

# **Rick Warren's Latest Demonic Trap Exposed--The "New Health and Wellness Initiative" Promoting Tantric Sex Yoga, Meditation and Reiki**

**II Corinthians 11:13-15:** For such are false apostles, deceitful workers, transforming themselves into the apostles of Christ. And no marvel; for Satan himself is transformed into an angel of light. Therefore it is no great thing if his ministers also be transformed as the ministers of righteousness; whose end shall be according to their works.

**II Peter 2:17-19:** "These are wells without water, clouds that are carried with a tempest; to whom the mist of darkness is reserved for ever. For when they speak great swelling words of vanity, they allure through the lusts of the flesh, through much wantonness, those that were clean escaped from them who live in error. While they promise them liberty, they themselves are the servants of corruption: for of whom a man is overcome, of the same is he brought in bondage."

**Jeremiah 5:26-31:** "For among my people are found wicked men: they lay wait, as he that setteth snares; they set a trap, they catch men. As a cage is full of birds, so are their houses full of deceit: therefore they are become great, and waxen rich. They are waxen fat, they shine: yea, they overpass the deeds of the wicked: they judge not the cause, the cause of the fatherless, yet they prosper; and the right of the needy do they not judge. Shall I not visit for these things? saith the LORD: shall not my soul be avenged on such a nation as this? A wonderful and horrible thing is committed in the land; The prophets prophesy falsely, and the priests bear rule by their means; and my people love to have it so: and what will ye do in the end thereof?"

Just ten days after Lighthouse Trails posted its last and most important article of 2010, [Rick Warren's "Apologetics" Weekend Should Apologize for Representing "Another Gospel,"](#) we must issue this Special Report regarding a year-long event that will be [kicking off](#) at Rick Warren's Saddleback Church on January 15th.

Near the end of 2010, Rick Warren announced that Saddleback Church would be entering "a Decade of Destiny." He told his congregation that they would be focusing on several key areas, one of them being "health and wellness." The "Daniel Challenge" or the "Daniel Plan" is Saddleback's new health "initiative." On Saddleback's website, it states:

*Gods' Prescription For Your Health*

*Be a part of this transformational debut to be a healthier you!*

*The kick-off event is next weekend, January 15. We'll hear from world-renowned doctors on a plan to get healthy and stay that way in the new decade.*

Who are the "world-renowned doctors" that will be helping to kick off Saddleback's Decade of Destiny? Dr. Mehmet Oz, Dr. Daniel Amen, and Dr. Mark Hyman. [The video](#) on the website states that this program has been "Exclusively Designed for Saddleback Church by Three of the Leading Health Specialists in America."

Let us get right to the point: The three doctors who have put together a 52-week health program for Saddleback congregants are **absolute advocates and proponents of not just eastern-style meditation but actual eastern meditation and much much more as this article will reveal.** Right off, let us say that if you are thinking perhaps that these doctors will only advise Saddleback on legitimate health advice (exercise, healthy eating, etc.) take a look at this video (taken place at Saddleback) between Rick Warren and Dr. Daniel Amen. Amen intends to help Saddleback participants to have **good "brain health," which he firmly believes comes from meditation.** In [this video](#), he openly discusses meditation with Rick Warren.

What are the spiritual underpinnings of the meditation these three doctors are propagating? This report will lay it out for you.

Dr. Amen, founder of Amen Clinics, is the author of over 25 books. He teaches techniques that will improve "brain health," claiming that poor brain health is associated with a host of problems from overeating to depression. As Dr. Amen describes in the video you just saw, he includes meditation (and in fact this is his primary tool) as a way to have a healthy brain.

It is the nature of this **meditation that sets Dr. Amen apart from any other individual that Lighthouse Trails has ever written about concerning Rick Warren.** In a 6-CD set called [Create a More Passionate Night](#), Dr. Amen has teamed up with advanced certified Tantra educator, T. J. Bartel. It is important that you visit Bartel's website to better understand the nature of what he stands for. **By the way, when you hear Bartel say "Namaste," this means the god in me bows down to the god in you.** We have discussed tantric sex in a number of Lighthouse Trails articles in the past, such as one called [What's Sex Got to Do with It?](#) Please refer to this article if you are unfamiliar with this spiritual practice. In essence, Tantra or tantric sex is the use of Hinduistic-type **mysticism during sexual intercourse.** Please listen to what Ray Yungen has to say about Tantra and the serious implications of it:

