

What Is Grounding? The Hidden Dangers Behind This New Viral Trend

A growing trend in wellness circles is gaining traction among believers and unbelievers alike—and it may be more dangerous than it appears.

The practice is called grounding, or earthing, and while it's often advertised as a harmless technique for improving physical and mental health, former occultists are warning that it's a deceptive entry point into New Age mysticism and occult spiritualism.

Former psychic medium Jenn Nizza recently tackled the topic on her podcast *Ex-Psychic Saved*, joined by Marcia Montenegro, a former astrologer and founder of Christian Answers for the New Age. Together, they peeled back the layers of what grounding truly is and why Christians should be concerned. Grounding, they explained, goes far beyond simply walking barefoot outside or enjoying nature. Instead, it's based on the belief that the Earth itself emits energy that has healing power—a belief with deep roots in paganism, not Scripture.

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As reported by The Christian Post, Montenegro clarified, "Grounding is not liking to walk barefoot outside. It's not finding the outdoors relaxing. It's not appreciating God's creation. Those things are fine. They're not grounding. Grounding is based on the belief that energy in the Earth is healing, and that's not biblical, it's pagan." She added that it's a repackaged form of energy healing that has no scientific credibility and is spiritually harmful. "When you fall for a deception or give it worth, you are helping to make

your mind more open to other deceptions,” Montenegro said.



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The practice originated with Clint Ober, a former cable TV executive—not a scientist—who promoted the idea that reconnecting to the Earth’s energy can improve health. Montenegro noted that one of Ober’s close collaborators is “a known advocate of energy medicine,” saying, “These are not people I would take my dog to.” Nizza warned of the slippery slope such practices can lead to, saying, “You buy grounding sheets today, and maybe next week you’re going to a sound bath or a New Age yoga class. These things are gateways deeper into deception.”

Both Nizza and Montenegro exposed the spiritual compromise that grounding creates, especially when Christians try to tie the practice to Scripture. “There was a post claiming Moses taking off his sandals at the burning bush was an example of grounding,” Montenegro said. “But the ground was holy because of God’s presence, not because it had some energy in it.” Nizza added, “That’s what the enemy does—he’ll try to make you think that God is connected to these things so you feel good about them. It’s not biblical. It’s deception.”

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The Bible is clear on how God views occult practices, including energy healing, divination, and other spiritual counterfeits. In Deuteronomy 18:10-12, God warns, “Let no one be found among you who practices divination or sorcery, interprets omens, engages in witchcraft... Anyone who does these things is detestable to the Lord.” Likewise, Leviticus 19:31 commands, “Do not turn to mediums or seek out spiritists, for

you will be defiled by them. I am the Lord your God.”

These practices are not spiritually neutral—they open doors. When Christians engage in occult-adjacent practices under the banner of health or mindfulness, they risk giving the enemy a foothold. As Ephesians 5:11 exhorts, “Have nothing to do with the fruitless deeds of darkness, but rather expose them.” Montenegro and Nizza are doing just that: exposing the darkness masquerading as light.

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In an age of spiritual compromise, believers must remain vigilant. Not every popular trend is harmless—some are carefully disguised traps that lead away from the truth. Grounding may promise healing, but it offers deception and spiritual vulnerability instead. The safest place for healing, peace, and restoration is in the presence of the living God—not the energy of the Earth.

Let us cling to Scripture and reject any practice that glorifies creation over the Creator. As Montenegro accurately put it, “Christians need to be sober-minded and discerning.”

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