

Study on Chiropractic Foundations & its Theological Implications

(by Genelle Peple, updated 2015)

Chiropractic care is widely accepted in today's culture and one cannot argue that many have benefited from seeing a chiropractor — myself included. The intent of this study is to uncover the foundations of chiropractic and explain Innate Intelligence, which is what its founders believed guided the body's ability to self-heal. It will also look at modern day chiropractic and explore whether practitioners still utilize Innate intelligence as part of their approach to healthcare.

When chiropractic began, spinal manipulation was not intended for primarily treating musculoskeletal symptoms. It went far beyond that. All manner of disease was believed to be healed by adjusting the spine, and Innate Intelligence was the driving principle behind it.

Chiropractic Foundations

I have found that many people are unaware of the foundation chiropractic was built upon, and initially, they may not feel it matters. But take a look at some of the facts and see whether they give you a different perspective.

First, one should understand that the profession was not based on science, but rather, a blend of the Palmer's religious and philosophical beliefs, which involved unblocking the flow of the vital "Innate intelligence" through the body, so that self-healing could occur. In essence, chiropractic worked through *unseen energy* expressed through the metaphysical belief in Universal intelligence, which the Palmer's renamed Innate intelligence. For the Christian, it is important, even vital — to understand the source of this energy.

Early History

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 (transferring "healing energy" to patients by touching or waving hands over them). 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 his formative years. B.J shared his father's metaphysical bent. (Prior to chiropractic, he worked with a mesmerist and worked in the circus).¹

Philosophical Background

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.²

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.**³

The theory of chiropractic which Palmer developed states that all disease is caused by the misalignment of vertebrae. A vertebra that is out of alignment, known as a **"SUBLUXATION,"** blocks the natural flow of the vital "Innate Intelligence" through the body; thus leading to disease. **The belief in "Innate Intelligence" is a metaphysical belief and as such is not testable or scientific:** it is a matter of faith.⁴

Vitalism and Innate intelligence

The philosophy of chiropractic is, in part, built upon the constructs of vitalism.⁵ Palmer was influenced by mesmerism (a mystical healing force believed to work through hypnotic induction), spiritualism, and vitalism. **Vitalism** is the belief in "vital energy" or a "spark of life" which distinguishes living from non-living matter.⁶ It is the same concept as its Chinese equivalent "chi" and its Indian equivalent "prana."⁷ **Palmer called this vital energy "Innate Intelligence."** His belief was that this Innate intelligence flowed through the body from the brain, through the spine, the nerves and on to the various organs of the body. He believed this intangible power guided the body's ability to self-heal.

When we begin to talk about vitalism, Innate intelligence, Universal intelligence, chi, qi, and prana, we are talking about the same thing: a non-physiologic energy that is in and around the body. These terms refer to the life-giving Spirit, or essential element believed to sustain all life. **They refer to a flow of energy or life force whose rhythm can be guided** to provide stability, longevity, and healing.⁸ This ancient belief is held in common by most Eastern and non-theistic religions. The terms referring to this energy force have definite theological implications, which are in conflict with the Judeo-Christian view of a monotheistic, personal God.⁹

Let's explore the doctrine of vitalism first since it heavily influenced the Palmers' thinking and led to their belief in Innate intelligence.¹⁰ Vitalism is explained as follows:

- a doctrine that the functions of a living organism are due to a vital principle distinct from biochemical reactions.
- a doctrine that the processes of life are not explicable by the laws of physics and chemistry alone and that life is in some part self-determining.¹¹

It is a doctrine because it teaches metaphysical principles believed to guide life processes. These principles *may* seem in harmony with the Christian viewpoint of God and Divine power, but they are not. We need to clearly understand the difference! Vitalism has a long history in medical philosophies.

Most traditional healing practices like Ayurveda, Chinese medicine, acupuncture, and herbalism assert that disease results from some imbalance in vital forces. Today, this concept is incorporated into a multitude of alternative healing arts including energy medicine, naturopathy, and homeopathy.

Spiritualism, which Palmer was heavily influenced by, teaches that: “Humans are spiritual beings, an indivisible part of the Divine. **God is The Spirit within each individual waiting to be consciously accepted and activated.**”¹² This is the central theme for most Eastern religions seeking enlightenment.

