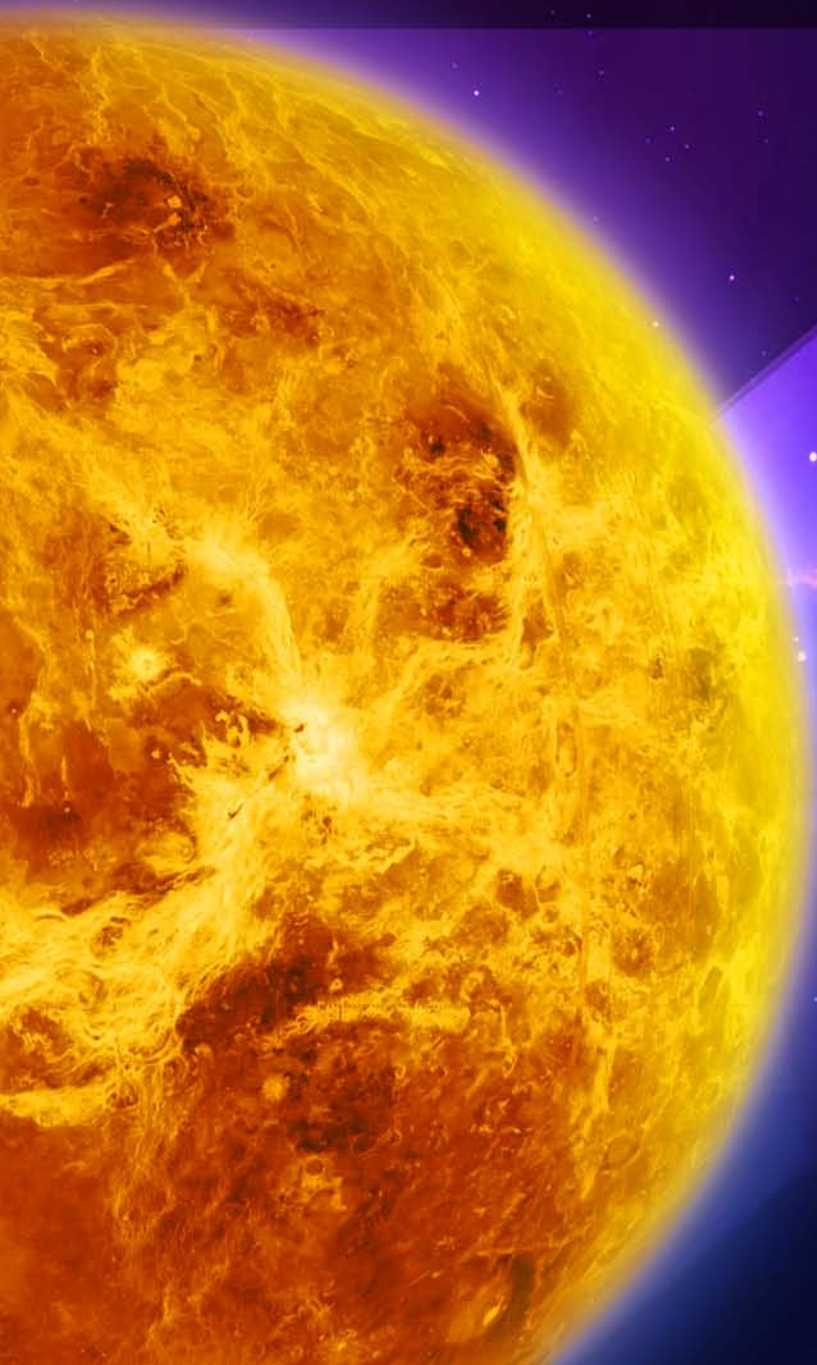




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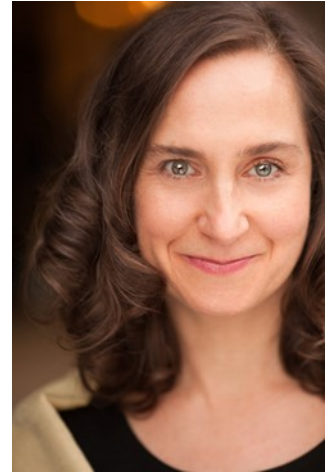
MERCURY
RETROGRADE REPORT



What to do when Mercury Retrogrades

Your Action Plans

By Kathleen M. Whalen
brought to you by ConsciousCalendars.com



I often hear, “Oh no, is Mercury retrograding again?” Mercury retrograde often gets a bad rap since it can be associated with travel delays, lost luggage, major miscommunications, computer break downs, lost data, misplaced payments (checks literally seeming to vanish), missed appointments and even commuting delays.

