

# Potentially Harmful, and Dangerous Spiritual Practices

Compiled from numerous sources by Chris Lawson

<http://www.spiritual-research-network.com/dangerouspractices.html>

**Please take one or two minutes to read our extended statement at the bottom of this page. We consider all of the subjects listed below to have the potential to be spiritually harmful - and a large number of them to be extremely dangerous.**

SRN issues a warning about the following topics because they are *either* one, two, three, or *all* four of the following:

- Mystical and supernaturalistic health related methods
- Founded on occult principles
- Dangerous forms of occult and mystical practices
- Based on the writings and beliefs associated with either paganism, spiritism, occultism or mysticism.

If you have been involved in any of these practices or beliefs we recommend that you read our statement at the bottom of this page.

## A

A Course in Miracles (also referred to as ACIM or “the Course”)

Aamon

Aaronic Order (Order of Aaron - occult)

Abacomancy (amathomancy)

Abaddon

Abanathabla

Ablathanabla

Abaris

Abatwa

Abduscus

Abigor

Abjad

Abnuaaya

Aboukra

Abraxas (Also known as Abracax, Abrasax, Abanathabla and Ablathanabla)

Absent healing (absentee healing, distance healing, distant healing, remote healing, teleotherapeutics)

ACCESS (Access Energy Transformation)

Active imagery Actualism (Actualism Lightwork, agni yoga, Fire Yoga, lightwork)

Actualism bodywork

Acu-meridian energy transmission bodywork (Er Mei Qi Gong Therapy External Energy Diagnosis and Treatment system)

Acupressure energy channeling

Acupressure (*G-jō*) [GEE-joh], Acu-ball pressure treatment; *Do-in* (*dao-in*, Taoist yoga); *G-Jo* acupressure)

Acupressure massage

Acupressure touch

Acupuncture (acupuncture therapy, Zhenjiu)

Acupuncture imaging

Acuscope therapy (Electro-Acuscope therapy)

Acupuncture  
 Acutomancy (divination)  
 Acutomanzia  
 Acu-yoga  
 Adept (occult: A person who is 'skilled'. Initiate who has mastered occult sciences and powers)  
 Adjuration  
 Adomaster  
 Adramelech (Also known as Adrammelech and Adramelech)  
 Advanced dowsing  
 Advanced Energy Healing (Robert Jaffe Advanced Energy Healing)  
 Advanced Kum Nyethrough stimulation a  
 Advanced pranic healing  
 Adytum (occult)  
 Aeluromancy  
 Aerimancy  
 Aeromancy  
 Aetites (Aquilaeus, Gagites, "The Pregnant Stone" and "Eagle Stone")  
 Agaliarept (Also known as Agalieraps and Agalierept)  
 Agalmatomancy  
 Agares (Also known as Aguares and Agreas)  
 Agathodemon (Also known as Agathadaimon, Agathadaemon, Agathodiamon, Agathadeamon, Agathos Diamon)  
 Age of Aquarius  
*Agni dhatu (agni dhatu therapy, samadhi Yoga)*  
 Agares (Aguares and Agreas)  
 Ailuromancy  
 Aikido  
 Akasha (Akasa and Akash)  
 Alastor  
 Alberich (Also known as Aelferic, Alferich, Alpris, Andavari and Elberich)  
 Alchemy  
 Alchemia  
 Alchemia Breathwork  
 Alchemia® heart breath  
 Alchemical Hypnotherapy (Alchemical work)  
 Alchemical Synergy®  
 Alchemical weight management  
 Alectromancy (Also knowns as Alectormancy, Alectryomancy)  
 Aleuromancy  
 Alien (apparitions, alien contact, channeling, mediums, etc.)  
 Alien abduction  
 Alien implants  
 Alliance method ("traditional" Reiki, Usui System of Natural Healing; called "Hayashi" in Japan)  
 Alocen (Also known as Allocer, Alloces, Alocas, Allocen and Alloien)  
 Alomancy (Also Halomancy)  
 Alpha Calm Therapy  
 Alphitomancy  
 Altered States of Consciousness (ASC)  
 Alternative medicine (fringe medicine, natural medicine, unconventional medicine, holistic medicine, complementary medicine, integrative medicine, nernacular medicine)  
 Ama Deus  
 Amma (anma, General Massage, Pu Tong An Mo)Amdukias (Amduscias, Amdusias, Amukias)  
 Amma therapy ®  
 Amathomancy (abacomancy)

