

CRANIOSACRAL THERAPY STUDY – December 2006

by Genelle Pepple (author's comments are in italics)

Below, you will find an in-depth look at craniosacral therapy's origins and its connections with hypnosis, theosophy, and the occult. You will learn what its founder, John Upledger has to say about how it works, and why his own statement reveals the truth about its spiritual dangers. You will learn about a therapeutic process used by many CST therapists called "SomatoEmotional Release (SER), and who the people are behind the psychologies that are integrated within the SER process. You may be surprised at what you find. I know I was. Below, you will find my research from 2006. It is very possible that many of the web links no longer exist. However, they remain as-is within this document, to show where I originally found the quotes. I believe the information will speak for itself about the nature of CST, but I ask you to earnestly pray for guidance before you study this.

1. Where did it begin? How did it evolve?

William Sutherland's Discovery

William G. Sutherland, DO (1873-1954) originated cranial therapy. In 1901 he discovered that the bones of the skull have inherent motion. Over the next fifty years he learned to perceive the motion of the cranial bones and fluids and their effect on the body as a whole. Sutherland later discovered that the movement of the bones and the constant rhythm-pulse of the CranioSacral System can relate not only to physical health but to mental and emotional health..... In his last years he found that cranial manipulations finally led to the deep sacred. Awed, he called his discovery The Breath of Life. http://www.craniocean.com/what_is_cranial.htm
William Sutherland studied under A.T. Still, DO.

“Towards the end of his life Sutherland began to sense a "power" which generated corrections from inside his clients' bodies without the influence of external forces applied by him as the therapist. Similar to Qi and Prana, this contact with the Breath of Life changed his entire treatment focus to one of spiritual reverence and subtle touch. ^[13] This spiritual approach to the work has come to be known as both "biodynamic" craniosacral therapy and "biodynamic" osteopathy...” http://goldbamboo.com/topic-t6725-a1-6CranioSacral_Therapy.html

“Dr. Sutherland believed that the potency of the Breath of Life carries a basic Intelligence (which he spelled with a capital "I"), **and realized that this intrinsic force could be employed by the practitioner for promoting health.** A similar concept is found in many traditional systems of medicine, where the main focus for healing is also placed on encouraging a balanced distribution of the body's vital force.”

http://www.craniosacraltherapy.org/History_04.htm

(Is this inner power, "Breath of Life," and "basic Intelligence" he discovered the same as what God breathed into man in Genesis 2:7? Did you catch the clever spin on the presence of God's spirit now being perceived as one-and-the-same as an intrinsic force/innate power that could be activated and employed by a practitioner for promoting health? This is not the biblical view of the spirit God breathed into man. It is the concept of vitalism, Chi, Qi, and Universal energy, which will become clear as you read further.)

Upledger's CranioSacral Therapy

“In the 1970s John Upledger, DO, OMM, a fellow Osteopath, happened upon the evidence of a CranioSacral System surrounding the Central Nervous System in a routine surgery, and from there headed up a special research team at Michigan State University which experimentally proved the CranioSacral Systems therapeutic benefit to general health.”..... “In 1995, Upledger observed, ‘The CranioSacral System is a core system in the human body. In my view it is the place where body, mind, and spirit reside independently and communally at the same time.’” http://www.craniocean.com/what_is_cranial.htm

2. What is CranioSacral Therapy?

“Cranio-Sacral Therapy (CST) is a gentle, hands-on manipulation of a physiological body system called the cranio-sacral system. This system is comprised of the soft tissue and bones of the cranium (or head), the spine and the pelvis. Massage therapists that perform cranio-sacral therapy also target the membranes and cerebrospinal fluids that surround and cushion the brain and spinal cord from injury during a therapy session. Their touch is equivalent to the weight of a nickel. The theory behind cranio-sacral therapy is that when blockages occur in spinal fluid, an unharmonious balance in the body can occur, resulting in muscle and joint strain, emotional disturbances and the improper operation of the body’s organs and central nervous system. Practitioners believe that until the spinal fluid is naturally allowed to move freely around the body, the central nervous system and the bodies other major organs and muscles will be put off balance and put at risk of sickness and injury.” <http://www.massagetherapy101.com/massage-techniques/cranio-sacral-therapy.aspx>

How it actually works can be difficult to ascertain. Here is why: “Because, as part of Dr Upledger’s vision, he chose to teach these therapeutic techniques widely to people of all backgrounds, he chose NOT to label the greater forces at work in this process, but rather to let people draw their own conclusions as to the involvement of more numinous causes in the movement of CSF. He does not believe, however, that understanding the mechanics of the fluid flow and doing research that supports this, rules out the presence of God or Spirit or Chi/Qi, or a Breath of Life as a deeper cause.

Upledger CranioSacral Therapy involves a great many subtle structural techniques, but also, when indicated, **Therapeutic Imagery and Dialogue**. It is one of Dr. Upledger’s major contributions to the field of cranial therapies that he developed a process called **SomatoEmotional Release®** **whereby the patient and therapist can engage together directly with the inner wisdom of the patient and access knowledge about the patient’s situation that may not be conscious to the patient**. Thus many hidden dynamics and causes may be explored and resolved, thereby facilitating the healing of many challenging and mysterious problems.” <http://www.larsonwellbeing.com/upledger-craniosacral-therapy/>

Dr. Upledger was careful not to label the greater forces at work in the CST process for good reason. He wanted to reach a broader audience and have it accepted by all. To a large degree, he has been quite successful. His techniques of Therapeutic Imagery & Dialogue, and SomatoEmotional Release, are very important to study and understand because they shed additional light on the whole process. They will be explored more fully later in this document.

3. Is there Historical Acceptance?

The Historical Acceptance of Cranial Motion.

“Although most Western countries did not recognize cranial motion, this possibility was not new to other cultures. There are various Oriental systems of medicine such as acupuncture and Ayurveda, which have long appreciated the subtle movements, which occur throughout the body, **caused by the flow of vital force or life-energy**. This has also been traditionally taught in Russian physiology. Interestingly, anatomists in Italy in the early 1900s were already teaching that adult cranial sutures do not fully fuse, but continue to permit small degrees of motion throughout life.”

“Cranial manipulation has been practiced in India for centuries, and was also developed by the ancient Egyptians and members of the Paracus culture in Peru (2000 BC to 200 AD). Furthermore, in the 18th century, the philosopher and **scientist Emmanuel Swedenborg** described a rhythmic motion of the brain, stating that it moves with regular cycles of expansion and contraction.” http://www.craniosacraltherapy.org/History_02.htm

As a side note, Emmanuel Swedenborg was a Theosophist, mystic, and known for his occultist writings. But for now, please understand that CST is a form of “energetic medicine,” which is clearly identified all over the Internet. The following website says this about energetic medicine: “Born out of the awareness that the

study of quantum physics has given us about the reality of energy as a force in the universe, energetic (or vibrational) medicine “attempts to influence” the fields of energy that have been determined to exist and measured around and through our bodies... <http://www.nwhealth.edu/healthyU/liveNaturally/emed.html>

4. How is CranioSacral Therapy best explained?

From the foreword in his book: “CranioSacral Therapy” by John E. Upledger DO, which would have been endorsed by Upledger himself:

a. Page xi of the Foreword, third paragraph:

“From the practice of palpation in craniosacral therapy there is emerging an “energy therapy,” for want of a better name, the rationale for which cannot be developed or elucidated by reference to anatomic and neurophysiologic texts. In studying the references in this book to the “V-spread” technique, I am especially struck by the many parallels between the sensings and manipulations in Upledger’s “direction of energy” and the sensings and manipulations of “body electricity” in yogic theory and practice, both in yogic intervention and in yogic self-regulation. It is not surprising, therefore, that this “direction of energy” technique and some of the visualization methods for self-regulation should find common ground. At present, these therapeutic modalities have a number of physiologic correlates that remain without satisfactory explanation if we do not hypothesize the existence of a kind of “body electricity” that can be “transferred” from therapist to patient (in the “V-spread” technique) or can be self-manipulated by a patient trained in visualization therapy, one of the self-regulation methods of psychophysiological therapy.”