What is Mercury Retrograde anyway?

Mercury is the closest planet to the sun and its orbit takes about 88 days. So, Mercury appears to retrograde for about 21 days, three to four times per year.

Retrograde is when any planet appears to move in the opposite direction from a single vantage point. For us, our point of view is standing on the Earth watching the planets, Sun and Moon cross our sky from East to West. **When a planet ‘goes backwards’ across our sky, night to night, we call it retrograde.**

That means that the Sun and Moon will keep looking like they move from East to West across our sky each night, but Mercury will appear to move BACKWARDS or West to East toward the horizon where the Sun rises each day when it is ‘retrograding’.

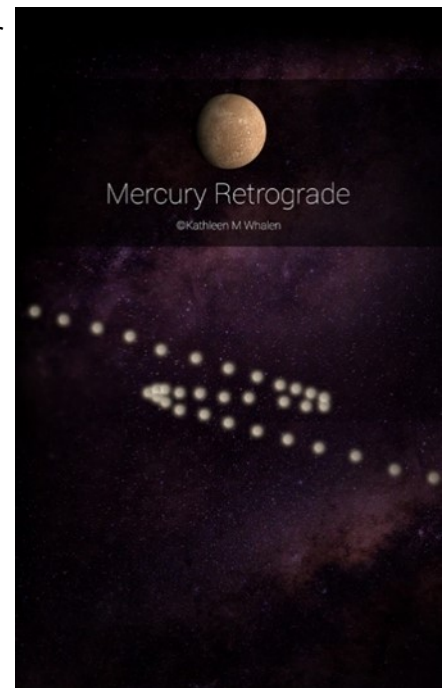
Mercury is really just orbiting the Sun, it’s just that we are at a point in our orbit where Mercury seems to moving from “right to left” across our sky if we are facing South.

Mercury retrogrades when we look up from Earth and the planet appears to be traveling ‘backwards’ across our sky. (See Mercury Retrograde image).

Mercury retrogrades every year

Mercury retrogrades 3 to 4 times every year and lasts just over 3 weeks each time. Conscious Calendars tells you the dates of Mercury Retrograde throughout the year in two different ways:

1. You can see when Mercury is retrograding right ON the calendar when you see cross hatching on the days when Mercury is retrograde.
2. You can see the zones and date ranges that Mercury retrogrades for the entire year at the end of this report. (scroll to the end of this report and you will see the those dates)



Mercury has always been a planet of change in Vedic Astrology

Did you know that Mercury changes its 'nature' in an individual's Vedic Chart depending on what planets it is with and in which constellation it resides?

Since Mercury is associated with change, instability, fickleness, marketing, mobility, commerce, banking, sales, accounting, brilliance, ideas and wit, libraries and education, speech and learning and travel – all of these areas can be affected when Mercury appears to retrograde.

So, when the planet of change is retrograding it tends to turn communications, technology, ideas and education and speech on its head – which leads to new solutions, fixes and a natural evolution to all things communication, travel and technology related.



2017 Theme of Mercury Retrogrades – Trial by Fire or Mastering Change with New Combinations?

Now, there are **four Mercury Retrogrades in 2017**, and all of them are asking if you can use the fire of your passion to meld new combinations or will you just get burned during the retrogrades with lost information and lost time?

You can come out of the retrograde stronger and with some new products, materials and ready to hit the ground running if you use these energies right. (This might be a superficial and cheesy example, but if you are in fashion, at some point the combination of polka dots, stripes, plaid and patterns were all now fashionable to be worn together. Someone broke those 'rules' recently – I am clearly not a fashionista, but wanted to use something we all have seen I believe.)

FASHION, FILM, AND DESIGN: So, if you are in fashion, costume design, gaming, animation or film making, get ready there are some new materials (like a fabric that goes through a heating process) which will be released in 2017 which will change how you work. Think of how GoPro cameras, facetime, Skype and livestreaming have changed how many people communicate, now imagine that some new material in cameras will change how we live stream through a camera or store the data differently – that will either be developed in 2017 or released by the end of the year. Data cards for phone and "film" will take a new form likely. Some of us remember when cameras had film.

CARS, SATELLITES AND THE IOT: For those of you who are engineer types, the merging of nanotechnology, wearables and communication is expanding the boundaries of the Internet of Things (IoT) from what we previously knew – for instance significant strides will be made with self-driving cars during the Mercury retrogrades of 2017, namely from the new materials the cars will have in them. Smart Buildings will continue to save energy and respond to the activities of those inside, all based on technology and the monitoring of how people move and use commercial buildings.