Amdukias (Amduscias, Amdusias, Amukias)  
 Amen (occult: Aman, Ammon, Amon, Amon-Ra, Amon-Re, Amum, Atum, Am, Amen-Ra, Amen-Ur, Amun-Re, Hammon, Niu, Zeus-Ammon and Jupitr-Ammon)  
 Ammit (Amit, Aman, Amamet, Ammut, Amunet and Ammemet)  
 Amniomancy  
 Amplified Energy Therapy  
 Amulet (and talisman)  
 Amy (Avnas)  
 Anamelech (Anammelech)  
 Anarazel (Anazarel)  
 Ancient Christian magic (not Biblical by any means)  
 Ancient Mystic Order of the Rosae Crucis (Rosicrucians; AMORC)  
 Andra-inanyas (Andras and Andrainanyas)  
 Andrealphus (Androalphus)  
 Anemoscopy (Anemosomancy)  
 Angel Chiropractic Care  
 Angel (fallen angels that masquerade as aliens, the higher-Self, inner child, personalities, etc)  
 Angel contact  
 Angel Magic (ritual practices, conjuration, communication, control of angels, demons, devas, etc)  
 Angelical Stone  
 Angelic attunement  
 Angelic healing  
 Anemosomancy (Anemoscopy)  
 Animal messages  
 Anima Mundi  
 Animal magnetism  
 Animal mutilations  
 Animal PSI (AnPSI)  
 ANPSI (animal PSI)  
 Animal worship  
 Animism  
 Ankh (anhk)  
 Annette Martin training  
 Anthroposophy  
 Anpu (Anubis)  
 Anthromancy (anthropomancy, splachomancy, antinopomancy)  
 Anthropophagy (cannibalism)  
 Anthroposophy (Christianized Theosophy; founder Rudolf Steiner)  
 Apitherapy (bee sting therapy, bee venom therapy)  
 Apparitions  
 Arhatic YogaSM (Arhatic Yoga System)  
 Arica(R)  
 Asian medicine  
 Astanga yoga (ashtanga yoga, raja yoga)  
 Aston-patterning®  
 Astara's healing science  
 Astral projection  
 Astrological counseling  
 Astrological diagnosis  
 Astrologic medicine medicinal astrology)  
 Astrology (star-gazing) (this is not "astromony")  
 Astrotherapy (psychological astrology)  
 Athame  
 Atlantean Healing Ray Training" (Healing at a Distance"), provided  
 Attitudinal healing (encompasses Buddhist psychology, Christian Science, A Course in Miracles,

transpersonal psychology, and yogic meditation)  
Attitudinal Therapy  
Attunement  
Auditing (Scientology's psychotherapeutic form of pastoral counseling, processing)  
Aura analysis (aura reading, auric diagnosis)  
Aura and vibrational diagnosis  
Aura balancing (aura cleansing, aura clearing, aura healing, auric healing)  
Aura Imaging Photography (Aura Imaging)  
Aura-Soma (aurasomatherapy, Aura-Soma therapy)  
Auric massage technique  
Automata (for purposes of magic, voodoo, witchcraft, etc)  
Avatar® (Avatar Course)  
"Awakened Life, The" (The Awakened Life program)  
Awareness Release Technique® (A.R.T.)  
Ayurveda (ancient Indian medicine)  
Ayurveda Medicine  
Ayurvedic Healing  
Ayurvedic Healthcare  
Ayurvedic Medicine  
Ayurvedism (classical Indian medicine, Indian medicine, Science of Longevity, traditional Ayurveda, traditional Indian medicine, Vedic medicine)  
Ayurvedic Reflexology-Acupressure  
Ayurveda System of Medicine

## **B**

Bach Cures  
Bach flower essence method  
Bach flower essence system  
Bach flower remedies  
Bach flowers  
Bach flower therapy  
Backward blessing  
*Baguazhang (pa kua chang, circle walking)*  
Balance Therapy  
Balanced Health  
Balinese Massage  
Balneology, Balneotherapy  
Baphomet  
Baptism for the dead (a practice done in Mormonism)  
Barbara Brennan Healing Science  
Barefoot shiatsu massage  
Behavioral Kinesiology (BK)  
Belavi  
Belly Bean Diet  
Beyond Dieting  
BEYOND MEDICINE  
Beyond Therapy  
Beyond Therapysm  
Bhramari  
Bhuta shuddhi  
Beelzebub (Beelzebuth, Belzebeth, Baalzebub, Beelzeboul, Baalsebul, Belzaboul, Belzebud, Beelzebub, Beezlebug, Baalzebubg, Beelzebus and Ba'al-zebub)  
Bhramari  
Bindegewebsmassage (bindegewebsmassage system)