Palmer saw Innate intelligence as a divine power (spirit) within. He saw it as an energy or force that guided the body’s ability to heal itself. He believed it was a spirit or intelligence that could be recognized, accepted, and activated/utilized for self-healing.

He described it 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 small voice that whispers what it alone knows and wants to tell. The work of Innate Intelligence is purely the work of Universal Intelligence.”¹³

As a Christian, does this sound disturbing? Please pause to think about what this is actually saying. Does God work IN us in this way and put these kind of requirements on us? Can we make His power serve us, or do we serve Him? Have you ever read in the Bible any kind of teaching that says this is how our bodies heal?

Palmer’s description of the Innate demonstrates hypnotic principles are at work, which is not surprising.

- You must wait patiently
- You must receive the message freely (no barriers in your mind to this power’s wisdom)
- You must have positive knowledge in the power & wisdom of the Innate (believe in it)
- You must obediently perform seemingly irrelevant thing

Hypnosis is a gateway for inviting another spirit into your subconscious. Typically, practices and disciplines tapping into chi, qi, prana, or universal energy require meditation, stillness, or going into the alpha state in order for them to work. In regards to the Palmers’, their roots unequivocally link them to direct involvement with hypnotism and spiritualism. Obviously, this is not a good foundation.

But the passage above about the workings of the Innate presents an even more troubling concern. It sounds like an interaction with a demonic entity.

- It goes about its own way and time to work your problems out for you
- After understanding (the message of the Innate) you must act on it at once (obey it)
- Only by doing so will you make the Innate serve you and continue to respond when you call upon it
- Innate...is the seat of knowledge and power...a repository of inexhaustible resources
- Innate knows correct answers to all human questions
- Innate long ago solved ALL human problems
- Innate lives inside (us)

The description of the Innate is eerily similar to what I have read when studying about CranioSacral Therapy (CST) and its “Inner Physician”.

I would like to show the comparison between the two because it helps make the connection of how healing therapies working with Universal energy/intelligence draw from the same unseen source of power. This is just one example, but if you study this out, you will find the principles behind it are common to alternative healing arts classified as energy medicine.

In the book *CranioSacral Therapy, Touchstone For Natural Healing* by John E. Upledger states:

- (The therapists) mind must not be preoccupied with other matters.¹⁴
- The therapists belief system must be suspended.¹⁵
- You must adopt an empirical attitude so that you may temporarily accept *without question* those perceptions which come into your brain from your hands.¹⁶
- The CST therapist must trust the information received from the patient's body and from the Inner Physician, otherwise the information will stop coming.¹⁷
- ...The Inner Physician knows the answer to this question and will share it willingly with the therapist once a trusting relationship has been established.¹⁸
- 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. It is this inner wisdom that makes the appearance of the Inner Physician possible.¹⁹

Craniosacral therapy works through two methods:

- (1) Dialogue with the inner wisdom (aka Inner Physician) of the body through direct verbal communication (the patient is in a hypnotic state and their Inner Physician audibly speaks through that person to the practitioner in an altered voice).

Example: "It was easily done. She was partially medicated to relax her and went very quickly into a deep trance. I asked her if there was a physician inside of her who knew what was wrong. Without the slightest hesitation, she said that there was. I asked if I might be privileged to speak and consult with this Inner Physician. She agreed. Her voice changed to a lower register and said, "Hello, I am the Inner Physician." I asked the Inner Physician if she knew what was wrong inside. (It sounded like a feminine voice even though it was lower in pitch than the patient's normal speaking voice.) The Inner Physician answered without hesitation that the problem was a ruptured ovarian cyst. I accepted this answer, thanked the Inner Physician for her help, and instructed the patient to either go deep into a normal sleep or wake up, whichever she preferred."²⁰

- (2) Or, more commonly, CST involves dialogue that occurs as nonverbal, silent, communication manifesting only in the mind of the therapist, or as guidance received through their hands. When the dialogue occurs in the mind, it manifests as imagery, like a black, round stone, which then identifies itself as "grief".²¹ According to Stan Gerome, "This imagery is a way for non-conscious 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."²²

