

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

Daily 12 Lessons



The Voluptuous Witch

MARCH 18

Clear Sight

Clairvoyance is one of the most interesting clairs because of the way it has been so dramatized in the movies and depictions of psychics in general. The scene tend to go that the psychic has a very literal, clear, and complete vision of exactly what happened or exactly what is going to happen. So, we often feel if this is not our experience that we are not clairvoyant! Firstly, since you've been working with your dreams you already know you have the gift of sight. In your dreams, you see. Secondly, as with any part of ourselves, clairvoyance is something that can often be strengthened with practice and attention.

Inventory #12

Write down a vision or image you've seen that you can remember. This can be any image or scene appearing in your mind or before you, no matter how quick of a flash.

Do you work with any visual tools like decks, artwork, observing nature when you're seeking clarity? What are they? In what ways do you think they help you?

Do you consider yourself to have some clairvoyance? Why or why not?

Do you enjoy visualization as a tool? Why or why not?

Cultivation of clairvoyance

Visualization:

Being in the habit of visualizing and strengthening that muscle can absolutely make your clairvoyant abilities flow more easily. You can listen to visualization meditations that describe scenes in nature or healing spaces and work to visualize what's described in increasingly great detail. You can also come up with anything you'd like visualize and visualize it! This is a great manifestation technique too, so feel free to get increasingly visual with your manifestations as practice.

Quieting Self-Criticism:

For years I was always the person saying I simply was not clairvoyant. I felt blocked and like I couldn't see. The truth is, there were things I saw, I just couldn't control when I'd see them or often I wouldn't even really make note that was happening. No matter how faint, fuzzy, or barely there what you are seeing, your only job is to draw it out and see as much of it as you can. Be patient and try to have fun, enjoy, and celebrate every color, outline, and hint of an image that you see.

Say it out loud:

Describe what you are seeing and as you get more comfortable start asking yourself questions about it to see if you can pull more details.

Clear Quartz:

Placing clear quartz on the space between and just above your eyes, known as your third eye in accordance with the chakra system, can help clear the way for your psychic vision. You can also try rubbing the area with some salt water or using another cleansing technique you like. You can even tape clear quartz to your third eye while you sleep and see how that goes for you.

Violet Flame:

The violet flame meditation is also very clearing for your third eye. You can try this one and see if you like it.

Violet Flame Meditation by Sarah Catori

<https://www.youtube.com/watch?v=6Uuprd2Rwsg>

Keep Practicing:

Get into a comfortable position and meditate on a visual image. It can be the face of someone you love, a sacred place you've been before, or anything that feels comfortable and safe. Continue to fill in more and more layers of detail with this image.

Drawing:

Draw what you see! Sketch it out or get elaborate with it. Translating to paper helps strengthen your abilities.

Grounding:

The key to flow in the upper chakras is the health of the lower! The more you continue with your grounding practices, the more easily the rest comes.

Assignment:

Often times when we work with our decks, we have a lot of associations beyond the visual. Maybe it's what we learned the card means, or a word that goes along with the card, what the booklet says about it, etc.

Tonight, try to stay with the visual only. Even familiar cards can take on a new meaning this way. It's also a great way to notice if anything from your day or present life is showing up in the cards, and consider how you might interpret that for your particular circumstance in ways that either do or don't align with the traditional meaning of that card.

Suggested Spread:

This is a nine card spread.

Card 1: Significator (I pull for this versus consciously choosing one out of the deck; you can do either one) This card represents the overall essence or message of the reading

Card 2: Past

Card 3: Present

Card 4: Future

Card 5: Head

Card 6: Heart

Card 7: What action to take

Card 8: What will help

Card 9: What will hurt

Use this spread to gain further clarity on any circumstance or question, and see what the visuals have to share with you!