



ebook &
journal

Your guide to

MERCURY RX

A GUIDE TO THRIVE, NOT JUST SURVIVE

GET YOUR GUIDE TO THE
ENERGY

THE COSMIC CO





HEY, I'M BETTY.

The Cosmic Co is a modern guide to the universe.

My name is Betty and I'm a psychic, astrologer and coach. I help my clients become their best selves, using spirituality and strategy.

I use cosmic coaching aka, working with my client's astrology and Human Design to create an 8-week coaching programme to help them step into their best lives.

Betty xoxo

LET'S DO IT!



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Welcome

TO YOUR GUIDE


This guide is here to be your cosmic GPS through the twists and turns of Mercury retrograde. Whether you're an astrology enthusiast or just dipping your toes into the celestial waters, we've got you covered.

WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE

In these pages, you'll find simple tips, helpful advice, and a sprinkle of cosmic wisdom to help you navigate Mercury retrograde like a pro. From understanding what's happening in the stars to staying cool when things get chaotic, we've got everything you need to breeze through this cosmic adventure.

When Mercury retrograde rolls around, it's the perfect time to go deeper and explore the hidden realms within. We've got you covered with the questions you need to go deeper and assess things in your life, so that you can come out on the other side, stepping into your best life.

WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE

A photograph of three young women with dark hair, wearing shimmering, sequined dresses. They are posed closely together, looking towards the camera. The background is filled with soft, out-of-focus purple flowers and bokeh light effects. The text is overlaid on the image in a mix of bold, white, sans-serif fonts and elegant, white, cursive fonts. The overall mood is inspirational and celebratory.

FIND THE
courage
TO FACE YOUR
shadows
AND EMBRACE
your light

THE COSMIC CO.

MERCURY'S IN GATORADE.

Ah, Mercury retrograde. The phenomenon that strikes fear into the hearts of even the most steadfast folx. Three times a year, like clockwork, the planet Mercury appears to move backward in its orbit, wreaking havoc on everything from technology to communication to travel plans.

But fear not, intrepid travellers of the cosmos! While Mercury retrograde may bring its fair share of challenges, it also offers valuable lessons and opportunities for growth. In this guide, we'll explore how to navigate the cosmic storm and emerge unscathed on the other side.

Before we can begin our journey, it's essential to understand what Mercury retrograde is and why it has such a profound impact on our lives. In simple terms, Mercury retrograde occurs when the planet Mercury appears to move backward in its orbit relative to Earth. This optical illusion creates a sense of chaos and confusion in the areas of communication, technology, and travel.

In astrology, Mercury is associated with communication, intellect, and travel. It rules over our thinking processes, analytical abilities, and how we express ourselves verbally and in writing. Mercury also governs our perception, learning styles, and the way we process information.





THE DOWN LOW ON MERCURY RX

Mercury retrograde is like a magic trick in the sky! From here on Earth, it seems like the planet Mercury is moving backward, even though it's not really. During this time, things like technology and communication can go a bit wonky. Imagine your phone suddenly acting up or messages getting mixed up with friends—it's like that! Some people think it's just superstition, but others notice more problems during this time

Instead of being scared, we can approach it with a mindset of preparation and adaptability. It's all about being aware of the potential challenges and taking practical steps to navigate them. So, rather than worrying, let's focus on staying calm, staying informed, and staying ready to roll with whatever cosmic curveballs come our way!

Mercury is the smallest planet in the solar system if we're not including dwarf planets like Pluto. It's just a bit larger than Earth's moon, making it quite petite compared to the gas giants like Jupiter and Saturn. Despite its small size, Mercury packs a punch with its rapid orbit and frequent dance into retrograde motion, reminding us that even the tiniest celestial bodies can have a big impact on our lives. It's actually one of my favourite times, because things aren't working for me in my life they all exit out of my life including relationships and situations. I'm used to get really shocked by that, but now I know that whenever this happens it's because the things that I'm trying to manifest are coming through, and other things need to clear the energy in space for that to happen.

WHAT YOU SHOULD - AND SHOULD NOT - DO DURING A MERCURY RETROGRADE PHASE

Do:

1. Reflect and Reevaluate: Take advantage of Mercury retrograde's reflective energy. Review your goals, reassess your plans, and consider making adjustments where needed.
2. Back Up Important Data: Technology tends to act up during Mercury retrograde, so it's wise to back up important files and documents. Don't let a computer glitch erase your hard work!
3. Double-Check Communications: Miscommunications are common during this time, so double-check emails, texts, and important messages before hitting send. Clarify any misunderstandings promptly to avoid unnecessary drama.
4. Practice Patience: Mercury retrograde can bring delays and frustrations, but getting worked up won't make things move any faster. Practice patience and try to go with the flow, knowing that this too shall pass.
5. Embrace Creativity: Mercury retrograde is a great time for creative pursuits. Let your imagination run wild, explore new ideas, and indulge in artistic endeavours. You might be surprised by what you come up with!

Do Not:

1. Start New Projects: Mercury retrograde is notorious for causing hiccups in new ventures. Hold off on launching that business or starting a major project until the retrograde period has passed.
2. Make Impulsive Decisions: With communication and judgment skills potentially compromised, it's best to avoid making impulsive decisions during Mercury retrograde. Take your time, gather all the facts, and weigh your options carefully.
3. Force Conversations: Trying to resolve conflicts or have serious discussions during Mercury retrograde can backfire. Emotions may run high, and misunderstandings are more likely. It's better to wait for clearer communication conditions.
4. Sign Contracts Without Review: Mercury retrograde is notorious for causing oversights and errors. Avoid signing contracts or making significant commitments without thoroughly reviewing the fine print. You don't want to be stuck with unforeseen consequences later on!
5. Blame Everything on Mercury Retrograde: While it's tempting to attribute every mishap to Mercury retrograde, not everything is cosmic in nature. Take responsibility for your actions, and don't use retrograde as an excuse for avoidable mistakes.



