



MERCURY RETROGRADE FOR DECEMBER 2016- JANUARY 2017

From Jenifer Shapiro ;-)

Ahhhhh, we are in the lovely retrograde period once again.

Mercury retrograde pre-shadow period officially begins today and many of us have been feeling it stirring this week.

Here are the official dates:

Pre-shadow period – December 18th

...you feel retrograde brewing and start to see the energy of the retrograde forming, gets stronger and weaker at times, often stronger the days prior to retrograde.

Mercury goes Retrograde in Capricorn – December 19th

...the start of retrograde

Retrograde period – December 19th- January 7th

...Best to follow below advice

Mercury goes direct in Sagittarius – January 8th

...the energy starts to shift

Post-shadow period – January 9th-27th

...ebb and flows with the strongest retrograde energy at the start, most barely feel retrograde energy after halfway through this period.

RETROGRADE INTERPRETATION

This retrograde has some classical aspects of affecting communications especially travel, purchases and interpersonal communications so please, with the holidays upon us and stress heightened, do your meditation, breathing exercises and anything you do to keep yourself at an equilibrium this month. Taking on an outlook of letting go, especially if delayed in an airport, is a healthy one in general. Bring a good book and come prepared just in case.

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The positive of retrogrades of this nature are the ability to redo, rethink and make new choices on old problems. There is also a lot around the potential to heal relationships this month if you choose to.

This is a good time to decided to take a family relationship that you don't usually connect with into a new light, perhaps heal something with a sibling or choose to get to know your uncle, cousin, etc. Do so gently and with compassion and you may be amazed at what you learn and experience!

This particular retrograde isn't a great one for ending relationships however. If you choose to do so, especially when Mercury officially turns retrograde, you may find yourself dealing with a lot more negative feedback than you desire so tread carefully if ending a relationship this month or wait until mercury stations in January to make these sorts of changes.

From what I'm reading in the charts I wouldn't do any major changes to your home if you can wait until the new year this time of year either. There are some interesting movements occurring (I won't go into the technical here) that could cause some piping issues if making major plumbing changes and/or structural issues if building a home. If you could wait until the New Year, you would have much more support...literally and figuratively.

This is a great time of year to play with your personal appearance. This is rather unusual during a retrograde. There is a lot of positive and playful energy around changing personal appearance several times so play and see what you decide works for you. Perhaps even hire a personal image consultant and take on a new persona at work. Try new colors and embrace the creative genius inside you!

Playing with the 'mask you wear' could also be fun. Try something you have always wanted to like karaoke or a painting or cooking class. This is a great time to bring in something new and creative to your life! One little note, this isn't a great time to do something too strenuous like skiing if new for you. Be extra careful with engaging a new sport especially extreme sports if they are new for you as the body is going to have a few adaptations this month energetically.

If you can take time off work to play, this is a great time to do it as well because things are going to be moving much more slowly on the work front. Deadlines are likely to be missed or pushed to the New Year last min so take work in stride!

As a gift to all, I've created a free calendar of mercury retrograde dates for 2017, please see attached and I hope you all find it helpful!

Happy Holidays! Jenifer

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