



## A Catholic, theological, and pastoral look at spiritism, divination, and the desperate search for answers

We live in an age of uncertainty. Many people feel fear about the future, anxiety over illness, grief after the death of a loved one, or desperation because of family, financial, or emotional problems. In this context, “psychics,” “mediums,” channelers, tarot readers, spiritists, and supposed “spiritual guides” are flourishing as never before. The internet and social media have made these practices seem ordinary, almost harmless. They are presented as emotional help, spiritual therapy, or even a “path of light.”

But an important question arises for every sincere Christian:

### **Can a Catholic go to a medium or psychic?**

Is it simply harmless curiosity?

Is it a sin?

Can there be real spiritual danger?

And what exactly does the Catholic Church say?

The Church’s answer has remained constant for centuries: **a Catholic should not turn to mediums, spiritists, or practices of divination**, because these actions contradict trust in God and can open the door to serious spiritual harm.

However, behind this teaching there is neither superstition nor irrational fear. There is a profound understanding of human dignity, freedom, spiritual action, and the invisible battle that runs throughout human history.

This article seeks to explain, from a theological, biblical, and pastoral perspective, why the Church teaches this, what the spiritual background of the issue is, and how to respond in a Christian way to suffering, uncertainty, and the human desire to know hidden things.

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## The Human Desire to Know the Future

Since ancient times, human beings have wanted to control tomorrow. Fear of the unknown produces anxiety. That is why practically every civilization developed methods of divination:



- Pagan oracles.
- Reading the stars.
- Dream interpretation.
- Necromancy.
- Consulting spirits.
- Ritual magic.
- Sacrifices to obtain revelations.

At its core, all these practices arise from the same wound:

**the desire for security without full trust in God.**

People want to know:

- whether they will find love,
- whether they will recover from illness,
- whether they will succeed,
- whether a deceased loved one is “all right,”
- whether disaster will strike.

And when the heart is filled with fear, it can end up seeking answers where it should not.

Here we encounter the first great theological point:

**divination is a temptation against the virtues of faith and hope.**

Because the Christian is called to live trusting in Divine Providence, not trying to force access to the mystery of the future.

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## What Does the Bible Say About Mediums and



## Divination?

Sacred Scripture is extraordinarily clear on this issue. Both the Old and New Testaments condemn spiritist and divinatory practices.

In the Book of Deuteronomy we find one of the strongest prohibitions:

*“There shall not be found among you anyone who practices divination, or tells fortunes, or interprets omens, or a sorcerer, or a charmer, or a medium, or a necromancer, or one who inquires of the dead, for whoever does these things is an abomination to the Lord.”*

*— Deuteronomy 18:10-12*

Here Scripture explicitly mentions:

- the evocation of the dead,
- consulting spirits,
- divination,
- magic.

In other words: exactly many of the practices that today are presented as “alternative spirituality.”

Also in Leviticus:

*“Do not turn to mediums or necromancers; do not seek them out, and so make yourselves unclean by them.”*

*— Leviticus 19:31*

And in the New Testament, the Book of Acts shows how those who embraced the faith voluntarily destroyed their books of magic:



*“A number of those who had practiced magic arts brought their books together and burned them in the sight of all.”*

*— Acts 19:19*

The Bible does not treat these practices as an innocent game. It considers them incompatible with an authentic relationship with God.

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## The Case of King Saul: A Dramatic Warning

One of the most striking episodes in the Bible appears in the First Book of Samuel.

King Saul, desperate because God no longer answers him, goes to the medium of Endor to summon the deceased prophet Samuel (1 Samuel 28).

The result is tragic:

- Saul acts out of desperation.
- He seeks answers outside of God.
- He ends up spiritually ruined.
- Shortly afterward, he loses the kingdom and dies.

The lesson is profound:

when man stops trusting God, he can end up seeking false lights that lead him into darkness.

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## What Exactly Does the Catholic Church Teach?

The Catechism of the Catholic Church is very clear.



