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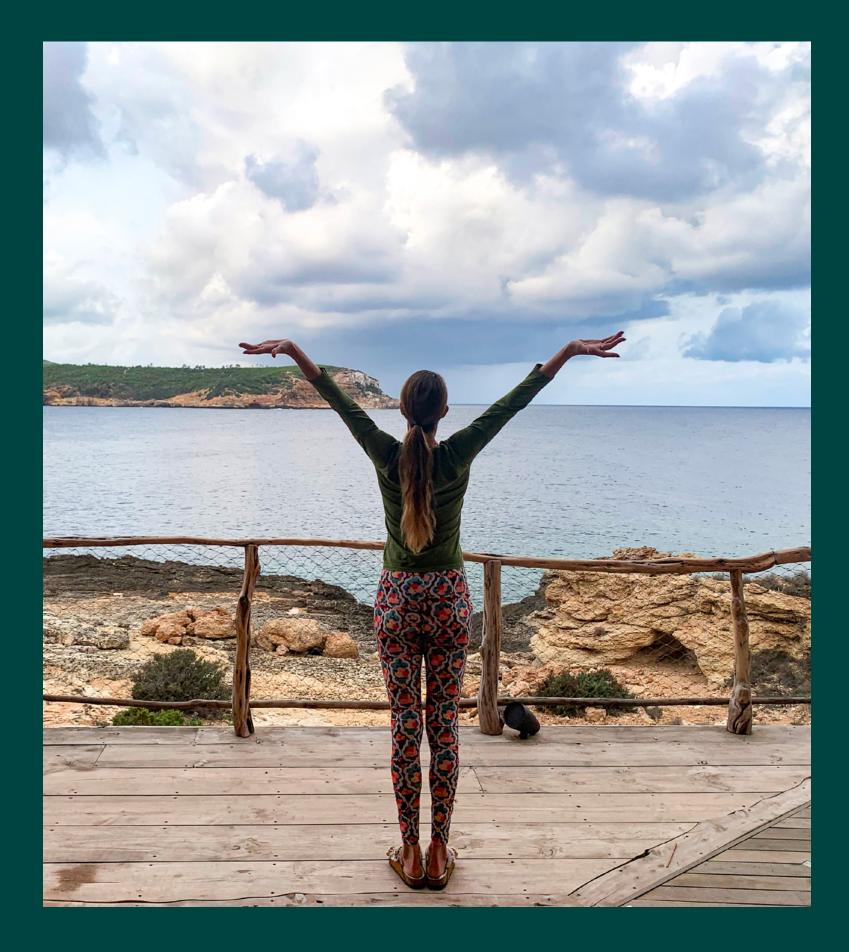
Welcome back to Spirit Tickle—a bi-weekly digest of my personal (sometimes painful!) spiritual pilgrimage, wisdom nuggets mined from a zillion workshops and books, gifts of insights, and soul hacks from my many teachers and guides, as well as my own intuitive downloads. I offer it in the hopes that your 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.



HOW TO GET STARTED ON YOUR SPIRITUAL EXPEDITION

First, let's let God out of the closet. That way we can all relax. For those of you who are hollering about God from the mountaintops, fantastic. Go for it. But let's be clear. Spirituality is not a religious practice. You might be following a religion, but you don't have to be religious in order to practice spirituality. Or, you might be like me so terrorized by my Catholic upbringing that my own taste for spirituality soured, my spiritual development stunted like a pinky toe that dreamt of being a redwood. So please don't worry.

Let's focus, instead, on waking up to the existence of your Higher Self and realizing that it is directly hooked up with Source Consciousness, the supreme power socket of our whole galactic operation. Whether you call that source The Universe, Life Force Energy, God, Allah, the Divine, Jesus, your dead grandmother, Buddha, the Pacific Ocean, Good Vibes, or the Galactic Light Federation, it's fine. We are all speaking about the exact same thing and must realize we all share and ultimately possess this Force within us. This is what unifies us as a human race.



Another obligation: You must begin to see that you can have a direct experience with this omnipotent energy. It does not require a middleman, a divinely ordained priest, a book, commandments, a better-than-you guru, an ashram, or a church to get it. This is something that you cultivate within yourself and that you are entitled to and worthy of having. It is your birthright to claim it.

If you're like most people on planet Earth, your Higher Self might currently be taking a nap in some dark, hidden room of your consciousness.

Spiritual Expedition Tip

"The trick in a spiritual practice is to stir this sleeping inner giant and to find the guru within. You are your own teacher. You are your own healer." – J.J.

RETREAT RECAP: SIX SENSES IBIZA

A key tool in blazing your spirit terrain is simply creating space for your inner magic to unfold. Often, we need to leave the home/work spin factory and land in a quiet special arena. Retreats are great for this.