*"Tantra is the name of the ancient Hindu sacred texts that contain certain rituals and secrets. Some deal with taking the energies brought forth in meditation through the chakras and combining them with love-making to enhance sexual experiences.*

*Once completely off-limits to the masses of humanity, Tantra, like all other New Age methodologies, is now starting to gain increasing popularity. . . . The potential to impact a very great number of people, especially men, was brought out in [an article by a sex worker](#) who incorporates "Tantric Bodywork" into her services. . . . she has turned to Tantric Union to give her clients what **she feels is not just sex but "union with the divine."** . . . Now the "multitudes of men" who come to her get much more than they bargained for. In the past, wives and girlfriends needed only to worry about sexually transmitted diseases from cheating husbands and boyfriends, **but now their men may instead bring home spiritual entities!"** ([For Many Shall Come in My Name](#), Yungen, pp. 115-116)*

We are sorry to be so frank - but we must - we are dealing with Rick Warren, "America's Pastor" and one of the most, perhaps the most, influential evangelical leaders today. And in just a few days, he will be starting a 52-week health program that **has been designed by Dr. Amen, a tantric sex activist!** Dr. Amen expresses his strong feelings about tantric in his book, *Change Your Brain, Change Your Body*:

In my book, *The Brain in Love*, I wrote about Tantric sexual practices, and was fascinated by the concept . . . I wanted to experience it for myself and thought it would be a wonderful way to enhance my relationship with my wife, Tana. . . . T.J. Bartel . . . became our teacher . . . **I felt as if I had to share his knowledge with everyone I knew.**" (p. 283) Everyone he knows? Well now that obviously must include Rick Warren, Saddleback Church, and even overflow to thousands of Purpose Driven churches? That could potentially be millions of people. On the video interview with Rick Warren and Dr. Amen, Warren states that Dr. Amen's resources would be available for those attending the seminar this coming weekend.

[Yoga Exposed \(Part 1\) – Scott A. Johnson – 00.mp3](#)

[Yoga Exposed \(Part 2\) – Scott A. Johnson – 00.mp3](#)

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### From an Occult Source--Sex Magick, Tantra and the Great Beast

*When one conjures up images and sensations of sexual magic, one generally stumbles upon Aleister Crowley before anyone else. Known in the press of his day as "the wickedest man in the world" and self-proclaimed "Great Beast 666," Crowley was the object of much scandal and moral outrage. Rejecting the prudence of Victorian society, Crowley saw sex magic as a supreme source of magical power. Unlike Randolph, Crowley did not advocate sexual magic as being confined to a state of holy matrimony, and instead made use of 'outrageous' sexual acts, such as self sexual gratification and homosexual intercourse, which shocked and horrified British society.*

*However, despite being the sexual hedonistic deviant and the spawn of Satan as presented by the popular press of the early 20th century, Crowley's importance and influence on Western occultism should not be overlooked. His rejection of Victorian morality and his **identification of sex as being the supreme magical source introduced new dimensions to the study and practice of the occult.** His study of Buddhism and **Hinduism** transmitted new ideas and techniques that affected the Western Esoteric Tradition in a tremendous way. These and many more have made him one of the most influential figures in the revival of magical traditions.*

*Born Edward Alexander Crowley in 1875, he was the son of a highly zealous and prudent father who was very well-established in the excessively puritanical Plymouth Brethren. He was raised in a strict Christian home in late Victorian England. Crowley eventually turned to the occult and sexual excess.*

*He was first initiated into the **Hermetic Order of the Golden Dawn**, but his relationship with the Order and one of its founding members, MacGregor Mathers, ended in turmoil and controversy. From 1899 onwards, he began travelling to places such as **India** and Ceylon where he studied **Hinduism, Buddhism and Yoga, and was exposed to Tantra** which fuelled an interest in combining his version of magic, which he labelled **magick, with sexual techniques.***

In 1904 Crowley received a revelation from an entity called Aiwass, which Crowley claimed was his guardian angel. Aiwass appeared and dictated to him the *Liber AL vel Legis* (The Book of the Law), which claimed that Crowley was to be the herald of the third aeon of humankind – the Aeon of Horus. The infamy of him being a black magician and “the wickedest man in the world” was spawned in the period of the 1920s when he founded the Abbey of Thelema at a farmhouse in Cefalu, Sicily. The rule of this community was ‘do what thou wilt’ and in Urban’s words, in which every desire could be gratified and every impulse expressed, through free experimentation in drugs, sex and physical excess.<sup>8</sup>

Crowley continued the tradition of sex magic as set out by Randolph, the Hermetic Brotherhood of Luxor and the **Ordo Templis Orientis**, although he adapted to his own magical system. In 1910 Crowley became involved with the OTO and soon was declared the Sovereign Grand Master General of Ireland, Ioana and all the Britains.

