Reiki: A Christian Perspective

Dr. Michael Gleghorn offers an overview and critical Christian worldview evaluation of Reiki energy medicine, an alternative health therapy that has grown in popularity in recent years.

 *This article is also available in Spanish.*

What is Reiki?

In the past twenty-five years there has been a huge increase in both the general acceptance and public availability of various types of alternative health therapies. Although some of these therapies may be beneficial, others do little good, and some are downright harmful. Under the broad umbrella of alternative medicine there are a variety of therapies that might loosely be referred to as "energy medicine":

> Energy medicine is a broad field covering a variety of therapies from many parts of the world. While each is based on the existence of a nonphysical energy pervading the universe, the nature of the energy, the form of therapies, and how healing is believed to take place varies from culture to culture.{1}

This energy is variously referred to as *prana* in India, *chi* in China, and *ki* in Japan. One form of energy medicine that has been growing in popularity is called *Reiki*. According to some, *rei* means "universal," and *ki* means "life force energy." But the International Center for Reiki Training goes further, declaring that "Rei" is more accurately understood to mean "supernatural knowledge or spiritual consciousness . . . the wisdom that comes from God or the Higher Self." Thus, according to the Center, "it is the God-consciousness called Rei that guides the life force called Ki in the practice we

call Reiki."{2}

Reiki was discovered, or perhaps rediscovered, by Dr. Mikao Usui during a mystical experience at a mountain retreat in early twentieth century Japan. Some claim it is the same method of healing used by both the Buddha and Jesus, although the records of this have been lost.{3}

So how does Reiki work? To put it generally, and somewhat simply, Reiki claims to work by removing obstructions to the free flow of life force energy throughout the body. Such obstructions, which arise through negative thoughts, actions, and feelings, are believed to be the fundamental cause of illness and disease. But "Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way."{4} In this way, Reiki is believed to enhance physical, mental and emotional health.

In order to tap into this power and learn to channel Reiki one must first receive four attunements from a Reiki Master during a First Degree Reiki training session. These attunements are alleged to open "subtle mental and physical energy systems" that prepare the recipient "to channel Universal Life Force Energy."{5} Supposedly, this creates a permanent connection with Reiki, thus allowing the recipient to channel this energy for life.

At this point, some may be wondering if there is any scientific evidence that corroborates the existence of this energy. Let's look at the evidence.

Is there Scientific Support for Reiki?

In the nineteenth and twentieth centuries, some proponents of life force energy claimed it was a form of electromagnetic radiation (of which light and heat are familiar examples).{6} Of course, electromagnetic radiation is a real, physical phenomenon of the world in which we live. But should it be

identified with life force energy? The answer is no, and today most of those who believe in such energy would say the same. After all, such energy is generally believed to be non-physical. But electromagnetic radiation is a form of physical energy.

Still, many Reiki practitioners believe that good evidence supports the existence of life force energy. For example, the aura is said to be "a field of subtle life-force energy that surrounds the body of every living being."{7} Those properly attuned to this energy often claim that they can feel a person's aura. A few even claim to see auras.

But it's one thing to make such a claim, quite another to demonstrate it under properly supervised conditions. In one study, ten people who claimed to see auras were tested against a control group of ten people who made no such claim. "Four identical screens were placed in a room with volunteers who took turns standing behind one or another of them."{8} Those who claimed to see auras believed that they could detect which screen the volunteer was standing behind. But out of 720 attempts, they only gave 185 correct answers – an accuracy rate consistent with guessing. The control group, however, gave 196 correct answers – eleven more than those who claimed to see auras! Apparently, not everyone who claims to see auras can actually demonstrate this claim.

But haven't auras been photographed? One author claims, "Kirlian photography . . . enables us to . . . photograph auras."{9} However, when such photographs are investigated by independent scientists, the images are seen to have a completely physical explanation. Also, Kirlian auras have been recorded for some things not usually believed to have a field of life force energy, like pennies and paper clips. Such evidence casts doubt on the claim that auras have been photographed.

Thus, if there is such a thing as life force energy, it has so

far eluded the detection of scientists. Such energy may still exist, and science may one day verify as much. But for now, scientific support is lacking. Still, some argue that "the proof of whether a therapeutic procedure is effective rests not on the gathering of data alone but on the client's actual experience."{10} In other words, if Reiki works, such life force energy must exist!

What About Reiki's Success?

For many people, the most powerful evidence of Reiki's effectiveness as an alternative health therapy are the testimonials of those who claim to have been personally helped by it. Consider what happened to Alex. He was in chronic pain due to a motorcycle accident that resulted in three crushed vertebrae. He attended a Reiki class, and after his first initiation was free of persistent pain!{11}

How does one explain such a story? Does it prove that Reiki really works? While it cannot be denied that there is abundant anecdotal evidence of Reiki's healing power, we must be very careful before we credit Reiki with relieving Alex's pain. "With the exception of unsubstantiated opinion, anecdotal evidence is the least useful…evidence available to judge medical therapies."{12}

This isn't just the opinion of conventional Western medicine. The National Center for Complementary and Alternative Medicine acknowledges that there is a "hierarchy in the different types of evidence for therapies, with anecdotal at the bottom."{13} Thus, anecdotal evidence counts for something, but it hardly *proves* that Reiki is an effective method of healing.

So how might we explain Alex's pain relief? Although there are various possibilities, for the sake of time we will only mention two. First, we must honestly acknowledge that maybe Reiki *was* responsible for the elimination of Alex's pain. After all, it was immediately after receiving Reiki that Alex

felt relief. However, it's crucial to recognize that there is another very sensible and well-documented explanation. Quite simply, Alex's pain relief may have been due to the "placebo effect."

"The placebo effect is the combination of factors that give therapies beneficial effects, but which are not caused by any direct physiological action."{14} A classic example is the sugar pill. In itself it can neither cure illness nor relieve pain. However, when given to a patient by a trusted, confident physician, who says it's just what the patient needs to recover from his or her ailments, it can be incredibly effective in relieving a wide variety of psychosomatic disorders. Since such disorders have a psychological or emotional (rather than physiological) cause, they can be relieved without directly treating the patient's body.

Many studies indicate that the placebo effect can account for a full third (or more) "of the improvements found with any therapy."{15} But can it explain Alex's sudden relief from pain? Indeed it can. Pain can be treated very effectively with placebos.

Of course, some may argue that the really important thing is not so much *why* Alex was healed, but simply *that* he was healed! To some degree, I can sympathize with this argument. But it does have problems.

Should Christians Be Concerned About Reiki?

Most people, myself included, consider physical health to be good and valuable. All things being equal, it's better to be healthy than sick. But if this is so, then does it really matter *how*, or *why,* the sick are healed? Isn't the only important thing simply *that* they're healed? And how can anyone object to Reiki if it helps accomplish this?

These are important questions and they deserve a sympathetic response. But first, let's consider an important question: Is physical health *always* preferable to sickness? After all, most people consider such qualities as compassion, patience, courage, and love to be great and noble virtues. But what if there were people who could only acquire such virtues through the pain and suffering brought on by physical illness? So long as they're healthy, they will lack these virtues. But if they're sick, they will acquire them. Let me suggest that if you truly value these virtues, you might decide that it's better to be morally and spiritually healthy (though physically sick), than physically healthy alone.

Let's now return to our initial question. Does it really matter *if, how,* and *why* Reiki works? I think it does. Suppose there is no genuine power in Reiki. Suppose it "works" merely as a placebo. In that case, would you want to send a loved one to a Reiki practitioner to be treated for strep throat? Without proper treatment this would likely result in rheumatic fever, permanent heart disease, and maybe even death. Real antibiotics are needed; a placebo cannot cure this kind of infection.{16} Under circumstances such as these, I suspect that no one would want their loved ones treated by Reiki alone.

But now suppose that there *is* genuine power in Reiki. Is it not important to know *where* this power comes from and *what* it is? What if Reiki offers physical health only at the expense of spiritual health? Should Christians be concerned about this?

The International Center for Reiki Training describes Reiki as "spiritually guided life force energy."{17} After receiving the necessary attunements, a Reiki practitioner can channel this energy for life. The Center describes the attunement process as "a powerful spiritual experience" that "is guided by the Rei or God-consciousness." What's more, this experience "is also attended by Reiki guides and other spiritual beings

who help implement the process."{18}

What are Christians to make of this? Should we be concerned about the nature of this attunement process? Exactly who, or what, are these Reiki spirit guides? Should we be cautious about becoming involved with these spirits? Or should we simply trust that they're doing God's work? After all, doesn't *all* healing come from God?

Does All Healing Come From God?

Does all healing come from God? The International Center for Reiki Training declares that "Reiki comes from God."{19} But if we read the material on their Web site, we see that the Center advocates an Eastern or New Age view of "God." This view is radically different from that of the Bible. For example, the Center equates "God" with man's Higher Self, thus blurring the distinction between God and humanity that is taught in the Bible. Practically speaking, this difference between the God of the Bible and the "God" of Eastern or New Age philosophy means that adherents of these two systems are asserting something very different when they claim to have been healed by God.

The God of the Bible is a personal being, capable of miraculously healing people according to His will (Exodus 15:26). Nevertheless, the Bible does not teach that *all* signs and wonders come from God. On the contrary, Jesus warned His disciples that in the last days there would be false Christs and false prophets who would show great signs and wonders (Matt. 24:24). In his second letter to the Thessalonians, the Apostle Paul linked such events to the power of Satan (2 Thess. 2:9).

But does Satan have the power to perform marvelous healings? Indeed, it appears that he might. In Revelation 13 we learn that after receiving power from Satan, the beast is healed of

a near-fatal head wound (vv. 2-3). The context seems to imply that this amazing healing is the work of Satan. From a biblical perspective, this raises an important question about the healing power of Reiki. Exactly where does this healing energy come from?

We've already seen that there is not convincing evidence to regard this energy as a physical phenomenon. Biblically, this seems to leave only two main options. Either the energy comes from God, or it does not. Although the International Center for Reiki Training declares that "Reiki comes from God," we've already seen that this cannot be the God of the Bible. Is it possible, then, that the source of this energy is demonic?

As I mentioned previously, the ability to channel life force energy involves first going through an attunement process. The Center claims that these attunements are attended "by Reiki guides and other spiritual beings who help implement the process."{20} Is it possible that by involving themselves with spirit guides, Reiki practitioners may unwittingly be opening themselves, as well as their patients, to demonic influences? Although it may not be possible to categorically affirm that the source of Reiki energy medicine is demonic, the Bible, in condemning all forms of spiritism, does seem to at least allow for this possibility (see Lev. 19:31; 20:6; Deut. 18:9-14; Acts 16:16-18). Therefore, it seems to me that Christians should take the wiser, safer, and probably even healthier course of action, and carefully avoid all involvement with Reiki energy medicine.

Notes

1. Donald O'Mathuna & Walt Larimore, *Alternative Medicine: The Christian Handbook* (Grand Rapids, Mich.: Zondervan, 2001), 193.
2. "Reiki FAQ: What is Reiki?" at www.reiki.org/FAQ/WhatIsReiki.html. 3. Gary P. Stewart, et al. *Basic Questions on Alternative Medicine: What is Good and What*

is Not? (Grand Rapids, Mich.: Kregel Publications, 1998), 61.
4. "Reiki FAQ: How Does Reiki Work?" at www.reiki.org/FAQ/HowDoesReikiWork.html.
5. David F. Vennells, *Reiki for Beginners: Mastering Natural Healing Techniques* (St. Paul, Minn.: Llewellyn Publications, 2000), 41-42.
6. Mathuna & Larimore, *Alternative Medicine*, 195. I have relied heavily on the chapter on "Energy Medicine," pp. 193-99, in this section.
7. Vennells, *Reiki for Beginners*, 106.
8. Mathuna & Larimore, *Alternative Medicine*, 197.
9. Vennells, *Reiki for Beginners,* 106.
10. Libby Barnett, Maggie Chambers and Susan Davidson, *Reiki Energy Medicine* (Rochester, Vt.: Healing Arts Press, 1996), 15.
11. Ibid., 29.
12. Mathuna & Larimore, *Alternative Medicine,* 115. I have relied heavily on chapter 10, "How Science Tests Therapies and Remedies," in this section.
13. Ibid., 116.
14. Ibid., 118.
15. Ibid., 124.
16. John Ankerberg and John Weldon, *Encyclopedia of New Age Beliefs* (Eugene, Ore.: Harvest House Publishers, 1996), 487.
17. "Reiki FAQ: What is Reiki?" at www.reiki.org/FAQ/WhatIsReiki.html.
18. "Reiki FAQ: Learning Reiki" at www.reiki.org/FAQ/LearningReiki.html.
19. "Reiki FAQ: What is Reiki?" at www.reiki.org/FAQ/WhatIsReiki.html.
20. "Reiki FAQ: Learning Reiki" at www.reiki.org/FAQ/LearningReiki.html.

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Martial Arts – A Christian View

Dr. Zukeran looks at the popular activity of marital arts from a biblical worldview perspective. He determines that Christians may safely participate in martial arts as long as they distance themselves from the Eastern philosophical ideas associated with most forms of martial arts.

The Origins and Popularity of the Martial Arts

Gliding across the Pacific, the Asian martial arts have become part of the mainstream of American culture. Today there are an estimated two to three million practitioners in the United States, 40 percent of which are children between the ages of 7 and 14.{1} The martial arts industry generates annual revenue topping the $1 billion mark.

Why this rise in popularity? For one thing, people today are interested in and more willing to accept Eastern ideas. What was once considered "foreign" is now embraced as old, and thus "tried and true." Advocates extol the physical benefits and self- discipline that result from its practices. Movies further popularize martial arts with films such as *Enter the Dragon*, *Rush Hour,* and the Oscar winning *Crouching Tiger-Hidden Dragon*. The rise in crime also has people seeking to learn ways to protect themselves and their loved ones.

There are few written records regarding the origin of martial arts. These are interwoven with myths or verbal traditions that make it difficult to accurately trace the record. Archaeological evidence indicates that the martial arts may

have begun as early as 2000 BC in the Fertile Crescent.{2} From there it traveled eastward to India and China.

The father of the Asian martial arts according to the most popular tradition is an Indian Buddhist Monk named Bodhidharma who arrived in China in the late fifth century A.D. Settling in a monastery in the Songshan Mountains located in the Kingdom of Wei, he developed a series of mind-body exercises designed to improve the health of the monks and assist them in meditation. Based on the movements of different real and mythological animals and incorporating concepts from Taoism and Zen Buddhism, Bodhidharma taught a style of combat known as Shao-lin gung fu. Gradually, Shao-lin gung fu migrated from the temples to the Chinese populace. It was adapted and refined as it spread across the country and eventually, to the world.

Martial arts have been very popular among Christians. Scot Conway, founder of the Christian Martial Arts Foundation, estimates between 50 and 70 percent of American martial artists – and roughly 20 percent of all instructors – consider themselves Christians.{3} But other Christians argue that the philosophy of Asian martial arts is wholly incompatible with biblical teaching. They point to the origin of Eastern mysticism as reason for Christians to avoid any level of participation. Still others say Jesus' exhortation to "turn the other cheek" shows that using force is wrong.

How should a discerning Christian respond? Can we participate in the martial arts and be consistent with our biblical convictions?

Differences in the Martial Arts

Should Christians participate in the martial arts? In order to make an informed decision, it is helpful to recognize that there are two basic categories for martial arts. It is important to note that the division is not rigid; in some

cases, values from one type may be blended or subtly integrated into the other. But for simplicity and clarity, we will use the two main groups.

One type, called “internal” or “soft” martial art, focuses on inner spiritual development, balance, form, and mental awareness. This soft art emphasizes two principles – that the mind dictates action and that the opponent’s own force is used to defeat him or her.{4} Students are taught Taoist and Buddhist philosophical principles such as the “chi” force and the “yin and yang” concept. Through breath control, soft art practitioners seek to “collect, cultivate, and store” this chi force which is located in the body. Some believe they can use the chi force to strike down opponents from a distance. Examples of internal or soft martial arts include the Chinese Tai-chi Chuan and the Japanese Aikido.

The second category of martial arts is called the “external” or “hard” art. This type teaches that physical reactions precede mental reaction. It also promotes the idea that an opponent’s force should be met with an equal but opposite force. While the hard martial art system also uses breath control like the soft arts, the emphasis is on developing strength and quickness through the use of straight and linear body motions.{5} The hard arts include certain forms of Chinese kung fu, and Shao Lin boxing. The Japanese arts were adapted from Chinese kung fu. The hard arts include Ju-jitsu, Judo, Karate, Ninjitsu, and Kendo. The Korean martial arts include Tae Kwon Do and Tang Soo Do.

