



Technology always provides an amazing mirror of inquiry for each of us around our own issues of communication, connecting, etc.. This is really the beauty of the human experience when we are able to be present. We have so many opportunities throughout a day to do some inner work of inquiry on ourselves about what's going on for us just beneath the surface. The difficult part is that, often times, we are triggered by an event and then blinded by our feelings, emotions and reaction that we miss the opportunity to look inward.

Here are some steps you can use to process a technical glitch and transform the charge from the situation. We'll use the situation, "website links in an email not working" as the example:

1. **Notice how you feel about not being able to access the link.** Feel the frustration rise. Notice if you feel it somewhere in your body.
2. **Notice the story about this situation that is playing out in your head.** Perhaps it's something like, "why isn't this working, these things never work for me!" or "why is this so hard, it shouldn't be this hard!". Or perhaps it's a judgement about me or the series. Notice it and see if you can put it into words, a short phrase that states your frustration.
3. **Notice where else that same phrase describes another area of your life** or situation you're facing. Remember, everything is energy and when we are not owning our experiences and transforming those charges, they will continue to pop up time and again in other areas of our life.

I find it helpful to journal about what comes up for me and it helps to give me clarity on the issue. **Being tuned in to what is going on for us on an energetic level is a big part of developing our intuition. It is in this space that we are tapped into the universal wisdom.**

Mercury Retrograde Awareness Guide:

This also brings up the fact that mercury goes retrograde on Tuesday, November 6, 2012.

My coach and teacher sent me the following to remind me and help process any events that occur during this time period.

Here are the dates that Mercury will be Retrograde for 2012 and 2013:

November 6, 2012, 9:05 p.m. MST - November 26, 2012, 8:49 p.m. MST

Saturday, February 23, 2013, 7:42 MST - Sunday, March 17, 2013, 6:04 p.m. MST

Wednesday, June 26, 2013, 11:09 a.m. MST - Saturday, July 20, 2013, 4:23 p.m. MST

Monday, October 21, 2013, 8:30 a.m. MST - Sunday, November 10, 2013, 7:13 p.m. MST

Mercury is the closest planet to our Sun. It completes a journey around the Sun in about 88 days, but due to the phenomenon known as Mercury Retrograde it takes about a year for Mercury to travel through the astrological zodiac.

Mercury Retrograde...What It Is: From Earth's point of view sometimes Mercury appears to be moving backwards. Retrograde literally means backwards. Mercury Retrogrades occur three times a year, about every three months, usually lasting about three weeks.

Mercury Retrograde...What It Does: Mercury rules the mind, mental processes and all forms of communication including travel, speaking and writing. Messages, letters, faxes, e-mails, books, contracts, documents and transportation facilities all fall under Mercury's influence. When Mercury's Retrograde expect delays, confusion, and misunderstandings as well as lost mail, transportation problems and failures in negotiations.

When Mercury starts turning in an apparent backward motion, we will start to feel the effects of this event days or even as far as two weeks earlier. When the planet normalizes we will see the tempo of events pick up in our lives as the planet becomes "stationary" and then speeds forward.

Mercury Retrograde gives rise to personal misunderstandings; flawed, disrupted, or delayed communications, negotiations and trade; glitches and breakdowns with phones, computers,

cars, buses, and trains. All of these problems usually arise because some crucial piece of information, or component, has gone astray or awry.

It is therefore not wise to make important decisions while Mercury is Retrograde, since it is very likely that these decisions will be clouded by misinformation, poor communication and careless thinking. Mercury is all about mental clarity and the power of the mind, so when Mercury is Retrograde these intellectual characteristics tend to be less acute than usual, as the critical faculties are dimmed. Make sure you pay attention to the small print!

Mercury Retrograde...What To Do: Confine activities to "Re" words: review, rejuvenate, reflect, re-look, rethink, repair, recheck, reschedule, rewrite, reformulate and so on. Avoid signing contracts. Meditate and let your inner guidance redirect you.

This is THE BEST time to call on A.T. & T. (the Angels of Travel, Transportation and Telecommunication) because the Angels can redirect energy in such a powerful way, that when we ask for Their assistance, we can expect ease, grace, flow and harmony! Also, use this time to clear out the old..."Spring" cleaning...closets, storage units, etc., and reorganize!

The key issue here is one of focus. Mercury's retro phase tends to bring unforeseen changes and blockages, but the aggravation and frustration that many of us experience during these periods is often due to our own inability to roll with the punches. Is this due to our ego-fixation? Mercury sets out to restructure our thinking processes and for many of us this is painful and frustrating. Moreover, these experiences reveal flaws in our internal organization as well as our external planning, which can make us feel foolish and inadequate.

Hopefully this will give some insight to the energy that we are in the midst of.

Here We Grow Again!

Ana Maria Vasquez