Also strides in satellites, how satellites are controlled through the airwaves – but the soldering of the hardware is part of what will drive these changes (soldering is fire and metal!) Not to mention the batteries for electric cars will make great strides during all the Mercury retrogrades, after a few significant chemical fires have occurred (see below).

(2017 Theme of Mercury Retrogrades (cont'd))

WORLD TRAGEDIES connected to chemical weapons: Also note that the indicators for chemical weapons use will shift after April 13th, 2017 so the events in Syria will shift away from discussions around chemical weapons, regardless of what people might say WHY it is shifting. The conditions for those terrible kinds of events will be shifting because Jupiter is shining some tempered wisdom on to Mars, and Mars and Mercury are no longer together after April 13, 2017.

But regrettably, the conditions for nuclear testing and chemical weapons returns again August 27 – Sep 8 and a few weeks less intensely after that. This is because of Mars will be with Mercury retrograding in a Fire sign with Rahu a half-planet of poison, drama and espionage).

THE NEW PODCASTING: Where in your life or work are you RE-combining old materials? Podcasting is quickly morphing into Livestreaming for EVERYONE with a phone; for most performers, entertainers and entrepreneurs alike.

Why this theme of creating **new materials or combinations?**

The four Mercury Retrogrades of 2017 all begin retrograding in the same element = FIRE since Sagittarius, Aries, and Leo are all fire signs. The retrograde of January, April, August and end of 2017, all retrograde in FIRE signs.

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Mercury is often connected with metals, metallurgy and connections (think of the wires, fiber optics or satellites needed for our current communication systems).

When Mercury is in a fire sign it catalyzes a very particular kind of transformation - It can literally lead to new metals, or methods of melding in technology in nanoscience, materials science and energy storage – which is actually huge! Look for new metals and materials which will affect hard drives, computers, fiber optics, charge your phone...

Since to drive that future Tesla car or store energy from renewables like wind, we need to improve our storage capacities in batteries. Super batteries are a huge new technology – and there might even be a new battery made in 2017 which combines the best of two kinds of current batteries.

This might seem geeky, but **you are being asked to re-combine materials and ideas during 2017 and make something that has never been seen before or to help your idea be even better than you imagined.**

Bill paying, customer service issues, contracts, letters and emails can all be impacted during Mercury retrogrades.

Mercury retrograde just reminds us to Re-confirm contracts, bills and communications (even customer service logging of issues will get lost during mercury retrograde. Keep that in mind if you are trying to get a refund during Mercury Retrograde.

Special Note: What Americans Need to Know About Filing Taxes in 2017 & 2018

Since Mercury can jumble, fritz-out and downright lose emails, bills and communications, anyone filing their taxes in the U.S. – especially e-filing taxes themselves - needs to DOUBLE and TRIPLE check that they have indeed filed their taxes correctly and print out the electronic receipt they get when they file. Anyone filing electronically will want a paper back-up, since Mercury is retrograde in both the 2017 and 2018 tax season.

Taxes and accounting are associated with Mercury, the planet of numbers and calculations. And since accountants and tax professionals usually have prominent Mercury's in their personal astrology charts, often related to profession, it is likely that tax professionals, data entry and accountants will feel the stress even more than usual while Mercury retrogrades in portions of the typical tax season.

Information is easily lost during Mercury retrogrades, and even if only a portion of accountants' customer base loses data, it will add an extra layer to the stress of doing taxes.

The timing of each tax season and (even electronic bill paying too) is below:

DOUBLE check and print out a hard copy verification that you have indeed filed, especially if you electronically file between **April 9 – May 2, 2017** (for this complete window where there might be auto-bill paying issues).

When Mercury is retrograde, you want to make sure you get a printed receipt that you have indeed filed electronically. It will come in handy *when and if* the IRS says you did not file on time.

Thursday March 22, 2018 – April 15, 2018 Mercury retrogrades through tax deadline day!

And April 15th 2018 is a Red Day in the calendars – mistakes are easier to make on Red Days, so make sure to work on paperwork and taxes NOT on April 15th. Plan ahead to offset the fatigue on that weekend, by getting more rest and eating super foods and high vitality food, not donuts! You might even take an extra dose of whatever your brain support supplements are on that weekend.

Less mistakes will be made that way, and you will be less exhausted from the paperwork.

The other good news is that Americans get **extra time to file in 2017 and 2018** because of the tax laws – filing deadline is actually April 18 for 2017, and April 15th is a Sunday in 2018, so you will have time beyond the Red Day on the calendar in 2018.

