**NEW AGE SPIRITUALITY  
A Religious Deception Misguiding Millions**

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In this ‘postmodern era,’ New Age concepts are surging in popularity globally. In the United States alone, from 1990 to 2000, Christianity only grew 5%, while New Age spirituality mushroomed 240%. More than just a movement, this is a tsunami megatrend crashing over this generation. I am very familiar with this belief system. After a near-death encounter in 1969, I began seeking truth in eastern religions and New Age concepts. After studying personally under an Indian guru, I began teaching Kundalini Yoga at four universities and running a yoga ashram in Tampa, Florida. Then, quite unexpectedly, an encounter with Jesus Christ radically changed my heart, my life, and my worldview; so, I’ve been on the inside.

New Age spirituality covers a lot of territory. Swinging to the extreme left, it embraces groups like Wicca, witchcraft, and pagan religions. Swinging to the extreme right, it can include participants in success seminars and positive thinking courses that place no emphasis on spirituality yet practice certain New Age principles. Most New Agers are in the middle of this spectrum. The following explanation helps:

“*The New Age Movement is in a class by itself. Unlike most formal religions, it has no holy text, central organization, membership, formal clergy, geographic center, dogma, creed...The New Age is in fact a free-flowing spiritual movement; a network of believers and practitioners who share somewhat similar beliefs and practices, which they add on to whichever formal religion that they follow.”[[1]](#endnote-1)*

So, what are these *similarities*? The following fifteen characteristics are the most common:

1. **Pluralism**—New Agers believe that all religions are valid paths to ultimate reality.
2. **Fascination with the Supernatural—**New Agers tend to be passionate seekers who desire spirituality, not just religion. Rules, rituals, and rites pale compared to supernatural encounters. However, there are no set boundaries defining which paranormal experiences are legitimate.
3. **An Impersonal God**—Most New Agers view ultimate reality as an impersonal, cosmic energy permeating everything. This “Force,” sometimes called “Spirit,” is an ‘It,’ not a ‘He.’ Though some New Agers assign a “personal” nature to God, most do not feel “personally” accountable to Him for behavior choices.
4. **Pantheism / Panentheism**—New Agers usually embrace either pantheism or panentheism. The word “pantheism” means *All is God and God is all*. The universe is not a creation existing apart from God; it’s an emanation *of* God. All things have a divine essence. A slightly modified belief, panentheism, means *All is in God and God is in All.*
5. **Deification of Nature**—Because the earth is an expression of divinity, New Agers usually possess a worshipful reverence toward nature, even believing in mother-earth deities like Gaia, the Grecian goddess.
6. **Monism**—Most New Agers believe in monism: that all things are of one essential substance. If *all is God* (pantheism)*,* then *all is one* (monism). This belief inspires statements like, “I am one with the universe.”
7. **The Divinity of Human Beings**—Because pantheism is embraced, New Agers claim to be personal manifestations of the Divine. This gives rise to outlandish affirmations like, “I am God.”
8. **The Power to** **Create Reality**—Since human beings are considered manifestations, they can “create” their own reality. Success in life happens by maintaining positive, self-affirming thoughts and declarations.
9. **Alternate Views of Satan and Demons**—Usually, New Agers either have no belief in Satan or a weak view of the prince of darkness. Many depersonalize the devil, identifying him as merely the negative, evil, selfish mindset dominating the world system. What some people refer to as “demons” are really expressions of this debased way of thinking infiltrating the hearts and minds of individuals.
10. **An Alternate View of Sin and Forgiveness**—New Agers identify humanity’s primary problem as spiritual ignorance, not sin. People need to be awakened to the knowledge of their own divinity. They do not need to repent or be accountable to God for their actions. Spiritual advancement happens by correcting behavior and aligning with truth—which can be determined individually. Forgiveness is extended to others, but not sought after from God.
11. **Reincarnation**—Most New Agers believe in reincarnation. After the soul passes through numerous existences in this world, perfection is reached, and liberation attained. The cycle of rebirths is determined by karma, both negative and positive.
12. **Enlightenment**—New Agers avidly seek an “enlightened” state (described with a variety of terms: Samadhi, Nirvana, Self-Realization, Christ-consciousness, or God-consciousness). Various occult practices are used in the hope of accomplishing this goal, like chanting, meditation, yoga, or the assistance of a spiritual master.
13. **The Coming of a Messiah**—Many New Agers are awaiting a Messiah-like figure emerging as the World Teacher, bringing humanity into a new era of enlightenment. Some are not looking for an individual but believe the “coming of Christ” is a mass spiritual awakening of “Christ-consciousness” in the entire global population.
14. **Evolutionary Optimism**—Most New Agers believe in astrology, which includes the idea that this world is passing from the Piscean Age (an era of intellectual advance and religion) into the Aquarian Age (an age of enlightenment and spirituality). However, these and other “ages” only last 2200 to 2400 years, part of an endless cycle that shifts from deep spiritual depravity to heaven-on-earth conditions, and then back to the darkness again *ad infinitum*. On the contrary, the Bible talks about a coming New Creation that is perfect and permanent.
15. **A Global Family Outlook**—The thing that makes New Age spirituality so appealing is its emphasis on unity; everyone is accepted. Christianity is seen as divisive because it claims to be the only way. However, only Jesus was God incarnate in human flesh. Only Jesus died on a cross for humanity. Only Jesus rose from the dead. Only Jesus can truly transform our hearts in a positive way supernaturally. Only by accepting Jesus as Lord of our lives can we be forgiven and saved, receiving the gift of eternal life.

When you accept Jesus Christ as Lord and become “born again,” you will begin to understand, by divine inspiration, that only Jesus can bring salvation. Once exposed to the Word of God and influenced by the Spirit of God, you will experience an enlightened mind. You will then realize that new age beliefs and practices, even something so westernized as yoga and meditation, are futile attempts to reach the Creator, Who will not respond to seekers through a lens of deception and false belief systems. Worse than that, those system open doors leading to dark, demonic and deceiving influences, a path that only leads to spiritual death.

Edited 12/30/23 by C. Mandel

1. [www.religioustolerance.org/newage.htm](http://www.religioustolerance.org/newage.htm), April 24, 2010, first paragraph [↑](#endnote-ref-1)