

MERCURY RETROGRADE



journal prompts



MERCURY RETROGRADE

Mercury Retrograde starts Oct. 13th and lasts until
Nov. 3 (Election Day)... *the irony!*

It starts its perceived backwards motion in the sign of **Scorpio** (*intense emotions/ beneath the surface*) and makes its way back into **Libra** (*keeping the peace/ what's fair*) for a second time.



MERCURY RETROGRADE

While this can be analyzed from a political standpoint, I feel it's best to focus on the individual at this time since **we cannot control the external** issues, but we can control **our response** and personal decisions.

Now is not the time to be caught up in the web of confusion. It's time to **go deep** and become clear on our **inner truths** and stand **firmly** in them so that we **cannot** be manipulated (*power struggles can occur*).



MERCURY RETROGRADE

- Are you truly **passionate** about the things you engage in or are you just following the crowd?
- How can you bring more passion, more **intimacy** into your daily life, into the work you do and in your relationships to better **embody** that energy?
- How can you bring the truth, **your** truth, to the surface? What needs to be **known, seen, heard**?

**this is to allow you to foster authentic connections with people currently in and entering your life*



MERCURY RETROGRADE

- What **image** are you **projecting** of yourself to others? Is this who you really are? Is this image what you were **conditioned** to be?

**Not sure? Check the company you keep.*

- How can you balance your **light** and **shadow** parts to bring more **depth** to your personal life and career/business? What's been itching to be **released** from your aura?



MERCURY RETROGRADE

- Are you responsibly using/asserting your **personal power**? If not, how can you bring harmony so you do not **burn** yourself or others?
- What **taboo** topics have you been wanting to explore? What/who have you felt has stopped you?
- What do the words "**power**" and "**justice**" mean to you?



MERCURY RETROGRADE

Also, it may be necessary to **redefine** how we connect with the words "*passion*" and "*intimacy*". These words are **not** exclusive to just who we coupled with. These words apply to **ALL** relationships, including the relationship yourself, friends, business partnerships, family, etc.

How are **desire** and **passion** different?
How are **intimacy** and **authenticity** similar?



MERCURY RETROGRADE

You don't have to know all the answers, but opening yourself up to pondering these types of questions will **allow** you to experience the answers. Through the experience, you'll learn the answers and will begin to **integrate** them into your life over time.

If you feel called, please share, save, and like this post!

My wish is that this helps you navigate the next 3 weeks and the rest of the year with more clarity and self-awareness.

