

Now that I am EMF sensitive, we are coming across some so-called "solutions" which offer a cure for it. So how do we, as Christians, respond to these ideas and what ARE we thinking with regards to the energies around us? This brochure is intended to help answer these questions.

"Energy Healing" Methods and Christians

We are measuring actual physical electrical and magnetic waves with instruments that pick up these invisible forces and measure them according to volts per meter, etc.. When we try to find a solution, we try to avoid being exposed to these new manmade radiation waves to begin with and where that is not possible because of our technological world, we try to block these literal, physical waves from causing damage to my eyes and skin with metals/metal fabrics that block them (similar to a lead blanket used on pregnant women in X-rays). We are also thankful for rows of trees and rock cliffs around our house that block some of these waves. (You might also have heard of Faraday cages - same idea.) We also build up general health by eating a variety of good food that God created and use some "natural products" that have fewer chemicals, in order to support the repairing of damage. We're not opposed to all alternative medicine methods BUT... there are also two other methods for "dealing" with EMF sensitivity....One is quackery which are the scams of gadgets that do not actually work. The other is more serious - it involves alternative medicine "energy healing" methods. Can this "work" to help someone feel better or even be healed from things? I'm going to guess "yes" but not for good reasons. I'll try to explain.

A: Electrical Energy and Our Body: God made us and our body is made of things such as atoms, chemical elements, and electrons. We have a natural electrical field because our bodies contain electrons. God allowed people to discover how to make things like electricity that can be harnessed into a physical energy to power lightbulbs, batteries, and more. Our physical bodies can vibrate when

certain invisible waves of light or sound hit our cells (resonance). A biopsy of tissue can be made to electrically move in the lab. Cancer radiation treatments try to kill more "bad cells" than "good cells" by physically attacking the cell structure. And in things like wifi, cell phones, etc. the radiation can also cause changes in the cells that can be seen both in laboratory experiments and case studies of individuals and populations that have certain exposure amounts. Another point to always also consider is that we don't know all science - but God allows us to discover some things as years go on. We don't have to understand "why" or "how" something works in order for it to be used. But we often can have a basic understanding that things of this nature work because of normal scientific laws.

Example, I don't know why elderberry syrup soothes a cough, but I know that it will have something to do with its' effect on the throat when it is swallowed because it will touch the throat and its nutrients will be absorbed into the bloodstream in the gut to nourish the actual throat cells. Example: Physiotherapists sometimes use a TENS (transcutaneous electrical nerve stimulation) - electrodes that are placed on a patient's skin so that where the electrical current running from the electrodes cross, it vibrates the muscles and nerves directly under it to relieve pain - this is one way that **energy CAN be used for healing** for some ailments. Another form of energy used for healing is the common one of heat energy in a hot pack that can transfer heat directly to our muscles, relax them, and cause more blood to flow to that area that contains chemicals to reduce inflammation and repair the cells.

God gave us 5 senses to discover His world - sight, touch, taste, smell, hearing - and when scientists observe creation, they use the appropriate combination of these senses to come to their conclusions; this includes designing measuring tools that are based on seeing invisible things like electrical currents from hydro. This all, I believe, involves a study of "energy" that is not contrary to Biblical foundations of how God designed our natural world.

* * *

B. "Healing Energy": However, there is a study of "energy" that IS contrary to God. It sometimes gets

mixed up with the above paragraph but IT IS NOT THE SAME THING! It has its foundations and principles based on anti-God religious philosophies. But instead of openly declaring the religious doctrines, proponents of this sort of "energy" often call it "science". Some Christians might say, "If it works and does someone good, then it is from God." This idea is NOT taught in the Bible. 1 Thessalonians 5:21-23 says, "Test all things; hold fast what is good. Abstain from every form of evil. Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ." We need to remember that "Satan himself transforms himself into an angel of light. Therefore it is no great thing if his ministers also transform themselves into ministers of righteousness, whose end will be according to their works." 2 Corinthians 11:14-15. That means that, in this world and while we're living on it, God sometimes does allow "righteousness" (e.g. healing) to be because of an evil source (cross-reference: Matthew 7:22-23). Just because "it works" and someone "gets better", does not mean that God wants us to try it.

* * *

About Holistic Health:

A related issue is also that of what "holistic health" actually means - it means that the practitioner wants to treat not just your body (which is a temporary part of the real you) but also your mind and your spirit. My sister talked about this to me years ago - that it might be OK to go to a non-Christian professional who tries to treat your body but that Christians should not allow their spirit to be treated by a non-Christian - one reason is that if you are a Christian, God has already made your spirit just fine and in-tune with Him - your spirit/spiritual side of you does not have a problem to be "fixed" by a holistic health person. (When you sin (in other words, when you get "spiritually sick"), you go back to God since He's the Only One Who cleanses/heals that.) Your body may be sick but your spirit may not be sick at the same time - that is something that holistic health practitioners will not

agree likely with. What happens if they try and you let them work on more than just your body, in a holistic way - is it worth it to have a healthier body but your spiritual growth/fellowship gets damaged in the process? Psalm 106: 12-15 gives an example of the children of Israel's desires: "Then they believed His words; They sang His praise. They soon forgot His works; They did not wait for His counsel, But lusted exceedingly in the wilderness, And tested God in the desert. And He gave them their request, But sent leanness into their soul."

