

OCCULT PRACTICES AWARENESS GUIDE

This guide is designed to be walked through slowly, prayerfully, and with an open and honest heart before the Creator. Each section addresses practices or influences that may, knowingly or unknowingly, draw a person away from trusting Him fully. The goal is not fear or condemnation, but clarity, freedom, and restoration.

As you move through each category, take time to pause and reflect. Read each practice carefully and allow space to consider:

** Have I ever participated in this?*

** Have I placed trust, even subtly, in something other than the Creator for guidance, protection, healing, or understanding?*

** Is there anything here that still has a hold on my thoughts, habits, or beliefs?*

Invite the Creator to search your heart, gently revealing anything that may need to be surrendered. There is no need to rush. Sometimes awareness comes immediately; other times it unfolds gradually.

If you recognize practices you have engaged in in the past but no longer participate in, it is still important to bring those before the Creator. Even past involvement can leave lingering spiritual effects, patterns of thinking, or misplaced trust. This guide provides a way to intentionally close those doors.

For anything you identify—past or present—use the renunciation prayer at the end of this guide. Speak it sincerely and personally, bringing each specific practice before the Creator. Renunciation is not merely about rejecting something—it is about realigning your trust, authority, and identity fully with the Creator.

If you are currently involved in any of these practices and see no harm in them, then you are invited to ask the Creator to show you the truth about the practice and His will for you in regards to it. He is well aware of how alluring the snares of demons are. God's desire is not to shame, but to restore, guide, and protect you. As Scripture reminds us, *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."* (Proverbs 3:5–6)

Return to Him with confidence. He is faithful to lead you into truth, peace, and spiritual safety.

DIVINATION

Divination involves seeking hidden knowledge, guidance, or insight about the future through spiritual means apart from the Creator. While the desire for direction and understanding is natural, Scripture gently calls us to place our trust in God rather than in systems that can lead us away from Him.

Astrology and its related forms—such as birth charts, horoscopes, astrocartography, and zodiac interpretations—look to the patterns of stars and planets for meaning and guidance. Although these systems may seem insightful or even comforting, they shift reliance from the Creator to created things.

From a biblical perspective, this can become a subtle form of spiritual distraction. Over time, it may lead individuals to depend on external signs rather than prayer, wisdom, and a relationship with God. In some cases, what appears to be accurate insight may stem from generalizations or personal interpretation rather than true spiritual clarity.

There is also a deeper concern: seeking guidance through spiritual systems apart from God can create openings to deceptive influences. These influences may offer partial truth or appealing insight, but ultimately lead to confusion, anxiety, or misplaced trust. Instead of peace, a person may begin to feel bound by predictions, fearful of outcomes, or uncertain of their true purpose.

I Ching / Oracle Systems – Attempts to interpret life patterns through symbolic systems. These can shift trust away from God and toward external sources for guidance.

Numerology – Assigns spiritual meaning or power to numbers. This may subtly replace reliance on God with belief in hidden systems of control or insight.

Ouija Boards / Spirit Communication Tools – Directly invites contact with the spirit realm, which can open the door to deceptive and oppressive influences.

Palm Reading – Seeks insight into a person's life through physical markings, often fostering reliance on interpretations that may not be grounded in truth.

Pendulum Dowsing – Uses objects to receive answers, which can be influenced by unseen forces or internal fears rather than genuine guidance.

Rune Casting – Draws meaning from symbolic stones, opening the possibility of spiritual influence through occult symbolism.

Scrying – Looking into reflective surfaces for visions, which can be easily shaped by deception or imagination rather than truth.

Tarot / Oracle Cards – Uses symbolic imagery to gain direction or predict outcomes. While often presented as tools for insight, they can lead to dependence on external guidance and open the door to misleading spiritual impressions.

KEY SCRIPTURES TO CONSIDER

Deuteronomy 18:10–12 *“Let no one be found among you... who practices divination or sorcery... Anyone who does these things is detestable to the Lord.”*

Isaiah 8:19-22 *“When someone tells you to consult mediums and spiritists, who whisper and mutter, should not a people inquire of their God? Why consult the dead on behalf of the living? Consult God's instruction and the testimony of warning. If anyone does not speak according to this word, they have no light of dawn. Distressed and hungry, they will roam through the land; when they are famished, they will become enraged and, looking upward, will curse their king and their God. Then they will look toward the earth and see only distress and darkness and fearful gloom, and they will be thrust into utter darkness.”*

Jeremiah 29:8 *“Do not let the prophets and diviners among you deceive you.”*

Proverbs 3:5-6 *“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”*

Acts 16:16-19 *“Now it happened, as we went to prayer, that a certain slave girl possessed with a **spirit of divination** met us, who brought her masters much profit by fortune-telling... But Paul, greatly annoyed, turned and said to the spirit, ‘I command you in the name of Jesus Christ to come out of her.’ And he came out that very hour. But when her masters saw that their hope of profit was gone, they seized Paul and Silas and dragged them into the marketplace to the authorities.”*

Deuteronomy 18:10-14 *“Let no one be found among you who sacrifices their son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead. Anyone who does these things is detestable to the Lord...”*

Isaiah 47:8-14 *“All the counsel you have received has only worn you out! Let your astrologers come forward, those stargazers who make predictions month by month, let them save you from what is coming upon you. Surely, they are like stubble; the fire will burn them up. They cannot even save themselves from the power of the flame. These are not coals for warmth; this is not a fire to sit by.”*

COMMUNICATION WITH THE SPIRIT REALM

Practices that seek communication with the spirit realm—apart from the Creator—are often approached with a desire for comfort, guidance, or understanding. While these motivations can come from a sincere place, when we look elsewhere for spiritual insight or connection, we may unintentionally open doors to deception and harmful spiritual influence. The invitation is to seek comfort, wisdom, and guidance directly from the Creator, who is trustworthy, loving, and not the author of confusion. In Him, there is true peace, clarity, and protection.