Although the OTO were practicing sex magic before Crowley’s reception into the order, he had already revealed the secret of sexual magic in his Book of Lies. **According to Crowley, the secret of sex magic is so tremendously powerful that “if this secret which is a scientific secret were perfectly understood... there would be nothing which the human imagination can conceive that not be realised in practice.”<sup>9</sup>**

Crowley’s own diary, *Rex de Arte Regia*, listed a **series of 309 sexual magical acts for purposes both worldly and otherworldly**. Also, Crowley wrote a series of rites for the OTO, with the highly dramatic ceremony of the Gnostic Mass being the most popular and central to his mystical system of Thelema within the OTO.

It is now recognized that **Crowley did have some very good knowledge of Indian Yoga and was aware of some of the key features and practices of Indian Tantra. Unlike most Orientalist scholars, he did not denounce Tantra, but instead described it as a valid form of religion and the most advanced form of Hinduism.**

**8. Hugh B. Urban, *Magia Sexualis – Sex, Magic and Liberation in Modern Western Esotericism*, University of California Press, 2006**

**9. John Symonds, Kenneth Grant, Eds., *Confessions of Aleister Crowley – An Autohagiography*, Hill and Wang Publ., 1969**

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**The Shadow of the Dalai Lama – Part I – 4. The law of inversion**

**....according to tantric doctrine, evil can only be driven out by evil, greed by greed alone, and poison is the only cure for poison.**

Suitably radical instructions can be found in the *Hevajra Tantra*: "A wise man ... should remove the filth of his mind by filth ..., and as a poison can be neutralized by poison, so sin can purge sin" (Walker, 1982, p. 34). For the same reason, the *Kalachakra Tantra* exhorts its pupils to commit the following: to kill, to lie, to steal, to break the marriage vows, to drink alcohol, to have sexual relations with lower-class girls (Broido, 1988, p. 71). A Tantric is freed from the chains of the wheel of life by precisely that which imprisons a normal person.

As a tantric saying puts it, "What binds the fool, liberates the wise" (Dasgupta, 1974, p. 187), and another, more drastic passage emphasizes that, "the same deed for which a normal mortal would burn for a hundred million eons, through this same act an initiated yogi attains enlightenment" (Eliade, 1985, p. 272). According to this, every ritual is designed to catapult the initiate into a state beyond good and evil.... There is... "no difference between food and offal (the parts of a butchered animal that are considered inedible by human beings), between fruit juice and blood, between vegetable sap and urine, between syrup and semen" (Walker, 1982, p.32).

<http://www.trimondi.de/SDLE/Part-1-04.htm>

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The ancient yogic text, "Damara Tantra", refers to a technique called "shivambu kalpa vidhi", which means *literally "urine revitalizing technique" which is where you drink a glass of your own urine every morning*. A notion which seems to be accepted by urine therapy proponents is that urine is really blood, since it is the by product of blood filtering by the kidneys. This statement is actually true, but obviously we cannot call urine blood; *but it is a 100% byproduct of blood*. If taken at face value then we must look to the Word of God to see how God feels about drinking blood (of which urine is a 100% by product). After the vegetation was utterly destroyed by the flood and Noah came out of the ark, God gave permission to mankind to eat flesh foods. "And God blessed Noah and his sons, and said unto them, Be fruitful, and multiply, and replenish the earth. . . . Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things." Genesis 9:1-3. There was, however, a restriction placed upon the human race: "But flesh with the life thereof, which is the blood thereof, shall ye not eat." Genesis 9:4.

This restriction was reaffirmed after the children of Israel left Egypt. Through the prophet Moses, God said: "It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood." Leviticus 3:17.