FIND CLARITY

As Mercury retrograde comes to a close and the cosmic storm begins to dissipate, we have an opportunity to find clarity amidst the chaos. This is a time for reflection, introspection, and setting intentions for the future. By taking stock of our experiences during retrograde, we can emerge stronger, wiser, and more in tune with the rhythms of the universe.

TAKE IT SLOW

Taking it slow during Mercury retrograde means adopting a mindset of patience, mindfulness, and deliberate action. Rather than rushing headlong into new projects or making impulsive decisions, it's about embracing a more measured pace and giving yourself the time and space to navigate any challenges that may arise





MERCURY RX IN ARIES SEASON

Mercury retrograde during Aries season brings a unique blend of fiery energy and cosmic introspection. Aries, known for its boldness and assertiveness, collides with the introspective nature of Mercury retrograde, creating a dynamic and sometimes turbulent landscape.

ARIES' BOLDNESS ENCOURAGES US TO CONFRONT OUR FEARS AND EMBRACE CHANGE.

During this time, the assertive energy of Aries may clash with the introspective energy of Mercury retrograde, leading to potential conflicts and frustrations. Impulsive actions and hasty decisions could backfire, as communication and judgment may be clouded by the retrograde influence. However, Mercury retrograde in Aries season also offers an opportunity for deep introspection and self-discovery.

Aries' boldness encourages us to confront our fears and embrace change, while Mercury retrograde invites us to slow down and reflect on our goals and aspirations.

It's a time for reevaluating our approach to life and reconsidering our priorities. What do we truly desire, and are we taking the necessary steps to achieve it? By tapping into the fearless energy of Aries and the reflective energy of Mercury retrograde, we can gain valuable insights and clarity about our path forward.

Navigating Mercury retrograde in Aries season requires a delicate balance of assertiveness and introspection. It's a time for taking bold action tempered with careful consideration, for embracing change while remaining grounded in our values and intentions.

WHAT DOES IT MEAN AS ITS HAPPENING DURING ECLIPSE SEASON?

This month, the eclipse season starts with the lunar eclipse in Libra on March 25, 2024, and ends with the solar eclipse in Aries on April 8, 2024.

Eclipse season occurs when the Earth, Sun, and Moon align in such a way that the lunar nodes intersect with the ecliptic, resulting in either a solar or lunar eclipse. These powerful cosmic events symbolize potent moments of change, revelation, and growth. During eclipse season, the veil between the seen and unseen worlds becomes thinner, inviting us to confront our shadows, release what no longer serves us, and step into alignment with our true purpose.

Living your best life during eclipse season requires a delicate balance of surrender and empowerment.

Eclipses are potent catalysts for change, and Mercury retrograde between eclipses can heighten our awareness of the shifts occurring in our lives. It's a time of transition and transformation, as we navigate the ebb and flow of cosmic energies and embrace the opportunities for growth and evolution that come our way.

With Mercury retrograde and eclipse season overlapping, flexibility and adaptability are key. It's important to stay grounded, stay present, and stay open to the unexpected twists and turns that may arise. By embracing change with an open heart and a willingness to learn, we can navigate this cosmic convergence with grace and resilience.

Aries energy encourages self-discovery and assertiveness, and Mercury retrograde amplifies this introspective energy. Just before the Aries solar eclipse, we may feel compelled to delve deep into our inner selves, confront our fears, and embrace our authentic selves with courage and confidence.

With the Aries solar eclipse on the horizon, the energy of change is palpable. Mercury retrograde invites us to embrace change with an open heart and a willingness to adapt to whatever the universe has in store. It's a time of transition and transformation, as we prepare to step into the next chapter of our lives with courage and confidence.

Aries season is a time for setting bold intentions and pursuing our passions with vigor, and Mercury retrograde encourages us to revisit our personal goals and aspirations. Just before the Aries solar eclipse, we may find ourselves reassessing our plans, realigning our priorities, and making necessary adjustments to ensure that we're on the right path.

Let's go
DEEPER

What values would you like to live by in your life, that you're not already? I.e - honesty, joy etc

Write your answer here...

Are there any aspects of yourself that you're reevaluating or questioning?

Write your answer here...

What steps can you take to embody your true self and live in alignment with your core values and beliefs?

Write your answer here...

Let's go
DEEPER

Which relationships are working for you? Who needs boundaries setting with them and who needs to go?

Write your answer here...

Whats goals do you want to set for your personal and professional life for the next 6 months?

Write your answer here...

What steps can you take this month for these goals?

Write your answer here...

Let's go
DEEPER

How are you prioritising self-care and grounding practices to support yourself during this period?

Write your answer here...

What activities or rituals help you feel centered and connected to yourself?

Write your answer here...

How can you cultivate a sense of inner peace and stability amidst the chaos of Mercury retrograde and eclipse season?

Write your answer here...

Ready to

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We use your birth chart and Human Design chart to unlocking the universe's blueprint for you.

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LET'S DO IT

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Thank you
FOR READING



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