

I have made some excerpts of some of the topics out of a book by the name:

Basic questions on alternative medicine : What is good and what is not?. Stewart, G. (1998)

to shed some light on some of the alternative therapies out there, its origin and the belief system behind it. This is by no means an exhaustive list and I will add to it as I research further.

How strongly are alternative therapies linked to Eastern religions, New Age beliefs, and the occult?

Some alternative therapies have no religious connections. For example, many herbs, diets, and instruments are promoted simply as alternatives to conventional drugs and technology. However, there is also a strong undercurrent of religious ideas behind some alternative therapies. The *New Age Journal* has noted increased interest in holistic health as the most significant change contributing to the redefining of American culture, presumably redefined according to New Age beliefs. Part of the attractiveness of alternative therapies is their form of spirituality.

A large group of alternative therapies are based on **life energy**. The existence and properties of this energy are intertwined with Eastern mystical religions, New Age philosophy, the occult, and vitalistic belief systems.

What is homeopathy?

Homeopathic remedies use extremely diluted solutions of plant, mineral, animal, or chemical products in water or alcohol.

Modern homeopathy was founded by the German physician, Samuel Hahnemann (1755–1843). Dissatisfied with contemporary medical practices, such as bloodletting, blistering, and purging, he developed his own medical system. In experiments called “provings,” he tested many different substances on himself and his assistants. The symptoms caused by the substances were meticulously recorded, and this information is still consulted today.

Hahnemann proposed the Law of Similars after observing the symptoms produced by many substances. According to this law, if a substance produces symptoms in a healthy person, it will cure people who are ill with those same symptoms. In other words, homeopaths believe that “diseases can be cured by administering minute doses of drugs which in larger amounts cause the symptoms of the particular disease being treated.” For example, healthy people given an extract of belladonna develop fevers, flushing, and other flu-like symptoms. The Law of Similars suggests that this diluted extract be used to treat fever or flu. Homeopaths extensively interview a patient to determine the preparation that most closely matches the patient’s combination of symptoms.

The preparation chosen is diluted repeatedly with vigorous shaking at each step. **Homeopaths believe dilution increases potency, in direct opposition to the common observation that more substance causes more effect.** This is the most scientifically problematic aspect of homeopathy. Homeopaths admit that many extracts are so diluted that virtually none of the original extract could possibly remain.

Clinical studies have not consistently found that homeopathic preparations are any better than placebos. A few studies have noted significant improvements in health, but these studies have been criticized for not adequately ensuring that other factors were not causing the improvements. Some homeopaths believe that extracts imprint a memory on the water molecules through some electromagnetic force. No evidence of this exists. If such imprinting did occur, one would expect water to carry the memory of every substance it ever dissolved—leading to many more effects than are observed.

Hahnemann's explanation of a homeopathic effect was that the shaking involved in dilution releases "the spiritual vital force" of the healing substance. Thus, more shaking releases more energy and gives stronger effects. According to Dana Ullman, president of the Foundation for Homeopathic Education and Research, this energy is similar to prana, "the inherent, underlying, interconnective, self-healing process of the organism." Thus, some proponents of homeopathy introduce patients to vitalism and life-energy ideas. Others claim that the extremely diluted homeopathic solutions work because people believe they work or because patients have positive interactions with practitioners. In this way, homeopathic remedies might help patients, or at least not harm them.

What are herbal remedies?

Herbal remedies are a variety of plant products sold for their health benefits. About fourteen hundred different plants are used in these products, few of which have been tested scientifically. Because they are natural, herbal remedies are said to be less harmful than pharmaceutical drugs. They are also less expensive because they have not been through as much processing or testing.

Many pharmaceutical drugs were developed from natural products by a field of science called pharmacognosy or phytochemistry. For example, aspirin is a slightly modified version of a compound found in willow bark. Penicillin is still produced from a fungus. Pharmaceutical companies regularly take herbal remedies, isolate the chemical causing the desired effect, test the drug for safety and efficacy, and then market the drug in a purified form. The pure drug may be extracted from its original source (as with penicillin) or may be manufactured synthetically (as aspirin usually is). In contrast, herbal remedies are marketed as the original plant material without any purification. They usually contain less of the active ingredients than drug formulations.