If you are mailing your taxes the old-fashioned way, just make sure you make two hard copies for your records – and **DOUBLE check that you have a stamp on your envelope!**

I just want to make sure you try and file taxes before March 22 in 2018, or plan on filing after April 15 2018 in that tiny window, since the tax filing deadline will be extended to April 17 2018 (RECONFIRM THIS DATE YOURSELF).

Here is Your Action Plan for Mercury Retrograde

Master Mercury Retrograde

Did you know that if you plan correctly, you can buffer yourself from some of the major snafus that could occur during this tumultuous time? Here are a few things to do both **before and during** Mercury retrogrades to make the most of it.

- Look for sales on concerts, plays, and entertainment of any kind.
- Sales for electronics, home appliances, phones and any communications devices often get marked down a *second time* during the last part of Mercury retrograde.
- Sales on travel opportunities can emerge during this time.
- Expect travel changes and delays if traveling during this time, **so make sure** you have longer connections than usual, and you will be happy you did. This will also keep you from being flustered if traveling during this time, if you are expecting your flight to change. Direct flights will be best, and might save you time and money in the long run, even with delays.
- Personally call or re-confirm appointments of any kind, especially the *day before or day of* the appointment; as people often misread their appointments and arrive at the wrong time or have the wrong day in their schedule.

Please don't let me be misunderstood

Do not take personally misunderstandings, instead find a way reframe what you are saying, or do not say it at all. Is it really necessary? Or do you just want to be *heard* or do you just get your point across? Check in.

Do these things every Mercury retrograde

Confirm or double check all your appointments and meetings; send reminder emails, texts or voice mails in all areas of your life

- If you have a doctor's appointment, double check the date and time with the office.
- If you have clients, then send an extra reminder email, text or phone call before the meeting.
- If you are leading a meeting, give two reminders to those attending.
- Expect last minute changes to either the time or the location of the meeting or appointment.
- If you are meeting at a restaurant, make sure you have the correct name and location of the restaurant. (You might be at Thai Kitchen 1 and your friends are at Thai Kitchen 2.)
- Double check the location of where you are meeting friends before you leave the house or office
- Expect clients and friends to re-schedule or move the location of an appointment or date



- Back up your pictures from the cloud to your computer or external hard drive
- Back up your computer and data
- See where in your life you could communicate better or more clearly
- Really listen to the words people use, not what you think they are saying
- If you are traveling, expect delays
- Pack carry-on luggage only, or include a few days of clothes or supplies in your carry-on (if you are checking other bags). Basically, plan on having a checked bag be delayed or lost
- Look for sales! There can be sales on machines, technology items, plays, or travel.
- Get inspiration for a newsletter, website or company redesign or redesign how you communicate with your customers. Implement the new plans after Mercury goes direct.
- Do not be surprised if friends and clients and co-workers to miss meetings or appointments completely.

What to do BEFORE Mercury retrogrades to save yourself some hassle Mercury Slows Down - Phase 1 in the Anatomy of a Mercury Retrograde image below

- Back up all data, pictures and lists of any kind.
- Make sure that you have automatic backups to both your cloud and second device.
- Organize your bills and double check that all of the payments have been sent, received and cleared by your bank. At least one time a year per two person household, there will be confusion with a bill or the system that notes payments.

REMEMBER:

Communication, travel and plans can go awry when Mercury retrogrades. If you are traveling during a Mercury Retrograde, then you can plan ahead and make sure to clothes with you on your carry-on luggage just in case your checked luggage is lost. That will be a hassle saver!

Mercury retrogrades - Phase II can temporarily put a wrench in things

One thing for sure, when Mercury goes retrograde you can count on misunderstandings, miscommunications, missed connections (in travel and in your thinking), missed deadlines, and even frazzled electrical parts, cables or connections in communication devices. Those frazzled parts can be in computers, smart devices, printers, fax machines and satellite connections of any kind.

Phase II is the time to re-confirm appointments or RE-examine information found. Although it may be a time of possible jumbling of communication, it is also a time that shows us what needs to be fixed. The effects and breakdowns and lessons begin to be easily observed.

When you identify WHERE in your life this is happening - with work, a loved one, amongst your friends - then you can begin to see what the patterns exist and how you can improve your life, in phase III and IV.

What to do AFTER Mercury goes direct – Integrate (Phase III & IV in the image below)

This is the last phase, or the third arrow in the *Anatomy of a Mercury Retrograde diagram* where Mercury goes direct or Mercury goes stationary in astronomy terms.

This phase is where you are asked to INTEGRATE the solutions, messages, and nudge on how you are communicating (or not communicating) or to fix the missing links you have in your systems. That could be as simple as adding a pad of paper or chalk board to the kitchen for everyone in the family to leave messages for each other, or get *all* in the family to use the app that does that.