*This statement says that the author of the foreword to Upledger’s training book was “especially struck” by the many parallels between Upledger’s techniques and those found in Yogic theory and practice. It talks about the V-spread technique, also known as “Direction of Energy,” which is explained by Upledger in his article: **Direction of Energy**, found in *Massage Today*, Sept 2004, Vol 04, Issue 09, “as intending or imagining energy passing from one of your hands to the other through a part of a client’s body.”*

The above statement in the foreword says it is not surprising that direction of energy finds common ground with “self-regulation” (hypnosis). It says that a kind of “body electricity” is being transferred from therapist to patient. SDAs are warned to stay away from anyone attributing his or her healing power to electricity.

**See EGW, Signs of the Times, March 24, 1887*

b. On page xii of the forward, at about the 4th paragraph.

“But the “V-spread” technique *does* work with babies and dogs. It is clearly intervention. Self-regulation may handle the same energy in a different way, but in both cases we find it useful to hypothesize the existence of a **non-neurological** and non-classical “**body electricity**” to account for results”. (*This is an interesting point. It is clearly identifying the body electricity we’re talking about exists outside known physics.*)

c. On the next page, xiii, in the first paragraph:

“The theory that best accounts for Upledger’s facts is, in my estimation, this theory from classic yoga. It is consistent with the data of modern visualization therapy and self-regulation, hypnosis, healing by therapeutic touch (the laying on of hands), t’ai chi (the “energy” dance of China), the martial arts (kung fu, karate, Judo, akido), acupuncture and traditional Chinese medicine, Philippine psychic surgery (in certain cases), traditional East Indian medicine (Ayurvedic medicine) and traditional American Indian medicine. In addition, the theoretical “body electricity” has characteristics similar to those of the “vital physical body” of Aurobindo (which the “dense physical body” is said to servily obey), and is similar to the “auric body” of psychics, reported much these days in “out of body” and “near death” experiences.”

These things do not reference God in any way! In fact, they are quite the opposite, yet are all part of the theory that best accounts for Upledger’s CST and how it works, written in the forward to his own book.

d. On the last page of the foreword, xiv, third paragraph:

“But to this observer and experiencer, and seeker after rationales, Upledger and other therapists who are working in the many-leveled domain of mind-body are finding refreshing facts that support the idea of unity in medicine and yoga, body and mind, conscious and unconscious.”

5. How does the mind-body connection work in CST?

Michael Braunstein, a certified hypnotherapist and instructor at the UCLA Extension University for 11 years says the following in his article titled “Cranio-sacral therapy – Catch a wave!”:

"The scope of application expands through the use of the somato-emotional mind/body connection," Siracusano continued. "The process used by the practitioner is a very light touching with the hands to the skull, only about 5 to 10 grams' pressure."

But this touch actually contacts the central nervous system because of a fact of anatomy. "The skin tissue develops from the same embryonic cells as the central nervous system(CNS.) **Therefore the therapist is in communication directly with the CNS and there [can be] a kind of 'touch-induced therapeutic trance.'**"

This means a lot of things. For one, the therapist is in direct communication with the client on a deeper level. "Some therapists can intuitively pick up on any sort of feedback from the client and hone in on different systems of the body [that may have a problem]," he said.

There's something else, too. The mind/body connection often results in **somato-emotional release**. Emotional memory can be triggered and that can become part of the release therapy as well. "This is called 'unwinding'," Siracusano explained." http://www.heartlandhealing.com/pages/archive/cranio_sacral_therapy/

6. What is SomatoEmotional Release?

SomatoEmotional Release is a therapeutic process that helps rid the mind and body of residual effects of past trauma and associated negative responses. Dr. John Upledger and biophysicist Dr. Zvi Karni discovered the body often retains physical forces as the result of accident, injury, or emotional trauma. Following trauma, the body isolates the “energy cyst.” Students in SomatoEmotional Release learn how to help the client physically identify and expel the energy cyst through re-experiencing and resolving unpleasant incidents. <http://www.massagetherapy.com/glossary/index.php>

The body stores emotional energy such as sadness, fear, anger, in physical ways. When it becomes trapped or blocked in the body, disease results. Through C-S manipulation and supportive contact with the client, the practitioner can facilitate the release of that blocked emotional energy and dramatic results are possible.” http://www.heartlandhealing.com/pages/archive/cranio_sacral_therapy/

“Tissue memory is one of the important concepts in somato-emotional release. Muscle tissues and cells can store memories that are related to our traumatic experiences. When a particular muscle group is injured during an accident, a memory of that experience is formed in the affected tissue. This usually means that a small, unconscious contraction has formed in the muscle as a protective reminder of the painful experience. If the tissue memory is not appropriately released then the contraction will remain in the muscle as the injury heals, leading to future pain.”

“The therapist uses the craniosacral technique to engage the muscle contraction in order to evoke the memory associated with the initial trauma. Then the patient can become aware of the memory and deal with it appropriately. Once the release has occurred, the unconscious contraction of the muscle will disappear and the muscle pain will begin to heal.” <http://www.massagetherapy101.com/massage-techniques/somato-release.aspx>

Is this a proven physiologic fact? Do tissues and cells really store physical & emotional traumas as energy cysts that reside in the body indefinitely, needing to be released? Should we need to re-experience unpleasant events and trauma in our life, so that our tissue memory can release it, or is this a human approach to what God can do for us through faith, trust, forgiveness, and restoration?

*On the back cover of Dr. Upledger's book "Cell Talk," Jon J. Kabara, Ph.D. and Don Ash, P.T., CST-D say the following: "Dr. Upledger has proposed a new paradigm for understanding the link between our minds and bodies. **That connecting link is actual communication between the intellect and body organs, cells, and molecules.**" "Can we blend trust, and listen to the inner wisdom of our body cells and learn how to better care for our 'celves'? Yes, we can."*

*This is basically saying that your cells, body organs, and molecules have a **consciousness** that a CST practitioner can communicate with. It promotes the idea that man can have dominion over his body for healing. It promotes a pantheistic idea. The idea that God is within you in this way -- that there is an inner wisdom, inner physician, or innate intelligence residing within that can be accessed -- are all forms of pantheism and are based on a non-biblical, energetic, and occult view of healing energy.*

7. Let's Define Pantheism...

In an article titled "The New Age Movement & SDAs," prepared by the Biblical Research Institute General Conference of Seventh-day Adventists, July 1987 you find the following statement:

*"Pantheism once knocked on the Adventist door through the teachings and influence of Dr. J.H. Kellogg, superintendent of the Battle Creek Sanitarium in Michigan, as well as others. We believe it is knocking again today in more insidious ways. Whereas Kellogg emphasized that: "God" was in everything (flower, tree) and in people (cf, the title of his book, The Living Temple), the modern emphasis is on a universal 'consciousness' (cf, Hindu, 'world soul'; Christian Science, 'divine mind') or '**energy**' as the true reality that undergirds all nature and which may be manipulated. There is a subjective emphasis on activating a person's 'higher powers' as the source for insight and healing **rather than looking to an external, transcendent God** and to objective guidelines that exist outside oneself."*

Deepak Chopra, M.D., (well-known physician from India, author of more than 30 books, T.V. & radio celebrity, leader in the Transcendental Meditation movement, and avid lecturer) -- is known for his paradigm called Quantum Healing and his philosophy of wellness that integrates the ancient wisdom of Ayurvedic Medicine with Western Medicine. He states in his "10 Keys to Happiness" under Key #8:

"...the health of every cell directly contributes to your state of well-being, because every cell is a point of awareness within the field of awareness that is you."

