

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

# *Daily 22 Lessons*



*The Voluptuous Witch*

# MARCH 28

## Gratitude

To kick off the topic of gratitude, let me first say how thankful I am for you being here! I have felt so strongly the participation of this group and I'm honored to have connected with you through this program. I genuinely hope you've found something useful here, be it something I offered or something that found its way to you during this time. "Take what you need and leave the rest" is a helpful policy! Keeping what is useful and working closely with it until you are ready to add more or switch out for something new makes for a beautiful practice foundation. I prefer to keep things simple for that reason. I believe that our intuition is mostly waiting just for an opportunity to be heard and that once we make ourselves available the messages start to flow on their own. Our guides throw a party for us honestly! I think they are celebrating from the moment we say, "I know you're here." Many of you have already been doing that for years, and some of you have shared this was the beginning of that communication for you, all of which is so special and sacred!

The first and most important person to thank is YOU. Please take some time with the following:

I thank myself for \_\_\_\_\_.

Five (or more) things I did really well the past few weeks are \_\_\_\_\_.

Something I was able to offer to someone else as a result of doing more of this work was \_\_\_\_\_.

Who else would you like to thank? The guides, helpers, messengers, beings who carried a sign to you even it was just a smile or the color of their coat signaling something you had been seeking. The illustrator and creator of the deck you use? The space you live in? Mugwort? The Moon?

List to whom you are grateful for aiding and guiding you thus far.

A team is two or more! Who is on your team as you do this work? A long list is great and so is a short solid one. Just write what's true for you. Plants, minerals, animals, spirits, mythical beings, deities...

List your intuitive team

### Ceremony: Party for You + Your Spirit Team

What you have done here is so momentous! I remember I used to sign up for courses or programs and have lots of hang-ups about not having done every single day of the work. Looking back though, some really powerful and important things happened as a result of my doing even a handful of the assignments. It's good to hold ourselves accountable and, also, we often get what we need to get and do what we need to do even when it wasn't the exact prescribed route. Whatever you have done in this space, whether it's 22 assignments or 2, you are worthy of ceremony. Your offering is honorable and that it worth honoring. Holding up the sacredness of what you do will bring more sacredness, too.

### Cleanse

Bathe in a little sea salt, rosemary, and lavender. If you don't have a bathtub, you can make yourself a mini-scrub of salt, olive oil, baking soda, rosemary, and lavender and use to scrub the bottom of your feet and places energy gets stuck. On the rest of your body you can use just a small amount of salt or dissolve the salt in water and pour over you in the shower. Dissolving salt and pouring over you is a \*great\* cleanse to do at least once a week for everyone, whether you have a bathtub or not!

## Decorate

Create a beautiful space for yourself! This can be as elaborate as you like. You can cook, if that's something you enjoy, or buy some mini-desserts if you prefer. Wine, gin, or rum are nice offerings. Light candles. Put on beautiful music. Bring instruments out if you play any. If your guides have child energy, maybe get some party decoration from the store. Perhaps a disco ball would help? Or maybe bringing out games to play. This is a party for all of you! You can do this solo and have it be an intimate gathering, or you can invite others to celebrate with all of you. Many guides do enjoy a human party thrown in their honor!

## Sing Praises:

Enjoy the mood you've set! Sing songs, dance, play a card game. Spend some good time with yourself and your team. You can read out loud from books or play them funny youtube videos. It's really great to spend time simply creating a wider space for this in your life.

## Bonuses:

Take some snaps and send to me! Your altar, your offerings, your party, anything you'd like to share. I'd love to see and send extra blessings to you.

**Again, thank you so much for being here. I'd like to have follow up groups for all of you continuing this work if there is enough interest, so be sure to watch my closing video for more info on that!**

Wishing you every blessing and sending you so much love!

Xx

Emily ~ The Voluptuous Witch