

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

# *Daily 6 Lessons*



*The Voluptuous Witch*

# MARCH 11

## More on Dreaming

On the basis of frequently asked questions from past students and clients, a few more points on dreaming:

### 1) Dreams are holographic

This means that every part of the dream contains the whole. Never stress about not remembering your whole dreams! Any part of your dream contains the core messages, so write down what you can remember and work with it fully.

### 2) Interpretation can get in the way

One of the best things you can do for your dreams is let them breathe. Your journaling and dream chats with others give your dream a home and a life within your life in this realm, These practices honor the dream.

Interpretation can sometimes become distracting and/or grabby if we rush to make meaning or find certainty. Dreams are an opportunity to get more comfortable in the mystery.

### 3) We may try to censor our dreams

Dreams can be really blunt! Often times the most direct part comes through feeling. (How did we feel in the dream?) The most important thing is that we let it speak! The perspective on our personality, desires, and behavior can be a fast track to self-understanding and awareness. The more we resist the truth in our life, the more we will resist our dreams (even to the point of not remembering or procrastinating writing them down until we forget)

#### 4) Relax

If you wake with no dream memories, never stress. You can always get comfortable and roll back into the position you initially woke up in. Sometimes the dream will return. If not, you're totally fine. You're building a muscle, first of all. Be patient with yourself. And surrendering to what comes or what doesn't come will ultimately benefit you and your practice of receiving.

#### 5) Refining dream intention

Robert Moss says that he has observed dream intention to work best when it is "positive, life-affirming, and open-ended". You can set your dream intention as a question. For example: "How should I handle \_\_\_\_ work situation?" You can also set it as a request, like "Help me to be at peace."

#### 6) Remember that dreams involve the future as well as the past

There may be pieces of the dream that refer to things that haven't happened yet or won't be fully comprehended now. Yet another good reason not to squish your dreams into narrow realities so as to avoid uncertainty.

### Inventory #6

- Since I began this process nearly a week ago, what signs have I received?
- What was the issue or topic I wanted greater clarity on in my new moon ritual last week?
- Has my perception of the circumstance evolved or changed since that time?
- Have I taken any of the steps I listed in the right column of what would move me closer to my desired outcome?
- When I set an intention, do I tend to revisit it, or it's momentary and gets lost? (either is fine, this is just notice your pattern around 'intentions')
- Have I set any dreaming intentions? What happened?

## ACTION

Set an intention for the day (can be for tomorrow if you're reading this on the later side). Write it down, as a sentence, affirmation, or word, and keep it in a pocket or wallet and return to throughout the day to remind you.

If you have a piece of jewelry, a crystal, or a talisman that can remind you of this intention, hold it in your hands and take a few minutes to send your intention into your object. Wear or carry it with you today and touch it when you remember, repeating your intention to yourself.

This is simply but powerful! The intention will ideally be simple, possible, and what feels right to you now. It does not have to be goal-oriented, etc.

**And! Take time with your decks to get more info on your intention for the day. Some good questions:**

What is my part in making this a reality?  
What is the outside world offering me?  
What pulls me closer to my intention?