

VATICAN WARNINGS ON SOME ASPECTS OF HOLISTIC HEALTH

There are many different types of procedures done in the holistic health industry. Some of these are good; yet some are not. For example, vitamin therapy is sometimes helpful. However, there are certain practices or procedures that holistic health doctors may use that are based on the so-called universal energy force. The belief in these forces stems from the Eastern religions or ancient pagan beliefs. This energy force is believed to be god, and they believe that each one of us can tap into this energy to discover our divinity or use it for healing power. In holistic health, these energy paths are described as being in the body. However, **Medical Science does not recognize energy paths in the body.** This is New Age belief, and it really refers to “the spiritual energy” or occult energy that proponents of the New Age believe in. This energy is referred to as *qui*, *qi*, or *prana*.

To address the problem of Catholics dabbling in Hindusim and New Age, the Vatican created a document to expose New Age beliefs and practices. It is called *Jesus Christ, the Bearer of the Water of Life: A Christian Reflection on the New Age*. This document explains the basic beliefs of New Age and it lists most of the New Age practices, some of which are popular in Catholic circles as well as in the secular world.

Those holistic health practices listed in the Vatican document are :

Acupuncture

Biofeedback

Kinesiology (This refers to Applied Kinesiology)

Homeopathy

Iridology

Some types of Massage

Rebirth

Orgonomy

Feldenkrais

Reflexology

Rolfing

Polarity Massage

Therapeutic touch

Various kinds of herbal medicine (Some doctors use “spiritually potentized” herbs that are prepared through psychic methods and consumed orally)

Why are these practices considered New Age? All of these practices have the New Age philosophy behind them, the belief in the universal energy force that supposedly flows through every person and every thing. New Agers believe if these energy channels get blocked, then illness is the result. Thus, they believe that in order to restore the person to health, they must unblock these meridians or channels of so-called energy in the body. Various practices are used to do this. Those practices are listed above.