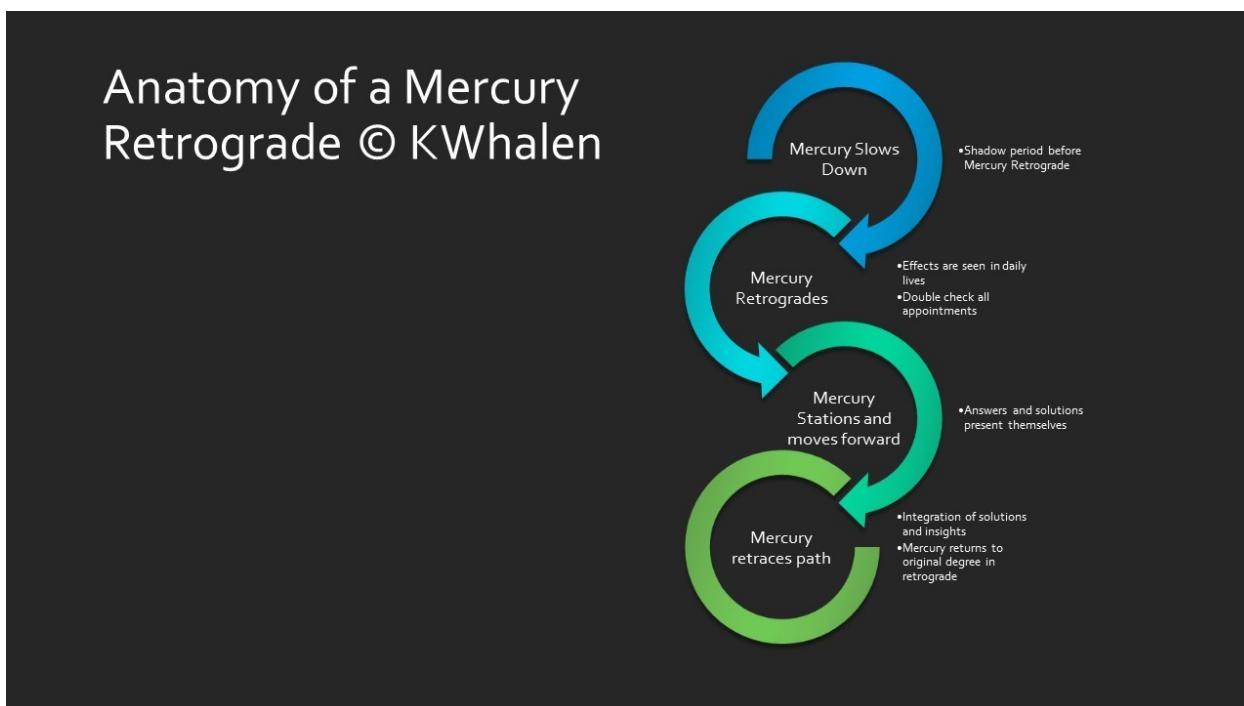
Mercury retrograde might have shown you where the breakdowns are, and now it is time to remedy them. You *can* now that Mercury is direct.

You typically have another 3 weeks or so before Mercury returns to the place where it first started retrograding and this time period is to integrate those new insights and changes...or you will be learning the same lesson again in the next retrograde period.

Lessons Learned—Now What?

The fourth arrow in the first *Anatomy Diagram* below is simply marking that Mercury has returned to the place in the sky when the cycle began. Hopefully, we have fixed systems, said our apologies and worked on either holding our tongue or asking more questions and getting more information in the same kind of situation in the future.

Anatomy of a Mercury Retrograde



Mercury Slows down = shadow effect begins, and some signs of what is to come begins.

Mercury Retrograde = the effects and breakdowns and lessons begin to be easily observed. When you identify WHERE in your life this is happening, with work, a loved one, amongst your friends? Then you can begin to see what the pattern is and how you can improve your life, in phase III and IV.

Mercury slows down and stations or goes direct = issues and their solutions get presented and new information arrives for those who are observant. This happens during the week before Mercury goes direct.

Mercury retraces path of retrograde = integration of the 'fix' or solution.

The Last or Fourth Phase of Mercury Retrograde—Integration

The last phase of Mercury Retrograde is described by the fourth GREEN line in the diagram above. When Mercury goes direct or appears to not be moving backwards across the sky anymore – and it RE-traces the exact path it has traveled.

This is the time that the lessons you have learned or could have learned can be APPLIED in new ways to bring joy, connection, learning and fun into your life.

