

## **HOLISTIC DEVELOPMENT OF PSYCHO DELIVERANCE SPIRITUAL (PSYCHODELSPY) HEALING THERAPY FOR CHRISTIAN CONGREGATIONS USING IMMUNITY SCIENCE VICTIMS OF OCCULTISM**

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### **Abstract**

The practice of occultism, including invulnerability magic, remains a widespread phenomenon across various segments of society, including among Christians. Belief in supernatural powers and the ability to be immune to physical attacks is often a special attraction, especially for those who feel vulnerable or seek protection beyond the reach of reason. Immunity science, with all its rituals and practices, often involves aspects that contradict religious teachings, especially Christianity. This practice not only has an impact on spiritual aspects, but can also cause psychological and social problems for its adherents. The development of spiritual healing therapies is very rare, but the number of victims of occultism has an increasing tendency, especially among practitioners of invulnerability. This study uses qualitative procedures to describe data to produce or test the developed product, but its main focus is on the creation and validation of a product, not pure data analysis. The research method is oriented towards the development of a product from Psycho Deliverance Spiritual healing therapy and testing its effectiveness. The results of the evaluation of this therapy have produced a new therapy product from the previous one.

**Keyword:** Holistic Development, Psycho Deliverance Spiritual (Psychodelspy), Healing Therapy For Christian Congregations, Using Immunity Science Victims Of Occultism

### **INTRODUCTION**

The Indonesian people know the science of immunity as kanuragan. In the process of achieving peak concentration, restraint, and control of the mind, all five senses will shut down, leaving no pain, no heat, and no cold. [1] The science of immunity is a science that functions for supernatural self-defense. This science encompasses the ability to defend oneself (immunity) against attacks and the ability to attack with extraordinary strength. Immunity science is often used to protect oneself from those who wish to harm us. Immunity science is a supernatural science that is still in high demand due to the harshness of life in a world where crime is rampant and still growing among the community. Immunity science

manifests itself when a person is able to withstand being pierced by weapons or bullets. Immunity science is divided into two parts, the first being wisdom science, which is more psychological in nature, and the second, often referred to as kanuragan science. The wisdom form of immunity is developed based on religion, such as in monasteries or Islamic boarding schools. The second form of immunity, kanuragan, is physical in nature and is often used by practitioners of white magic, although practitioners of black magic also use it. Immunity is obtained through supra-rational means, namely mystical practices. This knowledge is obtained by studying under a teacher and undergoing certain training, both spiritual and physical. In general, there are two forms of training to obtain this knowledge. The first is through spiritual concentration, such as through worship and control of lust and worldly desires. This is usually done by Sufi masters. The second is through physical and spiritual training such as fasting, mortification, asceticism, and practicing certain prayers. There are also those who acquire it through supernatural inheritance of knowledge, or what is better known among the people as *di isi*. [2] As for how it is used, it may take the form of an amulet, a *keris*, or something similar. One example of invulnerability in ancient Malay stories is the legend of Hang Tuah, who was invulnerable because of the Taming Sari dagger, and Mahsuri, who was said to be impervious to dagger stabs, so that her family's heirloom dagger was used to stab her body. This invulnerability can be classified as black magic or white magic depending on how the user employs it. If it is used to protect oneself from evil, then it is classified as white magic, but if it is used solely to gain power over others, to become successful, respected, or to harm others, then it is classified as black magic. Black magic is usually obtained through a shaman or mystic.

Belief in invulnerability, although it has existed for a long time, has quite serious consequences, not only physically, but also spiritually and mentally. Physical consequences, for example, can result in serious injuries, such as trying to stop a moving vehicle or walking on hot coals, which can cause serious injury or even death. Immunity science has spiritual consequences such as straying from true religious teachings: The practice of immunity science often deviates from true religious teachings and can lead to idolatry or other mystical practices. Immunity science even has mental consequences such as anxiety and fear, depression, dependence on supernatural powers, and difficulty living independently. Overall, belief in occultism can have a significant negative impact on a person's life. This not only affects physical health, but can also damage a person's relationship with God, other people, and themselves.

