

AQUARIUS NATION

H I G H V I B E L I F E



The Essential
Mercury Retrograde
Guide



APRIL 28, 2016 - MAY 22, 2016

24 DEGREES TAURUS TO 14 DEGREES TAURUS



DO go back and work on your website or creative offerings. This is a great time to gain new access into what you have already completed and put out into the world. You will see things in brand new ways!

DO expect to get solutions and answers! This is the BEST TIME to be in receptive spaces and RECEIVE wisdom or guidance. PLAN and EXPECT that solutions will come.

DO be okay if you get a new job at this time! If it showed up and you are in need, there is a good reason for it landing in your lap.

DO expect that miscommunications or technology breakdowns will occur. Yes, they ALWAYS happen in life anyway, BUT during this time they tend to mean something for us to look closer at.



DO NOT buy a new car, or computer, or ANY technology unless you HAVE to! If you buy something now through a spontaneous want, you WILL find that after the retrograde cycle the one you REALLY wanted will appear, or the one you did buy will break down, or at least not be what you really thought it would be for you. If there is no other option, as if the old one died and you cannot go without, then do make a purchase but be sure to get a warranty. HONOR this rule with Mercury Retrograde.

DO NOT interpret miscommunications as a bad thing! DO NOT interpret things breaking as a bad thing! DO NOT interpret every challenge as a bad thing! So often when this one goes retrograde we are being asked to UPGRADE and bring more VALUE into our lives. And often we need it to fall away or fall apart or become a HUGE pain in our ass in order to see that.

DO NOT put negative energy into this seasonal cycle. It is actually a blessing and a gift and when you make the space for a new perspective, you will experience a new unfolding of how wonderful this time can be for you. Even if things fall apart they are occurring in order to align you to SOMETHING better. Before getting mad or frustrated, open your mind to how this may be bringing you a miracle! THAT perspective works magic with the manifesting field!





This is to be a very exciting and productive retrograde for you! This feels very positive where you will be reworking many things that deal with your Souls Purpose and your creative gifts. Something is also changing DEEP inside of you. Notice that you are feeling more relaxed as you tune into the truth that you ARE valuable. Notice that your mind is not so judgmental with your progress as suddenly you will see that you HAVE done a lot. There also is a link here where you are being asked to be VERY positive as if you KNOW you can do something amazing and you KNOW it is on the way. Pretend you have peered into your future as the time traveler and have seen for fact that your long held dreams ARE actually going to manifest. This will be a time that you are seriously getting down to business and will be taking care of many details that are about bringing more stability into your life and also possibly making a bigger impact in the world through finding ways to reach more people or find people who can promote your work. You are thinking in bigger terms and should be mapping out some long range plans. You also are being asked to spend more time nurturing yourself because there is the need to feel supported and taken care of, and at this time it deals with building up your own self worth, and not through what you own but through remembering that you do have something special to offer the world. It is something inside of you and it has always been there! Expect to remember how special and NEEDED you really are!

The challenge of this retrograde: You may be feeling like you have no money, or debt problems are weighing heavily on your mind. There can be a strong burden energy of feeling like you can't get above something and there can possibly be the feelings of short sided vision and an inability to have hope for the future. It may all feel like way too much and you really in these times are being asked to connect to the Earth in some way so that you can connect to the natural timing of things. Things also may slow down to a snails pace in order for you to surrender into seeing that waiting is NOT such a bad thing!

Essential advice: Don't give up on yourself or your dreams! I promise there is a way! Remember it took me 14 years to manifest my dreams and the whole time I fell deeply into debt and had to work at coffee shops until I was 41. But I NEVER gave up and always kept the faith that ONE DAY I would live my dream, and now I finally am. You need to remember that you CAN figure this out and you CAN come up with the solutions at the perfect timing of your flowers blossoming.





