

The New Age Movement

An AI Conversation

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Branches or approaches to the spiritual new age movement

The New Age movement is less a single path and more a sprawling constellation of spiritual approaches, each offering its own flavor of transformation, healing, and cosmic insight. Here's a breakdown of its **major branches and approaches**:

Core Philosophical Themes

- **Holistic worldview:** Emphasizes the unity of mind, body, and spirit.
 - **Personal spiritual authority:** Encourages individuals to craft their own belief systems.
 - **Interconnectedness:** Belief that all life and energy are part of a unified whole.
 - **Transformation of consciousness:** Seeks a shift toward higher awareness and global harmony.
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Major Spiritual Approaches

Branch/Approach	Description
Mysticism & Meditation	Practices like Kundalini yoga, transcendental meditation, and mindfulness to access higher states of consciousness.
Energy Healing	Modalities such as Reiki, pranic healing, and chakra balancing that work with subtle energy fields.
Channeling & Mediumship	Communicating with spirit guides, ascended masters, or extraterrestrial beings for wisdom and guidance.
Astrology & Divination	Using tools like astrology, tarot, runes, and numerology to gain insight into life's patterns and decisions.
Crystal & Sound Healing	Belief that crystals and sound frequencies can align energy and promote healing.
Past Life Regression	Exploring previous incarnations to resolve current life issues and understand karmic patterns.
Shamanic Practices	Journeying with drums or plant medicine to connect with spirit animals or ancestral wisdom.
Eco-Spirituality	Reverence for nature as sacred, often tied to Gaia theory and environmental activism.

Influential Currents & Inspirations

- **Eastern philosophies:** Hinduism, Buddhism, Taoism (karma, reincarnation, meditation).
 - **Western esotericism:** Theosophy, Gnosticism, Hermeticism, and New Thought.
 - **Psychology & self-help:** Carl Jung, transpersonal psychology, and the Human Potential Movement.
 - **Quantum mysticism:** Interpreting quantum physics as evidence of consciousness shaping reality.
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Social & Cultural Expressions

- **Intentional communities:** Eco-villages and spiritual communes.
 - **Conscious business:** Ethical entrepreneurship aligned with spiritual values.
 - **Festivals & gatherings:** Events like Burning Man or Mindvalley that blend art, tech, and spirituality.
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The beauty (and challenge) of the New Age movement is its **fluidity**—there's no central doctrine, just a shared yearning for meaning, healing, and transcendence. If you're curious about a specific path or want help navigating this spiritual buffet, I'd be happy to dive deeper.

Who are the best-known proponents of New Age thought?

The New Age movement is a sprawling, eclectic blend of spiritual, philosophical, and metaphysical ideas—so its most prominent voices come from a wide range of backgrounds. Here are some of the best-known proponents who helped shape or popularize New Age thought:

Foundational Figures

- **Helena Blavatsky:** Co-founder of the Theosophical Society in 1875, she introduced Western audiences to Eastern mysticism and esoteric traditions. Her writings laid the groundwork for much of New Age cosmology.
- **Emanuel Swedenborg:** An 18th-century Swedish scientist and mystic who claimed to have visions of the afterlife. His blend of science and spirituality influenced later New Age thinkers.
- **Franz Anton Mesmer:** Known for “animal magnetism,” his ideas about energy healing and altered states of consciousness prefigured modern holistic therapies.

Modern Influencers

- **Deepak Chopra:** A physician and author who blends Ayurveda, quantum physics, and spirituality. His books like *The Seven Spiritual Laws of Success* are New Age staples.
- **Shirley MaLaine:** The actress-turned-author helped bring New Age ideas into the mainstream with her autobiographical books on reincarnation, past lives, and spiritual awakening.
- **Marianne Williamson:** A spiritual teacher and author of *A Return to Love*, based on *A Course in Miracles*. She’s also been active in politics, bringing spiritual language into public discourse.
- **Eckhart Tolle:** Author of *The Power of Now*, he emphasizes mindfulness, presence, and spiritual awakening—core New Age themes.

Other Notables

- **Neale Donald Walsch** (*Conversations with God*): Claimed to channel divine wisdom, offering a conversational take on spirituality.
- **James Redfield** (*The Celestine Prophecy*): His novel popularized ideas about synchronicity, energy fields, and spiritual evolution.
- **Fritjof Capra** (*The Tao of Physics*): Bridged quantum physics and Eastern mysticism, a hallmark of New Age attempts to unify science and spirituality.

