

The SpirituallyEmpowered guide to...

Mercury Retrograde

About 3-4 times a year, the planet Mercury speeds up its orbit past earth. The change in motion creates the optical illusion that Mercury has slowed down and is moving backwards (it's not really). In astrology, the movements of the planets are always affecting us here on earth, so the areas of life associated with Mercury also tend to slow down or 'go backwards' during retrogrades.

Areas of life

The areas of life that Mercury rules are highly affected by the retrogrades.

Mercury rules: speaking and communication, electronics, short-distance travel, writing, thinking, technology and the mind.

Mercury is the ruler of **Virgo** (Earth sign) and **Gemini** (Air sign) so these signs are often highly affected. If Mercury is in your sign or element when it retrogrades, you might also feel it more than others. But every sign is affected in some way!

Dates 2017-2018

2017 - Dec 3-22 in Sagittarius

2018 - Mar 22-Apr 15 in Aries

Jul 26-August 18 in Leo

Nov 16-Dec 6 in Scorpio

BONUS FACT: Retrogrades last 3 weeks, but there is a 'shadow period' which means you could start feeling up to 2 weeks before it starts and continue to feel the effects 2 weeks after it's ended.

Do

- Back up important files
- Double check all written communications
- Reconnect with old friends
- Revisit old projects
- Relax
- Leave plenty of time to travel to appointments
- Be extra careful when travelling

Dont

- Make any big purchases, especially houses, cars or electronics
- Accept a new job or hire new staff
- Start a new relationship, get engaged or married
- Get a makeover, new haircut or dye
- Book a holiday
- Make any big decisions like quitting a job
- Launch or initiate anything new

Dates 2019-2020

2019 - Mar 5-28 in Pisces
Jul 7-31 from Leo to Cancer
Oct 13-Nov 20 in Scorpio

2020 - Feb 18-Mar 19 from Pisces to Aquarius
Jun 17-Jul 12 in Cancer
Oct 13-Nov 3 from Scorpio to Libra

Dates 2021

Jan 30-Feb 20 in Aquarius
May 29-Jun 22 in Gemini
Sep 27-Oct 18 in Libra

2020 - Feb 18-Mar 19 from Pisces to Aquarius
Jun 17-Jul 12 in Cancer
Oct 13-Nov 3 from Scorpio to Libra