While there are religious concepts in the martial arts, few schools would qualify as religious movements, and few seek to meet the religious needs of the student. However, a little exposure to Eastern mysticism may lead to greater involvement in the future. So as a general rule, Christians should avoid the internal or soft martial arts because of the concentration on the teachings of Eastern religions and philosophies. Several schools even utilize the occult techniques of

meditation and altering consciousness. External or hard martial arts, on the other hand, concentrate primarily on physical training. These physical lessons usually do not conflict with our biblical convictions.

Before joining a dojo or martial arts gym, one needs to know the worldview of the instructor. Even some hard martial arts teachers incorporate Eastern ideas and occult practices into their styles. Look for instructors who teach the physical movements but exclude the Eastern ideas.

Eastern Concepts in the Martial Arts

Since martial arts are traditionally based on the Eastern philosophies of Taoism and Zen Buddhism, several key concepts can be prominent in the classes. Let’s look at three of them.

The concept of “chi” or “ki” is central in some martial arts. Chi is believed to be the impersonal life energy that flows throughout the universe and pulses through the human body. By harnessing the chi in individuals, martial artists believe they can perform at higher levels of ability or can release chi power resulting in devastating effects. Chi is controlled through specialized breathing techniques, gymnastics, and meditation.

Another common martial arts teaching is the Taoist (pronounced “dow-ist”) concept of yin and yang, that nature consists of conflicting elements which function in perfect balance to one another. As mankind should live in harmony with the Tao, so the martial artist must strike hard with firmness at times, but at other times accept the energy of the opponent, then reroute the energy, causing the opponent to defeat himself. This redirection allows a relatively gentle resolution, and brings one into harmony with the opponent and the flow of nature.

A Christian must also avoid the practice of Eastern

meditation. The goal of this type of meditation is to empty one's mind, alter one's consciousness, or unite with the impersonal divine. Scott Shaw writes, "Meditation is a sacred process. It is the method used by the spiritual warrior to calm the mind and to connect the body and mind with the infinite."{6} This greater awareness supposedly enables the martial artist to increase his or her performance. In many schools, the combined use of Eastern meditation and the chi are essential to mastering the art. (Not all martial arts use meditation for this purpose. Some use it to focus on the lesson or task at hand such as picturing the action in your mind before physically carrying it out.)

But the mysticism of Taoism and Buddhism is not compatible with Christianity; neither is Eastern meditation the same as biblical meditation. The Bible does not teach altering our consciousness or emptying our minds. Instead, the goal of Scriptural meditation is to *fill* our minds with God's Word. (Psalm 1:2) Another danger of Eastern meditation is that it can open our minds to the occult, a practice the Bible prohibits. The Bible does not teach the Eastern idea of chi, that there is an impersonal life energy of the universe within us. Rather, the Bible says that each individual has an eternal soul that will either go to heaven or to hell based on whether or not they have a relationship with Christ.

Self Defense or Turn the Other Cheek?

Besides concerns about the role of Eastern religion in the martial arts, some people think martial arts encourages violence. Martial arts teach fighting, and so are contrary to the Bible's instructions about pacifism. Is there ever a time when Christians can use force?

Christian pacifists believe it is always wrong to injure another person. Many interpret Jesus' teaching in Matthew 5:38-48, where he states, "Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other

also . . .", to mean never use violence. This is exemplified in the life of Christ who suffered silently and did not retaliate while enduring torture even unto death.

Despite these arguments, the proper interpretation of the Matthew 5 passage does not teach pacifism. In Jewish culture, to be struck or slapped on the cheek was an insult (2 Corinthians 11:20). Jesus was teaching that when a disciple is insulted for being a follower of Christ, the disciple should not retaliate with force. However, being insulted is a very different situation from being attacked by a mugger or your wife being attacked by a rapist.

In the Gospels, Christ did not resist violent attacks because of His unique mission to be the sacrifice for our sins. However, in the Old Testament, the preincarnate Christ judged wicked nations with the sword. (Judges 6:11-16). Not only did He smite His enemies, He aided Israel in being an instrument of judgment as well. Revelation predicts the glorified Christ coming to judge the nations with a sword. Also in the New Testament, Jesus and His disciples did not teach military leaders to withdraw from the military (e.g., Matthew 8:8-13, Luke 3:14). In Romans 13, Paul writes that the government has the right to "bear the sword." In other words, a righteous government can use capital punishment when an offender is worthy of death.

Therefore, complete pacifism is not the spirit of Christian teaching. In fact, the most loving thing to do when a friend or family member is attacked by a harmful foe is to risk one's life and use force to restrain the enemy. If a man is attacking a child, or a woman is being raped, it would be morally wrong not to sacrifice your life and restrain the assailant even with deadly force if necessary.

The Bible allows a Christian to use self-defense and force when confronted with a criminal act. Force may not be used for revenge or out of unjust anger. Christians who engage in the

martial arts should have a clear understanding of this. The use of martial arts must be for self-defense and protecting loved ones from acts of evil. One should never use their fighting system to instigate combat or seek revenge.

Should Christians Participate in the Martial Arts?

To summarize what I have covered so far, I believe that the physical aspect of martial arts can be separated from the Eastern religious and philosophical teachings. Also, I believe the Bible teaches us that there is a time when we are called to use force, even deadly force to halt acts of evil.

Here are some practical guidelines if one is deciding to participate in the martial arts or if one is selecting a school. First, a person should check his or her motives. One should not engage in martial arts if one's motives include becoming a tough guy, showing off, or gaining revenge. Parents should make it clear to their children that the martial arts are never to be used for affectation or for instigating conflicts. Unworthy motives are detrimental to one's walk with the Lord and witness to others. Positive reasons include physical conditioning, discipline, and self-defense. Develop parameters for limiting the use of force. One of the fruits of the Spirit is self-control. Force is used in defensive purposes only.

Generally speaking, Christians should avoid the soft or internal form of martial arts because they tend to emphasize Eastern philosophical and religious ideas. External or hard martial arts emphasize the physical training. However, it would be wise to be on guard because many instructors of external martial arts may incorporate Eastern mysticism in to their system. Also, one should be careful to avoid the possibility of being enticed to learn about Eastern spirituality as they advance.

Find out the worldview of the instructor. The role of religion in the martial arts depends mostly on the instructor, so choosing a proper instructor is the most important factor. Some instructors claim to teach the physical aspect only. However, as students advance, instructors begin to incorporate Eastern religious ideas to help students attain a higher level of performance. Observe advanced classes to see if they incorporate Eastern practices. There is also helpful information through Christian organizations such as Karate for Christ and the Christian Martial Arts Foundation.

The Christian life involves caring for the nurture and growth of our mind, spirit, and our body which is the temple of the Holy Spirit. I have benefited greatly from my time in the martial arts. It has provided me great exercise, discipline, and opportunities to witness for Christ. There were times in my life when I had to use force to restrain hostile persons or protect loved ones. I believe that the martial arts can be beneficial to Christians who are informed and mature.

Notes

1. Glenn Rifkin, "The Black Belts of the Screen Are Filling the Dojos," *The New York Times*, 16 February 1992, 10.

2. Howard Reid and Michael Croucher, *The Way of the Warrior,* (Woodstock, NY.: Overlook Press, 1983), 16-17.

3. Erwin Castro, B.J. Oropeza, and Ron Rhodes, "Enter the Dragon? Wrestling with the Martial Arts Phenomenon Part I," Christian Research Institute, http://www.equip.org/free/dm066.htm, 2.

4. Reid and Croucher, *The Way of the Warrior*, 229.

5. Ibid., 61 & 227.

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See Also:
"Martial Arts and Just War Theory"

Alternative Medicine – A Christian Perspective

Dr. Pat Zukeran applies a biblical worldview perspective as he assesses the rise of alternative medicine in the mainstream of American culture. He points out the types that a purely fraud and those which may be useful for some people.

 *This article is also available in Spanish.*

The Rise of Alternative Medicine

Alternative medicine has blazed its way into the mainstream of American culture while also making significant gains in the medical community. Nearly half of all U.S. adults now participate in some kind of alternative therapy.{1} A recent study showed that Americans spend almost $30 billion a year on alternative treatments.{2}

Alternative medicine remains a controversial issue. Do these medicines actually work? Do these alternative therapies embrace an Eastern religious system? Should Christians be involved with alternative treatments? How do we evaluate a particular practice that is unconventional?

The sudden rise of alternative medicine can be attributed to a growing dissatisfaction with conventional medical practices. Modern methods have mainly focused on the physical symptoms. However, we are spiritual, social and emotional creatures as well. Healing improves when all of these components are addressed. Conventional medicine has also been criticized for

its impersonal approach. Overworked doctors may spend only a few minutes diagnosing the problem without much follow-up.

The main reason people may be flocking to alternative medicine is that it offers hope when conventional medicine has failed. The frightened and discouraged look there as a last resort. Many therapists profess to heal cancer or know the secret to prolonged youth. For example, Hollywood guru Deepak Chopra writes that his therapies can take us to ". . . a place where the rules of everyday existence do not apply." Through his methods we can ". . . become pioneers in a land where youthful vigor, renewal, creativity, joy, fulfillment, and timelessness are the common experience of everyday life, where old age, senility, infirmity and death do not exist and are not even entertained as a philosophy."{3} These are attractive temptations to those without hope.

As discerning individuals, we must not be enticed by such claims. The Bible teaches that we live in a fallen world. Despite our best efforts people get sick, and sometimes they die. When faced with a serious illness, we first must accept the consequences of the Fall. God can heal any time He chooses using whatever method He wills. However, He does not work contrary to His nature or revealed truth. If an apparent healing leads someone to embrace teachings contrary to Scripture, we should question whether that healing came from God.

So when the test results are bad, we should not panic in fear, but trust God's sovereignty and control over our lives. We should seek wise counsel from doctors and our pastors. Then, if an alternative medicine is recommended, we should make sure it has been medically tested and does not promote a false teaching or false hope. In dealing with illness, we can honor God or we can blemish our testimony. In the following sections, let us consider how to wisely evaluate alternative medicines.

Getting a Handle on Alternative Medicines

Today there are hundreds of therapies labeled “alternative medicine,” but what exactly does that mean? A broad definition would be any therapy that is not accepted by the dominant medical establishment of our culture. There are several characteristics of alternative medicine. For example, these therapies are not practiced in hospitals or physicians’ offices. They focus on natural methods of healing with an emphasis on preventing disease. They are also more likely to treat chronic ailments after conventional medicine has failed.

Alternative medicine originates from the traditions of ancient cultures, particularly China and India. For instance, 370 different healing drugs were used in Mesopotamia while 600 were common in India. The Chinese had 2000 herbs, metals, and minerals as ingredients in 16,000 different preparations.{4} Despite the variety, many historians agree that these ancient medical practices had little success in actually curing disease. The real effects are still under scrutiny today including comparisons with the strides made by modern medicine. Despite the shortfalls of conventional medicine, we live longer and are healthier than people of long ago.

Ancient alternative medicine was greatly influenced by Eastern religions. That is why today’s users of so-called “rediscovered” alternative medicines can still see those religious concepts interwoven with the treatments. Many alternative medicine proponents approach holistic health from a pantheistic worldview. Central to pantheism is the idea of monism—the idea that everything in the universe is one ultimate reality. If all is one, then man is divine. Since we are divine, we are without sin. Sin is merely an illusion that creates false guilt. This guilt is what leads to illness.

Deepak Chopra writes, “. . . the seeds of God are inside us. . . . When we make the journey of the spirit, we water these divine seeds. . . . In the eyes of the spirit, everyone is

innocent, in all senses of the word. Because you are innocent, you have not done anything that merits punishment or divine wrath."{5}

Some advocates of alternative medicine would point out that the biblical view of health is also considered holistic. Indeed, God made man a complex being with physical, mental, social and spiritual dimensions, and He cares about every aspect of our personhood. (You can see these aspects in Hebrews 4:12 and 1 Thessalonians 5:23.) Contrary to pantheism, the Bible teaches God is a personal being and we are His created beings. We were meant for a personal relationship with Him, but we are separated from this by sin. Biblical health begins with a right relationship with a personal God through His Son, Jesus Christ. Rather than ignoring sin, it must be dealt with through repentance and restoration. Finally, a Christian must acknowledge that God may have a purpose for suffering, and that there is value to yielding to His plan.

Should a Christian Use Alternative Medicine?

When it comes to selecting an alternative therapy, there is a smorgasbord of choices. How can a Christian discern an acceptable alternative medicine from one that is unacceptable? In making a decision, it is helpful to identify the different alternative medicines. The authors of *Basic Questions on Alternative Medicine: What Is Good and What Is Not?*{6} give five categories of alternative therapies.

The first category is *complementary* therapies. These deal with lifestyle issues such as diet, exercise and stress. The next category is *scientifically unproven* therapies. These have undergone scientific research, but with little evidence for their effectiveness. Herbal remedies would be an example of scientifically unproven therapies.

A third category is *scientifically questionable* therapies.

These are therapies which contradict basic scientific principles or that cannot be easily verified. An example is Chinese acupuncture that teaches a contradictory understanding to what is known about human physiology. A fourth category is *life energy* therapies. These assume life energy called "Chi" or "Prana" that can be manipulated using a variety of techniques. Maybe you have heard of "Reiki" and therapeutic touch. The final category of therapies is *quackery* and *fraud*. These are therapies that have been shown to have no reasonable benefit.

Before deciding to use an alternative medicine, a Christian should consider first under which category the particular therapy falls. Generally speaking, complementary therapies provide important insights into maintaining good health. Scientifically unproven and questionable therapy must be studied and decisions made on a case-by-case basis. Many of the proofs for alternative medicine are based on controversial interpretations of scientific theories or testimonies of users.{7} The wisest approach is to only use cures endorsed by sound medical research and controlled testing. Christians should avoid therapies that fall under the life energy and fraud categories.

Consult your physician and pharmacist. Too often individuals will engage in alternative treatments without informing their physician. Proponents of alternative medicine try to discourage their clients from using conventional medical methods, claiming their way to be the best. This can be a dangerous concept. An alternative therapist may prescribe approaches contrary to your doctor's recommendation, or give you medicines that may react negatively with your prescribed medications.

Finally, be a wise steward. Don't spend your resources on therapies that have been proved ineffective or questionable. Watch out for practitioners of a false religious system. In my pastoral experience, I have witnessed Christians turn to

shamans and Chinese folk medicine when diagnosed with a serious illness. In all cases the alternative therapy did not help the situation and cost the family monetarily. More importantly, it impaired their witness for Christ. Make your lifestyle, especially the way you handle illness, a testimony for Christ.

Life Energy Therapies

As mentioned earlier, there are five categories of alternative medicines. Christians should avoid *life energy* and *quackery* and *fraud* therapies.

Let us take a careful look at life energy therapies. Although there are over 60 different names for these therapies, they are all based on six fundamental principles.{8} Practitioners believe that life energy flows throughout the universe. There are numerous names for this impersonal energy. Traditional Chinese medicine calls this energy "Chi" while Indian Ayurvedic medicine titles it "Prana." Some Christians mistakenly equate this with the Holy Spirit. The two are not the same.

Life energy therapists believe that humans are composed of energy surrounded by a material body. Life energy therapy directs this energy so that it flows throughout the body unhindered. Disease is believed to be the result of an imbalance or blockage in the energy flow. Traditional Chinese medicine describes an elaborate system of channels within the body called meridians. To cure an illness, the body must be manipulated to restore the flow of energy through the meridians.

Traditional Chinese and Indian practitioners believe they can determine one's energy flow by looking at the skin color, symptoms, tongue, and pulse. Therapeutic touch practitioners say they can sense the energy flow by moving their hands above the skin. Supposedly there are now high tech machines that can

measure this energy flow. Many of these machines, for example the Vegatest and its spin-offs, have been deemed fraudulent and are illegal.{9}

It is said that life energy can be re-directed to treat an offending illness. Life energy therapists believe they can adjust the flow of energy through physical manipulation or invisible transfer from healer to patient. In traditional Chinese medicine, needles are used to unplug holes or stimulate the flow of this energy. Massage, exercise, and herbs are also believed to restore Chi as are breathing and meditation techniques.

Miracles are believed to occur by altering the life energy. This is the message presented in *Star Wars*. In the movie, the Jedi masters could control the life energy, or Force, to perform miraculous feats. The concept of God and energy are used interchangeably. From this we can conclude that life energy is, in essence, God. Since we are energy, we are divine because we are of the same essence as the Divine.

Christians should avoid therapists who expound life energy therapy. Many ideas are built on a pantheistic worldview, causing these therapies to embrace or at least acknowledge Eastern mysticism. Also, their teachings have drifted far from objective knowledge of the human body. Finally, God is not an impersonal force, and He cannot be manipulated by formulas or healing rituals. God will not heal through any practice that is contrary to His Word.