Aliens / Extraterrestrial Teachings – Fascination with other lifeforms can sometimes lead to beliefs or teachings that pull attention away from one’s relationship with the Creator. Some ideas—such as past or parallel lives on other planets—can create confusion about identity and purpose. From a biblical perspective, there is also concern that deceptive spirits may present themselves in unfamiliar forms, appealing to curiosity or even personal significance, while quietly leading the heart away from truth.

Angels are real and serve the Creator, but Scripture does not instruct us to seek them directly. Calling on angels for guidance or protection can be spiritually risky, as deceptive spirits may respond instead. These influences may appear helpful at first—offering partial truth or encouragement—but over time can lead a person away from reliance on the Creator and into confusion or imbalance. The safest path is to pray directly to the Creator, trusting Him to send help according to His will.

“Angel Numbers” and Similar Teachings - While the Bible does contain meaningful use of numbers, systems that assign personal messages or guidance through repeating number patterns can become a substitute for seeking God directly. Even individuals who once promoted these ideas, such as Doreen Virtue, have since warned about the spiritual risks and the potential for deception. Believers are encouraged to seek clarity through prayer and Scripture rather than symbolic systems.

Animal Guides / Spirit Animals - There is much we can learn from observing creation. However, inviting a “spirit animal” as a personal guide crosses into spiritual territory that Scripture cautions against. Such practices may open the door to “familiar spirits”—entities that imitate guidance but ultimately lead away from God’s will.

Ascended Masters -Teachings about “ascended masters” describe enlightened beings offering wisdom to humanity. However, these ideas have roots in later spiritual movements and are not grounded in Scripture. There is concern that deceptive spirits can present themselves as wise or exalted figures, offering guidance that may sound uplifting but ultimately leads to confusion, pride, or spiritual misdirection.

Automatic writing—where one writes while setting aside conscious control—may be used for creativity, but when it involves seeking spiritual messages, it can become a point of vulnerability. Opening the mind in this way may allow influences that do not come from the Creator, leading to mixed or misleading messages.

Channeling occurs when a person allows a non-physical entity to speak through them, sometimes even using their voice or body. While it may appear enlightening, inviting any unknown spirit in this way can be spiritually dangerous. Messages that claim to bring new truth—especially those that alter or add to the message of Scripture—should be approached with great caution, as they may lead away from the truth rather than toward it. **Entity Groups** are described as collections of spirits communicating through a channeler. Their guidance may sound encouraging or insightful, but it can subtly promote self-focused thinking, false hope, or distorted spiritual beliefs. Over time, this can draw a person further from a grounded relationship with the Creator.

Fortune Telling, Psychic Readings, and Séances all involve seeking supernatural knowledge or contact with spirits. While they may promise clarity about the future or connection with the unseen, they can foster dependence on sources that are not rooted in truth. This reliance may open the door to deception, fear, and spiritual unrest.

Gods / Goddesses / Idols / Statues / Graven Images – Worshipping, praying to, or placing trust in gods, goddesses, statues or other representations can draw the heart away from the Creator and toward created things. Scripture consistently calls us to keep the Creator first, warning that idolatry leads to spiritual confusion and distance from truth. From a biblical perspective, turning to other gods or spiritual substitutes cannot provide true peace or salvation. Instead, it may lead to deception, misplaced trust, and a gradual loss of clarity and purpose.

Idolatry today is not limited to physical images. Any person or thing that takes the Creator’s place in our hearts—such as money, success, self-image, comfort, or entertainment—can become an idol. When these things are prioritized, they can quietly pull us out of alignment. The invitation is simple: to return our focus, trust, and devotion to the Creator, where true peace, purpose, and fulfillment are found.

Mediumship involves attempting to contact the deceased, often in times of grief. Mediums may receive impressions, images, or sensations that seem deeply personal. From a biblical perspective, there is a concern that deceptive spirits can imitate departed loved ones, offering convincing details to gain trust. In vulnerable moments, this can create a spiritual opening that invites confusion and unwanted influence rather than true comfort.

Nature Spirits - Some traditions speak of spirits connected to elements of nature. While creation itself reflects the beauty and order of the Creator, seeking guidance from supposed spiritual beings within nature can be unpredictable and spiritually unsafe. These practices may invite influences that do not align with God’s character or truth.

Spirit Guides - The idea of personal spirit guides is common in many belief systems. However, Scripture warns that not all spiritual beings are benevolent. What may appear as a helpful guide can, over time, introduce subtle distortions, drawing a person away from truth and dependence on the Creator.

Table Tipping / Spirit Communication Practices - Activities such as table tipping or attempting to invite spirits to communicate can create an intentional opening to the unseen realm. From a biblical perspective, this kind of invitation can allow deceptive influences to enter, often resulting in fear, confusion, or spiritual unrest.