In deliverance and healing ministries, conventional therapies are often ineffective in addressing the complex problems faced by victims of occultism, such as psychological issues, trauma, ethical issues, social issues, and others. Spiritual Deliverance Therapy, which often focuses solely on psychological aspects, has limitations in addressing the complex problems faced by victims. Victims of occultism often experience deep psychological, spiritual, and physical trauma. Therefore, it is necessary to develop a more holistic and comprehensive

approach to Spiritual Deliverance Therapy. Since previous therapies have not been effective, it is necessary to develop holistic healing therapies to address the above issues.

## **RESEARCH METHOD**

This research method uses Research and Development (R&D), which is a systematic approach in academia and industry that aims to produce innovations in the form of new products, systems, or models that are applicable. In the context of education and social sciences, the R&D method is an important foundation in developing learning tools, media, and educational technologies that are relevant to the needs of students and the wider community [3]. The importance of the R&D method lies in its contribution to bridging the gap between theory and practice. In various studies, the R&D approach has been proven to produce field-based solutions that are scientifically and contextually tested [4]; [5]. Therefore, a comprehensive understanding of the definition, types, and stages of R&D is very important, especially for researchers, academics, and education practitioners. As the need for innovation in the digital age and the complexity of issues faced by society continue to grow, R&D methods are becoming increasingly relevant, not only in the fields of technology and industry, but also in education, health, and social sciences. In this context, this study is limited to discussing the five most widely used and important R&D approaches, namely the Borg & Gall model, ADDIE, 4D, Hannafin & Peck, and Dick and Carey. The discussion focuses on the definition, advantages, and main stages of each approach. Each has its own characteristics and stages that can be adapted to the research objectives and field conditions. Researchers need to determine the appropriate model based on the context of the problem to be addressed [6]. This article aims to systematically describe the Research and Development (R&D) method, which includes basic concepts, various types that have been developed, and commonly used implementation stages. It is hoped that this article can be a useful scientific reference in enriching knowledge about R&D methods and assisting researchers in designing and conducting development-based research in a more focused and structured manner.

The research method consists of a description of the type of research, data collection, data sources, types of data, and data analysis. Research and Development (R&D) or Research and Development (Litbang) is a systematic and structured research method used to produce certain products and then test the effectiveness and validity of those products.

The essence of R&D research is to bridge the gap between theoretical (basic) research and applied practice, so that the results of the research can produce innovative and effective solutions.

## **RESULTS AND DISCUSSION**

Humans are beings composed of elements, which are divided into two terms, namely dichotomy and trichotomy. Dichotomy can be said to exist when humans are viewed from two natures, namely the visible aspect, which is the body, and the invisible aspect, which is

the spirit (including the soul). Meanwhile, trichotomy is the view that humans consist of three elements, namely spirit, soul, and body. Humans are unique living beings. Humans are living beings with all their potential. Humans consist of body, soul, and spirit. Humans are created with the ability to think and have emotions. Humans have physical (visible) and non-physical (invisible) characteristics. The physical nature of humans is their body, while their non-physical nature is their soul and spirit. Humans were created in the image and likeness of God (Genesis 1:26-27). The image of God relates to the human aspect and not the physical aspect. God created humans to be good with both material and non-material aspects. The material aspect is tangible and only exists when a human being is physically alive. Meanwhile, the non-material aspect is intangible, such as the soul, spirit, intelligence, will, conscience, and so on. When discussing the spirit, it is the non-material part of a human being. It is this spirit that relates to a human being's journey with God. As Proverbs 20:27 says, "The spirit of man is the lamp of the Lord, searching all the inner depths of his heart." [6]

The difference in perspective between the dichotomous and trichotomous understandings will never subside. Those who believe in dichotomy emphasize the visible and the invisible. On the other hand, those who want to describe human existence in more detail are often referred to as trichotomists. However, if we want to categorize human existence, it will be more than just three parts. Psychological studies that do not focus on the psyche are no longer a discipline. Physiological studies have become the domain of the medical world, while the emphasis on the spiritual world or the invisible within humans has become the expertise of theologians. Psychological studies look at several aspects of behavior that are a presentation of a person's soul. These include abilities, work attitudes, and personality. All of these can be diagnosed with testing tools. The abilities referred to include a person's reasoning skills in solving problems, mathematical abilities, general knowledge, and so on. Work attitude relates to a person's speed at work, accuracy, endurance under pressure, perseverance, and so on. Personality includes emotions, self-confidence, adaptability, motivation, and so on. Psychological studies as a discipline aim to help solve human mental problems as well as collective human problems, or what is referred to as society. Therefore, it is not only about individuals but also relates to other individuals. Humans are indeed multidimensional. In general and simple terms, they consist of the visible, namely the physical body, and the invisible, namely the spirit and soul (which are often used interchangeably in the Old Testament). In the New Testament, there is an interesting development in analyzing human existence. The breakdown of all your heart, all your soul, all your strength, and all your mind is not a coincidence without meaning. [7]

