



Mercury Retrograde
Survival Kit



stars^{by}stevie.

The logo for 'stars by stevie' is located in a light blue circular area. It features a stylized constellation of dots and a crescent moon above the text 'stars^{by}stevie.' The text is in a serif font, with 'by' in a smaller, lowercase font.

What is it:-

Mercury is the planet of intellect and communication, travel and plans.

When mercury goes retrograde. It appears as though it is going backwards.

When it enter this stage, it is a period of review and reflection.

There are normally three in a year, but this yewe have a bonus one.

The do's & don'ts

You shouldn't pause life and like everything, it is here to serve us. So don't let mercury retrograde prevent you from doing things.

My top tips would be:

- Avoid signing contracts or submitting important documents. If you need to, just get someone to double check it for you.
- Wait to purchase any electrical equipment. Again, if you need to make sure you have proof of purchase and receipts to hand!
- Write a list to keep you on track.

Remember to proofread everything, choose your words carefully, back up your data, and plan for travel mishaps.

Take baths or bathe in water to clear negative energy.

Don't start any new projects but if you have reviewed old projects and learnt from them, by all means use this energy to showcase what you learnt last time.

Review where you are at currently and tie up loose ends on existing work.

What if you saw it as a mirror...?

...life, moments, people and encounters. The ones that drive you crazy that trigger you and drive you to the edge.

Those things simply mirror something in you.

That is what Mercury Retrograde is. It is mirroring back at you where you can relearn, release, retune, re-evaluate, reassess, realign, reaffirm, revise and reconnect.

May 10th - 3rd June in Gemini

Mercury is retrograding in its home sign. This can feel wobbly! Its key message will be our ability to communicate.

Being able to communicate will feel almost impossible and its time to think and review before you speak.

Look at things from the other perspective, from the detached nature of Gemini.

The lesson here is how can we think before we speak and really tune in to the other person's perspective.

MERCURY RETROGRADE CARD SPREAD

HOW CAN I FLOW
WITH THIS
RETROGRADE ENERGY?

HOW IS THIS
RETROGRADE GOING
TO IMPACT ME?

WHAT AREA OF
MY LIFE AM I
BEING CALLED
TO REVIEW?

WHAT ACTION CAN I
TAKE TO INTEGRATE
WHAT I HAVE LEARNT
THIS RETROGRADE?

HOW CAN I REST AND
RESET WITH THIS
RETROGRADE ENERGY?

WHAT SPACE
AND HABIT IN
MY LIFE DO I
FEEL INCLINED
TO REINVENT?

HOW CAN I
MAKE SPACE TO
ALLOW MYSELF
TO
COMMUNICATE
MY NEEDS
CLEARLY AND
ASSERTIVELY?

A retrograde spell

This retrograde is during Taurus Season and the energies are in Gemini and Mercury rules Gemini energies.

This collective feel is asking us all to review and reassess our foundations.

The core of our being but particularly in how we communicate our needs and desires to others. Gemini energy is social and it loves to learn.

So this retrograde will be showing you where you can up root and start a new particularly with the eclipse energy and you will see what part of your world this will be closing chapters in from this months moon journal to check back what this eclipse is ending in your world.

But also shifting your foundations to be of service to yourself first. Self care flowing from the over flow.

So this spell is for clearing your lines of communication because retrogrades tend to have cross wires so this spell will aid your in communicating your desires and wishes it will be best performed after the eclipse on the 16th May. It's important to listen to others perspectives also how we can share our own.

You will need:-

A crystal moonstone is a good one for this however if you have a blue or clear crystal this will work great too.

4 Shells in association with the tides and change (if you don't have physical shells don't worry you can draw these on the paper described below.

Pen and Paper

1. Place your crystal in your right hand and speak out loud what you wish to review and reassess in your life and how it will support your long term goals and ambitions.
2. With your paper draw a circle and place your crystal in the centre of it and if you have shells place 4 of them around the crystal - north, east, south and west. If you don't have physical shells you can draw them on the paper.
3. Then as you place crystal and the shells around it. Begin to walk around the circle clockwise, calming your mind and body. Setting the intention with lunar energies.
4. When you feel ready pick your crystal up and place it in your hand and repeat. I express my feelings clearly, I am confident when expressing my opinion. I share my views freely without judgment. I listen to others and share my perspective with ease.
5. Take a moment to thank the moon for supporting you with expressing yourself and feelings honestly to others.

Your crystal is now programmed to support you in communicating your needs and serves you as a reminder of what you wish to review and reassess how you can communicate that to those which surround you.

Notes

Go shine superstar!!!

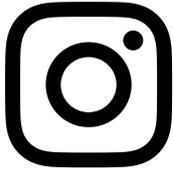
Notes

Go shine superstar!!!

It's time to reach for the stars...



Tag me in your moon rituals on your stories
#thegirl+themoon



Keep me posted on your progress through dm's @starsbystevie