KEY SCRIPTURES TO CONSIDER

Leviticus 19:31 *“Do not turn to mediums or seek out spiritists, for you will be defiled by them. I am the Lord your God.”*

Leviticus 20:6 *“I will set my face against anyone who turns to mediums and spiritists to prostitute themselves by following them, and I will cut them off from their people.”*

Exodus 23:13 *“Pay close attention to all my instructions. You must not call on the name of any other gods. Do not even speak their names.”* Why does God warn us not to even speak the names gods and goddesses? Because this invokes the demons masquerading as them.

2 Corinthians 11:14-15 *“And no wonder, for Satan himself masquerades as an angel of light. It is not surprising, then, that his servants also masquerade as servants of righteousness.”*

Hebrews 1:14 *“Yes, God has given us the unseen angels, who are “ministering spirits sent to serve those who will inherit salvation”*

James 1:5 *“If any of you lacks wisdom, you should ask God...”*

Deuteronomy 4:15-18 *“Watch yourselves very carefully, so that you do not become corrupt and make for yourselves an idol, an image of any shape, whether formed like a man or a woman, or like any animal on earth or any bird that flies in the air, or like any creature that moves along the ground or any fish in the waters below.”*

Psalms 96:5 *“For all the gods of the nations are idols, but the LORD made the heavens.”*

Romans 1:25 *“They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.”*

1 John 4:1-6 *“¹Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. ²This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, ³but every spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world. ⁴You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. ⁵They are from the world and therefore speak from the viewpoint of the world, and the world listens to them. ⁶We are from God, and whoever knows God listens to us; but whoever is not from God does not listen to us. This is how we recognize the Spirit[a] of truth and the spirit of falsehood.”*

Revelation 22: 6-16 *“⁶The angel said to me (John the apostle), “These words are trustworthy and true. The Lord, the God who inspires the prophets, sent his angel to show his servants the things that must soon take place... ⁸And when I had heard and seen them, I fell down to worship at the feet of the angel who had been showing them to me. But he said to me, ‘Don’t do that! I am a fellow servant with you and with your fellow prophets and with all who keep the words of this scroll. Worship God!... ¹⁶I, Jesus, have sent my angel.”* Again, angels are not to be called upon nor worshipped.

SORcery, MAGIC AND WITCHCRAFT

These practices involve attempts to access or manipulate spiritual forces through rituals, spells, or hidden knowledge rather than relying on the wisdom, authority, and provision of the Creator of heaven and earth. While they may appear different in form or intention, they share a common thread: seeking power, insight, or transformation apart from God. It is important to recognize that many are drawn to these practices out of a sincere desire for meaning, healing, protection, or understanding. These longings are not wrong—they reflect a deeper need for connection with the Creator. However, when those needs are met through sources outside of God, there is a real risk of spiritual interference. What appears helpful, enlightening, or empowering on the surface may, over time, lead to confusion, spiritual bondage, or distance from God.

Alchemy: An ancient mystical practice that seeks to transform physical matter or achieve spiritual enlightenment through hidden or esoteric knowledge. Because it often centers on secret knowledge and self-transformation apart from God, it can foster pride and self-reliance. This posture may open the heart to deception, where spiritual influence masquerades as enlightenment but ultimately leads away from truth.

Ceremonial Magic (e.g., Lesser Banishing Ritual of the Pentagram – LBRP) A structured ritual developed within occult systems such as the Hermetic Order of the Golden Dawn. It involves invoking spiritual names, symbols, and entities to “clear space,” invite protection, or facilitate spiritual transformation. Though it may use sacred names or appear protective, it blends truth with systems not rooted in God’s authority. Invoking spiritual beings or symbols outside of a relationship with God can open doors to counterfeit spiritual experiences. These experiences may feel powerful or enlightening but can subtly lead to spiritual dependency on something other than the Creator.

Curses, Hexes and Spells: Intentional acts or spoken formulas meant to influence outcomes or harm others through supernatural means. These practices directly align with harm, control, or manipulation. Engaging in them can invite dark spiritual influence, as they reflect intentions contrary to God’s character. Even passive involvement can create vulnerability to oppressive spiritual forces.

Magic (Black or White): The use of rituals, objects, or spoken words to influence events, outcomes, or people through supernatural means. Even when labeled “white” or benevolent, magic places trust in techniques or forces rather than in God. This shift in trust can invite spiritual interference, as the source of power is not always what it appears to be.

Sorcery (General Practice): The use of spells, rituals, or spirit communication to gain knowledge or influence events. The Bible consistently presents sorcery as deceptive and spiritually dangerous. It often involves interaction—direct or indirect—with unclean or misleading spirits. This can result in spiritual confusion, bondage, and separation from God’s guidance.

Witchcraft: A broad term encompassing practices such as spellwork, potions, rituals, and spirit invocation, often tied to personal or natural power. At its core, witchcraft seeks knowledge or control that belongs to God alone. This desire can open the door to spiritual counterfeits—experiences or powers that imitate truth but originate from deceptive sources.

KEY SCRIPTURES TO CONSIDER:

Galatians 5:19-21 *“¹⁹ Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, witchcraft, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.”*

Acts 19:17-20 *“When this became known to the Jews and Greeks living in Ephesus, they were all seized with fear, and the name of the Lord Jesus was held in high honor. Many of those who believed now came and openly confessed what they had done. A number who had practiced sorcery brought their scrolls together and burned them publicly. When they calculated the value of the scrolls, the total came to fifty thousand drachmas. In this way the word of the Lord spread widely and grew in power.”*

Exodus 22:18 *“Do not allow a sorceress to live.”* God knows how dangerous these demons are.