In the Old Testament, death is mentioned as a consequence of human sin. God said to Adam: "... In the day that you eat of it, you shall surely die." (Genesis 2:17). We can also read in Ecclesiastes chapter 12:7: "And the dust returns to the earth as it was, and the spirit returns to God who gave it." [8]

Referring to the above understanding of humans as beings consisting of three dimensions: body, soul, and spirit. A holistic approach to healing ministry recognizes this

wholeness of man and seeks to heal all aspects of a person's being. Holistic healing ministry that focuses on the trichotomy relationship offers a comprehensive and effective approach to helping individuals overcome the various problems they face. By integrating physical, emotional, and spiritual aspects, this ministry can help individuals achieve true and meaningful healing.

SP, born January 22, 1968, male, from the Batak tribe, married, educational background in theology, occupation as a pastor. SP learned the art of immunity from a shaman in Pahae. There were no rituals involved in practicing the art of immunity. However, when he arrived at the shaman's house, he went to his private room and asked to be given the art of immunity because he wanted to migrate. Then the shaman opened the Bible and read one verse. Before transferring the knowledge, he was given a message not to come into contact with a woman's menstrual blood. Then he was told to open his mouth, and the shaman dropped a small stone-like object into his mouth, which he immediately swallowed. It felt like a small piece of candy that was uncomfortable in his mouth, so he swallowed it quickly. The shaman instructed me to take a machete or sharp object and slash my body repeatedly. It felt like being hit with a pillow, but the immunity he granted me was never displayed throughout my life. While using his immunity, he became an introvert (quiet), disliked seeing things that were not right, was domineering when speaking, cynical in expressing criticism and uncontrolled anger, liked to curse, looked for enemies and felt ready to kill, and disliked seeing people being oppressed. He had a desire to take over to defend victims and challenge oppressors. He enjoys watching Indian films that depict oppression.

The reason for seeking deliverance was the realization that life had become increasingly troubled after attending occult seminars. Life had strayed further and further from the Word that had been heard and preached.

The process of deliverance and healing therapy is an intervention process. When first served by Rev. JS, who was different, for approximately 12 years, emotional healing was not achieved, and the servant felt haunted by guilt and often fell into sexual sin. In 1991 or 1992, Rev. JS first served when he was not yet married, while he was serving in Sondiraya. At that time, he still did not understand much, and Rev. JS was still a beginner, and the deliverance ministry still did not bring healing. When he was a student in his 4th semester and even after becoming a pastor, he still fell into sin because he did not understand the Word of God, so he did not have the right principles of faith. In such a condition, the deliverance that Rev. JS ministered in the past was tainted again, and the spirit that was there before returned in its old character because he did not maintain his holiness.

The second therapy session of deliverance and healing began with songs of worship, confession of sins (occultism), prayers for forgiveness, and in those prayers, forgiveness was extended to those who hated and hurt him.

The results of the deliverance and healing therapy process as an intervention. The process lasted for 2 to 3 hours, guided by a servant of God who had spiritual power, and then

I experienced a peace that I had never felt before. My body felt light. My enthusiasm for serving grew even more.

JD, born August 10, 1988, is an unmarried man who is active as a youth leader in his district. He is a student and a private employee. He used level 2 immunity knowledge from junior high school, which his grandmother had learned from his mother. When he was in 2nd grade of junior high school, he joined the soccer team and was asked to use his immunity knowledge, which increased sevenfold. As a result, he never got sick or tired. The ritual involved eating hot rice before sunrise, rubbing it all over his body, and then eating it for 7 days, and he was not allowed to eat before 1 p.m. Before using the immunity, he felt easily tired, but after using it, he became stronger. After the seventh day, he felt heat throughout his body, then returned to normal. Psychologically, he became easily angry and emotionally volatile. From 2012 to 2022 (10 years of using the immunity), he became a healer or shaman. Before using the immunity technique, an Arabic incantation is recited and memorized. The effects of the immunity technique include numbness, where the body may be injured but does not feel pain.