Herbal Treatments

Wherever you look, it seems like there is an infomercial or ad for herbal products. According to a 1998 study in *The Journal of the American Medical Association*, between 1990 and 1997, there was a 380 percent rise in herbal remedies and a 130 percent increase in high dose vitamin use in the US.{10} Current estimates say 60-72 million Americans use herbal

supplements.{11} Many herbal treatments make remarkable claims of healing cancer, arthritis, depression, and other illnesses. What are we to make of the herbal craze?

Be discerning if you choose to use herbs. *Natural* does not guarantee *safe*. There are many natural herbs that can produce dangerous, and even deadly, side effects. Be wary of the marketing hype. Despite the ads, the truth of the matter is that research has concluded that the effectiveness of herbal use is questionable at best. You also need to consider quality control. Unlike prescription and non-prescription drugs that are tightly regulated by the FDA, no organization is directly responsible for monitoring the quality or concentrations of herbal products. Be skeptical of "a pill for every ill" mentality. Finally, be sure to avoid anyone who claims to have a secret formula, especially if he reports to have been persecuted by the American Medical Association or Federal Drug Administration. Avoid any retailer, radio ad, or person who is bent on selling his product as a cure-all.

Some herbal treatments are costly and provide no enhancement. However, some herbal supplements *have* shown some promising benefits. Herbal treatments may prove to be helpful additions to conventional treatments. Herbs like ginseng have shown to be beneficial for Type 2 diabetes, for example. Herbal preparations are sometimes less potent in dosage than prescriptions drugs and may be less toxic.

It is important to thoroughly research the product you are considering using. Inform your doctor and pharmacist. They know your medical history and can alert you to any potentially dangerous interactions between herbs and pharmaceutical drugs. Be leery of thinking that if taking a little is good, a heavier dose must be even better. Find out whether the herbs are for long or short term. Check the quality of the product and be aware of the possible side effects. Don't assume that if the product has been used for a while, even for centuries, it must be better.

There is no biblical admonition forbidding the use of herbal products. However, Christians should approach the herbal market from an informed perspective. Some excellent books on the subject are *The American Pharmaceutical Association Practical Guide to Natural Medicines* and *Alternative Medicine: A Christian Handbook*. Excellent Web sites include herbalgram.com and naturalmedicines.therapeuticresearch.com/.

In times of health and especially in dealing with illness, our goal is always to honor the Lord.

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Communicating with the Dead – A Christian Perspective on

Its Reality

Can John Edward and James Van Praagh really communicate with the dead? Michael Gleghorn takes a skeptical and biblical look at the phenomenon of after-death communication.

https://www.ministeriosprobe.org/docs/comunicacion-muertos.html  *This article is also available in Spanish.*

Mediums and the Media

Both John Edward and James Van Praagh are highly sought-after mediums who claim to possess the ability to communicate with the dead. Each has his own Web site and hit television show. They have both authored best-selling books, been interviewed by television personalities and news journalists, and each has about a three-year waiting list for personal readings.

"According to a recent Gallup Poll, 38 percent of Americans believe ghosts or spirits can come back in certain situations. In 1990, it was 25 percent. Today, 28 percent think some people can hear from or 'mentally' talk to the dead, compared with 18 percent 11 years ago."{1} Some believe that the increased interest in after-death communication is a "spillover from the growing interest in alternative medicine and Eastern spirituality."{2} But whatever the cause, the popularity of self-proclaimed mediums like Edward and Van Praagh has soared in recent years.



John Edward was 15 when he first learned of his life's work.{3} He received a reading from a psychic who told him that he would help bring comfort to the living by reuniting them with those who had crossed over to the other side. Since then, John has gone from doing private readings in his home to making appearances on popular radio and television shows. He has been a guest on *Entertainment Tonight, The Crier Report,* and *The Maury Povich Show*, just to name a few. He's also been interviewed by *The New York Times, Entertainment Weekly,* and others. He's authored three books, produced a series of audio tapes that explain how to communicate with the other side, and, since June 2000, he's had his own television show, *Crossing Over with John Edward*.



The story of James Van Praagh is similar. On his Web site we learn that James was 24 when a medium told him that he would be in the same line of work within just two years.{4} Although James was initially skeptical, he soon realized that he indeed had the ability to communicate with the dead. Since that time, James has gone from doing psychic readings for friends, to making television appearances on such shows as NBC's *The Other Side*, *Oprah,* and *20/20.* In addition to writing four books, he's produced two meditation tapes and a video about psychic development. The popular CBS mini-series, *Living with the Dead*, was based on his life and work. And since September 2002, he's been the star of his own television show, *Beyond with James Van Praagh*.

What are Christians to make of all this? Is there good evidence that Edward and Van Praagh can really communicate with the dead? And what, if anything, does the Bible say about such matters? These are just a few of the questions that we will wrestle with in this article.

The Tricks of the Trade

Both John Edward and James Van Praagh claim the mediumistic ability to communicate with the dead. And thousands of adoring fans believe these claims are true. One reporter tells the story of Sally Morrison, who visited Edward after the death of her husband.{5} During the reading, Edward reportedly asked her, "I'm getting a screwdriver; what does that mean to you?" Ms. Morrison remembered that the day before she had spent an hour looking for a screwdriver in her late husband's tool box. Afterward she told the reporter, "It was such an everyday thing to bring up. But to me, it was incredibly comforting, a sign that Paul had been there." Apparently, Ms. Morrison was persuaded that Edward had really made contact with her late husband. Similar stories could also be told of James Van Praagh's apparent successes.

But if this is so, why haven't Edward and Van Praagh managed to convince the skeptics? Michael Shermer, who I must point out is also skeptical of Christianity, observes that there are three techniques commonly used by mediums to convince people of their alleged paranormal powers: cold reading, warm reading, and hot reading.{6} These techniques might be thought of as the tricks of the trade, so to speak.

In cold reading, mediums make use of methods that help them "read" a person who was unknown to them in advance. Such methods may include observing body language, asking questions, and inviting the subject to interpret vague statements.{7} For instance, by carefully observing body language and facial expressions, the medium can often get a good idea of whether

or not he's on the right track. Also, by asking questions and inviting the subject to interpret vague statements, the medium can gain valuable information. This information can then be used later in the reading to make what appear to be stunningly precise revelations from the spirit world. Indeed, Shermer contends that by effectively applying these techniques, the medium actually gets the subject to do the reading for him!{8} Skeptics hold that both Edward and Van Praagh make use of such methods.

Warm reading involves making statements that tend to apply to most anyone. For example, many people carry a piece of jewelry that belonged to their dead loved one. By asking if the subject is carrying such jewelry, the medium has a good chance of making a "hit." This can give the impression that the information was divined from a paranormal source. In reality, of course, it may have been nothing more than a highly probable guess.

The last technique, hot reading, actually involves getting information about a subject *before* the reading begins! But surely Edward and Van Praagh have not availed themselves of such methods. Not according to the skeptics! It appears that both mediums have apparently been caught red-handed using "hot reading" techniques.

Caught in the Act

Skeptics contend that self-proclaimed mediums John Edward and James Van Praagh have both been caught red-handed using "hot reading" techniques. "Hot reading" involves gathering information about a subject *prior* to doing the reading. Although most skeptics agree that such techniques are probably not used as much now as they were by spiritists in the past, there seem to be strong indications that both Edward and Van Praagh have, on occasion, attempted to obtain information about their subjects in advance.

In an article written for the *Skeptical Inquirer*, Joe Nickell describes one such episode involving John Edward.{9} The incident occurred on a *Dateline* special. During a group reading, Edward indicated that the spirits were telling him to acknowledge someone named Anthony. The cameraman signaled Edward that that was his name. Edward appeared surprised and asked, "Had you not seen Dad before he passed?" John Hockenberry, the *Dateline* reporter, was initially quite impressed with this revelation. The cameraman's name was Anthony and his father was dead. Hockenberry later learned what really happened.

Earlier in the day, Anthony "had been the cameraman on another Edward shoot."{10} The two men had talked and Edward had learned of the death of Anthony's father. When confronted by Hockenberry in a later interview, Edward reluctantly admitted as much. Of course, Edward still maintained that he got this information from the spirits as well. But can anyone blame the skeptic for being suspicious?

Michael Shermer relates a similar incident, this one involving James Van Praagh, which occurred on *20/20*.{11} While relaxing during a break, Van Praagh asked a young woman, "Did your mother pass on?" The woman shook her head, but said that her grandmother had died. Unfortunately for Van Praagh, the cameras had accidentally been left rolling during the break. The entire episode was caught on tape! Unaware of this, Van Praagh later turned to the woman during his reading and said, "I want to tell you, there is a lady sitting behind you. She feels like a grandmother to me." Afterward, when confronted by *20/20's* Bill Ritter with the video evidence captured during the break, Van Praagh insisted, "I don't cheat. I don't have to prove . . . I don't cheat. I don't cheat. I mean, come on. . . . " Shermer concludes, "Interesting. No one said anything about cheating. The gentleman doth protest too much."{12}

The fact that both Edward and Van Praagh have been caught using information in their readings that they gained

beforehand ought to alert us to the possibility that these men may not really be what they claim. Still, to be fair, we must at least admit the possibility that these men not only had advanced information about their subjects, but that they also received such information later through a spiritistic revelation. But is this really possible? Let's see what the Bible says about after-death communication.

Saul and the Spirit Medium

In 1 Samuel 28, we read that Israel and the Philistines were preparing to make war with one another. When Saul, the king of Israel, saw the Philistine army, he was filled with fear. Desperate for a word from God, he inquired of the Lord, but the Lord did not answer him. Hoping for guidance by another means, Saul told his servants to find him a medium. At this point in Israel's history this may not have been an easy task, for "Saul had put the mediums and the spiritists out of the land" (1 Sam. 28:3). But why had he done this?

It was actually an act of obedience to the Word of God. In Deuteronomy 18 the Lord had said, "There shall not be found among youa medium, or a spiritist, or one who calls up the dead. For all who do these things are an abomination to the Lord" (vv. 10-12). The Lord had also told His people that they were not to seek out mediums (Lev. 19:31), that the person who did so was to be cut off from his people (Lev. 20:6), and that mediums were also to be put to death (Lev. 20:27). In spite of all these prohibitions against turning to mediums, Saul was apparently so desperate for guidance that he ordered his servants to find him one. They did, and he disguised himself and went to her by night.

Although initially hesitant to practice her art, the medium, not recognizing her client as Saul, eventually agreed to call up the prophet Samuel who had died some time before. "When the woman saw Samuel, she cried out with a loud voice," suddenly

realizing that her client was Saul! (1 Sam. 28:12)

Samuel's message to Saul was both tragic and prophetic: "The Lord will . . . deliver Israel with you into the hand of the Philistines. And tomorrow you and your sons will be with me" (1 Sam. 28:19). Reflecting on these events, the author of Chronicles wrote, "So Saul died for his unfaithfulness . . . against the Lord, because he did not keep the word of the Lord, and also because he consulted a medium for guidance" (1 Chron. 10:13). Whatever truths we may glean from the story of Saul and the medium, it clearly does not sanction man's attempt to communicate with the dead.{13}

But does it confirm that after-death communication is really possible? Although some have speculated that the spirit of Samuel was actually a demonic spirit, the text repeatedly identifies the spirit as Samuel (vv. 12, 14, 15-16) and nowhere even hints that it might be a demon. Thus, we are forced to conclude that after-death communication is not intrinsically impossible. But here we must be careful. Possibility does not suggest probability. The text seems to imply that God allowed Samuel's special return in order to pronounce judgment against Saul (vv. 16-19). And as we'll see, there are good reasons to believe that this was, in fact, an exceptional event.

The Rich Man and Lazarus

Jesus' story of the rich man and Lazarus (Luke 16:19-31) clearly suggests the immense improbability of the dead communicating with the living. Both the rich man and Lazarus died. Lazarus went to "Abraham's bosom," a place of paradise for the righteous dead (Luke 16:22). The rich man went to Hades, a place of conscious torment for the unrighteous. Though separated by a great chasm, the rich man could still see and speak with those dwelling in paradise. He called out to Abraham, asking that Lazarus be sent to warn his brothers,

lest they share his torment in the afterlife. But Abraham refused, saying that if they would not listen to the Word of God, they also would not listen if someone rose from the dead.

But why didn't the rich man just go and warn his brothers himself? After all, if it were a simple matter for the dead to communicate with the living, then why did the rich man ask that Lazarus be sent to warn his brothers? Apparently, the rich man was not *able* to warn his brothers. He could not escape his place of punishment to do so.

But wouldn't it also, then, be impossible for Lazarus to warn them? Not necessarily. Although it seems to be a rare occurrence, it appears that the righteous dead are, on occasion, permitted by God to communicate with those still alive on earth. The Old Testament records the appearance of Samuel to Saul (1 Samuel 28), and the New Testament records the appearance of Elijah and Moses to Jesus and some of his disciples on the Mount of Transfiguration (Matthew 17). Nevertheless, the biblical evidence indicates that after-death communication is extremely rare.

Does this mean that mediums like John Edward and James Van Praagh are charlatans? Skeptics certainly think so, and the skeptics may be right. But the Bible allows for another possibility; namely, that the spirits with whom Edward and Van Praagh claim to communicate are not human at all, but demonic. Consider the following.

The Bible indicates that messages from the human dead are extremely rare. It's therefore unlikely that Edward and Van Praagh should receive such messages all the time. In addition, listen to what the spirits are alleged to say. Do any of them, like the rich man, strive to warn their relatives about a place of conscious torment? Do they urge repentance for sin or the need for personal faith in Christ? On the contrary, such important Christian doctrines are typically either ignored or denied. But if the Bible is truly God's Word, and the spirits

deny its teachings, then who are these spirits likely to be?

Of course, maybe Edward and Van Praagh aren't really communicating with spirits at all. But if at times they are, I fear it's probably with demonic spirits – not spirits of the human dead.

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Character of the Cults: A Christian Perspective

Written by Patrick Zukeran

Dr. Zukeran compares the beliefs of several modern cults against a conservative biblical worldview. This analysis makes it readily apparent that cults are not representing a scriptural view of true Christianity.

Challenge of the Cults

This church is growing so rapidly, sociologist Rodney Stark predicts that by the year 2080, it will become the most important world religion to emerge since the rise of Islam.{1} What church is Dr. Stark describing? It is not a Christian church but the Mormon Church, an organization labeled as a cult. The rise of the Mormon Church represents the growing challenge facing the church, the kingdom of the cults.

What is a cult? The greatest authority on the cults, the late Dr. Walter Martin, described a cult as "A group of people gathered around a specific person's misinterpretation of the

Bible."{2} Cults are groups that claim to be in harmony with Christianity but deny foundational Christian doctrines such as the Trinity or the unique deity of Jesus Christ.

In Matthew 7:15-17, Jesus gives us a warning about the coming of the cults. He states, "Watch out for false prophets. They come to you in sheep's clothing but inwardly they are ferocious wolves. By their fruit you will recognize them." What Jesus was warning was that cultists will look, act, and sound like Christians. However, that is only in external appearance. One can parade as a true believer for a time, but eventually one's words, actions, and especially one's beliefs—their "fruit"—will give one away as a counterfeit.

The growth of the cults can be attributed to several factors. First, it is a fulfillment of the warning given by Jesus and the apostles. In Matthew 24:23-26, Jesus warns us that as His return draws near, there will be an increase in false prophets who will ensnare many in their false teachings. In 2 Peter 2:1-3, Peter warns us that false teachers will arise from within the church.

The second factor in the growth of the cults is the breakdown of the family. Cults provide the family atmosphere many from broken homes long for; the cult leader often takes the place of a father figure.

Finally, we can attribute the growth of the cults to the failure of the church. As my mentor repeatedly stated, "The cults are the unpaid bills of the church." The cults thrive because Christians are lacking in biblical and theological understanding. Dr. Martin stated, "The rise of the cults is directly proportional to the fluctuating emphasis which the church has placed on the teachings of biblical doctrine to Christian laymen. To be sure, few pastors, teachers, and evangelists defend adequately their beliefs, but most of them – and most of the average Christian laymen – are hard put to confront and refute a well-trained cultist of almost any

variety."{3} If the church engaged in solid and in-depth Bible teaching, the cults would not flourish as they do today.

Doctrinal Character of the Cults

How do you know if a religious group is a cult? Jesus said that you will know false prophets by their fruits. In stating this he was not only speaking of their words and actions but of their doctrinal beliefs as well. Cults deviate from biblical Christianity in several key areas of doctrine.

Cults promote false teaching on the nature of God. The Bible teaches there is one God revealed in three distinct persons: the Father, the Son, and the Holy Spirit. The central feature that distinguishes cults from biblical Christianity is the doctrine of the Trinity. All cults have a distorted view of this doctrine. For example, the Jehovah's Witnesses condemn the doctrine of the Trinity, and Mormons teach tritheism, three gods who make up the godhead.