Bindi  
Biochromatic (Bio-chromatic) chakra alignment  
Biochromatic (Bio-chromatic) chakra massage  
Biodynamic (Bio-dynamic) Massage  
Biodynamic (Bio-dynamic) psychology  
Bioelectromagnetics (Bio-electromagnetics)  
Biomagnetics (Bio-magnetic medicine)  
Biomagnetic (Bio-magnetic) therapy  
Bioelectronic (Bio-electronic) diagnosis  
Bioenergy (Bio-energy healing)  
Bioenergetics (Bio-energetics)  
Bioenergetic (Bio-energetic) analysis  
Bioenergetic (Bio-energetic) healing  
Bioenergetic (Bio-energetic) movement work  
Bioenergetics (Bio-energetics) therapy  
Bioenergy (Bio-energy)  
Bioessence (Bio-essence) bodywork  
Bioessence (Bio-essence) therapy  
Biofeedback (Bio-feedback)  
Biofeedback (Bio-feedback) Without Machines,  
Biofield (Biofield)  
Biofield (Biofield) Therapeutics,  
Biogenic (Bio-genic) Support,  
Biogeometry (Bio-geometry)  
Biogram (Biogram) Therapy,  
Bioiridology (Bio-iridology)  
Biokinesiology (Bio-kinesiology)  
Biological Immunity Analysis™ (BIA, biological immunity system™)  
Biolifting (Bio-lifting)  
Biological Archeology  
Biological Immunity Analysis  
Bio-Magnetic Healing  
Bio-magnetic therapy  
Bio-magnetic Touch Healing  
Bio-magnetic Touch Healing  
Bio-magnetics, Bio-mechanics  
Bio-Optic Holography  
Bioplasmic healing  
Biorhythm  
BioSonics  
BioSonic Mantric Dream Repatterning  
Biosonic Repatterning, BioSonic Repatterning  
BioSonic Repatterning™  
BioSonic Sound and Light Repatterning  
Biosync  
Birthing Services  
Black Hah Feng Shui  
Black Hat Tantric Buddhist Feng Shui  
Black arts  
Black magic  
Black magic spells  
Black magick  
Black magick spells  
Black mass  
Bleeding manipulation

Blood Cell Demonstration  
Blood crystallization  
Blood crystallization (diagnostic blood crystallization)  
Bloodletting  
Bocor (conjuring of)  
Blue Water technique  
Body Acupuncture  
Body Alignment  
Body Centered Therapy  
Body Harmony  
Body Imaging Enhancement  
Body Integration, Body Logic, Body Mapping Technique, Body Mind Breathwork,  
Body Mind Breathwork  
Body Mind Counseling  
Body Mind Counseling Hypnotherapy  
Body Mind Dynamics  
Body Mind Massage  
Body Mind Shiatsu  
Body Mind Therapy  
Body Mind centering  
Body Oriented Emotional Release Psychotherapy  
Body Polish  
Body Reflexology  
Body Rolling  
Body Wisdom  
Body Work  
Body Work Plus  
Body-Centered psychotherapy  
Bodymind Centering  
Bodymind (Body-Mind) Centering  
Body-Oriented Psychotherapy  
Body Talk  
BODYTONICS  
BodyWisdom  
Bodywork Plus  
Bodywork Tantra  
Bodywork Tantra Co-centering  
Bodywork Tantra Tantsu  
Bodywork Tantra Watsu  
Bon shamanic practices  
Bone Marrow Nei Kung  
Bonnie Prudden Myotherapy  
Bonsano, Botanical Medicine  
Book of spells  
Book of Shadows  
Bowen Therapeutic Touch  
Bowen Technique  
Bowen Therapy  
Brain Gym  
Breath Awareness  
Breath Regeneration  
Breath Therapy  
Breath Word (Breathwork)  
Breatharianism  
Breathing Exercises (mystical, energy, occult, chi, Ki, yoga, etc.)