It might even be about playing more games with family and friends – since Mercury is the planet of PLAY!



Luckily, by the last phase of retrograde, new information and solutions present themselves. Keep an eye out for answers and information coming to you, that you didn't know, you didn't know.

There is often more information in the fine print, literally, or answers coming to you because you ventured to ask about something that you had assumed you already knew.

Be prepared to OPEN YOUR EARS AND SEE AND HEAR THINGS DIFFERENTLY in the last phase of Mercury Retrograde.

The last phase of Mercury Retrograde is when you want to take what you have newly learned and APPLY it to your life – like how to use a new device or new communication system, who knows you might be a 70 years old who ends up having fun on snap chat with your grandchild!

Mercury is the planet of communication, the mind and learning

In astrology, Mercury is connected with communication and sending and receiving messages (in Greek mythology, Mercury is associated with Hermes the messenger with wings on his heels). In Vedic astrology, Mercury is connected with the ability to comprehend and process what is said to you.

Did you know that Mercury in your natal Vedic Chart describes your mind, and intellect and controls your ability to learn new things and store that information in your brain? It sometimes even determines the size of your library or your ability to track stories, logic or details. The good news is that you can improve all of those abilities with practice and diligence; everyone can improve their mind.

Mercury is the planet of all forms of communication. On a personal and romantic level, at home and at work, communication is our ability to speak and convey what we mean (sending information out to the world), as much as it is our ability to understand what was said by others (receiving information from the world and what you make of it).

When we have communicated well, the listener has the same understanding as the person who has expressed themselves.

“Between what I think I want to say, what I believe I’m saying, what I say, what you want to hear, what you believe you understand, and what you understood, there are at least nine possibilities for misunderstanding.”
Francois Garagon

Communications can go astray

Communications and comprehension level can go astray when Mercury retrogrades. You might feel you are being clear but others may miss your point or even miss complete emails, texts or words. So, double check what you are saying or writing with everyone in your life during ‘Mercury Retrogrades’ or be willing to let some little and big misunderstandings go or laugh at them.



This is just one of the many ways the Conscious Calendars gives you an edge because Mercury retrogrades are listed on the Conscious Calendar

Knowing when Mercury retrogrades will help you take the missed communications or technological and mechanical failures in stride, and give you an edge to keep moving what you deem important forward. It will also help you head problems off at the pass, for instance by backing up important data before the retrograde, so when Mercury finishes retrograding, you will be a step ahead.

More details about mishaps during Mercury retrogrades

Data Problems and Re-doing tasks – the silver lining

When Mercury is retrograding, many people have to RE–do things. When the planet of connections and deeper understanding is retrograding you are asked to really learn something and double check what you know. One of the ways we really learn something is by redoing it. One of the ways we get more organized and have backups, is to lose our data, sadly enough.

Luckily, most people will be able to recover their information, re-schedule appointments or meetings, or fix technological mistakes, but it will take effort. The good news is the problem that comes up during mercury retrograde usually sends you on a hunt for more information or a technological upgrade. So, by the time Mercury is direct (or has stopped appearing to retrograde) you have often fixed the problem, purchased a new machine, had epiphany insights or received new information to take to the rescheduled meeting.

Mercury retrogrades in Vedic Astrology

In Vedic astrology, when a planet retrogrades, the issue or problem is experienced INTERNALLY. This means the issues with Mercury happen on a perceptive level, or better said – **It is all in your head!**

It is true appointments might move or friends completely miss a meeting with you, but what goes on INSIDE your heart and head is the most important part of Mercury retrograde, and what you **do** about how you feel.

It might ‘feel’ like people do not understand you, or are not catching details, or are not listening to you. The insights you gain by noticing your reactions are the deeper lessons you can learn when Mercury retrogrades. How can you turn your reaction to the situation around, and not criticize yourself or others, but find a way to get your needs met and feel listened to, or respected instead?

When you turn inward you can increase happiness and improve your mind and your life. You can see the unseen.