Because of federal legislation passed in 1994, herbal remedies are no longer reviewed by the Food and Drug Administration (FDA) for safety and effectiveness (see question 11). They are regulated as dietary supplements, though they are often used as drugs. This lack of regulation has created a number of problems. There is no assurance that the herbal remedy works, or even that it contains what is printed on the label. Other substances have been found in herbal remedies, occasionally including active pharmaceuticals to give them an effect. Even if the same quantity of plant material is present in different batches, the amount of any active ingredient can vary widely. Plants go through cycles in the production of medicinal products, and concentrations of active ingredients vary depending on how the plant is stored. Without standardized testing, batches of herbal remedies vary widely in their effectiveness.

While herbal remedies claim to be less harmful than pharmaceutical drugs, many are toxic. Every year people are harmed from overdoses sometimes caused by variations in potency. Herbal remedies, like all drugs, can interact with other medications, which may lead to dangerous side effects. While promoters of alternative therapies criticize the commercialism of conventional medicine, herbal remedies are also big business. Estimated sales were over \$2 billion in the United States in 1995. Potentially large profits are a strong incentive to promote sales and prevent regulation.

Some herbal remedies are believed to work because they have been "spiritually vitalized" (for example, Bach Flower remedies). Herbs, particularly hallucinogenic ones, are frequently used in witchcraft and shamanism to access the spirit world (see question 27). In these contexts, herbal remedies are tools to promote occult activities. **Accordingly, discernment is needed, and the backgrounds of those manufacturing and promoting the preparations should be investigated.**

Overall, herbal remedies with proven effectiveness can be helpful. But many others produce unknown effects, no effects, or harmful effects. Accurate information on herbal remedies can be difficult to find, but you should obtain it before using them.

What is Ayurvedic medicine?

Ayurveda is the traditional medicine of India. The word literally means “science of life,” and involves medical, philosophical, and religious aspects. It stresses balance between physical, mental, spiritual, and environmental elements. The best-known proponent of Ayurvedic medicine in the United States is Deepak Chopra, though some claim he misrepresents traditional Ayurveda. His numerous books include the best-sellers, *Quantum Healing*, *Perfect Health*, and *Ageless Body, Timeless Mind*. Chopra practiced modern Western medicine until becoming disillusioned with its limitations. He returned to India to learn Ayurveda from Maharishi Mahesh Yogi, who introduced the West to transcendental meditation. Maharishi bestowed Chopra with the title, “Dhanvantari (Lord of Immortality), the keeper of perfect health for the world,” but revoked it after the two went their separate ways in 1993.

In its traditional form, Ayurveda teaches that life is sustained by a form of nonphysical energy known as prana. This energy flows through everyone and everything, animating and sustaining the universe. True health results from a balanced flow of prana throughout the body. Imbalances lead to physical symptoms recognized as illness, aging, and death. Personality typing is also important for proper health and treatment of disorders. Each person has a combination of three basic personality types, called doshas, but one predominates. The doshas are important in maintaining balance among the organs of the body since imbalances also lead to sickness and disease.

A number of practices balance prana and doshas. Meditation is very important to reduce stress, bring about relaxation, and usher the person into an altered state of consciousness to attain insight into his or her health and spirituality. Ayurvedic practitioners use numerous products and practices to improve people’s health. These include rasayanas (herbal supplements), gemstones, panchakarmas (purification procedures), diagnosis of disease by pulse monitoring, personality typing, and yagyas (religious ceremonies to solicit the aid of Hindu deities). Removal of poisonous toxins from the body is also important using methods such as blood letting, vomiting, and bowel purging.

Many Ayurvedic preparations have been subjected to research, but there is no evidence to support the claim that these can cure disease, especially serious illness. In fact, many Ayurvedic practitioners today in India use modern pharmaceutical preparations. The lifestyle changes they recommend may be of benefit if decisions are based on sound dietary, stress-reduction, and relational principles. Ayurvedic medicine’s intimate association with the transcendental-meditation movement in the United States should lead to the same cautions raised regarding meditation (see question 23). Because many Hindu and New Age beliefs underlie the principles of Ayurvedic medicine, Christians should approach it with caution and a critical mind’.

