

THE HIDDEN DANGERS OF REFLEXOLOGY

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Note: Several paragraphs at the end of this booklet were not added as they were dealing with persons regarding salvation and not the subject of reflexology.

About the Author

Dr. Burns has a degree in Bible Philosophy and has spent the past 15 years doing extensive research on the New Age movement and related subjects. She has written many articles, tracts, and booklets on various topics, numerous books including: Hidden Secrets of Masonry, Hidden Secrets of the Eastern Star, A One World Order Is Coming, and Alcoholics Anonymous Unmasked. Her name is listed in Who's Who in Religion, Who's Who in the East, Who's Who in America, Dictionary of International Biography, World Who's Who of Women, and Two Thousand Notable American Women. She has been chosen as a 1992 International Woman of the Year. She has also done radio interviews in the United States and Canada.. ----- What Is Reflexology? Reflexology, also called zone therapy or compression massage, is a technique which involves the massaging of one's feet at specific points to bring relaxation or relief of pain in another part of the body. For example, by massaging the big toe in the appropriate places, you can ease head pains, thyroid, and neck problems. Reflexology however, is not limited to the feet. The hands, as well as other parts of the body, are said to contain these same points, or "zones." What Is the Recent History of Reflexology? Dr. William Fitzgerald revived this ancient practice and presented it to the medical profession in 1913. He called this technique Zone Therapy, because he had divided the body into ten "zones"-five on each side. Eunice Ingham popularized this method when she wrote a book, 'Stories the Feet Can Tell,' over 40 years ago. Since then reflexology, as it most commonly is called, has been increasing in popularity and "respectability." What Is the Ancient History of Reflexology? Actually, reflexology has its roots in antiquity. It is claimed to have been practiced as far back as 5,000 years ago in the Orient. Are There Any Other Methods or Techniques that Are Similar to Reflexology? According to Anna Kaye, a reflexologist who studied under Eunice Ingham, other interrelated techniques are "zone therapy, polarity therapy, acupuncture, Shiatsu, etc." Other reflexologists include Jin-Shin, DoIn, and acupressure, as well as other methods.

What Is the Theory Behind All of these Methods? The theory upon which ALL of the above methods is based is called the Five Element Theory. These Five Elements are known as wood, fire, water, earth, and metal. Every part of the body is associated in some way to one of these elements. Also, everything in the world, including our bodies, is divided into one of two energy forces known in the Orient as yin and yang. What Are Yin and Yang? Yin and yang are considered to be opposites. Yin represents the night, dark, feminine, left side of the body, eternity, etc. Yang is its opposite and represents day, light, masculine, right side of the body, history, etc. This theory may be very confusing to most people. In fact, many people who are practicing reflexology and who profess to be Christians are most likely unaware of what is really behind reflexology's "respectable" front.

Well, If Reflexology Helps Relieve Pain What Is Wrong With It? Reflexology is presented to the public as a method of relieving one's aches and pains. That sounds very good. However, there just happens to be a "catch" so that people will become involved innocently and unsuspectingly. You may ask in surprise, "A catch?" Yes! Reflexology, although unknown to many people, is an ancient OCCULT technique! The above theories of yin and yang and the Five Elements are taken right out of ancient OCCULT teachings from China. "But," you may respond, "how can it be wrong if it helps someone feel better?" Well, should one go into a hypnotic trance in order to be helped of headaches? Should one practice the Hindu OCCULT religion of Yoga for the promised benefits of good health and beauty? Satan also heals, so just because one is made better through a practice DOES NOT mean that God is in it. Matthew 7:21-23 tells us: "Not every one that saith unto Me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of My Father which is in heaven. Many will say to Me in that day, Lord, Lord, have we not prophesied in Thy name? and in Thy name have cast out devils? and in Thy name done MANY WONDERFUL WORKS? And then will I profess unto them, I NEVER KNEW YOU: depart from Me, ye that work iniquity."

We also see that the Antichrist will be able to work many mighty miracles, and DECEIVE many. Many people are convinced by the APPEARANCE of what is accomplished. Acts 8:9-11 tells us about Simon the sorcerer who deceived the people by his sorceries, so that the people said: "This man is the great power of God." The people were DECEIVED because of the appearance of what Simon accomplished, but his power was not from God, but from Satan. In fact, witches cast spells to heal and people are healed, but this DOES NOT prove that God has done the healing. For instance, in Exodus 7:9-8:25 we find that the Egyptian magicians could DUPLICATE the EXACT miracles that Moses and Aaron did! We know that the devil himself is mighty and can duplicate many (but not all) miracles of God, but always remember that God is almighty. We must remember that 11 Corinthians 11:13-15 warns us that there are false apostles that transform 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."

