

**5 Ways to  
Survive & *Thrive*  
during Mercury  
Retrograde**



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# Down the Rabbit Hole



My journey began when I was twelve years old and my father was given six months to live. Even though he was diagnosed with lymphoma, Dad was no ordinary father!

While he did go through chemotherapy, he also took fistfuls of vitamins, teas from Mexico, and most importantly he meditated daily and pictured his cells healthy. To his doctor's credit, within several months he told my father, "Dave, whatever you're doing, keep doing it...you're not going to die from this!"

Dad went into full remission and my teen years were filled with long talks as he taught me about metaphysics, psychic healing, and the power of the mind. I learned that there was much more to life than this 3D existence.

Happily, Dad was still with us when I turned eighteen. As his gift to me, he hired an astrologer to give me a reading, and my love affair with astrology began. I remember feeling as though I had met a new best friend...myself!

That was 40 years ago, and my studies have evolved into a field that incorporates quantum physics and psychology into my astrology practice.

I love how astrology can be an avenue to greater understanding. I love helping my clients gain higher ground in their lives, especially when it seems as though life has sent them a few curve balls. I personally know very well how a transit can blindsides us if we are unaware that it's happening. Knowledge is power!

I see life much like a river. Sometimes the water is calm and the view is lovely, but sometimes there are "rapids" along our path. With foreknowledge of the rapids, we are empowered to partner with the quantum field...to make sure that we have our "life jacket on" and that we "shift our center of gravity" so that we can enjoy the ride and gain a fantastic adventure in the process!

When life gets challenging, during Mercury Retrograde for instance, there are things that you can do to ease the pain. So let's explore the following:

## **5 Ways to Survive & Thrive during Mercury Retrograde...**



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# 5 Ways to Survive & *Thrive* during Mercury Retrograde

**“Oh no, Mercury is retrograde!”**

**You’ve heard those words before and you’ll likely hear them again, but what does it mean when Mercury is retrograde?**

Three times per year, Mercury goes retrograde and seems to move backwards for approximately three weeks.



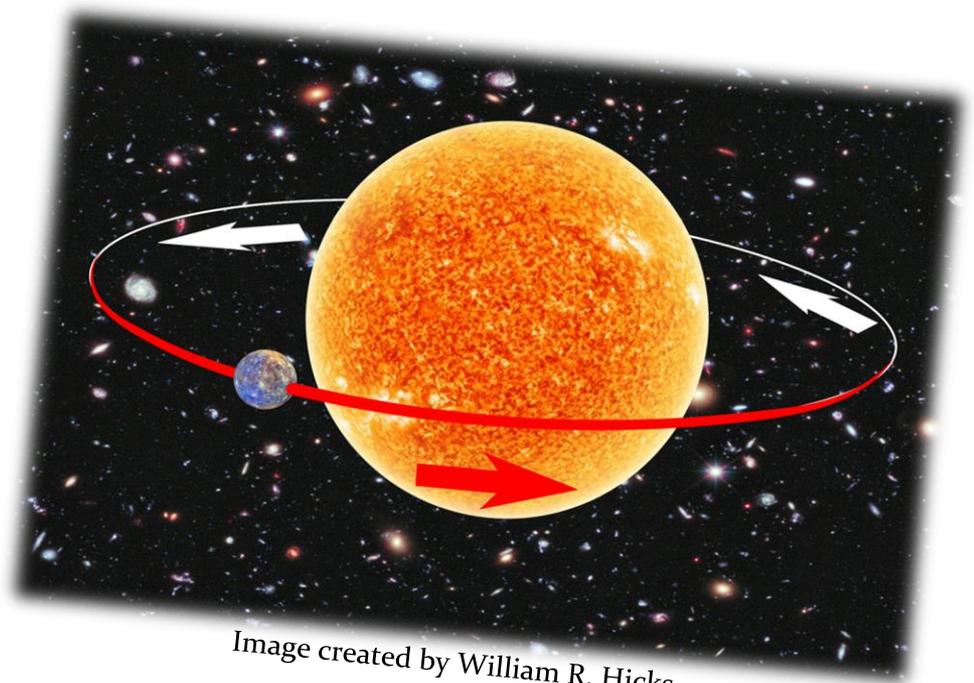
Photo by Dmitry Ratushny on Unsplash

Now no planet actually moves backwards (retrograde), but from our perspective on Earth they occasionally appear to do so.

In other words, all planets in the solar system move in a counterclockwise direction around the Sun, which we astrologers call “direct,” but during their retrograde periods they appear to travel in a clockwise direction, or backwards, relative to Earth.

With Mercury and Venus (the planets with orbits closer to the Sun than the Earth’s orbit around the Sun), they go retrograde and appear to travel backwards when they transit between the Earth and the Sun. During this time, their energy becomes more pronounced because they are located between the Sun’s and the Earth’s energy and magnetic exchange, and also due to the mere fact that they are closer to us than when they are on the other side of the Sun.

Mercury has a pronounced affect on electronics, our vehicles for travel, and communication. So when Mercury goes retrograde, be sure to:



*Image created by William R. Hicks*

1

**Breathe, meditate, reflect and remember that this too will pass!**

If you find that your computer is acting up, this may be a lovely prompting to take a break and refresh yourself...getting out into nature will help you to appreciate your life and the world around you.

