

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

# *Daily 17 Lessons*



*The Voluptuous Witch*

# MARCH 23

## Protection

Protecting and shielding our energy is extremely important as we move forward with cultivating our intuition. Often times the reason we have disconnected from our own knowing of energy is due to a lack of safety within it. Continuing to grow and cultivate that sense of safety and protection, and to actually be more protected, is key to progressing in deepening this work.

Today will be solely dedicated to some exercises related to this that you can practice and incorporate during this last week of the program and beyond.

### Inventory #17

- Have there been any energies I've needed protection from the past few weeks?
- How did I know they were there? What did it feel like?
- What do I already do that helps me when the energy is off or I need to reset?
- Are there things I do that might be making me more vulnerable to unwanted energies? (some examples are use of drugs and alcohol, stress, lack of sleep, worry, and fighting)

### Electric Violet

As mentioned before, violet is a high-vibration color that is extremely clearing. It can take some practice to be able to really hold the color of electric violet in your mind, so in the beginning feel free to let the color fade if it's requiring too much concentration so long as it turns to magenta, pink, or white, as these will also work.

Practice visualizing electric violet light clearing your hands, your feet, the back of your neck, your head. Electric violet can clear your whole body. You can wave it over you like a wand you are visualizing or simply visualize it filling and clearing you. Find a way you like and get in the habit of doing this regularly at first, especially when you are feeling "off".

### Calling in Protective Energies:

If you began working with angels at all, this is a great way to practice. When you get into your car or onto a train, image your car or train surrounded by a golden bubble of light. Take time to really build and see the bubble, to make it as big and thick and solid as it needs to be. Imagine you and everything in your immediate environment surrounded in this golden bubble of light. You can call in angels or warriors that protect you as well, asking them to bring you where you need to go in safety. Keep returning to the sense of the golden bubble around you as often as possible.

### Before Sleep Protection:

The dreamtime is an important time for protection. It's a great idea to go to bed clean, after a salt scrub and to burn something like sweetgrass and tobacco in the space as you fall asleep. A mix of tobacco, cedar, sweetgrass, and sage is especially potent. You only need a small amount really. You can burn this as an offering to your guides or simply for comfort and peace. Diffusing lavender and other calming essential oils helps as well, and you can put some dabs on cotton balls and put on your chest or by your pillow as you fall asleep if you don't have a diffuser. Remember to clear the energy in your bedroom regularly.

Before you fall asleep, ask for protection. Say explicitly that you only want guidance, energies, and visitors from the white light (if you do in fact want that) and that you don't give permission for anything else to enter. Get in the habit of stating who and what is welcome in your space.

### Salt Circle

If you feel you need extra protection, you can put a salt circle around your bed. Salt is powerful and protective and so long as you do these other things as well, the salt can really help. You can also leave a bowl of salt out in the middle of the house to ignore negatives energies overnight. If you feel there is something trying to get in that is unwanted, leave a line of salt in front of your door. A really good way to help clear your house is to sprinkle salt over the floors and then vacuum it up.

## Imaginary Blowtorch

A blowtorch is a good thing to have! If you can't picture one, google some images and find what suits you. You're going to start imagining this blowtorch regularly, really visualizing it and feeling it too, it's weight and shape and so forth. This blow torch has electric violet light, or maybe it's a kind of white holy fire. The important thing is that it resonates with you. This can burn away negative energy and attachments in your space.

## Helping Crystals

Obsidian and black tourmaline are extremely helpful for removing negative energy. You can send all the negative energy into to them, keep them on your person to shield you, sleep with them on or around you, and hold them when you're feeling any sense of attack.

## Pre-Charged Jewelry, Talismans, or Amulets

Now that you have an altar space, you can use that or another source you like to charge up anything you want to use protectively. It can be helpful to have a necklace or other adornment that you regularly charge up with good energy and keep in a sacred space, to then wear and touch for protection and connection to your highest source of energy.

## Wrapping

Practice visualizing yourself wrapping your skin in protective cloths of reflective energy. You can wrap your arms, legs, torso, your whole body in these. Ideally you won't stay wrapped all the time, especially at home, but this can be helpful to have if you are going into a stressful environment. Make the material whatever you like! I like to do a repelling shield if I feel I really need protection. Sometimes I also just use a peaceful light or energy and essentially seal myself in. I wrap myself in the energy I want to keep close to me and visualizing a sealing white liquid pour over me to firm it in place. The

### Exercise 1:

Brainstorm some other tools you'd like in your toolbox. Maybe it's a sword, a hose, or a spade. Or even a magic wand! Think about what would be help for you to have in the tools you visualize and start getting specific with it. Think about and start building your connection to this tool so you can call on it when needed.

### Exercise 2:

Take a piece of rose quartz in your left hand and a piece of obsidian or black tourmaline in your right. Lay down somewhere comfortable and breath. You are going to use your breath to focus on the pink love energy of the rose quartz and on your inhale, breathe that in all through you body. On the exhale, you're breathing out any negative energies or attachments and sending them directly to the black stone in your right hand. Do this for ten breaths.