*When Upledger's paradigm teaches that "**we can listen to the inner wisdom of our body cells,**" and "**tissue has memory,**" and Deepak Chopra says: "every cell is a point of awareness within the field of awareness that is you," they are both talking about the same thing: the innate consciousness or wisdom of our cells. In the Table of Contents to Upledger's book "Cell Talk," you find Chapter 1 covering "Consciousness." The subtitles within this chapter are: "Altered States, Consciousness: Molecular to Cosmic, The Energy of Consciousness, Dolphins and Consciousness, Psychics and Consciousness, etc." These things are directly in-line with pantheism and in direct opposition to biblical teaching and principles.*

*Deepak Chopra is a pantheist. He believes that we are connected with everything in the universe; that the universe is intelligent and the human body is part of the cosmic body; **that our body is a source of information and energy.**" <http://www.intouchmag.com/chopra.html> Does this view differ from John Upledger's? Do we have spiritual safety in treading on this ground? **What other things are fundamental parts of Upledger's CST?***

8. What is “Intention,” a fundamental element of Upledger’s CST? See what John Upledger says below:

“The longer I practice as a therapeutic facilitator, the more I realize the power of intention. To this day, the kind of intention I use most often in my work is the simple intention to support whatever the client's "inner wisdom" wants to do at any given moment.

My first intention in a session, therefore, is to let the client know that whatever he or she wants to do is OK with me. **I transmit this message non-verbally through my initial touch.** On the outside we may be talking about many different things. Small talk is a wonderful distraction; it helps the body get past the mind's defenses. Yet while our voices may be saying one thing, our touch may be communicating something entirely different. *This is called inducing “stillness,” a fundamental part of beginning a CST session, which puts the client in the alpha state.*

As the integration between conscious and subconscious awareness within the client progresses, I may very gently and with great sensitivity begin to verbalize what our touch has been communicating since the session began. Here's what that means in practical terms:

When I first put my hands on a client, I silently say: "If you want to do CranioSacral Therapy, that's what we'll do. Show me where to begin...If you have a pressing issue with an energy cyst, that's okay. We'll do that. Show me where you would like me to be.”

"If SomatoEmotional Release is what you want to do, just start and I'll be with you. Go ahead and image all you want; please share those images with me. Perhaps I can help you understand what they are trying to tell you.

"We'll dialogue anytime you want to. Just let me know when you're ready. Whatever you think is the best way to come to resolution of this problem is OK with me. Let's do it."

It's wonderful to see how the client's body begins to respond to this offering of help. **I don't have to say a word until his or her body tells me to start talking.”**

<http://www.massagetoday.com/mpacms/mt/article.php?id=13198>

It should be mentioned here that the strange “discussion or dialogue” going on above is actually communication with the body’s “inner physician,” which is the term Dr. Upledger created to describe the source of this innate wisdom. This process and access to the inner physician is a foundational principle of CST. Verbal, and/or non-verbal dialogue is what guides the CST session. Upledger’s statement above: “Go ahead and image all you want;” is referring to a non-verbal CST session that is using [mental] guided imagery for the session. The practitioner receives these images in their mind, which guides the CST session. More will be shared on this, later.

In the paragraph above, Dr. Upledger mentions the power of “Intention.” This word is not used casually. It is pregnant with meaning. It is referring to a concept used in 1899 by magnetic healers. Magnetic healers used hypnotism in their healing sessions. Here are some excerpts from the book “Early American Manual Therapy, The Practical Magnetic Healer by G.M. Brown, 1899”:

“In giving a description of the different manipulations, the author makes no claims as to their specific value as a therapeutic, but simply states that they were used as a means of transit, **conveying the suggestion to the forces within the patient, which it is claimed, brings the patient back to health.”**

“A word about “INTENTION.” **Intention is always the first thing that is done in the direction of your patient.** You must first intend before you will ever do anything....

Webster says: “Intention” is a design, purpose, the fixed direction of the mind to a particular object, or a determination to act in a particular manner. It is my intention to cure my patient. You

should also try to inspire your patient with an intention on his part to get well. You will soon observe a change in the condition of your patient, which of course you must point out to him when he will recognize the improvements and he is then convalescing.”

“All suggestions are applied for the purpose of bringing into action the necessary forces in each and every organ of the body where an abnormal condition exists. Any inharmonious condition or inactivity of any organ creates a disturbance, and directly or indirectly influences the functions of some or all of the other organs in a greater or less degree.”

“Spoken words are verbal suggestions. A thought of health for your patient, formulated in the mind and directed to the patient’s mind is a mental suggestion, or a transference of thought to your patient. In cultivating and developing the capacity to hold at will long or short periods of mental abstraction to accumulate thought force, you are ever building and increasing in power and volume the unseen element, which is being sent out from your mind and directed to your patient’s or any other person’s mind far or near, and thereby effect results favorable to the concentrated intention directed. This same power can be directed to one’s self with the same force and effect corresponding with your intention.”

All suggestions, whether they be conveyed by thoughts, words or deeds, **in order to obtain the best results, the patient should be gotten into a passive attitude**, or a receptive condition of mind, such being the requirements that the suggestion may be effective and permanent, and the results will be in strict accord with the primary thought, thus establishing the fact that the operator and patient were in direct communication, and in perfect rapport.

Suggestion, as defined in the magnetic treatment, is based firmly upon intention. Whatever is done must be preceded by an intention. Place your hot hands upon the body in the region of the afflicted part, exercising a steady intention to relieve him of his suffering.

The above magnetic healer treatment is very similar to Upledger’s “Compassionate Touch” program, which is simple “direction of energy techniques” that he promotes and encourages children to employ. For example, he teaches children that placing your hands on someones knee or ankle and exercising intention [direction of energy technique] can heal their injury.

While the magnetic healer’s description of intention given above is not CranioSacral therapy, does one see the similarities? The use of intention, the idea that the forces within the patient will bring them back to health, and the necessity of establishing rapport between the patient and the practitioner for it to work? The concept that suggestions, whether conveyed by thoughts, words, or deeds — are mental suggestions that are transferred to your patient —is what hypnotism and neurolinguistic programming teach. Ellen White warned to stay away from “magnetic healers.” This is a forbidden healing art. Is it clear that their method for healing has similarities to the intention used in CST? Is CST really God’s method of healing that has been stolen by Satan and then reclaimed by Christians, as some have said, or is it a deceptive, age-old practice that has just been repackaged to appeal to the masses?