Below is a reply I received to this information:

Thanks for the article on urine therapy. I know a few people who have been duped by this nonsense, although



none of them have actually taken part in it. I'll share this with them. *As for the Tantric aspects, I can vouch for the deep evil of that form of Hinduism. When I was a student in India I interviewed some Aghori Tantrics, and no religion, not even voodoo, sinks to such low levels of demonic depravity as Aghori Tantra, which included fornication with prostitutes, drinking of great amounts of whiskey, and the consumption of human excrement and human flesh. Although, Gandhi was mild in comparison that naked savage, as Churchill aptly called him, drank his own or cows urine every day. He was a skinny weakling who was as physically decrepit as he was spiritually.*

Your servant

John Hinton

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*"Tantric Mysticism in Tibet", pgs. 241-244.*

*This Tantric rite is detailed in the same Vajrayana text:*

*The male participant should visualize himself as Lord Buddha, and the female participant should imagine herself as the Lady of Transcendental Wisdom. They should first sit facing each other and gaze upon their partner with intense desire...*

*Next she demands the ultimate from him, asking if he is capable of eating her feces and drinking her urine.*

<http://www.luckymojo.com/tantra/neo-tantra/edit/doc2>

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In almost all of the "resources" by Dr. Amen, he advocates eastern meditation. In some of the books, he devotes many many pages to meditation practices. On page 238 of Amen's *Making a Good Brain Great*, he states: "I recommend an active form of yoga meditation called Kriya Kirtan. It is based on the five primal sounds saa, taa, naa, maa, aa." He tells readers to repeat these sounds for 12 minutes straight.

Many of you have heard of New Age leader Eckhart Tolle, whose 2008 book *A New Earth: Awakening to Your Life's Purpose* was highly popularized by Oprah. Tolle stated that the book's purpose was to bring about a "shift in consciousness" (pp. 6-7). In his earlier book, *The Power of Now*, he speaks of this "consciousness," what he considers a christ-consciousness:

*Christ is your God-essence or the Self, as it is sometimes called in the East. The only difference between Christ and presence is that Christ refers to your indwelling divinity regardless of whether you are conscious of it or not, whereas presence means your awakened divinity or God-essence. (p. 104)*

For more on Eckhart Tolle and the great awakening that New Agers seek after for the planet, read Warren B. Smith's 4-part article, "[The Great Heretical Idea: Oprah and](#)

[Eckhart Do the New Age Shift.](#)" Dr. Daniel Amen talks about Tolle's *The Power of Now* in his book, *Change Your Brain, Change Your Body*, calling Tolle's book "extraordinary." Dr. Amen's meditation technique of choice is Kriya Kirtan, as we stated above. This is a form of kundalini yoga (see his book, *The Brain in Love*, p. 146). Those who have studied with discernment the New Age, know that kundalini (or serpent power) is the spiritual "energy" behind meditation. Ray Yungen explains the relationship between kundalini and the chakras:

The chakras act as conduits or conductors for what is called kundalini or serpent energy. They say this force lies coiled but dormant at the base of the spine like a snake. **When awakened during meditation**, it is supposed to travel up the spine activating each chakra as it surges upward. When the kundalini force hits the crown chakra, the person experiences enlightenment or Self-realization. This mystical current results in the **person knowing himself to be God**. That is why kundalini is sometimes referred to as the divine energy. According to New Age proponents, all meditative methods involve energy and power, and the greater the power, the greater the experience. (FMSC, pp. 76-77)

Dr. Mark Hyman, one of the three doctors who "designed" the "Daniel Challenge" for Saddleback, is another strong advocate for mystical meditation. In his book, *The Ultramind Solution*, Hyman emphasizes meditation, saying that it doesn't matter what religion one has to benefit from it (p. 322). Dr. Hyman suggests that "Mindful meditation is a powerful well-researched tool, developed by Buddhists" (p. 384). On the front cover of *The Ultramind Solution*, sits an endorsement by Dr. Mehmet Oz, the third doctor who will be training Saddleback on health.

Anyone who watches daytime television, in particular Oprah, will know the name Dr. Oz, a highly renowned cardiovascular surgeon. It was Oprah who featured him on her show for five years, making him a household name, which eventually led to his own television show, one of the most popular shows on television.

Last February, Lighthouse Trails posted a piece titled "[Dr. Oz Tells Millions of Americans: 'Try Reiki!'](#)" In January 2010, Dr. Oz brought a Reiki master onto his show to demonstrate Reiki and then ended the show saying, "**try Reiki**" as the **#1 "Oz's Order."** It would make sense that Dr. Oz would tell his viewers to try Reiki - his wife is a Reiki practitioner. [One press release](#) related:

Reiki Masters across America and the world had cause for celebration on January 6 when Dr. Mehmet Oz revealed his Ultimate Alternative Medicine Secrets for 2010 during his nationally broadcast afternoon talk show. **He ranked Reiki #1. Dr. Oz said, "Reiki is one of my favorites, we've been using it for years in the Oz family, and we swear by it."**

