

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

Daily 11 Lessons



The Voluptuous Witch

MARCH 17

Your Spirit Team

It is my belief that you are already working with your spirit team long before you know who they are or even that you have one. That's an opinion, and it's ok to disagree with it, but I feel the evidence is there! How many times in our lives, during periods in which we were not as conscious or awake to our gifts as we are now, have we been divinely protected or nudged in the right direction? The spirit world is quite active and directly impacts our lives all the time. Your relationship with your spirit team grows, changes, and evolves over time. As with our different psychic senses, we all have different ways of knowing and feeling who our guides are. Gut instinct, an idea, something that comes to you in a dream, or something you see/hear/feel that feels like a message is a perfect, valid place to start.

There are many different kinds of spirits and guides. This is not intended to be an entirely comprehensive guide, just a good beginning to exploring more of who may be walking with you. Feel free to google and familiarize yourself with some of these; there are thousands of possibilities best explored over time.

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|-----------------------|-----------------------------|
| •Protector Guides | •Goddesses / Gods / Dieties |
| •Joy Guides | •Deceased Family + Friend |
| •Teacher Guides | Spirit Guides |
| •Master Guides | (Ancestors, both blood and |
| •Ascended Masters | otherwise •connected) |
| •Angels | •Nature spirits |
| •Animal Spirit Guides | •Plant spirits |
| | •Magical helpers |

Inventory #11

Do I you think you have a spirit team? Do you want one?

Have you ever kept a picture of a particular animal, angel, goddess, saint, or other figure in a prominent place, for peace, help, or protection?

Are you drawn to specific places for contemplation, prayer, meditation?

Have there been books on spiritual work, religions, animals, plants that you were naturally drawn to?

Has anyone ever told you that you have specific spirits or guides around you? Did that feel true to you?

Have you felt any guides with you during this process of dreaming and paying closer attention to messages you receive? Have you known who any specifically are?

Completely off the top of you head, without analyzing, jot down at least one guide you think could be yours for as many categories above as possible. If this is new to you, suspend doubts for a moment. Who do you think is with you?

Calling In your Spirit Team

Now that you are working more closely with dreams, messages, and your bodily sensations, you're in a great position to have enhanced awareness of the presence of your guides.

On your altar, place something so sumptuous that your guides cannot resist. Choosing offerings is actually a great intuitive practice. Walk the aisles of the grocery store at a time when you're not hungry and not shopping for yourself, or when you simply feel calm and can take your time, and see what you feel called toward. Perhaps it's dates or shredded coconut, cookies or pomegranate, a beautifully cooked fish, or a delicious wine. What do you think a cherished member of your spirit team might want? When you place this item on your altar, do it prayerfully and/or with intention. Speak what you want! Say that you want more contact with your guides, more clarity, to feel/hear/see them more. Ask for a sign. Ask for a teacher. Whatever will help you, simply ask with your offering. And be sure to say thank you! A beautiful way to maintain connection is by thanking and noticing what your guides are giving you or helping you with throughout the day. Maybe it's a good parking space or a brilliant idea for your next book. Nothing is too big or too small.

If you feel really committed, try leaving an offer seven days/times in a row and watch what happens.

You can also:

1. Ask you dreams for a message about your spirit team. Maybe you'll ask for one specific guide to be revealed or receive a clue around
2. Choose another favorite method, like listening to song lyrics when you walk into a cafe or waiting room, or noticing the words on signs. Keep your eyes open, patiently.