What is applied kinesiology?

Applied kinesiology is a system of diagnosis and treatment based primarily on people’s muscles. George Goodheart, a chiropractor, developed kinesiology in 1964 using standard methods of testing muscle strength. Applied kinesiology focuses on the connection of muscle groups with the body’s vital organs and systems. Testing the strength of these muscle groups reveals the health of these systems. Weaknesses in the muscles are said to be caused by **life-energy imbalances**, physical problems, dietary deficiencies, or allergies.

The most unique feature of applied kinesiology is its method of muscle testing. For example, patients hold their arms out straight. Practitioners place their fingers on the patient's arm and apply firm but gentle pressure. If the patient can resist this pressure and it feels normal to the practitioner, the systems related to that muscle are normal. If the patient cannot resist the practitioner's pressure, a problem exists. Tests on other muscles help pinpoint the problem and practitioners then gently massage "pressure points" located on the scalp or body. Most pressure points are located far from the affected muscles. The massage is believed to improve blood, lymph, and life-energy flow to the related muscles. Applied kinesiology's life-energy connections are the same as acupuncture's meridians.

Tests for allergies are very similar. Once an arm muscle is tested as above, some food to which the patient is suspected to be allergic is placed on the patient's lips or tongue. The arm muscle is retested, and if the patient resists the same pressure, no allergy exists. If the arm is weaker while the food is being held or is in contact with the mouth, the patient is allergic to it. Deficiencies in nutrients, vitamins, or minerals are also said to be similarly detectable through muscle testing.

A significant problem with applied kinesiology is that test outcomes vary depending on whether the patient or practitioner pushes first, the amount of pressure exerted, and the angle at which pressure is exerted. An instrument to standardize testing would be desirable but has yet to be developed. A popularized version of applied kinesiology called Touch for Health has led to further variants of the practice and is **significantly influenced by New Age philosophy** .

There is no evidence that applied kinesiology works, either for diagnosing or treating health problems. Christians should also be cautious about the beliefs accompanying this practice. **Practitioners who are strong advocates of the life-energy dimension of applied kinesiology may try to draw people more fully into the New Age worldview.**

What is acupuncture?

Acupuncture is an alternative therapy that is growing in popularity and acceptability. It is sought mostly for the relief of pain, nausea, and vomiting. The technique is part of traditional Chinese medicine and is based on the belief that disease occurs when there are **imbalances in chi or Qi (life energy)**. This concept was developed from the ancient idea that illness is caused by demons, whose devilish intent is present in the wind that resides in caves or tunnels. Although chi was later viewed as a natural phenomenon, the Chinese term for caves (hsueh) is still used by acupuncturists to designate the holes in the skin through which chi flows in and out of the body.

Various therapies claim to restore chi's balance. In acupuncture, this is usually done using fine needles to stimulate various points located over the body. The needles are inserted into the skin far enough that they won't fall out—a procedure that is usually painless. They are then twirled and may be left in for short periods. The needles are inserted into the chi holes, known today as acupoints, which are connected by "meridians." Ancient literature associated meridians with blood vessels, but modern literature views these as energy pathways. No consensus exists over the number or location of these meridians and acupoints nor is there any scientific evidence for their existence.

A National Institutes of Health (NIH) review found few high-quality research studies on acupuncture. Many controlled studies found it to be no more effective in restoring health than a placebo. However, the panel concluded there was evidence that acupuncture reduced nausea and vomiting after chemotherapy or surgery and was effective at relieving dental pain. Many other claims are as yet without research support. Different explanations for the effectiveness of acupuncture have also

been proposed. Acupuncture causes numerous biological changes, with the release of endorphins being the most significant. These compounds are part of the body's natural way to relieve pain. Also, pain in one area of the body can be reduced when another area is irritated, which may partially explain why the needles work. However, others believe acupuncture is nothing more than a placebo.