Example: "The Inner Physician could take any form that the patient could imagine—an image, a voice, or a feeling. Usually, once the image of the Inner Physician appeared it was ready to dialogue with me and answer questions about the underlying causes of the patient's health problems."²³

Either approach involves accepting the idea that a Universal intelligence or presence resides within us and guides healing. The Palmers' identified it as Innate Intelligence. John Upledger calls it the Inner Physician. Eastern religions recognize it as chi, qi, and prana, your "Self", or Higher Self. ²⁴ **Ultimately, all are referring to an unseen energy, a *spiritual* energy, which has been around for a very long time.** This energy force has been utilized in the past and

present for healing, for personal transformation, and for reaching higher states of consciousness.

Balancing this energy, accessing it for healing, developing it for personal or spiritual growth, directly feeling it and experiencing it in your body as in martial arts and yoga — all are relying on the same (occult) source of power.²⁵

This is critical to understand! The source of this mystical energy, vital energy, life-force, and divine power that can guide the body for self-healing IS supernatural. It will transform you. And it can do so because— in reality, it is an entity. That's WHY it can be called upon, activated, guided, and manipulated for healing. That's why it can assist one in reaching higher states of consciousness. That's why it is so dangerous to work with it. It can and will change you, spiritually.

John Upledger identified it. He openly states: **“I came up with the term ‘Inner Physician’ for the entity conversed with**, and the phrase ‘Therapeutic Imagery & Dialogue’ for the process of conversing with it.” “What exactly the Inner Physician is doesn't matter to me. It works. My entrée to it is through the CranioSacral system.”²⁶

And the Palmer's entrée to it was through the chiropractic approach.

Theological Implications of Universal Intelligence

Universal Intelligence was described as an energy that could make, create, or individualize itself into innate Intelligences.²⁷ I would say this is a good explanation. It substantiates what Palmer and Upledger found, but it also explains how Universal intelligence is a spiritual force that can morph itself into whatever form is acceptable to a person's particular philosophical or theological bent. If you are searching for greater self-actualization, it is found in the Eastern religions. If you are interested in natural and alternative healing, it is found in healing arts using vibrations, frequencies, vital energy, or those seeking to restore imbalances of your energy pathways.

After careful study, it is clear that the belief in, or acceptance of, Universal intelligence has definite theological implications.

Timothy Mirtz, D.C. wrestled with the idea of Universal intelligence and wrote an article on it titled: “UNIVERSAL INTELLIGENCE: A Theological Entity in Conflict with Lutheran Theology”.²⁸ Here is what he wrote:

Can the chiropractic "philosophy," or belief in an Innate/Universal intelligence, be more accurately called a theology? Does the notion of a "Universal intelligence" contradict Christian understanding, hence creating a non-acceptance of that chiropractic "philosophy?"

...“What this suggests is that anytime there is a reasoning about God, Supreme Being, or higher power, and a Universal Intelligence (UI), it still falls under the definition of theology. The very reason this occurs is due to the fact that any non-Christian understanding of a deity, higher power, or supernatural entity has in effect a theology. The actual definition is not limited exclusively to that of the contents of Christianity.”

The word "theology" is derived from two Greek words, *theos* meaning "God," and *logos* meaning "word" with extended meanings of "reasoning" or "logic." Theology refers to "reasoning about God."²⁹ So, wouldn't a philosophy explaining a higher power, presence, or divine attribute fall under the definition of "theology"?

Therefore, if we believe in the theory of Innate intelligence and Universal energy, are we not taking a theological stand? When we allow disciplines of Eastern religion to be practiced on ourselves, or when we willingly participate in these methods, are we not in essence showing an acceptance, to some degree, of that particular theology?

Have you ever thought of healing arts, that work off energetic principles, as having theological implications? It is interesting to consider, perhaps crucial. The Eastern religions will tell you that practice of their arts and disciplines **“will change you” —and this happens whether you believe in them, or not.**³⁰ This is particularly true for yoga, mindfulness, Reiki, and intuitive healing arts, but it applies to ALL practices that work with the principle of Universal energy. This is because the whole premise of Universal energy is a counterfeit theology and a spiritualistic concept, which God does not endorse.