9. Does CST involve Hypnosis?

John Upledger says in his book “CranioSacral Therapy: Touchstone to Natural Healing” on page 106:

“When you are inducing still points in a friend or loved one, they get very relaxed. They get into an alpha state. This is the ideal time to very respectfully invite the Inner Physician to come forward and get acquainted.” (Upledger’s emphasis supplied)

*“The “alpha state” is the brain wave state where your conscious mind is less dominant and the subconscious mind is coming to the forefront. **Alpha state is where your brain waves would***

register as when you go into a light trance (light hypnotic state). The subconscious mind does not register the difference between imaginary reality and physical reality.”

<http://www.alivehypnosis.com/brain-waves.htm>

Upledger’s own statement adds further support o the fact that some level of hypnosis is required during CranioSacral Therapy. The foreword to Upledger’s book “Craniosacral Therapy” on page xiii, validates this as well, as outlined earlier.

We are counseled to: “Cut away from yourselves everything that savors of hypnotism, the science by which satanic agencies work.” 2SM 350

10. What is the *non-verbal* dialogue and imagery that Upledger’s program teaches & its practitioners utilize?

The article by Stan Gerome, an instructor at the Upledger Institute, titled: Dialogue, Imagery, CranioSacral Therapy, and Synchronicity explains:

“Synchronicity — experiential coincidences with meaning — abound in the use of Imagery, Dialogue and CranioSacral Therapy...Carl Jung, eminent 20th century psychiatrist, and Wolfgang Pauli, Nobel prize winner in physics (1945), were two men who realized the importance of this concept... Together Jung and Pauli recognized synchronicity as being a level of reality where matter and mind are undifferentiated.”

“What is happening when we employ Imagery, Dialogue and CranioSacral Therapy?

We seem to be entering a level of consciousness where physical and psychic reality meet... Jung called this transformative experience a “synchronicity,” a change in the psyche that produces a change in physical reality... It appears that the flow of image is a way for nonconscious information to emerge into consciousness. An open dialogue with these images (finding out what they need and what they want to bring to us) can induce incredible change — a psychophysical restructuring.”

“What practical purpose does all this have?

Imagine a client, John, goes to a CranioSacral Therapist for treatment of back pain. Using the arcing technique, a way of finding active lesions in the body, the therapist finds a spot at T-6. He asks if an image wants to come forward from that spot. John says, “Yes, I see a stone.” Does this stone have a color? “Yes, it’s black.” Does this black stone have a shape? “Um, it looks pretty round.” How big does this black, round stone look? “It looks to be about an inch in diameter.” Does this black, round one-inch stone have a name? There’s a quieting in the session and John softly says, “Grief.” The image has now been “personified.” It has shown us its size, shape, texture, and even given its name. The image now has all the elements that something in material existence has, even a life of its own.

The therapist then asks permission to speak to Grief directly. Grief says, “Yes, that would be OK” Grief, how long have you been in John’s body? “A long, long, time.” How did you get in there? “John put me here.” Does John know he put you there? “I don’t think so, but I tried telling him.” How did you try telling him? “By making him uncomfortable at first, then turning into pain.” John knows you’re there now. Grief, do you have a reason for being there that you would be willing to share with us? “Yes, I’ve protected him for a long time from events in his life that he couldn’t acknowledge at the time.” How does it feel to have John acknowledge you now? “It feels good.” What would you like to happen next? “I’d like to be free.” What would you need in order to be free? “I need for John to feel me as grief.”

Turning the dialogue back to John we ask him if it’s O.K. to feel grief. John says yes. As he gives permission, he begins to see a series of unpleasant events that caused him a great deal of emotional pain in his past. With these memories come a corresponding softening of tissues at T-6, as well as sighs and tears.

This softening of tissues is the dissolving of an energy cyst, a place where energy is stuck in the body.⁴ As the tissue relaxes, John's back pain also releases. The result is very synchronistic. Through the acknowledgment of his grief John has allowed a change in the energy of his psyche, which also altered his physicality.

We then ask Grief if there is anything else he needs right now. Grief says no. Asking John if he needs anything, John says, "I'm grateful for the information Grief showed me." They thank each other and the session closes."

Stan Gerome, above, credits Carl Jung with the concept of "synchronicity." Carl Jung founded analytic psychology and worked with the conscious and unconscious of a person. He is quoted as saying: "For years, ever since it was published, the...Tibetan Book of the Dead has been my constant companion, and I owe to it not only many stimulating ideas and discoveries, but also many fundamental insights." In CranioSacral Therapy, the author [and Upledger Instructor] stated above believes the concept of "synchronicity" is at work during CST."

In the above scenario, Stan Gerome is providing a hypothetical example of how imagery and dialogue works in CranioSacral therapy as a representation of an actual session. The therapist is non-verbally asking the body/inner wisdom/inner physician questions and is receiving answers. Does God speak through our bodies this way, or is this communication with an entity? I personally called the Upledger Institute and spoke with one of their CST practitioners. I asked her about therapeutic imagery and dialogue. She stated to me that:

"at the beginning levels of CST, you are taught how to "listen" to the body through your hands. As you become more advanced, you get better at the verbal and non-verbal dialogue with the body. By the time you've done it for a number of years, you are VERY skilled at therapeutic imagery and dialogue."

*This is non-verbal dialogue. Who or what are they really communicating with? From where is the craniosacral rhythm and mental images emanating? **These elements of imagery and dialogue are a foundational part of how CST works, ALL practitioners utilize it. It is fundamental to the practice of CST.***

11. What does Upledger teach about Therapeutic Imagery and Dialogue and SomatoEmotional Release?

If you go to Upledger's course descriptions and look up CranioSacral Therapy / SomatoEmotional Release (SER) – Therapeutic Imagery & Dialogue, you find that:

*"the technique of Therapeutic Imagery and Dialogue uses the cranial rhythm and soft touch of CST **and interweaves concepts of Jung, Perls, and Assagioli.**"*

<http://www.iahe.com/controller/iaheCourseDisplay?id=10004&courseCode=TIDI>

You also find that: "SER is a therapeutic process that expands on the principles of CST to help rid the mind and body of the residual effects of trauma. Joint research efforts by Dr. John Upledger and biophysicist Dr. Zvi Karni led to the discovery that the body often retains...physical forces...the dysfunctional area is isolated, creating what is called an 'energy cyst'."

<http://www.iahe.com/controller/iaheCurriculumDisplay?curriculumCode=CST>

When you look up the course SomatoEmotional Release II, it bullet points one of the course highlights as:

*"**Explore the integration of psychosynthesis, Gestalt and Jungian psychologies within the SER process.**" <http://www.iahe.com/controller/CourseInstanceDisplaySpecific?semCode=114070>*

Therapeutic Imagery & Dialogue is a fundamental element of both the SER process and basic CranioSacral Therapy. A CST practitioner simply cannot engage in a craniosacral therapy without imagery and dialogue. Verbal and non-verbal dialogue, and therapeutic imagery strategies taught & reinforced in many of Upledger's classes, including the first level training for CST and the other's mentioned below:

- *CranioSacral Therapy Level I*
- *CranioSacral Therapy Level II*
- *CranioSacral Therapy for Pediatrics*
- *Clinical Application of Advanced CranioSacral Therapy for Pediatrics*
- *SomatoEmotional Release Level I*
- *SomatoEmotional Release Level II*
- *The Brain Speaks*

SEE integrates Assagioli (psychosynthesis), Perls (Gestalt), and Jung's (Synchronicity) psychologies into its process. These are very non-biblical approaches tied to hypnosis techniques and the occult.

