THE EXPANDED FIELD GUIDE

FROM JENN NIZZA · EX-PSYCHIC SAVED

Hidden in *Plain Sight*

A Christian's guide to spotting the New Age in everyday life

"Test the spirits to see whether they are from God."

— 1 JOHN 4:1

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A LETTER

Before you read this, *a word from me to you.*

I spent 25 years in the New Age and the occult. I wasn't hiding in a back alley with a crystal ball. I was your girl next door. No pentagrams. No robes. No cauldron. That's exactly how the enemy wants it — because the moment something looks scary, you'd run.

Today, the New Age and the occult are dressed up in pastels and sold next to your daughter's lip gloss. They're in the candle aisle at CVS. They're in the Happy Meal. They're in the Little Golden Book on the kid's shelf at Five Below.

I'm not here to make you afraid. I'm here to help you *see*. Because when you can see it, you can pray over it. You can guard your home. And you can have a real conversation with the people you love.

This guide walks you through 12 of the most common places I see the New Age hiding right now. Each one comes with the Scripture that addresses it, a prayer you can pray, and a note from me — what I wish someone had handed me when I was 13 years old, sitting at my first tarot reading.

Don't read this in fear. Read it with the Word of God open beside you.

The enemy wants you confused. He wants your kids confused. He wants the church silent. You don't have to be.

— Jenn

HOW TO USE THIS GUIDE

01

Read it slowly

Don't rush. Each entry is short on purpose. Let the Word do the work.

02

Pray every page

There's a written prayer for each item. Pray it out loud. Ask the Lord to show you what's in your home.

03

Walk your house

After you finish, walk through your home and your phone. Remove what doesn't belong. Acts 19:19 — they burned it.

04

Share it

Send it to a friend. To your daughter. To anyone the Lord puts on your heart. This is yours to give away.

"Have nothing to do with the fruitless deeds of darkness, but rather expose them."

— EPHESIANS 5:11

THE TWELVE

Where to look — *and what to do.*

01 Chakra candles in the drugstore

Pretty pastels on a low shelf at CVS — pink, pastel green, lavender. The labels promise *peace*, *self-confidence*, *protection*. They look like a teen-girl gift. They're a doctrine of demons in a glass jar. The chakra system is a Hindu spiritual map of the body — not a real thing, and not a neutral thing. The promise on the label is a counterfeit of what only Jesus can give.

SCRIPTURE

"You shall have no other gods before me." — Exodus 20:3

PRAYER

Father, my peace and my protection come from You alone. Show me anything in my home or my child's room that promises what only You can give. In Jesus' name, amen.

02 Tarot decks marketed to children

Disney makes tarot now. There's a "Spoopy" deck designed to look like Snoopy. Astrology books for kids by zodiac sign. These are sold in Barnes & Noble, in Five Below, in airport bookshops. Tarot is divination — it didn't even start as divination, it was a 15th-century Italian card game until a French occultist channeled the meanings from a familiar spirit. Cute packaging doesn't change the source.

SCRIPTURE

"Let no one be found among you... who practices divination... for whoever does these things is detestable to the Lord." — Deuteronomy 18:10–12

PRAYER

Lord, protect my children from anything dressed up as innocent that opens a door I can't see. Give me eyes to spot it and courage to remove it.

03 Dream catchers as "decor"

They were never decor. Dream catchers were designed as a false tool of protection — hung over the bed to *catch* demons, negative spirits, nightmares before they reached you in your sleep. Home Goods sells them as wall art now. They're not. The implication is that a piece of crocheted string can do what only Jesus can.

SCRIPTURE

"The name of the Lord is a fortified tower; the righteous run to it and are safe." — Proverbs 18:10

PRAYER

Jesus, You are my protection. Forgive me for any object I've trusted instead of You. Cover my home and my sleep with Your protection.

04 Crystals carried in pocketbooks

Crystals are beautiful. God made them. They're on the breastplate of the Levitical priest in Exodus 28, and the streets of heaven are lined with them in Revelation 21. But they have *no power*. When I wore my rose-quartz pendant for years, I believed it could draw love and balance my chakras. It couldn't. What it could do — and did — was invite the very thing I was trying to protect myself from.

SCRIPTURE

"They exchanged the truth about God for a lie, and worshiped and served the creature rather than the Creator." — Romans 1:25

PRAYER

Father, I will not put my trust in created things. You are the only one who protects, provides, and knows what is good for me. Your plan is better than mine. I'm Yours.

05 White sage and smudging

Sold in wellness shops as "cleansing." Practiced as witchcraft. The idea is that burning sage clears negative energy out of a space. I burned it in my home, around my clients, around myself. It didn't keep demons out. It invited them in. Demons don't bow to smoke. They bow to one name.

SCRIPTURE

"At the name of Jesus every knee should bow." — Philippians 2:10

PRAYER

In the name of Jesus, I pray that You would help me close every door I opened with false tools of protection.