## Catechism §2116

*“All forms of divination are to be rejected: recourse to Satan or demons, conjuring up the dead, or other practices falsely supposed to ‘unveil’ the future.”*

The text mentions:

- horoscopes,
- astrology,
- palm reading,
- interpretation of omens,
- mediums,
- consulting spirits.

Why?

Because they involve:

- a disordered search for power,
- a lack of trusting surrender to God,
- and a dangerous spiritual openness.

The Catechism does not speak from contempt toward wounded people seeking help. It speaks from pastoral protection.

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## Why Is It Spiritually Dangerous to Go to a Medium?

Many people ask:



*“But I only went out of curiosity...”*

*“What if the medium knew things?”*

*“What if it seems good?”*

Here we must enter into a deeper reflection.

## 1. Because Not Every Spiritual Reality Comes From God

Christianity clearly teaches the existence of:

- God,
- angels,
- and demons.

The Catholic faith does not reduce the spiritual world to psychological metaphors.

Saint Paul warns:

*“Even Satan disguises himself as an angel of light.”*

*— 2 Corinthians 11:14*

That is why the Church has always taught spiritual discernment.

Not every extraordinary phenomenon:

- comes from God,
- is holy,
- or is harmless.

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## 2. Because Many Practices Are Fraud... but Others May



## Involve Real Spiritual Openness

We must be balanced.

Many mediums use:

- psychological manipulation,
- cold reading,
- previously obtained information,
- techniques of suggestion.

But the Church also recognizes that some practices may involve authentic preternatural influence.

The problem is that whoever seeks contact with “spirits” has no control over what spiritual reality responds.

That is why the Christian tradition has always viewed spiritism as extremely imprudent.

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## 3. Because It Replaces Trust in God

Here lies the heart of the problem.

The Christian is meant to live abandoned to Divine Providence.

Going to a psychic usually arises from:

- fear,
- desperation,
- the desire for control,
- extreme anxiety.

And the heart ends up seeking security outside of God.

It is a modern form of spiritual idolatry.



## “I Only Wanted to Speak With a Deceased Relative”

This is one of the most painful pastoral situations.

Many people, devastated by grief, seek out a medium in order to:

- “receive a message,”
- know whether their loved one is “all right,”
- feel close to them.

The Church deeply understands this suffering. It does not respond with harshness, but with compassion.

But precisely out of love it teaches that:

**the dead should be entrusted to God, not summoned.**

Christian tradition never taught people to “call upon” the dead. It taught:

- praying for them,
- offering Masses,
- trusting in Divine Mercy.

When Martha wept over the death of Lazarus, Christ did not offer her spiritist sessions. He offered something infinitely greater:

“I am the resurrection and the life.”

— John 11:25

Christianity does not promise occult contact with the dead.  
It promises the glorious hope of the resurrection.



## The Rise of “Light” Occultism Today

One of the most worrying phenomena of our time is the normalization of occultism.

Today many people consume:

- tarot readings on TikTok,
- astrology on Instagram,
- “energy readings,”
- spiritual cleansings,
- birth charts,
- esoteric rituals,
- mediumship sessions.

All of it presented as:

- entertainment,
- personal growth,
- modern spirituality,
- emotional therapy.

But the problem does not disappear simply because the language changes.

The Church still sees these practices as incompatible with the Christian faith.

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## What About Horoscopes “Just for Fun”?

Many people say:

| *“I only read horoscopes out of curiosity.”*



Here it is important to distinguish between:

- occasional superficial curiosity,
- and real dependence or seeking spiritual guidance.

However, even when it seems trivial, there is a risk of training the heart to seek guidance outside of God.

Christian life calls for discernment and prudence.

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## The Modern Fascination With “Spirituality Without God”

Our society lives a paradox:

- it rejects religion,
- yet desperately searches for spirituality.

Many abandon the Christian faith but:

- believe in energies,
- rituals,
- manifestations,
- astrology,
- reincarnation,
- channeling.

Why?

Because the human being hungers for transcendence.

