

Finding Flow in the Retrograde



The dreaded Mercury retrograde. It looks pretty in the photo but in real life it can look like expensive repair bills, missed appointments, disagreements, a pepperoni pizza when you ordered mushroom, and general chaos. I try not to make too much of the retrograde because I think a lot of what happens is self-fulfilling prophecy. People are staring at the calendar with fear and apprehension that something might go wrong and since worry is just basically using your imagination to create what you don't want, something indeed goes wrong.

Mercury retrograde is actually an optical illusion in which Mercury appears to be going backward due to the difference in pace between its orbit and the Earth's. The effect on Earth of certain astral occurrences has been scientifically proven. The phases of the moon affect the tides, for instance. Solar flares are known to send immense amounts of charged particles into Earth's atmosphere, causing magnetic storms which interfere with radio and cell communication. There isn't any particular gravitational pull or electric radiation that comes along with the Mercury retrograde but as someone who just had to shell out almost \$700 on a bill that I thought was paid in full, I'm a believer. If you're wondering if Mercury was in retrograde when I signed that contract...nope. Let's just say, I don't get crazy but I don't tempt fate if I don't have to either. In each of the blogs I have written I have looked back and found at least one typo in each that made me cringe. Prediction: this will be the one that is absolutely perfect. Mercury loves to show his trickster side!

There was one study conducted about the effect of the retrograde on travel at one of the world's busiest airports, LaGuardia. Both mishandled baggage and late arriving, and departing flights increased during retrograde periods, according to the New York Times. The "hanging chad" voting debacle, JFK, Jr's plane crash and Three Mile Island disaster all occurred while Mercury was retrograde.

Mercury the god, presides over communication, travel, commerce (especially retail, as in mercantile), and poetry. He also showed the dead the way to Pluto's realm. Yep, he's a pretty well rounded fellow. He's usually depicted wearing winged sandals with which he travelled at lightning speed to deliver messages. He carries a winged staff with two serpents wrapped around it. You've probably seen it on medical logos. Mercury wasn't the god of medicine but his association with it probably began with his Greek counterpart, Hermes' association with alchemy. In the 7th century, alchemists were often referred to as sons of Hermes, or Hermetists. So what forms of healing does Mercury bring us, or rather, bring back to us while retrograde?

This is the perfect time to practice going with the flow and relinquishing control to the universe. The word 'mercurial', meaning volatile or erratic, comes from the word Mercury. Letting go, even in trying times, or should I say, ESPECIALLY in trying times can be very empowering. When you stand in the

tempest and maintain your center, the sooner the storm abates because your intentions are aimed upward instead of being dragged into a downward spiral. It may not be business as usual right now and that's ok, roll with it. Flexibility and patience are super powers!

As Mercury was the guide to the underworld, the retrograde can be contributory in shining a light on buried truths, underlying motives, causes and patterns. The energy at this time can be very helpful in seeing things with a new slant or gaining new perspective. While we can't dwell in the past, it can sometimes be helpful to reflect on things that have happened and lessons learned.

While it may not be the best time to start anything new, it is a great time to go over details of projects already in motion. Reflecting, reexamining, rehashing and re-whatevering can help a venture already in motion go smoother and easier, and achieve a greater degree of success. You may also find yourself wanting to revisit an abandoned endeavor that you may be able to breathe new life into.

2014's retrogrades all occurred in water signs. This year they all occur in air signs. The first one is in Aquarius. As such, this retrograde will have to do with more cerebral aspects than the sensitive, emotional aspects of the water sign retrogrades. Aquarians in particular are nothing if not forward thinking so harness that analytical power and put it to work on something huge that you want to pursue...after February 11th, that is.