

THE HIDDEN VALUE OF MERCURY RETROGRADE

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Mercury is the planet of communication, information and education.



About every 3½ months Mercury appears to go backward in the sky for three weeks at a time, which is called **Mercury Retrograde** (or Mercury Rx). Think of it as your left-brain being out of commission, only you don't know it!

Mercury represents your thinking, the style in which you communicate, the way in which you access and use information, make decisions, deal with details, learn and express yourself.

Mercury is the way you consciously perceive reality.

During Mercury Rx all forms of communication are susceptible to disruption and information that is transmitted in any way (by fax, computer, phone, Blackberry, iPhone, FedEx, Facebook, newsletters, email, Twitter, verbally, etc.) is at the mercy of the retrograde.

This can manifest as lost information, contracts that fail to stick, miscommunications or misunderstandings, lost or delayed mail, equipment malfunctions - snafus in general.

The #1 thing to do to prepare for Mercury Rx is to back up your info!

When you know Mercury is about to retrograde, be sure to make copies of important documents, sign contracts, send important emails, and finalize instructions.

The week approaching Mercury Rx, things start to slow down, so take care of your "To Do" list at least a week in advance whenever possible.

If you have planned to begin anything new, take an action before Mercury Rx.

Mercury rules ground transportation so be sure your vehicle is in good working order and double-check travel plans and directions.

"A bend in the road is not the end of the road - unless you fail to make the turn." ~ Anonymous

What not to do during Mercury Rx?

Don't make any major purchases during Mercury Rx (especially electronic equipment or appliances), as it is common for something to be wrong with either the item or the transaction.

This is not the time to announce or launch new projects, get married (unless you've done it before!), list a house or real estate, or sign a contract.

Contracts do not stick when they're signed during Mercury Rx – or if they do, you'll wish that you hadn't signed that contract as new information will come to light when Mercury goes Direct.

How do you maximize Mercury Retrograde?

This is the time to do all the "re" activities - review, revise, redo, revisit, reorganize and work on projects already in process.

When Mercury Rx arrives, **clear whatever is no longer useful in your life** - whether it's physical clutter, old habits or outdated ideas that no longer serve you.

You should **complete anything you've left undone**, as unfinished business/projects drain energy and attention. This is the time to **look for lost or misplaced information or objects**, as things often turn up during Mercury Rx.

This is optimal energy for reviewing your goals, acknowledging your accomplishments and for meditation, reflection and introspection. What are your dreams and your visions for your life?

"A dreamer, you know, is a mind that looks over the edges of things." ~Mary O'Hara

This is the time to **get your financial house in order**. Review your budget if you have one and if you don't, make one so that you are aware of where your money is coming from and going.

"Money loves to be paid attention to." ~ Kendall SummerHawk

Make conscious decisions about how you want to live - do you need to downsize and release material items that are no longer useful in your life? This is "a perfect" time to lighten your load and release!

If you need to make amends, offer an apology or reconnect with a loved one, friend, or yourself – this is a good time to make those moves. To go from separation to connection, from discord to harmony, from wounding to healing is an energetic and vibrational upgrade!

*"Choosing not to be offended is proactive forgiveness."
~ Harry Palmer*

Please understand that Mercury Retrograde is **meant to shift your attention away from pursuing new frontiers in the external world! and to bring you within** to focus on contemplating, clearing, planning, rectifying, amending, completing and slowing down long enough to get clear about your intentions - where you're going, what you're doing and how you want to direct your energy.

Mercury Retrograde is **a blessing imposed by the Universe when you have to slow down**, check in with yourself, reprioritize your life and get quiet - so you can get clarity and then go with the flow. Don't fight it and try to swim upstream - rather, focus on being in the flow.

*"When the traffic lights are red in New Delhi, they display the word "relax." Every time you come to a red light, instead of sitting grinding your teeth, try seeing it as an opportunity for practice. Connect with the in-going and out-going of the breath. Be one with the breathing."
~ Tenzin Palmo*

As the pace slows down, you can use this time to practice flexibility and patience (emphasis on practice). **If you find yourself becoming frustrated or overwhelmed**, stop, take a breath and remind yourself that all is in Divine Order.

"The only difference between stumbling blocks and steppingstones is the way in which we use them." ~ Unknown

If you were born with Mercury Retrograde

You process information differently than those who have Mercury Direct. You may perceive everything acutely but have difficulty organizing it or finding the words to communicate your perceptions.

Your ideas are often creative, bright and innovative, but when you attempt to share them, extra effort may be required – and your thinking is more subjective. No, this is not the “rational objective” energy! Your inner mental process is very powerful, highly intuitive, and you likely have a lively imagination and inner world where your viewpoint makes perfect sense to you!

What does this mean for you ultimately? **Every day is Mercury Rx for you**, so you have lots of practice with this energy! You are still subject to traditional Mercury Rx issues, but as a rule, they won't interfere with your life as much. Pay attention, and know that you have an advantage when Mercury appears to be moving backwards – and you may find that you make great strides during those times!

*"Genuine shifts happen when we change our minds about ourselves."
~ Unknown*

Mercury Retrograde Dates in 2012:

☆ **March 12 - April 4, 2012**

☆ **July 14 - August 8, 2012**

☆ **November 6 - November 26, 2012**

