

Take Control of Mercury Retrograde & Peek into Your Future!

6 Things to do During Mercury Retrograde

1. Honor YOU! Mercury in retrograde is the perfect time to make time for yourself to reflect and refocus on what your goals are, explore the desires of your heart and redefine what makes your heart sing at this stage of your life. You may do this by taking a vacation (double check all travel arrangements!) or by staying at home - but do it! Schedule time for you to renew, refresh, reflect, regroup, realign, reboot and reFocus!

Relax, Recharge, Refresh & Regroup: Pamper your body and your mind with some self care. Stepping away from the normal every day grind is a vacation in its self! Schedule time to relax and recharge your batteries. By stepping away from the stress of your daily "to do" list for a few minutes each day your thoughts will have the opportunity to regroup and refresh to reveal fresh opportunities you didn't see before.

2. Reassess Relationships: Renew and breathe life into stagnant relationships and/or fully release and bring closure to relationships that have completed their life cycle.

3. Clean House - physically, mentally & spiritually: Physically clean your house, closets, drawers, storage and garage and recycle what no longer serves you. Mentally review thought patterns and beliefs that dictate the creation of your life - disconnect fully and release all that no longer serves you. Spiritually refresh your connection with the essence of who you are and step boldly into your power as the master creator of your reality!

4. Rewind and Revisit the Past: Look within and revisit past relationships and life situations whose ties are lingering. Discern if they have value for who you are today or if it is time to fully close that chapter of your life and move on with renewed focus and energy.

5. Forgive that which is Unforgiven: Tie up the loose ends of your heart by researching all that is yet unforgiven. Remember: unforgiveness is like drinking poison and waiting for the other person to die. Forgiveness does not condone the behavior or life situation, forgiveness disconnects you from the pain of the past that holds you hostage from moving forward to experience a miraculous life.

6. Be Open to Magical Joy Filled Possibility: Open your heart connection and allow yourself to "have the eyes to see" the possibility of creation.