These figures don’t always agree with one another, but they share a common thread: the belief in personal transformation, spiritual interconnectedness, and a reality that transcends the material. Want to explore how these ideas show up in modern wellness culture or tech?

What about Oprah?

Oprah Winfrey is often considered one of the most influential mainstream conduits for New Age ideas—though she doesn't label herself as a New Age thinker. Instead, she's championed a blend of spirituality, self-empowerment, and personal transformation that aligns closely with New Age principles.

Oprah's Role in New Age Thought

- **Platform for New Age Authors:** Oprah has introduced millions to figures like *Eckhart Tolle*, *Marianne Williamson*, *Gary Zukav*, and *Deepak Chopra*—all of whom are central to New Age spirituality.
- **Spiritual Eclecticism:** She's known for saying things like, "There are many diverse paths leading to what you call God," which reflects a core New Age belief in spiritual pluralism.
- **"Live Your Best Life" Philosophy:** Her message often emphasizes that *you* are the creator of your reality, that divinity is within, and that fulfillment comes from aligning with your "higher self"—all classic New Age themes.
- **Book Club & Media Influence:** Through her book club, OWN network, and online classes, she's helped normalize spiritual ideas that once lived on the fringes of pop culture.

Notable Collaborations

- **Eckhart Tolle:** Oprah hosted a 10-week online class with him on *A New Earth*, which drew hundreds of thousands of participants worldwide.
- **Marianne Williamson:** Oprah promoted *A Course in Miracles* through Williamson's work, helping bring its metaphysical teachings to a broader audience.

While some critics argue she blends spirituality with consumerism, others see her as a spiritual trailblazer who's helped people explore meaning beyond traditional religion.

The Modern Wellness Movement

Modern wellness has evolved into a sprawling ecosystem that blends ancient practices with cutting-edge technology—and it’s reshaping how we think about health, self-care, and even identity. Let’s break it down:

Modern Wellness Culture: A Lifestyle Movement

Wellness today isn’t just about avoiding illness—it’s about optimizing every aspect of life. Here’s what defines the current culture:

- **Holistic Health:** Emphasizes the mind-body-spirit connection. Practices like yoga, meditation, breathwork, and energy healing are mainstream.
- **Self-Optimization:** From cold plunges to intermittent fasting, people are hacking their biology for better performance.
- **Spiritual Pluralism:** Many embrace a mix of beliefs—astrology, crystals, manifestation, and mindfulness—without adhering to a single tradition.
- **Aesthetic Wellness:** Health is often equated with beauty. Think glowing skin, green juices, and curated Instagram feeds.
- **Commodification:** Wellness is a \$4.5 trillion industry. From \$100 face oils to luxury retreats, it’s often marketed as aspirational and exclusive.

Critics argue that this culture can promote perfectionism, consumerism, and anxiety under the guise of “self-care.” But it also reflects a deep yearning for meaning and agency in a chaotic world.

Wellness Tech: Where Biohacking Meets AI

Technology is transforming wellness into a data-driven, personalized experience:

Tech	What It Does	Example
Wearables	Track sleep, stress, heart rate, and more	WHOOP, Oura Ring, Apple Watch
AI Health Assistants	Offer personalized wellness plans	Lumen (metabolism), Viome (gut health)
Smart Home Devices	Create calming environments	Air purifiers, circadian lighting, aromatherapy diffusers
Mental Health Apps	Provide therapy, meditation, and mood tracking	Headspace, Calm, Woebot
Biofeedback Tools	Help regulate stress and focus	Muse headband, HeartMath sensors

In 2025, wellness tech is about *subtle integration*—tools that enhance your life without demanding a lifestyle overhaul.

Where Culture and Tech Intersect

- **Digital Detoxes** are now a wellness trend—ironically promoted through apps.
- **Social media influencers** shape wellness norms, often blurring the line between empowerment and marketing.
- **AI-driven personalization** is making wellness more accessible—but also raises concerns about data privacy and algorithmic bias.

Is the modern emphasis on “mindfulness” a New Age concept?

Mindfulness isn't originally a New Age concept—but it's definitely been embraced and adapted by the New Age movement.