*In a recent article in Reiki News, it was revealed that 15 percent of all US hospitals are now implementing the practice of Reiki. Author Ray Yungen, who says there are now over one million Reiki channelers in the US alone (a million in Germany also), explains this "energy" behind Reiki further:*

*One practitioner describes the experience in the following way:*

*When doing it, I become a channel through which this force, this juice of the universe, comes pouring from my palms into the body of the person I am touching, sometimes*

*lightly, almost imperceptibly, sometimes in famished sucking drafts. I get it even as I'm giving it. It surrounds the two of us, patient and practitioner.* <sup>1</sup>

What is this "juice of the universe?" The answer is an important one, given by a renowned Reiki master [Rand] who explains:

A Reiki attunement is an initiation into a *sacred metaphysical order* that has been present on earth for thousands of years ... *By becoming part of this group, you will also be receiving help from the Reiki guides and other spiritual beings who are also working toward these goals.* <sup>2</sup>

While this is not widely advertised, Reiki practitioners depend on this "spirit guide" connection as an integral aspect of Reiki. *In fact, it is the very foundation and energy behind Reiki. One Reiki master who has enrolled hundreds of other masters spoke of her interaction with the spirit guides:*

*For me, the Reiki guides make themselves the most felt while attunements are being passed. They stand behind me and direct the whole process, and I assume they also do this for every Reiki Master. When I pass attunements, I feel their presence strongly and constantly. Sometimes I can see them.* <sup>3</sup>

A Christian's initial response to this information might be, "So what? I don't travel in those circles, so it does not concern me." (**But it is witchcraft**) This nonchalant viewpoint may seem valid to some valid except for the fact that Reiki is currently growing to enormous proportions and in some very influential circles. (It may even be in your local hospitals, schools, and youth organizations.) It is essential to know that many nurses, counselors, and especially massage therapists use Reiki as a supplement to their work. It is often promoted as a complementary service. (ATOD, pp. 94-95). In Rand's article, he talks about a doctor who has been largely responsible for the growing popularity of Reiki. Dr. Mehmet Oz is "one of the most respected cardiovascular surgeons in the US" *who "uses Reiki during open-heart surgeries and heart transplants."* According to Dr. Oz, "Reiki has become a sought-after healing art among patients and mainstream medical professionals."<sup>5</sup> Dr. Oz is a frequent guest on the Oprah Winfrey Show. No doubt, she has been an evangelist for Dr. Oz and Reiki treatments. Yungen discusses this rapid growth in popularity:

The reason for this level of acceptance is easy to understand. Most people, many Christians included, believe if *something is spiritually positive then it is of God.*

**1Jo 4:1 ¶ Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.**

**1Jo 4:2 Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God:**

**1Jo 4:3 And every spirit that confesseth not that Jesus Christ is come in the flesh is not of God: and this is that [spirit] of antichrist, whereof ye have heard that it should come; and even now already is it in the world.**

A pastor friend of mine recounted a situation in which a Christian, who had some physical problems, turned to Reiki for comfort. When this pastor advised the man that Reiki fundamentally opposed the Christian faith he became furious and responded with the following defense, "How can you say this is bad when it helped me?" (**These were his demons talking for him**) [However], if something is of God it will conform to the very cornerstone of God's plan & His Word to show His grace through Christ Jesus and Him alone (Ephesians 2:7).



Isa 8:19 ¶ And when they shall say unto you, Seek unto them **that have familiar spirits**, and unto wizards that peep, and that mutter: should not a people seek unto their God?....

Isa 8:20 To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.

Deuteronomy 11:16-18a: "Take heed to yourselves, that your heart be not deceived, and ye turn aside, and serve other gods, and worship them; And then the LORD'S wrath be kindled against you, and he shut up the heaven, that there be no rain, and that the land yield not her fruit; and lest ye perish quickly from off the good land which the LORD giveth you. Therefore shall ye lay up these my words in your heart and in your soul..."

*Reiki, as I defined earlier, is based on the occult view of God. Lighthouse Trails urges you to be sure to ask your own health practitioner if he or she plans to perform Reiki on you or your loved ones when you or they are on the operating table or at any other time during health care treatment. We are living in a society that has integrated occult mysticism into every facet of life. The Bible gives a prophetic statement about such practices (of which includes contemplative spirituality), which should not be ignored or taken lightly.*

*And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorceries were all nations deceived.*

*Revelation 18:22-24*

Notes:

1. "Healing Hands" (New Woman Magazine, March, 1986), p. 78.
2. William Rand, *Reiki: The Healing Touch* (Southfield, MI: Vision Pub., 1991), p. 48.
3. Diane Stein, *Essential Reiki* (Berkley, CA: Crossing Press, 1995), p. 107.
4. Phylameana lila Desy, *The Everything Reiki Book* (Avon, MA: Adams Media, 2004), p. 144.

