



Valy Life Coaching

Zest for Life! Passion for Living! Joy being Alive!

Inventory of Non-Christian Spiritual Experiences

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(Check all activities you were involved in)

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- Occultism
- Astral projection (out-of-body experience)
- Ouija board
- Bloody Mary
- Light as a Feather (or other occult games)
- Table lifting
- Magic Eight Ball
- Spells or curses
- Mental telepathy or mental control of others
- Automatic writing
- Trances
- Spiritual guides
- Fortune telling / divination (e.g. tea leaves)
- Tarot cards
- Levitation
- Magic – The Gathering
- Witchcraft/sorcery
- Satanism
- Palm reading
- Astrology/horoscopes
- Hypnosis (amateur or self-induced)
- Séances (that is, a meeting at which people attempt to make contact with the dead, especially through the agency of a medium.)
- Black magic (that is, the use of supernatural powers or magic for evil and selfish purposes.)

- ___ White magic (that is, the use of supernatural powers or magic for good and selfless purposes.)
- ___ Dungeons & Dragons¹ (and similar games)
- ___ Blood pacts or cutting yourself on purpose
- ___ Objects of worship/crystals/good luck charms
- ___ Sexual spirits
- ___ Martial arts² (mysticism/devotion to sensei³)
- ___ Superstition⁴
- ___ Mormonism (Later-day Saints)
- ___ Jehovah's Witnesses
- ___ New Age (books, objects, seminars, medicine, etc.)
- ___ Masons
- ___ Christian Science
- ___ Mind Science cults
- ___ The Way International
- ___ Unification Church (Moonies)
- ___ The Forum (est)
- ___ Church of the Living Word⁵
- ___ Children of God (Family of Love)⁶
- ___ Church of Scientology⁷

¹ *Dungeons & Dragons* is a fantasy tabletop role-playing game originally designed by Gary Gygax and Dave Arneson, and first published in 1974 by Tactical Studies Rules, Inc.. The game has been published by Wizards of the Coast since 1997. (http://en.wikipedia.org/wiki/Dungeons_%26_Dragons). Accessed on April 22, 2014.

² *Martial arts* – The term is ultimately derived from Latin, and means "arts of Mars," where Mars is the Roman god of war. (http://en.wikipedia.org/wiki/Martial_arts). Accessed on April 22, 2014.

³ Sensei (先生?) is a Japanese word that is literally translated as "person born before another".[1] In general usage, it is used, with proper form, after a person's name, and means "teacher". (<http://en.wikipedia.org/wiki/Sensei>). Accessed on April 22, 2014.

⁴ *Superstition* is the belief in supernatural causality—that one event leads to the cause of another without any natural process linking the two events—such as astrology, religion, omens, witchcraft, etc., that contradicts natural science. (<http://en.wikipedia.org/wiki/Superstition>). Accessed on April 22, 2014.

⁵ *The Living Word Fellowship* is a group of nondenominational Christian churches located in the United States, Canada, Brazil, and Mexico, often described as a new religious movement or cult. The group was founded in South Gate, California, by John Robert Stevens in 1951.[3] It has been known in the past informally as “The Walk” or “This Walk”. Anthony Cox's 1985 documentary film *Vain Glory* deals with his experiences as a member of “The Walk.” Cox, who was involved in the group from 1971 to 1977, described the Church of the Living Word as “a pseudo-Christian cult” and said that John Robert Stevens prayed for the deaths of several U.S. political leaders and practiced a form of mind control and hypnotism with the church's followers. (http://en.wikipedia.org/wiki/The_Living_Word_Fellowship). Accessed on April 22, 2014.

⁶ *The Family International* (formed as the *Children of God* (COG), renamed *Family of Love* and later to *The Family*), is a new religious movement often referred to as a cult (by such academics as Benjamin Beit-Hallahmi and John Huxley) started in 1968 in Huntington Beach, California, United States, with many of its early converts drawn from the hippie movement. (http://en.wikipedia.org/wiki/Family_International). Accessed on April 22, 2014.

⁷ *The Church of Scientology* is an organization devoted to the practice and the promotion of the Scientology belief system. (http://en.wikipedia.org/wiki/Church_of_Scientology). Accessed on April 22, 2014.

- ___ Unitarianism/Universalism⁸
- ___ Roy Masters⁹
- ___ Silva Mind Control¹⁰
- ___ Transcendental Meditation (TM)¹¹
- ___ Yoga
- ___ Hare Krishna¹²
- ___ Baha'ism¹³
- ___ Native American spirit worship

Scientology is a body of beliefs and related practices created by science fiction writer L. Ron Hubbard (1911–1986), beginning in 1952 as a successor to his earlier self-help system, Dianetics. Hubbard characterized Scientology as a religion, and in 1953 incorporated the Church of Scientology in Camden, New Jersey. (<http://en.wikipedia.org/wiki/Scientology>). Accessed on April 22, 2014.

⁸ **Unitarian Universalism**, or **Unitarianism**, is a liberal religion characterized by a "free and responsible search for truth and meaning". Unitarian Universalists do not share a creed, but are unified by their shared search for spiritual growth. The roots of Unitarian Universalism are in liberal Christianity, specifically Unitarianism and Christian Universalism. From these traditions comes a deep regard for intellectual freedom and inclusive love, so that currently individual congregations and members actively seek inspiration in and derive spiritual practices from all major world religions. (http://en.wikipedia.org/wiki/Unitarian_Universalism). Accessed on April 22, 2014.