Pantheism, Kellogg, and Understanding “God In Us”

God is NOT a Spirit, essence, presence, or force within each of us that we can activate or manipulate in any way. The Bible is very clear on this. God’s power works **through** us, but is not **IN** us, in the mystical sense that the Palmers’ and Upledger refer to. God is Sovereign **OVER** his creation, but is not **IN** it. There is a big difference! If He were actually present in His creation, we could worship any number of things since He would be present in them, which is exactly what many Eastern religions do. Their foundational belief in Universal intelligence, prana, chi, qi, is what opens the door for worship of many other Gods. But, this belief is also a doorway for supernatural spiritual encounters, which is why we are to avoid it.

Regarding pantheistic ideas, the Bible says:

- His power sustains all creation, but He is distinct from it. (Gen 1:1 & Psalm 102: 26-28)
- The universe is not a part of God, but was made from nothing by Him. (Heb. 11:3 & John 1:3)

Some Christians believe this energetic concept of “God in us” is synonymous with the “Holy Spirit”. Others say it is that which God breathed into the dust to produce Adam. But, my Bible says neither.

- The Holy Spirit was sent to “guide us into all truth” (John 16:13), not to be wielded as we see fit for healing, or any other purpose, and certainly not a spirit that WE activate or control.
- Ezekiel 11:19-20, “I will put a new spirit within you...that they may walk in my statutes, and keep mine ordinances (rules/laws), *and do them...*” This makes it clear that the purpose of the Holy Spirit and God in us is to help us walk in truth and obey His commandments!
- Luke 12:8-12, The Holy Spirit can be blasphemed against. He is not an all-pervasive life force.

This above verses show a very different teaching compared to the Eastern teachings of vital energy and Palmer’s Innate Intelligence where the divine spirit or inner power is used in a self-directed manner.

The pantheistic idea of an abiding Universal intelligence is the same idea that ensnared John Harvey Kellogg, M.D. of the Battle Creek Sanitarium in the early 1900’s. He taught in his book, *The Living Temple*:

“There is a clear, complete, satisfactory explanation of the most subtle, the most marvelous phenomena of nature,—namely, an infinite Intelligence working out its purposes. God is the explanation of nature,—not a God outside of nature, but in nature, manifesting himself through and in all the objects, movements, and varied phenomena of the universe....God himself is actually and truly present.”³¹

E.G. White said: “The subject upon which he was speaking was life, and the relation of God to all living things. In his presentations he cloaked the matter somewhat, but in reality he was presenting as of the highest value, scientific theories which are akin to pantheism.”³²

Regarding Kellogg's book, she also stated: "We need not the mysticism that is in this book. **Those who entertain these sophistries will soon find themselves in a position where the enemy can talk with them, and lead them away from God.**"³³

Kellogg's views held common ground with those of Mesmer, the Transcendentalists, Spiritualists, and most Eastern religions. They embodied a doctrine that divides. A counterfeit teaching that is contrary to what the Bible says about the attributes of God. They represented a philosophy that boils down to a theological belief — pantheism.

At its core level, pantheism is any religious belief or philosophical doctrine that identifies God with the universe. God is everything and everything and everyone is God. It denies the existence of a transcendent, *personal* God and makes Him a non-personal divinity that pervades all existence. This is exactly what the deceiver wants people to believe. It strikes at the heart of the character of God.

It takes away from the sovereignty of God and encourages man to develop the (perceived) power within. It does away with the need of a savior because, ultimately, God already resides within — YOU are divine! YOU have that "spark of life" and divine power within that is just waiting for you to "accept and activate it".

Given what has been presented thus far, can you see the master plan behind Universal energy and its offspring? Can you see how it re-directs ones philosophy to adopt a pantheistic view that is contrary to God? These are dangerous principles to accept. Becoming involved with anything that taps in to this subtle, spiritual energy "will put us in a position where the enemy can talk with us and will lead us away from God."

Many of the alternative healing arts in today's world are an extension of this power. That's why they are so popular. They work. They work because they are tapping in to a powerful intelligent presence or spirit, but it is not from God. It presents in a multitude of forms, but only one source is behind it. Its whole foundation is spiritualism. It is spiritualism in action. And it is all pervasive (and powerfully deceptive) in today's world, as the Bible and Spirit of Prophecy said it would be (I Tim. 4:1).

