

MAY COSMIC GUIDE #1

Cosmic Coven
The Voluptuous Witch

As a Cosmic Coven Boss Witch, each week you receive an cosmic guide with astro info, journal prompts, and some magical exercises to do, all designed to help you tap into the week's energy in the most healing and productive way possible. Welcome to Cosmic Coven! I'm so happy to have you here and kick this off with May's Cosmic Guide: Week 1.

Cosmic Guide
May 1-7th, 2019

May is such a rich, helpful, and interesting month, There are three major energetic currents happening!

SOUL-MINING

With Saturn, Pluto, and Jupiter all recently retrograde and Saturn/Pluto hovering near the South Node for months, we are REASSESSING + RECONSIDERING the INTEGRITY, AUTHENTICITY, and ALIGNMENT of what we are building between now and 2020, and beyond. We are also REVIEWING the past 6-18 months for lessons learned, signals missed, and inclinations that now need to be CULTIVATED, FLESHED OUT, or HONORED.

SENSUALITY + ABUNDANCE

Amidst all the soul-mining, there is a deep Taurean call to come into OUR BODIES with NOURISHMENT, GROUNDING, and PLAYFUL SENSUALITY. What better way to tap into INTUITION than to let our thinking mind REST and enjoy PLEASURE of the senses.

\$\$\$ BOSSING UP \$\$\$

This actually ties in strongly to the astrology that brings soul-mining and reflection, because the other components of those same planets are MONEY, POWER, and SUSTAINABILITY. Getting clear and real about money BLOCKS + FEARS is a part of facing the shadow, facing the challenge, and making way for FRESH RELATIONSHIP with money. The sensual Taurus energy also emphasizes this! So that is why it's a major focus of our coven work together this month.

Major Lunar Event of the Week

New Moon in Taurus: May 4th @ 6:46p EDT

Journal Prompts: May 2019, Week 1

How does your body feel right now? Write down a list of feelings, sensations, experiences you notice. (examples could be tightness, tiredness, lightness, peace, tension, and so forth)

What have you been noticing in your body lately overall? Write down a list of feelings, sensations, experiences you notice. (examples could be tightness, tiredness, lightness, peace, tension, and so forth)

If you see a dominant theme, like tiredness or tension, choose that particular experience. Write it down. Now, when do you notice that comes up for you? What time of day? What activities had you recently done? People you saw? Topics you dealt with?

What is physical sensations or experiences are you desiring at this time? List them.

When the word 'money' comes up today, what do you notice happen in your body, spirit, mind? What are your reactions?

If you could identify, as of today, one aspect of your relationship with money you would like to begin to shift, what would it be?

What do you love about money?

What do you hate about money?

Assignments #1

This week we are going to attend to PLEASURE + SENSUALITY.

Sometimes there is an immediate association with sexuality when we approach these topics, which is also really excellent, but the downside of that is that if we are busy or tired or not feeling sexual or not interested in sex, it can feel as though sensuality is off-limits or irrelevant. Sensuality is inclusive. It includes every person and every type of experience inside a body with the spiritual being that lives in that body. This week we will take time to enjoy our senses.

TASTE

Buy or make yourself food you genuinely love. There is no better or worse food to choose for this! If you're obsessed with ripe peaches right now, a peach is perfect. If you love a pint of Halo Top then that's the thing to go with. In accordance with what is both pleasing and kind to your particular body at this time, select a food (or craft a full meal!) to use as ritual.

1. Choose your delicious food to delight in

2. Create a peaceful, clean, soothing space in which to enjoy it. Nice lighting, fresh flowers, a pretty dish, or someone to share it with can each enhance the experience.

3. Enjoy your delight(s) meditatively. Meditation is, essentially, doing ONE THING AT A TIME, and being fully present with it. So, while you enjoy, your treat just be sure to put the phone away, turn the tv off, and set yourself up to be able to fully experience the rich delight of the experience! It's not about perfection, just clearing about an extra "stuff" so you can fully ENJOY.

4. Did you notice anything different about enjoying your favorite food this way? What did it taste like? Did you feel satisfied with the experience? Make a note of anything that stood out to you.

If you like this, incorporate once a day during a snack or meal to encourage peace and a sensual returning to self.

NATURE

I am hugely into encouraging contact with nature! You will hear this from me a lot. In my experience, it's essential for grounding, nourishment, and healing. We always work with what we have! Many of us live in cities so it's all about accessing the nature we do have and learning to work in to our regular day.

This week, is there an experience of the natural world you can seek out?

Some ideas:

- Take a meditative walk (perhaps when you first wake up before your mind gets going)
- Visit a botanic garden
- Get some seeds/starters, dirt, and potting materials to plant something at home
- Take a drive to the beach
- Find a place with trees and make physical contact by hugging, leaning, touching the trees and spending time connecting with them
- Listen meditatively to the sounds of birds
- Listen meditatively to the sounds of weather, like rain or wind

DESIRE

Revisit question #4 in the journaling, about what experiences you want to have in your body.

- What, if anything, is in the way of having that experience?
- When you think about the lack of this experience, what feelings arise? (sadness, resentment, anger, apathy, and so forth)
- Is there any small element of that experience you can have right now?
- Whether it's laying on a soft sheet, massaging a particular part of your body, stretching, feeling a breeze on your skin -- what is something you can experience right now that offers a hint (or more) of pleasure?
- Are you willing to re-prioritize during this week to allow for more pleasure in your life? Why or why not?

For this assignment, set aside a time this week of at least a half hour that allows you to have more of this experience you're desiring. This can be more movement, more peace and quiet, more connection to your sexual self. All you need to do is have a bit more of this. Add it in. There is no specific outcome that has to happen or any particular way it needs to look, other than making time for pleasure in your life that you wouldn't normally have/do/experience. There is room for more!

Magical Practice: \$ MONEY ALTAR \$

We will build on this in the coming weeks! Your money altar will become a place of profound transformation of your relationship with money.

There is more to come on how we will work with this altar for normal, daily, practical things that are really helpful. So however simple or elaborate, make some time to create an altar space or the first phase of one to be ready for the next assignments.

1. Choose a space in your home that is well-lit, where the energy feels good, and take some time to clean and clear that space! Salt, florida water, and essential oils can go a long way to clearing the energy (use on floors, surfaces, etc)

2. Dedicate the space with intention. You can revisit question #6 of the journaling to guide your intention.

3. Make a lush, abundant altar!

4. Some things to add, to your liking:

- A bowl with cash and coins
- Green or gold candles
- Green or gold altar cloth
- Incense in a luxurious scent like honeysuckle or something that feels rich to you
- Herbs like basil, chamomile, honeysuckle, bay leaves, alfalfa, ginger, cinnamon, thyme, or high quality coffee grinds
- An image of something you would like to bring in
- A check written out to you with an amount of money you'd like to see come your way
- Fruit, cookies, or other sweet offerings

5) Bless your altar

Spend a few moments with each object on your altar. You can anoint them with the smoke of incense, a sacred oil, a prayer, the energy of your hands or all of these. You want to connect with each object, thank it for its presence, and really feel this altar as an extension of you.

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