Can You Prove Reflexology Is Related Directly to Occult Techniques? Earlier I mentioned the theories of Yin and Yang and the Five Elements which are based on OCCULT beliefs. An occult book, Black Magic, White Magic, explains about the Yin Yang in this manner: "Another ancient MAGICAL sign called the yin-and-yang first appeared sometime before the 3rd century B.C. in China. This emblem became a favorite of SORCERERS and MYSTICS throughout the

Orient because it, too, embodied so many possible meanings. It could stand for male and female, night and day, good and evil, heat and cold, black and white, action and reaction, or any other pair of 'opposites.'" [Emphasis mine throughout] We also can see the occult connection in other areas. A music place called "Vital Body Marketing," a NEW AGE business, has a record entitled "Music of the Five Elements." Its description is: "Developed through years of research, this 'acoustic acupressure treatment' is designed to balance energy levels of the body in accordance with oriental medical principles." Acupressure, as mentioned earlier, is an interrelated system of reflexology. The description of this record goes on to say that it is used for MEDITATION and the record album shows a pentagram with a yin-yang symbol inside! By the way, the pentagram is the most powerful and respected of all MAGICAL symbols to WITCHES and SATANISTS! Palmistry, the occult practice of foretelling the future by reading the hand, is also based on the theories of yin and yang and the Five Elements. In another OCCULT book, The Chinese Art of Healing, written by a BUDDHIST monk, the author explains how the ancients relate massage, which includes REFLEXOLOGY, to the Five Elements and to palmistry. He states: "The thumb, for example, was associated with the spleen, which belonged to the earth element, the index finger with the large intestine (metal element) ... and so on The form of massage known as 'from the water element to the earth element,' reminds us of OCCULT concepts of this kind.

"According to Oriental MAGICIANS, the palm of the hand contains the secrets of life. There was also an ancient Chinese school of thought which maintained that the palm of the hand was a replica of Yin and Yang and could provide information about illness and good health and one's entire fate."

Prevention, a NEW AGE MAGAZINE states about reflexology: "This science-of-the-feet has more or less languished on the OCCULT fringe of medicine..... When you see "Reflexology" in a list of other items, it is not AT ALL UNUSUAL to see it listed with many OCCULT DOCTRINES, such as the following taken from Samuel Weiser Bookstore, the "Largest metaphysical and OCCULT bookstore in the world"! The list states: "Specializing in: Acupressure, Acupuncture, Alchemy, Astral Projection, Astrology, Aura & Color, Buddhism, Chakra Meditation, Do-In, Egyptology, Edgar Cayce, Earth Changes, The Goddess, Gurdjieff, Herbs & Healing, Homeopathy, Iridology, Jungian Dream Analysis, Kabbalah, Meditation, Nostradamus & Prophecy, Numerology, Oriental, Palmistry, Past Life Therapy, Pendulum, Radionics, Rajneesh, REFLEXOLOGY, Seth, Shiatsu, Sufism, Tai Chi Chuan, Tantra, Tarot, Visualization, Yoga, Zen." Even though most people will not understand all the terms listed, it is not hard to see the connection with the occult!

I could give one example after another of the OCCULT connection with REFLEXOLOGY and the other interrelated methods. However, I will end with just one more example provided for us by a well known WITCH, Sybil Leek. She is called "the mistress of the OCCULT" and explains that Taoism, an occult-based Chinese religion, depends heavily on the yin and yang theory. She also says that the yin and yang theory is "an idea that inspired such things as Chinese boxing, breath control [used in yoga, meditation, etc.], the use of special herbs, and some rather erotic sexual exercises designed to nourish the Yang with the Yin."

If the above OCCULTISTS, many SELF-PROCLAIMED, can see that Yin and Yang and the Five Elements are from an OCCULT technique, why are so-called Christians involved with and promoting reflexology which is based on these theories?

Deuteronomy 18:10-12 tells us that those who use divination (such as astrologers, palmists), enchanters, witches, etc. are an ABOMINATION to the Lord and were not to be found among God's people. There are dozens of Scriptures that deal with this subject and Revelation 18:4 warns: "COME OUT FROM HER, my people, that ye be not partakers of her sins, and that ye receive not of her plagues." Don't be so self-righteous and say that as a child of God you cannot be led astray. Peter tells us that we are to "be sober, be vigilant, because your adversary the devil as a roaring lion, walketh about, seeking whom he may devour" (I Peter 5:8) and Paul exhorts: "wherefore let him that thinketh he standeth, TAKE HEED lest he fall" (I Corinthians 10:12). Jesus asked this question in Luke 18:8: "When the Son of man cometh, SHALL He find faith on the earth?" Even conservative churches have allowed so many "little" things to creep in one by one -- reflexology, selling of herbs and herbal teas, etc., etc. It seems to be so innocent as presented to the public, BUT if you would spend enough time to search out the origin of most of these things, you would be AMAZED at the subtlety behind it. But how did Satan approach Eve? WITH SUBTLETY -- part truth, part poison! This method has worked for almost 6,000 years and today the fundamentalist churches are the ones taking his bait. Let us be careful of Satan's tactics and take heed to the warning given in this booklet. The Bible tells us: "Abstain from ALL appearance [form] of evil" (I Thessalonians 5:22); neither give place to the devil" (Ephesians 4:27).

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