

~Oily Mercury Retrograde~

Oily Mercury
RETROGRADE

Make the shift from Sep 9 - Oct 2

*The ultimate guide
to Thriving during
this potent
celestial cycle.*

\$21

BY MELANIA MERSADES

Happy Mercury Retrograde Season!



My name is *Melania Mersades* and I live my life in service to the world as an Energy Intuitive. I publish celestial reports to keep you updated on the cosmic happenings to live and love informed and empowered.

I am known by the elders as an Indigo Warrior and my mission is to assist in the evolution of human consciousness through the healing arts. And therefore, I share with you a way to harness the energy of the planet Mercury during its retrograde phase to alchemize your misfortunes and turn them into miracles. This is true alchemy.

This is an energetic ~forecast.

It's similar to a weather forecast. When you watch the weather report and they tell you there is going to be a 60% chance of rain. The forecasters are giving you a heads up, and then, you get to decide whether to bring your umbrella with you for the day or leave it behind.

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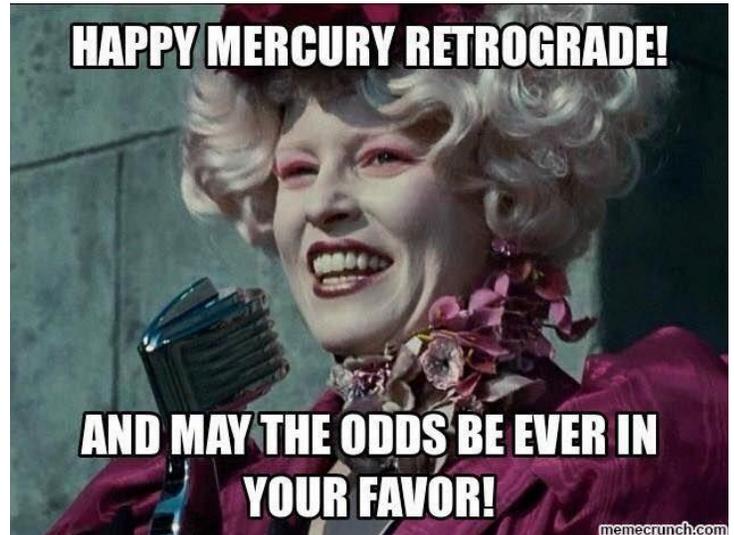
What a Bad Boy You Are Mercury!

Mercury Retrograde Has a Bad Reputation!

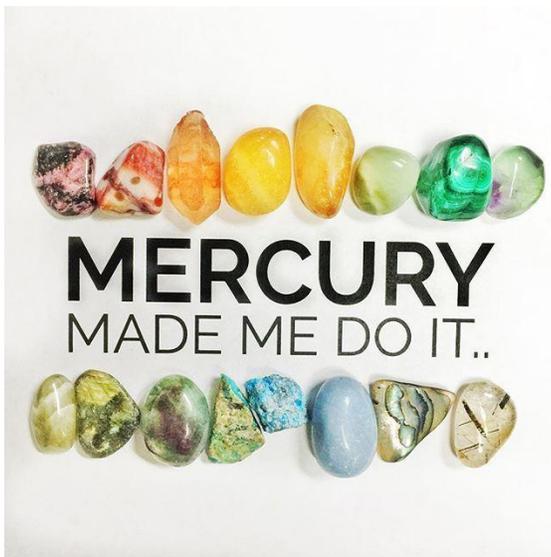
Most people focus on the doom and gloom of this 3 week experience that happens up to 4 times a year. But if you are sensitive like me, you feel it 2 weeks before during the pre-shadow phase and 2 weeks after in what is called the post shadow phase.

If you're active on social media, you've probably seen people talking about the Mercury Retrograde and everything negative associated with it.. mostly all the DON'T DO's. I won't cover that, a lot if it is just Spiritual propaganda. It's emotional hijacking so you pay attention to it. This is how the web works.

You may have seen meme's like this



Or Like this 



One one hand, it's a hilarious joke, on the other, it is Spiritual Bypassing and part of the New (c)Age movement's deceit. How do I know? I used to be one of the people that blamed the things happening outside of me on what was happening inside of me. And this blame would manifest as a lack of self responsibility that would manifest as different forms of disempowerment.

SOULUTIONS

Here's a soulution that can be incorporated right now: *Make the choice to accept full responsibility for your creations and avoid reassigning blame on Mercury Retrograde.*

I want you to feel like this:



But that's not up to me! It's up to you to decide how this experience will unfold for you. Maybe you don't experience any of the things I am talking about. Maybe you haven't experienced any of it but someone you know does or has. This e-book is good for anyone willing to learn more about energy alchemy and how to transform your inner poison into inner GOLD.

