

# MAKING THE MOST OF MERCURY IN RETROGRADE

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How many of you feel the effects of Mercury going Retrograde and even come to expect that something in the realm of communications, contracts, or relationships will suffer some consequence because of it? Well, what if there was another way to experience this astrological event from a more supportive perspective? Would you like to learn how to feel empowered by it rather than a potential victim of it?

Several years ago, I heard an astrologer say “the best way to make good use of Mercury going Retrograde is to focus on or engage in activities that begin with ‘RE’”. For example: re-pair, re-store, re-cycle. I liked how simple it was so I decided to give it a try. Several times each year I’ve played with this concept and I really like the re-sults I’ve experienced.

Any time Mercury goes Retrograde, here are 21 suggestions (like one-a -day vitamins) for aligning your energy with it in a new way. You may be pleasantly surprised by the unexpected blessings you’ll re-ceive.

Set an intention to RE-frame any thoughts, beliefs, patterns or programs that are Re-stricting your creative process when Mercury is in Retrograde. Tap through the ones you’re aware of. (Example: Even though I seem to be highly sensitive to Mercury in Retrograde, I accept myself just the way I am and I choose to play with it rather than work against it.”)

Re-cord your re-sults.

Re-mind yourself to stretch your comfort zone.

Re-solve a favorite puzzle.

Re-lease an old grudge.

Re-play an inspiring or light-hearted movie.

Re-ly on your inner guidance system.

Re-ceive a moment of inner peace each day.

Re-think limiting clichés (i.e. ‘be full of care’ rather than ‘be careful’) or a decision that isn’t sitting right inside you.

Re-arrange the furniture.

Re-claim your unique gifts and talents.

Re-condition a family heirloom.

Re-connect with an old friend.

Re-member a successful accomplishment.

Re-visit a favorite place in nature.

Re-evaluate an unfinished project or goal. Then...

Re-charge your desire to either complete it or ...

RE-LEASE IT.

Re-organize your desk or office.

Re-read an inspirational book.

Re-affirm what you are most grateful for.

For more ideas, consult your dictionary for an amazing re-source of words that begin with RE! Have fun and feel free to RE-PORT your successes to me. I’d love to hear them.

Happy Tapping,  
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