

# Overview of New Age

## Key Person, Date, Location

New Age spirituality is based on Eastern mysticism, Hinduism, and paganism. It was popularized in part by actress Shirley MacLaine during the 1980s and 1990s.

## Key Writings

There is no single holy book. Followers may draw from selected Bible passages, the *I Ching*, Hindu, Buddhist, and Taoist writings, Native American beliefs, and various texts on astrology, mysticism, and magic.

## Who Is God?

In New Age thought, everything and everyone is considered divine. God is viewed not as a personal being, but as an impersonal force or principle. People are believed to possess unlimited inner power and must awaken to it.

## Who Is Jesus?

Jesus is not regarded as the one true God or a savior. Instead, he is seen as a spiritual model and guru who has become an “ascended master.” Many believe he traveled to East India or Tibet and learned mystical truths. His resurrection is interpreted as a spiritual ascent into a higher realm, not a physical event.

## Who Is the Holy Spirit?

The Holy Spirit is sometimes considered a psychic force. Humanity is seen as divine and capable of experiencing psychic phenomena, including contact with unearthly beings.

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## How to Be Saved

Salvation involves offsetting bad karma with good karma. Followers believe they can tap into supernatural power through meditation, self-awareness, and guidance from “spirit guides.” Terms like “reborn” are used to describe the awakening of higher consciousness.

## What Happens After Death?

Human reincarnation continues until a person reaches oneness with God. There is no belief in eternal life as a resurrected person, nor in a literal heaven or hell.

## Other Facts, Beliefs, or Practices

Beliefs vary widely and may include yoga, meditation, visualization, astrology, channeling, hypnosis, trances, and tarot card readings. Crystals are used to align with divine energy, promote psychic healing, contact spirits, and develop higher consciousness. There is a strong emphasis on holistic health, world unity, and peace.