This retrograde is going to be so important for you where you are going to be working on changing your image or doing something to alter how others see you. You also are ready to GROW and expand and really feel like you are living life to the max. Something has happened recently that is giving you a new lease on life and it also is inspiring you to take more risks and to not hold back because of fears or feeling like too much time has passed you by. You are to leap into dreams and to do something at this time that pushes you out of your comfort zone. You also are being asked to look back at how far you have come and to realize that you HAVE done so much, and have not made as many mistakes as you think!! You are to let go of the past and to release the hold of disappointments or sad outcomes that did not turn out as planned. You may be asked to forgive something or someone and to just let it go. It feels like if it is a person, they are not going to change and you need to stop trying to get them to be something other than what they need to be right now. They are learning a path of their own and their pitfalls are theirs to walk. There may also be a separation due to you rising in power and where someone is holding you in an impression of the OLD YOU, while the NEW YOU needs a clean slate to manifest from.

The challenge of this retrograde: There may be some situations where you don't see eye-to-eye and where others are projecting their wounds onto you. You will need to step back and see how MOST provocation at this time is ALL ON THEM. So do not take things personally. This will not be the easiest thing for many of you as you will be feeling VERY sensitive. There also may be some situations that deal with your creativity where you may doubt yourself or even doubt your future moves. You may even compare yourself to others, when in fact you are to put blinders up and only do what comes from your heart KNOWING that the people who are meant to see your work WILL see it and will resonate with the love, care and authenticity you put into it.

Essential advice: Do something dramatic like cutting your hair or getting a new tattoo. This is also a great time to buy new clothes and do something to upgrade or radically shift your appearance. Don't be afraid of being BOLD or doing something that is way outside of the box or not what you would normally choose to do. There is a fresh breath of air to usher in when you do something risky! Do not doubt yourself or ANYTHING that you are creating! You are onto something good! Keep moving forward on what your heart is telling you to do even if it is a bit scary to do.





You are being asked to pull WAY BACK and maybe even stop all forward motion so that you can recollect yourself and THEN move forward with more focused intentions. You are SO CLOSE to receiving some bit of guidance or inspiration that fully activates a whole new fresh outlook on your life. This is a rejuvenation time where you are to do as little as possible so that you can fully surrender into a more gut inspired flow that needs to be your new way of operating in the world. You are being pulled down out of your mind and into your intuition. You also have something you need to get off your chest and it is filling your head with confusion as to WHAT TO DO ABOUT THIS. Something feels off and you just don't know how to approach it or what steps to complete to make it right. Just realize you WILL get very confused at this time for the entire purpose of slowing you down so that you can FEEL OUT what to do next. You also are being asked to learn to TRUST LIFE more and to not feel like you need to control things, or even to have all the answers right now. You are the seeker of information, so this is a big test to have to unplug fully so that all you have is your gut! BUT it is so important that you make this shift because being so intellectualized keeps you from really expanding into a joyful experience of life that IS about LIVING it and not just reading about it. This time is a blessing where you are going to remember that your connection to Spirit is one that will guide you fully, and support you eternally.

The challenge of this retrograde: This will have you spinning in circles UNTIL you stop all forward motion and wait to hear the voice from your soul that directs you in more of a clear and cohesive path. You may feel burdened by people around you with fears that are money based and very restrictive. You may be DONE with bad habits or patterns that are producing the same bad results. Things may feel VERY heavy where you feel held back and unable to do what you really dream of doing.

Essential advice: Make time daily to connect to yoga, mediate or at least get out into nature to be alone with the elements. Any alone time is going to be healing for you because you are very sensitive right now to other people's wounds and issues. Know that you ARE safe and this moment is PERFECT! You are still in a fog so you can't see how things will turn out down the road, but they will come together! You just need something to rebirth you or to open to something that is like a spiritual awakening. Your mind needs to expand to another way of experiencing life and making decisions, and it all comes from tuning into your gut FIRST.





This is one that is asking, “Are you sure? Are you sure this is what you want?” And you are being asked so that you can REALLY get clear on manifesting a life that is absolutely WONDERFUL. There may be areas where you have been thinking that THIS is enough and THIS will do. But no! Universe wants you to plant the seeds for your WILDEST dreams, those dreams that are taking it to the max and to the farthest reaches. You are being asked to see that you HAVE overcome SO MUCH over the years and now there is a little genie sitting next to you asking what you would like to receive as a reward. This energy is also asking you to be very gracious with others and to give of your time and efforts with no thoughts of what will be returned. This is important! You also will be planning a get together with friends or thinking about people from your past that you haven’t seen in forever. Reach out to them! This is the time to awaken to how special life can be THROUGH the people who have traveled through your journey. They will bring you JOY through a reconnection. Your heart is also set to open by the responses that others around you will be sharing. It feels that many will be speaking up and telling you how much they love and value you, and THIS energy coming your way is actually a catalyst for you to remember who you are so that you can remember that you deserve so much more than what you normally would ask for.