The Seattle Seahawks improve their focus and their game with mindfulness

Free safety Earl Thomas of the Seattle Seahawks uses Mindfulness he learned from Michael Gervais, a sports psychologist who helps the team improve focus and inspire peak performance. Earl Thomas says of his new skill set, “It’s an inner thing. When you’re quiet and don’t say anything, you start to see the unseen. That’s why people need to be observant and listen. When I turned my ears to listening, I improved, personally and in everything.” Mindful magazine

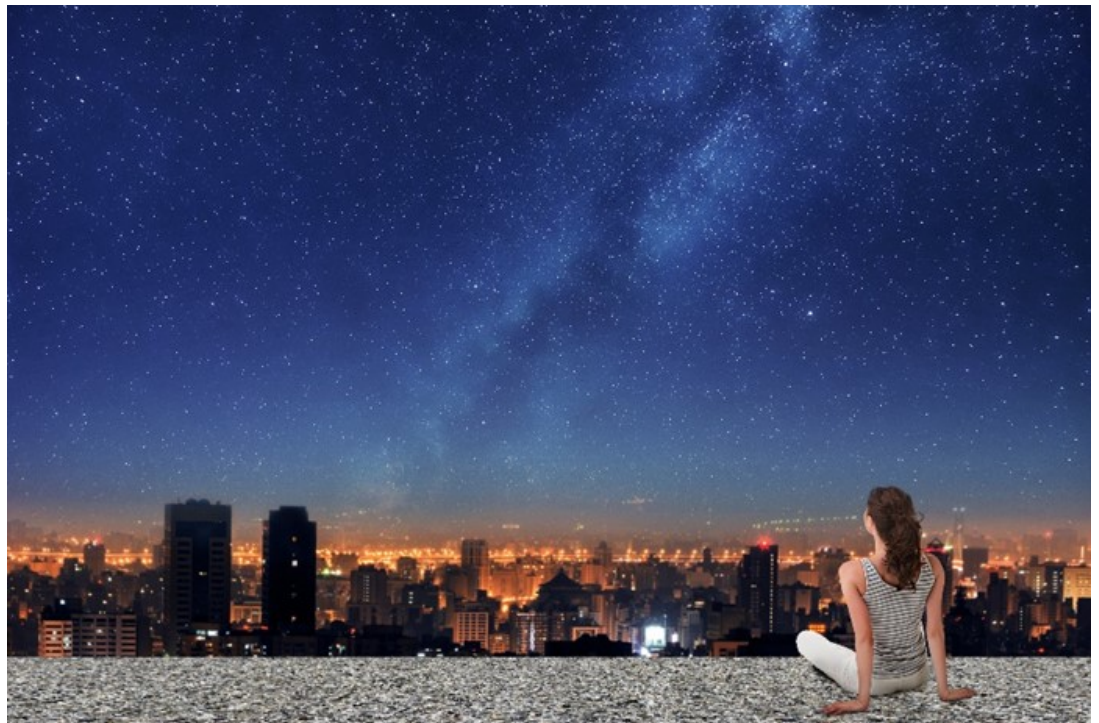


Earl Thomas is describing exactly what it means to turn inward and gain insights, especially when Mercury retrogrades. You can use the same life-improving techniques as the Super Bowl champions! Sitting quietly for as little as 5 minutes and taking easy deep breaths, can help you focus on the present moment, get more profound results, and improve your communication skills.

Other Gifts of Mercury Retrograde

Mercury Retrograde can help you:

- To learn detachment and take life events in stride
- Remember to be present moment because this can help you with your response to an issue.
- Gain new insights about yourself and your reactions to the confusion that Mercury Retrograde can bring and teach you how to be more proactive. You can now request ahead of time the actions, and responses which will create better communication and TRUST in your life. (For instance, you might say to a friend when you set your fun time together “Hey, please update me if you are going to be late or bring other friends or change the time.” It might seem obvious to you, but not everyone operates or would act as you do in the same situation.
- Improve communication, since you are more centered around what was missing in an interaction
- Be more capable of handling the details than you may think. Sometimes people think they are more overwhelmed by details than they really are during Mercury retrograde. When people are overwhelmed they might want to throw their hands up and be done with a decision, when they really have the ability to logically figure something out, like the family phone plan, or how to successfully use Excel. By having patience, you might be surprised how far you can get with learning a new task. Just apply yourself and have perseverance. That is what you are being asked to do with Mercury retrograde.



MERCURY RETROGRADES 2017

FIRST MERCURY RETROGRADE

START

**MONDAY
DECEMBER 19TH, 2016**

2:54 PT Mercury Retrogrades
in Sagittarius with
the Sun 2:05 pm UTC & GMT /
9:05 am EST / 8:05 am PST

END

**SUNDAY
JANUARY 8TH, 2017**

1:42 PT Mercury goes direct in
Sagittarius with the Sun

SPRING

START

**SUNDAY
APRIL 9TH, 2017**

15:14 PT Mercury Retrogrades in
Aries (with Mars in Aries)

END

**WEDNESDAY
MAY 3RD, 2017**

8:33 am PT Mercury goes
direct in Aries (19 degrees from
the Sun in Aries)

SECOND MERCURY RETROGRADE

FALL

START

**SATURDAY
AUGUST 12TH, 2017**

17:00 PT Mercury Retrogrades in
Leo with Rahu

END

**TUESDAY
SEPTEMBER 5TH, 2017**

3:30 am PT Mercury goes
direct in Leo with Rahu,
Mars and Sun

THIRD MERCURY RETROGRADE

START

**SATURDAY
DECEMBER 2ND, 2017**

23:34 PT Mercury Retrogrades
in Sagittarius

END

**FRIDAY
DECEMBER 22ND, 2017**

17:51 PT Mercury goes
direct in Scorpio

FOURTH MERCURY RETROGRADE

Issues with technology are also typical during Mercury retrograde.

