

# Mind Body Spirit Release™ and Christianity

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## Our role as MBSR Practitioners

One of the most frequent questions we receive within Mind Body Spirit Release is this: is it “ok” to utilize energy work as a Christian? The insights are from our perspectives as Christians, but this may pertain to other belief systems as well. We work with and welcome people of different belief systems, of course.

We aren't trying to convince you to agree with our perspective! We truly want you to research for yourself and make a decision that is in alignment with your faith.

As MBSR™ practitioners, we are in no way acting as a spiritual advisor or medium. I personally view being an MBSR™ practitioner similar to the function of a chiropractor - I facilitate the reduction of stress on your nervous system. Your body is doing the work, I am simply helping to identify areas of support.

I encourage practitioners and clients to engage in this conversation because it's vital to examine what we let impact our emotional and spiritual wellbeing.

## What is muscle testing and how is it used within Mind Body Spirit Release?

By tapping into the nervous system, we can ascertain imbalances in the body. Muscle testing is a form of binary biofeedback - the measure of our body's response to a stimulus. Since our muscles are controlled by our nerves- we can present the body with a stimulus and understand whether it strengthens or weakens the nervous system. We can identify supplements (and “physical” items) that are compatible or incompatible, as well as energetic blocks.

By utilizing muscle testing, MBSR™ helps to identify and release unprocessed emotions, limiting beliefs, and detrimental imprints of stressful events that are encoded in the subconscious mind and body. It helps bring insight as to what is holding us back on an energetic plane, minimize stress to the nervous system, and create a new path forward. I always say that it's a catalyst for change.

Muscle testing is a method to help clients understand what is supportive of their bodies or what is causing stress. It's a tool that helps us to gain awareness, however it is *not* a replacement for faith or seeking wisdom from God.

Don't give muscle testing more power than it deserves. It's a red flag when we see individuals using muscle testing to make every decision - health related or otherwise. This is a sign that they have diminished their own intuition or don't place enough emphasis on their faith in God. God asks for our faith in Him, and calls us to be action-oriented. Muscle testing should not interfere with your faith or dictate all your decisions- it should remain a tool that helps you gain greater understanding of your body.

## Ownership, not obsession

MBSR™ encourages us to be self-aware and take responsibility/ownership, but it's not a replacement for God's grace or healing. Where a lot of modalities or health approaches go wrong is that they place faith in anything besides or in addition to Christ.

Health is not in response to good deeds or doing everything perfectly. We can't work hard enough to save ourselves (this is a work-based belief system). We are children of God, that are worthy and capable of redemption only through Christ.

# Mind Body Spirit Release™ and Christianity

Written by: [Zofia Gustafson](#), Professional MBSR Practitioner

Muscle testing and working with energy that moves through the body is a controversial topic within the Christian community, but it shouldn't be. Just because we can't see something doesn't mean it doesn't exist. We know that we have a soul, even though we don't see it. We know there are angels, though we can't see them. We believe in heaven, though we can't see it. We are physical, spiritual, and energetic beings. God created us, and we know His design is good. We are made in His image.

So why are Christians so anxious about using energy work for the purpose of their well-being? I believe it is because believers don't fully understand what it is that the Bible forbids.

## What does the Bible forbid?

God is clear on this—His followers are not supposed to foretell the future or seek to connect with dead people. God specifies the forbidden professions and practices – that is being or seeing a magician, astrologer, medium (someone who connects you to the spirit world), a necromancer (someone who talks to the dead and seeks to know the future), sorcerer (someone that uses outside spirit powers to know the future or talk to the dead), charmer (someone who enchants snakes); or foretelling the future/fortune telling, practicing divination (that was done by false prophets, necromancers, the Philistine priests and diviners, and meant to predict the future and learning about the unknown, so obtaining special knowledge), interpreting omens (which are things that people perceive as signs foretelling the future), inquiring of the dead (which are always demons in disguise).

## Here are 10 examples of verses that outline what we should avoid as Christians

- Deut 18:9-14 - divination, fortunes, omens, sorcerers, charmers, medium, necromancer, talking to the dead
- Leviticus 19:31 - medium, necromancers
- Daniel 5:11 - magician, astrologer
- Malachi 3:5 - sorcerer (among adulterers and oppressors)
- 1 Chr 10:13 - Saul died because he consulted a medium
- 2 Kings 17:17 - divinations, omens (among burning children as offering)
- Is 19:3 - idols, sorcerers, mediums, necromancers
- Ez 13:18 - magic props
- Acts 16:16-19 - a girl possessed, divining, foretelling the future
- Gal 5:20 - idolatry, sorcery (among other sins)

As you can see, none of this is Mind Body Spirit Release™. We are simply working with what the body already knows and we're working through a body system that God created.

Can energy work be twisted into something evil? Absolutely, just like anything else. Everything taken to extremes will be detrimental to our body, soul, mind. It can become an idol, an addiction and derail us from following Jesus if we let it be our god.

So what do we need to do as Christians? Simple. We need to put Jesus on the throne of our hearts. Once He's there, He will guide us and protect us

## Encouragement:

- We are made in the image of God (Gen 1:27)
- We are to think about good and pure things, not obsess over the dark forces (neither in worshipful nor fearful way) (Phil 4:8)
- Honor how God has made you—you have a conscience, follow it (Heb 13:18, 1 Pet 3:16)
- God is not a God of confusion but of peace (1 Cor 14:33)
- God's children are protected (Ps 32:7)
- God did not give us a spirit of fear (2 Tim 1:7)
- Ask God for wisdom in case of doubt (James 1:5)