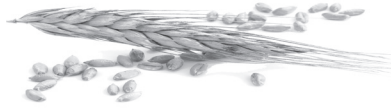


“And he [Jesus] said, Take heed that ye be not deceived: for many shall come in my name, saying, I am Christ; and the time draweth near: go ye not therefore after them.” Luke 21:8





## INTRODUCTION

I first became aware of what is called the New Age movement in 1984. At first, it sounded like something only hippies and East Indian gurus practiced. But the more I read about it, the more my curiosity and interest grew. I combed through health food stores and New Age book stores looking through books, pamphlets, and magazines. I soon realized the New Age movement was something that had greatly impacted society, and its influence was growing rapidly.

It wasn't long before I encountered detractors who thought I was wasting my time, or worse, delving into areas which had the potential to be dangerous. Despite this criticism, I remained staunchly convinced of the validity of my pursuit. I examined my motives and seriously considered whether the research I was doing was legitimate. After much self-examination, I concluded that my research should continue because what I was doing would someday benefit other people (New Agers very much included). Many shocking, progressive revelations occurred over the next few years—society was indeed being affected on a grand scale.

Those early years of research had a beneficial side effect. They sparked in me a deeper spiritual interest, which seems logical when one considers the implications of the New Age movement. I had been a believing Christian since the age of nine, but for the most part I had been a passive, worldly one rather than one who “ear-

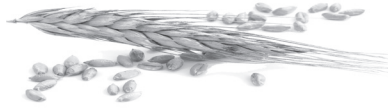
nestly contends for the faith.” I knew a few Bible verses and was not greatly committed to learning more. I always felt convicted about my apathy but never acted on that conviction. However, when I began to realize the New Age movement was actually fulfilling biblical prophecy, my faith was stirred, and I was convicted to act. How could I continue to remain indifferent?

I began compiling my research and speaking to small groups of interested people. At the suggestion of various friends and acquaintances, I turned the research into a book. With a small publisher who is now defunct, the first edition of *For Many Shall Come in My Name* was released in 1991.

Much of the material from that first edition is within the pages of this new expanded edition, as it remains relevant and is an accurate gauge of what is happening in our society. But because the intensity of the New Age movement has accelerated, partly due to the Internet and increased communication technology, this new edition is crucial. Few people anymore are not affected by the New Age. Its influence is found in medicine, business, education, the media, and religion.

I have written this book so those who read it will gain a clear understanding of what the New Age movement entails and how it is impacting nearly every family in some way. Even more so, I hope *For Many Shall Come in My Name* will connect the dots and give a portrait of the implications of this powerful, yet often obscure, movement.

**Ray Yungen**  
**Spring 2007**



## ONE

### WHAT IS THE NEW AGE?

My first exposure to what I later came to know as the New Age movement was in 1974 when I moved to Berkeley, California, to attend a film institute. From the first day I arrived, I found “Berserkeley” (as it was nicknamed) a fascinating and exotic town, a place unlike any I had ever seen. The town surged with a rebellious, wacky vitality. It has been said of Berkeley that the strange and the odd are ordinary and the conventional out of place.

Berkeley had a notorious reputation as a hotbed of student protest dating from the Free Speech movement in 1964. I lived only a few blocks from the vacant lot called “People’s Park,” which was the scene of bloody clashes between police, street people, and students in 1969. Militant Leftist rhetoric and literature were evident everywhere. Telephone poles displayed various manifestos and communiques from groups with formidable sounding names such as “the People’s Revolutionary Underground Red Guerrilla Commune.” Pictures of Chairman Mao and Karl Marx decorated the walls of several co-op health food stores.

There was also a very open and prevalent drug culture. Smoking pot in public was so common that many took it for granted. I was familiar with the drug culture and radical politics through personal exposure and the media, but it soon became apparent something else was happening in Berkeley that I had not encountered before.

## Berkeley and its Unfamiliar Terminology

Many unfamiliar terms began to catch my attention. I met people who talked about such things as *karma* and *exploring inner space*. I frequently heard the words *Aquarius* and *Aquarian*, and it was commonplace to ask about a person's zodiac sign.

I noticed that many of those using these terms were not burned-out street people but rather the articulate and well-educated. Their unusual spiritual outlook intrigued me, but I passed it off as the eccentricity associated with Berkeley and the San Francisco Bay area. Had someone told me this *Aquarian consciousness* would someday spread through every facet of Western society, I would have thought him as crazy as the wild-looking street people hanging around the periphery of the University of California.

