

# A GUIDE FOR PARENTS:

## On the New Age Movement



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The purpose of this Booklet is to inform parents about the New Age Movement<sup>1</sup>, and how they can protect their children from its harmful influences. According to the Pew Research Center, a nonpartisan fact tank that informs the public about the issues, attitudes and trends shaping the world<sup>2</sup>, “roughly six-in-ten American adults accept at least one of these New Age beliefs. Specifically, four-in-ten believe in psychics and that spiritual energy can be found in physical objects, while somewhat smaller shares express belief in reincarnation (33%) and astrology (29%).”<sup>3</sup> This research on the amount of Americans who accept at least one of these New Age beliefs, demonstrates the need to expose the New Age Movement for what it is and discuss how this generation can be protected from its harmful influences.

### **Personal Testimony of God's Grace, Love, and Mercy:**

By 2013, I had accomplished everything according to the world's standards. I received my Bachelor's Degree in Psychology and Political Science, and M.S. in Social Work from prestigious Universities. I worked at a nonprofit organization in New York City, and served families, youth, and children in need of mentoring

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<sup>1</sup> <https://www.gotquestions.org/new-age-movement.html>

<sup>2</sup> <https://www.pewresearch.org/about/>

<sup>3</sup> <https://www.pewresearch.org/fact-tank/2018/10/01/new-age-beliefs-common-among-both-religious-and-nonreligious-americans/>

and social services. Everything in my life seemed fine, until I grew increasingly restless inside of my heart. Deep down inside my soul, I knew that I was missing something. I didn't know God at the time, and I was resistant to the idea that there was only One Way to Him—through His Son Jesus Christ (John 14:6).

Thereafter, I became heavily involved in the New Age Movement. Through self-help seminars, positive affirmations, and meditation practices, I unknowingly became brainwashed. By watching T.V. shows, movies, videos which promoted these ideals, I adopted beliefs in my mind that were contrary to the Word of God. For two years, I practiced a New Age lifestyle that deceived me into believing and following a false doctrine. It wasn't until I hit rock bottom that I cried out to the True and Living God. After a tragic loss, I begged Him to rescue me. Immediately afterwards, God answered my prayer. He began to expose my sin.

He began to reveal to me that the New Age lifestyle I practiced was considered sorcery<sup>4</sup> and necromancy.<sup>5</sup> As He gently showed me the darkness behind the New Age Movement, I repented from these practices and my acceptance of its beliefs. By God's grace, love, and mercy, I was saved. Jesus Christ showed me what He did for me on the cross, and His precious blood healed me from two years of brainwashing. My mind, heart, and body were healed miraculously. Jesus then filled and completed my soul---my confusion ended in Him. I was home and reconciled with God.

My encounter with God moved me to discern the underlying spiritual deception embedded in movies, T.V. shows, and videos. He showed me how I was brainwashed, and how important it is to plant His Word in our hearts and minds versus what is reflected in the media by others who are not aligned with His will. Overall, I became alert to the influence of words, images, and music which promoted New Age ideals in the world. This awareness led me to want others to know the truth, so that they too, can be on guard against Satan's schemes for their lives.

In my journey with Him, God restored me and made me a vessel of honor, for His glory. Eventually, He called me to minister to women and children through Creative and Visual Arts. I create, design, and write for Him, to build His Kingdom now. With my past experience and knowledge of the dangers of the New Age Movement, I am also called to share the truth about this movement with Christians and others. Sharing the truth with God's love, grace, and mercy is my aim, and I want to be able to be as gentle as He has been with me in showing

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<sup>4</sup> <https://www.merriam-webster.com/dictionary/sorcery>

<sup>5</sup> <https://www.merriam-webster.com/dictionary/necromancy>

me the deception behind this movement. It is my responsibility to partner with and support parents who desire to raise their children to know, follow, and glorify God in all that they watch, say, and do in their lives. He created us to be who He made us to be and reflect Him—not anything or anyone else in the world. When we do, we have the opportunity to shine His light during such a time as this in His Story.

### **What is the New Age Movement?**

The New Age Movement promotes the belief that all paths lead to God. It is a lifestyle of “spirituality.” People who are in this movement think that there is no right or wrong religion, and everything is relative. Relativity is the thought that there is an “absence of standards of absolute and universal application.”<sup>6</sup> Those who believe that there is no absolute truth may encourage everyone to believe in their own truth and even create their own realities. Many who subscribe to this thought system also presume that no evil exists.