Truth be told, no matter how you feel about this time period, it can be the most potent time of **Spiritual Alchemy**.

I began studying Mercury Retrograde in 2006 and have been an advocate for harnessing the energies of this cosmic period for about 6 years.

But it took me from 2006-2016 to fully integrate with these energies and embody the lessons learned. Luckily, because time is speeding up, more and more people are waking up to their abilities and it won't take this long for the newly awakened.

I've made respecting Mercury Retrograde and all the Planetary transits a significant part of my lifestyle because it keeps me connected to the cosmos in a healthy way. I often encourage people to face their own shadow during the "shadow phase" of Mercury~ more on that later.

my INTENTIONS

This is my intention in writing this report



I want to give you an energetic head's up so that you can manage your energy and attention with intention and divine purpose rather than creating by default. With consistent observation, integration and full embodiment, It's highly likely you will feel like this ----->>>



Fundamentals of Energy:

Everything affects us and we affect everything because Everything is ENERGY.

The human body is composed of energy vibrating at varying speeds. Our thoughts and emotions also represent energy vibrating at a particular frequency. These varying vibrations or pulsations create a “field.” Each person has a physical body and an energy or “subtle” body made up of many layers or fields of energy known as the “aura.” **The planets (celestial body) also have an aura!**

The aura or bio-energy field is an electromagnetic field that envelopes the body and represents a person’s levels of being...

➤ **Body, Emotions, Thoughts, Spirit, Soul**

To learn more about this, take the 4 hour course, Tangible Chakras.

www.melaniashelinedge.com/training

Energy Conservation!

I'm all about it. I've been fully conscious of it since childhood by doing the following: Shutting off lights in rooms that aren't being used, recycling, upcycling, Powering down TV's, computer monitors and game systems when no one is watching. Using power strips. Switched to LED light bulbs. Avoiding petroleum products. Buying local foods.

Yet the work I do as an **Advanced Energy Medicine practitioner** in Saint Petersburg Florida addresses the energy of the --->>> body.

~Energy Focused Body work~ is advanced massage skills combined with Eastern and Western Techniques to help people feel better fast.

I help people recover from injury so they can get back to work and life with less pain.



To date, I have performed almost 13,000 professional massage hours. It makes me an official expert on pain management through Massage Therapy yet also, an expert in teaching people how to manage their energy **so they have more of it**. I wouldn't be so experienced if I didn't practice what I preach. And I wouldn't be good at what I do if I didn't have excellent **energetic hygiene**. I spend a lot of time in **self care** to have more than enough energy for my weekly client load. Everything I recommend in this book I do as a lifestyle. I help people become aware of energy leakages and also how to reinforce their auras for a powerful force field.

Our energy is **currency** and that which we "pay" attention to we invest this energetic currency into and appreciate or deplete our energetic bank accounts. We want to be conscious of where & who we are investing our time and energy into where we may be depleting our emotional reserves.

To learn more about Personal Energy Conservation, invest in Reiki Training.

Energetic Exchange

The energy of the planets affects us whether we "believe" in it or not.

The above statement is a solid truth backed by science that can weigh someone down if looked at from a narrow perspective. If you are weighed down by this statement, transmute it with a deep breath.

Take the deepest breath you've taken all year.



If you are not clear on this, you may be one of the people who is wasting energy during retrogrades. And it could be why you are exhausted.

Ok, you've heard the word retrograde quite a few times, so what is it *really* and why does it affect us so much? --->> Because we exchange energy with it.

Many cultures in the past watched the movement of celestial objects across the night sky. There is NOTHING New Age about observing the planets and noticing their effect on us. And then, in turn, how it affects our planet and our communication levels with each other.

Observing the cosmos is OLD AGE; astrology was the FIRST astronomy.

I just had to clear up this ~distinction~ for a deeper understanding.

I study the people who study astrology because I teach people how to manage their energies so they have more of it. Yet, I combine it with the intimate connection I have to the collective and an intuitive spiritual understanding of my relationship to the cosmos. Therefore, I am a messenger of the cosmos and this guide is my contribution to planet Earth and assists in the ascension process for all of humanity. We are exchanging energy within ourselves, with each other, with the world and with the cosmos.

Mercury in Astronomy

Astronomy refers to the study of the universe ~beyond~ our planet; while **Astrology** is the study of how everything beyond Earth impacts us.

Let the this truth sink in. Just breathe deep.



BREATHING: the #1 solution to all of life's challenges.

Get to know the celestial bodies:

Every single planet in the sky has an orbit around the sun and Earth. The retrograde periods of all the planets have to do with the orbital relationships as they brush auras with each other and our planet. Mercury Retrograde 2022 is a 4 year reflection for the collective. Where we are going next, we must integrate with the LESSONS learned to have more energy for what's forming next. We must face all that we have been avoiding. We've got several weeks to do so.