Breath Prayers (mystical, energy, occult, chi, Ki, yoga, etc.)  
Breathing Therapy (occult)  
Breema  
Breema Bodywork  
BRETH (“Breath Releasing Energy for Transformation and Healing”)  
BRETH (“Breath Releasing Energy for Transformation and Happiness”)  
Broadcasting  
Brothers of the Shadow  
Bubble of light technique  
Bubble of light meditation  
Buddhist Medicine  
Buddhist psychology  
Budzek Medical Massage Therapy  
Bu-hang  
Business Qigong

## C

Cambion  
Candomble’ (Spiritism, Macumba, Umbanda)  
Canibalism (anthropophagy)  
Celtic wisdom sticks  
Chakra meditation  
Charm (magical formula)  
Channeling (spirits, Ascended Masters, ‘the dead’, etc)  
Chimaera  
Circle (Wiccans, ceremonial magicians, seances, etc)  
Clairvoyance  
Cocytus (kokytus)  
Color Therapist  
Communication with the spirit world  
Conjuration (practice of raising or evoking spirits, demons and storms through rituals)  
Conjure  
Conjurer  
Conjuretors  
Conjuring (spells and spirits)  
Contemplative Spirituality / Spiritual Formation - **Please read note below**

- “Ancient Prayer” Practices
- Awareness of Being
- Being in the Present Moment
- Beyond Words
- Breath Prayers
- Contemplative
- Centering
- Centering prayer
- Dark night of the soul
- Divine Center
- Divine Mystery
- Enneagrams
- Ignation Contemplation
- Inner light
- Jesus Candles
- Labyrinths
- Lectio Divina
- Mantras

- Mantra prayers
- “Palms Up, Palms Down”
- Practicing the Presence
- Prayer of the Heart
- Prayer Stations
- Sacred Space
- Slow Prayer
- Spiritual Direction
- Spiritual Disciplines
- Spiritual Formation
- Taize
- The Jesus Prayer
- Thin Place
- The Silence
- Yoga

### **SPECIAL NOTE ABOUT CONTEMPLATIVE SPIRITUALITY PRACTICES:**

The contemplative spirituality catch phrases and practices referred to above are used by Eastern occultists, religious mystics, and many “well-intentioned” Christians. Almost the entire list of these practices has been gleaned from Eastern mysticism and the occult - and they have been brought into Christian settings. Due to the massive explosion of *experience driven Christianity* and the endorsements of many well known personalities, these practices are now thought by many to actually be “Christian”.

It must be clearly noted however that “Christian mystics” gleaned these practices from Eastern religions - Hinduism, Buddhism, Jainism. (See *The Desert Fathers*, Fr. Bede Griffiths, Fr. Thomas Keating, Thomas Merton, etc.) As such, they are “Christianized” forms of non-Christian practices. Even biblical prayer has been convoluted and re-defined as “centering prayer”, the “Jesus prayer”, “slow prayer”, “mantra prayer”, “meditation” (unbiblical forms), etc.

We make special note of this here because oftentimes the “results” that people experience from these Eastern practices are contrary to biblical theology and balanced Christian practice. With this in view, it is no wonder that a number of so-called Christian leaders in our age have adopted a *pantheistic*, occult worldview - in place of a biblical, Christian worldview. The proof of this can be found in their books and sermons. The tragic end result of this is that many undiscerning church-goers (and quite a number of true Christians) are now being subjected to and influenced by an unbiblical Christianity. This new Christianized form of Eastern spirituality is an amalgamation of Eastern occult practices mixed with theologically corrupted biblical terminology. In theory it has major problems and in practice it can very quickly lead to spiritual delusion.

Another very serious problem that can arise through the use of a number of these practices is direct, overt contact with the spirit world apart from God. The technique or practice of “Centering prayer” as contemplatives call it, has a very strong potential to introduce well-intentioned people to occult practices such as *Clairvoyance*, *Clairaudience* and *Clairsentience*, etc. The Bible calls this divination, a form of the occult condemned by God Himself (Deuteronomy 18). [Click here to see many references of the biblical condemnation of divination in any form](#).

It is very simple to do the research and find out just where these practices originate from and how they have crept into the church. Sadly, many refuse to look at the facts!