The challenge of this retrograde: Many of you will feel like you are not doing enough or that you will NEVER manifest your dreams. Your mind space may get filled up with doubt or fear that you really have what it takes. You may also expose yourself to things that others are doing and it can have you feeling like you are missing the boat or are behind a schedule. There may also be some miscommunications with friends or people around you and you will need to work to clear the air because it is 100% possible to come out that much closer after a bit of a disruption.

Essential advice: Dream more wildly and not so conservatively! Your mind has memories of difficulties and you may fall back on those experiences as you work to manifest something greater for yourself. Do not do that! Pretend that all of that is gone and think with the eyes of a child as you imagine a new life for yourself. Believe that it will all work out! Don’t try to figure out how to do something or how to make this happen... just KNOW that you deserve something wonderful and magical to saturate your life tapestry. Expect to be smothered in loving gratitude from others as they realize JUST how special you really are.





This will be an excellent time to make changes with your work situation and to also come up with brilliant new solutions for how to do your work so that it is not only unique but also totally TUNED INTO your souls purpose sort of work. You are being asked to pull back a bit and take more breaks where you can just do nothing and allow the Universe to inspire you with ideas that are all about getting you more out there with what you REALLY love to do. You can expect a clearing at this time where you will narrow down what you were doing. You may hone in on a gift that is so innate and you ARE being asked to put MOST of your energy there. Realize that YES you have many interests, as all humans do, but there should be one or two that rises to the top and THAT is where you need to put your focus. Think about a river that flows down one direction or goes off into 10 little creeks. There IS more power in one direction as a whole. And you somehow need to be thinking about this right now. You also will be coming up with brilliant new ideas to share your gifts! You should have ideas galore about how to correct things and even how to use your time more wisely so that you have more time for rest and rejuvenation, which IS the space where inspiration tends to find us anyway! Expect to find a job, if you do not have one, or to receive some sort of praise or offer that takes you up a notch in some way. This retrograde is occurring to elevate your work in the world.

The challenge of this retrograde: You may feel TOO seen at this time when you really want to hide. You may also discover things that others are doing that YOU want to be doing and this may have you feeling a bit insecure. Things also may feel like there is too much work to be done when you will want to be taking it easy and taking care of things around the house. You may also be tired a lot at this time, and actually the remedy is to focus into your home by taking care of things that need to be organized around the homestead.

Essential advice: Take time to DREAM about what you want to be manifesting with your career. Think of long term plans and EXPECT that the solutions will come to you when you are most unplugged and doing almost nothing. Focus on ways to work less and to have more time for leisure so that more divine inspiration can hit you in an organic fashion. DO NOT look out at what others are doing as you are being asked to create from the NOW and from the core of who you really are. Watch your health because it is operating as a sign guiding you to the correct path. Pain, fatigue and headaches are signs that you are NOT doing what you currently need to be doing.





So this one is GREAT for you!! You are going to fully realign your path by letting go of some things that you have taken on that you just really don't have time to complete anymore. I see you whacking off the lower part of a list and agreeing that it is just too much for you right now. And by putting more focused energy into the top half, into the things you REALLY have an interest in doing, you will feel a new enthusiasm to live your life fuller! Many of you will be finding a home and moving to a new location that is LARGER and more able to contain your growing dreams. Many of you too will be thinking about traveling or doing something that takes you out of this current position so that you can experience a new perspective. Many of you will be thinking about going back to school to learn a new trade. ALL of you will experience a breakthrough! You will gain some sort of ah-ha experience that makes something from your past make total sense. This also is the best time to rework your website, shop or any sort of writing project that is near and dear to your heart. Where before you were blocked, now a new light will appear that has you shaking your head in disbelief at how you didn't SEE this before! Something wants to expand your life in a beautiful way. You may have situations that drop in your path as if heaven sent and you just need to say YES! Don't question if this is real or if this can last; just go for it and believe that you DESERVE this! You also are preparing for something with your career that will be taking off very soon. So put in the time and do it top quality. No rushing or skimping is allowed! Create with the thoughts that all eyes are going to see this because they very well may!