12. Who are the people behind the psychologies integrated within the SER process?

- A. Carl Jung was a known theosophist and spiritualist who kept the Tibetan Book of the Dead as his constant companion, as mentioned previously in this document. He was a Swiss psychiatrist and psychotherapist who founded analytical psychology and who taught that modern humans rely too heavily on science and logic and would benefit from integrating spirituality and appreciation of the unconscious realm.

- B. Fritz Perls coined the term "Gestalt Therapy". He was a doctor who gravitated to psychiatry and the work of Freud and the early Wilhelm Reich. http://en.wikipedia.org/wiki/Fritz_Perls
 --Perls is considered one of the Neurolinguistic Programming Predecessors. http://en.wikipedia.org/wiki/Category:Neuro-Linguistic_Programming_predecessors
 --"Gestalt has been one of the fields which has donated the most techniques to modern hypnotherapy" <http://www.tranceworks.com/psych.htm>
 --"In its own way, Gestalt Therapy as practiced by Fritz Perls and those who carried on his work employs a form of hypnosis on its patients." <http://www.primaltherapy.com/GrandDelusions/GD12.htm>

- C. Roberto Assagioli was also a student of Freud. Assagioli was a theosophist and is known in the book "Discipleship in the New Age, by Alice Bailey & Djwhal Khul" by the initials F.C.D. standing for "Freedom from Ties, Chelaship, and Detachment." http://en.wikipedia.org/wiki/Roberto_Assagioli
 --Assagioli laid the groundwork for "psychosynthesis," which stresses the need of communion with "Higher" or "Transpersonal Self". <http://en.wikipedia.org/wiki/Psychoanalysis>

So, you have three people who were known theosophists and/or spiritualists, and one whose therapies are recognized as having donated: "the most techniques to modern hypnotherapy," and who is considered a predecessor to Neurolinguistic Programming [Perls]. These are the people whose concepts are integrated in Upledger's SER technique. Their psychologies are integral to the SER process. Can their concepts be used in a Christian context? Can you take known spiritualists and their teachings and utilize them in a Christian way?

13. Let's Explore Theosophy

Theosophy is a System of philosophy and religious thought. Theosophy is based on claims of a mystic insight. Madame Elena Petrona Blavatsky founded the Theosophical Society in the United States in 1875. Hindu and Buddhist thoughts and doctrines have become prominent in Theosophy, with characteristic belief in reincarnation in accordance with the Hindu doctrine of Karma. <http://www.meta-religion.com/Esoterism/Theosophy/theosophy.htm>

The Wikipedia on-line encyclopedia says that much of Theosophical thought springs from esoteric Buddhism.

-- "The word (*theosophy*) was revived in the nineteenth century by Helena Petrovna Blavatsky to designate her religious philosophy which holds that all religions are attempts by humanity to approach the absolute, and that each religion therefore has a portion of the truth."

-- "Theosophists hold that everything, living or not, is put together from basic building blocks evolving towards consciousness." <http://en.wikipedia.org/wiki/Theosophy>

Ellen White plainly called Theosophy "Spiritualism" and warned us not to have the least connection with it.

14. The Concept of the Innate / Innate Intelligence / Inner Physician / Inner Wisdom / Natural Bodily Intelligence / Sutherland's basic Intelligence:

Similar to "Intention," this concept is not new. As shown earlier in this document, CST accepts the concept of an Innate intelligence within the body. In an article titled: "CranioSacral Therapy" by Rosemary Boon, with Learning Discoveries Psychological Services, <http://home.iprimus.com.au/rboon/CranioSacralTherapy.htm> she explains it very well:

"Craniosacral Therapy is a subtle and profound healing form, which aids the natural bodily intelligence (both the central and the autonomic nervous systems)..." "For more information on cerebrospinal fluid and its role in the body, please see the article "The Relationship Between Vital Energy and the Human Brain and Nervous System".

"CranioSacral facilitators recognize health as an active principle, and that it is a natural expression of Life – an innate ordering force." (*Rosemary's emphasis supplied*)

"The rhythmic cerebrospinal fluid movement is generated in the central axis of the body, to which all the other bones and the organ systems relate. **This motion, therefore, is transferred to and taken up by the more peripheral bones of the body, the connective tissue and all the organs.** Hence, the motion becomes a whole body motion."

Is this concept medically sound and scientifically proven, or energetically based?

The acknowledgement of the "Innate" originated from the founders of Chiropractic, D.D. Palmer and his son, B.J. Palmer. They were well known spiritualists, worked as mesmerists, and shared a metaphysical bent. The origins of Chiropractic is not meant to be discussed in this document. I only want to address how they developed the idea of Innate Intelligence. D.D. Palmer, founder of Chiropractic, had a famous debate with A.T. Still, founder of Osteopathy, who is the man William G. Sutherland studied under. This debate occurred at a spiritualist's campmeeting in Iowa, which they both were attending. At this meeting, A.T. Still accused D.D. Palmer of stealing his work and labeling it 'chiropractic'." It is interesting to find that A.T. Still, a spiritualist, felt Palmer took his work and labeled it chiropractic. The web link to this debate is as follows: http://www.findarticles.com/p/articles/mi_qa3987/is_200301/ai_n9181976

D.D. Palmer, B.J. Palmer, and "Innate Intelligence". Who were the Palmer's?

B.J. Palmer was the son of D.D. Palmer. "Chiropractic was founded in 1895 by Daniel David Palmer, a grocer with an intense interest in metaphysics. Prior to his "discovery" of chiropractic, D.D. Palmer was a magnetic healer. He also had interests in phrenology (diagnosing disease based on the bumps of the skull) and spiritualism." "D.D. Palmer's son, B.J. Palmer, became involved in the chiropractic movement early

on, during the formative years. B.J. shared his father's metaphysical bent (prior to chiropractic, he worked with a mesmerist and worked in the circus)...” <http://www.theness.com/articles.asp?id=4>

“Daniel David Palmer (1845-1914) originated the philosophy of chiropractic (Peterson & Weise, 1995). The philosophy was an attempt to explain the healing associated with the chiropractic adjustment. Chiropractic started when Palmer adjusted the vertebra of Harvey Lillard in 1895, which restored Lillard's hearing. Palmer had been a magnetic healer prior to (delivering) this adjustment. Magnetic healing grew out of the teachings of Mesmer (1734-1825). Mesmer's system of magnetic healing was a precursor to mental healing and hypnosis (Fuller, 1989). Palmer was also well read in the Spiritualist tradition (Beck, 1991). Spiritualism focused on contact with the after-life through séance and other means. It was very popular in America in the 1890s (Taylor, 1999). **Palmer's creation of the philosophy of chiropractic stems from these roots.**”

“Palmer (1910) proposed that there is a universal intelligence in all things, which actively gives matter its organization. A subset of this was innate intelligence, which was the organizing principle in living organisms. Palmer sometimes interchanged these terms with god and soul respectively.”

“Fuller points out that the roots of these ideas can be found in Transcendentalism as well as Mesmerism. Miller (2000) would agree. She proposes that the Palmers' philosophy is largely derived from Emerson. **In the teachings of Emerson and the Transcendentalists in general, spiritual transformation is found through the contemplation of God in nature** (Taylor, 1999). This doctrine is similar to the Palmers' overall philosophy. In Mesmer however, we can see a more direct link to the Palmers' philosophy of healing.” <http://www.cejournal.org/GRD/senzon.htm>

The concept of Innate Intelligence is found in many places, most notably in the foundations of the chiropractic world. Many chiropractors (naturopaths, and others in the healing arts) “muscle test” their patients. Many, but not all chiropractors, believe subluxations in the spine cause a wide variety of health problems. These concepts are based on Palmer's Innate Intelligence and vitalism, which is similar to “chi” and “prana”. When muscle testing & identifying subluxations they are working with the Innate to resolve health problems. There is medical evidence that Chiropractic manipulations can be beneficial in relieving back pain and realigning the spine, but in light of this study, caution would be advised if subluxations are being addressed by the Chiropractor & a broad range of health problems & diseases resolved —thru chiropractic manipulations.

