



The Spiral Path ~ 7 Circles to Reset

During a Mercury Retrograde

Astrological Influences of Mercury

Planet Mercury rules the following areas:

- Communication
- Technology
- Transport
- Self expression
- Intelligence
- Memory



Mercury Retrograde

- 3 times a year Mercury orbits Earth and appears to move backward
- Each of these periods lasts about 3 weeks
- Many believe that during this time problems will occur with the areas of influence

Positive Aspects of Mercury Retrograde

A good time to :

- Review what you are doing
- Complete unfinished projects
- Create new routines
- Reflect on how you communicate
- Practice patience
- Look at things in a new and better way



You can ask for Angelic Help

- Archangel Raphael for challenges with travel
- Archangel Gabriel to help with communication and technology
- Archangel Metatron for support as you review, re-evaluate and re-align with your soul purpose.

Turning Retrograde into Opportunity

Mercury Retrograde is an illusion.

The planet is not moving backwards- it just appears that way. If you focus on the negative aspects that are associated with this period of planetary activity, then that is what you will get:

- Travel delays
- Communication
- Technology problems etc.....



Focus on the Opportunities....

Over the next few weeks you can use this time to create a more positive experience.

Mercury Retrograde gives you the opportunity to look at things that you missed before because you were too busy or unwilling to change.



Retrograde - a time to Review & Release

Use the following lists of words as a daily prompt for your journal - you can use just one a day or several.

Be as positive as possible .

Be as spontaneous in your response to the word as possible.

It's alright to go to a dictionary to look up the actual meaning.



Using the Spiral Path

Create a Mercury Retrograde Mandala using the 7 Circle Cretan Labyrinth

At the centre is the word RESET

Choose words from the lists that follow as steps to the centre of the Labyrinth. Journal on at least one word per day

As you progress to the centre, go deeper within to reflect on this time

As you return from the centre and re-emerge, review your journey

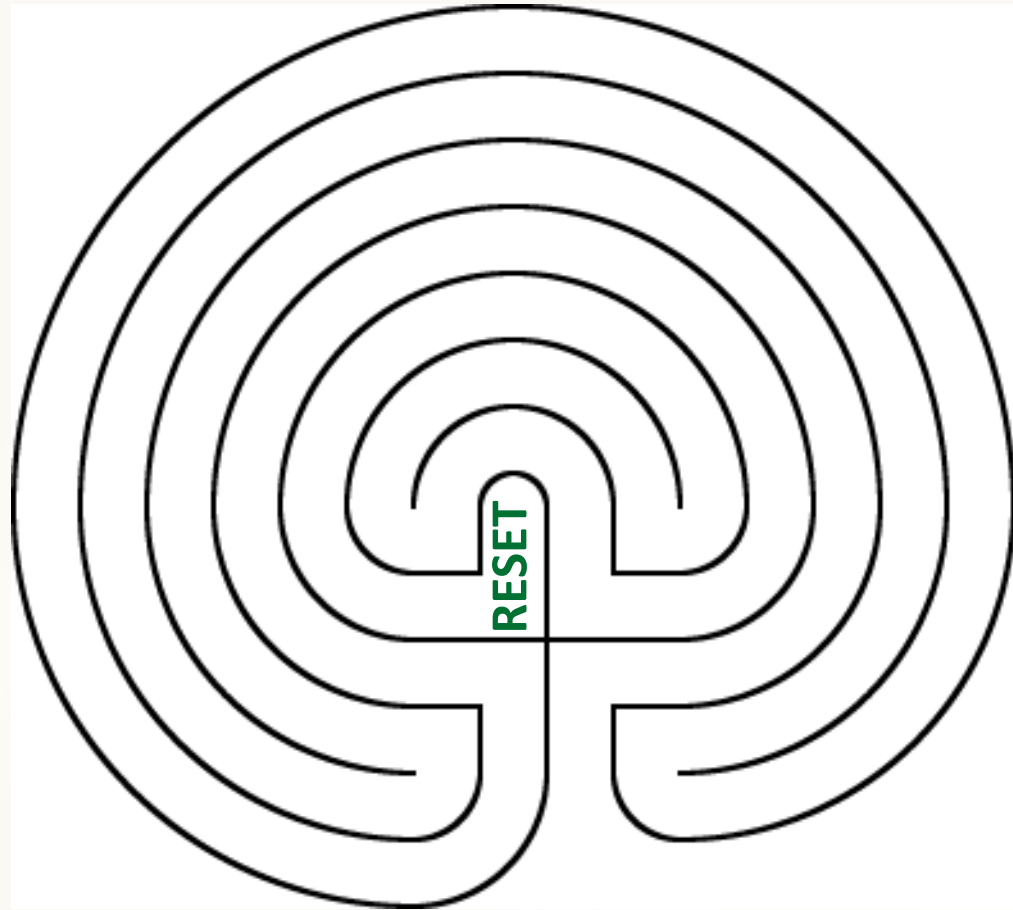
The Spiral Path & Mercury Retrograde



You cannot get lost on the Spiral Path, there is just one path that takes you to the centre.

Make your way steadily to the centre and even though the path appears to expand and contract, you will reach your destination.

Once there, pause and reflect on what you would like to leave behind and then begin your journey back to the entrance to re-emerge, refreshed and ready for new adventures.



The Spiral Path & Mercury Retrograde



Rest	Relax
Release	Re-establish
Relegate	Reveal
Refresh	Relinquish
Re-evaluate	Relish
Remember	Re-align
Review	Renew

The Spiral Path & Mercury Retrograde



Re-do	Remove
Repair	Re-learn
Repay	Re-think
Re-write	Repair
Replace	Research
Resist	Resonate
Respect	Restrain

The Spiral Path & Mercury Retrograde



Results	Resume
Return	Retrace
Revive	Reward
Revere	Rejuvenate
Rekindle	Rejoin
Reject	Reinforce
Rehearse	Regulate

The Spiral Path & Mercury Retrograde



Re-boot	Rediscover
Reflect	Re-establish
Re-examine	Refer
Refloat	Reform
Refrain	Refurbish
Re-emerge	Regard
Rehabilitate	Regenerate



The Spiral Path & Mercury Retrograde

Repeat this process each time there is a Mercury Retrograde and it is most likely that you will view it more positively.

Allow yourself time to rest along the way, recuperate if needs be and re-charge or re-boot.

7 Circles of the Spiral Path



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- If you would like to deepen your knowledge of the Spiral Path you can:
- Book a 30 minute Discovery Session
 - Enroll in the 8 week, 7 Circles personal development program which includes balancing your Chakras
 - Walk a 7 ring Cretan Labyrinth or a smaller Labyrinth in Central Victoria
- *bookings essential*