Micah 5:12-13 *“I will destroy your witchcraft and you will no longer cast spells. I will destroy your idols and your sacred stones from among you; you will no longer bow down to the work of your hands.”*

James 3:15–17 *“Such ‘wisdom’... is earthly, unspiritual, demonic... But the wisdom from heaven is pure...”*

Revelation 21:8 *“But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars—they will be consigned to the fiery lake of burning sulfur.”*

Revelations 22:15 *“Outside (the “New Heaven”) are the dogs and sorcerers and the sexually immoral and murderers and idolaters, and everyone who loves and practices falsehood.”*

Leviticus 19:26: *“Do not practice divination or sorcery.”*

Malachi 3:5 *“So I will come to put you on trial. I will be quick to testify against sorcerers, adulterers and perjurers, against those who defraud laborers of their wages, who oppress the widows and the fatherless, and deprive the foreigners among you of justice...”*

OCCULT OBJECTS, SYMBOLS AND TALISMANS

Throughout history, people have used physical objects and symbols as a way to seek protection, guidance, identity, or spiritual connection. Many of these objects are used with sincere intentions—seeking peace, protection, identity, or meaning. These desires are deeply human and reflect a longing for security and connection. While some of these items may appear harmless or cultural, the concern arises when they are believed to carry spiritual power apart from the Creator. From a biblical perspective, power, protection, and wisdom come from God alone. When objects are relied upon for spiritual influence, this can shift trust away from Him and open the door to spiritual deception or unwanted influence. The good news is that God’s protection does not come from objects we carry, but from His presence with us. His peace is not filtered through symbols, but given freely to those who seek Him.

Amulets - Objects worn or carried with the belief that they provide protection, favor, or good fortune through mystical power. When trust is placed in an object rather than in God, it can become a subtle form of idolatry. This misplaced trust may create vulnerability to spiritual deception, as unseen influences can attach significance to the object beyond its physical nature, drawing the heart away from reliance on God.

Charms for Luck or Protection - Items believed to bring good luck, ward off harm, or influence outcomes through supernatural means. Even when used casually, these objects can reinforce a dependence on something other than God for protection or provision. This reliance can open the door to deceptive spiritual influence, where false assurance replaces true peace rooted in God's care.

Mandalas - Geometric patterns often used in meditation or spiritual practices, sometimes believed to carry or channel spiritual power. While visually meaningful or calming, the belief that these patterns hold or transmit power can shift trust away from God. Scripture identifies this as a form of idolatry—seeking spiritual benefit from created things rather than the Creator. Engaging with these as sources of power or enlightenment may open the door to subtle spiritual deception, where what appears peaceful or insightful may not be rooted in God's truth.

Pentagram - A five-pointed star with varied meanings across history. In early Christianity, the upright pentagram symbolized the five wounds of Christ and was associated with truth and protection. In later contexts, particularly when inverted, it became associated with occult and satanic practices. Because of its strong associations with occult systems in modern use, the pentagram can function as more than a symbol—it may act as a point of spiritual identification or invitation. Using or displaying such symbols, especially in occult contexts, can open the door to spiritual influences that oppose God's authority.

Sacred Geometry - The belief that certain geometric patterns carry inherent spiritual power or can unlock higher consciousness or divine energy. The idea that power is embedded in created forms rather than coming from the Creator reflects a shift in spiritual trust. Pursuing spiritual activation through these patterns can lead to deception, as it invites engagement with spiritual concepts and energies not grounded in God's truth, potentially allowing harmful spiritual influence.

Tattoos (Occult Symbolism Context) - Body markings that include symbols, sigils, or imagery associated with occult, mystical, or spiritual systems. Tattoos themselves are not inherently spiritual objects; however, when they contain symbols tied to occult practices or spiritual allegiances, they may represent agreement or identification with those systems. This can create an open door for spiritual oppression or influence connected to what the symbol represents.

KEY SCRIPTURES TO CONSIDER:

Exodus 20:4-6 *"You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments."*

Deuteronomy 7:25–26 *"Do not bring a detestable thing into your house..."*

Isaiah 42:8 *"I am the Lord... I will not yield my glory to another or my praise to idols."*

1 John 5:21 *"Dear children, keep yourselves from idols."*

Ezekiel 13:20 *"Therefore this is what the Sovereign Lord says: I am against your magic charms with which you ensnare people like birds and I will tear them from your arms; I will set free the people that you ensnare like birds."*

ENERGY HEALING AND PRACTICES

These practices are based on the belief that unseen energies flow through the body and can be adjusted, activated, or directed for healing, balance, or enlightenment. Many who explore these practices are sincerely seeking healing, peace, or deeper spiritual understanding. These are good and meaningful desires. However, not every spiritual experience comes from God. Some paths, though appealing, can lead to subtle deception or spiritual entanglement. God invites us into a relationship where we do not need to manipulate energy or rely on systems to receive His peace. His presence is freely given, and His healing does not require rituals, symbols, or intermediaries. True peace is not something we generate—it is something we receive from Him.

Energy Healing (General) - The belief that a person can channel or direct “universal energy” through their hands, intentions, or symbols to bring healing. This practice often involves becoming a “conduit” for unknown spiritual forces. However, Scripture does not teach that believers channel impersonal energy—rather, healing comes directly from God. Opening oneself to unknown spiritual sources is spiritually unsafe. It can be likened to inviting unseen influences without knowing their nature, which may lead to oppression, confusion, or spiritual entanglement.

