

**MAY  
COSMIC  
GUIDE #4**

*Cosmic Coven*

*The Voluptuous Witch*

Quick administrative note that also relates to your process:

I have been shifting the weekly guides toward being on the lunar schedule. Since Boss Witch began May 1st, using the gregorian calendar, I wanted to hit the ground running with our work together and start right away. As I've been creating, it's been much more natural for me to work on the lunar calendar as I always do so please consider this "week" of work to go until the Gemini New Moon on June 3rd. The New Moon will then begin a fresh set of work and topics!

This week, the last quarter moon transits Pisces, Aries, Taurus, and Gemini. There is a wind-down feeling to this moon phase. It's more internal and focused on release. As the new moon approaches, we may feel a need for more rest and contemplation.

While we have been focusing on bringing in abundance (and can continue to!) the release energy is also good for looking at WHAT IS IN THE WAY. This is a very important question that I always ask. I identify what I want or need, then look at what is in the way. What creates obstacles to that simply being the natural state of things? These past three weeks have provided some good opportunity to witness thoughts, feelings, and reactions to these topics. Now we can reflect a bit on where we are at to help us better navigate in the future.

### JOURNAL QUESTIONS:

1. How active have I been with May's work and my money magic in general this month?
2. Which assignments did I do? Why?
3. What has resonated most with me?
4. Have I noticed any shifts or improvements?
5. Did I expect to do more or be more active than I have been? How so?
6. What would I liked to have done that, as of yet, I haven't yet begun or completed?
7. What has gotten in the way of my money goals or personal abundance assignments this month? This can be mental, physical, spiritual, emotional, logistical. Especially important to note anything that impacts time management, mindset, or willingness.
8. How important is it to me to bring greater abundance into my life?
9. What was my "why" at the beginning? Is it still true for me?
10. Am I willing to sacrifice anything for this? If so, what?

# WEEKLY MAGICAL PRACTICE

## PART 1: SELF-GRATITUDE

### **Materials:**

A beautiful store-bought or home-made greeting card to give to yourself

It's very important to acknowledge what you have done this month! Time to write yourself a love note. Some things to consider:

- what did you do for you that had the most positive impact on you
- how did that ripple outward to affect other projects or people (if it has yet)
- ways you stretched and went outside your comfort zone
- things you observed yourself do well
- difficult things that you went ahead and did anyway
- qualities you appreciate about yourself
- exceptional attributes
- the essence of what you are uniquely able to offer
- an example of enjoying spending time with yourself

Once you've written your letter, place it on your altar or another visible place you will notice it regularly. Allow seeing it to remind you of self-kindness and appreciation for yourself.

## PART 2: IDENTIFYING WHAT'S NOT WORKING

As you begin to form new habits and practices, it might become quite obvious (in ways that might even be painful at times) what is in the way, or things that feel like blockages. It's really important to non-judgmentally identify these obstacles and take steps to wear away at them. To find new ways to move that allow your progress. Sometimes this involves banishing what has been blocking you.

**1) From your journal questions, identify the biggest obstacle between you and your ability to show up and do the work that creates change.**

(Possibilities: procrastination, self-doubt, constantly managing crisis, poor sleep schedule, lack of nourishment, pessimism, timesuck activities that don't offer much in return, and so forth)

**2) What purposes does this behavior serve? How does it help you?**

Everything we do benefits us in some way or we would not do it! Even if it's counterintuitive to think a harmful behavior helps us, seeing the ways the behavior serves is really valuable. Maybe it keeps us stuck so we don't have to have the scary feeling of trying something new.

Maybe it prevent needing to ask for help or risk deeper intimacy. Feel into this and see what you come up with.

**3) Gratitude for the behavior**

Even if it has been torturing you, use your awareness from question #2 to acknowledge that, in its own way, this behavior has been trying to help you, protect you, defend you in some way. Releasing resistance to the behavior can help a lot.

Write some thankful sentiments for how its presence in your life has helped you and/or tried to help you.