Craft (the Craft, Wicca, Witchcraft,

Crystal balls

Crystal healer

Crystal Work

Curse (occult prayer or incantation, written or spoken, for harm to come upon one)

## **D**

Death prayer (on behalf of the dead)  
Death prayer (in order to harm the living)  
Demon possession  
Demons (obsession with and, or, contact with)  
Demonology (for magic and occult practices)  
Devil  
Devil's mark  
Devourer of Amenti  
Divination (all forms)  
Divination practices and occult "Games"  
Divining rods  
Dowsing rods  
Dream cue cards  
Druids  
Dweller in Amenta  
Dynamic Trance States

## **E**

Eagle stone  
Eastern Gurus  
Eblis (Iblees, Iblees and Haris - a fallen angel of Islam)  
Eckankar  
Elves  
Energy Massage Therapy  
Energy Work  
Energy Therapies  
Enlightenment (occult)  
Enochian magic  
ESP (Extra Sensory Perception)  
EST, The Forum and related New Age Seminars  
Evil (the opposite of good)  
Evil eye (witchcraft and black magic)  
Extra Sensory Perception (ESP)  
Eye of Horus

## **F**

Fascination (any and all fascination with the world of the occult is dangerous)  
Faeries  
False prophet  
Fates (demons who alter destiny)  
Familiars (spiritis who assist witches)  
Feng Shui  
Fetish  
Freemason (one who practices Freemasonry and believes the teachings of the Craft)  
Freemasonry (Masonic Lodge)  
Freemasons square

## **G**

Gamalei (astrological, hermetic or magical)  
Galdrabok (the)  
Ghosts  
Grand Grimoire  
Grimoire of Honorius  
Grimories (Grand Grimoire; the Heptameron; the Enchiridium; Grimorium Verum; Grimoire of Honorius; the Galdrabok; the Key of Solomon)  
Grimorium Verum

## **H**

Halomancy (Also alomancy)  
Healing for Self Mastery  
Healing Touch Energy Work  
Huna magic (Ancient Polynesian and Hawaiian)  
Hypnosis  
Hypnotherapy  
Hypnotic Regression  
Hypnotic trance dancing  
Hypnotic trances

## **I**

I Ching (cards, divination)  
Iatromathematics (Astrological medicine or Astromedicine)  
Ibis (In the occult, believed to be the incarnation of Thoth)  
Iblees (Eblis, Iblees and Haris - a fallen angel of Islam)  
Iblis  
Icarus (Greek mythological character)  
Ichor  
Idolmancy (a form of metal or stone divination)  
Illuminati  
Incantations  
Incubi and Succubi  
Iridology

## **J**

Jettatua (Italian for “evil eye”)  
Jung, Carl (Writings and “Philemon”, his so-called “spirit guide”)

## **K**

Kabbala (Kabalah, Kabala, Cabala, Cabbala, Cabalah, Cabbalah, Qabala, Qabbala, Qabalah and Qabbalah)  
Kahuna (Hawaiian witch doctor)  
Karma  
Karma cards  
Key of Solomon  
Krishna Consciousness

## **L**

Labyrinth  
Levitation  
Lillith

## **M**

Macumba (Spiritism, Candomble' and Umbanda)  
Magical dolls (Poppet, ritual effigies, voodoo dolls, Kolossos and Kolossoi)  
Magic spells  
Magic square  
Magick  
Magick spells  
Mandalas  
Mantras  
Meditation Classes  
Mediumship  
Merliin  
Moon Awareness  
Mormonism  
Muscle Testing  
Mysticism

## **N**

Natural Majick  
Necromancy  
Nehamah  
New Age Inner Work  
New Age intuition  
New Age Medicine  
New Age Physics  
Numerology

## **O**

Occult  
Occultism  
Occult jewelry  
Occult literature  
Odin  
Oenomancy (Oinomancy, a form of augury)  
Oinomancy (Oenomancy, a form of augury)  
Oinoscopia (Oinoscopy and Ornithomancy)  
Olympian contact (contacting mythological Greek gods)  
Omen (occult influence)  
Omphalomancy (omphilomancy)  
Oracle (occult)  
Ouija Board (spirit board)  
Oracles

## **P**

Palmistry  
Past Life Readings

Pendulums  
Poltergeists (ghosts)  
Poppet (magical doll, ritual effigies, voodoo dolls, Kolossos and Kolossoi)  
Possession  
Possession trance states  
Precognition (occult)  
Precious Gem Formulas  
Psychic (s)  
Psychic circle  
Psychic Medium  
Psychokinesis