Acupuncture should not be used in the hope of curing an illness and should never replace effective therapies. Its low cost, relative safety, and limited effectiveness can make it a viable option for some conditions, such as pain relief in the situations specified by the NIH panel; however, caution should be exercised in choosing a practitioner. **Those who adhere to its roots in traditional Chinese medicine and religion may call on spiritual powers to assist in treatments, thus exposing people to occult influences (1 Tim. 4:1; 2 Tim. 3:13–15; 4:3–4).**

Why is cleansing a common principle in a number of alternative therapies?

A number of alternative therapies incorporate ways to cleanse the body of various toxins (i.e., poisons). With some therapies, cleansing may simply involve relocating to places with fresher air and cleaner water. Diet therapies based on natural, home-grown foods raise concerns about modern agriculture and packaging. Proponents claim that commercial foods contain pesticides, herbicides, and other chemicals that cause disease and that a return to a more natural diet will improve health.

Such so-called natural therapies are based on generally sound principles, though they should not be taken to extremes. Many people's diets in developed countries are unbalanced, and they would do well to include more fruits and vegetables. But these dietary changes alone would probably have limited effects on health. Many cultures that live "closer to nature" have shorter life expectancies than generally found in developed countries. Their "more natural" lifestyle does not protect them from the diseases that continue to ravage these countries.

Some alternative therapies promote other forms of cleansing that reportedly remove disease-causing toxins. The toxins are viewed as chemical products from the diet, stored chemicals produced in response to stress or **negative energy in a person's energy field or aura**. For example, traditional Ayurveda holds that negative thoughts, foods, and habits lead to the accumulation of ama. This must be flushed from the body using **bloodletting, vomiting, laxatives, sinus cleansing, or enemas**. Deepak Chopra's modern interpretation of Ayurveda has replaced the first two methods with sesame oil massage, originally only "for the pleasure of kings," but viewed as more appealing to modern Western customers.

Cleansing in therapies based on life energy is a way to remove negative energy. This negative energy accumulates during illness and must be eliminated. Therapeutic-touch practitioners warn that it can be transferred from ill patients, causing harmful effects in practitioners. This form of cleansing developed from the belief that demons cause disease. Few alternative therapies still associate cleansing with demons, shamanic medicine being an exception. **Practicing cleansing techniques carries the same concerns as any involvement with life energy.**

A better diet can lead to a better overall sense of well-being, whether through providing necessary nutrients or limiting unnecessary food additives. Use of purgatives, laxatives, and enemas can be medically indicated. However, their use as cleansing agents, just like their use as dietary aids, can lead to physical and psychological health problems, especially when people are already ill or depressed.

What are visualization techniques?

Visualization techniques, or imagery, are ways people use to tap into the power of the imagination and the mind to influence physical processes. Most often, people are asked to sit or lie comfortably, close their eyes, and imagine some relaxing scene or image. This could be an actual place once visited or a color one finds relaxing. Guided imagery is where someone describes a scene while others picture it in their minds. Music is often added to enhance the setting.

Visualization is said to have the same benefits as meditation and other relaxation therapies. Many of the same physiological responses occur during visualization. Visualizing food can cause the production of saliva, so visualization of cells fighting a disease is said to stimulate the immune system.

Well-designed studies have found no evidence that visualization lessens any disease or complements other treatments, although relaxation is produced.

Alternative therapies incorporate various forms of visualization. Some are ways to find guidance from one's inner self or to contact spirit guides. At this point, visualization ceases being an innocent remembrance of pleasant experiences and becomes an occult activity.

New Age philosophy promotes visualization because of the belief that thoughts create reality. Two proponents state: "The thoughts and images that we hold in our minds are not just abstract, ineffectual ideas or neurons firing in our brains. They actively shape reality." But in going deeper into one's own psyche, there can be serious dangers, as there are with meditation.

Even if a person does not suffer any adverse side effects now, the connection with the lower realms has been made and will take effect in the future"

Also read this article about other alternative healing methods.

NEW AGE HEALING ROOTED IN THE OCCULT

Medicine and the way people treat disease and illness are changing. Alternative medicine is gaining in popularity while, in some cases, science and mystical spirituality are joining hands to form a new frontier for the advancement of healthcare.

