

THE HIDDEN VALUE
OF
MERCURY RETROGRADE



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Mercury is the planet of communication, information and education.



Approximately every 3½ months, Mercury appears to go backward in the sky for 3 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.

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

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 computer, phone, Blackberry, iPhone, iPad, Facebook, email, Twitter, Fedex, verbally, etc.) is at the mercy of the retrograde.

This can manifest as lost information, contracts that don't stick, miscommunications, misunderstandings, lost/delayed mail, equipment malfunctions and all snafus.

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 a few days before Mercury goes Retrograde.

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

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/purchase 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 it, as new information often comes to light when Mercury goes Direct, which changes the whole picture.

How to maximize Mercury Retrograde?



This is the time to do all the "re" activities - review, revise, redo, revisit, reorganize and focus 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 your energy and attention. This is the time to **look for lost or misplaced information or objects**, as these things often turn up during Mercury Rx.

This is the 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. Be willing to make any adjustments in creating income or in your spending so that your lifestyle feels in alignment with your Authentic Self.



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 anything you have outgrown or no longer need.

"Money is energy and is here to serve me." ~ Edwene Gaines

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. Going from separation to connection, discord to harmony, or wounding to healing, is a vibrational upgrade!

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

Please understand that Mercury Retrograde is **meant to shift your attention from pursuing new frontiers in the external world and call 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 it's time to slow down**, check in with yourself, re-prioritize your life and get quiet - to gain clarity and 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 Pal

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.

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 “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."
~ Robert Holden*

Mercury Retrograde Dates in 2013:

☆ Feb 23 - March 17, 2013

☆ June 26 - July 20, 2013

☆ October 21 - November 10, 2013