer and Creator of the Universe and human life, I know the best way to live.</p>
<p>5. I don't think I can do it!</p>	<p>5. I know! That is why I give you My Holy Spirit to enable you to live a holy life.</p>
<p>6. Is Your teaching absolute truth?</p>	<p>6. I am the Way, the Truth and the Life. No one can come to the Father but by Me.</p>

GOD ANSWER'S FOR MAN'S EXCUSES / QUESTIONS

1. *Is the Bible really the Word of God?*

2 Timothy 3

"16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.

17 That the man of God may be complete, thoroughly equipped for every good work."

2. I find it difficult to believe.

Hebrews 11

“6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”

3. I cannot understand the Bible.

1 Corinthians 2

“14 But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned.”

4. Because I believe in reincarnation, I do not believe in Heaven and Hell.

Hebrews 9

“27 And as it is appointed for men to die once, but after this the judgement.”

5. I believe absolutely every-one will go to Heaven anyway.

John 3

“36 He who believes in the Son has everlasting life; and he who does not believe in the Son shall not see life, but the wrath of God abides on him.”

6. I just do not feel ready to give my life to Jesus Christ yet.

Ephesians 2

*“8 For by grace you have been saved through faith, and that not of yourselves; it is the gift of God.
9 Not of works, lest anyone should boast.”*

7. God is tóó good to damn me and send me to Hell!

Mark 16

“16 He who believes and is baptized will be saved; but he who does not believe will be condemned.”

8. How can I know for sure that there is indeed a Heaven?

2 Corinthians 5

“1 For we know that if our earthly house, this tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.”

9. And a Hell?

Luke 12

“5 But I will show you whom you should fear; fear Him who, after He has killed, has power to cast into hell; yes, I say to you, fear Him!”

10. As a Buddhist I have my own believes.

Colossians 2

"8 Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ."

11. Surely I'm too big a sinner and must get better before I can become a Christian?

John 6

"37 All the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out."

12. I want to be a Christian, but not right now - maybe later.

James 4

"14 Whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away."

13. I'm so afraid that my friends and family might ridicule and mock me! What if they reject me?

Romans 8

"18 For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us."

14. Anyway, I'm already trying to get to Heaven in my own special way.

John 14:6 *"Jesus said to him, I am the Way, the Truth and the Life. No one comes to the Father except through Me."*

Titus 3:5 *"Not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit."*

John 3:16 *"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."*

John 3:17 *"For God did not send His Son into the world to condemn the world, but that the world through Him might be saved."*

BUDDHISM & CHRISTIANITY: SIMILARITIES & DIFFERENCES

X : DIFFERENT
= : SIMILAR
+ : IN ADDITION TO BUDDHISM

BUDDHISM		CHRISTIANITY
1. Buddha found a way.	X	Jesus is the Way. (<i>John 14:6</i>)
2. Suffering is universal, inevitable.	=	<i>Romans 8:22</i>
3. Cause of suffering is craving, self-centred desire.	=	<i>James 1: 13-15</i>
	+	Satan: John 8:44
	X	But NOT our KARMA (i.e. previous life). May result from other people's evil, persecution, God's discipline. A good person may suffer.
4. Attitude to suffering is escape.	=	There is a desire to be freed from this corrupt world (<i>Romans 8: 20 - 23</i>).
	X+	Suffering can produce growth in character (<i>Romans 5: 3 - 5</i> ; <i>James 1: 2 - 4</i>)
	+	Can be a means of growing in dependence on God (<i>2 Corinthians 12:9</i>)
	+	Help others who are suffering (<i>2 Corinthians 1 : 4</i>)
5. The cure for suffering is to eliminate all craving.	X	No guarantee of freedom of suffering because we live in a fallen world. God comforts strengthens us in affliction. (<i>2 Corinthian - 4; 12: 9</i>)
	+	Only in the new world (<i>Rev. 21: 3 - 5</i>)
6. The method of eliminating craving is to follow the eight-fold path i.e. self-effort.	X	Cannot rely on self-effort. Man's heart is deceitful and unreliable (<i>Jeremiah 17:9</i> , <i>Romans 7:21-24</i>). Man needs to be in union with Christ (<i>John 15:1-5</i>) and receive a new nature by God's Holy Spirit (<i>Titus 3:3-8</i> ; <i>2 Corinthians 5 : 17; John 3:5</i>). Not separation from the world, but victory in the midst of temptations (<i>John 17:15</i>).

- | | | |
|--|--------|---|
| 7. Salvation comes through escape from suffering through self-effort. | X | Salvation only comes through sharing in God's Life, by God's Grace, through faith (<i>Titus 3: 3 -8; Ephesians 2.. 8 - 9, Romans 3 : 21 - 27; 1 Corinthians 15: 20-22</i>). |
| 8. Ethical behaviour is of primary | = | Ethical behaviour is very important. (<i>Matthew 5: 18 - 29; James 2: 17</i>) |
| 9. Ethical behaviour is the primary means of attaining "salvation". | X | Ethical behaviour should be a response / result of God's love and gift of salvation. (<i>1 John 4:9 -11; Matthew 22: 37 – 40; Romans 13: 10</i>) |
| 10. A person's thoughts are as important as, and affects, actions | = | <i>Matthew 5:27-28, 12:34-35,.15:18-20</i> |
| 11. Five basic precepts. | = | Similar to 4 of the 10 Commandments |
| | X | but has no commandments regarding our relationship with God |
| 12. Detachment from self-seeking. | = | Denial of self (<i>Mark 8: 34 - 35</i>). |
| 13. No teaching about a personal God. | X | Omniscient, Omnipotent God (<i>Job 42:2, Psalm 115:3-4, Acts 17:24-28</i>) to Whom we can relate as Divine Father (<i>Matthew 6:9; Romans 8:15-16</i>). |
| 14. Rejected an emphasis on rituals; emphasized mercy and ethical living. | = | <i>Matthew 9: 13; 23: 23.</i> |
| 15. Jesus Christ is respected as a good man and teacher. | X | Jesus Christ is the Son of God. (<i>Matthew 3:17,16:16, John 1:34; Romans 1:4</i>). |
| 16. Buddhism has a tolerance towards other religions. A Buddhist can embrace some teachings of Christianity. | X
= | Jesus Christ is the Only Way (<i>John 14:6</i>).
Christians can accept some Buddhist ethical teaching. |
| 17. Life consist of many reincarnations, caught in the law of Karma. | X | We live and die only once on this earth, then face judgement in Heaven (<i>Hebrews 9: 27</i>). |