

ASTROLOGY STARTER KIT

MERCURY RETROGRADE

When a planet goes retrograde, it slows down + seems to travel backwards from our view here on Earth. Mercury retrogrades every 4 months (roughly 3x/ year) for 3 weeks each time.

When this happens, we have the opportunity to pause and review life and the decisions we've made thus far and potentially find new points of view. Mercury, known as the Great Messenger, represents the way we communicate, teach, what we say, the words we use, how we understand things or learn, our voice + our thoughts... vision, creation + awareness.

Mercury is also known as the Trickster, which is probably where it got it's bad rap. Many people have fear + dread when it comes to these 3x per year. And yes, while there can be instances of miscommunication or technological snafus, it's really about HOW we relate to an energy more than the actual energy itself.

Instead of looking at the potentially disruptive energies as bad, try looking for the deeper meaning... many times, we are being asked to slow down + really observe interactions, experiences, what we think about things that in day to day life we are moving too fast to weigh in on. It is a time to tease out the nuance and possibly have some major A-HA's around mistakes we've made, the direction we're heading or might point out the flaws in our thinking over the previous few months. When we are focused on the external snafu or issue, we often miss these opportunities for internal review.

Though the awarenesses brought during this time might be shocking, they are truly designed to wake us up to the truth of being a human at this time... individually and collectively. Find your center and trust that if details are slowing you down, they are only supporting a course correct that could save you lots of pain + time in the long run. Flip the thought "why is this happening TO me?" to "why is this happening FOR me.".

2019 Mercury Retrograde Dates:

- * MARCH 5 - MARCH 28 (29 Pisces to 16 Pisces) - Water
- * JULY 7 - JULY 31 (4 Leo to 23 Leo) - Fire
- * OCT 31 - NOV 20 (27 Scorpio to 11 Scorpio) - Water