

Reflexology

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Reflexology, like acupuncture and acupressure originated at about the same time in China. They are offshoots of the teachings of Buddhism and Taoism just as are Martial Arts and Tai Chi (See article on [Martial Arts](#)).

As with many other Eastern practices, it was not heard of in the West until it was introduced in the 1900's; though it has been practiced in the East for over 3000 years. They are part of the pagan "*sciences*" or practices that we are warned to avoid in Scripture (Nehemiah 5:9; Isaiah 17:10). Though it is argued that these practices are not named is irrelevant, if they were acceptable they would have been practiced and accepted by the Nation of Israel whom G-d was moulding into His own people. The fact that they did not import them displays the fact that they were seen as part of the heathen practices they were to avoid and G-d hates.

There was in fact a time in 2 Kings that the people were 'hedging their bets' or like today, sharing their belief in G-d with those of imported gods, *there is nothing new under the sun*:

Nevertheless, every nation made gods of their own and put them in the temples on the high places which the Shomronim had made, every nation in the cities where they lived. Thus the people from Bavel made Sukkot-B'not, those from Kutah made Nergal, those from Hamat made Ashima, the `Avim made Nivchaz and Tartak, and the S'farvim burned up their children in the fire as sacrifices to Adramelekh and `Anamelekh the gods of S'farvayim. So they feared Adonai, while at the same time they appointed for themselves priests from among themselves to preside at the high places, and they would sacrifice for them in the temples on the high places. They both feared Adonai and served their own gods in the manner customary among the nations from which they had been taken away. To this day they continue to follow their former [pagan] customs. They do not fear Adonai. They do not follow the regulations, rulings, Torah or mitzvah which Adonai ordered the descendants of Ya`akov, to whom he gave the name Isra'el,
(2 Kings 17:29-34 CJB)

Christians practicing Yoga, martial Arts, Transcendental Meditation practices in their various forms, aromatherapy and Tai Chi, and many other similar and varied techniques are all laying out the red carpet for foreign and pagan gods. This importing and sharing of other gods made G-d angry, and still does, our G-d is a jealous G-d and does not want us to share Him with any other (Ex 20:5, 34:14, Deut 4:24, Psalm 78:58),

Taoism believes that god is in everything and everything is god. It accepts the concept of Ying and Yang, that all is balanced – good and evil, black and white etc...- reflexology like the other Taoist and Buddhist practices believe the body consists of energy called "Chi" or "Ki" and that when people are sick, this Chi is out of balance. It is believed that through the practice of techniques such as reflexology, acupuncture, acupressure, Tai Chi and Yogic meditation that the body's energies can be put back into balance and thus in harmony with god, and as all is god it is seen as bringing balance to your part of the universe and harmony in your body.

In these practices it is felt that diagnosis of an illness can be discovered by “divining” the persons Chi and therefore bringing healing through the re-manipulation of that Chi. These fortunetelling techniques are clearly defined as part of the Taoist belief system and are written and explained in their holy book: the I Ching. The I Ching is a system developed to tell fortunes or read energies to diagnose illness or change fortune; this is at the core of the practices such as reflexology. The ability to read the body’s energies and by the application of pressure in the foot; heal that part of the body – in other words, realign the Chi so that the body is back in harmony. The dictionary gives these two meanings to I Ching:

1. I Ching: Chinese system of fortune telling, an ancient Chinese system of divination, based on a book of Taoist philosophy and expressed in hexagrams chosen at random and interpreted to answer questions and give advice
2. Book of I Ching: the book containing the symbols used in I Ching divination and an accompanying text that the reader may consult for help in interpreting the symbols

All these spiritual-healing techniques and practiced are brought forth from the same source and should therefore deserve the same judgement:

In order to make these heathen, demonic healing practices acceptable to Christians and Westerners, the CHI or KI powers are described as ‘magnetic rays’ or ‘cosmic energy’, these innocent sounding terms describe the wolf parading in sheep's clothing. The 'spirit' involved in reflexology, although given attractive sounding names e.g. "energy emanations from the earth", "magnetic rays", "energy", is a demonic spirit brought in from the Taoist and Buddhist religions. Reflexology is a spiritual force and can have demonic influence upon those who consult Reflexologists and allow these Taoistic demons to influence their lives. The Bible strongly opposes allowing this and advises we stay with the truth and not make truth subjective to our own interpretation.

Isa 17:10 For you have forgotten the God who saved you, failed to remember the Rock of your strength; so you plant pagan-style gardens and set out vine-cuttings for a foreign god.

2Co 11:14 There is nothing surprising in that, for the Adversary himself masquerades as an angel of light;

The Devil comes as an angel of light – do not be blinded, but be vigilant and steadfast against the wiles of the enemy.