The challenge of this retrograde: Some Virgos will have to protect themselves from EXTREME crazies of the mind at this time! You can feel very scattered and all over the place and will really need to exercise grounding! You very well may take on way too much and can even have headaches/sinus issues of an extreme magnitude. There also can be some concerns with partnerships or people you work with where their wounds/issues will be weighing on your mind and interrupting your process.

Essential advice: Keep your eyes on the horizon and KNOW that you are doing big things. Think in terms of UPGRADING. Shift your perspectives so that you can see something from your past in a new way, maybe even that it was a catalyst to bring you to this moment now. Redo work that was done before. Stay hopeful no matter how heavy or murky any situations may appear. BELIEVE that miracles happen! Trust that you are being supported by this amazing Universe and that you DO deserve to live a life where you are valued and respected for your specific offerings.





This is the time to LET IT ALL GO. You are going to see that many of your fears, or even a recent span of time that was feeling pretty draggy is now shifting and morphing into something BRAND NEW and very hopeful! I am seeing layers upon layers lift out of your body so that what is only left is this sparkly silver purple color of purity. You are the one who MOST takes on others wounds, fears, and low vibe projections, and this time is offering you a sort of psychic cleanse or clearing. Notice that you ARE feeling more hopeful about life or at least are noticing that you are not worrying so much in your head, or interpreting things as so dire or unresolvable. Solutions are coming and a new light in your mind is seeing how maybe things ARE IN ORDER after all! It feels like something has cracked open and what is on the other side will have you smiling quite contently! You also were positioned in a corner, which was heaven sent as a catalyst so that this break/crack could take place. You were pushed to the limit so that you could rise above to this new position and viewing of life! Again, this is saying to be thankful for the low and rough times because they always have something on the other side that feels like we have won the marathon, or fought the odds in some way. You also will be very focused on your debt and in coming up with ways to clear it out. This will be a time to focus on how to get ahead and how to work out some plans so that you can feel like you are chipping away at ALL things holding you back and weighing you down.

The challenge of this retrograde: So to keep it real, many of you WILL feel that this time is VERY HEAVY at the beginning as you are being forced to see things that maybe you weren't so willing to see about yourself, with what you have been carrying along as baggage AND allowing into your space from the thoughts kept hidden from others but circulating madly in your mind. You will be waking to your thoughts and how they are in some way contributing to your debt or the deadbeats you have taken into your life. You are ready to let them go.

Essential advice: Keep going forward! It is getting lighter from here on out! Focus on your debt in a high vibe manner. This means don't allow yourself to look at debt in the ways that bring you down, but instead with an enthusiasm and KNOWING that says, "This year I AM going to chip away at that heavy load". Find excitement in declaring that you ARE going to let go of all things holding you back. Do not worry so much about how you could possibly do this with the income you have right now, but instead dream that SOMETHING will come as a miracle to help you rise out of this situation. Keep your eyes on the horizon, with hope firmly in your heart.





This will be a time that you are immersed in imbalances with your relationships so that you can work to bring about a healing. This is a great opportunity to see what is NOT WORKING and there will be an emphasis on your approach and with how you work to create the peace. The whole point of this transit is that you are to learn to slow down with your words and to hear what others are really saying to you. You also will be learning to be better at collaboration and in working WITH others. You will be focused on your creative gifts and will want to find a way to offer more of yourself so that you can feel like you are making a difference. You are going to be thinking of how to be the best friend to others, or how to be more of an example of how you WANT to be seen as. There also may be the opportunity to combine with a new set of friends or relationships where there is a new harmony or new way of relating that comes FROM what you are learning about yourself during this retrograde cycle. This is a time to take your own advice that you often give to others! You are being asked to be more of a guide for others where you are sharing your wisdom and helping them to not make the same mistakes that you have made. Do know that you can bring ALL relationships into correct and healthy balance at this time but it is ALL ON YOU and depends on how you use the power of your words.

