



Stance on New Age Health Practices

Introduction

In a world increasingly drawn to alternative health practices, many believers face confusion and uncertainty about the compatibility of such methods with Christian faith. Practices like Reiki, Yoga, Tai Chi, Astrology, and others are often promoted for their physical and emotional benefits — but they frequently involve spiritual components rooted in belief systems that are contrary to Christian beliefs. For this reason, it's important to HealingStrong that we provide our community with a document to help guide you in your own decision-making process. Whatever you choose, it's your responsibility and decision. This is not intended to be an exhaustive list of resources and information.

This paper is meant to share an overview with you, while providing resources for further study. It is important to seek wisdom concerning this topic and practices, and gain understanding.

- James 1:5 (NIV) "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."
- Proverbs 4:7 (NIV): "Get wisdom. Though it costs all you have, get understanding."

What's Most Important

At HealingStrong, we believe true healing comes from God — through prayer, faith, healthy choices, and walking in truth. While we encourage rebuilding the body with natural ways to support the body, we also know that not everything "natural" or "healing" is spiritually safe.

Some popular health practices today are rooted in New Age or Eastern religions. For that reason, we do not teach those practices as part of our curriculum or encourage them for participants. In Romans, Paul reminds us not to allow our own convictions to be a stumbling block for others. HealingStrong takes this stance not to teach it in our materials or from our platform. However, each participant has their own convictions about this topic and it is our desire to offer insight into our decision and allow each person to choose for themselves. HealingStrong embraces all with open arms to be part of our HealingStrong Groups. What we teach from the platform, or in our curriculum, are fundamental to rebuilding the body, renewing the soul (mind, will and emotions) and refreshing the Spirit, which is rooted in God's Word, the Bible.

We hope this paper will help you better understand, perhaps prompt a deeper study of practices to be cautious of, and ask further questions, especially if they include spiritual elements.

1. Reiki

A technique where a practitioner places hands over the body to “channel energy” for healing.

- It teaches that healing energy comes from a “universal force”. We believe healing comes from God, the Creator of the Universe. Practitioners often call on spirit guides — which can open doors to spiritual deception.
- Scripture teaches that true healing comes through Jesus, not mystical energy.
- Christians teach laying on of hands and praying in Jesus name, which can be misused by Reiki practitioners. It is important to use discernment when you have others lay hands on you and pray. Who are they praying to? What is the source of the “life force” they are inviting into your healing?

2. Yoga (Spiritual/Traditional)

It is an exercise/stretching with spiritual practice, rooted in Hinduism to connect with divine consciousness through poses, breathing, and meditation. Because of that, we do not teach Yoga, or encourage it. There have been many Yoga teachers who have been part of the HealingStrong community who do not adhere to the spiritual foundation of Yoga roots. This is one of those practices that we know is controversial due to the popularity of it in holistic communities. Due to its spiritual roots and practice, in general, we do not teach or recommend it to our community. Here is why:

- The Yoga poses/postures (asanas) were designed to honor Hindu gods and open “chakras” (energy centers).
 - *“As a way of connecting to, revering and paying respect to deities, many yoga postures represent not just what the deity looks like, but also everything they stand for. As we practise the posture, we put our focus on the energy and essence of the deity and look to embody their qualities.”* The True Light Project website [THE TRUE LIGHT PROJECT](#).
- Chakras, which come through Eastern spiritual religions like Hinduism and Buddhism, are believed to be energy centers within the body, often visualized as spinning wheels or vortices.
- Yoga or Eastern Meditation involves “emptying oneself and focusing on “finding divinity within”. Christian meditation is about growing closer to God through prayer and thinking deeply about His Word. Eastern meditation is usually about focusing inward, calming the mind, or connecting with a universal energy. Christian medication is about a relationship with God — while Eastern Meditation is about connecting with self or the universe.

Note: Stretching, deep breathing, and movement are good! Just be careful and discern if it’s combined with spiritual language or practices. Ask God to show you if you should stop doing a particular class or meeting with a “spiritual guru”. It’s important to know the source, and ask questions.

3. Tai Chi / Qigong

Slow movements and breathwork meant to balance “chi” — life energy — and rooted in Taoist beliefs. Chi is believed to be the binding life force in the universe, existing both externally and internally, moving through invisible channels in the body called meridians.