“New Age medicine” involves the application of generally Eastern/occult methods of healing while stressing treatment of the whole person – body, mind and spirit.

The term is frequently used interchangeably with “holistic medicine” and “alternative medicine.” Occult and metaphysical terminology is removed from New Age medicine and healing techniques to make them more acceptable to the wider public. The result is that many people are using these practices and remedies without knowing what they are participating in. Alternative therapies are offered to people to replace drugs and eliminate their many side effects. In stead of taking pain-killers patients are recommended to undergo acupuncture, while the need to balance energies is advanced as an alternative to operations and the taking of conventional biomedicine. The concept behind New Age healing is that there is an intelligence, a cosmic force, or a vital force which pervades the universe, and that people become sick when they are not properly aligned or attuned to this force. Health is presented as a holistic concept, including the emotional, spiritual *and* physical aspects of a person. The techniques to ensure a person’s well-being in all these areas are not known to general practitioners since they only concentrate on the biological nature of medical disorders. New Age practitioners, on the other hand, are focused on the healing of the entire person through the working of the vital force and the restoration of the cosmic energy flow in patients.

It is a common occult teaching that everything in the universe is vibrating, has sound, colour, a number and a form attached to it. These features can be used to bring about changes in an organism through the correct energy flow, and to promote healing in malfunctioning organisms. The hands are powerful tools used in occult healing. A well-known New Age author, Alice Bailey, said: “It is an occult fact that the hands of a disciple... become transmitters of spiritual energy.” Massage, acupressure, and the laying on of hands by such people can expose a patient to dangerous occult influences.

In psychic and occult healing, the true source of the healing energy is seldom revealed. Therefore, it can be practised under the name of any religion and even pretends to be Christian. Some practitioners will invoke the God of forces who is in control of the life force manipulated by them. This is a title of the devil. The coming Antichrist will not honour the God of his fathers, but in His place he will “honour the God of forces” (Dan. 11:37-38; cf. Rev. 13:2). Millions of people are being deceived by exposing themselves to mystical techniques which are empowered by Satan.

The following are some of the mystical therapies used by New Age practitioners as an alternative to biomedicine:

Healing with sound. In New Age thought, each organ is believed to have a specific vibration attached to it. The flow of energy through these organs may be interrupted and thrown out of balance by unnatural sounds such as noises caused by motor cars, screams of fear, anger or pain, etc. Meditative New Age music is used to promote alternative states of consciousness and to soothe the soul. In addition to the music, mantras, or sacred words, are also used to penetrate the soul and align the energies that are out of balance. The danger with meditative trances such as these is that the person opens himself for visitation by alien spirits, often referred to as spirit guides. They are demons who disguise themselves as “angels of light” (2 Cor. 11:14) and endeavour to help the person achieve a false form of inner peace and healing, and also to act as advisors in decision-making.

Healing with colour. Colours are used in healing in a similar manner to the way numbers are used in numerology. An esoteric meaning is associated with every colour, and by visualising its mystical significance, healing and positive energy flow are promoted. Objects with the colours that correspond to a particular problem are placed close to the afflicted body parts to effect healing. Fruit with healing colours are also eaten while clothing with matching colours is worn. Astrology plays a role in this type of healing as the signs of the zodiac have, according to occult thought, their own colours that correspond to the human anatomy.

Healing with crystals. Crystals supposedly contain vibrational frequencies that mystically interconnect with the earth’s and the individual’s energy field. They are used to amplify or realign psychic or cosmic energy for psychic healing and entering altered states of consciousness. Time magazine has observed that crystal power and crystal healing are among the most favoured New Age techniques for expanding consciousness and curing ailments. According to the nature of the illness, the crystal will become hot or cold as it is passed over the person’s aura. In terms of this occult belief, the crystal is absorbing the bad energy out of the body. People also place crystals under their pillows to have nice dreams and to be “taught” in their subconscious mind by the cosmic wisdom with which the crystals supposedly establish contact.