The challenge of this retrograde: There can be some serious arguments at this time where you are using words that cause big disruptions with the people around you. There is a STANDING UP FOR energy that is coming from others, and where you may have gotten away with something before, now you will not. You may also find that others are raging on you where before they just stayed quiet and didn't respond. So you are being asked to pay attention to that and to constantly be thinking of how to make this right. You are to listen to others and watch closely with how they are responding to you. You may also be feeling like you can't be alone and need more from others than they can give you.

Essential advice: Learn to apologize when you are wrong. Learn to see how you can soften your words so that others bend over backwards to give you what you need. You are being asked to embody more patience and a slower approach with how you confront things. You are getting to the bottom of why things have been separating or going into different directions. Solutions will come for how to have more harmony in your life THROUGH your relationships. Love who you are and the world will love you right back! This time is about YOU learning to love YOU so that you can learn how to give to others what you want them to give to you.





This will be a time that you pull back and think over a whole bunch of details with your work and with your life in general. Things will be coming up that you have missed before and this is great because now you can tackle them and bring them up a level in vibration. You will want to reorganize your life and get it into smooth running order so that you are not wasting time, going in circles. You are thinking about how to do the most and be the best with whatever you are working on. You also may be reworking something, such as a website, your business, a resume, or even a dream from long ago that deals with your natural creative gifts. There may be memories of something you have always wanted to do and now you are thinking more about how to bring this to reality. You also will be thinking of how to take better care of your health as you may be starting something now that deals with changing your diet and discovering an exercise program that really fits your lifestyle. It feels like you are excited to start something new that has you feeling top notch and good about yourself. You also have your Souls Purpose on your mind and are questioning why you are here and what you really would love to do to as your main gig. You can come up with GREAT solutions at this time that make things easier.

The challenge of this retrograde: You may get a little down on yourself thinking you are not good enough and no one cares about you. You also will have to guard against being overly critical and judgmental with yourself and others. Things are bigger now and showing up all over the place, so depending on what comes up for you this retrograde cycle, it can feel like way too much to have to deal with and this can create a rippling affect that can go bad pretty quickly. You may be drowning in the small details and finding that you are feeling anxious and super stressed out. You may also have a hard time seeing the big picture at this time.

Essential advice: Take care of things step by step. Make a plan for your life and with thoughts for where you want to be 10 years down the road. Get your place in order and do what you can to keep things clean! This is NOT the time to argue, belittle yourself, or feel like a loser because the energy for you is like a spiral and it can expand as it goes UP or it can expand as it goes DOWN. There is magic in the UP space, so keep things on a hopeful vibe even if things are falling apart around you. You are doing great! There is A LOT to do so give yourself props on how much you have already completed. If you are depressed, clean out closets and throw out clutter! Ask for help if you are too overwhelmed! Get acupuncture or a massage to calm your nerves. Make time for self care.





No doubt this is to be a GREAT time for you! You are going to feel a shift into proper alignment with something that deals with showcasing your gifts that have you feeling important. This may be a writing project, website or something reaching people far and wide. You are making changes that deal with what you have seen before, or something that is already out there, and it feels like a new path is forming where you will be narrowing down what you are here to offer. Some things will have to be released into the hands of others, which may feel like a risk, but this is essential for long term growth. You are to focus on YOUR piece and that piece that NO ONE can do as well as you. This may have to do with not wearing all the hats and thinking you have to do it all. This means there will be much work to do and also lots of behind the scenes planning. And to boot you will align to something that brings you total joy BECAUSE you have been thinking about how to bring more satisfaction into your life! It feels like you are being honored, valued and finally seen for what you can do for the world. Your mind is going to be focused on how to really enjoy life and make the most of your gifts so that you can have more time to play, travel and create a healthy balance of your energies.

The challenge of this retrograde: You may stumble upon something that feels like competition, and you are to not fall into despair over this and instead you are being asked to use it as inspiration to make your offerings the BEST that you can create. This is actually heaven sent and needs to be seen as a nudge to get you working harder with what you are here to offer. You may feel incompetent, ignored or not seen, but this is just something from your past coming up to be cleared NOW. You may also express a child like reaction where you are only able to see your perspective.