“Primarily known as the developer of the science of Chiropractic, Bartlett Joshua (B.J.) Palmer, D.C. Ph.C., was an example of how one individual can reach outstanding personal and professional achievements throughout a lifetime. His early work and original research in the field of Chiropractic is the foundation upon the present day teachings of the science.” “B.J. Palmer was an example of a self-taught genius who understood and made strong use of the divine power that is within each of us--Innate Intelligence.”

B.J. Palmer explained the “Innate Intelligence” as follows:

“You must wait patiently while the Innate is assimilating the elements of your problem, and then goes about its own way and time to work your problems out for you. You must receive the message from Innate freely and, after understanding it you must act on it at once. Only by doing so will you make Innate serve you and continue to respond when you call upon it. You must have positive knowledge in the power and wisdom of the Innate, and obediently perform seemingly irrelevant thing. Remember that Innate, in addition to being the seat of knowledge and power, is a repository of inexhaustible resources.”

“WISDOM seeker knows that Innate knows CORRECT answers to ALL human questions; that Innate long ago solved ALL human problems; that Innate lives INSIDE him; that Innate is eager, ready, anxious to tell "education" what it and he needs IF he would listen to and that wee sma' voice that whispers what it alone knows and wants to tell. The work of Innate Intelligence is purely the work of Universal Intelligence.” <http://www.aucco.org/palmerbj.html>

Upledger says in his book *Craniosacral Therapy* on page 26: “**Learning to trust your hands is not an easy task. You must learn to shut off your conscious, critical mind** while you palpate for subtle changes in the body you are examining. You must adopt an empirical attitude so that you may temporarily accept *without question* those perceptions which come into your brain from your hands.” [Upledger’s emphasis supplied]

Upledger also says in his article “*When the Inner Physician Speaks, I Listen*”

“For CranioSacral Therapy **or any other bodywork to succeed**, I believe that the therapist must release all assumptions, blend with the client and listen intently – with the hands and all faculties – to the Inner Physician. This is the voice of wisdom; the part inside all of us that maintains complete awareness of our inner and outer workings.” <http://www.massagetoday.com/mpacms/mt/article.php?id=13422>

Are you starting to see the pattern? When you trace this all the way back, you find the concept of Inner Wisdom and Innate Intelligence originating from the same source: spiritualism, transcendentalism and mesmerism.

15. What is Transcendentalism?

The intellectuals, including Ralph Waldo Emerson and Henry David Thoreau of the mid 19th century were the ones who began to raise questions about the old assumptions of religion:

“The Harvard-educated Emerson and others began to read Hindu and Buddhist scriptures, and examine their own religious assumptions against these scriptures. In their perspective, a loving God would not have led so much of humanity astray; there must be truth in these scriptures, too. **Truth, if it agreed with an individual's intuition of truth, must be indeed truth.** And so Transcendentalism was born.”

<http://womenshistory.about.com/bltranscend.htm>

*Similar to theosophy the Transcendentalist’s accepted truth from Hindu and Buddhist scriptures. In questioning God and believing: “**truth, if it agreed with an individual’s intuition of truth, must be indeed truth**” – they stepped over a Biblical line. The Bible doesn’t teach us that we can create our own truth. It says:*

John 17:17 – “Sanctify them through thy truth: thy word is truth”.

Proverbs 3:5- “Trust in the LORD with all thine heart; and lean not unto thine own understanding.”

Romans 1:25 – “Who exchanged the truth of God for the lie, and worshipped and served the creature rather than the Creator, who is blessed for ever. (Accepting Buddhists and Hindu teachings changed the Transcendentalists’ to where they began to trust in themselves and started contemplating God in nature, the same as Buddhists and Hindu’s.)

Proverbs 14:12 There is a way which seemeth right unto a man, but the end thereof [are] the ways of death.

After dialoging with the serpent, Eve went with her own intuition, which told her that it was Ok to eat the fruit and that she would become wise and like God. Instead of doing what God said, Eve did what she thought was truth. You can’t create your own truth without reaping consequences that cause separation from God.

16. John Upledger, DO explains the “Inner Physician” and “Therapeutic Imagery and Dialogue”.

In John Upledger’s book “*Craniosacral Therapy: Touchstone for Natural Healing,*” copyright 2001, Chapter 2 “The Offspring of CranioSacral Therapy,” page 48 under the subtitle: “More Names: Therapeutic Imagery and Dialogue; Inner Physician” he says:

“Once I had found the name ‘SomatoEmotional Release’, I realized that there were still other aspects of the process that I needed terms for...”

“I came up with the term ‘Inner Physician’ **for the entity conversed with**, and the phrase ‘Therapeutic Imagery and Dialogue’ **for the process of conversing with it...**” “Once I had these terms in hand, the concepts developed in very rapid fashion.” *He goes on to talk about the Inner Physician and give examples of where it proved helpful. When you get to page 54, at the end of this discussion, you find the subtitle: “But What Is It? Here is what Upledger says:*

“But What Is It?” By now you must understand that the Inner Physician can be helpful in a wide variety of situations. At this time in my practice I have come to rely upon it and trust it completely. What exactly the Inner Physician is doesn’t matter to me. It works. **My entree to it is through the CranioSacral system. I have gone from being a rather hard-line scientific-type physician to one who says that if it works I’ll use it. I don’t have to understand it first.**

Does one realize what he just said? He said that when the CST therapist is dialoging with the body, they are talking to an “entity.” Upledger doesn’t care what this entity is, but we must! His statement confirms that CST is spiritualistic and requires a shift away from biblical guidelines. We cannot safely interact with entities. CST accepts the pantheistic/spiritualistic view about the presence of inner wisdom, which is what the Palmer’s found in Chiropractic and titled Innate Intelligence. Yes, God created the body to heal itself, but not with innate wisdom that can be “accessed and/or conversed with.” We do not have a residing “intelligence” within that guides healing. The intelligence and energetic force behind CST and other energy-based healing arts is one-and-the-same. It’s tapping into spiritual energy, non-physiologic energy that goes beyond known science. This may be hard to spot, but it is so important! It is a major deception. Universal energy and its offspring are not from God.

