

# Breaking Free: How Jesus Delivered Me from the Grip of New Age Beliefs

Tamara Mitchell's journey into deliverance ministry is a testament to the power of faith, healing and redemption.

In a recent interview with Charisma Media, Mitchell recounts her harrowing experience of being attacked by a demonic force while she slept. "I felt something crawling across my bed," she says, explaining that the presence lifted her a foot into the air. In that moment of terror, she remembered her grandmother's advice: plead the blood of Jesus. "I just started pleading the blood of Jesus three or four times, and it dropped me," she says.



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Mitchell, who was raised in both Baptist and Pentecostal churches, admits that she strayed from her Christian upbringing during her teenage years. In her search for answers, she explored New Age practices, despite knowing deep down that it was wrong.

"I started studying New Age... things I wasn't supposed to be dilly-dallying in," she says. The Bible clearly warns against engaging in such practices, with Deuteronomy 18:10-12 stating:

*There must not be found among you anyone who makes his son or his daughter pass through the fire, or who uses divination, or uses witchcraft, or an interpreter of omens, or a sorcerer, or one who casts spells, or a spiritualist, or an*

*occultist, or a necromancer. For all that do these things are an abomination to the Lord, and because of these abominations the Lord your God will drive them out from before you.*

Her life began to spiral after the murder of a close friend, which led to severe anxiety, depression and a return of the spiritual visions she had seen as a child. "I started seeing spirits again... like I am looking at you," Mitchell recalls during the interview. The intensity of these encounters ultimately led her to seek help from a pastor, where she experienced deliverance from this demonic oppression and committed her life to Christ.

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Now an active leader in deliverance ministry, Mitchell emphasizes the importance of spiritual healing and the reality of the supernatural realm. "It was the most extreme experience I've ever experienced. When it comes to demons crawling across your bed or trying to enter you, ...it just really jolted me," she warns. Her ministry now involves praying for healing, deliverance and leading others out of spiritual bondage.

Mitchell implores fellow Christians to guard themselves against the very real dangers of New Age practices and encourages others to embrace the truth of Scripture. "I was avoiding it for a long time... but I knew at that moment that God had a plan for me."

Today, she continues to help others break free from spiritual oppression through faith in Jesus Christ.

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