I recently attended a heavenly one at the <u>Six</u> <u>Senses Ibiza</u>. Now, before you roll your eyes, I too blew off Ibiza as a cheesy party island that attracted English and German tourists zooming over on bloated RyanAir flights, only to spend three nights fried-eye-awake dancing, screaming, and stumbling around stadium-sized nightclubs in a messy haze of ecstasy and cocaine. Over the last several years, however, I've begun to hear more and more about the soulful enclaves that are still attached to Ibiza's spiritual history. The island itself vibrates with potent Mother energy—the ancient inhabitants worshipped the Phoenician Goddess Tanit, whose mystical forest cave you can still visit (so worth it).





Today, the island is crammed with a tight-knit community of energy and sound healers, yoga teachers, crystal magicians, and holistic health practitioners. It can be tough to find them if you're not connected to the locals, but happily, the new Six Senses has unearthed a potent group of them. We have all come to expect oat milk lattes, gluten-free everything, and plenty of yoga or meditation classes at luxury resorts. But I have never visited a mainstream, beautiful hotel that offers traditional cacao ceremonies, shamanic drumming sessions, holotropic breathing circles, legitimate sound baths, or that retains a full-time Naturopath and Energy Healing Director who can read your energy body and talk about your past lives with his bare eyeballs.

You can, of course, come here and eat barbecue steak, drink wine, lounge on your pool bed in your La DoubleJ robe (yes, we designed them!), get a regular massage and hit up a nightclub if you want. No one will report you to the spiritual police. But if you're looking for something deeper, I recommend their <u>wellness</u> <u>retreats</u> in the fall and spring. Here's a peek into what I loved and techniques you can try, too.

GET THE DETAILS

Higher Self Hack

The sun is a magnificent conduit to your Higher Self and Source energy—so use it! Stare directly into its full circular orb at sunrise or sunset. Soften your eyes, allow the light to pierce through your 3rd eye, then envision your body showered in healing,

golden diamond light.



Spirit Tool: Soak in a Sound Bath

If you're one of those people who can close their eyes, immediately wipe their mind, and sink into deep meditation, fantastic. But many of us, me included, have such an overactive, over-muscled mind, that training it to sit down and shut up takes a long time. One of the quickest doorways I have found for coaxing the mind into submission is **Sound Healing**.

READ MORE ABOUT SOUND HEALING



Hello, Healer

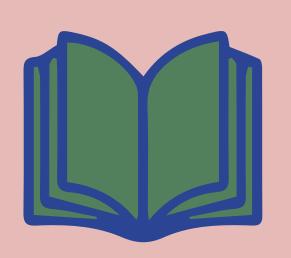
Anika Lefebvre, Breathwork Guide

Breathwork is one of the fastest, most powerful, and all-natural ways to hit your Higher Self right in the forehead. I have had some of my most mighty out-of-body experiences merely by working with the intense, deep, and sustained technique known as **Holotropic Breathing**. <u>Anika Lefebvre</u>, who works at the Six Senses Ibiza, is a treasure; not only does she set the space energetically and use great music, she possesses the magic touch as a gentle, powerful guide in this deep inner work. – J.J.

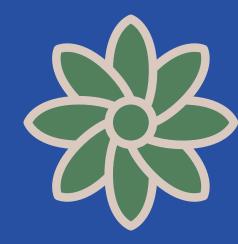
READ THE INTERVIEW

RESOURCES

Abraham Hicks is a great intro to spiritual principles, packaged for easy human consumption. Founder Esther Hicks looks like the nicest grandmother ever, while channeling practical thunderbolts of wisdom from Abraham who is not a boring Biblical figure, but rather a sassy-pants funny spirit guide. Check her out on You Tube.



If you haven't already read them, fill out your spiritual library foundation with these spiritual primers: Eckhard Tolle's *The Power of Now, Meta Human* by Deepak Chopra, *Becoming Supernatural* by Dr. Joe Dispenza, *The Untethered Soul* by Michael Singer, and *The Art of Happiness* by the Dalai Lama.



Sound healer Elena Teixidor introduced me to a fabulous set of Chakra activating organic essential oils made on Spain's Tenerife Island, which she sells on her <u>website</u>. I spent two weeks on each chakra, starting with the root and working my way up to the crown. Apply the oil at the chakra point on your spine.



If you are interested in starting a body detox, get <u>Harmonic Healing</u>. Not only will you find great recipes for a manageable liver cleanse, but Dr. Linda Lancaster expertly explains your energy body and how/why it is affected by the environment you bob around in—from your words and actions to the people, air, and nature around you.



Sunday Sessions

What is a naturopath and why do you need one? We will dive down into all things holistic with Six Senses Ibiza's young and cool resident naturopath, <u>Udi Sahar</u>. He is smart and fun. Come join us!

Set your clocks for 6pm CEST on Sunday, February 13 and tune in on Instagram to @jjmartinmilan for my conversation with @udi_sahar.

STILL CURIOUS?

I'll bet you have questions—maybe many! Email me at askjj@ladoublej.com and I'll do my best to answer them or address them in a future Spirit Tickle.

Not feeling ticklish? Opt out of receiving the Spirit Tickle below.