## **Q**

Qabbala (Kabbala, Kabbalah, Kabala, Cabala, Cabbala, Cabalah, Cabbalah, Qabala, Qabbala, Qabalah and Qabbalah)  
Quaker Spirituality (Society of Friends)  
Quantum-Touch  
Quetzalcoatl (Aztec deity whose name means 'feathered serpent')  
Quietism (form of religious mysticism; Molinists)  
Quintessence (Occult, the luminous fifth element)  
Quintile (A term astrologers use to designate 'energy' between planets or points involved)  
Quiradelli, Corneille (16th century Franciscan astrologer)  
Quirinus (Quirus; an occult "juggling stone, found in the nest of the hoopoo")

## **R**

Readings (any occult or mystical)  
Reading of the palms, tea leaves, mind, etc.  
Reiki Master  
Reiki Therapy  
Rosicrucianism (Ancient Mystic Order of the Rosae Crucis; AMORC)  
Runes

## **S**

Sacred geometry and oracles  
Santeria (in Cuba and other places)  
Satan  
Satanism  
Satanic rituals  
Scientology  
Screaming  
Screaming bowls  
Screaming mirrors  
Shaman  
Shamanism  
Shapeshifting  
Shiatsu Massage  
Silva Mind Control  
Sorcery  
Soothsayer  
Spell boards  
Spell cards

Spells  
Spirit board (any and all forms)  
Spiritism  
Spiritism (Macumba, Candomble' and Umbanda)  
Spiritualism  
Spiritualist  
Spiritualist Society  
Stoichomancy  
Succubi and Incubi  
Swallower of the Dead  
Sympathetic Magic

## **T**

Talisman (and amulet)  
Tantra  
Tantrism  
Taoism  
Talking board (Ouija board, etc.)  
Tarot cards  
Tarot decks  
Tarot readings  
Telekinetic enhancer  
Telepathy  
The Cayce Approach to Health and Healing (Edgar Cayce)  
Theosophy  
Theosophical Society  
TM–Transcendental Meditation  
Trance  
Trance channeling  
Trance possession  
Trance states

## **U**

Umbanda (Spiritism, Macumba, Candomble' )  
Unergi© Method (Unergi holistic therapy)  
Uncctions (any type utilized in occult, pagan, and mystical practices)  
UN SystemSM

## **V**

Vacuflex  
Vampirism (human vampirism)  
Vedic Astrology (jyotish, jyotisha)  
VEGAtest method  
vibrational medicine  
Violent Flame Initiation  
Visualization  
Visualization Therapy  
Visualizing “Jesus”  
Vita Flex  
Vitality Fasting and Rejuvenation  
Viviano Method

Voodoo charms  
Vodou (Haitian Vodou, vodoun, vodun, voodoo, voodooism, Voudoun)

## W

Waitankung  
Warriorobics  
Warlock  
Watsu  
Weight No More (developed by Edgar cayce)  
White magick  
White Tantra  
Wicca  
Wisdom Chi Kung  
Wise woman healing  
Witch  
Witchcraft  
Witch doctor  
Witch of Endor  
Witching stones  
Wizard  
WooJangJu Power Meditation  
Wortcunning

## X

Xavier, Francisco, Candido (Famous Brazilian psychic known as 'Chico')  
Xenoglossy (Xenoglossia - occult form of speaking in 'tongues')  
Xenomancy  
Xylomancy

## Y

Yagya  
Yin and Yang  
Yoda's worldview (pantheism)  
Yoga  
Yoga, Agni Yoga  
Yoga, Anahata Yoga  
Yoga, Anusara Yoga  
Yoga, Ashtanga Vinyasa Yoga  
Yoga, Bhakti yoga  
Yoga, Bikram Yoga  
Yoga for Busy People (YBP, Yoga for Busy People method)  
Yoga For Surfers  
Yoga, Hatha yoga  
Yoga, Integral yoga  
Yoga, Iyengar Yoga  
Yoga, Jnana Yoga  
Yoga, Karma Yoga  
Yoga, Kriya yoga  
Yoga, Kundalini yoga  
Yoga, Natya Yoga  
Yoga Nutrition

Yoga, Yoga Neuromuscular Therapy  
Yoga, Raja Yoga  
Yoga, Sahaja Yoga  
Yoga, Satyananda Yoga  
Yoga, Sivananda Yoga  
Yoga, Six yogas of Naropa (Tummo)  
Yoga, Surat Shabd Yoga  
Yoga therapy  
Yoga, Viniyoga  
Yoga, Yantra Yoga  
Yoga, Yoga Nidra  
Yogic Flying