While living in the Berkeley Film House I became friends with Brian, a young man from the East Coast. Brian was personable, intelligent, and witty. With both of us being avid film buffs, we enjoyed many good times together discussing the cinema and even made plans to collaborate on a film someday. After I had completed my film courses, Brian offered to drive me home to Oregon in his rattletrap Volkswagen bug so he could check out the beauty of the Northwest. Eventually he settled in a city near my hometown, enabling us to keep in touch.

During our visits, Brian often talked about subjects he termed *spiritual* or *holistic*. Often he spoke about Christ or *Christ consciousness* and the world peace and brotherhood which would eventually be achieved through this. It all sounded very positive.

Each time these sermons took place, I wondered just what it was he was trying to convey. The words he used were familiar, but the meanings he attached to them were peculiar and out of place. The exchanges I had with Brian were very frustrating at times.

Whenever I tried to present a more traditional Christian viewpoint on spiritual matters, he would become highly irritated and respond with, “The Bible is nothing but metaphor to show deeper spiritual truths” or “The churches have completely missed the real meaning of Jesus’ teachings and have substituted rigid rules and dogma to control people instead.” Brian was adamant on this belief.

What perplexed me was how Brian had developed these spiritual ideas, which he had tried so hard to make me understand. He didn’t belong to a cult or anything of that sort. I wondered where these ideas came from. I would ask him, “Brian, what *is* this?” He would shoot back, “You can’t label truth.”

Although I didn’t see it clearly at the time, Brian’s spiritual outlook was a mixture of what he referred to as, “All the world’s great spiritual traditions and paths.” He talked about Jesus and often quoted from the Bible, yet he had a little shrine in his apartment to the Hindu mystic and saint Sri Ramakrishna. He genuinely felt there was *no difference* between the teachings of Jesus and Ramakrishna. “The great masters all taught the same thing—the kingdom of God is *within*,” he would declare with great conviction.

## What is the New Age Movement?

**I**n the last few decades, a curious spiritual movement has increasingly made itself known in the Western world. It is referred to by many as the New Age movement. As I will show through this book, its influence has come out into the open and moved into the mainstream of society. One New Age writer predicted it quite accurately when he observed the following in 1985:

It has probably been going on for decades—probably, by some people’s definitions, for centuries—and yet there can be no denying that it has now taken on a new sense of exponential growth that suggests it could well touch the lives of everyone on the planet by the year 2000.<sup>1</sup>

And right he was! By the beginning of the new millennium, this is exactly what has happened.

It is important to understand that the term *New Age* is not widely used by its adherents anymore, but for the sake of clarity, I shall use this term to identify both practitioners and the movement itself. I am convinced that this spirituality has significantly impacted the lives of the majority of the population today, regardless of class or ethnic background. By the time you finish this book, I believe you will concur with my conclusions.

An accurate definition of the New Age movement would be: Individuals who, in the context of historical occultism, are in mystical contact with unseen sources and dimensions; who receive guidance and direction from these dimensions, and most importantly, who *promote* this state-of-being to the rest of humanity.

It is extremely difficult to understand this movement without first understanding the underlying belief systems and practices that accompany its agenda. Equally necessary is an understanding of where these beliefs and practices originated and how they have become pervasive.

## The Age of Aquarius

The term *New Age* is based on astrology. Those who believe in astrology believe in cosmic cycles called *Astrological Ages*, in which earth passes through a cycle or time period when it is under the influence of a certain sign of the zodiac. These *Ages* last approximately 2,000 years, with a *cusp* or transitory period between each.

Those who embrace astrology say that for the last 2,000

years we have been in the sign of “Pisces” the fish. Now they say we are moving into the sign of “Aquarius” or the *Age of Aquarius*, hence the New Age.

The Aquarian Age is supposed to signify that the human race is now entering a Golden Age. Many occultists have long heralded the Aquarian Age as an event that would be significant to humanity. That is why one New Age writer states:

[A] basic knowledge of Astrological Ages is of enormous importance in occult work.<sup>2</sup>

They believe that during these transitions certain cosmic influences begin to flow into the mass consciousness of mankind and cause changes to occur in accordance with the spiritual keynote or theme of that particular Age. This phenomenon is known as *planetary transformation*—an event they believe will bring *universal oneness* to all mankind. The view is that as more and more members of the human race *attune* themselves to *Aquarian energies*, the dynamics of the *old age* will begin to fade out.