Where Mindfulness Comes From

- **Rooted in Buddhism:** Mindfulness (*sati* in Pali) is a core element of Buddhist meditation, dating back over 2,500 years. It involves cultivating present-moment awareness with nonjudgmental attention.
 - **Secular Adaptation:** In the 1970s, Jon Kabat-Zinn developed *Mindfulness-Based Stress Reduction (MBSR)*, which stripped mindfulness of overt religious language and introduced it into Western medicine and psychology.
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How It Connects to New Age Thought

While mindfulness itself is ancient and not inherently New Age, it aligns with several New Age values:

- **Holistic worldview:** Both emphasize the integration of mind, body, and spirit.
 - **Personal transformation:** Mindfulness is often used as a tool for awakening, healing, and self-realization—key New Age goals.
 - **Spiritual eclecticism:** New Age spirituality often blends mindfulness with crystals, energy healing, or manifestation practices.
 - **Commercial wellness:** Mindfulness has been popularized in apps, retreats, and coaching programs that sometimes adopt New Age language or aesthetics.
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So Is It New Age?

Viewpoint	Interpretation
Traditional Buddhist	A disciplined spiritual practice for liberation from suffering
Secular Clinical	A therapeutic tool for stress, anxiety, and focus
New Age Practitioner	A gateway to higher consciousness, energy alignment, or manifestation

In short: **mindfulness is not inherently New Age**, but it's been warmly adopted and reinterpreted within New Age and wellness cultures. If you're curious, I can show how it compares to Christian contemplative prayer or how it's used in schools and therapy.

What about Transcendental Meditation?

Transcendental Meditation (TM) is one of the most widely practiced—and debated—forms of meditation in the modern wellness landscape. It blends ancient Vedic tradition with a structured, secular presentation, making it both spiritually resonant and broadly accessible.

What Is Transcendental Meditation?

- **Developed by:** *Maharishi Mahesh Yogi* in the 1950s, based on teachings from his guru, Swami Brahmananda Saraswati.
- **Core Technique:** Practitioners silently repeat a personalized mantra for 15–20 minutes, twice daily, while sitting comfortably with eyes closed.
- **Goal:** To transcend ordinary thought and access a state of “pure consciousness” or restful alertness.

Unlike mindfulness, which emphasizes awareness of the present moment, TM is about *effortless transcendence*—letting the mind settle inward beyond thought.

Cultural Impact & Celebrity Endorsements

TM gained massive popularity in the 1960s and '70s, thanks in part to:

- **The Beatles:** Their 1968 trip to India to study with Maharishi Mahesh Yogi brought global attention to TM.
 - **David Lynch:** The filmmaker founded the *David Lynch Foundation*, which promotes TM in schools, prisons, and among veterans.
 - **Other practitioners:** Oprah Winfrey, Jerry Seinfeld, Hugh Jackman, and Martin Scorsese have all publicly praised TM's benefits.
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Science & Skepticism

Reported benefits:

- Reduced stress, anxiety, and blood pressure
- Improved sleep and emotional resilience
- Enhanced creativity and focus

Caveats:

- Some studies show TM performs similarly to other meditation techniques
 - Critics argue that claims are sometimes overstated or based on biased research
 - TM instruction is fee-based and trademarked, which raises accessibility and transparency concerns
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Is It Religious?

TM walks a fine line:

- **Roots:** Deeply embedded in Hindu Vedic tradition
- **Presentation:** Marketed as non-religious and secular
- **Controversy:** A 1977 U.S. court ruling found TM's curriculum in public schools to be religious in nature

Is Yoga considered New Age?

Yoga isn't inherently New Age—but it's definitely been woven into the fabric of New Age culture, especially in the West.

Yoga's Roots

- **Origin:** Yoga is an ancient spiritual discipline from India, rooted in Hinduism, Buddhism, and Jainism.
 - **Traditional Purpose:** It was originally a path to spiritual liberation (moksha), involving ethical living, breath control, meditation, and physical postures (asanas).
 - **Philosophical Foundation:** The *Yoga Sutras of Patanjali* describe yoga as a method to still the fluctuations of the mind and unite with the divine.
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Yoga in New Age Culture

- **Mind-Body Connection:** New Age spirituality emphasizes holistic wellness, energy flow, and consciousness—concepts that align with yoga's focus on breath, awareness, and inner balance.
 - **Adaptation:** In the West, yoga has often been stripped of its religious roots and repackaged as a secular or spiritual-but-not-religious practice.
 - **Institutions & Retreats:** Many New Age centers (like the Omega Institute) offer yoga alongside workshops on astrology, energy healing, and manifestation.
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So, Is It New Age?

