

GLOSSARY OF NEW AGE TERMS:

Age of Aquarius:

Astrological lore teaches that the earth's axis slowly revolved through the 12 signs of the zodiac every 25,000 years. The approximately 2,000 years that the axis spends travelling through each 'sign' is said to determine at least the general trends on the planet while it is in that 'sign'. The earth has now finished its time in Pisces, which it is said, gave the earth Christianity. We are now moving into the sign of Aquarius, which promises to bring peace and harmony on the earth for the next 2,000 years.

Alternative Medicine:

A term used almost interchangeably with complementary medicine, holistic health, holistic medicine and holism to describe therapies and healing practices that fall outside traditional Western orthodox medicine and health care. The list is long and would include ancient folk and pagan practices such as shamanism, acupuncture, and homeopathy. The driving force of alternative therapies is the belief that human beings are a single entity not only of mind body and spirit, but in relation to the world in which we live. All is one. There is a universal life energy (the Force) that pervades everything and unites us to one another and the universe. When this energy is unbalanced or blocked within the individual, disease, disharmony or distress is said to result. Rebalancing or unblocking the flow of the 'energy' is thought to aid restoration of health. Spirit contact is not uncommon in some alternative therapies.

Ascended Masters:

A term used by Madam Blavatsky and her 19th century Theosophical Society to describe the spirit beings with whom she was in contact and to whom she credits her occult writings and source of knowledge.

Astrology:

Idoltrous use of the stars and planets whereby information is gained about lives and future. Uses a horoscope to disclose such information.

Avatar:

The appearance of 'The Divine' in human form often to reveal necessary truths to certain ages. Rooted in Hinduism and Buddhism. In some New Age schools of thought, Jesus Christ is considered an avatar for the Christian millennia.

Centering:

Substitute for the term 'meditation'. 'Grounding', 'stilling' and 'going within' are other terms substituted for 'meditation'. Term regularly used in the context of New Age bodywork therapies, breathing exercises, relaxation techniques, creativity workshops, visualisation, yoga, and so on. All generic-sounding non-religious labels for Eastern and mystical meditative techniques.

Channeller:

No difference between this and a spirit medium.

Ch'i:

Rooted in Taoism, the mystical Chinese religion. Invisible spiritual energy that is said to flow through all things and organisms as well as the universe.

Christ (the):

In the New Age world, this name must be distinguished from the Christ of the Gospels. The Christ of the New Age is an avatar.

Christ-consciousness:

An *intuitive* awareness of one's godhead status.

Consciousness:

Often used in the New Age world to describe self-awareness and preceded by the adjectives 'altered', 'expanded' or 'Christ'.

Cosmic consciousness:

A state of awareness in which one perceived that All is One and One is All.

Energy:

New Age term for the animating 'life force' of the universe. May be called Ch'i, The Force, life energy, life force, prana, universal life energy, vital energy, vital force, voodoo, yin and yang.

Enlightenment:

A mystical experience in which the recipient received inner illumination about his or her divinity or Oneness with all things.

The Force:

Popularised by Star Wars movies. Describes 'an energy field generated by all living organisms. It surrounds us and penetrates us. The Force is where the Jedi gets his power...' The Force is 'energy'.

Gaia: Personification of the earth after the ancient Greek goddess Gaia.

Gnosticism:

Salvation comes through knowledge rather than faith in Jesus Christ.

I Ching:

Chinese practice of divination associated with Taosim using sticks or coins and a book of sayings to divine the future.

Monism:

A system of metaphysics in which all reality, both the material and the spiritual is conceived as a unified whole. 'One is all and all is one'.

Monotheism:

The doctrine of belief that there is only one God.

Pantheism:

The doctrine or belief that everything is God or a part of God. Pantheistic Monism: the word pantheism comes from the Greek words 'pan' = all and 'theos' = God. The word 'monism' comes from the Greek word for single or one. The term 'pantheistic monism' is used to describe the New Age believe that 'All is One and One is all'.

Paradigm:

A framework or pattern. Thus a paradigm shift is a shift in the way we think and do things.

Psychic:

From the Greek word 'psuche' meaning soul. Used to describe a person who can get in touch with paranormal spiritual influences.

Self-realisation:

The object of human life becomes to discover one's unity with the Supreme Source. The Supreme Source is identified with Brahma (the Supreme). When one becomes 'enlightened' to this, it is 'Self-realisation'. This is a Hindu belief.

Shaman:

A 'medicine man'. Principally of Northern Asia, but also found in Mexico among American Indians. Worship spirits and practise healing through magic and power

received from the spirits. A shaman claims the power to compel spirits, by various rituals and incantations, to be able to protect clients from harmful influences of other spirits. There is a revival of shamanism in the New Age world, especially among women.

Shiva:

Hindu god of destruction and reproduction. A member of the *Hindu trinity* along with Brahma (the creator) and Vishnu (the sustainer). ***Names used in Freemasonry rituals.***

Spirits:

Demonic beings with supernatural strength who can interfere in human affairs and who may be communicated with through the occult. Often labelled an entity or spirit guide in New Age parlance. Contact via medium or channelling.

Spiritualism:

In its broadest sense includes communication with the dead or with spirits through a medium or psychic. Spiritualist churches often confused with Christianity even though they stand opposed to one another in doctrine and belief.

Syncretism:

Blending or reconciling differing beliefs, often religious or spiritual. In New Age beliefs these are usually by taking Christian beliefs and making them compatible with the occult or eastern mystical or pagan beliefs. For example, using the name 'Jesus' to mean an avatar, or redefining forgiveness as a change of perception, or saying that spirit guides are angels or highly evolved human beings.

Taoism:

Tao is an ancient Chinese word meaning 'the way' or 'the one' and it describes the ultimate essence or universal principle or energy, by and through which all things have their existence. It manifests itself in all things in a process of rhythms such as yin and yang, corresponding and counterbalancing each other.

Universal consciousness:

New Age term for 'God consciousness' which is impersonal.

Yin and Yang:

Two fundamental rhythms or spiritual forces in Taoism that make up Ch'i. Said to be complementary opposites which form an harmonious whole when balanced. Essential part of most acupuncture theories, acupressure and shiatsu.

Yoga:

Sanskrit word meaning 'yoking' or 'union', usually with 'God'. Aim – self's liberation from matter and union with the Supreme Self. This is attained gradually through stages.