The New Age Movement is associated with occult beliefs and practices. The word “occult” comes from a Latin word for ‘hidden.’ It is a collection of beliefs and practices founded on the premise that humans can tap into a supernatural world.<sup>7</sup> According to the English Oxford Dictionary, the occult is mystical, supernatural, or magical powers, practices, or phenomena. It may also include the practice of necromancy, which is the “conjugation of the spirits of the dead for purposes of magically revealing the future or influencing the course of events.”<sup>8</sup>

It is not uncommon for these beliefs to develop through self-help, positive psychology, and life coaching strategies.

### **What is considered New Age Material?**

Today, New Age/Occult beliefs and practices are promoted in T.V. shows, movies, books, video games, music, practices and physical exercises all over the world. With the rapid dependency and use of technology by children around the world, it is essential for parents to be aware of the many outlets, including electronic devices that spread New Age/Occult ideals. Below is a list of some of them, and why they are considered New Age/Occult material.

#### **T.V. Shows:**

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<sup>6</sup> <https://www.lexico.com/definition/relativity>

<sup>7</sup> <http://www.biblestudy.org/beginner/definition-of-christian-terms/occult.html>

<sup>8</sup> <https://www.merriam-webster.com/dictionary/necromancy>

- "Stranger Things": promotes paranormal activity, witchcraft, and necromancy.
- "Descendants": Wicked World: promotes paranormal activity, witchcraft, and necromancy.
- "Are you afraid of the Dark?" promotes paranormal activity, witchcraft, and necromancy.
- "Sabrina, the Teenage Witch": promotes paranormal activity, witchcraft, and necromancy.
- "Steven Universe": promotes paranormal activity, witchcraft, and demonic activity.
- "Oprah Winfrey Show": promotes paranormal activity, witchcraft, and necromancy.

#### Movies:

- "Harry Potter": promotes paranormal activity, witchcraft, and necromancy.
- "Miss Peregrine's Home for Peculiar Children": promotes paranormal activity, witchcraft, and necromancy.
- "Frozen I and II": promotes witchcraft.

#### Books:

- "Harry Potter" by J.K Rowling: promotes paranormal activity, witchcraft, and necromancy.
- "The Deceiver's Heart" by Jennifer A. Nielsen: promotes witchcraft.
- "Goosebumps" by Travis Scott: promotes paranormal activity, witchcraft, and necromancy.
- "The Gifts of Imperfection" by Brene Brown: promotes witchcraft.
- "Eat, Pray, Love" by Elizabeth Gilbert: promotes witchcraft.

#### Video Games:

- "Fortnite": promotes paranormal activity, witchcraft, and necromancy.
- "Five Nights at Freddy's": promotes paranormal activity, witchcraft, and necromancy.

#### Practices and Physical Exercises:

- Yoga: promotes occult activity.
- Meditation: promotes occult activity.
- Mindfulness: promotes occult activity.
- Self-help/positive psychology techniques: promotes witchcraft.
- Positive "I AM" affirmations: promotes witchcraft.

- Psychic Activity/Fortune Telling: promotes occult activity.
- Using Crystals: promotes occult activity.

### **Who is attracted to the New Age Movement?**

Parents and children alike are drawn to the New Age Movement for different reasons. It appeals to some of them because of its emphasis on fantasy, and an escape from the brokenness in this world. It also has the appearance of light and goodness, as it looks beautiful. Overall, it seems like a way to peace and harmony for people's minds, hearts, souls and bodies.

Imaginative, creative, and artistic people are also attracted to the Occult. If not led by the Holy Spirit and God's Word, this group of people can mistake the New Age Movement for beauty, light, and goodness. When, in truth, it is dark and evil.

### **Why is it dark and evil?**

It is the act of manipulation that is sin against God, and the power that influences the person to try to be their own god is demonic.<sup>9</sup> That is, evil supernatural being(s) are behind the images, false beliefs, techniques and practices in the New Age Movement.<sup>10</sup> See below for what the Bible says about the New Age Movement.

### **What does the Bible say about the New Age Movement?**

And no wonder, for even Satan disguises himself as an angel of light. So it is no surprise if his servants, also, disguise themselves as servants of righteousness. Their end will correspond to their deeds (2 Corinthians 11:14-15).

How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High. Yet thou shalt be brought down to hell, to the sides of the pit. They that see thee shall narrowly look upon thee, and consider thee, saying, Is this the man that made the earth to tremble, that did shake kingdoms (Isaiah 14:12-16).

Then if anyone says to you, 'Look, here is the Christ!' or 'There he is!' do not believe it. For false christs and false prophets will arise and perform great signs

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<sup>9</sup> <https://www.thefreedictionary.com/demonic>

<sup>10</sup> <https://www.thefreedictionary.com/demonic>

and wonders, so as to lead astray, if possible, even the elect. See, I have told you beforehand (Matthew 24:23-25).

