SPIRIT TICKLE

✦ CIAO, SISTARS. ✦

The world is planting seeds for Earth Day, so this week's Tickle is all about Gaia; ancient goddess of Earth, mother of all life, fountainhead of fertility, birth, healing, abundance, holder of the sacred elements, the seasons, and cycles of nature. She is our collective Home, the hearth we share with all of humanity. We get messages and teachings from Gaia all the time – storms, earthquakes, floods, and fires – but most of us are not paying attention. We are also largely clueless to the ways the Earth can both nurture and heal us, from her powerful energy body that is waiting to be tapped into, to the five elements of earth, air, fire, water and ether, to its salts, minerals, plant medicines, and herbs. Your consciousness will rocket like a supernova once you bring awareness of the Earth as a living Being and Our Great Mother—meaning not just your great long soon, but everyone's. Here are a few ways to start.

Love,
J.J.

ARE YOU MY EARTH MOTHER? LEARNING TO COSMICALLY COMMUNE WITH GAIA

Several years ago, I was walking down the street in Santa Monica and got hit by something flying forcefully through the air. It banged right on my face and then started moving. I could not see anything in front of me. The impetuous wind kicking into an invisible person, and as I tuned into the encounter, I realized this person was in the air and under my feet, bracing and rocking the side-walk. I stood there paralyzed by the shock of it, my eyes were seared open, not blinking, and my head suddenly felt clamped in a vice of pressure. My ears shut off from the birds, people, and cars hearing around me, and then my body, in absolute stillness, began to listen and feel in a way I never had in my life.

What I perceived behind my now-closed eyes were the curves of a giant woman, a living Being, ferociously stomping underneath my feet. She had her face pressed up against my cheek and her arms wrapped around my body. A fur-ankle tattoo ran up and down her calf, and I felt the deep freeze, all usual facilities (brain, eyes, ears, sight) turned off, paralyzed. The only thing that operated to work were hooks connected to feeling and listening, the only ways not the usual ones. It wasn't skin-to-skin contact that I felt, or ear to ear outside sound that I heard. All of it was happening within a new inner sensory maintrame that I been activated in the past within me that I could very well have been designed, produced, and packaged in a galaxy far, far, away.

Have I just evaluated the earth? I thought.

KEEP READING!

"In these few marvelous, miraculous, frightening minutes, the earth and I shared the same electrical socket. I don't know how else to put it into words." —J.J.

MY JOURNEY FROM SWOOSH TO SHAMAN

My dear friend Kate-MorningStar Bednarski, a transpersonal coach, shamanic practitioner, and creator of 5 Stepping Stones, is deeply tied to the power and high-frequency energy of Gaia. Here, she tells us her remarkable story of ceeping into her role as a shaman from the corporate world of Nike and gives us fascinating insights into plant wisdom and her channeling capabilities with Gaia in a Q&A that follows. —J.J.

Several of my clients over the years who serve in executive C-level roles have asked me how I moved from the E-Suite to become a shaman, so I'm happy that I can begin to put this into expression.

I've been a shaman essentially forever. And here's the thing: we are all shamans if we choose to tap into the powers bestowed. What is a shaman, anyway? A shaman describes those who feel a deep connection to and respect for the elements (earth, fire, water, air), Mother Earth, and all her beings and walks a deep nature spiritual path; and a shamanic healer is one who heals the spirit or the spiritual aspect of dis-ease. I had to awaken to my calling to the shamanic path in this lifetime, though I kept putting it off until I could no longer resist or deny it.

As I reflect back to my youth, I have always been connected to spirits and nature. I grew up at only child in a neighborhood with no other children and didn't feel lonely, because I had "invisible friends," angels, fairies, dragons, and a whole host of others that I spoke with all the time. They played and talked with me; provided wise advice and guidance; and, I grew up Catholic and liked going to church because I had fabulous conversations with all the stained-glass windows and statues. I felt very close this of course, as I would have been told that the only way I could talk to spirits was through prayer, and I knew better at a very young age). So, I just kept my spirit relationships to myself. When I was about 5, I remember telling my mother I was going to storm and the wind, "It sounds like a train." My mother, who was a very sweet, kind, and loving mother, frightened about the rising rain-storm, was annoyed with what I knew. I had known it was coming, but she explained that the sounds and winds told me so I observed them working over and chattering about.