To just *what* energies are we supposed to attune ourselves? New Age thought teaches that everything that exists, seen or unseen, is made up of energy—tiny particles of vibrating energy, atoms, molecules, protons, etc. All is energy. That energy, they believe, is God, and therefore, *all is God*. They believe that since we are all part of this *God-energy*, then *we, too, are God*. God is not seen as a Being that dwells in heaven, but as the universe itself. According to one writer, “Simply put, God functions in you, through you, and as you.”<sup>3</sup>

The Age of Aquarius is when we are all supposed to come to the *understanding that man is God*. As one New Age writer put it:

A major theme of Aquarius is that *God is within*. The goal in the Age of Aquarius will be how to bring this idea into *meaningful reality*. (emphasis mine)<sup>4</sup>



## Metaphysics

To fully comprehend the above concept, one has to understand its *essence*, which is built on a belief system commonly referred to as *metaphysics*. The word translates as meta—above or beyond, and physical—the seen or material world. So metaphysics relates to that which exists or is real, but is unseen. In the book, *Metaphysics: The Science of Life*, one practitioner describes metaphysics as the existence of “forces and principles that are hidden from the five senses, ... thus requiring an altered state of consciousness, and consequently, ‘known to very few.’”<sup>5</sup>

Although the word *metaphysics* is also used in non-New Age connotations, it is used in reference to the occult arts so often that the two have become interchangeable. From now on, when I use the term *metaphysics*, I am referring to *New Age* metaphysics. Metaphysics concerns itself with the spiritual evolution of the human soul. This is called the *law of rebirth*, more commonly known as *reincarnation*.

Metaphysical proponents teach there is the seen world known as the physical or material plane and the unseen world with its many different planes. They teach the *astral* plane is where people go after death to await their next incarnation or bodily state.

Metaphysical thought holds the view that we are constantly caught up in a cycle of coming from the astral plane, being born, living, dying, and returning to the astral existence. They believe that the reason for repeating this cycle is to learn lessons that are necessary for our evolutionary training.

The earth plane is supposed to be the ultimate school. If a person *flunks* one incarnation, he must make up for it in the next cycle. This is called *the law of karma*. Reincarnation and karma are always linked together as there cannot be one without the other. The end result is: there is no evil, only lessons to learn.

What is the main lesson? That *you* are God. This is *the* basic tenet of metaphysical thought. The ultimate goal in metaphysics is attuning oneself to *higher consciousness* thereby gaining an awareness of these higher worlds or realms. How does one go about

*learning* this? How is this perception achieved? According to New Age beliefs, the most direct way to achieve this is through the practice of *meditation*. Meditation is the basic activity that underlies *all* metaphysics and is the primary source of spiritual direction for the New Age person. We need only observe the emphasis that is placed on meditation to see the significance of its role in New Age thought:

Meditation is the doorway between worlds ... the pathway between dimensions.<sup>6</sup>

Meditation is the key—the *indispensable* key—to the highest states of awareness.<sup>7</sup>

Meditation is a key ingredient to metaphysics, as it is the single most important act in a metaphysicians life.<sup>8</sup>

What exactly *is* meditation? The meditation many of us are familiar with involves a deep, continuous *thinking* about something. But New Age meditation does just the *opposite*. It involves ridding oneself of all thoughts in order to *still* the mind by putting it in pause or neutral. An analogy would be turning a fast-moving stream into a still pond by damming the free flow of water. This is the purpose of New Age meditation. It *holds back* active thought and causes a *shift* in consciousness. The following explanation makes this process very clear:

One starts by silencing the mind—for many, this is not easy, but when the mind has become silent and still, it is then possible for the Divine Force to descend and enter into the receptive individual. First it trickles in, and later, in it comes in waves. It is both transforming and cleansing; and it is through this force that divine transformation will be achieved.<sup>9</sup>

This condition is not to be confused with daydreaming, where the mind dwells on a particular subject. New Age meditation works differently in that an *object* acts as a holding mechanism until the mind becomes thoughtless, empty—silent.

English mystic Brother Mandus wrote of his adventure into these realms in his book *This Wondrous Way of Life*. He spoke of being “fused in Light,” which he described as “the greatest experience in my life” that gave him “Ecstasy transcending anything I could understand or describe.”<sup>10</sup>

In order to grasp what this movement really entails the reader must understand what was happening to Brother Mandus. He wasn’t merely believing something on the intellectual level, he was undergoing a supernatural transformation. In truth, he had created a mental void through meditation, and a spiritual force had filled it.

The two most common methods used to induce this *thoughtless* state are *breathing exercises*, in which attention is focused on the breath, and a *mantra*, which is a repeated word or phrase. The basic process is to focus and maintain concentration without actually thinking about what is being focused on. Repetition on the focused object triggers the blank mind.