So, if you are feeling frustrated with technology, take a deep breath and make a plan to get help or take an hour or day break from the issue. Keep moving forward!

Conscious Calendars give you confidence during Mercury retrogrades

The Conscious Calendars show right ON the calendar the first and last dates of every Mercury retrograde. All you have to do is glance at the calendar and you are reminded when those special weeks occur.

Knowing when Mercury is retrograding helps you remain calm and understand what is happening, when or if schedules change; be the star because you had plans B and C prepared (because you had your Conscious Calendars), and avoid hassles by not pushing your point home with a loved one because you know things might get misunderstood. All of this brings more calm, less stress and more love and understanding into your life and into the world!

Remember...

You can flourish during and after Mercury Retrograde

Not to worry, the event that occurs three to four times a year can be mastered.

You can even **improve your life** before, during and after a Mercury retrograde, **if you know what to do**. Have you ever noticed that some people are thrown off their game while others whisk through it without a hitch? There is a reason for this. Some people are affected by Mercury retrogrades more, but that is related to their individual astrology birth chart.

You are going to learn here, how **anyone** can master Mercury retrogrades and come out of them even more organized without losing any ground.

This report shows you when Mercury Retrogrades, what you need to KNOW and what to DO during Retrogrades.

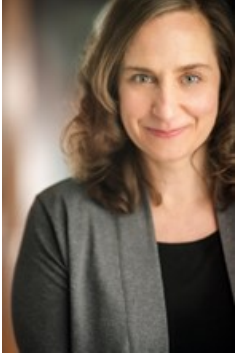
that Mercury Retrograde can help you to resolve communication issues or travel and technology problems. Even sales that could save you money show up, if you are looking for them.

Schedules and plans often change during this time, being flexible will keep you stress free and help you recognize opportunities. The last few days of retrograde or the day that "Mercury goes direct," issues can resolve or you can find clarity in a particular area of your life.

Conscious Calendars extras

Conscious calendars gives you access to the Mercury retrograde dates, how these affect your life, and how you can live more consciously. All the Mercury retrogrades are noted on the calendar month when Mercury retrogrades.

The dates of ALL the Mercury Retrogrades for the year are listed on the next page as a special bonus.



written by Kathleen M. Whalen

Kathleen Whalen M.S. is an Indian Numerologist, Vedic Astrologer and Soul Purpose Coach who has created a way for her clients to exponentially expand their wealth, health, love and peace in their lives. As an international author, speaker and online teacher, Kathleen is also creator of astrology timing calendars. Go to ConsciousCalendars.com where you can receive your free Calendar to Aligned, Happy Living.

Kathleen is a consultant providing solutions for Entrepreneurs based in sacred geometry, vibrational healing, neuroscience, biochemistry, and ancient wisdom systems deeply like the Vedic Sciences and Chinese medicine.

Her educational study and background includes:

- **Biochemistry & language minor** (Bard College and **B.A.** from The University of Texas at Austin)
- One year of **medical school** (University of Texas at Houston school of Medicine 1989)
- Research at **M.D. Anderson Hospital** and Cancer institute internships (worked with the first recombinant Tumor Necrosis Factor and published in Blood magazine, age 17)
- Lab assistant at **Baylor College of Medicine** in **neuroscience**
- Internships in Chinese Medicine Hospitals in China 1992 (herbal medicine, tui na, acupuncture hundreds of cases) – 2 months in Shanghai and Chengdu (which led to my famed trip to Tibet afterwards)
- **Vedic Astrology** studies since 2002 with Dennis Flaherty

- **Acupuncture & Chinese herbal medicine** – a second bachelor's degree and a Master of Science (first graduating class in Chinese Medicine of **Bastyr University 1993**)
- Practiced with Bill Mitchell N.D. one of the co-founders of Bastyr University – successful practice that began in Dr. Mitchell's office 1993
- **Ayurveda study began** at **Bastyr University** with Vivek Shanbag beginning in 1992