Chakra Practices (Opening, Clearing, or Balancing) - Chakras are described in Eastern mysticism as spiritual “energy centers” within the body. Practices such as meditation, visualization, and sound vibrations are used to “open,” “balance,” or “align” these centers. Although these experiences can feel real or even peaceful, they are rooted in spiritual frameworks that do not acknowledge the Creator. Many of these practices involve chanting sounds or focusing on spiritual energies tied to belief systems that include other deities or spiritual forces. This can create an open door to spiritual interference, as it invites engagement with unseen forces without discernment of their source. What feels like light or balance may, over time, lead to confusion or spiritual dependency on something other than God.

Chanting Associated with Chakras - Specific sounds (such as LAM, VAM, RAM, YAM, HAM, OM) are used to activate or align energy centers. These sounds are historically connected to spiritual concepts and, in many cases, deities within Eastern religions. Chanting is not spiritually neutral—it can function as a form of invocation. Repeating sounds tied to spiritual systems or deities may unintentionally invite spiritual influence or alignment with beliefs that are not rooted in God. This can open the door to deceptive spiritual experiences, where the source of the perceived peace or power is not from the Holy Spirit, but from other spiritual forces.

Color Therapy - The belief that specific colors carry healing or spiritual energy that can influence a person’s well-being. While colors themselves are part of God’s creation and can affect mood naturally, attributing spiritual power to them shifts trust from God to created things. This can subtly lead to spiritual misplacement of faith, opening the heart to ideas or influences not grounded in truth.

Crystals and Crystal Healing - The use of crystals to absorb, channel, or amplify spiritual energy for healing or protection. Crystals are part of God’s creation, but they are not given spiritual power in Scripture. When they are treated as sources of healing or energy, this becomes a form of idolatry—placing trust in created objects rather than the Creator. This can open the door to spiritual deception, where individuals unknowingly invite influence through objects believed to hold power. Additionally, outward use of such items may signal agreement with spiritual systems that are not aligned with God’s truth.

Feng Shui - An ancient practice that seeks to harmonize a person’s environment to improve areas of life such as health, relationships, and prosperity through placement of objects and spatial arrangement. While organization and beauty in a home are good, Feng Shui attributes life outcomes to objects and positioning rather than to God. Some forms incorporate rituals or symbolic “cures” that function similarly to magical practices. This can lead to dependence on objects or rituals for blessing, and in some cases, involvement in practices that open the door to spiritual influence not from God.

Reiki - A system of energy healing in which practitioners are “attuned” through a process and then use symbols and hand placements to channel healing energy. Reiki involves initiation processes and the use of symbols to channel spiritual energy from an undefined source. Because the origin of this energy is not clearly rooted in God, practitioners may unknowingly open themselves to spiritual forces that are deceptive or harmful. While the experience may feel calming or powerful, it can lead to spiritual dependence on something other than God and may create ongoing vulnerability to unwanted spiritual influence.

KEY SCRIPTURES TO CONSIDER:

Jeremiah 17:5 *“This is what the Lord says: Cursed is the one who trusts in man, who draws strength from mere flesh and whose heart turns away from the Lord.”*

Psalms 147:3 *“He heals the brokenhearted and binds up their wounds.”*

Matthew 11:28 *“Come to Me... and I will give you rest.”*

John 14:27 *“Peace I leave with you... not as the world gives...”*

ALTERED STATES OF CONSCIOUSNESS

These practices seek to alter one’s awareness, perception, or mental state—often in pursuit of spiritual insight, healing, or supernatural experience. While they may appear meaningful or enlightening, they can also make a person spiritually vulnerable by loosening discernment and opening the mind to influences not rooted in truth. Many of these practices are pursued from a sincere desire for healing, peace, or understanding. Yet not every spiritual experience leads to truth. God invites us into a relationship grounded in clarity, trust, and truth—not confusion or hidden influences. True peace, guidance, and spiritual safety are found not in altered states, but in a steady, conscious walk with the Creator—where the mind is renewed, the heart is guarded, and truth is clearly known.

Astral Projection / Out-of-Body Experiences - The attempt to separate one’s consciousness or spirit from the physical body in order to travel or interact within a spiritual realm. Pursuing separation from the body ventures into territory that God has not designed for human control. Rather than bringing truth or wisdom, such experiences can create confusion and spiritual entanglement. Even when spontaneous, these experiences are best approached with caution—like a dream, not a source of guidance. Intentionally seeking them may expose a person to deceptive spiritual influences.

Drug-Induced Spiritual Experiences - The use of mind-altering substances to produce visions, heightened emotions, or mystical encounters, often within ceremonial or spiritual contexts. These substances impair clarity, self-control, and discernment—qualities Scripture calls believers to guard. In such states, individuals may feel they are encountering something spiritual or profound, yet these experiences can blur truth and open the door to deception. What feels enlightening may, in reality, be misleading or spiritually harmful, allowing influences that do not come from God to take root.

Examples Include:

Alcohol (when used for escapism or altered awareness)

Ayahuasca

Kambo

Mescaline / Peyote / Mushrooms

Psychedelics

Hypnosis - A guided process that places a person into a deeply relaxed and highly suggestible mental state, often used to influence thoughts, behaviors, or perceptions. Hypnosis intentionally lowers mental defenses and increases openness to suggestion. While this may be used for therapeutic aims, it also raises concern spiritually, as it invites influence at a level where discernment is reduced. Scripture encourages vigilance and self-control; willingly surrendering that alertness can create spiritual vulnerability.