Viewpoint

Interpretation

Traditionalist

Yoga is a sacred spiritual path, not a New Age trend.

New Age Practitioner

Yoga is a tool for awakening, healing, and self-realization.

Mainstream Western

Yoga is a wellness activity—like stretching with a side of mindfulness.

In short: **Yoga predates the New Age movement by millennia**, but its modern Western expression often overlaps with New Age ideals. Whether it's New Age depends on how it's practiced and understood. Curious how different yoga styles (like Kundalini or Hatha) fit into this picture?

Why different styles of yoga matter in the context of New Age culture:

Some Yoga Styles That Blend More Easily with New Age Spirituality:

- **Kundalini Yoga:** Deeply energetic and esoteric, it uses mantras, breathwork, and meditation to awaken spiritual energy—right up New Age alley.
- **Yin or Restorative Yoga:** Slow and introspective, often paired with crystal healing, sound baths, or guided visualizations in wellness spaces.
- **Integral or Anusara Yoga:** Focuses on spiritual alignment and heart-centered themes, often layered with affirmations and spiritual philosophy.

And Some That Lean More Physical:

- **Power Yoga / Vinyasa:** More about fitness and sweat, though still sometimes laced with mindfulness.
- **Bikram Yoga:** Structured and rigorous, with less overt spiritual emphasis—though devotees often report transformation and clarity.

In short: *any* yoga can be practiced in a traditional, fitness, or New Age-infused way. It just depends on the intention, setting, and teacher. Want help choosing a style or understanding how yoga's role compares with other spiritual practices like TM or mindfulness?

What about Labyrinths?

Labyrinths are fascinating symbols that straddle the line between ancient ritual, spiritual metaphor, and modern mindfulness tool. While they're not exclusive to New Age thought, they've been warmly embraced by it—especially for their meditative and symbolic power.

What Is a Labyrinth, Really?

Unlike a maze (which has dead ends and choices), a **labyrinth has a single, winding path** that leads to the center and back out again. It's not about getting lost—it's about *getting centered*.

Spiritual & Symbolic Meanings

Labyrinths have been used across cultures—from ancient Crete to medieval cathedrals—for spiritual reflection. In New Age and wellness contexts, they often represent:

- **A journey inward:** Walking the path mirrors a pilgrimage to your inner self.
 - **Transformation:** The center symbolizes insight or awakening; the return represents integration.
 - **Wholeness:** The spiral path reflects life's cycles and the unity of body, mind, and spirit.
 - **Letting go:** Many use labyrinths to release burdens or set intentions.
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Labyrinths in Modern Wellness & New Age Practice

- **Walking meditation:** Used as a moving form of mindfulness or prayer.
 - **Healing spaces:** Found in hospitals, retreat centers, and spiritual gardens.
 - **Symbolic art:** Incorporated into mandalas, tattoos, and sacred geometry.
 - **Energy alignment:** Some believe labyrinths help balance chakras or connect with Earth energies.
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Cultural Echoes

- **Christian mysticism:** Medieval cathedrals like Chartres used labyrinths as symbolic pilgrimages.
 - **Greek mythology:** The Minotaur's labyrinth was a metaphor for confronting inner demons.
 - **Native American traditions:** The "Man in the Maze" symbol represents life's journey and spiritual guidance.
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In short, labyrinths are like spiritual GPS systems—guiding you not to a destination, but to deeper awareness.

What about Lectio Divina?

That practice is often referred to as **repetitive scripture reading** or **lectio divina**, depending on the context and intent.

Common Terms for Repeated Scripture Reading

- **Lectio Divina:** Latin for “divine reading,” this is a traditional Christian practice involving slow, meditative reading of scripture—often the same passage multiple times. It includes four steps: *lectio* (read), *meditatio* (meditate), *oratio* (pray), and *contemplatio* (contemplate).
- **Scripture Immersion:** A modern term used in some faith communities to describe deeply engaging with a passage through repeated reading, reflection, and prayer.
- **Repetitive Reading:** Simply reading the same passage multiple times to internalize its meaning. This is common in both devotional and academic settings.
- **Bible Meditation:** Not to be confused with Eastern meditation, this involves focusing on a passage repeatedly to allow its meaning to “sink in” spiritually and emotionally.
- **Chanting or Recitation:** In some traditions, scripture is chanted or recited aloud repeatedly as a form of worship or memorization.

