

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

Daily 15 Lessons



The Voluptuous Witch

MARCH 21

Knowing + Protection

That feeling when you “just know” is claircognizance. It’s one of the more mysterious clairs because it brings up the questions of how do we know and where does it come from? And how can we trust something that arrives so simply, without evidence or explanation?

Claircognizance can arrive in so many interesting forms. Perhaps it’s simply knowing the outcome of an event. Like, say, you receive an invitation and immediately know that event won’t actually happen, so you decline. Then the time of the event rolls around and you hear from someone that it was canceled. It’s also possible that you receive your claircognizance in the form of sudden ideas that seem to come out of nowhere. Maybe you’re in a tricky situation and suddenly you have a strong thought and feeling about exactly what to do. Sometimes, that’s claircognizance at work.

Gut instinct also goes with claircognizance. I think of this as our dog self, in a sense, the part that just knows. Instinct.

When working with claircognizance, the most important things to be aware of are egoic interference and heightened sensitivity interference. For example, most of us want to believe we know what is right and true. Often there are multiple truths though, ours not being the only one. Sometimes if we are very sensitive and intuitive, we can have a thought or instinct and make many related inferences. Some of those come from the mind, the ego, however you think of it. But they may not be a pure message. If we are extra sensitive or vulnerable, we may assume that certain instincts say something about others, when it’s possible they simply say something about our own needs at the time. Discernment is what can really help us here.

To work well with claircognizance, it's important to suspend certain types of judgments and attempt to work with entirely neutral, factual statements. Practicing this helps! One way to practice is to go for a walk and describe to yourself what you see. When any judging statements come in like "ugly house" or "rude person", reframe it to state just the facts. Describe what you see in actions, sounds, colors, and so forth. Practice observing as neutrally as possible. This is an essential tool in processing intuitive information successfully.

Inventory #15

- What is an example of a time I have just known something?
- How did I know?
- In what form did the information come to me? What did it feel like in my body? What were my feelings?
- Are claircognizant experiences something I would like more of?
- Is there anything about "knowing" that scares me? Excites me?
- What is an example of a time I thought I knew and was wrong?
- What did that feel like?
- What are some ways I might practice more discernment and gain confidence?

Clearing Negativity That Comes Your Way

We are in a fresh season! The Sun is at the beginning of her solar cycle so, yes, a fresh start. At the same time, this season is also about anger. Strong feeling can kick up, arguments blow up bigger than they need to be, and if we are feeling very stuck then the feeling could intensify. Especially now during a retrograde like this one, we want to be careful that nothing is stuck to us that does not belong, and that we are not inviting negativities in any way.

You will need:

- 4 black candles.
- 1 white candle
- Heat-safe plate
- Salt
- Rue, if you have it
- Olive oil

Your white candle represents you and goes in the center of your plate. Rub just a small amount of olive oil into your candle, thinking peaceful thoughts and sending yourself supreme peace and clarity. I melt the bottoms of my candles a bit and then stick them on the plate.

Then take your four black candles and place them in four corner around your white center candle. If you like, you can also carve words into the candle like “return to sender” “stop” “no thank you” and so forth. Words that send back what you do not want.

You’ll want to surround your white candle in a circle of salt. In between you black candles, place some small amount of rue.

Light your white candle first, follow by the black candles. Send spells for all negativity to be removed from your life, for all bad thoughts sent your way to be repelled, and all harm to be diverted from your energy field. Pray for peace, calm, and clarity for yourself.

please note: You burn candles at your own discretion and must do so safely. Do not leave candles unattended; you can snuff them out if you must leave the house and relight upon return. Just make sure to snuff them out rather than blow them out.

When they are done burning, take a good look at the wax. You can also watch at different stages of the process as they burn and take photos if you see something interesting. Note any shapes or impressions you have of the wax.

Then take the wax and put it in a plastic bag, bring to an outside garbage preferably a bit away from your home and at a crossroads. You want to dispose of it somewhere away from you, essentially.

Practice

If you want to practice strengthening your claircognizance and your confidence in it, you can have a friend tell you a story (one you don't already know). Ask your friend to pause every minute or every few minutes for you to catch up to what might happen next or what people in the story did/said. Then tell your friend what you think is going to happen, or if you don't know then just say you don't know. Not knowing is completely fine! It's especially good to notice in your body what it feels like not to know, or if you do have a strong instinct, what feelings and signs are there that it might be correct.

BONUS: Book divination

Think of a topic that you would like to do a reading on. It can be for greater clarity on a circumstance, past or present, or to guide a future action. Intuitively, take a book of the shelf. Hold the book and ask your question, then open to a random page and without reading, thinking, or selecting, just automatically place your finger on a word. Now read from there, either the word, sentence, whole paragraph, or maybe even that whole section/chapter of the book. What messages are there for you what you read? Are they clear? Are they mysterious? If it's hard to find the connection, journal about it in a similar style to how you journal your dreams! See what's revealed.