

CONSCIOUS CALENDARS

MERCURY RETROGRADE REPORT



WHAT TO DO WHEN MERCURY RETROGRADES

YOUR ACTION PLAN



By Kathleen M. Whalen
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Mercury retrogrades every year

Mercury retrogrades 3 to 4 times every year and lasts just over 3 weeks each time. Conscious Calendars tells you **when** Mercury retrogrades. This report gives shows you what to KNOW and DO during each Retrograde.

Mercury retrograde 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. What to do when signals are getting crossed in conversations with others and ourselves?



Do these things every Mercury retrograde:

- ❶ **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 reschedule 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.**

Mercury is the planet of communication and the mind

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.

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.

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 listening. 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 Dec 2014



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.

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!

Overview of Mercury retrograde:

Communication, travel and plans can go awry when Mercury retrogrades. Luckily, by the last day of retrograde, new information and solutions present themselves 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. 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.

About the Author

Kathleen M. Whalen is a consultant providing solutions for Entrepreneurs based in neuroscience, biochemistry, sound and ancient wisdom systems deeply rooted in Vedic and Chinese medicine.



Kathleen's cutting edge methods in **Vedic** sciences, combined with modern positive psychology allows her to weave solutions, action plans and magnetize customers for the highly evolved executive, entrepreneur or spiritual seeker and coach.

With an early background in allopathic medicine, lab research in immunity and neuroscience and degrees in biochemistry and Chinese medicine (B.S. and M.S.) **Kathleen** uses vibrational methods to consult and guide in ways never before seen.

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)
- **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
- **Vedic Astrology** studies since 2002 with Dennis Flaherty