## PART 3: RELEASING CEREMONY (ESPECIALLY GOOD TO DO DURING THE DARK MOON JUNE 1ST OR 2ND)

### **Step 1: Call the Directions / Circle Casting / Ritual Altar**

Walk the perimeter of the circle within which you're going to work. This can be large or small. Ideally it's a relatively tight fit if it's just you, in the sense the space feels manageable to you energetically. You'll make a walk clockwise around the circle, imagining a line of energy being crafted as you move. You can hold a tool or what you can think of as a focus item (a crystal wand can make a good one) as you walk and point it downward to help you cast the circle. This can be anything honestly, so long as you have cleared it with some kind of clearing herb or salt, and you feel connected to it. Walk the complete circle once. Then walk to the North spot of the circle (you can use a compass app on your smartphone if you don't know where that is). Face that direction as well.

Starting in the North, Call the Directions (also known as Quarters or Elements). You will do this in a clockwise manner.

North: Earth

South: Fire

East: Air

West: Water

You're going to verbally invoke each element and invite it in. As you do this, you'll include the element on an altar in the center of your circle that you create for the purpose of the ceremony. You can simple use a cloth or a small table, and adorn it as you wish. Instructions for what I mean on this below.

You can use your own phrasing for this, here is an example:

#### **North:**

*I call to the North, the Element of Earth. Bring me your endurance and strength.*

Physically invite the element by pouring salt into a small dish on your altar. You can also use potting soil.

## **East**

*I call to the the East, to the Element of Air. Deliver me your agility of mind and your intuition.*

Light incense, wave a fan through the air, or drop some feathers on your altar

## **South**

*I call to the South, to the Element of Fire. Warm us with your passion, vibrancy, and energy.*

Light a candle on your altar.

## **West**

*I call to the West, to the Element of Water. Grant us your feeling, care, and deep knowing.*

Pour water into a vessel on your altar.

Beautiful! Now you have invoked the elements. You're in a protected ritual space, full of potent energy. \*\*Note: If you would like, you can now do a similar process to call in deities you work with, your benevolent ancestors, and other helpful beings.

## **Step 2: Visualization**

Close your eyes and feel into the essence of what you identified as wanting to release. Find it in your body. Get clear on what this - how it feels (temperature, texture), color, size, whatever you relate to. If it's hard to describe but you can feel it, that's ok. Just get in touch with this sense of what is blocking or in the way. Maybe it's in your body or perhaps just within your energetic field. Pay attention to it.

Return to your gratitude for what it has offered. If there's anything else you want to say to it, say it now.

Tell yourself you love yourself, already. That even with this issue, challenge, fault, flaw - whatever it is- that you already love yourself. And that you're ready to lovingly let this go.

### **Step 3: Breaking Free**

Now here you have quite a bit of agency. I suggest using a technique that feels viscerally resonant for you.

Some suggestions:

- Visualizing a sword and cutting to cords that attach this to you
- Getting in touch with the taste of the feeling and spitting it out into a bowl
- Energetically reaching into yourself and pulling it out, placing it in a vessel
- Visualizing it leaving your body and becoming vapor, rising away from you all the way into the atmosphere where it's absorbed
- Visualizing it trickling out through your roots into the earth where it is absorbed

If you're feeling high-energy and warrior, use your sword! Use sound and movement and force. If you're feeling softer, visualization can be good.

Once it's removed, affirm to yourself:

"I am free. I am ready to live differently. I am thankful for my freedom." Or whatever words suit you.

If you did use a vessel to actually or energetically place something, you'll want to flush it down the toilet or dispose of it in nature or in the trash as part of your ritual.

### **Step 4:**

Once your ritual is complete, thank everyone involved.

First, thank any beings you called in

Second, thank the Directions themselves (individually)

Lastly, walk the entire circle counterclockwise. Then exit the circle.

Blessings! Now you are refreshed and ready for what the Gemini New Moon will bring.

xo

The Voluptuous Witch

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