As Lighthouse Trails has documented for years, **Reiki is a type of "energy healing" that is based on the New Age chakra system and puts those practicing it into contact with the realm of familiar spirits.** If this sounds far fetched, listen to what one Reiki master wrote in the *Everything Reiki Book*:

During the **Reiki attunement process, the avenue that is opened within the body to allow Reiki to flow through also opens up the psychic communication centers. This is why many Reiki practitioners report having verbalized channeled communications with the spirit world.** (cited in *A Time of Departing*, p. 97)

Recently, [we posted a YouTube video](#) that describes the spiritual consequences of practicing Reiki. The person doing the video told the story of one woman, **who after practicing Reiki came into contact with 35 spirit guides, and she was unable to rid herself of them. They told her they would be with her forever. If you have not yet viewed this 10 minute video, it is imperative that you do. Reiki is a catalyst or channel, as stated earlier, into the spirit world.** This is not a silly, nonsensical ritual with no meaning. This is serious stuff!

How serious? Consider this: A book titled *The Instruction* written by Ainslie MacLeod, is described by the publisher as the following:

Have you ever sensed that your life has a deeper, more meaningful purpose--but don't know what it is? If so, you're not alone. To help you and the millions like you, psychic Ainslie MacLeod's spirit guides have given him a systematic approach to uncovering who you really are--and the life your soul has planned for you. They call it The Instruction. Now, for the first time, this unique teaching is offered as a step-by-step program for realizing personal fulfillment. The Instruction will take you through ten "doorways" to unveil the life plan your soul created before you were even born.

In the foreword written by MacLeod, he says the "purpose of the book is to understand the coming shift in consciousness that is poised to sweep the planet.

This transformation will affect everyone of us in some way." This book, which is given by spirit guides and lays out the basic foundation for the New Age impressed Dr. Oz so much that he wrote an endorsement for the front cover. He stated: "I recommend this book to those who seek greater spiritual well-being and a better understanding of their life's purpose." Dr. Oz's endorsement is also on the front cover of MacLeod's 2010 book, *The Transformation: Healing Your Past Lives to Realize Your Soul's Potential*, where he exclaimed: "Ainslie MacLeod is at the frontier of exploration into the soul and its profound influence on our physical selves."

Make no mistake about it - Reiki, meditation, tantric sex - these are very powerful mystical experiences that have the capability to delude and deceive those who are involved with it. While many of the health ideas these three doctors share in their books and DVDs are legitimate (exercise, vitamins, and good diet, etc.), **these doctors firmly believe in meditation and want to make it widely accepted and embraced and have interwoven this belief into their programs.** As Dr. Amen admitted himself, he wants to tell everyone he knows about meditation.

We urge all discerning believers to contact their own pastors and any other pastors or leaders they know to warn them about what is taking place in the name of wellness and fitness in the church. We urge you also to contact ministries who have, in one way or another, either through consent or silence, supported the "new" spirituality that is trying to enter the church and tell them where it leads. The wellness and fitness aspect of this is just another face of this whole movement that is impacting our entire culture.

In this plea, consider what Roger Oakland stated at the end of [\*Faith Undone\*](#):

There are still pastors and churches dedicated to proclaiming the truth. Find out where they are and support them. If you are in a location where this does not seem to be possible, seek out materials that are available from solid Bible-based Christian ministries and hold Bible studies in your homes.

Let us hold fast to the truth, and in considering the fact that compromising our spiritual health and wellness is never the right avenue to physical wellness, remember the words Paul spoke to the Romans. He did not tell them to entertain spirit guides, practice mantra meditation, yoga, or Reiki. This was his instruction to believers:

**I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the**

**renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12: 1-2**

As important as physical health may be, we must remember that our bodies are only temporal. Yes, we should take care of them, but in the process we should not do as Esau did and sell out our spiritual heritage for a bowl of pottage.

<http://www.lighthouse Trailsresearch.com/>

[Rick Warren & Apostasy – Dr. Scott Johnson – 00.mp3](#)

[Rick Warren & Rupert Murdoch – Dr. Scott Johnson – 00.mp3](#)

[Rick Warren, Obama, Hillary – Scott A. Johnson – 00.mp3](#)