Biofeedback. A monitoring device is used to extend the five senses with a view to creating a deeper sense of awareness. In this way, your consciousness is expanded by integrating the mind and body in a way which cannot be effected in a state of normal consciousness. The deeper, integrated state of consciousness promotes relaxation, creativity and intuition. In response to the information received from the monitoring device you take voluntary control of your bodily processes. You are enabled to control your muscles, eye movements and brain waves, and can even learn to practise a form of self-hypnosis by achieving an altered state of consciousness. In this way you enter the cosmic sphere and tap an occult source of energy.

Flower remedies. Edward Bach was a physician in London who gave up his practice to perfect his method of flower healing. Flowers are collected from various domesticated and wild plants. For example, the rock rose is applied to cases of extreme terror, while more than 30 other remedies are applied to other emotional disorders, thus enabling the body to heal itself. The philosophy behind this healing is that by taking the flower remedies the sufferer will be enabled to overcome negative emotions such as fear, worry and depression, thereby causing the disappearance of the physical illnesses which are the consequences of disturbed emotions. A person's state of mind is believed to be directly related to his bodily health. When peace and harmony return to the mind, health returns to the body. In this case, cosmic energy is also resorted to since the correcting of disturbed emotions is believed to occur in a mystical way. This is yet another way to ensure the flow of cosmic energy to the patient.

Aromatherapy. This is the art of healing by inhaling the essential oil fragrances of flowers, herbs and aromatic wood, thereby bringing the body, mind and spirit into balance. Plant extracts and essential oils are also used in massage. The holistic nature of this therapy is clearly evident in the claim that it positively influences the mind and spirit.

Astral travel. This practice is also known as soul travel. A person learns to be conscious of his dream state, being fully aware of travelling in the spiritual realm to other dimensions. During these experiences, when the body is asleep, people usually see a light and hear celestial music. They also have experiences of meeting spirit guides who help them solve their personal problems. From a Christian point of view, astral travel opens the human spirit to a mystical sphere where demons can gain control over them.

Reading auras. In New Age Healing it is believed that every person is surrounded by an aura, or energy field, which conforms to the shape of his/her body. Different colours in the aura give an indication of the person's health, attitude and consciousness. Grey is associated with fear and depression, orange with pride, while deep flashes of red reveal anger. By reading one's aura, sickness will be shown even before the symptoms manifest. Practitioners are accredited with the ability to cleanse and realign a person's aura. Afterwards, the practitioner will shake his hands to rid him of any negative energies. To see into the spiritual realm, one needs to be a psychic with an awakened 6th sense, or third eye.

Reflexology, also called zone therapy or compression massage, is a technique which involves the massaging of one's feet at specific points to bring relaxation or relief of pain in another part of the body. For example, by massaging the big toe in the appropriate places, you can ease head pains, thyroid, and neck problems. Reflexology is not limited to the feet. The hands, as well as other parts of the body, are said to contain these same points, or "zones." Dr. William Fitzgerald revived this ancient practice and presented it to the medical profession in 1913. He called this technique Zone Therapy, because he had divided the body into ten "zones" – five on each side. Reflexology, although unknown to many people, is an ancient occult technique! It is based on the theories of yin and yang and the five elements, which were taken right out of ancient occult teachings from China.

Palmistry, the occult practice of foretelling the future by reading the hand, is also based on the theories of yin and yang and the five elements. According to Oriental magicians, the palm of the hand contains the secrets of life. There was also an ancient Chinese school of thought which maintained that the palm of the hand was a replica of yin and yang and could provide information about illness, good health and one's entire fate. Deuteronomy 18:10-12 tells us that those who use divination (such as astrologers, palmists), enchanters, witches, etc. are an abomination to the Lord and were not to be found among God's people.