Encouraged to release the power of darkness due to active involvement in church youth ministry in 2021, became a resort manager. After meeting with a vicar during ministry, became interested in seeking release. Immediately after discussing it with the ministry, he was willing to be served and considered this immunity knowledge unimportant. However, he felt fear when he was about to be released, a little sad, and before the release that night, he was haunted in his dreams and felt afraid. His character fell into sexual sin, anger, and jealousy.

In team therapy, they always read the Word and prayed every day, receiving healing such that there was no desire for sexual sin, and they became a deliverance ministry team. During the deliverance and healing process, which lasted 6 months until he was healed, healthy, and back to normal. According to him, he still needs to continue receiving deliverance ministry even though evil spirits no longer control the client and he does not experience any relapse.

JS is 38 years old, male, has a master's degree in theology, and is married. He involved himself with the power of darkness or demonic forces through the use of spells and mediums. The impact on his physical health: unstable emotions, restlessness, and anger without cause. Spiritual: disbelief in the power of God and His Word, experiencing a curse in the family or generation. PsychoDelSi (RET, Gestalt, Psychoanalysis, Behavior Therapy, Trauma healing, phobia healing, and others) release of Occultism and Spirituality. Results and Evaluation of Release and Healing Services are declared healed if? The client no longer experiences disturbances. If the client has grown closer to God (prayer, reading the word, and quiet time). After being served, the client is free from the bondage of evil spirits that bind, intimidate, and possess them. Free from the power of Satan that caused them to experience and possess strength, they experience vomiting in the form of thick fluid. However, they still want to live in the flesh.

## **Analysis/Discussion**

The occult movement that occurred in the congregation had a terrible impact on those involved, and that impact was even felt by their families and descendants, as recorded in Exodus 20:4-5: "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them, for I, the LORD your God, am a jealous God, punishing the children for the sins of the fathers to the third and fourth generation of those who hate me."

Based on this Word, intervention is needed for congregations that have fallen into sin by believing in powers outside of Jesus Christ, because this is a form of idolatry as explained above. There are several forms of assistance that have been developed in the ministry of deliverance from the power of darkness or the occult to restore clients to their life purpose, which is to live according to God's will. In social science, social intervention in helping people solve personal and social problems can be applied if necessary. This is because social intervention is considered capable of helping clients find a way out of the problems they are experiencing. Therefore, according to Zastrow, there are various types of intervention models that can be applied to help clients with their problems.

In this study, there were three clients, JL, JD, and SP, who were bound by dark powers and had been treated with Psycho Deliverance Spiritual (PsyDelSy) therapy. According to their experiences, they had been freed from their bondage. They were freed from the bondage of dark powers through the vomiting of objects that had been eaten decades ago, such as metal and stones. However, their experience of living a life of faith still remains in the flesh, even though the objects of bondage have been removed. The "fruits of the flesh" in Galatians (as in Galatians 5:19-21) refer to fleshly deeds or worldly desires that are contrary to the will of the Holy Spirit and still remain even though the objects of bondage to the powers of darkness have been removed. Meanwhile, the deeds of the flesh include deeds such as sexual immorality, impurity, lust, idolatry, witchcraft, hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions, and other sins. Even clients still question whether they have been freed or not.

The author observes that it is still necessary to identify a life based on the fruit of the Spirit in order to receive treatment. Jesus did ask His followers to bear fruit, as written in the Bible, namely the fruit of holiness (living a life of obedience to His commands), the fruit of the Spirit (love, joy, peace, etc.), the fruit of repentance, the fruit of souls (preaching the gospel), and the fruit of righteousness. These fruits are born from a close relationship with Jesus, whom He calls the "vine" (John 15:5). These fruits are mentioned in the Bible, specifically in Galatians 5:22-23, and include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

The indicator used by the author to check and measure freedom from the power of darkness is to consider the trichotomy (body, spirit, and soul). The body refers to medical

matters, such as when a sharp object does not cause injury but after being treated, it returns to normal. And in the experience of PsychoDelsy therapy, it has succeeded in making humans in general bleed when they come into contact with sharp objects, but in the holistic therapy of the three clients, it is recommended to undergo a medical check-up to check the cause and effect of using the power of darkness. Meanwhile, to measure whether the clients have been freed or healed, the therapy uses Galatians 5:22-23 (the fruit of the Spirit and the flesh) before and after.