06 Yoga "for exercise"

Yoga is worship of Hindu gods. The poses are postures of devotion. The word *namaste* means "the divine in me bows to the divine in you" — and the divine in question isn't Jesus. You can stretch. You can do Pilates — always with discernment. You cannot separate the spirituality from the practice. Don't be fooled by how the enemy presents it.

SCRIPTURE

"You cannot drink the cup of the Lord and the cup of demons too." — 1 Corinthians 10:21

PRAYER

Lord, I want my body to worship You alone. Show me what to walk away from and give me a way to move that honors You.

07 Angel cards & "spirit guides"

The word *angel* on the box doesn't make it safe. The "guide" giving the message is a familiar spirit — a demon — masquerading as something helpful. I dealt with these for 25 years. They're not your dead grandma. They're not a benevolent ascended being. They're liars who have been observing your family line for generations, and they know just enough to hook you.

SCRIPTURE

"Even Satan masquerades as an angel of light." — 2 Corinthians 11:14

PRAYER

Father, I fully repent for ever listening to any voice that wasn't Yours. Holy Spirit, You alone guide me into all truth.

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08 New Age meditation apps

Your doctor recommended it for anxiety. The app told you to "empty your mind" and "let go." That isn't biblical meditation. Biblical meditation *fills* the mind with the Word of God (Joshua 1:8). Emptying it opens a door — and something will fill it.

SCRIPTURE

"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night." — Joshua 1:8

PRAYER

Jesus, fill my mind with Your Word. I will not empty what You have filled. Be the still place I run to.

09 Music with occult lyrics

Karma. Manifesting. Invisible string theory. Divine feminine. Numerology. Catchy songs from artists with massive platforms — Taylor Swift, Lady Gaga, and a hundred more. If your kid is singing along, those words are going into their heart whether they understand them or not. Read the lyrics before you press play.

SCRIPTURE

"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23

PRAYER

Lord, guard the gates of my home — what I hear, what my children hear. Show me what to silence.

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10 "Christian witches" & psychic prophets on TikTok

They use the word Jesus. They quote the Bible. They call themselves prophets. And then they pull tarot cards or "channel a message" or read your aura. The word in the caption doesn't make the practice safe. Test every spirit against the Word — not against feelings, not against follower count.

SCRIPTURE

"Do not believe every spirit, but test the spirits to see whether they are from God." — 1 John 4:1

PRAYER

Father, give me discernment. Help me test everything I scroll past against Your Word.

11 Wicked, K-Pop Demon Hunters, the Long Island Medium

There is no good witch. There is no neutral demon hunter. When the entertainment normalizes the occult and assigns it a "good" version, it teaches your children there's a safe way to do this. There isn't. Wicked is on the screen, in Little Golden Books, in Five Below. McDonald's is putting K-Pop Demon Hunters toys in Happy Meals. This is how it spreads.

SCRIPTURE

"Woe to those who call evil good and good evil." — Isaiah 5:20

PRAYER

Lord, I will not call evil good. Give me boldness to say no to what the culture says is harmless.

12 The metaphysical shop on the corner

There's one a block from my church. It's so pretty. Crystals in the window, tarot decks on the shelf, sage in a basket by the register. They look like a quaint gift shop. They're a doorway. Don't browse. Don't "look around." Walk past.

SCRIPTURE

"Flee from sexual immorality... flee from idolatry." — 1 Corinthians 6:18, 10:14

PRAYER

Father, I will not entertain what You have called me to flee from. Strengthen me to walk past the doors I once walked through.

WHEN YOU SEE IT

Five things *to do next.*

I Pray.

Ask the Lord to close any door that's been opened in your home — including the ones you didn't know about.

II Read your Bible daily.

You can't recognize a counterfeit until you know the real thing. Start anywhere — John is a beautiful place to begin.

III Test everything against the Word.

Not against your feelings. Not against your favorite influencer. The Word. 1 John 4:1.

IV Talk to your kids.

Walk them through this guide. Children want the truth. They can handle it. They are *so* much more aware of this stuff than you think.

V Burn what doesn't belong.

Acts 19:19 — when revival hit Ephesus, the people brought their occult items and burned them in public. What you can't burn, bury. Don't put it in the trash where someone else can pick it up.

IF YOU WANT TO GO DEEPER

Break Out of *the Shadows*

A 5-part video study from a former psychic medium.

This guide gave you the field. The study walks you through the whole system — what mediumship actually is, why grief is the #1 doorway, how to recognize demonic oppression, and how to help the people you love walk free.

Five video modules. A printable workbook for every module. Lifetime access to everything, including the short film *Out of the Shadows*.

It's the foundation I wish someone had handed me at 13.

$27

ONE-TIME · YOURS FOREVER

Get the Study — breakoutoftheshadowscourse.com

"If you've got breath in your lungs, it's not too late."

— JENN