Second, cults teach a false view of Jesus. The Bible teaches that Christ is 100 percent man and 100 percent God. This has been called the *hypostatic union*. In 2 Corinthians 11:4, Paul warned about false teachers teaching another Jesus. A modern-day example of false teaching is Christian Science which teaches that Jesus was not God but a man who displayed the Christ idea. He neither died for sins, nor was He resurrected.

Third is a false teaching on salvation. All cults have a works-oriented Gospel. The death of Christ is believed to give followers the *potential* to be saved. So after believing in Christ, one must serve the organization to attain salvation. Salvation is found in the organization and one is never really sure if one has done enough to be worthy of salvation. In the International Church of Christ, for example, disciples are scrutinized by their discipler daily to determine if they performed as worthy disciples. Failure to meet the standards may result in discipline. Disciples can never be certain they

have done enough for salvation.

Fourth, there is extra-biblical revelation and the denial of the sole authority of the Bible. Cults claim that extra revelation is given to the leader whose words are seen as inspired by God and equal to the Bible. If there is a conflict between the Bible and the leader's words, the latter takes precedence. So in reality, the leader's writings take precedence over the Bible. When interacting with cultists, I often hear them claim their teachings are consistent with the Bible. However, when I point out where their teachings deviate from the Bible, they eventually claim the Bible to be in error. In most cases, cultists claim the Bible has somehow been corrupted by the church.

Sociological Structure of the Cults

Not only do cults deviate doctrinally from biblical Christianity, they have distinctive sociological characteristics. The first is authoritarianism. The leader or organization exercises complete control over a follower's life. The words of the leadership are ultimate and often considered divinely inspired. Going against the leadership is equivalent to going against the commands of God.

The second characteristic is an elitist mentality. Most cults believe they are the true church and the only ones who will be saved. This is because the group believes they have new revelation or understanding that gives them superior standing.

Third is isolationism. Due to their elitist mentality, cultists believe those who do not agree with them are deceived or under the influence of Satan. Therefore, many feel their members must be protected from the outside world, and physical or psychological barriers are created. Members are prohibited from communicating with those outside the organization who do not agree with the teachings of the group.

Fourth, there is closed-mindedness and the discouragement of individual thinking. Because of its authoritarian nature, leaders are the only ones thought to be able to properly interpret the Bible. All members are to turn to the organization for biblical interpretation and advice on life decisions. Therefore, individual thinking and questioning is discouraged. There is an unwillingness to dialogue and consider other viewpoints.

Fifth is a legalistic lifestyle. As mentioned earlier, salvation is not based on grace; cults teach a works-oriented gospel. This leads to a lifestyle of legalism. Followers must live up to the group's standards in order to attain or maintain their membership and hope for eternal life. Followers are required to faithfully serve, and attend meetings, studies, and services. As a result, there is tremendous pressure to live up to the requirements of the organization.

Finally there is a difficult exit process. Since salvation is found in the organization, leaving the organization is considered by many to be leaving God. All former members who leave cults are shunned by members which often includes members of their own family. Many are warned that if they leave, they will be condemned to hell, or seduced by Satan. Many ex-members are harassed by the organization even after they leave. Exiting members often end up distrusting any religious organization and end up feeling isolated and alone.

Life in the cults is marked by fear of judgment, pressure, and legalism. This is a far cry from what we are taught in the Bible. Jesus and the apostles taught that the new life in Christ is one of grace, love, and freedom from the law. In Matthew 11:28, Jesus said, "Come to me all who are weary and heavy laden and I will give you rest." The peace and rest promised by Christ is seldom experienced by those in the cults.

Cultic Methodology

When you receive a knock on your door in the mornings, who do you assume it to be? A salesman? A Girl Scout selling cookies? For many of us, we assume it to be a Jehovah's Witness or a Mormon missionary looking to tell us about his or her organization. One of the reasons cults have grown is their methodology.

The methods cults use to win converts are moral deception, aggressive proselytizing, and Scripture twisting. By moral deception I mean cults use Christian terminology to win converts. For example, New Agers use the term *born again* to support reincarnation. Mormons use terms like the *Trinity* and *salvation by grace* but these terms have different meanings than what the Bible teaches. Therefore, many untrained Christians are deceived into believing these groups are actually Christian.

Aggressive proselytizing is another method of the cults. Although many Christian groups use aggressive evangelism, they do so out of a love for God and a desire to see others come to know Christ. Many cultists proselytize for much the same reasons but added to this is the desire to win God's approval. They work *for* grace rather than *from* grace. The cults require their members to evangelize. Many groups hold their members accountable for the number of hours they spend witnessing for the organization. Many members feel guilty if a day or so goes by without them proselytizing.

Scripture twisting is another method of the cults. Cultist quote verses in the Bible that support their position, but skip over the verses that do not. Often, there is gross misinterpretation of Scripture so that contradictory verses will better fall in line with their views.

For example, Jehovah's Witness and Mormons try to use verses to show Jesus is a created being. However, their position is

easily shown to be incorrect when you explain the context and correct meaning of the terms. Also, when you show additional verses that contradict their position, they are often surprised and realize they have never seen those verse before or that the organization's explanations of those verses are unable to be supported.

To successfully engage in conversation and effectively witness to those in the cults, Christians must be prepared in the following ways. First Peter 3:15 states that we must always be "prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect." We must be prepared by knowing the word of God through diligent study of it. Second, we must be prepared to overcome our fears and lovingly reach out to cult members, exercising the fruits of patience and gentleness as we share the truth.

Danger of the Cults

The rise of the cults pose a serious challenge to the church because they present several dangers to the church and families involved. First, there is a spiritual danger. First Timothy 4:1 states "…that in later times some will abandon the faith and follow deceiving spirits and things taught by demons." Ultimately the spirit behind all lies and deception is the devil, so the ultimate force behind the cults is the evil one.

Galatians 1:8 states, "But even if we or an angel from heaven should preach a gospel other that than the one we preached to you, let him be eternally condemned." The false gospel of the cults cannot lead anyone to salvation. There are eternal consequences for false beliefs. For this reason Jesus and the apostles are very harsh on false teachers.

There is also a psychological danger. The mind controlling

techniques used by the organizations can cause immense damage mentally and emotionally. Living under the pressure, guilt, and dependence on the organization has proven to have tremendous negative effects on individuals.

Third, there is domestic danger. Individuals are taught that loyalty to the organization is equivalent to allegiance with God. Therefore, loyalty to the organization supercedes loyalty to family. Thus, if a family member begins conducting himself in a way the organization does not approve of, the cult will often separate the family from the individual member. Isolation can be emotional or physical. Numerous families have been separated as a result.

In some cases there is a physical danger. The teachings of David Koresh cost the Branch Davidians their lives. Hobart Freeman taught that believers did not need medicine for illnesses, and told his followers to throw all theirs away. As a result, he and fifty-two of his members died from curable conditions.

In light of this threat, what are Christians called to do? First, we are called to study and know the Word of God. Paul writes to Timothy and all saints saying, “Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.” Christians should master the Bible so that they will not be deceived by any false teaching. Second, Titus commands us to be able to confront and refute false teachers. Finally, in Acts 20, Paul exhorts the leaders of the church to protect their flock from the false teachers that will prey upon the sheep. Every Christian is called to know the truth so well they can confront false teaching, and protect their church and family from it.

Notes

1. Richard Ostling, *Mormon America* (San Francisco, Calif.: Harper Collins Publishing Inc. 1999), p. XVI.

2. Walter Martin & Hank Hannegraph, *The Kingdom of the Cults* (Minneapolis, Mich.: Bethany House Publishers, 1997), p. 17.

3. Norman Geisler, *When Cultists Ask* (Grand Rapids, Mich.: Baker Books, 1997), p. 15.

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Wicca: A Biblical Critique

Dr. Michael Gleghorn examines some of the fundamental doctrines of Wicca, offers a biblical critique of those doctrines, and highlights the differences between Wicca and Christianity.

 *This article is also available in Spanish.*

The Goddess and the God

By some estimates, Wicca "appears to be the fastest growing religion in America."{1} But what exactly is "Wicca" anyway? One scholar writes, "The modern religion of Wicca, otherwise known as Old Religion, Magick, Witchcraft, the Craft, and the Mysteries, is part of the neo-pagan movement."{2} In this article I hope to accomplish two things. First, I want to outline some of the fundamental doctrines of Wicca; second, I want to offer a biblical critique of those doctrines.

Let's begin with Wiccan theology. Although some Wiccans are devoted exclusively to the Goddess, most worship both the Goddess and the God. Raven Grimassi, a Wiccan scholar, has written, "The Source of All Things, also known as the Great Spirit, is generally personified in Wiccan belief as a Goddess and a God."{3}

It's important to point out that the Goddess and God are merely *personifications* of this ultimate source of all things. The Source itself is both "unknowable" and "incomprehensible."{4} It is perhaps for this reason that some "Neo-Wiccans" have simply abandoned such personifications altogether, choosing rather to view the gods as simply "detached metaphysical concepts."{5} But for those who embrace

such personifications, the Goddess has often been associated with the moon (and has thus sometimes been called the *Queen of Heaven*).{6} She is also known in three aspects, corresponding to the three stages of a woman's life: Maiden, Mother, and Crone.{7} She was alleged to have reigned "with a male consort called *The Horned One* who was a nature god and was also associated with the sun."{8} Interestingly, this god was not only viewed as the consort of the Goddess, he was also her son as well. Each year he was born of the Goddess, became her lover, and died-only to be reborn once more the following year from his own seed! This was known as the Year God cycle and was associated with the fertility of the land and the annual cycles of seedtime and harvest.{9}

Interestingly, modern Wicca shares many similarities with the ancient fertility religions of Canaan, religions specifically condemned by God in the Bible.{10} For instance, the Wiccan Goddess is revered by some as the *Queen of Heaven,* by others as *Astarte*.{11} But in the Bible, the worship of Ishtar, the queen of heaven, and Astarte, or Ashtoreth, is repeatedly condemned, as is the worship of her consort, known sometimes as Baal, sometimes as Tammuz.{12} Thus in Judges 2:11-13 we read: "Then the sons of Israel did evil in the sight of the Lord . . . they provoked the Lord to anger . . . they forsook the Lord and served Baal and the Ashtoreth." But if the only true God rejected the ancient Canaanite religions and their practices, would His reaction to modern Wicca likely be any different?

The Watchers

"The Watchers is a concept common to most Wiccan Traditions, although they are viewed differently by the various systems within Wicca."{13} Raven Grimassi describes these "Watchers" as "an ancient race who have evolved beyond the need for physical form."{14} However, he is quick to add that, historically, the "Watchers" have been conceived in a

diversity of ways. For instance, in the early Stellar myths the Watchers were "gods who guarded the Heavens and the Earth."{15} Later, he says, "the Greeks reduced them to the Gods of the four winds, and the Christians to principalities of the air."{16}

The connection, observed by Grimassi, between the Wiccan concept of the Watchers and the Christian concept of angels may find some validation in the Bible. In Daniel 4:13-17, the pagan king Nebuchadnezzar relates a dream to Daniel. He tells him that during the dream a "watcher, a holy one, descended from heaven" and pronounced a judgment that is said to be "by the decree of the watchers . . . a command of the holy ones . . . that the living may know that the Most High is ruler over the realm of mankind." Most conservative commentators understand the "watchers" in this passage to be angels. One commentator writes, "The king is probably referring to the angels which were known to him through the Babylonian religion."{17} But that these beings are indeed the biblical angels seems evident from the fact that they are acting as *messengers* of the Most High God.{18}

In light of this connection between the "watchers" and angels, it is interesting to note that "Rabbinic and Cabalistic lore" made a distinction between good and evil Watchers.{19} This distinction parallels the biblical distinction between good and evil angels, or angels and demons. Indeed, Grimassi notes, "In the *Secret Book of Enoch*, the Watchers . . . are listed as rebellious angels who followed Sataniel in a heavenly war."{20} We find a similar incident recounted in Revelation 12:7-9, where we read of a heavenly war in which Michael and his angels cast Satan and his angels from heaven to earth.

With this in mind it is interesting to note that Richard Cavendish, in his book *The Powers of Evil*, "lists the Watchers as the Fallen Angels that magicians call forth in ceremonial magick."{21} This remark is especially noteworthy when one considers Grimassi's comments concerning "the relationship

that exists between a Wiccan and the Watchers."{22} Grimassi points out that "every act of magick that a Wiccan performs is observed and noted by the Watchers."{23} Furthermore, he says, "There is a definite link between the 'powers' of a Wiccan and their rapport with the Watchers."{24} But since the God of the Bible clearly prohibits magic, is it likely that these "Watchers" should be thought of as good spirits (inasmuch as they oppose the ordinance of God)?{25}

The Art of Magick

Wiccans view magick as a genuine possibility because of humanity's intrinsic connection both to Deity and a supernatural order. Raven Grimassi states: "The art of magick is one of creation. . . . The power to create from *thoughts* is linked to the divine spark within us. We create in accordance with the divine formula that created all things."{26}

But how is this possible? Grimassi explains, "The astral plane is the link between the divine world and the physical. . . . Whatever manifests on the astral plane will eventually manifest on the physical plane."{27} And human thought can manifest on the astral plane.{28} Thus, for one accomplished in the art of Wiccan magick, the power to secure a desired effect in the physical world is alleged to begin with the careful creation of a thought-form on the astral plane.{29} Grimassi continues: "Thought-forms begin to appear in the astral material, which then become vehicles for the spirits or deities that have been invoked (through which they will respond to the desire of the magickal intent)."{30} If done properly, "the magickal seeds planted in the astral plane" will eventually bear fruit on the physical plane.{31} This is the basic theory behind Wiccan magick. And one practitioner has boasted, "No matter what type of coven magic is used, it is usually effective."{32}

Might there actually be some truth to this? Indeed, there might. The book of Exodus tells us that the Egyptian magicians

were able to duplicate, by means of "their secret arts," the initial plagues God brought upon Egypt!{33} Furthermore, the text never hints that this was done by any means other than some genuine secret power. In light of this we might ask why God is so opposed to the practice of magic. After all, couldn't such power be used for good, as well as evil? But God specifically warned the Israelites: "There shall not be found among you anyone" who practices divination, witchcraft, sorcery, or spiritism.{34} Why is this?

Could it be that the "secret power" of magick is due, not to its various rituals, symbols and gestures, but rather to the supernatural intervention of spirit beings? In Acts 16 we read of a demon-possessed slave-girl described as "having a spirit of divination . . . who was bringing her masters much profit by fortunetelling."{35} This passage clearly ties the power of divination to demons. With this in mind, it's interesting to remember Grimassi's admission: "There is a definite link between the 'powers' of a Wiccan and their rapport with the Watchers."{36} Wiccans view the Watchers as a race of highly evolved spiritual beings.{37} But these beings are linked with angels and demons in other religious literature (including the Bible).{38} Is it possible that God prohibits magic because He wants to protect people from involvement with demons?

The Summerland and Reincarnation

Like Christians, Wiccans do not believe that physical death is the end of personal existence. Nevertheless, in its details the Wiccan doctrine of the "afterlife" differs substantially from the biblical view. How so?

To begin, Wiccans do not accept the biblical doctrines of heaven and hell. Rather, they believe that after physical death, "Wiccans pass into a spirit world known as the Summerland . . . a metaphysical astral realm of meadows, lakes, and forests where it is always summer. It is a Pagan paradise filled with all the lovely creatures of ancient lore,

and the gods themselves dwell there."{39} The Summerland is viewed as a place of rest and renewal for the soul before its rebirth into the physical world.{40}

The belief in the soul's rebirth into the physical world, also known as reincarnation, is another way in which Wiccan doctrines differ from those of biblical Christianity. Though the doctrine of reincarnation is completely unbiblical, many Wiccans actually believe it is taught in the Bible. Raven Grimassi cites John 9:1-3 as evidence that even Jesus and His disciples believed in reincarnation!{41} In this passage Jesus' disciples ask Him about a man born blind: "'Rabbi, who sinned, this man or his parents, that he should be born blind?' Jesus answered, 'It was neither that this man sinned, nor his parents; but it was in order that the works of God might be displayed in him.'" Grimassi comments: "Jesus does not denounce the question of this man's existence prior to this birth, but explains that [his blindness] had nothing to do with his sins prior to his present life."{42} But is this interpretation correct? Is Jesus really affirming that this man existed *prior* to his present life?

