



# MERCURY RETROGRADE

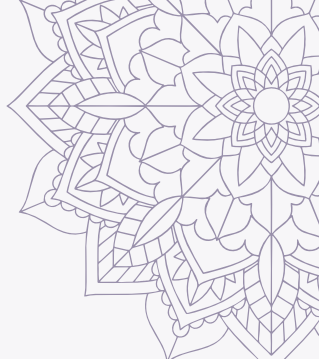




# What is Mercury Retrograde

If you find yourself experiencing difficulty with getting projects started and communicating with others, and your electronics seem to be going haywire lately, it could be because Mercury is retrograde at this time. Many of us, myself included, have blamed Mercury for our mishaps when the planet goes retrograde. Some suggested do's and don'ts can help you survive Mercury retrograde during this potentially challenging time. By the way, there are some benefits during this time, as you'll see in this workbook.

First, let's discuss what does the term Mercury retrograde mean? The planet Mercury rules communication, contracts, paperwork, travel, the mind/thoughts, and ideas. For about three weeks at a time, the planet goes retrograde, which can and often does cause confusion and a bit of chaos in our lives. When Mercury is retrograde, certain areas in our lives could benefit when we take some time to reflect and go within. However, there are also some things that it would be best to avoid doing.



# Do's and Don'ts of Mercury Retrograde

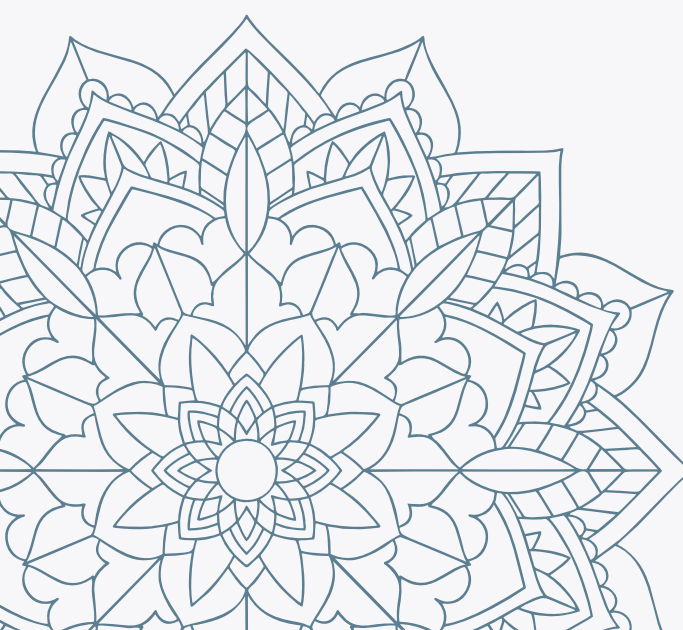


## Don't

- Make important decisions
- Sign contracts
- Buy a car
- Begin a new relationship
- Take anything personally at this time



## Do

- Take your time reading paperwork/contracts
  - Have backup plans for travel
  - Repair your car
  - Keep fluorite, shungite, and a salt lamp by your computer
  - Re-color your hair
  - Give yourself and your space a good clearing
  - Release an unhealthy habit
  - Cut those energy cords
  - Take a salt bath to cleanse your auric field
  - Call in the mighty Archangel Michael to clear your energy field and to help you with your electronics
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# What to Expect

during  
Mercury Retrograde

- Miscommunication – people may be misinterpreting what you say, and you may misinterpret other people's words and intentions
- Electronics are going haywire – computers, clocks, telephones, etc.
- Batteries dying
- Angry behavior
- Mistakes
- Getting lost, tardiness
- Increased number of accidents
- People from your past may make come back into your life

As you can see, there are benefits to the Mercury retrograde cycle. You are being given the opportunity to stop and review your relationships, finances, and decisions. Your life doesn't have to be put on hold when Mercury is retrograde, and sometimes, we must sign contracts or have challenging conversations with others. My advice is to take your time and think before speaking, don't take anything personally, give yourself extra time to get to your destinations, and have a few backup plans.





# Crystals



Use these crystals in your practice or carry them with you to help you during Mercury Retrograde.



## Amazonite

Amazonite gets rid of any negative energy, balances the masculine and feminine energies, protects against electromagnetic smog, and aligns the physical body with the etheric body.

## Aquamarine

Stone of courage, it reduces stress and quiets the mind, harmonizing its surroundings and protects against pollutants.



## Fluorite

Fluorite cleanses and stabilizes the aura. It is a protective stone, and it clears computer and electromagnetic smog. It draws off negative energies and stress of all kinds.

## Black Tourmaline

Black Tourmaline is used to both repel and protect against negative energy, psychic attacks, cell phone magnetic smog, spells, and ill-wishing.



## Rose Quartz

Rose Quartz brings in calming and reassuring energies. It brings in a deep healing vibration. Rose Quartz releases emotional wounding. Rose Quartz encourages self-forgiveness and acceptance.

## Smoky Quartz

Smoky Quartz is extremely efficient with grounding an individual while raising their vibrations. It helps to teach how to leave anything behind that no longer serves you.



## Selenite

Selenite is a stone for mental clarity. Selenite enhances mental flexibility, enables decision making, and is a stone of truth and honesty.



# Foods to Eat

during  
Mercury Retrograde

Foods To Eat To  
Help Ground You At This Time

Beets  
Carrots  
Garlic  
Ginger  
Pumpkins  
Radishes  
Turnips  
Sweet Potatoes



# Mercury Retrograde

## Ganesha To The Rescue Ritual

Ganesha is the Hindu Deity that helps us with removing the obstacles in our lives that are holding us in a stagnant repetitive pattern.

### SUPPLIES:

- Ganesha candle or any orange candle will do
- Cinnamon or Orange oil
- Sea salt or kosher salt
- A bowl
- Spring water
- A piece of paper and a pen or pencil

### RITUAL STEPS:

- Write down your request to Ganesha, asking him to help you lovingly and gracefully remove the obstacles that are in your life at this time
- Fill your bowl with water, 3 pinches of sea salt, and add 3 drops of your chosen oil
- Place your written petition to Ganesha under the bowl of water
- Light your candle
- Repeat Ganesha's mantra 7 times The powerful mantra "Om Gam Ganapataye Namaha" is used to inspire transformation. With roots in Hinduism, it is thought to call upon the energy of Ganesh—the elephant-headed deity who is widely revered as the remover of obstacles and lord of beginnings
- Thank Ganesha for all of his assistance
- Be sure to keep your candle going for 2 hours at a time so that you can create a powerful vortex of energy



# Mercury Retrograde Tarot Spread



## PAST

What needs to be revisited?

## PRESENT

Where am I not communicating clearly?

## FUTURE

Advice from Ganesha







The Mystical Moon

Thank you!

**The Mystical Moon**

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