



Mercury in Retrograde

*Exasperation is the mind's way of spinning its wheels
until patience restores traction.*

~George L. Griggs

The real secret of patience is to find something to do in the meantime.

~Anonymous

My wheels have been spinning. Have yours? Exasperated? And now that I think about it, it all started about Sunday afternoon. It finally dawned on me to ask a friend when the planet, Mercury was in Retrograde, and yep, Sunday was it.

Mercury in Retrograde is your friend; it is God's way to teach us patience, particularly in this society of instant gratification. We want it and we want it NOW; anything from ordering a movie online to instant mashed potatoes to online banking!

I had heard about the effects of Mercury in Retrograde throughout the years and just went on with things. When I heard it referred to once as "Astrology's Murphy's Law" I really had to pay attention. I even remember when I was at a Mark Victor Hanson Mega Book Publishing Conference and a speaker, Alex Carroll (an expert on radio show bookings), mentioned that he never books appearances while Mercury is in Retrograde! I then started doing a little research.

Mercury rules communication. In mythology Mercury is known as the "winged messenger", which is why Alex made the comment about radio. Alex's experience was

Thursday's Kick! Mercury in Retrograde that if something had a hitch (hence, Murphy's Law, if it could go wrong it DID), it seemed Mercury was always in Retrograde.

Also, Mercury rules mental processing, intellectual pursuits, like studying, writing and even business and business travel (because travel relies on communications to go smoothly). When it is in Retrograde, it reverses its direction and all these processes that would normally run smoothly are affected.

So, before you throw your computer out the window, because your Word program keeps crashing this week, e-mails don't go through or your web browser is delayed... take a breath. I will tell you what to be aware of and then help you understand how Mercury in Retrograde can be your friend.

What to be aware of:

- People are not going to be open to new ideas at this time. This is not the time to challenge someone's beliefs, thinking, or push new intellectual pursuits.
 - Business travel delays, cell phone communication, and voice mail delays! Want to know how I realized Mercury was doing its thing? I received FIVE voicemails three days after the fact, all at once. Nothing had gone through.

It is not a good time, during the next few weeks to buy what are known as "Mercurian items" which would be items known for **communication** (phones, computers, televisions) **transportation:** (cars, trucks, planes) and **do not sign or commit** to new ways of thinking, which includes getting married!

OK, now for the good news!

After taking a breath and realizing I cannot bull-doze through the next few weeks and get stuff done instantaneously...I look at the benefits, yes, the GIFT of Mercury in Retrograde...DETAILS, DETAILS, DETAILS...

Thursday's Kick! Mercury in Retrograde

This is a time to allow you to renovate, re-do or even hit the reset button on something you have not had time to give your proper attention. It is time to re-check and finish old projects. I have had my Word program crash more times than I can count this week. Very frustrating! I am finishing the manuscript for Beyond Food, Fear and Fat for Llewellyn. I have been working on this manuscript for almost three years, yes, I want it done and out the door! Mercury in Retrograde is allowing me to pay attention to the details that will matter when I would normally talk myself forward. This assistance is not solely achieved by crashing the program, forcing me to rethink and commit to the words on the screen, but also in the fact that everything ELSE in my life has slowed down, allowing me to finish this! (Including voice mails).

This is a project I need to finish and the universe is assisting me. What projects do you have? What book would you like to re-read, or have you put down without time to finish? What old friends would you like to touch base with?

Do not wait for the last minute deadlines, rather get things done ahead of time and make sure everyone is contacted in order to run smoothly. PAY ATTENTION TO THE DETAILS. This can help you avoid doing things over again!

So, take this time to relax, and enjoy. Give it up and take a few days off! It is better than beating your head against the wall. I closed my computer Sunday afternoon and spent the rest of the day playing board games with the kids. So, in a sense, it is good that Mercury does this as a reminder to balance our time with leisure and fun as well as work and business.