In educational or liturgical settings, this might also be called **oral repetition** or **scriptural recitation**. Some even use it as a tool for **memorization** or **spiritual formation**.

Would you like to explore how different traditions use this practice—or how to try it yourself?

What is Reiki, Pranic healing, and Chakra?

Great question, Mark — these three concepts are often mentioned together in the New Age and holistic healing world, but they each have distinct roots and methods. Let's break them down:

Reiki: Spiritually Guided Life Force Energy

- **Origin:** Developed in Japan by Mikao Usui in the early 20th century.
- **Method:** A Reiki practitioner channels universal energy through their hands, either by light touch or hovering over the body.
- **Purpose:** To promote relaxation, reduce stress, and support the body's natural healing processes.
- **Belief:** Illness or emotional distress is caused by disruptions in the flow of life force energy (called *ki* in Japanese).
- **Training:** Practitioners are "attuned" by a Reiki master to access and transmit this energy.

 *Think of it as a gentle energetic tune-up for your body and spirit.*

Pranic Healing: Energy Hygiene for the Subtle Body

- **Origin:** Systematized by Master Choa Kok Sui in the 1980s, drawing from ancient Hindu and Chinese traditions.
- **Method:** A no-touch technique that involves scanning the energy body (aura), cleansing it of "dirty" or stagnant energy, and then energizing it with fresh prana (life force).
- **Focus:** Uses specific protocols for different ailments, including physical, emotional, and psychological issues.
- **Tools:** Often incorporates crystals, breathing techniques, and visualization.
- **Unique Feature:** Emphasizes *cleansing before energizing*, unlike Reiki which flows energy directly.