Journeying - A practice of seeking guidance, insight, or visions through deep meditation, drumming, chanting, or substances—often described as traveling inwardly or spiritually. Though it may be framed as a path to wisdom, journeying often involves seeking guidance apart from God. This can open the door to misleading impressions or spiritual influences that appear helpful but ultimately lead away from truth.

Mantras and Repetitive Chanting - The repetition of words, phrases, or sounds to quiet the mind or enter a spiritual state. When repetition is used to empty the mind or invoke unknown spiritual forces, it can create openness without discernment. In contrast, Scripture calls for a mindful, engaged heart focused on truth, not passive openness to whatever may enter.

Meditation (Non-Biblical Forms) - Often defined in modern contexts as emptying the mind or seeking inner stillness apart from any specific focus on God. An “empty” mind is not a neutral space—it becomes open space. Without anchoring in truth, this openness can allow deceptive thoughts or influences to enter unnoticed. Biblical meditation is different: it involves actively focusing on God’s Word, reflecting on truth, and drawing near to Him with intention. True peace comes not from emptiness, but from a mind filled with what is good, true, and life-giving.

Mindfulness (Detached Awareness Practices) - Techniques aimed at calming the mind and reducing stress through present-moment awareness, often without spiritual grounding. While the desire for peace is natural, practices that attempt to manufacture it apart from God may provide only temporary relief. Lasting peace comes from alignment with truth and the work of the Holy Spirit, not from techniques that center solely on the self.

Past-Life Regression - A hypnotic practice that attempts to recover memories of supposed past lives, often to explain present struggles or identity. This practice is rooted in belief systems that differ from the biblical understanding of life and eternity. The experiences reported may arise from imagination, suggestion, or deceptive spiritual influence rather than truth. Seeking identity or answers through such means can lead a person away from the firm foundation God provides.

Reality Shifting (DR/CR/WR Techniques) - A mental practice involving visualization, scripting, and self-hypnosis to “shift” one’s awareness from current reality (CR) into a desired or imagined reality (DR), sometimes through an intermediate “waiting room” (WR). While it may appear harmless or imaginative, this practice encourages detachment from reality and reliance on self-created worlds for fulfillment or escape. It can blur the line between truth and illusion, and in that vulnerable state, individuals may become more open to deception or spiritual confusion rather than grounded in truth.

Sound-Induced Trance Practices (e.g., Crystal Bowls, Drumming Circles) The use of repetitive sounds, rhythms, or vibrations to induce a trance-like or altered mental state, often connected with spiritual or ceremonial intentions. Entering a trance reduces alertness and discernment. When awareness is lowered, individuals may unknowingly open themselves to spiritual influences they do not understand. Practices that involve directing attention or reverence toward creation (such as the moon or natural elements) can also subtly shift the heart away from the Creator.

Transcendental Meditation (TM) and Similar Practices - A structured form of meditation using repeated sounds or mantras to transcend normal thought and enter a deeply altered state of awareness. Practices that aim to transcend or bypass conscious thought can leave the mind unguarded. Rather than anchoring the heart in truth, they may invite experiences or impressions that feel peaceful but are not rooted in God’s presence.

KEY SCRIPTURES TO CONSIDER:

Matthew 24:24 *“For false messiahs and false prophets will appear and perform great signs and wonders to deceive, if possible, even the elect.”*

1 Peter 5:8 *“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”*

Ephesians 5:18 *“Do not get drunk on wine... Instead, be filled with the Spirit.”*

2 Timothy 1:7 *“God has not given us a spirit of fear, but of power, love, and a sound mind.”*

Romans 12:2 *“Be transformed by the renewing of your mind...”*

Philippians 4:8 *“Whatever is true... think about such things.”*

Ephesians 6:12 *“For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”*

MYSTICAL PRACTICES

Belief systems and spiritual practices that seek enlightenment, power, or truth apart from a relationship with the Creator. While many appear meaningful or beneficial on the surface, they can subtly redirect trust away from God and toward self, spirits, or hidden forces.

Christ Consciousness - A teaching that uses the name of Jesus Christ but redefines Him as a state of awareness anyone can achieve through inner effort or enlightenment. This shifts trust from the true person of Christ to self-transformation. In doing so, it can open the heart to deception by replacing a relationship with the living Savior with a counterfeit spiritual experience.

Freemasonry - A fraternal organization with rituals, oaths, and symbolic teachings about morality, spirituality, and enlightenment. Its secretive rituals and spiritual allegiances can create divided loyalties. These elements may open doors to spiritual confusion and influences that do not honor the Creator as the sole source of truth.

I AM Discourses - Teachings associated with Ascended Master traditions that emphasize declaring “I AM” statements to manifest divine power within oneself. These teachings can blur the line between the Creator and the created, encouraging self-exaltation. This can invite spiritual deception by placing divine authority within oneself rather than in God.

Kundalini Awakening Practices - Practices intended to awaken a latent spiritual energy believed to reside at the base of the spine and rise through the body. Intentionally awakening unknown spiritual forces can expose individuals to powerful experiences not rooted in God’s Spirit, potentially opening doors to spiritual oppression or confusion.

Law of Attraction / Manifesting - The belief that thoughts and emotions can shape reality and attract desired outcomes. These ideas can subtly replace trust in God’s will with reliance on personal control. This shift may open doors to pride, illusion, and spiritual deception by placing the individual at the center rather than the Creator.