Essential advice: Allow your true spirit to shine! Do not look to what has been done when you are in creation mode. Embody a completely unique and soul inspired approach with your work. Take your time! There is no need to rush any piece of the process. Delve deeply into your creative nature! Remember what you REALLY love to do and put time into this so you can expand your confidence levels. Keep your eyes on the horizon and HOPE for the best. There is NO ROOM for doubt. BELIEVE that something magical is about to take place; hold that excitement in your heart. TRUST that you are being guided to a higher level of expression in life and that everything will come together as if divinely orchestrated. You need to think through all details and not skimp or compromise on a single thing. This is about creating a beautiful FUTURE. Do it right the first time.





This transit is going to be GREAT... in the long run. You are being given the opportunity to experience a new grounding and shifted foundation SO THAT you can be in a position to DO MORE with your career or your natural creative gifts. You will be working behind the scenes, so do not expect something to come forward until the end of the month. But what is occurring is that you are changing from the inside out and a new beginning is going to take root. This means something will be worked on that is going to showcase who you REALLY are and what you REALLY have to offer. I am seeing these layers being peeled off of you that were projections of others, or false beliefs that you have been taking on and expressing as your own. There will be a rebirth of a feeling by the time this transit has completed, although many will tune into this early on. It is going to feel like everything is changing with your home or with the core basics of how you function in life. This means many things will change and you will be in UPGRADE mode. You are going to want BETTER and will find ways to release the energetic hold you have on accepting items, people, homes, or ideas for your career that relate to JUST GETTING BY. You are shifting into top dog land where there are no limits to how high you can fly! Clear the decks to make space for the new.

The challenge of this retrograde: You will feel some things fall away at this time, or at least they will shine brightly for you to see that they are NOT matching your value system. Whatever breaks down or feels unbearable to you at this time IS what needs an upgrade. It very well may be your computer, your job, your home, or people who are around you. Dig deeper into why this is falling apart, through the perspective of understanding that this is JUST A SIGN and not anything that is out to hurt or torture you.

Essential advice: Do not compromise! You are to ask for more! Wake to your value! You are worth your weight in GOLD! If you need to move, EXPECT that your dream home will show up soon! Look for things that are above your budget and CLAIM them energetically. Shift your mind to knowing that there IS a way and that opportunities, although maybe not in sight just yet, ARE on the way. Consider this a DO OVER where you will start fresh with new dreams for how you CAN do something special with your life! Keep your eyes out for miracles of the highest magnitude. Expect big smiles.





This is going to be a GREAT Mercury retrograde for you in that by the time this journey is complete you will have a new foundation with which to share something that is a creative offering. You also will find the people you need to make this something more powerful than what you could have done on your own. This will be a time to go back and REWRITE. This will be a time to take care of back-logged messages and to get them in order so that there are no loose strings occupying your mind. You are going to be in the mindset of REBUILDING something and applying life learned wisdom to your work so that it can GROW. You will be VERY SERIOUS at this time about your words, your creations, and getting your messages across, as you will be focused into all the details of what it will take to make your piece of the pie the BOMB. You are being asked to focus on your future with the eye of what you would really like to have happen, even if it feels a bit outlandish! Speak in words that KNOW this is going to manifest and that KNOW you can do what you put your mind to!

The challenge of this retrograde: You will be tested by communications with others where there may be knocking heads and an inability to understand the side of the other. You may even have a provocation where you hear something coming at you in a judgmental way, but that YOU think the exact SAME of the other person pointing the finger. And you are being warned not to BITE back! Do not, I repeat DO NOT say, "Well, I think the same about YOU!" Just instead hear them out and respond with total compassion for the message they are trying to get across to you. Also computers or cars may NOT be so nice to you at this time. You may find that all upgrades actually feel like downgrades. So do expect that you will get tripped up with your technology, but just go with it and understand that there may be some messages that revolve around you needing to upgrade the things you are working on, or to back up your material. Keep your gas tank full and phone charged just in case!

Essential advice: You are onto something and it deals with coming together with YOUR TRIBE. All mismatches will present themselves, so allow them to part ways because you need to first create the space in order for the new to arrive. Talk about how you ARE finding solutions, your peoples, your business partners, your dream job, your book deal, your incredible success! Remember who you ARE! Remember how gifted you REALLY are! Let go of what others expect of you and instead broadcast how uniquely brilliant you REALLY are!

