



The Buddha Made Me Do it: A Memoir

Marla Martenson

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What starts as a search for a decorative Buddha statuette leads one woman on a spiritual journey that will change everything. Marla lives the good life in Los Angeles—house, pool, her own business helping Cupid find love for LA's most discriminating singles. Her handsome and ardent hubby Adolfo performs at an exclusive steak house in Beverly Hills. He tends to scoff at Marla's green juice, vegan diet, yoga, and daily affirmations and can be a teensy bit of a control freak. A discarded Buddha statuette that Adolfo suddenly can't live without sends Marla searching through New Age boutiques along with her skeptical friend Julie. They are soon schooled by a charismatic "Goddess," delving ever deeper into self-realization, conversations with angels, pendulums, candle "Magick," Reiki, crystal healing, and more. Attend a Hindu Bajan? Sure. Orgasmic Meditation? (Wait, what...?) Maybe not that one. Growing in her spirituality, yet exceedingly frustrated with some of her persnickety clientele—aging men who see themselves as Dorian Grays, worthy of exquisite young women—Marla's world is shifting. She achieves certifications as an energy healer and encourages Julie to sample the concoction Julie calls "green gunk" and other healthy practices to help her conquer an addiction to unavailable men. Marla deepens her communication with the Beyond while Adolfo, always so practical, asks, "Have you lost your mind? Are you hearing voices? Angels aren't real, come on!" Matters grow worse when certain psychics warn of "dangerous low-vibrational entities" and rabidly disagree with each other. Her alternating universes give Marla spiritual whiplash, yet she discovers the LITE way to balance the human carnival with a transformational spiritual journey.

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