Just consider the word *mantra*. The translation from the Sanskrit is *man*, meaning “to think” and *tra*, meaning “to be liberated from.”<sup>11</sup> Thus, the word means *to be freed from thought*. By repeating the mantra, either aloud or silently, the word or phrase begins to lose any meaning it once had. The same is true with rhythmic breathing. One gradually tunes out his conscious thinking process until an altered state of consciousness comes over him.

I recall watching a martial arts class where the instructor clapped his hands once every three seconds as the students sat in meditation. The sound of the clap acted the same as the breath or a mantra would—something to focus their attention on to stop the active mind.

Other methods of meditation involve drumming, dancing, and chanting. This *percussion-sound* meditation is perhaps the most common form for producing trance states in the African, North/

South American Indian, and Brazilian spiritist traditions. In the Islamic world, the Sufi Mystic Brotherhoods have gained a reputation for chanting and ritual dancing. They are known as the *Whirling Dervishes*. The Indian Guru, Rajneesh, developed a form of active meditation called *dynamic meditation*, which combines the percussion sound, jumping, and rhythmic breathing.

## The Higher Self

At the very core of the meditation effort is the concept of what is called the *higher self*. This is thought to be the part of the individual linked to the *Divine Essence* of the Universe, the part of man that is *God*. Contact with this higher self is the ultimate goal in meditation and has always been at the very heart of occultism.

There are many different names for the higher self, including: the *Oversoul*, *True Self*, *Real Self*, *Inner Self*, *Inner Teacher*; *Inner Guide*, *Inner Light*, *Inner Essence*, *Inner Source*, *Inner Healer*; *Soul-Self*, *Inner Wisdom*, *Christ Self*, *Superconscious*, *Divine Center*, *Divine Spark*, *Atrnan*, and the *Creative/Intuitive Self*. Any name that smacks of some latent source of *inner knowledge* or *mystical power* can be used.

As stated earlier, the goal of meditation is to *subdue* the conscious or active mind so that higher consciousness can enter. The metaphysician believes that if he can connect himself *to* and eventually attune *with* his higher self, this will facilitate the higher self's emergence into the physical plane bringing the person under the guidance and direction of this source. This connection is referred to in New Age circles as *awakening*, *transformation*, *enlightenment*, *Self-realization*, *Cosmic consciousness*, *Christ consciousness*, *nirvana*, *satori*, and finding *the kingdom within*.

New Agers believe the person has been *asleep* as to who he is and why he is here in light of all of his previous incarnations. Once the person discovers and joins up with his *divine presence*, he *awakens* from his lower-self sleep state. Once a person knows the *truth* about himself, he no longer has to come back to the

earth plane anymore. Having learned that he is God, he rises after death into the higher planes as pure spirit, up the cosmic evolutionary ladder where there is no limit to how far he can evolve.

Once this state has been reached, this *enlightened* human being can then act as a *spirit guide* for those who have yet to achieve this state by giving them advice while they are in meditative states. Once a person merges with the higher self, he is on his way to *empowerment*, meaning he is capable of creating his own reality. Basically, all power is within the higher self, so when one is in tune with it, he can run his own show. Fear of creating bad karma is supposed to keep the practitioner from using this power for evil purposes.

Metaphysicians believe that we all create our own circumstances anyway, so when we are guided and empowered by our higher self, we can consciously *co-create* with it.

The technique used for this is called *creative visualization*. Author Diane Stein explains the link between meditation and visualization in *The Women's Spirituality Book*. She first instructs her readers to do the rhythmic breathing and deep relaxation exercises (meditation), a prerequisite for entering "the receptive state" and "going between the worlds."<sup>12</sup> Stein then gives an example:

A woman who wishes to hold a seashell in her hand does rhythmic breathing and deep relaxation to put her in a receptive state. Then she visualizes the shell she desires, its shape, texture, what it feels like to hold it, . . . its color and salty odor. If she continues this visualization nightly, she soon finds her seashell. Someone brings it to her from their beach vacation, she sees and buys it at a garage sale or finds it long-forgotten in her own basement. When she sees the shell, she recognizes it immediately as her own, her desire is fulfilled, the thought form transferred from emotional to physical levels, and the object itself drawn to her from between the worlds.<sup>13</sup>

John Randolph Price offers another explanation of how the creative visualization process works in his book, *The Superbeings*:

While it is true that a new home . . . will not suddenly appear in the back yard of your present dwelling, events and circumstances will take place enabling you to acquire the home you desire.<sup>14</sup>

Meditation and creative visualization definitely accompany one another in this process. As one New Age manual explains:

Tune in to the Inner Divinity, the Source, the God within, and feel that Presence as you. This first step is essential. If it is incomplete, the rest of the process will not work.<sup>15</sup>

## Manifestations

Upon examination of New Age materials, it becomes quite apparent that even though New Age proponents claim that the higher self is *within* each person, there is a *visible presence* as well. These beings can be seen at times, such as the following confirms:

Your Higher-Self can appear to you in many forms, depending on what you need at a particular time. Some people report experiencing the Higher-Self as specifically male or female. But more often, people report perceiving their Higher-Self as a being of light which seems beyond sexuality—beyond the physical separation between male and female.<sup>16</sup>

Shirley MacLaine described her higher self in the following profound encounter:

I saw the form of a very tall, overpoweringly confident, almost androgynous human being. A graceful, folded, cream-colored garment flowed over a figure seven

feet tall, with long arms resting calmly at its side... It raised its arms in outstretched welcome... It was simple, but so powerful that it seemed to “know” all there was to know... “Who are you?” I asked... The being smiled at me and embraced me! “I am your higher unlimited self,” it said.<sup>17</sup>

This reflects the *genie in the lamp* story popularized by cartoons and a television sit-com of the 1960s. Originally, the genie represented the higher self, who was reached through meditation by staring at the flame of an oil lamp. It was believed that a person could have whatever he or she wanted, once in touch with it.

Our word *genius* comes from this Latin word for spirit guide and now means a person with great creative power.

## The Ultimate Reality

To review, the New Age concepts of Self-realization are:

- All that exists *is* God.
- All Mankind is part of that divinity.
- In each person, there dwells the higher self, which is the *divine essence* of that person.
- The higher self is the guide to realizing the wisdom of the universe.
- Meditation (stilling the mind of thought) is the way to connect with the higher self.
- A person can control his own reality once he has contacted the higher self, working in unison with its powers.

These fundamental elements are the basis for the New Age. This phenomenon is more than just an intellectual acceptance of *ideas*. There has to be a real power or force involved to give *seeming validity* to these belief structures. To believe one is God one must *first feel* like he or she is God. As one teacher of these practices commented:

We try to help people get in touch with their divine self or their inner self, whatever one wants to call it. It's not religious, it's spiritual. It's connecting with that divine being within yourself or whatever you want to call it and acknowledging the power you have, the control you have over your life. You're not out of control. You are not helpless.<sup>18</sup>

I have often wondered why the *spooky* nature of metaphysics has not deterred more people from becoming involved in it. I believe there is a reason for this—its appeal comes from the way it is presented.

The following incident clearly shows how metaphysics is viewed by its adherents: I was browsing through a New Age bookstore with a couple of friends. Before long they began quietly muttering to each other their disapproval of what they were seeing. The owner of the store overheard their remarks and in an incredulous and irritated voice asked them, “What’s the matter, don’t you want to *grow*?”

New Agers see what they are involved in as nothing more than self-development and emancipation from the bonds of life’s frustrations and failures. They believe they are in touch with a source that will *improve* their lot in life and bring them personal happiness and well-being.

A perfect example of this viewpoint is found in the spiritual quest of Celeste Graham. Graham was a remarkably talented and accomplished young lady. By the age of sixteen, she managed her own record company and magazine and *at* seventeen went on to have her own publishing house. She also attained three doctorates and numerous degrees along the way. What she lacked, though, was a sense of understanding of why she was here, *and* why all her material accomplishments didn’t end her soul-searching and frustration with life.

Soon Graham became involved with meditation and metaphysics. To fully understand why the New Age movement has



become so popular, we must first understand the sense of elated discovery that is propelling huge numbers in the same direction as Graham when she proclaimed:

God-conscious awareness, or awakening to our divinity is the ultimate freedom. It opens doors to experiences that are beyond our imagination. It elevates man to his highest estate, frees him from the limitations of the physical, and lifts him up to the divine. It is the purpose of life, the ultimate reality.<sup>19</sup>

This, in a nutshell, is what New Age spirituality is all about. Even though it may be called by many other terms, what Graham described above is the common experience for those who have embraced this spiritual approach and are now promoting it to others. What we are witnessing is unprecedented in human history. Certain conditions have caused this flowering and brought society to a place where it is now open to the New Age like never before. What happened, and how did this phenomenon come to be?