Paganism - A broad category of spiritual practices that often involve nature worship, multiple deities, or ancient ritual systems. Worship directed toward created things rather than the Creator can open doors to spiritual influences that oppose God’s truth, even when practitioners are unaware.

Pantheism - The belief that everything is God and God is everything. This removes the distinction between Creator and creation. When everything is seen as divine, discernment is lost, and individuals may unknowingly welcome spiritual influences without testing their source.

Polytheism - The belief in multiple gods rather than one true God. Devotion to multiple spiritual sources can lead to divided allegiance and spiritual confusion, opening the door to influences that draw the heart away from the one true Creator.

Santeria - A religious system blending African traditions with ritual practices involving spirits (Orishas), offerings, and divination. Seeking guidance or power through spirits other than God can open doors to spiritual bondage and deceptive influences that mimic guidance but lead away from truth.

Satanism - A belief system that either symbolically or literally centers on Satan as a figure of power, rebellion, or self-rule. Any alignment—symbolic or real—with opposition to God invites deep spiritual darkness and opens doors to destructive and oppressive influences.

Shamanism - A practice in which a shaman acts as a mediator between the physical and spiritual worlds, often through altered states. Engaging with spirits through intermediaries can expose individuals to unknown entities, opening doors to deception and spiritual interference.

Tantra - A system of spiritual practices involving energy work, rituals, and sometimes sexual elements to achieve enlightenment or union with the divine. The manipulation of spiritual energy and altered states can invite spiritual forces not rooted in God, leading to confusion, attachment, or spiritual entanglement.

Twin Flames - The belief that one soul is split into two bodies, destined to reunite romantically or spiritually. This belief can lead to unhealthy emotional or spiritual dependency, elevating a human relationship to a place that belongs to God, and opening the door to deception and emotional bondage.

Violet Flame - A teaching from Ascended Master traditions that promotes a mystical “flame” for spiritual purification and transformation. Seeking transformation through mystical energies rather than God can invite counterfeit spiritual experiences and deceptive influences.

Voodoo - A spiritual system involving rituals, spirits, and communication with the dead. Direct interaction with spirits can open doors to spiritual oppression, as not all spirits are benevolent or from God.

Wicca - A modern neo-pagan religion involving nature worship, rituals, and sometimes spellwork “magick.” The use of spells and invocation of spiritual forces can open doors to unseen influences and lead individuals away from reliance on God.

Yoga (Spiritual Form) - An ancient spiritual discipline aimed at union with a higher consciousness, often rooted in Eastern religious systems. When practiced as a spiritual path, it can involve surrendering the mind and engaging in practices tied to other deities, potentially opening doors to spiritual influence not aligned with the Creator.

KEY SCRIPTURES TO CONSIDER

Colossians 2:8 *“See to it that no one takes you captive through hollow and deceptive philosophy...”*

Colossians 2:18 *“Do not let anyone who delights in false humility and the worship of angels disqualify you. Such a person also goes into great detail about what they have seen; they are puffed up with idle notions by their unspiritual mind.”*

1 Timothy 6:20–21 *“Avoid godless chatter and opposing ideas of what is falsely called knowledge...”*

John 8:31–32 *“If you hold to my (Jesus) teaching... then you will know the truth...”*

2 Corinthians 10:4-5 *“The weapons we fight with are not the weapons of the world. We take captive every thought to make it obedient to Christ.”*

1 Corinthians 10:20 *“What pagans sacrifice they offer to demons and not to God.”*

ENTERTAINMENT THAT NORMALIZES THE OCCULT

Media that presents witchcraft, supernatural power, or dark spiritual themes as harmless or appealing. While often figurative, repeated exposure can gradually shape beliefs and desensitize the heart. Many of these practices do not appear harmful at first glance. However, anything that redirects trust away from the Creator—even subtly—can open the door to confusion, deception, or spiritual interference. The invitation is not to live in fear, but in discernment—seeking truth, peace, and guidance from the One who is faithful, loving, and trustworthy.

Occult-Themed Anime - Animated content that includes magic, spirits, or supernatural powers. Repeated exposure can normalize spiritual themes that desensitize discernment and open curiosity toward harmful practices.

Demonic and Horror Media (Movies, Games, Books) - Entertainment centered on fear, demons, or dark spiritual forces. Immersion in fear-based content can open emotional and spiritual doors to anxiety, oppression, and unhealthy fascination with darkness.

Ghost Hunting Shows - Programs that attempt to contact or document spirits. These can promote curiosity about engaging with spirits, which may open doors to fear and spiritual interference.

Harry Potter (and similar media) - Fictional stories centered on magic, spells, and wizardry. While often seen as harmless fantasy, such content can make occult practices appear attractive, potentially lowering spiritual guard and increasing curiosity.

Paranormal Media - Shows or content focused on supernatural encounters and unexplained phenomena. They can foster fascination with the unknown and encourage seeking experiences outside of God's guidance.

Social Media (Occult/Conspiracy Content) Online content promoting fear, hidden knowledge, or dark spiritual themes. Constant exposure can create fear, confusion, and openness to deception.

Song Lyrics (Occult Themes) - Music that references dark spirituality, rebellion, or supernatural power. Repeated listening can subtly influence thoughts and attitudes, shaping openness to harmful ideas.