Saint Augustine expressed it masterfully:

“You have made us for Yourself, O Lord, and our heart is restless



| *until it rests in You.”*

The problem is that when God is rejected, the spiritual void does not disappear: it becomes filled with substitutes.

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## The True Christian Path in the Face of Uncertainty

The Christian faith does not magically eliminate suffering or questions. But it offers something far deeper than divination:

a living relationship with God.

The Christian does not need to know the future in order to live in peace.

He needs to trust.

Jesus said:

| *“Do not worry about tomorrow.”*  
— *Matthew 6:34*

This does not mean irresponsibility. It means filial abandonment.

Christian trust is born from knowing that:

- God guides history,
- even in the midst of suffering,
- even when we do not understand.



# What Should a Catholic Do If He Has Gone to a Medium?

Many people later realize that what they did was wrong and feel fear or guilt.

The Church's response is not condemnation, but a call to conversion and peace.

The pastoral steps are usually:

## 1. Renounce Those Practices

Completely distance oneself from:

- mediums,
  - tarot,
  - spiritism,
  - occult rituals,
  - esoteric sessions.
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## 2. Go to Confession

The Sacrament of Reconciliation is a place of grace and spiritual liberation.

Christ does not humiliate the repentant sinner.

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## 3. Restore Spiritual Life

- daily prayer,
- reading Scripture,
- the Eucharist,



- adoration,
  - the Rosary,
  - spiritual direction.
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## 4. Avoid Living in Fear

Some people become obsessed or terrified after these experiences.

The Church does not invite people to an unhealthy fear of the devil, but to trust in Christ.

“He who is in you is greater than he who is in the world.”  
— 1 John 4:4

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## Pastoral Discernment: Not Everything Is Possession

Here it is important to avoid extremes.

Not every person who has gone to a psychic:

- is possessed,
- suffers demonic infestations,
- or experiences extraordinary phenomena.

Sometimes there is:

- suggestion,
- anxiety,
- emotional dependence,
- psychological vulnerability.



The serious Church always acts with prudence, balance, and discernment.

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## Christ Does Not Offer Divination: He Offers Salvation

The Gospel was never presented as a method for controlling the future.

Christ came to save humanity from sin and lead us to eternal life.

That is why Christianity does not revolve around:

- hidden secrets,
- esoteric messages,
- constant private revelations.

It revolves around:

- the Cross,
- the Resurrection,
- grace,
- conversion,
- holiness.

The great modern tragedy is that many seek supernatural answers... but do not seek God.

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## The Danger of Wanting to “Know Too Much”

There is a very ancient spiritual temptation:



wanting access to knowledge that does not belong to us.

It was precisely the temptation in Genesis:

“You will be like gods.”

— Genesis 3:5

Divination seduces because it promises:

- control,
- security,
- power,
- privileged access.

But the Christian faith teaches humility.

We do not need to know all the secrets of tomorrow.  
We need to walk with God today.

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## The True Christian Hope

Faith does not remove the pain of losing someone.  
It does not remove human fear.  
It does not remove tears.

But it offers a hope infinitely more solid than any medium:

- Christ has conquered death.
- Life does not end in the grave.
- God does not abandon His children.
- Providence guides even the darkest moments.

That is why the Christian does not desperately seek “hidden messages.”



He seeks to remain united to Christ.

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## Conclusion: Can a Catholic Go to a Medium or Psychic?

According to the constant teaching of the Catholic Church, the answer is clear:

**no, a Catholic should not go to mediums, spiritists, or practices of divination.**

Not because the Church despises human suffering, but precisely because it understands:

- the fragility of the human heart,
- the spiritual dangers,
- and the need to trust completely in God.

Christianity is not a religion of fear about the future.  
It is a religion of hope.

The believer does not walk guided by cards, spirits, or omens.  
He walks guided by Christ.

And even though tomorrow remains hidden, he can move forward in peace, because he knows that his life is in God's hands.

*“For I know the plans I have for you, says the Lord, plans for peace and not for evil, to give you a future and a hope.”*

*— Jeremiah 29:11*