There shall not be found among you anyone who burns his son or his daughter as an offering, anyone who practices divination or tells fortunes or interprets omens, or a sorcerer or a charmer or a medium or a necromancer or one who inquires of the dead, or whoever does these things is an abomination to the Lord. And because of these abominations the Lord your God is driving them out before you (Deuteronomy 18:10-12).

When they say to you, "Consult the mediums and the spiritists who whisper and mutter," should not a people consult their God? Should they consult the dead on behalf of the living? To the law and to the testimony! If they do not speak according to this word, it is because they have no dawn (Isaiah 8:19-20).

'Do not turn to mediums or spiritists; do not seek them out to be defiled by them. I am the LORD your God' (Leviticus 19:31).

As for the person who turns to mediums and to spiritists, to play the harlot after them, I will also set My face against that person and will cut him off from among his people (Leviticus 20:6).

"But as for you, do not listen to your prophets, your diviners, your dreamers, your soothsayers or your sorcerers who speak to you, saying, 'You will not serve the king of Babylon'" (Jeremiah 27:9).

So Saul died for his trespass which he committed against the LORD, because of the word of the LORD which he did not keep; and also because he asked counsel of a medium, making inquiry of it (1 Chronicles 10:13).

He made his son pass through the fire, practiced witchcraft and used divination, and dealt with mediums and spiritists. He did much evil in the sight of the LORD provoking Him to anger (2 Kings 21:6).

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires (Galatians 5:19-24).

Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons (1 Timothy 4:1)

But test everything; hold fast what is good. Abstain from every form of evil (1 Thessalonians 5:21-22).

I wish you would bear with me in a little foolishness. Do bear with me! For I feel a divine jealousy for you, since I betrothed you to one husband, to present you as a pure virgin to Christ. But I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ. For if someone comes and proclaims another Jesus than the one we proclaimed, or if you receive a different spirit from the one you received, or if you accept a different gospel from the one you accepted, you put up with it readily enough (2 Corinthians 11:1-4).

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord (Romans 6:23).

### **What does the Bible say about Spiritual Warfare?**

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ (2 Corinthians 10:4-5).

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings (1 Peter 5:8-9).

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly (John 10:10).

Finally, be strong in the Lord and in the strength of his might. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. (Ephesians 6:10).

### **What does the Bible say about the consequences of disobedience and rewards for obedience?**

For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous (Romans 5:19).

Submit yourselves therefore to God. Resist the devil, and he will flee from you (James 4:7).

If you do not listen, and if you do not resolve to honor my name," says the LORD Almighty, "I will send a curse on you, and I will curse your blessings. Yes, I have already cursed them, because you have not resolved to honor me (Malachi 2:2)

"If you love me, you will keep my commandments" (John 14:15).

### **What are some harmful consequences of dabbling in the New Age Movement?**

- Mind control
- Oppression
- Possession
- Deception
- Spiritual Blindness
- Enslavement to the powers of sin and darkness and the world system
- Death

### **Testimonies from parents:**

*"As a mother, I strongly disagree with the New Age Movement. It is captivating the next generation's minds, and confusing their beliefs. This confusion in their minds is leading them to adopt false beliefs and perceptions about reality; that all is positive, and everything is about peace and love. The New Age Movement is also affecting their way of living, as they think they can do whatever they desire to do without considering consequences. The worst outcome of this movement is that it is destroying the lives of our loved ones. Sadly, some of them have even passed away" – **Mother***

*"I've been a believer for three decades and twenty years in the missionary field. I have personally witnessed the deadly impact of evil influence and dominion over our children, neighbors, government, and even churches. It's unacceptable to see how Occult beliefs are presented as a path to enlightenment and peace that permeate our homes.*

*As responsible Christians we must be willing to become aware about the infiltrations of the New Age in our community. We need to establish a rock solid foundation based in God's word to stop the rising tide of the Occult. It is marching across our generations through media, books, television, games, movies, music, school curriculum which are full of witchcraft, magic, astrology, soul hunting, Wicca, voodoo, dragons, evil spirits spells, psychic hot lines, palm readings, and the New Age movement. It's time to react to this demonic invasion and open our eyes!*



*I realize that many times we don't want to inquire about this subject. We tolerate it because of the fear factor, the superstition culture, or simply because we are not interested in the subject, and we don't care.*