The author observes that it is still necessary to address this issue by identifying a life based on the fruit of the Spirit. Jesus did ask His followers to bear fruit, as written in the Bible, namely the fruit of holiness (living a life of obedience to His commands), the fruit of the Spirit (love, joy, peace, etc.), the fruit of repentance, the fruit of souls (preaching the gospel), and the fruit of righteousness. These fruits are born from a close relationship with Jesus, whom He calls the “vine” (John 15:5). These fruits are mentioned in the Bible, specifically in Galatians 5:22-23, and include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

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Occult practices such as the science of immunity are still widely found in society, including among Christians. This science offers supernatural protection but often contradicts Christian teachings and can have negative spiritual, psychological, and social impacts. Spiritual therapy for victims of occultism, especially practitioners of the science of immunity, is still rarely developed, even though the number of victims tends to increase. This study uses a qualitative method with a Research and Development (R&D) approach to create and test the effectiveness of a new therapy product, namely Psycho Deliverance Spiritual. The focus of this therapy is holistic healing that covers the aspects of body, soul, and spirit, in accordance with the concept of human trichotomy.

Immunity knowledge is obtained through physical and mental training, rituals, or supernatural inheritance, and can take the form of amulets or heirlooms. The negative impacts include: Physical: Serious injury, even death, due to dangerous actions. Spiritual: Distancing oneself from religious teachings, idol worship, and mystical practices. Mental: Anxiety, depression, dependence on supernatural powers, and difficulty living independently.



Case Studies and Therapy Process Three clients (SP, JD, JS) with backgrounds in the use of occult sciences underwent Psycho Deliverance Spiritual therapy. The therapy process included: Release and healing through prayer, confession of sins, release of forgiveness, and reading of the scriptures. The process lasted 2–3 hours, guided by a spiritual leader, resulting in peace and physical and spiritual healing. Therapeutic effects: Clients experienced release from dark forces, marked by physical reactions such as vomiting foreign objects that had been swallowed. However, some clients still faced challenges in their faith life and tendencies toward carnal behavior.

Analysis and Evaluation through a holistic approach that integrates physical, emotional, and spiritual aspects is considered effective for true healing. Indicators of therapeutic success: Clients no longer experience spiritual disturbances, Clients grow closer to God (actively praying, reading the Word, and spending quiet time). Behavioral changes in accordance with the fruit of the Spirit (Galatians 5:22-23).

## **Conclusion**

This qualitative research using a Research and Development (R&D) approach successfully created and tested the effectiveness of the Spiritual Psycho Deliverance Therapy model as a holistic healing intervention for victims of occultism, particularly practitioners of occultism, whose numbers remain significant among Christians.

The main findings indicate that:

1. Holistic Effectiveness and Trichotomy: Spiritual Psycho Deliverance Therapy is considered effective in achieving true healing because it integrates three aspects of humanity (body, soul, and spirit). Deliverance from the power of darkness was proven through physical reactions (such as vomiting foreign objects) and the restoration of bodily functions to normal (such as bleeding again when cut by a sharp object), confirming the impact of occultism on the physical and spiritual realms.
2. True Success Indicators: The main indicators of therapy success do not stop at spiritual deliverance or physical healing, but are measured by behavioral changes and closeness to God. Long-term success is assessed based on a comparison of before and after therapy, namely the extent to which clients demonstrate the Fruit of the Spirit (Love, Joy, Peace, etc.) in their daily lives (Galatians 5:22-23).
3. Challenges and Further Implications: Although clients experience liberation from the bondage of dark powers and restoration, this study observes ongoing challenges, namely the tendency toward fleshly behavior and difficulty in maintaining a life of faith. This implies that deliverance is an event, but growth toward sanctification is an ongoing process that requires constant identification with the “vine” (Jesus Christ) in order to produce the fruit of holiness, repentance, and righteousness.

In summary, Spiritual Deliverance Therapy has proven effective as a tool for spiritual deliverance and initial restoration, but the ultimate outcome of true healing depends on the

client's commitment to abandon the power of darkness and actively identify with a life that produces the Fruit of the Spirit.

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