

Ex-Psychic Warns of Yoga: 'You're Opening Demonic Doors'

Read Time: 1 Minute 21 Seconds

Yoga is an international exercise phenomenon, evolving to become an integrated part of many people's fitness routines. But the physical activity has also emerged as a point of debate among some believers who see it as far more sinister than mere stretches and poses.

Jenn Nizza, an ex-psychic who spent years doing readings and communicating with what she believed were the dead loved ones of her clients, is among those speaking out.

Nizza is now a Christian who shares her story of leaving the occult, and she recently told CBN's Faithire why she believes yoga isn't just "stretching and breathing."

"Yoga is a Hindu spiritual practice, and the word 'yoga' is rooted in Sanskrit. It means 'to yoke to' or 'to unite with,' and what they're doing," she said. "They have deliberate postures that are paying tribute, honor and worship to their false gods, and they have over 330,000,000 false gods, which are demons, and they're honoring them with these postures."

Nizza specifically spoke about Christians who use yoga to stay fit, explaining why she believes participating in the fitness phenomenon can be spiritually perilous.

Fully aware some will scoff at these claims and affirm they aren't participating in the religious aspects of the workout, she again appealed to Scripture to detail qualms with such an argument.

She called churches' embrace of yoga "heartbreaking, and said

she, too, participated in the workout when she was a psychic and described how it became part of her daily mantra.

“I used to do yoga ritualistically, and the meditation aspect really opened me up and helped me to receive communication from evil spirits,” she said of her former psychic practices.

Mike Shreve was a teacher of Kundalini Yoga at four universities, with several hundred students looking to him as their guru. Then an encounter with the LORD JESUS radically changed his heart, his life and his world view.

Shreve wrote a book called “7 Reasons I No Longer Practice Yoga,” and he often speaks of the dangers of yoga on his podcast, “Revealing the True Light,” on the Charisma Podcast Network. {eo}

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