



# WELCOME TO SPIRIT TICKLE

Welcome to Spirit Tickle—a bi-weekly digest of my personal (sometimes painful!) spiritual pilgrimage, wisdom nuggets mined from a zillion workshops and books, gifts of insights, and soul hacks from my many teachers and guides, as well as my own intuitive downloads. I offer it in the hopes that your spirit will be tickled into remembering the bliss of its own brilliant existence and that you, my Light Being friend, will step into the greatest, most expansive, and complete version of yourself. There is nothing like shared lightness and laughter to get even the driest of souls feeling juicy and succulent once again.

—J.J. Martin

## WHAT'S A SPIRITUAL PRACTICE, ANYWAY?

If you know me, you know that I've been on an off-road spiritual expedition for the last decade. But you should also know that **I'm a normal woman who never possessed paranormal abilities.** As a child, I never saw dead people. I didn't hear the voices of spirits from cultures past. I never felt the energy of aliens from an ancient civilization. I didn't grow up with a shaman or qi gong master grandmother who taught me the old ways of healing.

Rather, I was raised in Pacific Palisades, California, before it became celebrity-packed, with a family that hunted, camped, fished, waterskied, ran away from God-talk but went to Catholic church on Sundays so we could get the custard-filled donuts at Hughes market afterwards.

I spent my entire life achieving, scaling, and being successful at every single thing my Western culture, my American society, my California air, my competitive schools, my nice friends and my very busy family demanded, told, taught or implied was important.



And believe me, I succeeded: I was a winner, a doer, and a fighter. My head was trained in all manner of Western intelligence, my abdominal muscles were (but are no longer!) sculpted to Los Angeles perfection. **I moved countries, made friends, decorated homes, built a journalism career,** and then a company. All of this was wonderful in many ways. I am deeply grateful for all that has come forth. But this bounty also had a dark side...

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I am perfectly willing to share downloads and dispatches that feel like they come from another planet.

## DAILY INTENTION RETENTION

It's January, the moment to set intentions for a new year and a fresh start.

This is a very good thing. But rather than do this once every 365 days, I'd like for you to start thinking about your intentions as a regular practice and fold it into your daily spiritual, energetic, and emotional housekeeping. This will help you live more intentionally. And by doing that, you will bring more consciousness into your existence as a human being who is creating all day, every day.

There are some techniques that may help you anchor this so that it becomes ritualistic and habit forming—and so the outcome lasts longer than 30 days. In fact, you'll even begin to crave it as much as you do that nighttime cookie.



**The more you can create a ceremony around your intentions, the more connected you will feel to them.**

Here's what I do. First, I created a space in my home where I sit each day to do this work. I actually transformed an extra bedroom into a meditation room with no furniture except for an altar that I built to house my crystals, goddess and angel imagery, and meaningful keepsakes: a letter I wrote to myself as a 7-year-old child, a photo of my dead father, candles, and incense sticks I brought back from Bali. Please don't worry if you don't have a lot of space. Just pick any spot where you can shut the door and set up a mini shrine for yourself.

That might be one shelf or a tiny corner of your bedroom where you lay down a 6-inch piece of fabric and a vase with a fresh flower.

Setting the space will both honor and anchor your ritualistic work.

[TRY IT!](#)

## HEART HACK

Are you married? Or just love wearing a little sparkle?

Then put that diamond to use! A diamond is one of the earth's most potent energetic crystals and a massive amplifier. Put it on your 3rd eye chakra to help you

expand your clairvoyance and on your heart during meditation.

Use your breath to guide the diamond's energetic field. (P.S. More on this later!)

## Hello, Healer

Viola Crespi

My favorite kinds of healers are those who sweep out your energy circuits, but also

those that can address the underlying shadows that are buried beneath your consciousness

and that continue to cause the energetic plaque in the first place. *Viola Crespi* is one

such angel worker. Her Theta Healing techniques have cleared my mind of bulky,

limiting beliefs, as well as a past-life trauma.

And she's offering you a gift for the new year!

[GET THE SCOOP](#)

## RESOURCES



No Buddhist alive talks about emotional housekeeping better than the soft but steely Pema Chodron. I took a three-day retreat

with her at the Omega Institute in New York, but you can find her insights buried

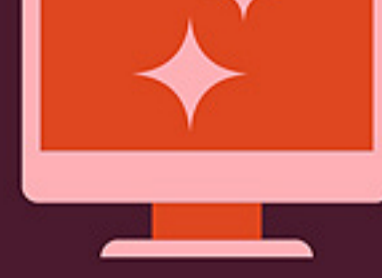
into such classics as *The Wisdom of No Escape* and *The Places that Scare You*. The latter is my bible for fear management.

The Gene Keys, a book written by Richard Gudd, has been a magical turning point in my own spiritual awareness.

We'll get into it later. In the meantime, why not check out Richard talking about

the shadow of Numbness and how to transform it on *YouTube*? He does weekly

group chats on Clubhouse that I like to tune into, too.



I'm not a beauty product junkie

—I rarely even wear makeup. But this *Pohala body oil*, made from more than 50

wild Hawaiian herbs and gifted to me by Sandra Walter (more on her later!), is an

exception. I put it on everyone I see. I can't help myself. Place it in your hands,

inhale forcefully, then apply to your neck to be transported immediately inside the

center of the earth's womb.

A book I almost always recommend to people who start out on their spiritual

trek is Carolyn Myss' *Anatomy of the Spirit*. Myss is a serious, fascinating medical

intuitive and all of her books (and *YouTube* videos) are great. This one lays

the foundation of how you are much more than your mere body and mind.



## SUNDAY SESSIONS

Every weekend, I'll be hosting an IG Live with one of the myriad healers and influential wellness workers in my community.

Set your clocks for 6pm CEST on Sunday, January 23rd to join my conversation

@jjmartin with Light channeler *Claudia Navone*



I'll bet you have questions—maybe many!

Email me at [askjj@ladoublej.com](mailto:askjj@ladoublej.com) and I'll do my best to answer them or address them in a future Spirit Tickle.

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