*John Upledger, Osteopathic physician, certainly knows how the body works physiologically and whether the dynamics of a CST session meet medical criteria, or not. If CST **were** physiologic and science-based in how it works, he would call it such and tell the world because it would immediately give credibility that his therapy is in-line with the established medical community and the known laws of health and healing. But this is not the case. He clearly says that the way CST works is through accessing the Inner Physician via the CranioSacral system. He openly states that CST involves communication with an “entity,” which he carefully to shows respect for and which he says he trusts. He reveals he is working with a non-scientific and unexplainable power by saying that if it works, he’ll use it and he doesn’t need to understand it first. Should we, too, engage in this?*

17. Further Parallels between Palmer’s Innate Intelligence and Upledger’s CranioSacral Therapy

D.D. Palmer’s Innate Comments	Upledger’s Innate/Inner Physician Comments	Parallels...
<p>“Palmer (1910) proposed that there is a universal intelligence in all things, which actively gives matter its organization. A subset of this was innate intelligence, which was the organizing principle in living organisms.” http://www.cejournal.org/GRD/senzon.htm</p>	<p>“CranioSacral facilitators recognize health as an <i>active</i> principle, and that it is a natural expression of Life – an <i>innate</i> ordering force.” http://home.iprimus.com.au/rboon/CranioSacralTherapy.htm</p>	<p><i>Both discuss the “Innate” and recognize it as an ordering, organizing force.</i></p>

<p>“You must wait patiently while the Innate is assimilating the elements of your problem, and then goes about its own way and time to work your problems out for you. You must receive the message from Innate freely and, after understanding it you must act on it at once. Only by doing so will you make Innate serve you and continue to respond when you call upon it. You must have positive knowledge in the power and wisdom of the Innate, and obediently perform seemingly irrelevant thing.” http://www.aucco.org/palmerbj.html</p> <p>“WISDOM seeker knows that Innate knows CORRECT answers to ALL human questions; that Innate long ago solved ALL human problems; that Innate lives INSIDE him; that Innate is eager, ready, anxious to tell "education" what it and he needs IF he would listen to and that wee sma' voice that whispers what it alone knows and wants to tell. The work of Innate Intelligence is purely the work of Universal Intelligence.” http://www.aucco.org/palmerbj.html</p>	<p>“For CranioSacral Therapy or any other bodywork to succeed, I believe that the therapist must release all assumptions, blend with the client and listen intently – with hands and all faculties – to the Inner Physician. This is the voice of wisdom...” (From <i>When the Inner Physician Speaks, I Listen</i>)</p> <p>“Learning to trust your hands is not an easy task. You must learn to shut off your conscious, critical mind while you palpate for subtle changes in the body you are examining. You must adopt an empirical attitude so that you may temporarily accept without question those perceptions which come into your brain from your hands.” (Upledger’s book <i>Craniosacral Therapy</i>, page 26)</p> <p>“For CranioSacral Therapy and its offspring to work properly, it is required that the practitioner have trust in the fact that within each patient lies the information necessary to understand the underlying causes for health problems and what must be done to resolve them.” (<i>CranioSacral Therapy: Touchstone to Natural Healing</i>, pg. 59)</p>	<p><i>Both believe the Innate understands and assimilates the information about underlying health problems.</i></p> <p><i>Both require the therapist to receive the information freely and without pre-conceived assumptions.</i></p> <p><i>Both require the therapist to have positive knowledge in or an attitude of accepting without question, the power and wisdom of the Innate.</i></p>
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18. Spotting False Healing, quickly:

The following website sums it all up clearly. The New Age practitioner writing the article is quite eloquent in outlining the true nature of intelligent energy and its source. Understand what is being said and you will understand the principles that form the basis and foundation for how these types of healing modalities work. Once this becomes clear, you will have no trouble spotting false healing arts, quickly.

The life supporting intelligent energy is innate in all of creation (shakti). Very importantly that means it is inside of all of us (dormant, suppressed, and dissociated as it may be). So as we study energy healing if it is to be honest and effective, we must also be willing to take on the authentic spiritual journey to know our "self" and look inside.

This awareness/sensitivity [of the inner dynamics of this energy] can be reclaimed through many modalities. The most classic are classic Chinese medicine (Qi Gong, Tai Chi, acupuncture), yoga, pranayama, swara yoga, meditation, laya yoga, visualization, tantra yoga, and so forth. Energetic dance, movement therapy, art therapy, continuum, somatics, body psychotherapy, and other energetic forms of body work (such as polarity massage, craniosacral, visceral massage, Jin Shin Do, Huna, Reiki, various schools of shamanism, and similar also work with the energy directly and are a way to so become attuned and aware.

What I want to emphasize is that everyone has this ability (it is innate to us) and we should not hesitate nor be afraid to touch and play, but rather open ourselves up to the vast healing potential that we all have (mostly laying dormant).

There exist numerous further techniques to invite the energy connections to be made and increase its intelligent presence besides keeping the basic non-dual energy flowing in the central channel (sushumna) through visualization and energetic alignment. Here we can use the breath and prana to increase the charge (from the infinite Source), let it flow through us and at no personal expense to ourselves, become increasingly accustomed to spontaneous flow, streaming of energy, while allowing it to arc over without holding the breath. Here we have invited the healing energy in - evoked it by taking the initiative to create an environment (external framework) of which to more deeply connect and commune. During the treatment we continuously stay intimately connected and commune ever more deeply with this dynamic and intelligent process utilizing witness consciousness, not as "hard" work, but rather as a joyful opportunity that you are giving to yourself as well -- a creative, rewarding, fulfilling, effulgent, and joyful labor of love.

1) It is essential first to take on the responsibility of understanding and healing ourselves and then we are able to heal others, i.e., to surrender to the innate and indigenous healing powers and intelligence within. Many times this can happen simultaneously, but it must always include taking care of your own energy system and never approaching pranic healing as a sacrifice, barter, or transfer of your personal energy (but rather it is always more valuable to stay in tune always with the transpersonal universal life energy acting from this central intelligent core as much as possible). One must realize that this is the same evolutionary energy that is inside of all of life and creation (it is not an exclusive or personal endogenous ability, but rather transpersonal as a result of millions of years of co-creative/co-evolutionary interdependent dynamic inter-relationships).

2) It helps to ask for help from some "outside" force that you have a balancing affinity with such as a specific helper from the angel, deva, plant or animal spirit world, archetypal world of gods and goddesses, the universe (such as the sun or stars, nature/creation/creator in general, or at the very least your highest self). Be sure to thank these helpers (usually silently) at the end and ascribe any "miracles" to them (rather than the lower self or ego). This will save us trouble falling back into duality and increase our abilities to align with infinite power and wisdom in the long run. We are all in this together even though our present culture or peers will not acknowledge that "fact". <http://www.rainbowbody.net/HeartMind/ChakraHeal.htm>

Everything outlined above is in-line with the concept of "innate intelligence" and the premise for how CST works. Both work with the body's innate ability to heal itself, but in a spiritualistic way, not physiologic. Both believe in a universal life energy that resides in all of life and creation (pantheism), and that everyone has the ability to tap into this healing energy and "invite it in — evoke it." Both recognize that an "outside force" helps you (usually silently) when using these healing techniques. That's important because the person on the receiving end may not be aware that the practitioner is accessing this force. It is so subtle, yet obvious once you recognize it! Satan is a master. He has perfected a way to bring his false healing arts to unsuspecting Christians. He has perfected a way to deceive "even the very elect" through many avenues of false healing.

Some of the more common holistic healing arts based on universal energy, vitalism, and energy fields include:

- Applied Kinesiology (Muscle Testing)
- Aromatherapy & Essential Oils (The premise is to harness the subtle energies contained in the herb or flower essence, or oils to affect healing. See the following for more information: <http://www.naha.org/explore-aromatherapy/about-aromatherapy/what-is-aromatherapy>) When you study this, Essential oils are believed to contain the very **life force** of the plant, carry an **intelligence** and a **frequency** and are the media of a direct human-plant communication on the energetic and spiritual plane.