*Once and for all it's time to react to this demonic invasion and open our eyes and submit our lives to Jesus as Lord and Savior and dedicate our homes to the Lord. It's about time to start a spiritual inventory of own lives and homes. It's about time to cleanse our homes of foreign gods, false religions books, occult objects, and ungodly objects. It's about time to prepare for the battle of mind, soul, and spirit. In conclusion, it's time to consecrate our homes with worship songs asking the glory of our Lord and Savior to abide among us. It's about time to maintain spiritual victory by the blood of Jesus! – **Grandmother***

*"We get to decide what voice media has on our children. Our children are in a culture that is to be transformed by the lens they see from and speak truth in love about what is going on in the world around them. Two questions I ask myself when making choices for my children are: 'what seeds am I watering? What seeds am I planting? This helps me put the mind of Christ on and though I don't always make the right choice, because the Holy Spirit is a Person and lives inside of me I can have a dialogue with my children and talk through deception and highlight truth.' — **Mother and thankful Follower of Jesus Christ on the narrow road.***

### **What does the Bible say about Deliverance from the New Age Movement?**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 4:9).

For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds (2 Corinthians 10:3-4).

So if the Son sets you free, you will be free indeed (John 8:36).

### **What does the Bible say about having Victory over sin?**

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world (John 16:33).

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it (1 Corinthians 10:13).

He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him (Colossians 2:15).

### **How should I talk with my child about the New Age Movement?**

- Talk with them about it with God's love, gentleness, and restoration. Ask God to help you warn them about the darkness behind New Age Movement beliefs and practices.
- Help them to understand the truth about and the dangers of the New Age Movement, through God's Word.
- Point them in the right direction, to alternative, Godly material that will nourish their minds, hearts, souls, and bodies in Christ Jesus.
- Meet their emotional, social, spiritual, creative, and artistic needs through what God provides for us (i.e. church community, Godly group activities, bible studies, creative godly activities, discipline, boundaries, structure, Christ centered counseling).

### **How can people be set free from the New Age Movement?**

John 3:16 says, "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

- God loves us so much that He sent His only Begotten Son, Jesus Christ into the world to walk the sinless life we could never live and die on the cross for us. He shed His precious blood on the cross for our sins, died, and rose again from the dead. Today, He is seated at the right hand of the Father.
- Ask God, the Father to forgive you for your sins against Him and others—for the false beliefs you accepted and/or the New Age lifestyle you practiced.
- Believe in Jesus Christ's work on the cross for your sins. Go to the cross and ask Him to cleanse and wash you with His blood which was shed for you. Receive Him as your personal Lord and Savior. Receive God's free gift of salvation in His Son Jesus Christ.
- Repent from your acceptance of New Age/Occult belief(s) and/or lifestyle. Repentance means to agree with what God says about your sin, and turn away from it. Specifically, repentance from a New Age/Occult belief(s) and/or lifestyle might look like you no longer watching T.V.

shows/movies that promote this movement. It may reflect a change in your choices of practices or physical exercises. It may also involve you no longer attending events or gatherings which promote these beliefs and/or lifestyle.

- Get connected with a Bible teaching Church. Pray to God. Read your Bible. Surround yourself with other Followers of Jesus Christ and remain in fellowship with them.
- Depend on God's love, grace and mercy through His Son Jesus Christ. Renew your mind and heart in God's Word (the Bible). Follow Jesus Christ and His Word. Remain steadfast in your faith in Christ.

### **Godly alternative Movies, T.V. Shows, Video Games, and Books:**

#### Movies/T.V. Shows:

- [Pureflix](#)
- [Hischannel.com](#)
- [What's in the Bible?](#)
- [VeggieTales](#)
- [Prince of Egypt](#)
- [Paws and Tales](#)
- [Adventures in Odyssey](#)
- [Theo](#)
- [Jesus Storybook Bible](#)
- [Psalty](#)
- [Owlegories](#)
- [Pilgrim's Progress](#)

#### Books:

- [Pureflix-12 Christian Children's Books every Parent should Consider](#)
- [For Such a Time as This-Stories of Women from the Bible, Retold for Girls](#)

#### Video Games:

- [Noah's Ark](#)
- [Jesus in the Matrix](#)

Apps:

- [Bible Adventures for Kids](#)
- [Superbook Kids Bible App](#)
- [The American Bible Challenge Game App](#)
- [The Beginners Bible App](#)
- [The Word Search Bible App](#)
- [The Big Picture Interactive Bible Storybook and App](#)
- [YouVersion Bible App for Kids](#)

Practices and Physical Exercises:

- Sports Teams
- Godly Dancing Groups
- Godly Creative/Artsy Clubs/Activities

To monitor what your children are watching on their electronic devices, visit:

[Focus on the Family- Parenting and Monitoring Internet Activity](#)

[Focus on the Family- A Parent's Guide to Technology](#)