 *Imagine it like clearing out energetic cobwebs before repainting a room.*

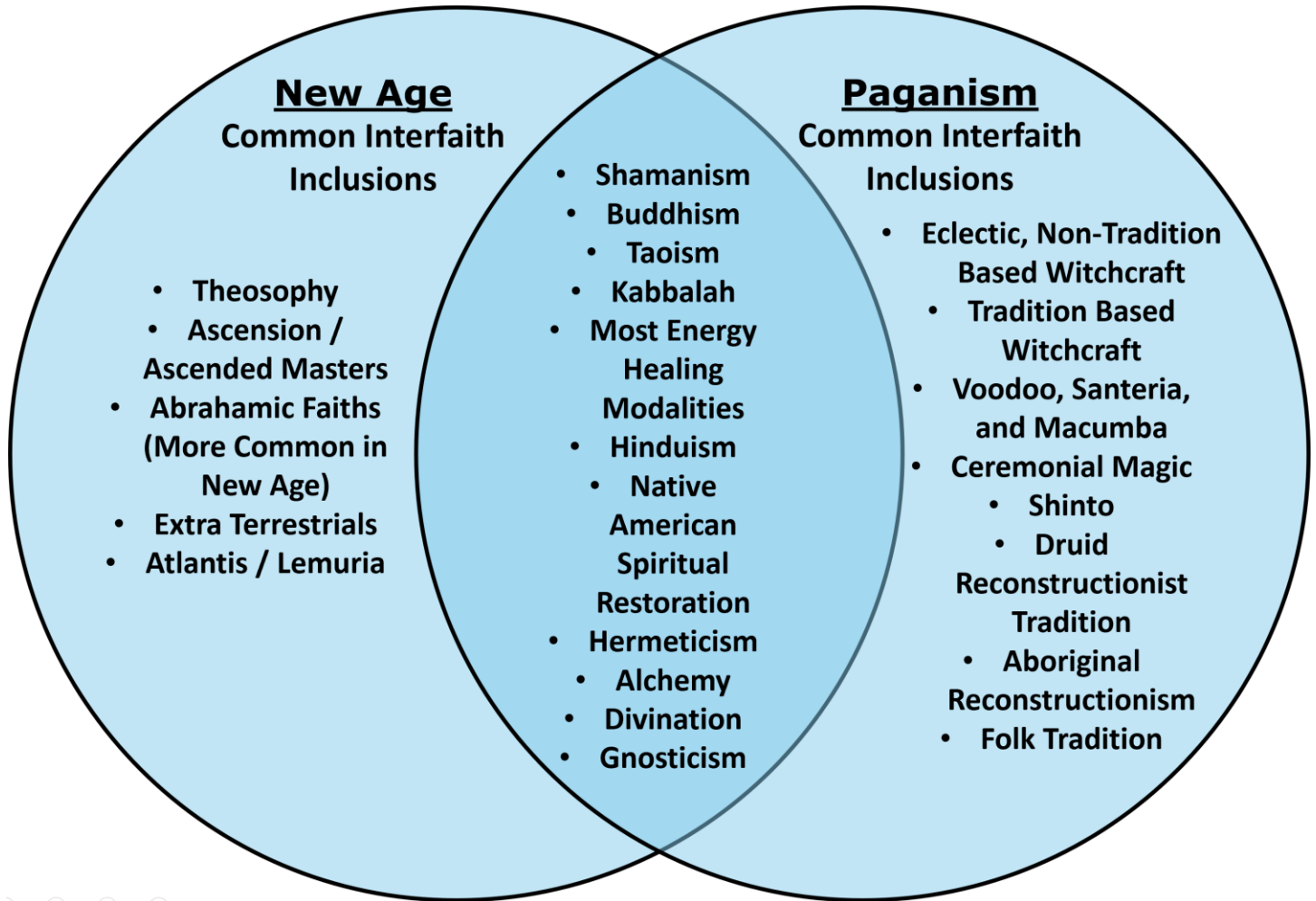
Chakras: The Body's Energy Hubs

- **Origin:** Rooted in ancient Indian spiritual systems, especially yoga and Ayurveda.
- **Definition:** Chakras are spinning energy centers in the subtle body that correspond to physical, emotional, and spiritual functions.
- **Main Chakras:** There are 7 primary chakras aligned along the spine, from the root (base) to the crown (top of the head).
- **Balance:** When chakras are open and aligned, energy flows freely. Blocked or overactive chakras can lead to physical or emotional imbalances.
- **Healing Methods:** Include meditation, sound therapy, crystals, yoga, affirmations, and energy healing (like Reiki or Pranic Healing).

 *Think of chakras as the energetic organs of your inner operating system.*

The chart on the following page is from [7chakrastore.com](https://www.7chakrastore.com)
(I am NOT recommending this site, just noting that the chart is their copyright.)