It's important to understand both the disciples' question, and Jesus' response, from within the historical context of first century Judaism. "The Jewish theologians of that time gave two reasons for birth defects: *prenatal sin* (before birth, *but not* before conception) and *parental sin*."{43} In other words, first century Jewish rabbis did not believe that birth defects resulted from bad karma in a previous incarnation! Rather, they thought such defects arose either from the sins of the parents being visited upon their children, or from the sin of the child while still in the mother's womb.{44} Although Jesus denies that either of these causes was responsible for this man's blindness, we must still bear in mind that His *disciples* were asking this question from within a first century Jewish context. We must also remember that elsewhere the New Testament explicitly affirms, "[I]t is appointed for men to

die once and after this comes judgment."{45} Thus, far from affirming the Wiccan doctrine of reincarnation, the New Testament clearly denies it.

Is Wicca Another Way to God?

Scott Cunningham claimed, "All religions have one ideal at their core: to unite their followers with Deity. Wicca is no different."{46} He also wrote, "Perhaps it's not too strong to say that the highest form of human vanity is to assume that your religion is the only way to Deity."{47} But is it really true that there are many ways to God, or is there only one?

Although it's quite common in today's pluralistic society to assume that all the enduring religious traditions of mankind are equally valid ways to God or Ultimate Reality, there are tremendous philosophical difficulties with this belief. Since we are here concerned with both Wicca and Christianity, let's briefly compare some of the fundamental tenets of these two religions and see what we come up with.

Wiccans appear to believe in the essential divinity of human nature. Raven Grimassi writes, "[E]verything bears the 'divine spark' of its creator."{48} He also claims, "Souls are like brain cells in the mind of the Divine Creator, individual entities and yet part of the whole."{49} Thus, there doesn't seem to be any clear distinction in Wicca between humanity and Deity. This explains why the Witch Starhawk could confidently declare, "there is nothing to be saved *from* . . . no God outside the world to be feared and obeyed."{50}

Christianity, however, maintains a firm distinction between God and man. Man is created in God's image, but he is neither God nor a part of God. Furthermore, although man bears God's image, his nature has been corrupted by sin, which separates him from God. Man's need, therefore, is to be saved from his sins and reconciled to God. This explains the significance of Christ for Christianity. As Peter put it, "Christ . . . died

for sins once for all . . . that He might bring us to God."{51} Christians believe that God dealt fully and finally with man's sin through the death and resurrection of His Son.{52} Thus, contrary to Wicca, Christianity teaches that there *is* something to be saved from and that there *is* a God outside the world to be both feared and obeyed.

Because of their differences, the law of non-contradiction makes it impossible for both of these religions to be true. It's therefore interesting to note Charlotte Allen's observation: "In all probability, not a single element of the Wiccan story is true. The evidence is overwhelming that Wicca is . . . a 1950s concoction . . . of an English civil servant and amateur anthropologist" named Gerald Gardner.{53} But surely such questionable historical origins cast doubt on the truth of Wiccan religious beliefs as well. Christianity, however, is firmly rooted in the historical reality of Jesus of Nazareth, whose claim to be the *only* way to God was clearly vindicated when God "furnished proof to all men by raising Him from the dead."{54}

Notes

1. Charlotte Allen, "The Scholars and the Goddess" *The Atlantic Monthly* (January 2001): 18.

2. Fritz Ridenour, *So What's the Difference?* (Ventura, California: Regal Books, 2001), 209.

3. Raven Grimassi, *The Wiccan Mysteries: Ancient Origins and Teachings* (St. Paul, Minnesota: Llewellyn Publications, 2000), 33.

4. Scott Cunningham, *The Truth About Witchcraft Today* (St. Paul, Minnesota: Llewellyn Publications, 1999), 76.

5. Grimassi, *The Wiccan Mysteries,* 33.

6. Ibid., 25.

7. Cunningham, *The Truth About Witchcraft Today,* 73.

8. Grimassi, *The Wiccan Mysteries,* 26.

9. Ibid., 88-89.

10. Ridenour, *So What's the Difference?,* 210. This is not to imply, of course, that Wicca itself is ancient. The antiquity of Wicca has been seriously challenged by modern scholarship.

11. Grimassi, *The Wiccan Mysteries*, 25; Cunningham, *The Truth About Witchcraft Today,* 72.

12. For instance, see Judges 2:11-17; 2 Kings 23:4-14; Jeremiah 44:15-23; Ezekiel 8:14-15. For documentation concerning the consort of Ashtoreth being Baal and/or Tammuz see J.D. Douglas and Merrill C. Tenney, eds. *The New International Dictionary of the Bible* (Grand Rapids, Michigan: Zondervan, 1987), s.v. "Ashtoreth," 100-01; "Tammuz," 986. For documentation that Ishtar, the queen of heaven, was associated with Tammuz see Trent C. Butler, gen. ed. *Holman Bible Dictionary* (Nashville, Tennessee: Holman Bible Publishers, 1991), s.v. "Ishtar," 721; "Tammuz," 1321.

13. Grimassi, *The Wiccan Mysteries,* 99.

14. Ibid., 100.

15. Ibid., 101.

16. Ibid.

17. Edward J. Young, *The Prophecy of Daniel: A Commentary* (Grand Rapids, Michigan: Eerdmans Publishing Co., 1978), 103.

18. Compare Daniel 4:17 with 4:24.

19. Grimassi, *The Wiccan Mysteries,* 102.

20. Ibid.

21. Ibid., 103.

22. Ibid., 106.

23. Ibid.

24. Ibid. This is not to imply that Wiccans explicitly worship Satan or demons (understood in the Christian sense). They are very careful to say they do not, and we should take them at their word. At the same time, is it legitimate to ask if one can be deceived by the devil without actually worshipping the devil? For while Wiccans may not worship the devil, the Bible seems to indicate that they have nonetheless been deceived by him. Wicca, for example, rejects the biblical doctrines of God, man, Christ, sin, salvation, etc. As a religion, therefore, Wicca helps prevent men and women from coming to a saving knowledge of God through faith in Jesus Christ. The Bible, however, declares that this is also one of the activities of Satan! It reveals that the devil "has blinded the minds of the unbelieving" to keep them from saving faith in Christ (see 2 Cor. 4:3-4). It is for this reason that Christians, while acknowledging that Wiccans do not worship the devil, nonetheless view the religion of Wicca as a means of Satanic deception since it keeps its followers from saving faith in Christ.

25. See Deuteronomy 18:9-13.

26. Grimassi, *The Wiccan Mysteries*, 140.

27. Ibid.

28. Ibid., 150.

29. Ibid., 140-41.

30. Ibid., 140.

31. Ibid., 159.

32. Cunningham, *The Truth About Witchcraft Today,* 125.

33. See Exodus 7:11-12, 22; 8:6-7.

34. See Deuteronomy 18:9-13.

35. See Acts 16:16-18.

36. Grimassi, *The Wiccan Mysteries*, 106.

37. Ibid., 100.

38. Ibid., 101-03.

39. Ibid., 30.

40. Ibid., 32.

41. Ibid., 113.

42. Ibid.

43. Norman L. Geisler and Ron Rhodes, *When Cultists Ask: A Popular Handbook on Cultic Misinterpretations* (Grand Rapids, Michigan: Baker Books, 1997), 175.

44. Ibid.

45. Hebrews 9:27.

46. Cunningham, *The Truth About Witchcraft Today,* 77.

47. Ibid., 66.

48. Grimassi, *The Wiccan Mysteries*, 26.

49. Ibid., 27.

50. Starhawk (Miriam Simos), *The Spiral Dance: A Rebirth of the Ancient Religion of the Great Goddess* (San Francisco: Harper and Row, 1979), 9, cited in Ridenour, *So What's the Difference*, 213.

51. 1 Peter 3:18.

52. See Romans 4:25.

53. Allen, “The Scholars and the Goddess,” 19.

54. See John 14:6 and Acts 17:31.

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Yoga and Christianity: Are They Compatible? – A Biblical Worldview Perspective

Michael Gleghorn takes a hard look at yoga to determine if the practice is compatible with Christian living. After examining the spiritual underpinnings of yoga and the relationship of the physical aspects to the spiritual teaching, he concludes that Christians seeking physical exercise would be wise to consider techniques other than yoga.

 *This article is also available in Spanish.*

What is Yoga?

What is yoga? For many in the West, yoga is simply a system of physical exercise, a means of strengthening the body, improving flexibility, and even healing or preventing a variety of bodily ailments. But if we inquire into the history and philosophy of yoga we discover that “much more than a system of physical exercise for health, Yoga is . . . [an] ancient path to spiritual growth.” It is a path enshrined in much of the sacred literature of India.{1} Thus, if we truly

want a better understanding of yoga, we must dig beneath the surface and examine the historical roots of the subject.

Before we begin digging, however, we must first understand what the term "yoga" actually means. "According to tradition, 'yoga' means 'union,' the union…of the finite 'jiva' (transitory self) with the infinite'…Brahman' (eternal Self)."{2} "Brahman" is a term often used for the Hindu concept of "God," or Ultimate Reality. It is an impersonal, divine substance that "pervades, envelops, and underlies everything."{3} With this in mind, let's briefly look at three key texts that will help us chart the origin and development of yoga within India.

It appears that one can trace both the practice and goal of yoga all the way back to the *Upanishads*, probably written between 1000-500 B.C.{4} One *Upanishad* tells us: "Unite the light within you with the light of Brahman."{5} Clearly, then, the goal of yoga (i.e. union with Brahman) is at least as old as the *Upanishads.*

In addition, the word "yoga" often appears in the *Bhagavad Gita,* a classic Hindu text possibly written as early as the fifth century B.C.{6} In chapter 6, Krishna declares: "Thus joy supreme comes to the Yogi . . . who is one with Brahman, with God."{7}

Finally, in about A.D. 150, the yogi Patanjali systematized yoga into eight distinct "limbs" in his *Yoga Sutras*. These eight limbs are like a staircase, supposedly leading the yogi from ignorance to enlightenment. In order, the eight limbs are: *yama* (self-control), *niyama* (religious observances), *asana* (postures), *pranayama* (breathing exercises), *pratyahara* (sense control), *dharana* (concentration), *dhyana* (deep contemplation), and *samadhi* (enlightenment).{8} It's interesting to note that postures and breathing exercises, often considered to be the whole of yoga in the West, are steps three and four along Patanjali's "royal" road to union

with Brahman.

We see that yoga is an ancient spiritual discipline deeply rooted in the religion of Hinduism. This being so, we may honestly wonder whether it's really wise for a Christian to be involved in yoga practice. Next, we'll continue our discussion by examining some of the important doctrinal differences between yoga and Christianity.

Yoga and Christianity: What are the Differences?

Many people today (including some Christians) are taking up yoga practice. We'll later consider whether yoga philosophy can truly be separated from yoga practice, but we must first establish that there are crucial doctrinal differences between yoga and Christianity. Let's briefly look at just a few of these.

First, yoga and Christianity have very different concepts of God. As previously stated, the goal of yoga is to experience union with "God." But what do yogis mean when they speak of "God," or Brahman? Exactly what are we being encouraged to "unite" with? Most yogis conceive of "God" as an impersonal, spiritual substance, coextensive with all of reality. This doctrine is called pantheism, the view that everything is "God." It differs markedly from the theism of biblical Christianity. In the Bible, God reveals Himself as the personal Creator of the universe. God is the Creator; the universe, His creation. The Bible maintains a careful distinction between the two.{9}

A second difference between yoga and Christianity concerns their views of man. Since yoga philosophy teaches that everything is "God," it necessarily follows that man, too, is "God." Christianity, however, makes a clear distinction between God and man. God is the Creator; man is one of His creatures. Of course man is certainly unique, for unlike the

animals he was created in the image of God.{10} Nevertheless, Christianity clearly differs from yoga in its unqualified insistence that God and man are distinct.

Finally, let's briefly consider how yoga and Christianity differently conceive man's fundamental problem, as well as its solution. Yoga conceives man's problem primarily in terms of ignorance; man simply doesn't realize that he is "God." The solution is enlightenment, an experience of union with "God." This solution (which is the goal of yoga) can only be reached through much personal striving and effort. Christianity, however, sees man's primary problem as sin, a failure to conform to both the character and standards of a morally perfect God. Man is thus alienated from God and in need of reconciliation. The solution is Jesus Christ, "the Lamb of God who takes away the sin of the world."{11} Through Jesus' death on the cross, God reconciled the world to Himself.{12} He now calls men to freely receive all the benefits of His salvation through faith in Christ alone. Unlike yoga, Christianity views salvation as a free gift. It can only be received; it can never be earned.

Clearly, Christianity and yoga are mutually exclusive viewpoints. But is every kind of yoga the same? Isn't there at least one that's exclusively concerned with physical health and exercise? Next, we'll take a closer look at hatha yoga, the one most often believed to be purely physical in nature.

What Is Hatha Yoga?

Here we've learned that yoga is an ancient spiritual discipline rooted in a belief system that is utterly incompatible with Christianity. But is this true of *all* yoga? Isn't *hatha* yoga simply concerned with physical development and good health?

Hatha yoga is primarily concerned with two things: *asana* (physical postures) and *pranayama* (breathing exercises). But

it's important to realize that both asana and pranayama also play a significant role in Patanjali's *raja* (or "royal") yoga. In the traditional eight "limbs" of Patanjali's system, asana and pranayama are limbs three and four. What then is the relationship of hatha to raja yoga?

Former yoga practitioner Dave Fetcho states that yoga postures "evolved as an integral part of Raja . . . Yoga."{13} He points out that the author of the famous handbook, the *Hatha Yoga Pradipika,* "presents Hatha . . . solely and exclusively for the attainment of Raja Yoga."{14} He also cites a French yoga scholar who claims, "the sole purpose of . . . Hatha Yoga is to suppress physical obstacles on the . . . Royal path of Raja Yoga and Hatha Yoga is therefore called 'the ladder to Raja Yoga.'"{15} Fetcho concurs, noting that the physical postures are "specifically designed to manipulate consciousness…into Raja Yoga's consummate experience of *samadhi:* undifferentiated union with the primal essence of consciousness."{16} These statements should make it quite clear that hatha, or physical, yoga has historically been viewed simply as a means of aiding the yogi in attaining enlightenment, the final limb of raja yoga.

This is further confirmed by looking at Iyengar yoga, possibly the most popular form of hatha yoga in the U.S. The Web site for the Iyengar Yoga Institute of San Francisco states: "BKS Iyengar studies and teaches yoga as unfolded in the Yoga Sutras of Patanjaili [sic] and the Hatha Yoga Pradipika among other classical texts. Thus Asana, or postures, are taught as one of the eight limbs . . . of yoga defined by Patanjali."{17} In fact, the ultimate goal of Iyengar hatha yoga is precisely the same as that of Patanjali's raja yoga.{18} Both aim to experience union with "God," Brahman, or universal consciousness.

If all these things are so, it seems increasingly apparent that hatha yoga may ultimately involve its practitioners in much more than physical exercise. Although it may not be

obvious at first, the ultimate goal of hatha is the same as every other form of yoga: union of the self with an impersonal, universal consciousness. We must remember that the Bible never exhorts Christians to seek such an experience. If anything, it warns us of the potential dangers in doing so. Next, we'll consider whether yoga practice might, in fact, be dangerous—and why.

Can Yoga be Harmful?

Despite its touted health benefits, there are numerous warnings in authoritative yoga literature which caution that yoga can be physically, mentally, and spiritually harmful if not practiced correctly.

For instance, Swami Prabhavananda warns of the potentially dangerous physical effects that might result from yoga breathing exercises: "Unless properly done, there is a good chance of injuring the brain. And those who practice such breathing without proper supervision can suffer a disease which no known science or doctor can cure."{19}

In addition, many yogis warn that yoga practice can endanger one's sanity. In describing the awakening of "kundalini" (coiled serpent power) Gopi Krishna records his own experience as follows: "It was variable for many years, painful, obsessive…I have passed through almost all the stages of…mediumistic, psychotic, and other types of mind; for some time I was hovering between sanity and insanity."{20}

Finally, however, from a Christian perspective it seems that yoga could also be spiritually harmful. To understand why, let's return to the experience of "kundalini." Yoga scholar Hans Rieker declares, "Kundalini [is] the mainstay of all yoga practices."{21} But what exactly is kundalini and why is it so central to yoga practice?

Swami Vivekananda summarizes the kundalini experience as

follows: “When awakened through the practice of spiritual disciplines, it rises through the spinal column, passes through the various centres, and at last reaches the brain, whereupon the yogi experiences samadhi, or total absorption in the Godhead.”{22} And researcher John White takes the importance of this experience even further declaring: “Although the word kundalini comes from the yogic tradition, nearly all the world’s major religions, spiritual paths, and genuine occult traditions see something akin to the kundalini experience as having significance in “divinizing” a person. The word itself may not appear…but the concept is there…as a key to attaining godlike stature.”{23}

Reading such descriptions of the kundalini, or coiled serpent power, the Christian can almost hear the hiss of that “serpent of old…who deceives the whole world.”{24}In Eden, he flattered our first parents by telling them: “You will be like God.”{25} And though Christianity and yoga have very different conceptions of God, isn’t this essentially what yoga promises?