- Bach Flower Remedies (Their websites says: “the active ingredient in the remedies is a kind of energy or vibration that is transferred from the living flower to the water during the process of making the mother tinctures.” These remedies are based on principles of vitalism to achieve their success. See the following article for more information: <https://www.sciencebasedmedicine.org/bach-flower-remedies/>) Polarity Therapy
- Crystals, Magnets, Color, Light, Music, Dance, and Sound Therapies
- Energy Therapies, such as Reiki, Therapeutic Touch, Zero Balancing
- Homeopathy, Ayurvedic Medicine, Chinese medicine, etc.
- Martial Arts, Tai Chi, Qigong, Aikido, Pilates
- Pressure Point Therapies (Reflexology, Zone therapy, Jin Jyutsu, Shiatsu, Accupressure, Acupuncture)
- Radionics & Rife
- Shamanic healing, Feng Shui
- Therapies that balance your Chi, Qi, Meridians, and Chakras

It is important to remember that Satan deceived Eve and she was a whole lot more intelligent than any of us alive today. She regularly walked and talked with God. Satan also deceived one-third of the angels in heaven who were in the direct presence of God! Should it be surprising if he is able to deceive us in this present day? He has had thousands of years to practice ways to access our minds and confuse our perceptions. We should not lose heart, but realize that Christ is always there to uphold us and renew us again. We should study to show ourselves approved II Tim 2:15. “And ye shall seek me, and find [me], when ye shall search for me with all your heart.” Jer. 29:13

Supporting Ellen White Quotes & Bible Texts

There is danger in having the least connection with Theosophy, or Spiritualism. It is Spiritualism in essence, and will always lead in the same path as Spiritualism. These are the doctrines that seduce the people whom Christ has purchased with His own blood. You cannot break this spell. You have not yet broken it. {13MR 1.3}

Satan a Student of the Mind.--For thousands of years Satan has been experimenting upon the properties of the human mind, and he has learned to know it well. By his subtle workings in these last days he is linking the human mind with his own, imbuing it with his thoughts; and he is doing this work in so deceptive a manner that those who accept his guidance know not that they are being led by him at his will. The great deceiver hopes so to confuse the minds of men and women that none but his voice will be heard.--Lt 244, 1907. (MM 111.) {1MCP 18.1}

“As Spiritualism more closely imitates the nominal Christianity of the day, it has greater power to deceive and ensnare. Satan himself is converted, after the modern order of things. He will appear in the character of an angel of light. Through the agency of Spiritualism, miracles will be wrought, the sick will be healed, and many undeniable wonders will be performed. **And as the spirits will profess faith in the Bible, and manifest respect for the institutions of the church, their work will be accepted as a manifestation of divine power.**” GC 588

Christian Science, Oriental and Healing Cults.-- There are many who shrink with horror from the thought of consulting spirit mediums, but who are attracted by more pleasing forms of spiritism, such as the Emmanuel movement (“*a pleasing form of spiritism*”). Still others are led astray by the teachings of Christian Science, and by the mysticism of theosophy and other Oriental religions. {Ev 606.1}

The apostles of nearly all forms of spiritism claim to have the power to cure the diseased. They attribute their power to electricity, magnetism, the so-called “sympathetic remedies,” or to latent forces within the mind of man. And there are not a few, even in this Christian age, who go to these healers, instead of trusting in the power of the living God and the skill of well-qualified Christian physicians. {Ev 606.2}

Danger in Consulting Cultist Physicians.--There is danger in departing in the least from the Lord's instruction. When we deviate from the plain path of duty, a train of circumstances will arise that seem irresistibly to draw us farther and farther from the right. Needless intimacies with those who have no respect for God will seduce us, ere we are aware. Fear to offend worldly friends will deter us from expressing our gratitude to God or acknowledging our dependence upon Him. . . . {Ev 607.1}

Angels of God will preserve His people while they walk in the path of duty; **but there is no assurance of such protection for those who deliberately venture upon Satan's ground.** An agent of the great deceiver will say and do anything to gain his object. **It matters little whether he calls himself a spiritualist, an "electric physician," or a "magnetic healer." By specious pretenses he wins the confidence of the unwary.** He pretends to read the life-history and to understand all the difficulties and afflictions of those who resort to him. Disguising himself as an angel of light, while the blackness of the pit is in his heart, he manifests great interest in women who seek his counsel. He tells them that all their troubles are due to an unhappy marriage. This may be too true, but such a counselor does not better their condition. He tells them that they need love and sympathy. Pretending great interest in their welfare, he casts a spell over his unsuspecting victims, charming them as the serpent.

The theory that God is an essence pervading all nature is received by many who profess to believe the Scriptures; but, however beautifully clothed, this theory is a most dangerous deception.... If God is an essence pervading all nature, then He dwells in all men; and in order to attain holiness, man has only to develop the power within him. These theories [pantheism, etc.], followed to their logical conclusion, ... do away with the necessity for the atonement and make man his own savior.... Those who accept them are in great danger of being led finally to look upon the whole Bible as a fiction.... {FLB 40.5}

The warnings of the Word of God regarding the perils surrounding the Christian church belong to us today. As in the days of the apostles men tried by tradition and philosophy to destroy faith in the Scriptures, so today, by the pleasing sentiments of **higher criticism, evolution, spiritualism, theosophy, and pantheism**, the enemy of righteousness is seeking to lead souls into forbidden paths. To many the Bible is as a lamp without oil, because they have turned their minds into channels of speculative belief that bring misunderstanding and confusion. {AA 474.1}

His agents still claim to cure disease. **They profess to employ electricity, magnetism, or the so-called "sympathetic remedies;"** but in truth the magnetic power of which they boast is directly attributable to the sorcery of Satan. By this means he casts his spell over the bodies and souls of men." LP 139

"Cut away from yourselves everything that savors of hypnotism, the science by which satanic agencies work." 2SM 350

IN ADVENTIST HOME, PAGE 460:

Dangers of Associating With the Ungodly.--The world is not to be our criterion. We are not to associate with the ungodly and partake of their spirit, for they will lead the heart away from God to the worship of false gods. The steadfast soul, firm in the faith, can do much good; he can impart blessings of the highest order to those with whom he associates, for the law of the Lord is in

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his heart. But we cannot willingly associate with those who are trampling upon the law of God, and preserve our faith pure and untarnished. We shall catch the spirit, and unless we separate from them, we shall be bound up with them at last, to share their doom. {AH 459.4}

"We need not be deceived. Wonderful scenes, with which Satan will be closely connected, will soon take place. God's Word declares that Satan will work miracles. He will make people sick, and then will suddenly remove from them his satanic power. They will then be regarded as healed. **These works of apparent healing will bring Seventh-day Adventists to the test.**" 2SM 53

Men and women are not to study the science of how to take captive the minds of those who associate with them. This is the science that Satan teaches. We are to resist everything of the kind. We are not to tamper with mesmerism and hypnotism-- MM111

But it is not always safe to ask for unconditional healing. Let your prayer include this thought: "Lord, Thou knowest every secret of the soul. Thou art acquainted with these persons; for Jesus, their advocate, gave His life for them. He loves them better than we possibly can. If, therefore, it is for Thy glory and the good of these afflicted ones to raise them up to health, we ask Thee in the name of Jesus, that health may be given them at this time." In a petition of this kind, no lack of faith is manifested. {CH 375.1}

Matthew 7:16-18 "Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree **cannot** bring forth evil fruit, **neither can a corrupt tree bring forth good fruit.**"

Job 14:4 "Who can bring a clean thing out of an unclean? not one."

II Cor. 6:13-17 "Be ye not unequally yoked together with unbelievers: for what in common hath righteousness with unrighteousness? and what communion hath light with darkness? And what accord hath Christ with Belial? or what part hath he that believeth with an unbeliever? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you..."

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