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.

PLUG INTO YOUR POWER SOCKET

I'm always telling people to Raise Your Vibration. I can't help myself. But this is not just a cute company motto. It is a real directive in the expansion of your spiritual practice.

A few friends have asked me, "But what does this mean, exactly?" So, let's start with the basics. First, you must realize that you—as a complete human being—are much more than your physical body you spend so much time sculpting, your mind that spins like crazy, and the emotions that tug you north and south. You are, above all else, an Energy Being. Everything in the universe possesses an energy quotient, from the tiniest atoms to the most massive stars. Humans—with our sacks of skin, feelings, thoughts, hearts, chakras, spirits, and souls—are not exempt. All of it pulsates with vibrating energy.

When we are young, we are taught reading, writing, math, science, history, soccer, and table manners, but no one sits us down and explains that we possess an energy body and that everything around us responds to—is attracted to or repelled by—that energetic field. No one explained that the energy inside of people, rooms, plants, stones, objects, parties, thoughts, and words can range from the highest, dizzying, light-show firework levels down to the stinking, stagnant, dumpster levels of energy.

We just think, *I hate this place. Or, I hate myself right now.* Not realizing that as human beings we are constantly fluctuating between our energetic frequencies and that everything around us is vibrating, too.

As spiritual warriors, we begin to realize that this energetic is actually decided by us. We control it with our own free will. Shit may happen, emotions course through our bodies, but how we react to the crap storm is us taking our energetic field into our own very capable hands. **It is done first by awaking to the idea that energy is swirling around you at all times, then deciding you want to raise your own vibration, and then actually moving into that frequency yourself so that everything around you can align with it.**

READ ON!

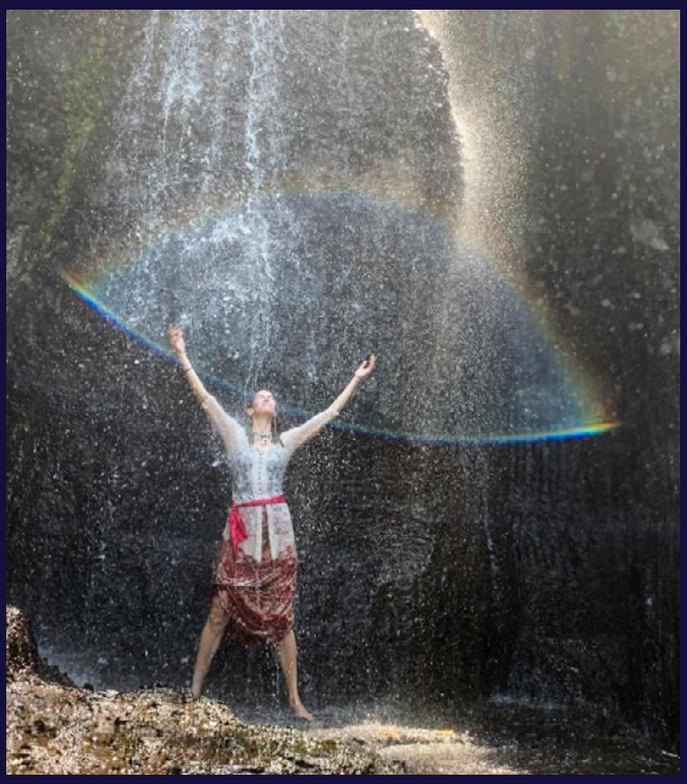
Find Your 'ON' Switch

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

— Nikola Tesla

OKAY, IT'S TIME TO EXPLORE YOUR SHADOW SELF

Once you start raising your vibration, you will spend more time with your Higher Self, which is the part of you that is tapped into a higher consciousness. And this means that you will begin to see your Lower Self for the ignorant little sucker that she is. The higher you go in energetic frequency and the more you can hold it, the lower the tolerance you have for sitting in your self-generated trash. You smell it and locate it much quicker than you did when you were covered with 8-foot-wide steel walls. You will remove it much more quickly, or you will avoid it in the first place.



But this process is not easy, quick, or linear. All of it happens in fits and starts. My own Ascension process was deeply messy, not to mention inconsistent. I'd fly up, then crash right back down, mainly because I couldn't hold my own trash can. I was deeply ashamed of my own shadows as I scooped away at my inner black hole. I knew those shadows must be confronted with a wide-open heart and wonderment. But mainly, I just felt…irritated. The more you treat your own darkness with light, the more you expand, the higher you fly, and the more junk gets expelled from every layer of yourself.

This is the way we clear karma, and it is also the way we heal ourselves from aches, pains, disease, and anxiety.

LEARN THE TECHNIQUE

Plumb Your Depths

"It is time to sink into your own somatic experience, to shrink yourself into your microscopic cells and go deep-sea diving in your own energetic currents, to swim amongst your own twisted coral reefs of DNA. Put the mask on and go take a look, feel around, and have the decency to listen to

what your body is so desperately trying to tell you."

— J.J.

Spiritual Toolkit: Cleansing Your Energy Body

When your energy body is gunked up with soupy, smoggy energy, you will feel like crap and you will not act or speak like the angel you are.
A part of your spiritual practice is cleansing that energy sack.

16 WAYS TO DO IT

Hello, Healer

Elisabeth Manning, Master Spirit Coach and Energy Healer

My very first foray into energy work happened, like most spiritual pursuits, because I was in the pits of despair. After four failed IVFs, my body and heart were a mangled mess. Then Elisabeth Manning dropped out of the sky like the angel that she is…. —J.J.

READ THE INTERVIEW

Sunday Sessions

Join me and Elisabeth Manning for a discussion about her energy work and how to kick-start your energy practice. We will also have a live energy cleansing together!

Set your clocks for 6pm CEST on Sunday, March 13 and tune into @jjmartinmilan on Instagram for my conversation with @birthingthelight

RESOURCES

A Very High-Vibe Retreat

If you are already well along your Ascension path, I strongly recommend Sandra Walter's Crystalline Convergence in Sedona, May 14-15. I went last year and was blown away by her high-vibration container and wonderful community. The advanced-level activities include meditations and unified immersion in Sedona's sacred crystalline field.

What to Read

Some great primers on energy, how it works and how to use it are Harmonic Healing (please start here if you're new to all things energetic), Energy Medicine by Jill Blakeway, The 7 Healing Chakras: Unlocking your Body's Energy Centers, by Brenda Davies and Energy Strands by Denise Linn, for those who want to learn how to clear low frequency energy.

Listen to this

Sound is one of the quickest ways to jump out of the mind and reach higher states of vibration. I start the day singing the following mantras: Gayatri Mantra (link on Spotify by Deva Premal), Ganapati (Satyaa, Pari), Om Namah Shivaya (Devi Premal), and He Ma Dura (Donna de Lory).

Watch this

Guru Jagat, who unfortunately passed away last year, has incredible videos on YouTube in which she shares many kundalini breath and chanting techniques that cut through negative energy and reset your body. Two short ones that I love are this and this, but do a search and find what resonates with you.

A Retreat for *ALL*

If you need to get your body and mind recharged, James de Maria is hosting his next yoga retreat in Ibiza from May 7-14th. It also includes pranayama, ecstatic dance and contact sessions. I adore this teacher—we wrote about him in Tickle 2.
Don't miss out on this!

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 directly or in a future Spirit Tickle.

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

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