Swami Ajaya once said, “The main teaching of Yoga is that man’s true nature is divine.”{26} Obviously this is not the Christian view of man. But if the goal of yoga is to realize one’s essential divinity through union with “God,” then shouldn’t the Christian view the practice that leads to this realization as potentially spiritually harmful? Next, we’ll conclude our discussion by asking whether it’s really possible to separate yoga philosophy from yoga practice.

Can Philosophy and Practice be Separated?

We’ve seen that yoga is an ancient spiritual discipline whose central doctrines are utterly incompatible with those of Christianity. Even hatha yoga, often considered to be exclusively concerned with physical development, is best understood as merely a means of helping the yogi reach the goal of samadhi, or union with “God.” Furthermore, we’ve seen that all yoga, including hatha, has the potential to be

physically, mentally, and spiritually harmful.

In light of such evidence, it may appear that this question—"Can yoga philosophy be separated from yoga practice?"—has already been answered in the negative. And this is certainly the view of many yoga scholars. Dave Fetcho, formerly of the Ananda Marga Yoga Society, has written, "Physical yoga, according to its classical definitions, is inheritably and functionally incapable of being separated from Eastern religious metaphysics."{27} What's more, yoga authorities Feuerstein and Miller, in discussing yoga postures (asana) and breathing exercises (pranayama), indicate that such practices are more than just another form of physical exercise; indeed, they "are *psychosomatic* exercises."{28} Does this mean that separating theory from practice is simply impossible with yoga?

If one carefully looks through an introductory text on hatha yoga,{29} one will see many different postures illustrated. A number of these may be similar, if not identical, to exercises and stretches one is already doing. Indeed, if one is engaged in a regular stretching program, this is quite probable. This raises an important question: Suppose that such beginning level yoga postures are done in a context completely free of yogic philosophy. In such a case as this, doesn't honesty compel us to acknowledge at least the *possibility* of separating theory from practice?

While I hate to disagree with scholars who know far more about the subject than I do, this distinction does seem valid to me. However, let me quickly add that I see this distinction as legitimate *only* at the very beginning of such practices, and *only* with regard to the postures. The breathing exercises, for various reasons, remain problematic.{30} But this distinction raises yet another question, for how many people begin an exercise program intending never to move beyond the most basic level? And since by the very nature of yoga practice, such a distinction could *only* be valid at the very earliest of

stages, why would a Christian ever want to begin this process? It seems to me that if someone wants an exercise program with physical benefits similar to yoga, but without all the negative spiritual baggage, they should consider low-impact or water aerobics, water ballet, or simple stretching.{31} These programs can be just as beneficial for the body, without potentially endangering the soul. In my opinion, then, Christians would be better off to never begin yoga practice.

[Note from the webmistress: Also see Why a Christian Alternative to Yoga? on the PraiseMoves.com website for an excellent treatment of this subject from a former yoga instructor who explains why the two are incompatible.]

Notes

1. Raphael, *Essence and Purpose of Yoga: The Initiatory Pathways to the Transcendent* (Massachusetts: Element Books, Inc., 1996), back cover.
2. Brad Scott, "Exercise or Religious Practice? Yoga: What the Teacher Never Taught You in That Hatha Yoga Class" in *The Watchman Expositor* (Vol. 18, No. 2, 2001): 5.
3. Ibid.
4. Ibid., 6.
5. Ibid., cited in Swami Prabhavananda and Frederick Manchester, *The Upanishads: Breath of the Eternal* (New York: New American Library, 1957), 120ff.
6. *Bhagavad Gita*, trans. Juan Mascaro (New York: Penguin Books, 1962), back cover.
7. Ibid., 71.
8. John Ankerberg and John Weldon, *Encyclopedia of New Age Beliefs* (Eugene, Oregon: Harvest House Publishers, 1996), 601.
9. See Romans 1:18-25.
10. See Genesis 1:26.
11. John 1:29.
12. See 2 Corinthians 5:19.
13. Dave Fetcho, "Yoga," (Berkeley, CA: Spiritual Counterfeits Project, 1978), cited in Ankerberg and Weldon, *Encyclopedia of*

New Age Beliefs, 602.
14. Ibid., 603.
15. Ibid.
16. Ibid., 602.
17. See "Source and Context: Patanjali and Ashtanga Yoga" at http://www.iyisf.org/. This quotation was obtained from the site on March 1, 2002.
18. Ibid.
19. Swami Prabhavananda, *Yoga and Mysticism* (Hollywood, CA: Vedanta Press, 1972), 18, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs*, 604.
20. Gopi Krishna, *The Awakening of Kundalini* (New York: E.P. Dutton, 1975), 124, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs*, 608.
21. Hans Ulrich Rieker, *The Yoga of Light: Hatha Yoga Pradipika* (New York: Seabury Press, 1971), 101, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs*, 606.
22. Swami Vivekananda, *Raja Yoga* (New York: Ramakrishna-Vivekananda Center, 1970), 16, cited in Scott, "Exercise or Religious Practice? Yoga: What the Teacher Never Taught You in That Hatha Yoga Class," 5.
23. John White, ed., *Kundalini Evolution and Enlightenment* (Garden City, NY: Anchor, 1979), 17, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs*, 606.
24. See Revelation 12:9.
25. See Genesis 3:5.
26. Swami Rama, *Lectures on Yoga: Practical Lessons on Yoga* (Glenview, IL: Himalayan International Institute of Yoga, Science and Philosophy, 1976, rev.), vi, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs,* 596.
27. Dave Fetcho, "Yoga," 2, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs*, 600.
28. George Feuerstein and Jeanine Miller, *Yoga and Beyond: Essays in Indian Philosophy* (New York: Schocken, 1972), 27-28, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs*, 600.
29. For example, Richard Hittleman, *Introduction to Yoga* (New

York: Bantam Books, 1969)
30. For instance, the breathing exercises can by physically dangerous. Sri Chinmoy wrote, “To practice pranayama without real guidance is very dangerous. I know of three persons whohave died from it…” See *Great Masters and the Cosmic Gods* (Jamaica, NY: Agni Press, 1977), 8, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs,* 604. In addition, however, from a Christian perspective such exercises may also be mentally and spiritually dangerous (at least potentially) because they can induce altered states of consciousness that may make one more vulnerable to demonic deception. Indeed, psychologist Ernest L. Rossi has written of pranayama: “The manual manipulation of the nasal cycle during meditation (dhyana) is the most thoroughly documented of techniques for altering consciousness.” See Benjamin B. Wolman and Montague Ullman, eds., *Handbook of States of Consciousness* (New York: Van Nostrand Reinhold, 1986), 113, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs,* 595.
31. Of course such programs will need to be tailored to each individual’s needs and goals. It’s always a good idea to talk to your doctor before beginning any new exercise program.

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The Worldview of Edgar Cayce — An Evaluation of His Teachings from a Biblical Perspective

The Edgar Cayce Readings

By all accounts Edgar Cayce was truly a remarkable man. Beginning in 1901 and continuing until his death in 1945 he gave thousands of psychic readings. Broadly speaking, these readings were of two types: health readings and life readings. The health readings consisted of a psychic diagnosis of a patient's physical ailments and a prescription for how these ailments should be treated. The life readings consisted of answers to all sorts of personal, religious, and philosophical questions. One rather interesting aspect of these readings is the manner in which they were given: Cayce would lie down on the couch and put himself into a trance state resembling sleep. It was this manner of giving readings that led one of his biographers, Jess Stearn, to refer to Cayce as "The Sleeping Prophet."{1}

Just how accurate were these readings? Although it is impossible to verify everything Cayce said, some contend that his accuracy rate was over ninety percent!{2} But "with all his vaunted powers," writes Stearn, "Cayce was a humble man, religious, God-fearing, who read the Bible every day of his life."{3} Indeed, Cayce read through the entire Bible every year and regularly taught Sunday school throughout his life. It is probably for reasons such as these that many people believe that the worldview of the readings is generally consistent with biblical Christianity. But is this really so? How well does the worldview of the Edgar Cayce readings compare with that of the Bible?

Herbert Puryear writes, "The content of . . . the Edgar Cayce readings is . . . always Christ-centered, supporting the ultimate importance of the unique work of Jesus of Nazareth."{4} But as I hope to demonstrate in this article, such a claim can only be true by redefining the person and work of Jesus Christ to mean something quite different from what the Bible teaches.

For instance Thomas Sugrue, Cayce's earliest biographer and long-time friend, begins his chapter on the philosophy of the readings by stating, "The system of metaphysical thought which emerges from the readings of Edgar Cayce is a Christianized version of the mystery religions of ancient Egypt, Chaldea, Persia, India, and Greece."{5} The worldview of the readings actually has much more in common with New Age metaphysics and occult philosophy than it does with biblical Christianity.

Although I have little doubt that, as a person, Cayce was kind and humble and motivated by a sincere desire to help his fellow man, it obviously does not follow that the worldview revealed in the readings is therefore true. And while I certainly acknowledge that Cayce regularly read and taught the Bible, it by no means follows that the philosophy of the readings is therefore biblical.

The Nature of God

According to Dr. Herbert Puryear, "More consequences for thought and action follow from the affirmation or denial of God than from answering any other fundamental question."{6} It's difficult to overestimate the importance of this observation. Equally important, however, for those affirming the existence of God, is the kind of God they affirm to exist.

There can be no doubt that God is of primary importance in the Edgar Cayce readings. The readings certainly affirm the existence of God, an affirmation that they obviously share with biblical Christianity. This being said, however, there is a marked difference in what each source affirms about the nature of God.

Dr. Puryear writes, "The clearly articulated philosophy of the Edgar Cayce readings is a thoroughgoing monism."{7} The doctrine of monism claims that all reality is of the same essence. In other words, "All is one." Indeed, in the introduction to his book Dr. Puryear claims that "the oneness

of all force" is the "first premise of the Edgar Cayce readings."

What effect does this first premise have on the view of God presented in the readings? Dr. Puryear writes, "With the premise of the oneness of all force we affirm that *God is*, that He is *all that is*, and *all that is*, is God."{8} This view is known as pantheism. It comes from two Greek words: *pan*, meaning "all" or "every," and *theos*, meaning "God." In other words pantheism, like the Edgar Cayce readings, teaches that everything is God – a view substantially at odds with the biblical doctrine of God. Let's look, then, at what the Bible *does* say about God.

Let's first acknowledge that the Bible, like the Edgar Cayce readings, does indeed affirm that God is one. Moses wrote, "Hear, O Israel! The Lord is our God, the Lord is one!" (Deut. 6:4) But the biblical affirmation means something very different from the doctrine of pantheism espoused in the Cayce readings. The Bible is affirming that there is only one Lord God. It is not teaching that "All is One," nor that the name we should give to this all-inclusive Oneness is "God." The biblical view that the Lord is one is sometimes referred to as monotheism. It holds that there is only one God – *not many*, as Israel's polytheistic neighbors believed. It also holds that God, as the Creator of all that exists (other than Himself), is not to be identified with any created thing.{9} This view contrasts with the doctrine of pantheism, which clearly blurs the distinction between Creator and creation.

Since the view of God presented in the Edgar Cayce readings is basically pantheistic,{10} it is also, by virtue of this fact, clearly unbiblical. Next we'll see how this effects the readings' presentations of both Christ and men.

Christ and Men

How did the view of a pantheistic God influence Cayce's

doctrines of Christ and men?

Thomas Sugrue, in summarizing the philosophy of the readings, says that in the beginning God "projected from Himself the cosmos and souls."{11} Thus, according to this view, everything that exists (including man) is somehow part of God. Or as Cayce put it in one of his readings: "Each person is a corpuscle in the body of that force called God."{12}

But if the readings affirm the divinity of man, what becomes of the Christian belief in the uniqueness of Jesus? Dr. Puryear declares, "In Jesus we are told that God became incarnate. If we could only see clearly that Jesus' claim for divinity is a claim for the divinity of us all, we would understand that His relationship to God is a pattern which all of us may and one day must attain."{13} Thus, contrary to the Bible, the readings do not understand Jesus' uniqueness in terms of His being God's one and only Son.{14} In fact, the readings actually deny that there is any essential difference between Jesus and the rest of humanity. All souls – yours, mine, and Christ's – were projected from God, and all share the same divine essence. The Christ soul was simply the first to complete its earthly experiences and return to God.{15} But concerned with the plight of its brother souls, the Christ soul decided to return and help us. According to Sugrue, the Christ soul incarnated as Enoch, Melchizedek, Joseph, Joshua, Jeshua, and finally – Jesus!{16} As Jesus, He triumphed over death and the body and once again returned to God, becoming "the pattern we are to follow."{17}

How do such teachings square with the Bible? Not very well, I'm afraid. The Bible maintains a careful distinction between God and man. God is the Creator; man is His creature. God created man in His image (Gen. 1:27); He did not project him from His essence. The Bible also maintains a clear distinction between Jesus and other men. Jesus is the completely unique God-man; no other man is like Him. He was both fully divine and fully human (John 1:1, 14). We are merely human. He was

sinless (Heb. 4:15); we are sinful (Rom. 3:23). He claimed to have come not merely to be our example, but "to save that which was lost" (Matt. 18:11) and "to give His life a ransom for many" (Mark 10:45). We, of course, are the lost sinners He came to ransom and to save (Rom. 5:6-11). Thus it's clear, even from this brief summary, that the readings' doctrines of Christ and men differ substantially from those of the Bible.

Problems and Solutions

The Bible identifies man's primary problem as sin, a state of moral corruption that has infected our very nature. It is our sinful nature (and the sinful acts arising from it) that is the source of so many of our problems. The Bible warns us that "the wages of sin is death" (Rom. 3:23). Death is understood primarily as separation. Physical death is the spirit's separation from the body (Jas. 2:26); spiritual death is a person's separation from God (Eph. 2:1-7). All men are conceived in a state of spiritual death, alienated from their Creator and in need of reconciliation with Him (Ps. 51:5; Rom. 5:12; 2 Cor. 5:20).

The Bible presents Jesus as the solution to our problem. It tells us that He died for our sins and, as Divine confirmation of this fact, that He was raised for our justification.{18} It assures us that *whoever* believes in Jesus will receive God's forgiveness and the free gift of eternal life!{19}

The Edgar Cayce readings offer a very different perspective on man's fundamental problem and how it should be solved. Before exploring this perspective, however, it's helpful to remember that the doctrine of God presented in the readings is essentially pantheistic: God is *everything* and *everything* is God.{20} We've already shown that this view is substantially different from that of the Bible. And as Douglas Groothuis observes: "Differing descriptions of ultimate reality lead to differing descriptions of the human problem and to differing prescriptions for its solution."{21} Let's now see how the

different descriptions of God in both the Bible and the readings contribute to their different perspectives on man's problem and its solution.

Having declared that God "projected from Himself the cosmos and souls,"{22} Thomas Sugrue goes on to observe: "At first there was little difference between the consciousness of the new individual and its consciousness of identity with God."{23} Over time, however, there was a "gradual weakening of the link between the two states of consciousness."{24} Eventually, "The individual became more concerned with . . . his own creations than God's. This was the fall in spirit . . ."{25}

According to Dr. Puryear, these unfortunate souls "were cutoff from an awareness of their oneness with the whole."{26} And while the full explanation is more involved, the readings seem to ultimately identify this ignorance of our oneness with God as our fundamental problem.{27} Of course, if this is so, the solution is rather obvious: we must remember and reaffirm this inherent oneness. Dr. Puryear claims that it is "God's quest" to bring us back into a remembrance of our divine heritage "and into full accord with Him."{28}

Our summary reveals that while the readings' perspective on man's problem and its solution is unique, it more strongly resembles the viewpoint of non-dualistic Hinduism than biblical Christianity. It is important that Christians be aware of these differences.