Some Christians might reply "but the practitioner or my friend is a Christian and therefore, can't be deceived into the wrong path." Over and over in the Bible, Christians are commanded to be on their guard to avoid deception - the Bible indicates that Christians CAN be deceived and tempted away from fully following Christ (even though they remain eternally saved). This is why I'm choosing to write on this topic to you - because I care that you would understand some of these things so that you are not getting involved unknowingly into the world of the occult that seeks to lull us away from God.

I find a few questions of a Christian medical doctor, particularly clarifying as to what kinds of alternative health things that Christians should avoid. (summarized from pp. 26-27 from the book - [The High Cost of Holistic Healing](#) by Dr. Nolan Byler, Ridgeway Publishing, New York, 2011 ISBN#978-0-9831460-0-1). Here they are:

1. Is it mystical with no credit given to God? Are there powers of darkness involved?

2. Does it involve entering into an altered state of consciousness [for a sense of "peace"]?

3. Does the practitioner rely on mysterious energy passing through him to me? Does the practitioner refer to a mysterious energy that must be blocked or balanced?

4. Is it based on "new age/new spirituality" or other pagan philosophies (chinese medicine,

scientology, hinduism, etc.) which teach that people can heal their own bodies by drawing on an energy that is not from God. Note - they might use the word "god" but it doesn't mean the one triune God of the Bible - discern what "God" or gods are included in the "energy" - our God is not found in unity with other gods nor will He ever harmonize with them (2 Cor.6:15, Isaiah 43:10. 45:20-22).

What words and phrases are often used to describe this weird type of "energy"? Examples: universal energy, life force, bio-energy (this is a different meaning than just processing plants to get bio-fuel), healing force, "magnetic energy" (a different meaning than physical energy from refrigerator magnets), "electricity" (again, with a different meaning than what we commonly understand as electricity that lights a lamp), uncovering the unconscious, "energy healing", modern quantum energy, psychic healing, oriental names such as chi, prana, yin/yang, chakras/meridians and so on.

Where does this energy come from? These meridians CANNOT be seen in dissection like nerves can in biology class BUT they are based on pagan spiritual philosophies. The meridians are said to go in a circle/elliptical pathway, connecting parts of the body together (that are not connected physiologically as we normally think). This is why they think that rubbing a part of the hand indirectly will somehow cure your liver or seeing a spot in your eye to diagnose pneumonia. These meridians are said to go beyond the person's body through certain points, trying to unite with the universe and its "divine" energies, bringing energy back from the universe. Dr. Byler states in his book: "That is clearly occultic. They are not going to God in heaven and returning; they are travelling to the prince of the power of the air. That is where the supposed energy comes from." p. 30

And people are amazed because they see the power and something that "works" (Mark 13:22) so it becomes more accepted to try, even by Christians who might not realize the danger. "And have no fellowship with the unfruitful works of darkness, but rather reprove them." Ephesians 5:11 (the whole section surrounding this verse is also quite applicable here)

One example of a health and wellness technique that is growing more popular is "Reiki". Here is a good article that refutes this method:

<https://www.lighthouse trailsresearch.com/blog/?p=5411>. It is entitled, "Warning: Energy "Healing" and Reiki May Be Offered to You at Your Hospital". It reminds me of some "new health technologies" that do similar but in a "virtual" world online. Unless you are aware of what the words mean that the people are promoting, these inventions might sound "interesting to try" but they are NOT of any spiritual benefit.

God's promises are sufficient to meet all of our needs! If we realize we have been involved with something that is wrong, we have an advocate with the Father and simply come to Him and confess and turn away from sin (1 John 1:9). We get rid of what would tempt us to return to it - we mean sincere business with God so that He will change us to be more like Him, even if that means suffering faithfully through something instead of being relieved of it. And there is no ritual to free oneself from deception - we simply go to our God in faith and KNOW that He WILL give us all we need when facing these things when we rely on Him. Humbly submitting yourself to God is step #1. "Therefore submit to God. Resist the devil and he will flee from you." James 4:7.

God protects (Proverbs 2:2-12) and holds in store victory for us, His children!

Scripture References: All scripture is taken from the NEW KING JAMES VERSION. Copyright © 1979, 1980, 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

"EMF Sensitivity": A Disorder or Just a Condition?

A "condition" is simply a state in which one finds himself in to learn how to manage living with it. A **disease** implies the need for a cure or a treatment to stop the body from doing what it is doing and a **disorder** is similar, meaning that something is out of order, not following a good plan.

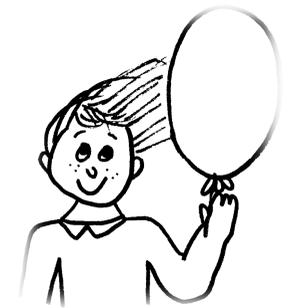
Many people view this condition as a disorder (even some of the EMF experts) – that something is "wrong" with people who are this sensitive. They might say something like, "These people have not been able to adapt or evolve to the environment as it changes. Other people have been able to adapt/evolve better." So rather than just trying to take better care of the environment, some people try to work on inventing "fixes" to solve what they perceive is a problem inside someone's body. A few of my blogs about EMF/MCS deal with my responses to these "fixes".

My opinion is that it is actually a blessing to be sensitive to something harmful, even though it is a disadvantage socially to not be able to go often to places where it exists in significant amounts. So as socially frustrating as it is to be sensitive with manmade radiation, I truly believe it is not due to a mistake of evolution nor is it due to a problem with my immune system nor is it something that is lacking in my body.

In the case of EMF sensitivity, my body is working very well the way God designed it to be! The environment however, is not doing very well and is becoming more polluted.

- Joy

A Christian's Perspective on "Energy and Healing?"



and

EMF Sensitivity