



## **MEDITATION**

### **The way to Self-Improvement and Relaxation - Right??**

**Or Maybe NOT?**

**Conning The Conscience**

#### **Can Meditation Be Christian?**

Several months ago I gave a talk to the staff of a Christian media center that produced television and radio programs. After my presentation, I was shocked to hear a staff member inform me that not too long before, a visiting executive from a seminary had given them a lecture on the virtues of meditation. He then coerced his audience into sitting in silence with their eyes closed so they could listen to the "voice of the Holy Spirit."

Another seminary teacher promotes meditation with the motto: "If you spend an hour praying to God, doesn't it make sense to spend another hour in meditation listening for his reply?" A well-known miracle healer also enthusiastically promotes meditation. He describes meditation as an act of listening to the inner voice of God.

These theologians and preachers advocate a type of meditation in which one deliberately sits in introspective silence, attempting to listen to the voice of the Holy Spirit. Before I explain why I consider this so-called Christian meditation to be dangerous, let's take a look at the nature of introspective meditation.

At a New Age seminar given by a Christian lecturer, I heard the statement that New Agers enter into an "altered state" of consciousness when they meditate. The idea that meditation is an "altered state" has been expressed by others involved in ministering to Eastern cults. I believe this view is accurate, but must clarify the point that "altered state" does not necessarily mean "mystical state."

## Is New Age Meditation Christian?

Sometimes people can indeed have mystical experiences during meditation, and they will have been in a tangible, altered state of consciousness. However, from my own experiences and from a knowledge of the experiences of other New Agers, these mystical experiences are not the norm. In fact, I know of New Ager who have meditated for years and have never had "mystical" experience. It is my assessment that meditation is typically a state of special relaxation and not radically altered state of consciousness.

I make these points because Christians often believe that meditation is fine as long as its not done in a mystical state. As most New Age meditation is non-mystical this argument has no validity.

If meditation is not a mystical state, why is it inappropriate for Christians?

The danger of introspective meditation lies in the fact that the meditator is ready and receptive for an angelic entity to implant thoughts, ideas, and impressions into his mind. From my personal experience, I believe that Satanic angels are able to telepathically implant thoughts into a meditator's mind without the necessity of any mystical state. The meditator simply experience inspirational thoughts or images materializing in conscience, which he regards as originating from "higher self," supposedly a part of his mind that holds communion with God.'

I believe it is impossible for anyone to know for sure that a certain impression received during meditation comes from God and not from some other source; Meditation provides an excellent opportunity for Satan to exercise his manipulating deception. Why else would, New Agers be promoting it so heavily?

My mall and beach ministry focused on encouraging individuals to begin the practice of Christian meditation. My goal when infiltrating Hope Chapel was to start a Christian meditation group in that church. I took comfort in the knowledge that once people started to meditate, they would hear the inner voice of God inside of their own minds, and this would lead them into the arena of other New Age ideas.

### **What Does the Bible Say About Meditation?**

In order to help convince people of the benefits of meditation, I decided to write a small booklet on Christian meditation and the Bible. I was sure that I could use several texts as a support for my thesis. Researching my Bible thoroughly, I was surprised that I could not find a single instance in the Bible in which someone sat down in silent meditation, waiting for the voice of God to give him instructions.

Instead, taken in its context, every use of the term meditation in the Bible evoked a meaning of thought and contemplation on the scriptural Word of God or on God's divine qualities. Most references are found in the Psalms. In each instance that the psalmist used the term meditation. it referred to his intellectual contemplation on Scripture and the way it revealed the character of God. One example: "I will meditate on your precepts" (Psalm 119:78). Never did the context hint that David was directly listening to the voice of God in the silence of self-hypnosis.

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Not one single Old Testament prophet commented that he sat down in silence and had to strain himself to quiet his mind in order to hear the voice of God "within" give him a message. In each case of prophetic communication, God took the initiative and directly approached the prophet.

Using contextual Scripture as a reference, I was unable to write the booklet. I then decided to use scriptural verses out of context to bolster my argument advocating meditation for the Christian.

Had I checked my local Christian bookstore. I could have saved myself the trouble of planning my publication. A book already in wide circulation—The Other Side of Silence: A Guide to Christian Meditation. by Morton T. Kelsey—promoted Christian meditation. Commonly used as a textbook in theology classes, the book has sold over 100,000 copies. Ironically, the book contains numerous references to New Age writers. For example, the first author on Kelsey's acknowledgments list is Robert Assagioli, M.D. He is the founder of psycho-synthesis, a popular New Age workshop topic. A pioneer within the New Age movement, Assagioli often quotes from Alice Bailey's Djwhal Kuhl occult teachings.

Honest research will reveal that meditation of the Eastern type has no biblical or historical basis in the Christian church. To my knowledge, no record exists of the apostles, the post-apostolic fathers, or the great reformers, such as Luther, Calvin, Tyndale, or Wesley, having practiced it.

Introspective meditation can be viewed as a potential hot line leading directly to the mind of Satan. No doubt most preachers who promote it are sincere but are nevertheless misguided and in danger of becoming agents of Satan, if they are not so already.

For me, the appropriate Christian devotional practice; the one the Bible encourages, is to contemplate the Scriptures and pray earnestly.

### **Mystical Experiences**

When New Agers have mystical experiences during their meditation, I don't believe that the meditator has the power in himself to produce that experience, such as willing himself into a deeper, altered state of consciousness. It is my opinion that a satanic angel bestows some kind of psychic power upon the meditator. This externally originating power then produces the mystical effects, such as seeing bright light or feeling incredible peace and joy. Hence, mystical experiences depend on an external angel's willingness to act, rather than on the will, intention, or performance of the meditator.

Many New Agers sit in meditation for hours, hoping that they can reach a state of nirvana or bliss. Unless a satanic angel has a special motive in wanting to give them this kind of experience—such as to strengthen the meditators' faith—the poor meditators may well be sitting around for nothing.

### **Occult Meditation That Looks Christian**

Under the influence of such books as Kelsey's Guide to Christian Meditation, many Christians are now engaging in meditation practices that appear to be very Christian in form and character.

## Is New Age Meditation Christian?

When the Lighted Way became a counterfeit Christian group, our occult meditation ritual was abandoned. and instead we practiced a meditation with imagery appearing to be quite Christian. For example, we simply visualized warm sunlight shining upon us. as we imaged our self seated in a beautiful garden.

Our instructions began: "Invite Jesus Christ into your garden. He is your protector from evil influences. Talk to him, speak to him of your needs, ask him anything your heart desires."

We were then to quietly "listen to Jesus. He will talk with you. This is the beginning of a relationship with Christ that will take you into immortality."

At the end of the meditation, we were encouraged to pray either the Lord's Prayer, or, alternatively, these words: "Father, I am your child. My name was written in the Book of Life before the foundations of the world were laid. Thank you, Father, in Jesus' name. Amen."

This ritual was very deceptive. The average Christian would probably find nothing seriously objectionable about the phrases used. Yet this meditation procedure was a product of Satan, designed to lead people into accepting the voice of masquerading demons as being the voice of the Holy Spirit. With this type of bogus devotional activity, the deceiver tries to lead even the elect astray. WB

The Author of this article spent many years as a new age Priest and channeler—only to learn later that the spirit he knew as 'Jesus', was a devil—appearing as an 'angel of light'!