Newsletter – Volume 2 – Issue 8 – Linda’s Article

On July 19 at 5:30a, Tampa time, Mercury retrograded

into the sign of Cancer. It went direct in Cancer on August

1st and stays in Cancer until 8/12. Mercury in transit

retrogrades for 3 weeks three times a year giving us an

opportunity to review, reflect and resolve situations we

have already dealt with. It is a do-over…an important

one. And it is true Mercury in retrograde has been seen as

a major problem in communication and travel and now

technology. All of us use it as an excuse when things go

awry, some of us make fun of it. I know I have. There are

really cute memes out there related to it. Mercury retrogrades can

also cause irritation, frustration, accidents, poorly written

contracts and many missed appointments and car problems.

We do not ask ourselves why irritants happen, yet

Serendipity occurs in retrogrades too. We want to move

ahead when Mercury says wait. We want to start new

projects and wonder why there are so many challenges.

Maybe we need to stop and realize that the road we

travelled to get to that project needs to be reviewed,

reflected upon and may offer resolution to some problems.

Mercury explains the nature of our intellectual approach to

life. It shows us how we communicate: our innate talents

and our need to connect with others. It defines how we

wish to create alignment with others and come to

agreement by sharing our ideas, thoughts and ideals.

Mercury in Cancer sees the world through the eyes of an

emotionally sensitive cosmic nurturer and mother. It would

like the world to be an extended home to provide others

with emotional foundations, support, and security.

Mercury is a sensitive listener, always paying close

attention to its emotional environment. If the words it

hears doesn’t mesh with the emotions it feels, it often

ignores the words. Emotions color all of its perceptions

and thoughts. There are moments when it may lose its

personal identity because of its highly developed empathy

to others. Mercury in Cancer’s speech is emotional, caring,

and nurturing. It is sympathetic and supportive in its

relationships. It frequently refers to its love of home,

family, children, and the past. Much of its communication

is not through words but through actions like cooking,

finding a sentimental greeting card, or being emotionally

present when someone is in pain. It is emotionally

expressive by being affectionate and physical. It can be

intimidated easily by others and feel a need to close down

emotionally for protection, at which time communicating

with it becomes very difficult.

Because Mercury went retrograde in the sign of Cancer,

with it came challenges to the Cancer filter. I mentioned

this in my last newsletter as challenges to Mars in Cancer.

I am including it again because it is so important to

understand. I have added more possible experiences

clients have felt during this time.

Challenges during a retrograding Mercury in Cancer:

* Feeling “off” - a vague sense of not being happy and not sure why
* Disconnecting from our inner children
* Lack objectivity because we are too sensitive
* Be too self-pitying
* Continue bringing past emotional hurt memories into the present
* Not feeling nurtured
* Moodiness and irritability directed at those close to us
* Closing down emotionally and hiding out
* Feeling we must be needed to be okay

Now that it is in a direct motion, we have the perspective to

understand a retrograding Mercury and the sign of Cancer.

That level of consciousness and awareness will help you

alter your responses until August 12 when Mercury goes into Leo.

* Strategies and Tools to Create a Positive Experience
* Take actions that express our love and gratitude
* Remember old past hurts and resolve them
* Watch our boundaries and say No occasionally
* Take care of ourselves by nurturing ourselves
* Spend more time with our inner child and determine what they need emotionally
* Express anger appropriately
* Handle our fears by facing and going through them and not closing down
* Figure out what emotion (mad, glad, sad, scared or ashamed we are feeling instead of being moody)
* Look at situations from a practical and earthy perspective when we are too emotional
* Being organized and structured and stay centered in reality
* Be realistic and discriminating about how much you need to bring past experiences into the present.