

Mercury Retrograde

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As the planets are observed from the Earth, they appear at times to be going backwards. Astronomers call these retrograde periods. Only the Sun and the Moon do not go retrograde.

As a planet moves in its orbit around the Sun, it moves on a 360° “circle” where every 30° is a different astrological sign. When the planet turns retrograde appearing to go backward, it retraces its path through several degrees of the sign it is in [or just left]. When it goes direct, it again travels through the degrees in a forward-appearing motion and continues on its way.

During these periods the usual flow of experience is diffused and can be out of focus. We are encouraged to focus ourselves inward – to go over the choices and decisions we have recently made – or to contemplate and meditate on how we can understand ourselves more deeply.

The planet that seems to have the most influence on us while retrograde is Mercury. This is essentially because it goes retrograde about three times a year for about three weeks at a time and, therefore, we notice its effect more. Other planets are retrograde for several months at a time and we get used to the energy thus noticing it less.

When Mercury goes retrograde we experience confusion and uncertainty. Communication – in big and little things – becomes disrupted; appointments often have to be rescheduled; shipments may be delayed or the wrong items [including size, colour, et cetera] are sent, perhaps to the wrong address; and so on. During this time, it is important to refrain from buying electric or electronic items since they may have to be returned. It is also important not to sign contracts or other legal documents during this time since they will have to be re-visited as well.

The sign that Mercury is in during its retrograde periods indicates the area[s] of life where it will have the most effect. Knowing this can help you check your chart to see if it will have a direct effect on you or if it will merely be a possible nuisance. The retrograde period will affect you clearly if you have a planet or planets in the retrograde range of degrees. The first Mercury retrograde is in Aquarius indicating that freedom or rebelliousness could be what causes confusion.

The best way to deal with Mercury retrograde is to be relaxed no matter what happens. When things don't go the way you planned, learn to shrug it off and laugh about it. Observe...and you will see the people who are flexible. They are the ones to emulate. Observe further...and you will see those who are rigid and

unable to adapt. They are the ones to teach by your example: detach and learn to laugh.

Mercury Retrogrades in 2010

All times given are Alberta times

Stations Retrograde means the planet appears to stop in preparation to going retrograde. Mercury is retrograde between the two stations, approximately 3 to 3½ weeks.

Stations Direct means the planet appears to stop in preparation to going direct

2010 begins with Mercury in Retrograde motion...

Stations Direct	January 15	9:52 am	5 Capricorn [♄]
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This retrograde period deals with confusion on how to become or maintain one's organization. There is a need to discover a more meaningful or effective way of being organized; flexibility is encouraged. Be open to new ideas.

Stations Retrograde	April 17	10:06 pm	12 Taurus [♉]
Stations Direct	May 11	4:27 pm	2 Taurus [♉]

This retrograde period deals with uncertainty on how to maintain one's stability. There is a need to go within, connect with and enhance a sense of inner peace, then let go of the need to control your life's events so something better can show up.

Stations Retrograde	August 20	1:59 pm	19 Virgo [♍]
Stations Direct	September 12	5:09 pm	5 Virgo [♍]

This retrograde period deals with confusion on how to deal with matters that seem to be overwhelming. There is a need to go within, to become detached and calm; and then let the details of the solution simply float to the surface of your mind.

Stations Retrograde	December 10	5:06 am	5 Capricorn [♄]
Stations Direct	December 30	00:21 am	19 Sagittarius [♐]

This retrograde period deals with confusion on how to plan and develop greater meaning to one's spiritual awareness and practice. There is a need to review and reconnect with what has already been learned.

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