Death and Beyond

One of the greatest human mysteries concerns the experience of death and what (if anything) happens afterward. The book of Hebrews declares, "it is appointed for men to die once, but after this the judgment" (Heb. 9:27). Most biblical scholars agree that this verse leaves no room for the doctrine of reincarnation – a doctrine explicitly affirmed in the Edgar

Cayce readings. But if this is so, then how did Cayce conclude "that an acceptance of reincarnation in no way went against Holy Writ"?{29}

When Cayce gave his first "life reading" for Arthur Lammers, he spoke of reincarnation as a fact.{30} On waking from his trance and being told what he had said, Cayce was shocked. He even considered that the Devil might be trying to trick him.{31} But after thinking the matter over, Cayce eventually concluded that even Jesus had taught about reincarnation!{32}

In Matthew's Gospel, immediately after the appearance of Moses and Elijah to Jesus on the Mount of Transfiguration, His disciples ask, "Why . . . do the scribes say that Elijah must come first?" Jesus answers: "Elijah has come already, and they did not know him." But notice how the passage concludes: "Then the disciples understood that He spoke to them of John the Baptist" (Matt. 17:10-13). Reflecting on this passage, Cayce wondered how the disciples could draw such a conclusion. Had they understood John to be the reincarnation of Elijah?{33} And why did they draw this inference so quickly? Had Jesus already taught them "the laws of reincarnation?"{34}

There are several difficulties with this position. First, the theological context of first century Judaism was decidedly *theistic* – not *pantheistic*.{35} We should thus be very careful before concluding that Jesus taught His disciples about reincarnation. His statement probably meant no more than that John had come "in the spirit and power of Elijah" – just as the angel Gabriel had said He would.{36} Second, Jesus made His remarks *after* Elijah's appearance on the Mount of Transfiguration. But "since John had already . . . died by then, and since Elijah still had the same name and self-consciousness, Elijah had obviously not been reincarnated as John . . ."{37} If he had, then we should have read about Moses and *John* appearing to Jesus – not Moses and *Elijah*! "Third, Elijah does not fit the reincarnation model, for he did not die."{38} The Bible tells us that he was taken up into

heaven while still alive!{39} And finally, such an interpretation would clearly contradict the passage in Hebrews cited earlier. Thus, I think we can safely conclude that Jesus did *not* teach the doctrine of reincarnation.

We've seen that while Edgar Cayce was a kind and humble man, the worldview of his readings is "world's apart" from that of the Bible. Christians must carefully avoid being taken captive by this philosophy.{40}

Notes

1. Jess Stearn, *Edgar Cayce: The Sleeping Prophet* (New York: Bantam Books, 1968).
2. Thomas Sugrue, *There is a River: The Story of Edgar Cayce,* rev. ed. (Virginia: A.R.E. Press, 1994), back cover.
3. Stearn, *Edgar Cayce,* 8.
4. Herbert B. Puryear, *The Edgar Cayce Primer* (New York: Bantam Books, 1982), 197.
5. Sugrue, *There is a River*, 305.
6. Puryear, *The Edgar Cayce Primer*, 229.
7. Ibid., 209.
8. Ibid., 209.
9. See, for example, Exodus 20:1-6 and Romans 1:18-25.
10. A rather unique feature of the particular version of pantheism presented in the Cayce readings is that "God" is viewed as, in some sense, personal. Dr. Puryear, in a discussion on meditation, writes, "The godhead we seek is a personal one . . ." (*The Edgar Cayce Primer,* 146). This certainly distinguishes the pantheism of the readings from that of most New Age literature (which tends to conceive of "God" as impersonal, rather than personal). Nevertheless, the view of God presented in the Edgar Cayce readings is still pantheistic and, therefore, unbiblical.
11. Sugrue, *There is a River,* 307.
12. Cited in Sugrue, *There is a River,* 320.
13. Puryear, *The Edgar Cayce Primer*, 221.
14. This, according to New Testament scholar D.A. Carson, is the real meaning of John 3:16. See Lee Strobel, *The Case for Christ* (Grand Rapids, Michigan: Zondervan, 1998), 161.

15. Sugrue, *There is a River,* 314.
16. Ibid., 315-16.
17. Ibid., 316.
18. See 1 Corinthians 15:3 and Romans 1:4; 4:25.
19. See John 3:16; Romans 6:23; Colossians 1:14.
20. Puryear, *The Edgar Cayce Primer,* 209.
21. Douglas Groothuis, *Are All Religions One?* (Downers Grove, Illinois: InterVarsity Press, 1996), 24.
22. Sugrue, *There is a River,* 307.
23. Ibid., 309.
24. Ibid., 310.
25. Ibid.
26. Puryear, *The Edgar Cayce Primer,* 213.

27. This seems evident from the fact that, before we can take the next step (i.e. living the Great Commandment) we must first recognize and reaffirm our oneness with the whole. In other words, before we can tackle our other problems, we must first overcome our primary problem: ignorance of our oneness with God. The following remarks from Dr. Puryear help make this clear:

> *If we get the sense of such a Reality and affirm God, the oneness of all force, then we may take the next step and address that which the readings evaluate as the ultimate agenda for mankind: the living of the great commandment. We are to love God with all our heart, mind, and soul, and our neighbor as ourselves. This Edgar Cayce represented as the ideal for all mankind and the answer to all the problems of mankind . . . A major hindrance and barrier to loving God and others lies in the inadequate understanding we have of ourselves, of our basic spiritual nature, of the spiritual nature of others . . . We must come to understand fully that we are spiritual beings and that all of us are children of God (Ibid., 229-30).*

Notice that it’s only after we affirm this pantheistic notion

of God that we may take the next step of living the Great Commandment (the solution to all our other problems). Thus, if we can first remember and reaffirm our oneness with God, we can then begin to recognize that, "As children of God, love is . . . the very nature of our being" (Ibid., 231). Armed with this knowledge, we can begin fulfilling the Great Commandment – and watch our problems disappear!

Of course, any Christian would certainly agree that fulfilling the Great Commandment is a worthy ideal for the human race. But there remains a serious problem. In the readings, both God and my neighbor have been redefined. They are supposed to be understood from within a pantheistic worldview. And, as I've already noted previously, this is quite different from a biblical worldview. Thus, what a Christian theist (on the one hand) and a pantheist (on the other) understand by fulfilling the Great Commandment is something very different indeed!

28. Puryear, *The Edgar Cayce Primer,* 213
29. Noel Langley,*Edgar Cayce on Reincarnation,* ed. Hugh Lynn Cayce (New York: Paperback Library, 1971), 176.
30. Sugrue, *There is a River*, 202.
31. Ibid., 210.
32. Ibid., 220.
33. Ibid., 222.
34. Langley,*Edgar Cayce on Reincarnation,* 173.
35. Norman L. Geisler and Ron Rhodes, *When Cultists Ask: A Popular Handbook on Cultic Misinterpretations* (Grand Rapids, Michigan: Baker Books, 1997), 106
36. Ibid. See also Luke 1:17.
37. Ibid.
38. Ibid.
39. See 2 Kings 2:11. See Colossians 2:8.

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See Also:

• **Edgar Cayce: The Sleeping (False) Prophet***Probe Answers Our E-Mail:*

• You're a Christian Fundamentalist Narrow Thinker

• How Dare You Judge Edgar Cayce!

• You Can't Say Edgar Cayce was a Failure as a Prophet!

• Family Members are into Freemasonry and Edgar Cayce!

Islam and the Sword

Don Closson provides a consideration of the role that violence has played in both historical and contemporary Islam.

On September 11, 2001 Americans found themselves confronted by an enemy they knew little about. We had suddenly lost more lives to a sneak attack than had been lost in the attack on Pearl Harbor and yet few understood the reasons for the hatred that prompted the destruction of the World Trade Center towers and part of the Pentagon. Even in the days that followed, Americans were getting mixed signals from the media and from national politicians. One voice focused on the peaceful nature of Islam, going so far as to argue that Osama bin Laden could not be a faithful Muslim and commit the acts attributed to him. Others warned that bin Laden has a considerable following in the Muslim world and that even if he was removed as a potential threat many would step in to replace him with equal or greater fervor.

Some argued that fundamentalist Muslims are no different than fundamentalist believers of any religion. The problem is not Islam, but religious belief of any type when taken too seriously. This view holds that all forms of religious belief,

Christian, Jewish, or Islamic can promote terrorism. Robert Wright, a visiting scholar at the University of Pennsylvania writes that:

> If Osama Bin Laden were a Christian, and he still wanted to destroy the World Trade Center, he would cite Jesus' rampage against the money-changers. If he didn't want to destroy the World Trade Center, he could stress the Sermon on the Mount.{1}

His view is that terrorism can be justified by any religion when people are economically depressed. He adds "there is no timeless, immutable essence of Islam, rooted in the Quran, that condemns it to a medieval morality."{2}

This claim points to the question: Is there something inherent in Islam that makes it more likely to resort to violence than other world religions like Christianity or Buddhism? While it is important to admit that all religions and ideologies have adherents that are willing to use violence to achieve what they believe are justified ends, it does not follow that all religions and ideologies teach equally the legitimacy of violent means.

People have committed horrible atrocities in the name of Jesus Christ, from the inquisitions to the slaying of abortionists. However, it is my position that it is not possible to justify these actions from the teachings of Christ Himself. Nowhere in the New Testament does Jesus teach that one should kill for the sake of the Gospel, the Kingdom of God, or to defend the honor of Jesus Himself.

What about Islam? My contention is that Islam's founder Muhammad, and the Qur'an, its holy book, condone violence as a legitimate tool for furthering Allah's goals. And that those who use violence in the name of Allah are following a tradition that began with the very birth of Islam.

Muhammad

As mentioned earlier, there are followers in most of the world's belief systems that justify the use of violence to achieve their religious or political goals. However, this says more about the sinfulness of humanity than it does about the belief system itself. It is important to look past the individual behavior of a few followers to the message and actions of the founder of each system and his or her closest disciples. In the case of Islam, this means Muhammad and the leadership of Islam after Muhammad's death.

One cannot overstate the centrality of Muhammad's example within the religion of Islam. One of the greatest Muslim theologians, al- Ghazzali, writes of Muhammad:

> Know that the key to happiness is to follow the sunna [Muhammad's actions] and to imitate the Messenger of God in all his coming and going, his movement and rest, in his way of eating, his attitude, his sleep and his talk . . . God has said: "What the messenger has brought—accept it, and what he has prohibited—refrain from it!" (59:7). That means, you have to sit while putting on trousers, and to stand when winding a turban, and to begin with the right foot when putting on shoes.{3}

Although considered only human, one Muslim writer describes Muhammad as "[T]he best model for man in piety and perfection. He is a living proof of what man can be and of what he can accomplish in the realm of excellence and virtue. . . ."{4} So it is important to note that Muhammad believed that violence is a natural part of Islam. Many passages of the Quran, which came from Muhammad's lips support violence. Followers are told to "fight and slay the Pagans wherever ye find them (9:5)," and to "Fight those who believe not in God, nor the Last Day." (9:29) Muhammad also promises paradise for those who die in battle for Allah, "Those who left their homes . . . or fought or been slain,—Verily, I will blot out from them their

iniquities, and admit them into Gardens with rivers flowing beneath;—A reward from the Presence of God." (3:195; cf. 2:244; 4:95)

While living in Medina, having escaped from persecution in Mecca, Muhammad supported himself and his group of followers by raiding Meccan caravans. His fame grew after a stunning defeat of a large, well-defended caravan at Badr. Muhammad was also willing to have assassinated those who merely ridiculed his prophetic claims. The list of those killed included Jews, old men and women, slaves, and a mother of five children who was killed while she slept.{5} Also, in order to violate a long-standing ban against warfare during a sacred month, he claimed a new revelation that gave him permission to kill his enemies.{6}

Violent expediency seems to have been the guiding rule of Muhammad's ethics.

Early Islam

Muhammad's life as a prophet was a precarious one. After fleeing Mecca and establishing himself in Medina, Muhammad was constantly being tested militarily by those who considered him a religious and political threat. Although at an initial disadvantage, Muhammad wore down his opponents by raiding their caravans, seizing valuable property, taking hostages and disrupting the all-important economic trade Mecca enjoyed with the surrounding area.{7} The turning point for Muhammad and his followers seems to have come in what is known as the Battle of the Ditch or the Siege of Medina. A large Meccan force failed to take the city and destroy the new religion. Suspecting that a local Jewish tribe had plotted with the Meccans to destroy him, Muhammad had all the men of the tribe killed and the women and children sold into slavery.{8} In A.D. 630 Muhammad returned to Mecca with a large force and took it with little bloodshed. He rewarded many of its leaders

financially for surrendering and within a short period of time a large number of the surrounding tribes came over to this new and powerful religious and political movement.

Muhammad continued building his following by using a combination of material enticements, his religious message, and force when necessary. With the fall of Mecca, many other tribes realized Muhammad’s position as the most powerful political leader in western Arabia and sent representatives to negotiate agreements with him.

Muhammad’s death in 632, just two years after his triumphant return to Mecca, thrust an important decision on the community of believers. Should they choose one person to lead in Muhammad’s place or do they separate into many communities. The decision was made to pick Abu Bakr, the Prophet’s father-in-law and early supporter to assume the role of caliph or successor to Muhammad. Immediately, many who had submitted to Muhammad refused to do so to Abu Bakr. Several tribes wanted political independence, some sought to break religiously as well. The result is known as the Apostasy wars. At the end of two years of fighting to put down both religious and political threats, Abu Bakr had extended his control to include the entire Arabian Peninsula. Islam was now in position to extend its influence beyond Arabia with a large standing army of believers.

Violence and warfare seems to have dominated early Islam. Two of the first four caliphs were assassinated by internal rivals, and within the first fifty years of its existence Islam experienced two bloody civil wars. Rival tribal loyalties within and the religious struggle or jihad against the Byzantine and Sasanian Empires made the first century of Islam a bloody one.

Jihad

Historian Paul Johnson writes,

> [T]he history of Islam has essentially been a history of conquest and re-conquest. The 7th-century "breakout" of Islam from Arabia was followed by the rapid conquest of North Africa, the invasion and virtual conquest of Spain, and a thrust into France that carried the crescent to the gates of Paris.{9}

From the beginning, Muslims "saw their mission as jihad, or militant effort to combat evil and to spread Muhammad's message of monotheism and righteousness far and wide."{10} Although many Muslims in America have argued that jihad primarily refers to a struggle or striving for personal righteousness, Bernard Lewis, professor of Near Eastern Studies at Princeton University writes that, "The more common interpretation, and that of the overwhelming majority of the classical jurists and commentators, presents jihad as armed struggle for Islam against infidels and apostates."{11}

Although highly regulated by Islamic law, the call for every able- bodied Muslim to defend Islam began with Muhammad and has continued with the fatwas of Osama bin Laden in 1996 and 1998. Bin Laden argues that his attacks on American civilians and military personnel conform to Islamic law because America is acting as an imperialistic aggressor against Islam. He has three specific complaints: America has placed infidel troops on holy soil in Saudi Arabia; America has caused the death of over a million Iraqi children since Desert Storm; and American support for the evil Zionist nation of Israel.

Regarding the history of jihad in Islam, an ex-chief justice of Saudi Arabia has written "[A]t first 'the fighting' was forbidden, then it was permitted and after that it was made obligatory, . . ." Muslims are to fight against those who oppress Islam and who worship others along with Allah.{12} He

adds that even though fighting is disliked by the human soul, Allah has made ready an immense reward beyond imagination for those who obey. He also quotes Islamic tradition, which says, "Paradise has one hundred grades which Allah has reserved for the Mujahidin who fight in His Cause."{13}

Numerous passages in the Qur'an refer to Allah's use of violence. A surah titled "The Spoils of War" states, "O Prophet! Rouse the Believers to the fight. If there are twenty amongst you . . . they will vanquish two hundred: if a hundred, they will vanquish a thousand of the Unbelievers: for these are a people without understanding."{14} Another says, "O ye who believe! When ye meet the Unbelievers in hostile array, never turn your backs to them. . . ."{15} It adds that those who do will find themselves in hell, a significant incentive to fight on.

Muslims and Modernity

Islam was born in the midst of persecution and eventually conquest. Muhammad was adept at both religious and military leadership, but what about modern Islam? Do all Muslims see jihad in the light of conquest and warfare?

While it is probably safe to say that American born Muslims apply the teachings of Muhammad and Islamic traditions differently than Saudi or Iranian Muslims. The use of violence in the propagation of Islam enjoys wide support. Part of the reason is that the concept of separation of church and state is alien to Islam. Muhammad Iqbal, architect of Pakistan's split from Hindu India, wrote, "The truth is that Islam is not a church. It is a state conceived as a contractual organism. . . ."{16} Responding to the inability of Islam to accommodate the modern world, an Algerian Islamic activist points to the example of Muhammad:

> The Prophet himself did not opt to live far away from the

> camp of men. He did not say to youth: “Sell what you have and follow me. . . .” At Medina, he was not content merely to be the preacher of the new faith: he became also the leader of the new city, where he organized the religious, social and economic life. . . . Later, carrying arms, he put himself at the head of his troops.{17}

The powerful combination within Islam of immediate paradise for those who die while fighting for Allah and the unity of political, religious, and economic structures, helps us to understand the source of suicide bombers and children who dream of becoming one. Young Palestinians are lining up by the hundreds in the West Bank and Gaza Strip to volunteer for suicide missions. Eyad Sarraj, the director of the Gaza Community Mental Health Project, detects a widespread zeal. “If they are turned down they become depressed. They feel they have been deprived of the ultimate award of dying for God.”{18} Palestinian support for suicide bombers is now at 70 to 80 percent.

