

June 2014 • Mercury Retrograde • A Message From the Universe?

Saturday, June 7th, Mercury went retrograde for three weeks. Astrologically this time is known as a time when communications have the potential to go a bit haywire. This can include our computers, phones and TVs as well as verbal and written communication.



On the flip side, communication of a spiritual and intuitive nature have the potential to be enhanced, stronger and clearer... there is an opportunity to more loudly hear and tap into our own inner wisdom, Divine messages that come via our intuition, our heart, our body. It is a time to trust those feelings. Listen to them, sensing the next steps (as opposed to relying completely on logic and intellect). There is a greater opportunity at this time for us to connect with our Higher Self, our Source and our own Divinity, Spirit Guides, the Universe and the Natural Kingdom.

Over the years, I have merely focused on the potential for electronic mix ups. This year, at this time, it finally makes sense to me. We have allowed ourselves to become such slaves to our electronic world that by default we often are not even in or connected to the world of Nature, the world of Spirit, Oneness, our own Higher Self and the feelings and messages that come to us through our intuition, our heart, our body. Messages and directions from Source go unnoticed because we are not paying attention.... the cloud formations, the birds, animals, colors, combinations of numbers, gentle ideas, thoughts out of

the blue, symbolic messages that we dismiss because we are so far removed from symbolic seeing and opening our heart to feeling the correct next step, response or direction. We are more than the trunk of the tree (our immediate surroundings and physical existence).

All mercury retrogrades carry the same general message; yet this year and this time it feels so much more potent because of our self imposed electronic isolation. It occurs to me that the crossed signals that could happen electronically may be a whack on the head for us to stop, back away and renew our connection to that which we have ignored. This is a time to slow down, make time to do the “re” things:

Review
Renew
Reflect
Revisit
Refresh
Rewind
Recall
Rework
Resend
Rewrite
Remember
Relax
Recenter
Release
Restore
Relinquish
Receive
Reconnect
Revise
Realign
Re figure
Recheck
Reconfirm

How many more can you add to this list?

Say them out loud as you slow your breathing. Or pick a few to use as your “mantra” for the day.

Can you feel it?

It is the ever so slight disconnect as your true self, your soul and your spirit pops out and the light you have hidden begins to glow; your heart opens as you start to breathe into it. Your energy becomes big and reinstates its connection to the glorious world outside the confines of your own immediate surroundings.

....and for a while you are embedded in the big picture of oneness, powerful energies moving, balancing, dancing and soaring.... you are Spirit soaring through the skies, moving with the flow of the currents, traveling amongst the stars and planets, free and your own self yet supported by and connected to everything that is.

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