

SPIRITUAL HEALTH 101

Interest in the occult is on the rise. The Catholic Church, however, teaches that “all practices of magic or sorcery, by which one attempts to tame occult powers, so as to place them at one’s service and have a supernatural power over others - even if this were for the sake of restoring their health - are gravely contrary to the virtue of religion...” (CCC no. 2117).

The Church cares deeply about the spiritual wellbeing of all people, and therefore warns against the following practices that can open a door to the activity of the evil one and other fallen angels:

- Ouija boards
- Séances
- Tarot cards, fortune telling or palm and horoscope readings
- Opening oneself to “energies” in certain Eastern spiritual practices
- New Age practices like channeling, using crystals, etc.
- Wicca
- Wearing magical charms
- Incantations, hexes, conjuring and casting spells, whether it be “white magic” or “black magic”

Note: It may be surprising to many people, but exorcists are reporting that when they have commanded demons to reveal how they entered the lives of possessed persons, some evil spirits have responded with works of fiction depicting witchcraft.

The Church recommends ways to spiritually protect ourselves and our families, including:

Baptism (I know of a young man who was suffering spiritual attacks and it all stopped once he was baptized)

Frequently receiving the sacraments of Eucharist and Penance (confession)

Prayer and eucharistic adoration outside of Mass

Having our homes blessed by a bishop, priest or deacon

Using sacramentals such as holy water or blessed salt or wearing a blessed medal

Having crucifixes and holy images in our homes (blessed, if possible)

Consecration to the Sacred Heart of Jesus and the Immaculate Heart of Mary

Devotion to Mary, including praying the rosary, wearing a scapular, etc.

Invoking the Holy Names of Jesus and Mary

Invoking St. Joseph under his title “Terror of Demons”

Pope Leo XIII’s prayer to St. Michael the Archangel