CIAO, SISTARS.

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.

Love,
J.J.

LOVE IS YOUR POWER BUTTON

It's Valentine's month, so for a while now everything has been wrapped up in pink hearts and love has been airbrushed into the collective imagination. Everyone loves to fall in love and to be in love, me included. Those early weeks and months of catching true love open you to the most powerful altered state available to a human being. Where you used to sag, you now soar—you vibrate with joy, you bend with flexibility, you see everything with bright optimistic eyeballs and the wonder of pure possibility, no matter how many raindrops, invisible bullets, or firebombs are swirling around you. You bounce on light and life when you are in love.

Romantic love will give you your first glimpse of what the human heart can do. It can turn you into a fool. A superhero. A supermodel…all at once. But most of us are not able to hold this very high-frequency energetic. We stay with those we say we "love" for many years, even a whole lifetime, and yet we don't—or can't—stay with the high frequency of love itself.

To develop your spiritual practice, you will use Love as your most important tool. It is your superhuman power button—better, stronger, and more powerful than any cape, crystal, magic wand, or toad venom ever could be. And you will use it well beyond the confines of a coupled or family relationship.

It seems counterintuitive, right? Love pulverizes us into sloppy wet messes. We are tenderized when we are in love. We are soft. Vulnerable. I cry like a maniac when I hit my love button hard enough. And yet, it is this very receptive, trusting, open, watery state that allows the magic of the spiritual practice to unfold….

READ ON

Love Nugget

"When your heart is small, you suffer a lot. But when your heart becomes bigger, very big, then the same thing does not make you suffer anymore. So the secret is how to help your heart to grow."

— Thich Nhat Hanh, Buddha Mind, Buddha Body

JUICE YOUR HEART: STOP CRITICISM & JUDGMENT

In January, we all started the New Year fresh with resolutions on how to improve ourselves. Most of the Americans I talked to (I haven't met that many Italians who do this) quit coffee, alcohol, grains, gluten, sugar, dairy, beans (beans!?), or all of these gut criminals in one go.

Quitting sugar is a frequent but torturous process for me—it's been my nurturer, soother, and grounder for as many years as my mother (whom I love, by the way) was emotionally vacationing. Sugar was a lover and a noxious heart-feeder. This year, however, I decided to try something different. I am working on giving up judgement, criticism, and punishment: the Holy Trinity of shadows I've been lugging around inside my overstuffed karma backpack, the root of this heart craving to begin with.

I want to talk about criticism, because it's fundamental to face if you want to open the heart properly. Look, I come from a judgmental family and punishment was very normalized. Then I worked as a journalist for 15 years, where my job was to criticize creative things that other people made all day long—*good, bad, ugly, beautiful, yes, no, awful, amazing.*

So, criticism is gnarled into my brain creases. I'm also a perfectionist and seer of errors. It is my tendency to jump to judge a situation, a person, words I'm supposed to edit, emails I need to respond to, or a product that came out in an odd shape and wrong color. But what I've realized over the years is that while judgment and criticism safeguard my heart's feeling centers, they are the quickest way to separate myself from love.

It's easy to tell myself, "I'm going to stop judging and become the Dalai Lama!" Doing it is way harder. Because I still do it, though less frequently than I used to, I end up judging myself for all the judging I continue to do. How do I get out of this nasty knot of being a judgment junkie?

READ ON!

Feel "In Love" Every Day

When we fall in love, we get silly and stupid. This is great! Mimic that

outrageousness in your day-to-day life: Laugh out loud and from the belly when someone insults you. Return a verbal punch with a heart hug. Get genuinely curious when someone criticizes you. Skip when you're depressed. Play with darkness when it comes. Treat life like the game it is.

Spiritual Toolkit: Heart Tenderizers

When you do a deep and honest excavation of your heart space, you might discover that it's currently tied up, locked in a cage, bound in a vice, trapped behind 10-foot walls, or even buried alive underground, barely thumping. That heart needs to be released so it can perform! These are some of my favorite tools…

ELEVEN WAYS TO DO IT

Hello, Healer

Manizeh Rimer, co-founder of Love Supreme Projects

One of the quickest ways I have found to get out of the head and into the heart is through singing. Bhakti, which is a devotional form of yoga, uses singing mantras that evoke various goddesses within you. The louder you sing, the more you fall into a higher energetic frequency. One of my favorite teachers for this is Manizeh Rimer, whose beautiful voice and harmonium player fill her fabulous new yoga space in London, aptly called Love Supreme Projects. Read on to learn more about Manizeh and the ways singing, chanting, and dancing can crack your heart wide open. – J.J.

READ THE INTERVIEW

Sunday Sessions

Join me and Love Supreme Project co-founder Manizeh Rimer for a chat about how you can use Bhakti Yoga to hack through to your heart—and try some call-and-response chanting with us.

Set your clocks for 4pm CEST on Sunday, March 6 and tun in to @jjmartinmilan on Instagram for my conversation with @manizehrimer

RESOURCES

For left-brainers out there wanting

Search this

"proof" that the heart does more than pump blood in your body, check out HeartMath, which gives all sorts of scientific studies on the heart's energetic power capabilities. It is also chock-a-block with classes, workshops, and meditations on heart-coherence and how to use it to blast yourself and everyone you know into bliss.

Try this

Pink stones—especially rose quartz, pink sapphire, and pink tourmaline—are nature-made to get the heart juices going. An emerald will also do the trick if you happen to have one lying around (ha!). Wear them and use them in your left hand in meditation practices. The Book of Stones, by Roberto Simmons and Naisha Ahsian, is my bible for every stone's energetic, emotional, and spiritual properties—it's a fascinating read.

Read this

The renowned Vietnamese monk Thich Nhat Hanh, who passed away in January, was an angel on earth. His messages of love are so simple and practical, you'll find yourself sinking back into your five-year-old self and remembering how easy it was to love with an open belly and huge heart. Read anything by him, but especially How to Love and Anger: Wisdom for Cooling the Flames, plus the mini-book, True Love.

Listen to this

If you need to calm the mind and get into the heart, pull up Snatam Kaur on Spotify. Her voice will literally melt you into liquid love. There's not a song of hers I don't like, but Ek Ong Kar Sat Nam, Ong Namo and Long Time Sun are guaranteed heart pleasers. Trust me.

Mark Your Calendars!

Join Theta Healer Viola Crespi and J.J. Martin for a "Spring Equinox Energy Clearing" hosted in the Sacred Grotta of our Milan. This cleansing meditation is designed to resurrect our spirits from their Winter slumber, cleanse our energies of residual burdens, and ground us for the season ahead. For those who can't join us in person we will be streaming the workshop live, and participate in a live Q&A between J.J. and Viola.

Click below to register for virtual access to the workshop.

askjj@ladoublej.com
(can we make this a link that opens an email scenario?)

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.

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