New Age movement

New Age; New Light; New Spirituality (old-fashioned sorcery/occultism): According to New Agers, this is the Age of Aquarius (Golden Age) when man is supposed to become aware of his divinity and power. The New Age movement is growing in popularity worldwide, as can be seen by the increase of spiritual retreats, yoga studios, etc. One website that provides classes on self-hypnosis, relaxation, guided imagery, and “heart breath” gave the reason that these techniques would reduce stress and help you to feel and live better. **Please be aware of the following New Age spirituality and healing practices. These are dangerous and should not be practiced.**

- **Acupuncture/Acupressure:**
  - Uses the two opposing forces “Yin” and “Yang” within the concept of energy called “Chi” or “life force,” using 24 channels that flow from head to toe and correspond to the anatomy.
  - Uses “triple warmer” and “circulation” that do not fit into anatomy.
  - Works in some cases.
  - Possibly related to hypnosis.
  - Developed from a spiritualistic culture (ancient Chinese medicine).

- **Feng Shui:** A Chinese Taoist philosophy and art that teaches about harmonizing the universal flow of the invisible energy force called “chi” into one’s physical surroundings to balance the yin and yang energies (positive and negative effects) and the five elements of earth, water, fire, metal, and wood. It includes positioning objects such as graves, buildings, rooms, and furniture to achieve the maximum harmony and bring good fortune.

- **Heart breath:** Heart rate variability (HRV) biofeedback training is promoted as a way to teach how to go into deep relaxation by using body-mind awareness techniques. One method is to slow down the breathing and synchronize it as closely as possible with the heart rate, which takes a few weeks to a few months of practice. The reasons given for this technique were that it can help you with stress, depression, insomnia, anxiety, natural birth, high blood pressure, phobias, smoking, jet lag, high altitude climbing, and asthma.

- **Homeopathy vs. allopathy:** Allopathy, which is a good practice if not overdone, uses herbal remedies that work differently from the symptom of the
disease which is being treated. Homeopathy works the opposite from allopathy. Herbal “remedies” are given that have the same effect as the symptom being treated. The dosage is decreased by repeatedly diluting the “remedy” until the “energy” remains. This is a mystical concept. Herbs can be useful in therapy if caution is used, since there are herbs that are toxic. Pharmaceutical drugs should be avoided as much as possible.

- **Kinesiology:**
  - Reinvented in 1963 by George Goodheart, a chiropractor, by combining his study of massage, acupuncture, acupressure, polarity therapy and Kundalini yoga.
  - Involves the “Chi” life force and is closely related to acupuncture and the “aura.”
  - Used to locate “imbalances” in energy fields.
  - Also uses special equipment for diagnosis.
  - Behavioral kinesiology originated with Dr. John Diamond and is based on Eastern mysticism and the “thymus” (an organ in the chest cavity), which he conceived as the gland that controls the energy of the meridians and is closely related to the “chakra” theory. He was also influenced by the word “thymos,” meaning consciousness or the spirit.

- **Martial arts:** Here are some reasons why a true Christian would not be involved in this practice:
  - Originated with Zen Buddhism.
  - A form of Eastern practices, especially the "internal styles" such as Tai Chi and Kung Fu. This is especially dangerous, since evil spirits are being invited in to help.
  - Includes meditation and yoga breathing exercises, which provide a false “inner peace” that may lead to demonic activity.
  - Caters to human pride.
  - Associated with violence.
  - Includes competition.
  - “Christian” karate is used by some to spread hate and intolerance toward those who practice other religions and is justified by using it for “evangelism.”
  - There are plenty of good ways to exercise and learn self-discipline rather than through martial arts.
  - Our self-defense is to come from the Bible and praying for protection from holy angels.
• **Pilates**: Beware of this method of exercise, since it can mix in New Age ideas practiced in yoga.

• **Polarity therapy**: Involves ancient Eastern and alternative medicine ideas, with the concept of a human energy field. It uses touch, verbal interaction, and other methods to supposedly restore and balance the natural flow of energy which is claimed to flow from the universe into the body through the chakras (“force centers”). It is practiced by Hindus and others to re-establish “balance.”

• **Positive thinking**:
  
  o Similar to visualization, guided imagery (see Visualization below), and other forms of self-hypnosis and self-image psychology.
  
  o The wrong type of positive thinking also includes “possibility thinking,” “positive confession” or “word-faith,” and “positive mental attitude” which teach that you can do anything through the power within you, that no other power is needed because of your “innate potential.”
  
  o A positive mental attitude obtained from demonic entities.
  
  o This fast-growing New Age, Charismatic movement involves the teachings of Norman Vincent Peale, Robert Schuller, Kenneth Hagin, Kenneth Copeland and others, with the focus on humanistic psychology.
  
  o The roots of this movement come from the occult and more recently from the Mind Science cults.
  
  o Linked with the Human Potential Movement (HPM) that developed from the intellectual and social environment of the 1960s and promoted the cultivation of extraordinary potential believed to be in all people. It teaches the potential for experiencing an exceptional quality of life full of creativity and happiness. (Notice later in the chapter the tendency in the emerging church movement for having fun and being creative.) The HPM promoters believe in helping others to release their potential to bring about positive social change. It is linked with the New Age movement and has its roots in humanistic psychology that belittles religion and stresses psychic and mystical development. The HPM also emphasizes philosophy and literature.
  
  o The Bible tells us that “with God all things are possible” (Matthew 19:26). Christians have a positive attitude because they trust in God.

**The Ministry of Healing, p. 241**: Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. "A merry [rejoicing] heart does good like a medicine" (Proverbs 17:22).
Counsels for the Church, p. 329: They think there is such power in themselves to accomplish great works that they realize no necessity of a higher power. Their principles and faith are “after the tradition of men, after the rudiments of the world, and not after Christ.”