Retrograde Season 2022:

Mercury (represents communication & the mind)

We are being asked to reflect on how we are communicating with ourselves and each other and to level up in our communication styles.

Jupiter (represents luck, abundance and expansion) heralds a time for deep, introspective spiritual and philosophical growth and development. So we are being asked to allow time to integrate with lessons learned, allow space with grace and take advantage of opportunities that arise

Saturn (represents karmic lessons & restriction) we are being asked to put thought into what is truly important to us enough so to keep our commitments long after we "feel like doing it." This is so that we can live in the most truth, authentically. This is where we feel the pain of growth.

Uranus (represents sudden changes) creates a bigger vision than the one we are holding onto. We are being asked, "can we pivot with the changes"? And this is where we get the most support to be able to make these quick changes.

Neptune (represents spirituality & illusion) and gives us a serious reality check on all levels.

We are being asked, "who we are as a collective".

Pluto (represents regeneration and transformation)

We are being asked individually to go within and decide what parts of ourselves can no longer remain. And we are also being asked to take a look at what can no longer remain in the society we are creating together.

We have been in a collective cocoon over the last 3 years. This is our collective death and rebirth.

Chiron (the wounded healer)

We are being asked to face the most vulnerable aspects within us and in society. This is where we lean into things that are uncomfortable so that we can heal and grow faster and share what we have learned with others. Its not a planet but an influential *asteroid.

So, if all planets retrograde, then why does mercury affect us so much?



Well Mercury's orbit is quicker and it has an energetic exchange with Earth between 3-4 times a year so it's noticed more.



It's all about the relative positions. Where you are and what's happening around you can look weird once things start moving next to each other. For Mercury it's about the orbital relationships between Earth, Mercury and the sun. So when mercury is brushing auras with Earth, because it's so close to us it impacts us by casting a shadow over our planet and appears to go backwards in the sky. It only appears to go backwards in the sky from earth's vantage point.



While there's a logical astronomical explanation for why Mercury appears to change course, **Astrologers** believe something more significant is at play. Our Ancestors practiced S K Y G A Z I N G at night as a form of meditation.

Mercury in Astrology

Mercury Retrograde [abbreviated MRx] is the one regularly occurring celestial event that affects everybody across the globe whether they are aware or not. However, it does affect Virgo and Gemini more because they are ruled by the planet. In 2022 The retrogrades began in the air signs but will shift into the earth signs. This is the 3rd of 4 total celestial transits. The final begins on December 29.



I am a Virgo. When I first learned about this phenomenon, I felt victimized. I wasn't as spiritually developed yet. I felt like this event was happening TO me rather than FOR me or WITH me. My perceptions have widened and my perspective has definitely changed. I feel empowered now because I have learned to harness the energies presented to us in a way that benefits me.



When Mercury retrogrades, the conditions within our life story are changing, but we can't yet see the direction things are moving in. It can feel weird. We can become disoriented. The world is in flux during this time. Mercury's shadow has been cast upon us. The many facets of our being that we refuse to face are held within the shadow self. Some call them inner demons, some refer to these unintegrated aspects as fragmentation and are a focus for many on the spiritual journey into wholeness.

Mercury Symbolically

Symbolically speaking, Mercury is the planet of commerce, thinking, timing, movement and communication. So, what this means is during this retrograde period; issues can arise regarding these aspects. The past gets brought back into your field of consciousness for personal evolution. In other words Mercury Retrograde is a time to level up another rung on the ascension ladder. But we must step off the past to get there.

Mercury Spiritual Alchemy

Here's how it works (energetically)

None of this is my "opinion", most of it is my experience; some of it is theory and some of it is actually documented and backed by people who care to invest money on this kind of research. There are scientists all over the globe with theories, methodologies and tangible evidence regarding our interactions with the celestial bodies. In fact, according to the **Spiritual Science Research foundation**; All objects including stars, planets and satellite bodies along with their gross (tangible) attributes emanate subtle (intangible) frequencies. These physical attributes and subtle-frequencies affect us in varying degrees at a physical and subtle-level. These celestial bodies have an aura of energy that radiates out into the cosmos.

Each planet has a song that can be heard on NASA websites.

In my own understanding of this kind of research, the energy of MRx is denser than the energy of our subconscious mind and therefore sinks beneath the shadow/unconscious parts of us and pushes these aspects of our psyche into the light of consciousness (into our awareness).



I can feel the awe of the people reading what was just written. Like a collective aha moment.



From the depths of me, I know that during these auspicious times, that which is concealed is revealed so it can be healed! This is why I recommend that we all face our feelings, our unfortunate circumstances and what or who we have been avoiding for true healing. FACE THE SHADOW.

It's the shadow aspects that come flying to the surface and can be acted upon when awareness is at the forefront of existence.

