

EPISODE

1.09

NEW AGE & NOW AGE

NEW AGE PROS

- You can heal yourself
- Love is the bedrock (free love)
- Channeling entered the mainstream
- Psychedelics and drug use was used for spiritual purposes more widely
- Materialism was seen as egotistical
- Communes became more widespread along with environmentalism as it intersected with spirituality.

NEW AGE CONS

- Toxic Positivity (Positivity Bypass)
- Higher than you vibe (Spiritual supremacy)
- Fake it until you make it
- Dangerous counter culture messages without a source of truth but claiming to be channeled.
- Anti-materialist view did a complete 180 for most "Hippies"

NOW AGE PROS

- Self-acceptance
- Shadow work is key
- Manifesting has evolved into a complex art form
- Self-love is paramount
- Anxiety and depression are acknowledged as part of the work
- Barriers to who can channel and who can be psychic have fallen away.

NOW AGE CONS

- Consumerism/Influencer culture
- Spiritual Narcisism.
- Surface-level spirituality
- Materialism spiritual bypass.