

Mercury Retrograde: 9 Ways to Make It Your Friend

By Ellen Zucker

Speak the phrase “Mercury Retrograde” and watch people cringe.

“The last time Mercury went retrograde, my computer crashed and I lost my data.”

“Mercury went retrograde and my application got lost in the mail.”

The stories are legion.

It is true, computer glitches and communications foul-ups are much more likely to occur when Mercury’s motion is retrograde than at other times.

So, do you go into hiding when Mercury goes retrograde?

Few of us have the ability to disappear from our lives for three-and-a-half weeks three times a year.

But you don’t have to dread this event. True, you probably ought to opt for a different time to launch your direct mail campaign. **But understand and work with the energy, you can make it your friend and use it to advance your agenda.**

What is Mercury Retrograde?

Because of the differing speeds of planets’ orbits around the Sun, at times it will appear from our perch on Planet Earth, that other planets (except for the Sun and Moon) will periodically slow down, pivot and move backwards for a time. Astronomers call this apparent backward motion *retrograde*.

Nature did not intend for us to go forward non-stop at warp speed indefinitely. And yet, here in the West, it is expected of us.

Retrograde motion is the Universe’s signal to slow down and take a deep breath.

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Unlike our go-go 24/7 culture, Nature works in rhythm. The sleep/wake cycle, the inhales and exhales of breathing, a beating heart; our very baselines of life are measured in rhythm...

As a result of these conflicting pressures it is common to experience retrograde periods as times of discordance. But it is we who are out of sync.

The key is to work *with* instead of fighting retrograde energy. Look at this time as Nature's time out.

All planets (except for the Sun and the Moon) will have retrograde motion periodically. But it is the inner planets: Mercury, Venus, and Mars, who affect us most.

And of these planets, Mercury has the most notorious reputation. This is in part because Mercury retrogrades so frequently: three times a year.

The retrograde period itself lasts for three-and-half weeks each, but many astrologers also look at the *shadow*. This is the period just before and after the Retrograde when the planet is moving very slowly.

Many people report feeling the effects of the retrograde planet during its shadow. In the case of Mercury, its shadow is felt most strongly approximately a week before its actual retrograde motion. So it is recommended that you work with Mercury as if it were retrograde one week before and three to four days after the retrograde period.

How Does Mercury's Retrograde Periods Affect You?

Mercury is the planet of communication, thinking, and mechanical things. During Mercury retrograde periods, our communications are less clear. There is a greater tendency to hear what we think we heard rather than what the other person said.

Mercury retrograde period is **not the time to push new projects forward**. If circumstances make it necessary to proceed, expect the project to take on another direction or be revamped after Mercury resumes its direct motion.

The energy is flowing inward, so it doesn't function as efficiently in the everyday world as it normally does. Your thinking process is working differently now.

Frequently, you receive new information that changes the picture or your perspective changes when Mercury resumes its direct motion. Hence the conventional astrological advice to refrain from signing important contracts and making major commitments.

Also, items involved with communication and local transportation, such as telephones, computers and cars, are more apt to have glitches. (Remember to back up the computer and double-check your appointments).

But Mercury's retrograde energy is superb for many things. **Use it for what it is designed to do and Mercury retrograde periods become your ally.**

Here are nine ways to make Mercury Retrograde work for you. Note that many suggestions begin with the letters "re." **Think "re" for "retrograde."**

- 1. Re-connect.** This is the time to look up old friends and family. You've been meaning to call Aunt Millie, or get together with your old high school buddy. Do it! Now is the time to pick up the telephone. Chances are they will be receptive and you'll be glad you did. And you, yourself, are likely to hear from **long lost pals**.
- 2. Re-search.** While it is not the time to go forward with grand plans, this is a superb time to research facts and ideas you can use later.
- 3. Re-view.** Pick up that application or your business plan and take a second look. Chances are you will see things in a different light. And that can give you ideas to strengthen it. And make sure you covered the bases.
- 4. Re-do.** If you were too hasty the first time, or you chose not to follow my advice, you may find yourself having to redo that report. But each time you redo, you refine.
- 5. Re-fresh.** Your brain and your body were not designed to function 24/7. Taking a little time to kick back and relax

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refreshes you and ultimately makes you far more productive than trying to plow straight through.

- 6. Re-solve.** Go back and clean up old relationships that ended badly. You can resolve many issues now – even bury the hatchet.
- 7. Back Burner items:** Now is the time to get to projects that have been pushed into the background.
- 8. Re-organize.** Mercury Retrograde is an excellent time to clean out old closets, old files, old agendas... throw out what is no longer useful to make room for the new.
- 9. Re-contact.** Are you in sales? Then, this is the perfect time to re-contact old leads.

If you must take on a new job or a new project during this time, know that it may change. A lot. So stay loose and flexible. Because your environment is likely to change as well as your perspective. And that becomes clearer after Mercury has resumed its direct motion.

But if you had previously began a project, applied for that position, contacted that key lead, Mercury Retrograde will have little impact.

Be strategic. Block out Mercury retrograde periods on your calendar and schedule the time for **Re** activities.

Use the Mercury retrograde energy in a positive way, and you'll be refreshed, renewed and ready to move forward when Mercury changes course.

Addendum

Mercury Retrograde Periods: 2009-2011

2009

January 7-February 2

May 7-May 31

September 7-September 29

2010

December 26, 2009-January 15, 2010

Mercury Retrograde: 9 Ways to make it your Friend!

April 18-May 11
August 20-September 12
December 10-December 30

2011

March 30-April 23
August 3-August 26
November 24-December 14

Recommended Resources

Thank you for downloading and reading this special report.
For more information, I recommend these resources:

Listen to me on Blogtalk Radio every Monday at 11 am beginning August 31st. <http://www.blogtalkradio.com/ellenzucker>

Stay current with fluctuations in the astrological weather, visit my blog, <http://www.theastrologersays.com>

Celestial Currents, my monthly astrological heads-up is delivered to your in-box in e-zine format. Subscribe at <http://www.celestialcurrents.com/subscribe.html>

Other Resources of Interest

When I faced my father's approaching death last year, I felt overwhelmed. As his primary caregiver, I knew I needed a support system to cope with the upcoming transition and its aftermath. **Christina Merkley** and her unique **Shift-It** process were invaluable for helping me get through this difficult time and rebuilding my life.

Christina's process uses powerful visual methods to help you bust through limiting thoughts, beliefs, and other bugaboos that keep you stuck. She offers a downloadable version that you can complete on your own as well as a variety of individual and group coaching packages. <http://budurl.com/merkley>

Yanni Maniates, Magical Keys to Self Mastery: Creating Miracles in Your Life Meditation and deep listening skills to tune into your heart and your inner wisdom to attain self mastery. <http://budurl.com/yanni1>

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Despite the huge benefits of meditation (deep relaxation, lowered blood pressure, increased focus, etc.), I'm quite fidgety and meditation has always been a challenge. But I found the Yanni's meditation techniques simple, practical and extremely helpful. The information is provided in both a downloadable ebook in pdf format and audio format, and an autographed paperback version (US addresses only), plus you receive four recorded guided meditations.

Cathy Goodwin has an unorthodox, but thoroughly grounded and common-sense approach to the subject of intuition. As a self-described left-brained type, she gets right to the point with concrete information and practical techniques to get on speaking terms with your own intuition.

Cathy Goodwin, Your Intuitive Move <http://budurl.com/cgint>

Feng Shui is not some mysterious force, but a set of techniques to improve your living and working environment. More important, people consistently testify that Feng Shui improved the energy around them in areas such as cash flow, their love life, and more.

<http://budurl.com/26fengshui>