

7 Lies of the New Age That Kept Me Spiritually Stuck

How I broke free from the cycle of seeking and found true peace in Jesus Christ

By Caroline Pizza

Introduction

I was raised Catholic and was deeply devout until I went through a painful divorce. Even then, I never stopped believing in Jesus Christ. During my time of seeking healing, I entered into New Age spirituality — becoming a certified yoga instructor, Reiki master, and relationship coach. Through it all, I truly believed I could blend both worlds: Christianity and the New Age.

But as I began to return to my Catholic faith, I prayerfully and thoroughly researched the differences — and I realized something that changed everything: they do not blend. The teachings and practices of the New Age are not compatible with the truth of Jesus Christ.

This guide reveals 7 lies the New Age sold me, how they kept me stuck, and the truth that finally set me free. If your heart is still restless, let these words plant a seed. Jesus Christ is ready to meet you right where you are.

Lie #1: “I am my own healer.”

New Age practices often promote the belief that all healing is self-generated — that if you go inward enough, clear enough energy blocks, or align your chakras, you will heal yourself. I believed this too. I became a Reiki master, led guided meditations, and taught others how to 'tap into their power.' But no matter how much work I did, something was always missing.

The truth? Jesus Christ is the ultimate Healer. While tools and support can help us become more aware of our wounds, true and lasting healing comes from surrendering those wounds to Him. We can't heal ourselves — only Christ can restore us fully.

Lie #2: “All paths lead to God.”

This is one of the most widely accepted lies in the New Age. I used to say things like, 'Jesus was my way, but your way might be different.' It felt inclusive and nonjudgmental. But when I came back to my faith, I learned that this is not what Jesus Christ taught.

Jesus said, 'I am the Way, the Truth, and the Life. No one comes to the Father except through Me' (John 14:6). That's not metaphorical. He meant it. There is only one path to God — and it's not through spiritual shopping or blending belief systems. It's through Jesus Christ alone.

Lie #3: “I just need one more ceremony or session to finally heal.”

There was always another thing to try — breathwork, plant medicine, moon circles, past life regressions. I spent thousands of dollars chasing the next modality, hoping *this* would be the one that finally released me from my pain.

But healing doesn't come from ceremonies. It comes from Christ. Once I surrendered my heart to Him, I didn't need to keep searching. The relief wasn't temporary — it was eternal. He gave me peace, clarity, and identity I never found in rituals.

Lie #4: “I’m raising my vibration and becoming enlightened.”

The idea of 'high vibe' living was seductive. I wanted to be in 5D, to ascend spiritually, to be part of the awakened ones. But that mindset became a trap — always judging others who weren't on the same 'level,' always hustling to be more spiritually pure.

The truth? We don't climb our way to God through enlightenment. He came *down* to us. Jesus Christ humbled Himself to save us — not because we earned it, but because He loves us. Salvation isn't a vibration. It's a relationship with the Living God.

Lie #5: “Jesus was just a teacher, not the only way.”

In the New Age, Jesus is often watered down into just another ascended master or spiritual guide. I used to believe He was special, but not unique — and definitely not the only way to God.

But when I read the Gospels for myself, I couldn't ignore the truth. Jesus Christ made exclusive claims. He performed miracles, forgave sins, and rose from the dead. He wasn't just a teacher. He was — and is — the Son of God, the only Savior. No one else did what He did. No one else **could.**

Lie #6: “There is no such thing as sin — only energy.”

One of the most dangerous teachings I embraced was the idea that sin isn't real — that everything is just energy and frequency, and there's no right or wrong. This allowed me to justify all kinds of behavior without accountability.

But the Bible is clear: sin is real, and it separates us from God. It wounds our soul and distorts our identity. The good news? Jesus Christ died to save us from sin. When we repent and follow Him, we are washed clean. That's not energetic cleansing — that's spiritual rebirth.

Lie #7: “I can manifest anything if I align hard enough.”

The law of attraction told me I was the creator of my reality. That if I visualized hard enough, believed deeply enough, and aligned energetically, I could manifest anything I wanted. But that belief made me anxious, controlling, and disconnected from God’s will.

Now I live surrendered to Jesus Christ. I trust in *His* plans — not my own. Manifestation puts pressure on us to play God. But faith invites us to rest in the One who *is* God. And His ways are always better than what we think we want.

Conclusion

Sister, if you saw yourself in any of these lies — you are not alone.

I walked that road too. And I can tell you with absolute certainty: Jesus Christ is not here to condemn you. He's here to rescue you, heal you, and welcome you home.

You don't have to keep searching. He is the Way, the Truth, and the Life.

If you're ready to leave the lies behind and surrender to Jesus Christ, here's a simple prayer to begin.

A Prayer to Leave the New Age and Follow Jesus Christ

Lord Jesus Christ,

I come before You with an open heart. I have searched for truth in many places — and now I see that only You are the Way.

I renounce the lies I believed in the New Age. I lay down every practice, belief, and false identity that separated me from You.

I believe that You are the Son of God. I believe You died for my sins and rose again so I could be free.

I surrender my life to You. Fill me with Your Holy Spirit. Lead me in truth. Heal every part of me.

From this day on, I choose You.

Amen.