Reiki. The word reiki is derived from the Japanese words "rei" meaning universal spirit and "ki" which means energy. The word reiki basically means a balanced cosmic and energy force. The fundamental principle of how reiki works is that it dissolves the toxic energy from your aura or life force. This can be physical, emotional, mental and spiritual. Reiki helps to create equilibrium of energy, which in turn creates a harmonious environment within the human body so true healing can take place. People that become reiki healers must first learn to become attuned to the reiki energy to allow their natural healing energies to become enhanced. The energy of reiki is transferred to students through a reiki master. The reiki master attunes the students gradually to the reiki energy and reveals symbols of meditation, often yoga meditation, that can be used within the student's energy field to accomplish higher vibrations of energy. This mediation is guided through a celestial universal force that guides each student through his/her individual journey of healing. In essence, reiki is an occult technique designed to influence and/or manipulate patients through the use of unadvertised or undiscerned spiritistic energy. In reiki we discover the same problem illustrated in therapeutic touch and related forms of spiritistic/psychic healing. The

practice appears innocent and many people assume it can't hurt. However, it may easily produce serious emotional and spiritual problems. For this reason, reiki should be avoided.

The Pilates Method. A German, Joseph Pilates, developed this form of exercise to enhance mind-body fitness. In the exercise programme, use is made of basic stretching and body movements. However, in many cases the gymnasiums and centres that offer this method also make use of controlled breathing and New Age techniques such as visualisation, kundalini yoga and tai chi. Once that is done, the door is opened to exploring the occult energy field which is used to quicken the mind and spirit of those who do the exercises.

Conclusion: According to Ankerberg & Weldon (*Encyclopedia of New Age Beliefs*) "the problem in the approach of New Age medicine is twofold: (1) The New Age health providers are usually not experts in biological medicine; and (2) their treatment of body, mind and spirit is based on occult presuppositions and practices. In both cases, this can damage a person's health." The basic occult presuppositions are that of a magical worldview in which supernatural forces permeate everything, altered states of consciousness to draw people into spheres of mystical influencing, and mysterious body energies which are derived and controlled from the cosmic realm of yin and yang. Occult practices include aura reading, acupuncture, therapeutic touch, crystal work, yoga, transcendental meditation, astral travel, etc.

Every person should make very sure that he or she does not become involved in the New Age Movement's holistic therapies, since contamination by occult forces will inevitably follow. However, that does not mean that everything outside of western biomedicine is part of the New Age Movement's alternative medicine. There are herbal and other therapies that have a proven beneficial working without any mystical ideas or practices associated with them. Ask questions and investigate everything before giving it a stamp of approval. The devil cleverly conceals his subversive activities from the eyes of the ignorant in an effort to catch them in his web and subject them to his sphere of influence.

Part of an extensive network

Healthcare is only one of various aspects of life which has been penetrated by the New Age Movement in an effort to subject the entire world to domination by demonic forces. The ultimate goal of this movement is that all religions should worship the same, universal god who is presented as an impersonal source of energy in the Orient. They are intent on influencing people in the West to only perceive God as a positive power that is present in the entire creation – also in human beings. Because, to them, He is not a person, all verbal prayers should be discontinued and replaced by quiet meditation (or contemplation) until the person experiences peace in his heart. Since the New Age god is also hidden deep within every person, they must be taught to descend to the centre of their beings and enter a mystical sphere through meditation and the entering of an alternative state of consciousness, thereby ensuring their healing and general wellbeing (for more information on this form of prayer, read our article: "[The danger of centering prayer](#)").

When this practice has, according to the New Age Movement, been firmly established, evangelical Christianity with its denunciatory attitude towards other religions will gradually lose its support and be replaced by multireligious thought and practices such as transcendental meditation. The whole world with all its different faiths will then await the same messiah to introduce a new world order of international peace and unity. Political leaders will also give their full support to him, explaining why "all the world" will follow the Antichrist in amazement for what he will be able to do (Rev. 13:3).

When this deceiver of Satan has taken over the world and rules it, signs and wonders will abound and be derived from the demonic energy field that surrounds the world (Eph. 6:12). All these manifestations will be based upon deception, thereby confirming the biblical warning that the coming of the Antichrist will be "according to the working of Satan, with all power, signs, and lying wonders" (2 Thess. 2:8-9). An antichristian network is rapidly spreading around the world to "heal and unite" the world under false pretences.

<http://www.yahwehisking.com/index.php?option=com_content&view=article&id=188:new-age-healing-rooted-in-the-occult&catid=34&Itemid=189>