

## Interview with a Protestant Pastor regarding Yoga, February 27, 2026

**Summary:** The word yoga, it literally means to yoke to Brahman. And the poses that you do are reenactment of the war of the Hindu pantheon. You know, when you go from warrior one to warrior two, you're cutting off the head of one god and placing it on a spike. The very first position you do is a worship to the sun god Krishna. And so they call them flows because it's actually a dance to the Hindu gods... I find it interesting that Christians will say they do Christian yoga, so they worship Jesus the way the Hindus worship their gods. I should also indicate that worship is not arbitrarily chosen by the worshipper. There are deigned ways in which we can worship, and there are forbidden ways we can worship. I've come to this conclusion that yoga was idolatry. I've seen a number of people with sciatic pain, back problems, people who got into yoga because they had a little pain and started doing it. And once we got rid of that spirit, they no longer had those back pains. ...the pastor's mom, delivered to her from kundalini spirit that came in through yoga and she was healed of acid reflux. I've seen Shiva, Vishnu, Brahman, Pranayama, Kundalini, Bikram, all of those, and Pikachu, a bunch of Hindu pantheons that are attached --- probably about 8 to 10 different demons that are common amongst yoga. I'm not kicking a person out of my church if they've done yoga or do it for exercise. Like it's, I am very straightforward on what I think it is and what I think it does.

Pastor Michael Miller, Exorcist Files (37:10-48:00); Breaking Curses and Confronting The Enemy.

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**Breaking Curses and Confronting The Enemy with Pastor Michael Miller, Protestant Pastor; Uncovering Demonic Doorways: Yoga** 37:10-48:00; The Exorcist File (available on Spotify or at <http://exorcistfiles.tv>; [exorcistfiles@gmail.com](mailto:exorcistfiles@gmail.com)) [Link to interview](#)

Ryan Bethea: Let me ask you another controversial question because I know we lost a good sizable chunk of followers which I found very interesting. The amount of angry emails I got that said yoga is not religious and yet said I will never support anything that speaks ill of yoga. I thought this was super fascinating.

Pastor Michael Miller: Having such a dogmatic response to it should tell you something.

Ryan Bethea: Well, and the thing I'd have is, you know, and again, because I, I understand physical benefits and..

Pastor Michael Miller: We can agree to disagree on these thing. I don't have to say, "I'm never going to listen to you again.

Ryan Bethea: Well, you're right, it inspired a very dogmatic response. And we knew we would we would get some flack for it. And that's why we wanted to bring on someone actually testifies in court cases when they try and integrate yoga into schools or physical education. And her argument is that actually doing true yoga because there's a difference right? There's a difference between what we kind of experience at the YMCA. But I think if you talk to a lot of yogis with respects for their like craft or what they're doing, they would say, of course it's religious. What are you talking about? The idea that you can separate the two is what she would say is the problem is that you can't separate the poses and it forms a sort of, you know, liturgy. And then we kind of default to fine, you can disagree or not, as with all those cases and exorcist files, but

the proof is in the pudding. And so I'm curious, **have you seen or experienced any deliverance cases where, where at least one of the doorways was yoga or a derivative of yoga?**

Pastor Michael Miller: **I've seen tons.** Like I'm at.. Where do you want me to start? I've got a story, probably the most personal one was my wife. I can tell that story. The lady I saw.

Ryan Bethea: Ok yeah.

Pastor Michael Miller: So I came to the conclusion that yoga by its very nature, like I don't think you can... Most people say, well, if I don't have a motive to worship the Hindu pantheon, then am I really committing idolatry? And I was like, look, just because you define something differently and just because you don't feel like you have a motive to commit a sin doesn't make it any less sin. I mean the Bible has words for differentiating between a sin we do willfully and a sin we do unknowingly. The word for sin we do willingly is called transgression. The sin we commit unknowingly is called sin. And so I, I think they're, when it comes to yoga in particular, the vast majority of people who do it aren't trying to bond themselves to Brahman, which **the word yoga, it literally means to yoke to Brahman.** It's meant to connect you to that god. **And the poses that you do are reenactment of the war of the Hindu pantheon. You know, when you go from warrior one to warrior two, you're cutting off the head of one god and placing it on a spike. The very first position you do is a worship to the sun god Krishna. And so they call them flows because it's actually a dance to the Hindu gods.**

Now, there is a number of scriptural evidence to show that this is not something we should do. And yet you have a number of Christians who say, I don't do yoga, I do Christian yoga as if by baptizing it in Christian language that suddenly makes it holy. **You can no more make yoga holy than you can turn excrement into food.** It is what it is by its very nature. And so, and you see pretty explicit Scripture in Deuteronomy 12 that seems to tell you not to do that. So like, you see the Israelites when they're crossing over Canaan, you know, Moses is warning them on ahead of time because he doesn't get to go with them. So this is like the last will and testament of Moses when he preaches these three sermons in Deuteronomy. And he's worried about what they're going to see on the other side of the Jordan. He's worried about the idolatry they might be enticed into because of those who are committing idolatry in those nations. And so he tells them, don't worship me the way that they worship their gods. And then he gives them a list of how they do these things.