Chiropractic Today

So, (1) Where does this leave us in regards to chiropractic? (2) Should we avoid it completely because its foundations are tied to hypnosis, spiritualism, and Universal intelligence? (3) Or, is there a place for it in today's society? (4) Can chiropractic be practiced without knowledge or use of this Innate intelligence? These are loaded questions, which the reader will have to answer for themselves. But please read on to see whether the following information can help you decide.

It is estimated that doctors of chiropractic treat more than 30 million people annually. They comprise the third largest group of doctorate-level, portal-of-entry primary-care providers in the nation, next to medical doctors and dentists.³⁴ With that in mind, I tremble to write this article.

My intent is only to present the information as honestly as I can and leave the reader to determine what it means for them. I know many sincere people who routinely receive chiropractic care. I know chiropractors whom I respect and applaud in how they desire primarily to relieve pain and help others. These are good people from Christian backgrounds. They do not want to become involved with anything spiritualistic. They likely have never heard the information presented in this study. It is my hope that this study will simply open ones eyes to the larger issue of what Universal energy is, its prevalence in today's society, and the spiritual implications it carries.

In regard to modern-day chiropractic, it would appear there is definite controversy within as to the acceptance of Palmers' theory that disease results from disruption of the flow of Innate

intelligence. There are chiropractic schools who no longer emphasize Palmer's metaphysical belief. However, his theory is still taught at most of the others and has remained a cornerstone of chiropractic.³⁵

From what I can ascertain, the majority of chiropractors DO incorporate aspects of Universal intelligence/vital energy into their practice, so caution would be advised. They either believe in the Palmer's subluxation theory and work to restore the flow of vital energy through their spinal adjustments, or they blend their practice with additional alternative healing arts that access Universal intelligence and vital energy, such as homeopathy, muscle testing (applied kinesiology), acupuncture, CST, therapeutic touch, iridology, naturopathy, etc.

In researching this topic, I have been able to identify three main areas of chiropractic practice:

1. **Straight Chiropractors.** These adhere strictly to Palmer's subluxation theory of disease and believe that all ailments can be treated through manipulation to restore the flow of Innate intelligence.
2. **Mixers.** These do not necessarily believe subluxations are the primary cause of *all* disease, but may still feel they are an *underlying* cause of many health problems. Typically, mixers have some level of agreement with the idea that the body possesses a natural ability to heal itself through restoring vital energy. This belief would be demonstrated by phrases, such as:
 - Your body is a self-regulating, self-healing organism.
 - The adjustment is thought to restore the body's homeostasis.
 - We are restoring the nervous system thereby facilitating the body to self-correct.
 - Our approach is to look for underlying causes of any disturbance, disruption, or interference in the nervous system.
 - The body's innate recuperative powers are affected by and integrated through the nervous system.
 - Spinal joint dysfunction causes nerve-related health problems, and disease.

Most "Mixer" chiropractors supplement subluxation theory with additional alternative practices, which often rely on Universal Energy. Examples would be:

- Muscle testing (Applied Kinesiology)
- Acupuncture or Accupressure
- CranioSacral Therapy
- Therapeutic Touch
- Naturopathy
- Homeopathy
- Magnets
- Color Therapy
- Reflexology
- Herbology
- Therapies working with body energy, Chi, Meridians, or Chakras

3. **Reformers.** This group is small, comprising roughly 2% of all chiropractors. They reject the subluxation theory and limit their practice strictly to treating acute musculoskeletal symptoms.³⁶ They are an off-shoot of mixers who tend not to use alternative medicine methods and who are calling for evidence-based guidelines to support their practice.³⁷

It is not the goal of this study to determine the place of chiropractic care in today's society. I realize many people feel they have benefitted from seeing a chiropractor and I do not question the validity of their experience. However, please note that spinal manipulation is also performed by osteopaths, psychiatrists, and sports medicine doctors to effectively relieve muscle strain, mobilize joints, and improve function. Typically, these practitioners are not affected by the philosophy of the Innate. When seeking medical care, chiropractic or otherwise, try to determine the type of practice your healthcare provider offers.