## Z

Zarlen Therapy (Zarlen direct channelling, Zarlen Therapy technique)  
Zazen  
Zen Alexander Technique  
Zen Shiatsu  
Zen Shiatsu Acupressure  
Zen Tantra  
Zen-Touch  
Zero Balancing (ZB, Core Zero Balancing)  
Zhan Zhuang Chi Kung (Zhan Zhuang)  
Zhineng Chigong  
Zombie (reanimated through occult power)  
Zoolatry (animal worship)  
Zulu Sangoma bones

### Source Note:

Many of the topics listed above were found in alternative medicine, new age, and occult sources. Further helpful documentation and topics were found in *The Expanded Dictionary of Metaphysical Healthcare*, Unnaturalistic Methods: A-Z, 2000 Jack Raso, M.S., R.D.

Subjects listed on this page also come from many other sources such as various Encyclopedias, Dictionaries, Encyclopaedias, Spiritual Dictionaries, New Age Vocabulary Guides, Alternative Health Books, Alternative Medicine Books, Alternative Health Care Journals, Natural Health and Healing magazines, Natural and Occult Medicine Literature, Alternative Remedy Booklets, Alternative Health and Medicine Pamphlets, Alternate Healing Method Books, Holistic Health Dictionary and Therapy Literature, Alternative Treatment Practices, Complementary Medicine Journals, Alternative Health Dictionaries, Alternative Health, Alternative Medicine Dictionaries, Alternative Health Glossarys, Alternative Medicine Glossary's, Alternative Health Terms, Alternative Medicine Terms, Alternative Healing Guides, Alternative Medicine Guides, Natural Healing Dictionaries, and a vast array of occult literature.

### BRIEF STATEMENT FROM SRN REGARDING THE ABOVE LISTED SUBJECTS

**SRN considers the subjects listed above to be spiritually harmful because they have the potential to engage the practitioner in occult power. A large number of topics listed above are known to be very, very dangerous.**

A strong warning is advised to all who would involve themselves with practices that originate within the realm of New Age, occult, and spiritistic practices. All occult methods have the capability of leading to serious physical, spiritual, and personal bodily harm. We state this because all of the

practices above are in some way, shape or form connected to a *pantheistic* (or *panentheistic*) worldview, which is the root of Eastern spirituality and the world of the occult.

Many individuals who delve into New Age and occult practices have suffered the consequences of spiritual oppression, occult bondage, psychological delusion, insanity, irreversible mental and physical damage, insanity, suicidal tendencies, possession states, moral degradation, sexual perversion, fatal accidents, and more.

For those who are presently involved in any form of occultism or in any practices founded upon the principles of the occult, we recommend that you fully repent of this sin and in complete willful submission to the Lord Jesus Christ, call upon Him to free you from all demonic influences. Occult bondage is too strong to break free from through any other means...Jesus Christ is the only answer!

The Bible is clear regarding all forms of occultism - it is dangerous at best, and can damn the soul at worst. For those who do not know, 'energy work', *Reiki*, channeling, *yoga kundalini* energy, spiritual intuitives, etc. are all forms of "divination" and mediumship in varying degrees. No matter how the world of the occult is repackaged and introduced into Western civilization, God's view on the subject remains the same - it is an abomination with severe consequences:

**When thou art come into the land which the LORD thy God giveth thee, thou shalt not learn to do after the abominations of those nations. There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch. Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the LORD: and because of these abominations the LORD thy God doth drive them out from before thee. Thou shalt be perfect with the LORD thy God. For these nations, which thou shalt possess, hearkened unto observers of times, and unto diviners: but as for thee, the LORD thy God hath not suffered thee so to do. The LORD thy God will raise up unto thee a Prophet [prophetic of Jesus Christ ] from the midst of thee, of thy brethren, like unto me; unto him ye shall hearken. (Deuteronomy 18:9-15)**

Notice the last line here...

**But as for you, the LORD your God has not permitted you to do so.**

The warning of 3,400 years ago still stands today!

We issue our warning because we believe (and so do others) that **involvement with these practices, including dabbling in them at beginner levels and the promotion of them to any degree, has the potential to incur harmful and dangerous influences upon oneself and upon one's family.**

We believe these dangers arise from trafficking with unseen hostile spirit beings that have the ability to counterfeit themselves and masquerade as "results" in the lives of the practitioners and their clients. Making a business out of contacting the spirit world, through any of the endless means of occult methodology is no safe trade.

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. (Galatians 6:7)