

# **The New Age Movement**

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**Here's an unofficial list of beliefs that some individuals in New Age may have in common:**

- 1. You create your own reality and destiny. This is a planet of free choice, and you have your own free will.**
- 2. You have certain challenges to face and overcome in this lifetime. If you don't learn your lessons this time, you'll get them again.**
- 3. There is no such thing as coincidence.**
- 4. There is more to life than meets the eye, much more.**
- 5. Nothing really matters in this life unless it is done for the benefit of others.**
- 6. We are not alone.**
- 7. We are multidimensional beings currently having a human experience.**
- 8. We are all receiving more help than we know, from angels, spirit guides, ascended masters and others.**
- 9. We can heal ourselves, our society, and our world.**
- 10. The ultimate transformation for mankind is ascension.**