- Teaches that healing comes by moving invisible energy. Historically, Tai Chi is connected to Taoist philosophy, which teaches about *qi* (pronounced “chee”) — the life force or energy believed to flow through all things. Traditional Tai Chi and Qigong often include:
 - References to balancing yin and yang
 - Concepts of harmonizing one’s qi with nature
 - Sometimes uses guided meditations or visualizations about universal energy or cosmic force, becoming one with the universe.

4. Astrology / Moon Cycles

Astrology is the belief that the positions and movements of celestial bodies (the sun, moon, planets, and stars) influence people’s lives, personalities, and future events.

It’s often used for:

- Horoscopes (daily, monthly, or yearly predictions)
- Personality analysis based on zodiac signs
- Guidance for relationships, careers, or major decisions

While astrology can seem harmless or just “for fun,” it’s rooted in the idea that cosmic forces determine or reveal our destiny, which directly conflicts with what the Bible teaches about God’s sovereignty and our dependence on Him alone for wisdom and guidance.

The stars are meant to witness God’s glory, not to govern our lives. Worshiping or seeking guidance from creation instead of the Creator is a form of idolatry.

- Astrology was clearly warned against in the Bible (Isaiah 47:13–14, Deuteronomy 18:10-12).
- Creation is meant to point us to the Creator. It declares His glory.

“The heavens declare the glory of God; the skies proclaim the work of His hands.” –
Psalm 19:1

5. Shamanic or Spiritism Healing

Involves calling on “spirit helpers,” “altered states”, or “spiritual rituals” to heal. Shamanism involves a person (a shaman) acting as a mediator between the physical and spiritual worlds, often using rituals, trance states, spirit guides, or ancestral communication for healing, knowledge, or power.

Spiritism (or spiritualism) is the belief that the spirits of the dead can communicate with the living, usually through mediums or séances.

- Spiritism, mediums, and contacting the spirit world are strictly forbidden in scripture. (Deuteronomy 18:10–12, Leviticus 19:31).
- This practice opens the door to demonic influence under the disguise of healing.
- There is only one Holy Spirit who brings true healing and restoration. Scripture teaches that Jesus alone is the mediator between God and humanity: “For there is one God and one mediator between God and mankind, the man Christ Jesus.” — 1 Timothy 2:5

God forbids shamanic and spiritist practices not because He wants to limit us, but because He wants to protect us from spiritual deception and keep us close to Him, the true source of wisdom, healing, and peace. “Do not turn to mediums or seek out spiritists, for you will be defiled by them. I am the Lord your God.” — Leviticus 19:31

Final Thoughts

We know this can be a controversial topic, and it is important to HealingStrong to offer reasons why we do not teach these practices, and encourage our community to prayerfully seek God and trust Him as you make your own decisions on therapies that will lead you into health and wholeness.

What we have based our spiritual teachings on aligns with our Christian values and sound biblical teaching. We know there are many types of healing modalities, and if they involve a spiritual component, we hope you will take time to become equipped with wisdom and understanding about the source. Ask questions, pray and seek God's wisdom. Find out the spiritual root of the teachings, and the person offering you advice. Our prayer is that each encounter at HealingStrong will bring a deeper faith walk with Jesus, who is the one true Healer.

Finally, the Bible holds God's truths. It is the written Word of God and we hope you will take time to read it everyday as if your life depended on it. For countless individuals in HealingStrong, it has changed our lives. We invite you to explore our many Bible studies on healing and God's principles. You can find all of them on the [Bible.com](https://www.bible.com) or the [YouVersion Bible App](https://www.youversion.com/app).

In the meantime, if you are not part of a HealingStrong Group, we hope you will consider joining one. Go to: [HealingStrong.org](https://www.healingstrong.org) and find a group close to you or join an online group. We heal better and stronger together!

For Further Study, a Few Resources to Consider:

- *New Age Masquerade* by Dr. Jonathan Welton
- *The Kingdom of the Occult* – Walter Martin
- *The Hidden Dangers of Yoga* – Caryl Matrisciana
- *Yoga and the Body of Christ* – Dave Hunt
- *Yoga Caution* by Ivan Raj: https://www.youtube.com/watch?v=FhNqrRc2N_E&t=2s
- *Part 2* by Ivan Raj: <https://itiswritten.tv/conversations/ivan-raj-part-2>