

You are the High Priestess:  
**MERCURY RETROGRADE  
IN PISCES**

# *Daily 18 Lessons*



*The Voluptuous Witch*

# MARCH 24

## Listening

Clairaudience is the last clair we'll touch on during these weeks. This is psychic hearing, hearing that which is inaudible to (most) other people around you. This can be one that induces some fear, the experience of it, and so it's possible that we have resistance to it or have shut it out. Fear of "being crazy" is very strong when it comes to hearing voices, I have observed. As with all the clairs, it is not necessary to have all of them or "try" to have them. However, if clairaudience is something you'd like to feel more connected to, meditation and deep listening seem to be the tools that help bring it out.

Unless you already strongly clairaudient, the condition that will help bring out are somewhat scarce these days, and that is SILENCE. Spending time in pure meditation, sound meditation especially where you use the sounds around you as the meditative access point (vs following your breath), clears the pathway to hearing more. Asking for a message can also be helpful. Talking to your guides and telling them you would like to hear them and asking for signs on what would help can definitely be useful too. The inner stillness that welcomes a voice is the main tool. Walking in nature, spending time listening for the voice of plants, animals, the sky, and tuning in to see what you can "hear" that might normally be under your radar.

If you are very auditory in general, it's very possible that clairaudience will come in for you as you generally open up your psychic sensibilities. I, for example, have always been listening oriented, used to work as a radio producer, love to talk and listen as a primary mode of learning, and so forth, and clairaudience is definitely one of my strongest clairs. Everything in life is a conversation for me, so it's the same with my guides! People have varying definitions of clairaudience, as is normal, and I also do consider the times when I am speaking and delivering messages that I feel are not coming directly from me but flowing from a higher source as a form of clairaudience.

I am not hearing a voice during those times necessarily, but I am receiving the words inaudibly to be spoken. The hard and fast definitions are not nearly as important as paying attention to how things flow for you.

Be open to the possibility of receiving more of this and you might be surprised what you hear. Sometimes at first you can hear whispers or frequencies. The key is to stay open to it and not push it away. Just let yourself hear it. Many people say at first the speech of guides can even be a bit slurred or hard to understand. The more you listen, the clearer it will become.

### Inventory #18

- Have I experienced clairaudient messages?  
If so, when and how?
- Does the idea of hearing a voice that isn't "real" scare me?
- Is this a clair I would like to have?
- What are my feelings on meditation?
- Are there any blocks that consistently get in the way of meditating?
- What might help me get into a routine? Are there groups I can go to or an app I can use?

### Exercise 1:

When you first wake up, after you write down your dreams, lay in bed and just listen. Listen to the sounds in your house, the birds outside; without trying to catch it or decipher it simply receive the sounds around you. Do this for 5-10 minutes each day if you can, listening and experiencing the sounds.

I happen to like the bulleted instructions on sound meditation in this blog:

[https://www.huffingtonpost.com/rick-heller/the-deep-lessons-of-ambie\\_b\\_9090424.html](https://www.huffingtonpost.com/rick-heller/the-deep-lessons-of-ambie_b_9090424.html)

It keeps it very simple and emphasizes that you're following the sounds, rather than hearing them and then returning to you thoughts or pushing them away. It's also really a great technique to get proficient with because often we see "noise" as a barrier to meditation whereas in this case the noise is your tool!

## Exercise 2:

If you have something on which you'd like greater clarity, sit and meditate on it. This isn't the same as thinking about it, exactly. What you'll do is get comfortable, close your eyes, and fully picture facets of the situation. Maybe it's the people, or the building, or a place to you want to do, a thing you want to do. Immerse yourself in the experience of it versus strategizing or analyzing. Just meditate on the situation. If it's important to you, do this every day. Start telling your guides beforehand that you're open to hearing what they have to say during this time. And listen.