⁹ **Roy Masters** (born 2 April 1928) is founder of the non-profit organization, the **Foundation of Human Understanding**. ([http://en.wikipedia.org/wiki/Roy_Masters_\(commentator\)](http://en.wikipedia.org/wiki/Roy_Masters_(commentator))). Accessed on April 22, 2014.

Roy Masters – is a self-described "Christian mystic" combining Eastern mysticism and Gnosticism with Christian jargon, yoga, hypnotism and self-help principles. As with other Eastern-oriented cults, The Foundation of Human Understanding teaches that God is both personal and impersonal, advocating an almost pantheistic God. (<http://www.freerepublic.com/focus/religion/3042800/posts>). Accessed on April 22, 2014.

¹⁰ **Silva Method** (formerly **Silva Mind Control** [SMC]) was developed by José Silva. Over six million students in 71 countries have taken the Silva International courses (formerly Silva Mind Control International). (One of Silva's goals is to have the Silva Method course taught to all school children, both in grade school and in college.) He claims that any person who will take his 48-hour (four day) course will develop psychic powers. A student is shown how to enter an altered state of consciousness, and in that state is taught how to tap into "higher intelligence in the universe." The student is taught how to function psychically and clairvoyantly, and how to invite counselors, or psychic guides, into his mind to help him with his problems. By the third day of the course, students are supposed to be able to operate psychically enough so that they can project their awareness outside of their bodies; i.e., have out-of-body experiences. Their minds are supposed to be able to tap into any source in the universe for the information, including the minds of other men, alive or dead. (<http://www.rapidnet.com/~jbeard/bdm/Cults/silva.htm>). Accessed on April 22, 2014.

¹¹ **Transcendental Meditation** (TM) refers to a specific form of mantra meditation called the Transcendental Meditation technique, and can also refer to the organizations within the Transcendental Meditation movement and to the movement itself. The TM technique and TM movement were introduced in India in the mid-1950s by Maharishi Mahesh Yogi (1918–2008). (http://en.wikipedia.org/wiki/Transcendental_Meditation). Accessed on April 22, 2014.

¹² **The International Society for Krishna Consciousness** (ISKCON), known colloquially as the **Hare Krishna** movement or **Hare Krishnas**, is a Gaudiya Vaishnava religious organization. It was founded in 1966 in New York City by A. C. Bhaktivedanta Swami Prabhupada. Its core beliefs are based on select traditional Indian scriptures, particularly the Bhagavad-gītā and the Śrīmad Bhāgavatam. **ISKCON** is authorized branch of disciplic succession Brahma-Madhva-Gaudiya Vaishnava Sampradaya. The distinctive appearance of the movement and its culture come from the Gaudiya Vaishnava tradition, which has had adherents in India since the late 15th century and Western converts since the early 1900s in America, and in England in the 1930s. (http://en.wikipedia.org/wiki/International_Society_for_Krishna_Consciousness). Accessed on April 22, 2014.

¹³ **Bahaism** – is a religion founded in Iran in 1863; emphasizes the spiritual unity of all humankind; incorporates Christian and Islamic tenets; many adherents live in the United States; "**Bahaism** has no public rituals or sacraments and praying is done in private". (<http://dictionary.reference.com/browse/bahaism>). Accessed on April 22, 2014.

- ___ Islam
- ___ Hinduism
- ___ Buddhism (including Zen¹⁴)
- ___ Black Muslim
- ___ Rosicrucianism¹⁵
- ___ Other non-Christian religious or cults

Below are some additional questions designed to help you become aware of other things you may need to renounce.

1. Have you ever seen, heard, or felt a spiritual being in your room? _____
2. Do you have recurring nightmares? _____
(Specifically renounce any accompanying fear.)
3. Do you now have, or had, or you ever had an imaginary friend, spirit guide, or 'angel' offering guidance or companionship? _____
(If it has a name, renounce it by name.) _____
4. Have you ever heard voices in your head or had repeated, nagging thoughts such as: "I'm dumb," "I'm ugly," "Nobody loves me," "I can't do anything right" – as there were a conversation going on inside your head? (List any specific nagging thoughts.) _____
5. Have you ever consulted a *medium, spiritist, or channeler*? _____
6. Have you ever seen or been contacted by beings you thought were aliens? _____
7. Have you ever made a secret vow or pact? _____
8. Have you ever been involved in a satanic ritual of any kind or attended a concert in which Satan was the focus? _____
9. What other spiritual experiences have you had that were evil, confusing, or frightening? _____

¹⁴ *Zen* is a school of Mahayana Buddhism that developed in China during the 6th century as Chán. From China, *Zen* spread south to Vietnam, northeast to Korea and east to Japan. ... Zen emphasizes the attainment of enlightenment and the personal expression of direct insight in the Buddhist teachings. As such, it de-emphasizes mere knowledge of sutras and doctrine and favors direct understanding through zazen and interaction with an accomplished teacher. (<http://en.wikipedia.org/wiki/Zen>). Accessed on April 22, 2014.

¹⁵ *Rosicrucianism* is a generic term referring to studies or membership within a philosophical secret society said to have been founded in late medieval Germany by Christian Rosenkreuz. It holds a doctrine or theology "built on esoteric truths of the ancient past", which, concealed from the average man, provide insight into nature, the physical universe and the spiritual realm." Rosicrucianism is symbolized by the Rosy Cross. (<http://en.wikipedia.org/wiki/Rosicrucianism>). Accessed on April 22, 2014.

