CIAO, SISTARS.

Of all the spiritual adventures I have taken over the last decade—and believe me, there have been a lot—my most recent trip to Egypt was the most life-changing of them all. I have never before felt so much energy shift and consciousness expand in all levels of my being. Each of us is called to different practices, techniques, and places to help our spiritual awareness explode. There is no right one. No right way. No single rule. Trust your gut. We are all unique beings making up a unified whole here. Egypt—where I was guided by Dee Kennedy, a Mystic High Priestess—was my star-origin place on Earth (more on that later, friends!), much like Bali has been, where everything aligned in the weirdest, most fluid and perfect ways. If Egypt is calling you, please go. This was the best trip of my life.

Love, J.J.

WELCOME (BACK) TO EGYPT

From the moment I arrived in Egypt, I felt more at home than I ever have in Milan or Los Angeles. I loved the burning heat, the haggling, hassling street vendors, the women in their head scarves, even the icy, muddy Nile which I slipped into like silk sheets, rolling around in a hippo-like bliss. Egypt's crumbling buildings, its dirt roads, its coffee-eyed, sharp-jawed men, the Ramadan wail-singing that broke my sleep at 3:30 every morning, and the soaring temples with walls embroidered in magical coded texts all spoke gently to me: *Welcome back, sister*.

I've never felt so completely in tune with a new culture, and so fully received. When exactly had I last been here? Maybe 7,000 years ago, in the pre-dynastic period when ancient Egypt was an Atlantean colony? "I know you from a past life," said Rina, our Muslim Egyptologist, from behind her veil on day 6 of 16 together. *That's right*, my belly said. Then we high fived, even though her religion says she's not allowed to have a past life.

Egypt had sent its invitation early. At age 12, I was guided by an assignment to faithfully reproduce every single god and hieroglyph of the Weighing of the Heart scene in the *Egyptian Book of the Dead* for our 7th grade Ancient History project. I worked on it like Michelangelo's junior apprentice for hours every day over two months. It was eerily accurate and glowed powerfully off of its giant poster paper, and my teacher at Marlborough kept it hanging in his classroom for the next 20 years. From then on, any time someone said the word "Egypt," my ear canals widened. Later, spiritual teachers began circling me, many of whom had been initiated in Egypt. I knew I needed to go, but when? Every opportunity that came my way inevitably coincided with fashion week or the Milan furniture fair, my busiest work periods.

Then Covid decided that Salone would be pushed back to June, and April opened up. My shaman friend Nena called; she had found a high priestess named Dee Kennedy, who had led spiritual journeys in Egypt for 16 years. Neither of us knew her, but Nena has special antennae for gifted spiritual teachers, and I possess a golden gut. After an hour-long Zoom with Dee, I said yes.

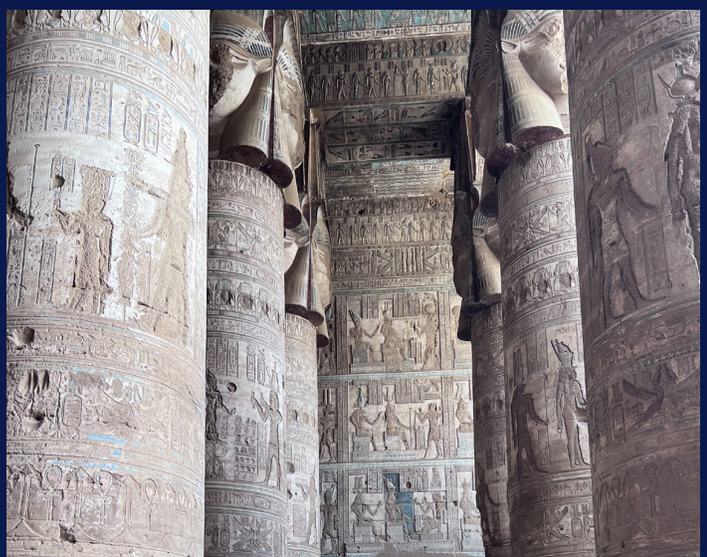
KEEP READING!

"I was receiving new energy codes from the ancient civilization of light in every site we visited. Their gods and goddesses were alive, stomping, dancing, and whispering within me."
—J.J.

SPIRIT TOUR: EVERY TEMPLE WE VISITED

There are a million stories I could tell you about the outer-body experiences and extra-terrestrial guidance I received in Egypt; one day we'll get there. But for now, here is the nitty-gritty on where we went and why.

These sacred sites, as well as their order, were all meticulously and methodically chosen by Dee to activate our own energy points in logical succession, much like Kundalini energy travels from the base chakra up to the crown. In other words, you aren't going to have a head-exploding crown chakra moment in the Great Pyramid if you didn't energetically clean out your womb and gut down in Aswan first. Each temple was located on the east bank of the Nile, and each was associated with a specific god or goddess, which provided a certain spiritual property, energetic amplification, chakra activation, and deeper learning lesson.