**I find it interesting that Christians will say they do Christian yoga, so they worship Jesus the way the Hindus worship their gods. I should also indicate that worship is not arbitrarily chosen by the worshipper. There are deigned ways in which we can worship, and there are forbidden ways we can worship. I would say Christian yoga is no more Christian than Christian voodoo or Christian fornication or Christian adultery.**

Ryan Bethea: Just empty fornication.

Pastor Michael Miller: Yeah, there's no, there's no such thing. Like it's, it is what it is by its very nature. **Now, I had come to the conclusion that this [yoga] was idolatry by its very nature, that you can't take the idolatry out of the exercise. You can't separate the exercise from the**

**idolatry. It's not to say that the Hindus have a monopoly on all body positions and body postures. Like we bow down to worship Christ, but so do Muslims bow down to worship Allah. So, I'm not saying that Allah gets a monopoly on the posture of bowing down. I am saying when you do those postures in that particular order, you're now not just doing a posture and an exercise, you're doing a dance. And that dance is intentionally created by those gods to yoke you to those gods.**

**So, I'd come to this conclusion that yoga was idolatry.** And I have a conversation. And you know how this goes when you're married. Well, maybe you don't, but most...

Ryan Bethea: Not, I'm not married, so I don't know, but I will...I will try. I will take your word for it.

Pastor Michael Miller: You well, trying to correct your spouse is a useless endeavor. My wife can no more correct me than I her. So, it's not like this is just a one way thing, but we started having a conversation and I tell her, sweetheart, I think this is idolatry. Now, she wasn't just doing yoga like as an exercise, she was actually teaching it. Now she never intended to do any kind of religious practice. She was just simply in it for the exercise and that was always her intention. My wife is a sold out faithful Christian, loves Christ and has since the day I met her, well since before I met her. And so, I'm having this conversation with her and I'm like, hey, look, I'm going to have this conversation one time. And you're free to disagree with me, but I'm telling you, I, I don't think that you're doing just exercise. I think it is idolatry. Any Hindu who watches you do this, they're going to say you worship the Hindu pantheon. They will not see it as just purely exercise. They don't believe you can take the idolatry out of the exercise. And so, all I'm asking is that you do a little research and pray about it. That's it. And I'll never bring it up again, but just promise me that you'll pray about it and do some research. And so she did. And begrudgingly she came to that passage in Deuteronomy 12 where she read that, and she was just cut to the heart by it. She's like, Lord, I won't do this anymore. It was really hard for her. She would teach classes. She loved doing it.

Ryan Bethea: There are real benefits and that's the thing I think we should ...there's you feel better and exercise is great. And I am with you. I think I have a lot of friends who do it. No one is considering this, you know, any sort of, you know, demonic portal.. They just also, if you feel good and you move your body and you know, a lot of people are unaware of the whole of the symbolism and the actual, the liturgy that's happening as you do these poses.

Pastor Michael Miller: Yeah. Yeah. So a couple years later, we were having a conversation and she's quit. She's repented. She's walked away from that sin entirely. And we're having a conversation. I guess she was, she was thinking about something... I can't remember how it exactly came up, but it was like all of a sudden the word pranayama just popped off in her head. And yeah, it's just, you know, God brings things to mind. And she come to me. **She goes, "Do you think that I could have an evil spirit because of when I used to do yoga and I was like, yeah, we should probably pray through that. And now my wife used to do this thing where she would involuntarily hold her breath. Now we thought it was a fight or flight response just from trauma from when she was younger. And I mean, she would do it so badly where like,**

**she would literally be sleeping and all of a sudden she'd wake both of us up. She'd be gasping for air because she was asleep holding her breath. And so she tells me about how this word pops off in her head. And she tell me how pranayama is the breathing exercise you do in yoga. And so we begin walking through the prayer of renunciation, prayers of repentance. And then I command the spirit of pranayama to come out of her. And she starts gagging and coughing, and she has since then not had that fight or flight response ever since.**

And I've seen not only that kind of thing healed, but **I've seen a number of people with sciatic pain, back problems, people who got into yoga because they had a little pain and started doing it. And once we got rid of that spirit, they no longer had those back pains.** Another lady I saw in California just a couple years ago. This is **the pastor's mom, delivered to her from kundalini spirit that came in through yoga and she was healed of acid reflux.**

Ryan Bethea: That was the spirt that was the Co starring role of the villain in our story Awakened, which is interesting.

Pastor Michael Miller: Kundalini?

Ryan Bethea: Yeah, Kundalini.

Pastor Michael Miller: Yeah, well, there's another. **I've seen Shiva, Vishnu, Brahman, Pranayama, Kundalini, Bikram, all of those, Pikachu. Yeah, he's go through the, a bunch of Hindu pantheons that are attached probably about 8 to 10 different demons that are common amongst yoga.**

Ryan Bethea: So interesting. It's important, I think, for people to hear because again, you can disagree. We just hope you do your own homework, do your own research. And if you enjoy exercise, there's probably other stretches and activities you can do that don't carry the same spiritual risk.

Pastor Michael Miller: Yeah, and, and, again, you're free to disagree with me. Like, I'm not, I'm not kicking a person out of my church if they've done yoga or do it for exercise. Like it's, I am very straightforward on what I think it is and what I think it does, but,