Fast forward to college and my rapidly advancing post-graduate corporate career, first in RD&D as a Sports Scientist, then Product Manager, Brand Executive, General Manager and President. My business superseded my connection to nature as I strived to revive struggling brands; and with it my shamanic path took a back seat…more accurately, got buried. But true callings have a persistence way of getting one's attention one way or another.

READ THE FULL STORY

"I recommend connecting with Gaia as regular practice. We live on her surface. We eat the foods she provides. We heal from her medicines. And, we are mutually benefit from connecting consciously with her in gratitude." —Kate MorningStar Bednarski

Friday Session!

Join J.J. and Kate-MorningStar Bednarski on Earth Day for an in-depth discussion on Kate's journey from Nike to Shaman, what we can learn from Gaia, and how to tap into her high-frequency energy.

Set your clocks for 9pm CEST on Friday, April 22 (that's 11am PT, 2pm EDT), and tune into @gaiaconstellation on Instagram.

Spiritual Toolkit: Earth to J.J.! Getting on Gaia's Wavelength

So yes, the Earth is a majestic, living, breathing Being with very high consciousness. This is good news for all of us humans, because her high-frequency energy can be plugged into and literally drunk from as we raise our own frequency by matching with hers. In this way, Gaia becomes an incredible sacred guide for us on our own spiritual practice. The trick is, you must set your frequency so that you are tuned to the same energy channel as she is. That's when all the magic unfolds.
How do you do this? There are a million different ways!

LEARN A FEW OF THEM

Hello, Healer

Jobi Massoni, Founder of Sefari

Jobi Massoni is a highly attuned Water Whisperer. Through her specialty in ocean work, I have done her Sefari water voyage in my own backyard in Milan, which she describes as an "artful and immersive practice held by water and guided by sound." The bathing sessions, done privately with nothing but Jobi's battery voice and sounds to accompany you, encourage a deep listening, and allow for a holding of your truest experience. This is the magic place where body, mind, and spirit are aligned, felt, and made whole. We call this "embodiment" and Gaia's natural healing element of water is a major helper in allowing this to unfold within us. —J.J.

READ THE INTERVIEW!

RESOURCES

Read these

Here are some books that Kate recommends to open your Earth heart: Love Letter to Earth by Thich Nhat Hanh; Coming Back Home to Joanna Macy; The Earth Path by Starhawk; Braiding Sweetgrass by Robin Wall Kimmerer.

Try this

Make an Earth altar and spend time at it daily. Kate says, "I have all 4 earth elements represented on my altar: water (sprays and tinctures such as rose water and Desert Lily essence water); air (feathers); fire (candles); and earth (crystals, stones, flowers, wood). Here's a fun article to catalyze your ideas."

Use this

Desavery founder Andrea Dinovic is "on a mission to get people to think of skincare like a meditation session and reality take time to nourish mood and mind." Her all-natural serums and face oils teleport me to a lush, vibrantly alive garden. I especially love the Stellar Daily Serum.

Stay here

To get gobbled up (in a good way) by Mother Earth, visit a jungle! Bambu Indah hotel in Bali features sensationally designed, all-bamboo huts and is run by an eco-conscious couple who also founded The Green School in Bali. It is heaven.

Watch this

Gaia is a media channel that has a few sensationalist stories about Atlantis, Stonehenge, etc., but also features a deep collection of consciousness-expanding videos, yoga, and meditation classes.

Book this

As I've said here, retreats are excellent ways to blaze new spiritual terrain. Deborah Hanekamp, aka 🌸 mamamedicine, is holding an Element Retreat for women on Lago D'Orta Italy, July 9-15, 2022, focused on "Harnessing the empowerment of the four elements to be our own healers."

Still Curious?

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

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

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