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We did meditations, prayers, and intention work in each temple, literally stepping into and breathing in the invisible "light codes"—an energetic imprint or sacred language that is still encoded in these sites from the ancient civilization that built them. Think of light codes like a new computer program for your brain, received within your soul star (that's the chakra point 6 inches above your head), and then flooding down into your nervous system. They hook into and can expand your light body and spiritual consciousness. Believe me, they are there! These temples gave me a series of aha moments, physical confirmations, visual images, and new awareness on my spiritual path. Lastly, we also made offerings at each temple, burying stones that were imprinted with our own private intentions; an act officially prohibited by the government, but that we did on the down-low anyway.

If you visit these sites blindly, you'll enjoy them. If you go with awareness, you can vastly expand your own consciousness. If you do them guided by a high priestess trained in the Ancient Egyptian Mystery School, well, then—you will get the full energetic activation and spiritual initiation Big Bang. Trust me, do the latter.

READ ABOUT EACH TEMPLE

Hello, Healer

Dee Kennedy, Mystic High Priestess, Awakening the Divine

If you're just a tourist floating around the Great Pyramid, taking photos aimlessly, you may still pick up on the magic happening behind the scenes and feel bouncy and elated. But when you bring your awareness to the deeper energetic codes and frequencies embedded in these sites, when you come into the sacred spaces through ritual and offerings, with an intention and through the portal of initiation from a trained high priestess, it's a totally different trip. Dee Kennedy is one such gifted high priestess.

READ HER INTERVIEW

Wednesday Session!

Join J.J. and high priestess Dee Kennedy for an in-depth discussion of their spirit tour up the Nile together, and how anyone can access the power of the Neteru and experience spiritual rebirth.

Set your clocks for 8pm CEST on Wednesday, May 25 (that's 11am PT, 2pm EDT),

and tune into @jjmartinmilan on Instagram.

FLYING BLIND WITH ISIS

Before visiting Egypt, I didn't really converse with Isis so much as nod respectfully in her direction each day. I first learned about this goddess a few years ago from the channeler Alana Fairchild, and ever since, a small statue of her has sat on my altar at home; I'd begun invoking her each morning in my daily prayer work and I'd pasted her visage inside my mantra book. We commissioned the artist Aitch to paint a giant image of Isis, along with four other aspects of the Divine Mother, in the downstairs belly of my store in Milan, with her blue wings presiding over our sacred grotto. But I didn't really know her. She was cool and distant. Someone I recognized, like a celebrity billboard that I'd pass by each day.

Through a channeling with Thoth, the Egyptian god of wisdom that Dee regularly confers with, she had intuitively assigned a specific temple to each student on the trip, where we would lead the group in an offering or meditation. Thoth and Dee assigned me Isis. Not the sunken vestiges of her spirit at Philae temple (now underwater), but the fully reconstructed site next door. It wasn't

until I sat in a small boat next to the original temple, as a young woman from our group read the full story of Isis, that I was flooded with more emotion than the waters that drowned her original temple. Her story awoke inside my body: her pain over not having borne a child, the trauma of her husband, Osiris, killed by his own brother and shredded into 14 pieces, the humility of asking for help from a woman who'd slept with her husband, her very own sister, Nepthys, the exhaustion of combing the land and collecting

every last broken bit of him, and finally, coming into her full power by bringing him back to life and conceiving her baby, Horus—only to lose her husband again as he slipped unground to become god of the underworld. The words of her traumatic story filled me with dark liquid that poured out of my closed eyes as we huddled in a circle and bobbed in our little boat.

GET THE DOWNLOAD

Spiritual Toolkit: Techniques to Use in Egypt (or Any Sacred Site)

There are many energy portals on the planet and Egypt is one of the biggies. You will best receive the sacred information encoded in Giza and throughout the country by physically going there, and doing the work of learning, listening, purging, and confronting your inner challenges. You can then open yourself up to receive much more light, more consciousness, more love, and more expansion of your spiritual awareness. Then you can give more—to yourself, your family, your community, and planet earth. If you have an inner itch to go to Egypt, please do. Trust me, it's a sign. And please go with a guide who has been trained in the art of the Egyptian Mystery Schools. Here are some prep tools for you.

LEARN A FEW OF THEM

SO YOU WANT TO GO TO EGYPT?

Join This Trip

Dee Kennedy is hosting two upcoming spiritual journeys to Egypt in the Fall: her Awakening the Divine Sacred Initiation Journey on September 16-30, and a Sekhmet Journey on October 9-24. Her website has info about the trips. Even if you don't go, I highly recommend signing up for Dee's classes on Patreon, which provide in-depth teachings on the Egyptian Mystery School, guided meditations, and breathing techniques you can do at home. I'm currently doing and loving her 42 days of Ma'at Class!

Or This One...

You met my beloved Bali-based Devi Ma as a previous Hello, Healer on the Tickle, and you should also know that she regularly runs Temple of Light pilgrimages to Egypt. The next one is September 5-15 and offers the first initiation of the 9 Temple Chakra Alignment, Isis Oracle Channelings, Hathor Light Codes, Vocal Activations, meditations and more. Sign up here.

Or This!

Nena Woolworth is a dear friend and excellent shaman based in California, who joined us on our spiritual voyage to Egypt. She regularly runs shamanic circles and has a knack with guiding type-A professional overachievers. She will be taking a group to Egypt in mid-April next year. Sign up to her newsletter for info here.

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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