From a spiritual standpoint, it would seem wise to avoid *any practice, or practitioner* who engages in the principles of Universal Energy and Innate intelligence.

Following, are a few suggestions on how to navigate and avoid spiritualistic healing arts:

1. Read the brochures and pamphlets in a practitioners office to see if you can identify buzz words that relate to energy medicine.
2. Look at their website and find out what their practice is based on, their mission, and the type of services they offer.
3. Ask whether muscle testing is used in their practice.
4. In chiropractic, ask whether they treat subluxations to help the body self-correct.
5. Look around the office to see whether charts are posted showing body meridians, chakras, or acupuncture points.

All of the above will reflect whether a metaphysical bent is present, or not.

Healing occurs according to physiologic principles that God put in place, not because of an inner wisdom that has the ability to self-direct. A cut on your finger heals naturally. A broken bone mends itself without the need of a practitioner guiding it to do so. Many diseases will improve or disappear if proper diet, nutrition, and lifestyle choices are made. We do not need the manipulate, direct, or assist (body energy, electricity, life-force) for healing to occur. This is a false theory about the “energy” in our body and cells. In every instance, its roots trace back to ancient pagan teachings about what guides life processes. You will consistently find occult power is needed for it to work.

A Christian’s discernment is not always foolproof. As we learn and grow spiritually throughout our lives, the Bible teaches we are to submit ourselves to truth as it is revealed. Because of its nature, continued involvement with Universal energy has no where to lead except to Christian confusion, compromise, and further involvement with the occult.

Regarding the healing arts at large, please do not believe in something *because* it works. Understand *how* it works. Take the time to research it out for yourself. This is the only way to be sure of what you know.

As a final thought, I would like to address the practice of muscle testing (Applied Kinesiology) because I have mentioned it within this article and recognize it is a very common practice among chiropractors, naturopaths, and many other health care professionals.

Muscle testing is a form of divination. It utilizes Universal intelligence to obtain it’s answers. Activating Universal intelligence and relying upon it for answers is communication with an entity. Study it out for yourself. Witches use it — *and it works*. Chiropractors use it, naturopaths use it, and many others — and it works. They may be ignorant as to *how* it works, but none-the-less, it is using occult power and they are tapping into that, whether they know it or not.

What types of practices/concepts do I mean? Well, the list is unending for aspects of Eastern religion that have been incorporated into American’s lifestyles, but below are a few of the more common ones.

Classes teaching: controlled breathing, visualization, guided imagery, hypnosis, neurolinguistic programming, eastern meditation, entering an alpha state, mantras – of any kind, going into the silence, contemplative prayer, breath prayer, soaking prayer, breath awareness, Lecto divina, Renovare, centering prayer, spiritual formation, mindfulness.

Healing arts such as: acupuncture, acupressure, some chiropractic, craniosacral therapy, reiki, reflexology, polarity, shiatsu, crystals, magnets, bach flower remedy, homeopathy, some types of massage therapy, therapeutic touch, rolfing, Feldenkrais, (NIS) Neurolink tapping, (NMT)

neuromodulation technique, (EFT) tapping, channeling, energy balancing, clearing or aligning chakras, meridians.

Eastern diagnostic methods: applied kinesiology, muscle testing, iridology, sway testing, pendulum testing, dowsing.

Eastern exercises: qigong, T'ai chi, yoga, pilates, Tai bo, karate, Tae kwon do, other martial arts.

Ideology involving: qi, chi, prana, chakras, Universal energy, Universal intelligence, vital energy, the Innate, dharma, karma, kundalini, guides, masters, divination, divine consciousness, the higher self, feng shui, astrology, horoscopes.

Articles tied to occult power: charms, birthstones, dream catchers, talismans, amulets, Tibetan prayer wheels.

The Eastern religions know what karate, yoga, etc, are all about. There is a heavy religious component. Those deeply involved in these programs know that the religious component is dominant and use this as a basis to spread their religion to the western world. It would be wise to understand this. Asking God for spiritual discernment on a daily basis is vital if we are to avoid the many pitfalls Satan has cast about us.

May God lead you in your own search for truth and discernment.

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