Islam and Christianity both require its followers to sacrifice and turn from the world and self. Yet while Islam equates political conquest with the furtherance of Allah’s reign, Jesus taught that we render unto Caesar what is Caesar’s and unto God what is God’s. Christianity recognizes that the advancement of God’s kingdom is not necessarily a political one. The New Testament did not advocate the overthrow of the Roman Empire. Muslims are given the example of Muhammad’s personal sacrifice in battle so that Allah’s enemies might be defeated. Christians are given the example of Christ who gave His life as a sacrifice, so that even His enemies might believe and have eternal life.

Notes

1. Robert Wright, www.msnbc.com/news, 10/30/2001.
2. Ibid.
3. Norman L. Geisler & Abdul Saleeb, *Answering Islam: The*

Crescent in the Light of the Cross, (Grand Rapids, MI: Baker Book House, 1993), p 82.
4. Ibid., 84.
5. Ibid., 175.
6. The Quran states, “They ask thee Concerning fighting in the Prohibited Month. Say: ‘Fighting therein is a grave (offense)’; But graver is it In the sight of God To prevent access to the path of God.” (2:217)
7. John Esposito, *The Oxford History of Islam*, (Oxford University Press, 1999), p 10.
8. Geisler & Saleeb, p 79.
9. Paul Johnson, *National Review*, October 15, 2001.
10. John Esposito, *The Oxford History of Islam*, p 13.
11. Bernard Lewis, “Jihad vs. Crusade,” *The Wall Street Journal,* September 27, 2001.
12. Sheikh Abdullah Bin Muhammad Bin Humaid, “Jihad in the Qur’an and Sunnah,” http://islamworld.net/jihad.html, p 4.
13. Ibid., p 8.
14. Qur’an 8:65.
15. Qur’an 8:15-16.
16. Kenneth Cragg & Marston Speight, *Islam From Within,* (Wadsworth Inc., 1980), p 213
17. Ibid., p 228.
18. Eric Silver, “Bomber quit intelligence service to join Hamas two days before attack,” *Independent Digital* (UK) Ltd, 03 December 2001, www.independent.co.uk.

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Astrology: Do the Heavens Declare the Destiny of Man?

Dr. Michael Gleghorn critically examines the claim of astrology that the heavenly bodies somehow influence, or even determine, events on earth.

 *This article is also available in Spanish.*

A Brief Historical Introduction

Astrology is based on the notion that the heavenly bodies somehow influence, or even determine, events on earth. It is believed that an accurate understanding of these heavenly influences, especially at the time of one's birth, can give us insight into a person's character and destiny. Although belief in astrology is very ancient, it continues to have many adherents even in our own day. One writer estimates that as many as one quarter of the world's population "believe in and follow astrology to some extent."{1} Unfortunately, Christians are not exempt from such beliefs. Estimates indicate that anywhere from ten to thirty percent of those claiming to be "born again" Christians entertain some belief that astrology is true.{2}

Although there is some scholarly disagreement over when the western system of astrology originated, astrologer Robert Parry observes, "Conventional scholarship leans toward the view that astrology began in the old Mesopotamian civilizations of the Middle-East sometime around the second millennium B.C."{3} At this time there was no distinction between astrology and astronomy. However, "because centers of learning were also . . . centers of religion, natural astrology soon became corrupted by pagan myths, deities, and magic. As a result, two forms of astrology began to coexist: natural astrology ([or] astronomy) and religious

astrology."{4} It was "the Alexandrian astronomer Ptolemy . . . [who] refined astrology to its present form in the second century A.D."{5} It is this brand of astrology that has most influenced the West. But it is by no means the only form in existence.

Ancient astrological systems differing from our western variety were developed both in China and India—as well as elsewhere. But not only do these systems differ from ours, they also differ from each other. Furthermore, within each of these three major systems, we also find many contradictory subsystems.{6} For example, "Not all western astrologers agree that there are 12 zodiacal signs. Steven Schmidt in his book *Astrology 14* claims . . . a total of 14 signs. But some argue for only 8, others for 10, and a few for 24."{7} It was doubtless these many differences that led astrologer Richard Nolle to admit that there are nearly as many astrological systems as there are astrologers!{8}

But don't all these differences affect astrology's reliability? After all, won't different systems give different results? Indeed they will. For instance, one astrologer may predict that you'll have a wonderful marriage; another that you'll never marry—you might easily receive contradictory readings from different astrologers! And the law of non-contradiction says they can't both be right (though they could both be wrong). It is for reasons such as these that we should be hesitant about placing our faith in astrology.

Difficulties in Chart Interpretation

"The basis of all astrological work is the Birth Chart. This is an accurate map of the sky for the exact date, time and place of birth. . . . [T]his can be the birth of a person . . . a nation . . . or even of an idea or question."{9} Once the astrologer has such information, he is ready to begin interpreting the chart. But what sort of information is most relevant to chart interpretation?

Although we cannot cover all the details, the astrologer is primarily concerned with examining the planets, houses, and signs—and how these are related to one another. Thus, astrologer Robert Parry writes, "[E]ach planet has a distinct and definite character which is modified by the sign and house in which it is placed. Mars, for example, is the planet of aggression, extraversion, self-confidence and sexuality."{10} The "signs" are the twelve signs of the zodiac. "Everyone is . . . born under one of these . . . signs (Pisces the fish, and so on)."{11} Finally, "the *houses* are the 12 divisions of the zodiac that are said to correspond symbolically to every area of life . . . the planets are said to travel through the houses, influencing each area of life as they do."{12}

But the astrologer must not only pay attention to the planets, houses and signs, he must also note their relationships to one another. For instance, "Angular relationships between planets are . . . very important. These relationships are called 'aspects' . . . a Square (90-degree) aspect between two planets indicates tension or disagreement . . . whereas a Trine (120-degree) aspect indicates sympathy and cooperation."{13}

Interpreting a birth chart is thus a very complex affair. Indeed, one astrologer "calculated the *least* possible number of different combinations resulting from the most basic . . . chart . . . [as] roughly equivalent to the estimated number of atoms in the known universe!"{14} And such complexity is just one of many difficulties.

Another is that not all astrologers agree on the number of signs that need to be considered in interpreting a chart. While most acknowledge twelve, some think there are *less* and others *more* than this. There are also differences regarding where the various houses should be placed on a chart. And clearly such differences will lead to conflicting interpretations.

Finally, there is the problem of *authority*.{15} What factual basis do astrologers have for asserting that the Square aspect indicates disagreement, while a Trine indicates cooperation? Why do some astrologers consider Saturn a "bad" planet and Jupiter a "good" planet? How does the astrologer know "that the first house represents personality, the second . . . money [and] . . . the eighth . . . death?"{16} Since such assertions appear to be arbitrary, it follows that results will be arbitrary as well. One should, therefore, be wary about accepting the advice of astrologers—at least when they're speaking *as astrologers!*

The Problem of Twins

In his book, *In Defense of Astrology*, Robert Parry attempts to defend astrology against the twelve most common objections that are usually raised against it. Let's consider just one of these: the problem of twins.

Some twins are born within minutes of each other, yet they may lead very different lives. But if one's character and destiny are largely determined by the positions of the heavenly bodies at the time of birth, we would expect twins to be remarkably similar in these respects. Clearly, however, this is not always the case. Even Parry admits that one twin may die quite young while "the other lives on to a ripe old age."{17} As an astrologer, how does he deal with this difficulty?

He begins by observing, "Even a few minutes can make a lot of difference to a birth chart."{18} He then argues that even when one twin dies while the other lives, "the same event, namely death, has entered both lives at the same time. One twin dies . . . the other is touched radically by the sorrow . . . of . . . death."{19} He concludes, "Surely this is an argument for, rather than against astrology."{20} But how convincing is this argument, really?

While it may be true that a few minutes can occasionally make a big difference to a birth chart, this is clearly not always the case. Indeed, some scholars state that even "a birth interval of several minutes would make no real difference."{21} Second, there is surely a very big difference indeed between someone actually dying on the one hand, and someone losing a loved one to death on the other. It seems undeniable that the destinies of two such people are radically different. Surely this constitutes a legitimate objection to the ability of astrology to predict a person's destiny.

Additionally, for those of us who accept the authority of the Bible, it's instructive to contemplate the lives of Jacob and Esau, twins born so close to one another in time that Jacob came out of the womb "with his hand holding on to Esau's heel."{22} Astrology would expect these two men to have very similar personalities and destinies. But did they?

The Bible records, "When the boys grew up, Esau became a skillful hunter, a man of the field; but Jacob was a peaceful man living in tents."{23} In addition to being quite different in personality and temperament, they were different physically as well. Esau was a hairy man, but Jacob a smooth man.{24} But most importantly, the destinies of both men, as well as their descendents, were drastically different. God bestowed His special favor on Jacob, but rejected Esau declaring, "I have loved Jacob; but I have hated Esau."{25} Surely if astrology were true, one would not expect twins born at virtually the same time to be so thoroughly different in both their character and destiny.

Astrology and Science

Numerous studies have attempted to test the claims of astrology. The scientist most often cited by astrologers as having furnished "proof" for some of its ideas is the late French psychologist Michel Gauquelin. Astrologer Robert Parry writes:

> Gauquelin's results are remarkable. For instance, the traditionally energetic and aggressive planet Mars is shown quite conclusively to be more frequently strong in the charts of sportsmen than chance would normally allow. . . . These professional attributes tend, moreover, to be in line with traditional astrological law, which has always associated Mars with competitive spirit.{26}

Gauquelin's results are known as the "Mars effect." He claimed to have found evidence for this effect in "a study that attempted to test whether or not the birth dates of 2088 sports champions were 'statistically significant' according to the position of Mars."{27} Ironically, although some slight evidence for this effect was indeed noted, Gauquelin "did not consider it an astrological effect."{28} Moreover, although frequently cited as lending validity to the subject, he "never claimed to validate traditional astrology in any sense."{29}

Still, he did claim to find some evidence for the "Mars effect." Doesn't this lend some credibility to astrology? Not necessarily. "The problem for astrologers is that the 'Mars effect' has never been confirmed in 30 years of subsequent studies."{30} One of the most damaging studies in this regard was published in 1995 by a team of French scientists. After an exhaustive twelve-year study, the team's "attempt to independently replicate Gauquelin's findings failed; it offered 'no evidence for the Mars effect.'"{31} Since this "effect" is generally considered strong confirmation for the truth of astrology, it seems that scientific support for the subject is quite hard to come by.

But aren't there other tests for the validity of astrology? For instance, don't all the predictions made by astrologers offer a means of testing the subject's accuracy? Indeed they do, but the results are usually quite unconvincing. While successful predictions may sometimes occur, as a general rule, "published predictions . . . seem to have a worse record than client self-disclosures."{32}

In a study conducted between 1974-79, over 3,000 predictions by such alleged astrologers as Jeane Dixon and Carroll Righter were examined. The number of failures was 2673—almost 90 percent! Moreover, "the astrologers . . . were given the benefit of the doubt for any prediction that could have been attributed to shrewd guessing, vague wording, or inside information."{33} Without such benefits, the failure rate would have been almost 100 percent! The authors of the study concluded, "The results . . . paint a dismal picture . . . for the . . . claim that 'astrology works'."{34}

Astrology and the Bible

What does the Bible say about astrology? According to one astrologer, "The Bible is full of the philosophy of astrology."{35} But when one carefully examines the passages thought to speak favorably of astrology, one is bound to conclude with Drs. Bjornstad and Johnson: "Absolutely NO scriptural passage supports astrology . . . not a single reference even indicates tolerance of this art."{36}

The Bible condemns faith in astrology as futile and misplaced. In Jeremiah 10, God issues this warning: "Do not learn the way of the nations, and do not be terrified by the signs of the heavens although the nations are terrified by them; for the customs of the peoples are vanity."{37} God is both the Creator and sovereign Ruler of the heavens; people are therefore to trust and fear Him—not what He has made.

Unlike God, astrology is powerless to deliver those who trust in it. In Isaiah 47, "God condemns Babylon and tells of its impending judgment."{38} In verse 13 He says, "Let now the astrologers, those who prophesy by the stars, those who predict by the new moons, stand up and save you from what will come upon you." But that their efforts would be in vain is clearly seen in the concluding words of the chapter, "There is none to save you."{39} Whatever predictive power astrology has, it is utterly eclipsed by the power of the sovereign Lord

who created and rules all things!

Finally, in Deuteronomy 18:10-12, astrology comes under the same condemnation as all other forms of divination. There are likely many reasons for this, but let me mention just one. If the ideas of astrology are largely discredited, what accounts for its sometimes-remarkable predictive power? The Bible, as well as the frank admissions of some astrologers, indicates supernatural, or spiritual, involvement. But if God condemns astrology, what sort of spirits are we talking about? Though it may be unpopular to say so, the Bible suggests they are demons.{40} And it's eerie how many astrologers actually attribute their predictive powers to the wisdom of their spirit guides. One professional astrologer of twelve years confessed: "I never met a really successful astrologer . . . who did not admit . . . that spiritism was the power behind the craft."{41} Could it be that astrology works (when it works) not because of its discredited and contradictory ideas, but because of the unseen power of the spirit world? If so, God's condemnation of astrology may be partially motivated by a concern to protect people from the influence of such evil spirits.

In conclusion, the heavens do not declare the destiny of man, but the glory of the God who made them.{42} It is God, not the heavens, "who works all things after the counsel of His will."{43}

Notes

1. Lawrence E. Jerome, *Astrology Disproved* (Prometheus Books: Buffalo, NY, 1977), 1, cited in John Ankerberg and John Weldon, *Encyclopedia of New Age Beliefs* (Harvest House Publishers: Eugene, Oregon, 1996), 54.
2. For instance, Ankerberg and Weldon mention a Gallup poll cited by the National and International Religion Report for July 4, 1988, which "estimated that ten percent of evangelical Christians believe in astrology" (Ibid., 54). Additionally,

Chuck Colson cites a figure from Wade Clark Roof's book, *Spiritual Marketplace,* indicating that a third of "born again" Christians believe in astrology ("The Feng Shui Way: The Paganization of Our Culture," *Jubilee Extra* [October 2001]: 7).
3. Robert Parry, *In Defense of Astrology: Astrology's Answers to its Critics* (Llewellyn Publications: St. Paul, Minnesota, 1991), 37.
4. Kenneth Boa, *Cults, World Religions and the Occult* (Victor Books: Wheaton, Illinois, 1990), 152.
5. Ibid., 154.
6. Ankerberg and Weldon, 58.
7. Boa, 158.
8. Richard Nolle, *Critical Astrology: Investigating the Cosmic Connection* (American Federation of Astrologers: Tempe, AZ, 1980), 22, referenced in Ankerberg and Weldon, Encyclopedia of New Age Beliefs, 58.
9. Parry, 24.
10. Ibid., 31.
11. Ankerberg and Weldon, 55.
12. Ibid.
13. Parry, 31-32.
14. Ankerberg and Weldon, 57.
15. Boa, 158.
16. Ankerberg and Weldon, 56.
17. Parry, 88.
18. Ibid.
19. Ibid.
20. Ibid.
21. Boa, 160.
22. Genesis 25:26.
23. Genesis 25:27.
24. Genesis 27:11.
25. Malachi 1:2-3; see also Romans 9:10-13.
26. Parry, 188.
27. Ankerberg and Weldon, 60.
28. Patrick Grim, ed., *Philosophy of Science and the Occult*

(State University of New York Press: Albany, NY, 1982), 33-46; cf. pp. 55-60, referenced in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs,* 60.
29. Ankerberg and Weldon, 60.
30. Ibid.
31. "French Committee Announces Results of Test of So-Called Mars Effect," *Skeptical Inquirer* (January-February, 1995), 62, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs,* 60.
32.Ankerberg and Weldon, 63.
33. Ibid.
34. R.B. Culver and P.A. Ianna, *The Gemini Syndrome: A Scientific Evaluation of Astrology* (Prometheus Books: Buffalo, NY, 1984 Rev.), 169-70, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs,* 63.
35. Joseph F. Goodavage, *Astrology: The Space Age Science* (Signet: New York, 1967), XI, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs,* 64.
36. James Bjornstad and Shildes Johnson, *Stars, Signs and Salvation in the Age of Aquarius* (Bethany House: Minneapolis, MN, 1976), 43, cited in Ankerberg and Weldon, *Encyclopedia of New Age Beliefs*, 67.
37. Jeremiah 10:2-3a.
38. Boa, 161.
39. Isaiah 47:15
40. See in particular Acts 16:16-18.
41. Personal correspondence from Karen Winterburn to John Ankerberg and John Weldon, cited in *Encyclopedia of New Age Beliefs,* 71.
42. See Psalms 19:1 and 8:3, as well as Genesis 1:16.
43. Ephesians 1:11.

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