- **Reflexology:**
  - Closely related to acupuncture.
  - Based on energy centers of the palm and sole of the foot.
  - Sometimes the diagnosis is accurate.
  - Rooted in the spiritualistic technique of energy-balancing.

- **Reiki**: (pronounced ray-key)
  - Means “sacred universal life energy.”
  - Known as palm healing.
  - An ancient form of energy healing in which the practitioner supposedly transfers an increased amount of energy to flow through their palms into the patient by placing their hands on or just above the patient to bring healing of mind, body, and spirit.
  - Divine beings, called astral Reiki guides, sometimes assist in the healing. They lay their hands on the patient’s body alongside the Reiki master. Sometimes the patients can feel the other hands even though they only see one person working on them. The master says a silent prayer for help from the Reiki guides and ends the treatment by silently thanking the guides. This is a form of spiritualism with demon possession.

- **Retreat Centers**: Still Point Interfaith Retreat Center (in the mountains of upstate New York) is an example of a New Age retreat center. They advertise it as a place for “solitude, silence, spirituality, diversity, community, living in harmony with the Earth and open to all people.” The term “still point” is interrelated to solitude and silence. It is in a location known as the “Buddhist Belt” because of the many meditation centers operating in that area. These centers are spiritually dangerous to Christians.

- **Right Brain Learning**: The right hemisphere of the brain is thought to be the center for creative and intuitive thought. Therefore, New Agers have brought such practices as yoga, meditation, and guided imagery training into churches, schools, hospitals, businesses, etc.

- **Silva Method**: A New Age psychological mind control technique with millions of followers worldwide. One of its goals is to teach the method to all students from grade school through college. It is claimed that after the four-day course the student will develop psychic powers through entering an altered state of
consciousness (“out-of-body experience”), be able to invite spirit guides to help with problems, and even tap into the minds of other people whether they are alive or have died. The guides lead them to believe that Satan is Christ. The method uses visualization and guided imagery in order to obtain supernatural knowledge, power, and healing. This is known as “shamanism” or witchcraft.

• **Therapeutic Touch/Healing Touch**: Based on the occult “chakra” system that supposedly includes seven “energy centers” in the body “aligned with spiritual forces,” with the seventh chakra involving the “God-in-all” view.

• **Values clarification**: The New Age movement teaches that values are subjective; you are your own conscience; there are no absolutes, so if it feels good, do it. The Bible teaches that there are absolute truths and laws.

• **Visualization** (creative):
  - Also known as “guided imagery,” “positive thinking,” or “imagining.”
  - The releasing of your imagination to a teacher or spirit.
  - Mind control to think out your own reality.
  - Mental concentration and imagining to allow for success; holding mental image of goal.
  - Visualizing images in your mind during meditation of what you want to occur and then expecting it to happen.
  - Demons work through the requests, such as giving advice for becoming a millionaire.
  - Refers to “mind over matter,” an attempt to bring about material change by the power of the mind.
  - Used to imagine energy moving freely through the body for good health.
  - Combining imagery with yoga, massage, or aromatherapy is thought to enhance the effects of those therapies.
  - Used in the arts, sports, business, alternative medicine, religious practices, psychotherapy, self-improvement, and the occult.

• **Yoga**:
  - Involves physical and mental disciplines originating from India that include meditation practices in Buddhism and Hinduism.
  - Includes the New Age occult system of breathing techniques that induces altered states of consciousness.
  - A supposed way to become united with the “supreme being” or with the “universal soul.”

The following also form a part of the New Age or occult movement: Alchemy, Aromatherapy, Auras, Auricular Therapy, Ayurveda, Bach Flower Remedies,
Biofeedback, Black Box, Body/Mind/Spirit Therapy, Chakras, Chinese Traditional Medicine, Color Therapy, Cranial Sacral Therapy, Crystal Therapy, Divinations, Essential Oils, Magnetic Therapy, Ouija Board, Pendulum use, Purification Therapy, Radionics, Royal Rife Machine, Shiatsu, Soma Body Works, Talismans, Vibrational Medicine, Water Witching, Zapping machine, Zone Therapy, etc. Also beware of any technique that balances or increases vibrations or energies. When it comes to holistic or alternative medicine, always evaluate the method first before allowing it to be used on yourself.

**Evangelism, pp. 608-609:** The mystic voices that spoke at Ekron and Endor are still, by their lying words, misleading the children of men. The prince of darkness has but appeared under a new guise. The heathen oracles of ages long past have their counterpart in the spiritualistic mediums, the clairvoyants and fortune tellers of today. The mysteries of heathen worship are replaced by the secret associations and seances, the obscurities and wonders, of the sorcerers of our time. And their disclosures are eagerly received by thousands who refuse to accept light from the Word or the Spirit of God. They speak with scorn of the magicians of old, while the great deceiver laughs in triumph as they yield to his arts under a different form.

These Satanic agents claim to cure disease. They attribute their power to electricity, magnetism, or the so-called "sympathetic remedies," while in truth they are but channels for Satan's electric currents. By this means he casts his spell over the bodies and souls of men.

**Counsels on Health, p. 454:** Not a few in this Christian age and Christian nation resort to evil spirits, rather than trust to the power of the living God. The mother watching by the sickbed of her child, exclaims, "I can do no more. Is there no physician who has power to restore my child?" She is told of the wonderful cures performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hands of Satan as if he were standing by her side. In many instances the future life of the child is controlled by a satanic power which it seems impossible to break.

**Counsels on Diet and Foods, p. 301:** There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and
clean, sweet premises, are within the reach of all, with but little expense; but drugs are expensive, both in the outlay of means, and the effect produced upon the system.

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power,—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.