SYMBOL	CHAKRA	MANTRA	FUNCTION	BALANCED	UNBALANCED	CRYSTALS	YOGA POSES	AFFIRM
	CROWN  <i>Sahasrara</i>	ॐ OM	<ul style="list-style-type: none"> ★ Consciousness ★ Fulfillment ★ Spirituality ★ Self-Realization ★ Enlightenment ★ Life Purpose 	<ul style="list-style-type: none"> ◆ Trust in Divine ◆ Understanding ◆ Strong Faith ◆ Full Awareness ◆ Feeling of Oneness ◆ Spiritual Connection 	<ul style="list-style-type: none"> ◇ Loneliness ◇ Lack of Purpose ◇ Weak Faith ◇ Depression ◇ Detached from Divine ◇ Spiritual Disconnection 	<ul style="list-style-type: none"> ★ Clear Quartz ★ Moonstone ★ Amethyst ★ Amethyst Quartz ★ Labradorite ★ Sodalite 	<ul style="list-style-type: none"> ☯ Lotus Pose ☯ Headstand ☯ Tree Pose ☯ Forearm Stand ☯ Backbend ☯ Corpse Pose 	I KNOW I am one with the Divine. I honor the Divine within me and around me. I am at peace.
	THIRD EYE  <i>Ajaya</i>	ॐ OM	<ul style="list-style-type: none"> ★ Intuition ★ Lucidity ★ Imagination ★ Astral Projection ★ Self-Awareness ★ Focus 	<ul style="list-style-type: none"> ◆ Intuitive ◆ Imaginative ◆ Clear Thoughts ◆ Clear Vision ◆ Vivid Dreams ◆ Clairvoyant 	<ul style="list-style-type: none"> ◇ Fearful ◇ Delusional ◇ Full of Anxiety & Tension ◇ Rational & Logical ◇ Psychic Disorders ◇ Brain Fog 	<ul style="list-style-type: none"> ★ Sodalite ★ Lapis Lazuli ★ Azurite ★ Sapphire ★ Dumortierite ★ Emerald 	<ul style="list-style-type: none"> ☯ Cow Face Pose ☯ Lotus Pose ☯ Extended Child ☯ Downward Dog ☯ Thunderbolt ☯ Forward Bend 	I SEE I am insightful and intuitive. I trust my decisions. I see clearly and I think clearly.
	THROAT  <i>Vishudhtha</i>	हं HAM	<ul style="list-style-type: none"> ★ Communication ★ Purification ★ Creativity ★ Expression ★ Authenticity ★ Listening 	<ul style="list-style-type: none"> ◆ Honest ◆ Truthful ◆ Sincere ◆ Outspoken ◆ Attentive ◆ Clairaudient 	<ul style="list-style-type: none"> ◇ Fear of Speaking ◇ Shyness ◇ Social Anxiety ◇ Lack of Trust ◇ Secretive ◇ Critical & Gossipy 	<ul style="list-style-type: none"> ★ Turquoise ★ Blue Lace Agate ★ Aquamarine ★ Blue Howlite ★ Kyanite ★ Amazonite 	<ul style="list-style-type: none"> ☯ Plow Pose ☯ Lion Pose ☯ Bridge Pose ☯ Shoulder Stand ☯ Fish Pose ☯ Cat-Cow Pose 	I SPEAK I hear and speak the truth. I have integrity and I live an authentic life. My voice matters.
	HEART  <i>Anahata</i>	यं YAM	<ul style="list-style-type: none"> ★ Love ★ Empathy ★ Compassion ★ Kindness ★ Forgiveness ★ Unity 	<ul style="list-style-type: none"> ◆ Full of Love ◆ Compassionate ◆ Accepting ◆ Kind & Peaceful ◆ Passionate ◆ Unattached 	<ul style="list-style-type: none"> ◇ Over Attachment ◇ Needy ◇ Helpless ◇ Tired & Exhausted ◇ Fear of Authenticity ◇ Afraid to Let Go 	<ul style="list-style-type: none"> ★ Rose Quartz ★ Rhodonite ★ Green Agate ★ Amazonite ★ Green Opal ★ Malachite 	<ul style="list-style-type: none"> ☯ Camel Pose ☯ Lord of The Dance ☯ Cobra Pose ☯ Wheel Pose ☯ Bow Pose ☯ Standing Backbend 	I LOVE I love myself and others. I am an expression of love. I follow the voice of my heart.
	SOLAR PLEXUS  <i>Manipura</i>	रं RAM	<ul style="list-style-type: none"> ★ Power ★ Strength ★ Transliteration ★ Determination ★ Ego ★ Self-Esteem 	<ul style="list-style-type: none"> ◆ Empowered ◆ Confident ◆ Motivated ◆ Determined ◆ Decisive ◆ Collaborative 	<ul style="list-style-type: none"> ◇ Competitive ◇ Angry & Aggressive ◇ Low Self-Esteem ◇ Lack of Energy & Drive ◇ Egoistical ◇ Manipulative 	<ul style="list-style-type: none"> ★ Citrine ★ Topaz ★ Helliotite ★ Fire Opal ★ Amber ★ Gold Tiger's Eye 	<ul style="list-style-type: none"> ☯ Boat Pose ☯ Plank Pose ☯ Crescent Pose ☯ Knees-to-Chest ☯ Triangle Pose ☯ Downward Dog 	IDO I accomplish tasks easily. My potential is unlimited. I feel my own power and I act with courage.
	SACRAL  <i>Svadhishana</i>	वं VAM	<ul style="list-style-type: none"> ★ Sexuality ★ Creativity ★ Sensuality ★ Pleasure ★ Emotions ★ Relationships 	<ul style="list-style-type: none"> ◆ Creative ◆ Passionate ◆ Sensual ◆ Playful ◆ Balanced Emotions ◆ Energetic & Joyful 	<ul style="list-style-type: none"> ◇ Addictive Behaviours ◇ Explosiveness & Drama ◇ Seeking Attention ◇ Lack of Desire ◇ Insecurity & Anxiety ◇ Resentment & Guilt 	<ul style="list-style-type: none"> ★ Carnelian ★ Garnet ★ Gold Tiger's Eye ★ Sillbite ★ Orange Calcite ★ Moonstone 	<ul style="list-style-type: none"> ☯ Crescent Pose ☯ Goddess Pose ☯ Forward Bend ☯ Bound Angle Pose ☯ Triangle Pose ☯ Wide Forward Bend 	I FEEL I embrace my sexuality & honor my desires. I desire to enjoy life. I'm playful & joyful.
	ROOT  <i>Muladhara</i>	लं LAM	<ul style="list-style-type: none"> ★ Survival ★ Safety ★ Grounding ★ Comfort ★ Stability ★ Life Force 	<ul style="list-style-type: none"> ◆ Grounded ◆ Energetic ◆ Physically Fit ◆ Safe & Secure ◆ Fearless ◆ Calm & Centered 	<ul style="list-style-type: none"> ◇ Anxiety & Depression ◇ Fear & Insecurity ◇ Weak Physical Health ◇ Apathy ◇ Laziness ◇ Lack of Motivation 	<ul style="list-style-type: none"> ★ Red Coral ★ Black Obsidian ★ Bloodstone ★ Tourmaline ★ Red Jasper ★ Red Tiger's Eye 	<ul style="list-style-type: none"> ☯ Bridge Pose ☯ Garland Pose ☯ Thunderbolt Pose ☯ Staff Pose ☯ Mountain Pose ☯ Chair Pose 	I AM I am centered & grounded. I love being in my body. I am connected to nature. I am safe.