Vampirism, Zombies, Violent Games - Entertainment centered on death, darkness, or supernatural beings. These themes can desensitize individuals to darkness and normalize fear, violence, and distorted spiritual ideas.

KEY SCRIPTURES TO CONSIDER:

Proverbs 4:23 *"Above all else, guard your heart..."*

Romans 13:12–14 *"Let us put aside the deeds of darkness..."*

Ephesians 5:11 *"Have nothing to do with the fruitless deeds of darkness."*

Psalms 101:3 *"I will set before my eyes no vile thing."*

1 Corinthians 15:33 *"Bad company corrupts good character."*

Freedom from Spiritual Deception Prayer

Heavenly Father, Creator of heaven and earth,
I come before You with humility and honesty.

I acknowledge that at times I have sought guidance, comfort, or understanding apart from You. In my desire for direction, peace, or insight, I have looked to created things and spiritual systems instead of trusting fully in You. Today, I turn back to You.

I renounce all involvement—known or unknown—with divination and spiritual practices that seek knowledge or power apart from You. I renounce astrology, horoscopes, birth charts, and all forms of seeking guidance from the stars rather than from Your voice.

I renounce every form of oracle system, including tarot, rune casting, pendulums, scrying, numerology, palm reading, and all similar practices that shift trust away from You. I renounce any use of spirit communication tools, including Ouija boards, séances, or attempts to contact the dead.

Father, I also renounce all forms of communication with the spirit realm apart from You. I renounce seeking guidance from spirit guides, animal guides, ascended masters, or any unknown spiritual beings. I renounce channeling, automatic writing, and any invitation to non-physical entities to speak or influence my life.

I renounce any reliance on “angel numbers,” signs, or symbolic systems that replace seeking You directly. I choose not to look to patterns, objects, or hidden meanings for direction—but to You alone.

I renounce all forms of idolatry—both visible and hidden.

I release any attachment to objects, symbols, or practices that I have trusted for protection, identity, or guidance instead of You.

I lay down anything that has taken Your place in my heart.

I renounce all involvement with sorcery, magic, witchcraft, or rituals that seek power or transformation apart from You. I reject every agreement I have made—knowingly or unknowingly—with deception, false light, or spiritual influences not from You.

I renounce all altered states or practices that opened my mind or spirit without Your covering—including trance states, substance-induced experiences, or methods that lowered discernment and invited confusion.

Lord, I ask You to close every door I have opened that is not from You. In Your mercy, shut every access point to deception, and remove any influence that does not come from Your Spirit.

Cleanse my mind, my heart, and my spirit.

Restore clarity where there has been confusion, peace where there has been fear, and truth where there has been deception.

I choose today to place my trust fully in You—
not in signs, symbols, systems, or spiritual experiences—
but in Your Word, Your truth, and Your presence.

Fill me with Your Holy Spirit. Guide me in wisdom, protect me in truth, and lead me in peace.

I belong to You alone.

My life, my mind, and my spirit are Yours.

Thank You for Your mercy, Your protection, and Your faithfulness.

In reverence to You, the Creator of Heaven and Earth.

Amen.

30 WAYS TO WEAKEN DEMONIC INTERFERENCE

If you are experiencing demonic harassment, implement any of these practices that you resonate with.

1. **Renounce known sin** clearly and sincerely, without self-condemnation.
2. **Practice regular repentance**, keeping your conscience clear.
3. **Forgive others fully**, even when emotions lag behind obedience.
4. **Forgive yourself**, closing doors opened by shame and self-hatred.
5. **Break unhealthy soul ties** through prayer and conscious detachment.
6. **Reject lies immediately** when intrusive or condemning thoughts arise.
7. **Speak truth aloud**, using Scripture or affirmations aligned with God's Word.
8. **Stay grounded in your body** (deep breathing, movement, rest) to reduce fear-based influence.
9. **Maintain spiritual authority language** (firm, calm, confident—not emotional).
10. **Limit fixation on, stop communication with demons**; focus instead on God, healing, and growth.
11. **Establish consistent prayer time**, not just crisis prayer.
12. **Read Scripture regularly**, especially passages emphasizing identity as a child of God and authority.
13. **Fast periodically**, if safe for you, to strengthen spiritual discipline and clarity.
14. **Remove occult or spiritually compromising objects** from your environment.
15. **Guard what you watch, read, and listen to**, especially fear-based, sexual or violent content.
16. **Get adequate sleep**, as exhaustion lowers mental and spiritual resilience.
17. **Reduce fear-based thinking**, since fear amplifies perceived interference.
18. **Strengthen a relationship with Christ**, focusing on love, trust and reliance.
19. **Stay connected to healthy community** and trusted spiritual support.
20. **Practice gratitude daily**, which shifts focus from oppression to abundance.
21. **Avoid isolation**, where intrusive thoughts gain strength.
22. **Sing and listen to songs of worship or praise, Gregorian chants** which redirects attention.
23. **Set clear boundaries** in thoughts, habits, and relationships.
24. **Ask for divine guidance**, not just deliverance—wisdom weakens interference.
25. **Discern patterns**, noticing what precedes interference (stress, triggers, beliefs).
26. **Refuse dialogue with intrusive thoughts**—do not argue or negotiate.
27. **Strengthen emotional regulation**, learning to sit with feelings without panic.
28. **Live a balanced life**, including joy, creativity, and rest.
29. **Affirm your free will**, reminding yourself you are not powerless.
30. **Persist patiently**, knowing resistance often weakens just before it breaks.