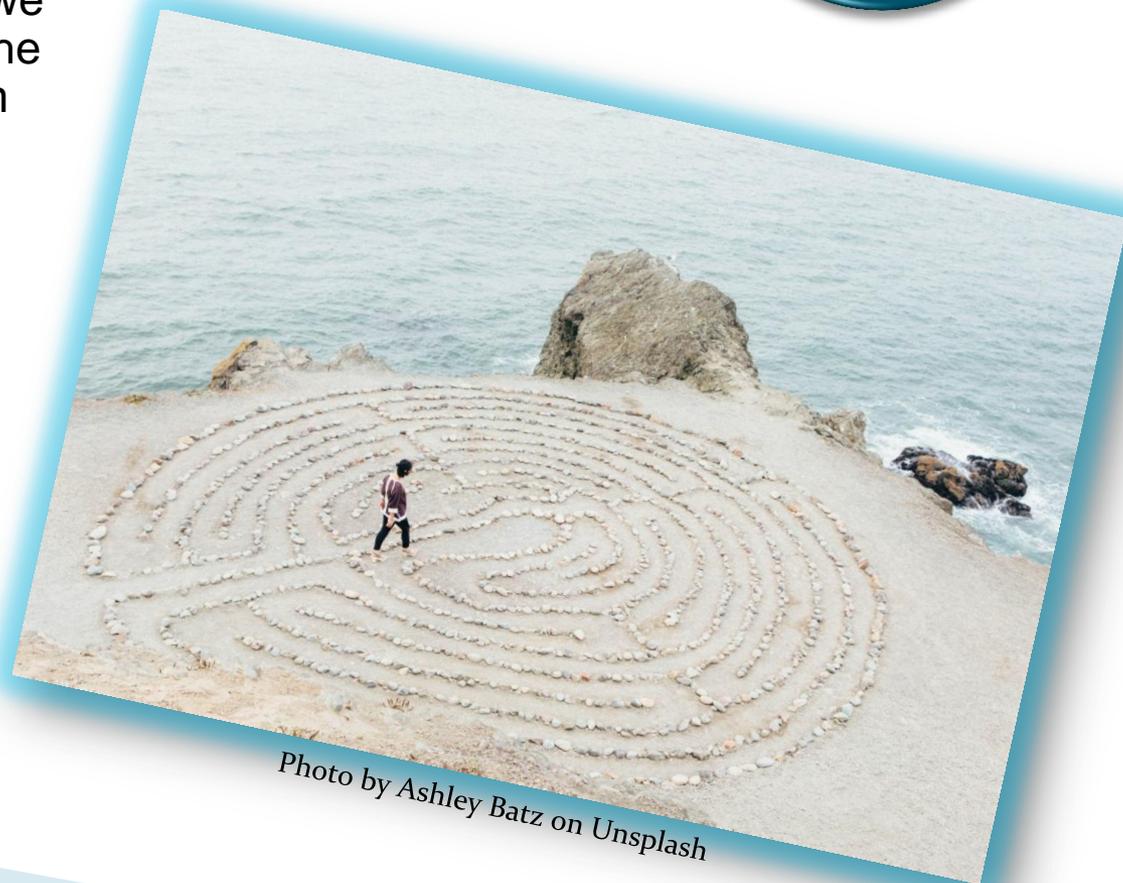


Photo by Kalen Emsley on Unsplash

## Slow down and Reassess!

When planets go retrograde they invite us to pause and even retrace our steps. This helps us to make sure that we are completely happy with the progress that we've made in our projects and also in our lives.

2



*Photo by Ashley Batz on Unsplash*

# 3



Photo by Andrea Tummons on Unsplash

## Communicate clearly!

Mercury rules communication and no time is more apt to invite misunderstandings than when Mercury is “moving backwards!”

Be sure that you are clear that the other party has heard and understands what you are saying, or that you have fully gotten what someone has said to you (e.g. “This is what I heard you say... Is that what you meant?”)

## Hold off on signing any important documents!

Mercury is in charge of dexterity and the written word, so when he's retrograde, we can be prone to confusion.

It's not a great time to sign contracts, make major purchases, or even have surgery...unless you'd like to have a repeat surgery!

4



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5



Painting "Spirit Movement" by William R. Hicks

## Create those lovely works of art!

When Mercury goes retrograde, we shift from our normal left-brained linear way of thinking and operating, and into our right-brained creative sides.

**Enjoy this wonderful time to write that book you've always wanted to write, take up painting, or simply enjoy digging out those old family recipes and whipping up something delicious.**

Who knows, a delightful treat might help to smooth out a misunderstanding!



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# Quantum Astrology

*Quantum Astrology* is the point where Science, Psychology, and Astronomy merge...and this point is your Soul. This is why I call what I do “S.P.A. for the SOUL™.” You can go to a spa for your body, so I wanted to offer a service that feeds your soul.

Your soul is the trinity of the quantum field, your mind, and the universe. The quantum field is what science is now proving—that everything is energy, comes from and returns to energy, and is influenced by our consciousness.

We also have our mind—the result of our natural and social environment; and we are all interconnected in this universe—created and affected by specific mathematics and physical laws.



Image created by William R. Hicks

S.P.A. *for the SOUL*™ creates a transformational experience from which my clients are empowered to co-create their best possible life experience. By becoming aware of the active 3D energies that are present in the birth chart and that are emerging through progressions and transits, we can partner with the archetypal principles and the infinite quantum field in order to form an elevated experience and mastery. This is the place where miracles happen and we realize that anything is possible!

We have our charts...our charts do not have us!

Just as Astrology and these 5 suggestions are tools, they are only useful if they are implemented. They are also most effective when they are used in tandem with each other.

Return to the “Services” page on my website to begin your journey in creating the life of your dreams!

<https://www.astrologyasabovesobelow.com/services>

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