How does New Age thought compare to Biblical Teaching

Biblical Teaching	New Age Teaching
Jesus is the Son of God.	Jesus is one of many Ascended Masters.
We are saved by grace.	We achieve godhood through works.
Jesus is the only way to Salvation.	Awaken the Christ-consciousness within.
Lucifer is the devil.	Lucifer is the true son of God.
We must worship God.	We must worship creation.
We will be resurrected.	We will be reincarnated.
Humanity was created and God is the Creator, not part of creation.	Humanity has evolved. Spiritually we have always existed. God is in creation.
The Word is truth.	Truth is within.
Turn from sin.	Turn from ignorance because there is no sin.
Sanctification is in Christ.	We must discover our own divinity.
Wait for Christ's Second Coming, which will be visible to all.	Wait for the Maitreya who will establish a one-world government, monetary system, and religion.

Have any practices from new age thought entered into any evangelical churches?

This has been a growing concern and conversation within many evangelical circles. While evangelical theology is distinct from New Age spirituality, **some New Age-inspired practices and ideas have subtly made their way into certain churches**, often under the banner of personal growth, healing, or spiritual experience.

Common New Age Influences Seen in Some Evangelical Contexts

Practice or Belief	New Age Origin	Evangelical Adaptation
Law of Attraction	Manifesting reality through thought and intention	“Name it and claim it” theology; positive confession (usually found more in Charismatic groups)
Visualization	Creating reality through mental imagery	Using mental imagery in prayer to “manifest” outcomes (usually found more in Charismatic groups)
Energy Healing	Reiki, chakra balancing	Some healing ministries use language of “spiritual energy” or “vibrations”
Enneagram	Rooted in esoteric mysticism	Used as a personality tool for spiritual growth in churches
Yoga & Meditation	Hindu/Buddhist spiritual disciplines	Rebranded as “holy yoga” or “Christian meditation” without theological clarity
Oneness Theology	All is divine; God is in everything	Teachings that blur the line between Creator and creation, or promote “divine self” language

Sources note that these trends are often introduced with good intentions—like helping people connect with God more deeply—but **can drift into syncretism** if not grounded in Scripture.

Why It Happens

- **Desire for experiential faith:** Many believers crave a deeper, more tangible connection with God.
 - **Therapeutic culture:** Emotional healing and self-discovery are emphasized, sometimes at the expense of biblical doctrine.
 - **Influence of popular authors and influencers:** Figures like Oprah, or even some Christian leaders, have popularized ideas that echo New Age themes.
 - **Lack of discernment:** Some churches adopt practices without fully understanding their origins or implications.
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Discernment Without Fear

Not every use of silence, imagery, or personality tools is inherently New Age—but **context, intent, and theological grounding matter**. As one article puts it, “We must test every spirit” and remain anchored in Scripture.