For those who are considered "sensitive", high sensory perceptive", "EXtra sensory perceptive, empathic, neurodivergent, star seeds, Indigo children and Indigo warriors,, RETROGRADE SEASON IS INTENSE.

DON'T BLAME THE PLANETS

This celestial cycle is a recipe for
SUCCESS.

**VIRGO SEASON +
RETROGRADE SEASON +
FULL MOON IN PISCES**

=

**FACE YOUR SHIT, OWN YOUR SHIT, AND HEAL
YOUR SHIT SO WE CAN LEVEL UP AND ACCEPT
THE BLESSINGS ALREADY ON THE WAY.**

Use your tools during these times!

SHADOW WORK

→ What is the shadow self?

“The shadow self” is the site of repressed desires, emotions and impulses hidden from our conscious awareness.

~Psychiatrist Carl Jun

→ What is shadow work?

Shadow Work is a practice that helps us to become whole again. It works on the premise that you must 100% OWN your Shadow, rather than avoiding or repressing it, to experience deep healing. This daunting and often frightening task is a requirement of every person. But you don't have to go at it alone.

~Loner wolf

→ What is a shadow worker?

To be an effective lightworker, you must also be a shadow worker. In other words, owning your spiritual and magical power involves bravely embracing the full range of human emotion and experience.

~Tess Whitehurst

FACE YOUR SHADOW = FACE YOUR PAIN



The Institute of HeartMath explains; **stress** has been recognized as the number one ~proxy killer~ disease today. The American Medical Association has noted that stress is the basic cause for more than 60% of all human illnesses and diseases. **There are many kinds of stress: Social, financial, emotional, mental, physical, spiritual, ancestral, global.** There is currently more stress coming into our lives than

there is going out. We are out of balance and burnt out. It's visible with the current state of affairs. **Stress = PAIN**

SHADOW PAIN

Ignoring your shadow causes stress, long held stress causes pain. It's subtle energy and intangible but it will manifest physically if left unaddressed.

The shadow aspects of you are unconscious; yet when made aware of them, become the things you stuff down in avoidance. Behaviors, emotions, memories, words that could express your feelings, thoughts that cause discomfort, names people have called you, unaddressed abuse, unreleased trauma, powers you are afraid of activating and gifts you refuse to use.

- ★ It can even be relationships that disempower you.
- ★ When you don't tell people how you truly feel.
- ★ When you absolutely lie.
- ★ When you say nothing to avoid conflict.
- ★ When you allow yourself to remain in toxic relationships.
- ★ When you violate your own boundaries.

It manifests as pain in the *mind, heart and body*, blocking the soul from expression. Allopathic (Western doctors) call it anxiety, depression, high blood pressure, diabetes, addiction, heart attacks, cancer and COPD.

So why do we avoid our stress?
Why do we dissociate from our pain?
Why do we avoid our shadow?



The simple answer is, we've been programmed by society to do so. A deeper answer, it's part of our soul's journey for wholeness.

SOULUTIONS

⚡ SHADOW LIGHTNING ⚡

A shadow alchemy blend of essential oils created to provide support during Mercury Retrograde. The essence of each oil has been chosen for its ability to unearth the shadow aspects and address them metaphysically.

6 hour Diffuser Blend

3 drops copiba

2 drops black pepper

1 drop lemon grass

10ML Roll-on

6% dilution for adults cut in half for sensitive, aging or baby skin.

2 drops black pepper

2 drops lemon grass

1 drop copaiba

1 drop frankinsense

5ml Roll-on

20% dilution to interupt anxious feelings or feelings of panic.

4 drops lemongrass

3 drops black pepper

2 drops copaiba

1 drop frankinsense

Black pepper and lemon grass combined is considered "poor man's Melissa".

Melissa is Lemon Balm.

To learn more about essential oils for self care, join the facebook group SelfCare Sanctuary[official]

SOCIAL NORMS CAUSE STRESS

In my observations, our healthcare is more like sick care. Normal human emotion, behaviors and experiences are labeled diseases. Doctors prescribe us medication for symptom management. This goes against our human nature. Our educational system is nothing more than indoctrination. Our television is propaganda at its finest. The financial system is crashing because it is no longer sustainable and we are feeling it. Then there's social media. It's full of fake everything and looks/lifestyles that are unattainable and unsustainable. **2020 proved the pressure to conform is ON.** With the added push of "good vibes only" and ~cancel culture~ that labels everyone and everything toxic and worth disconnecting from, it's a recipe for emotion suppression. This isn't gloom and

doom, it's awareness of what's really happening. Not to overwhelm, to inform.

It's paradoxical. The more we avoid our pain the more likely we are to feel it. The more disconnected we behave the more connected we realize we are.

And yet, we are never collectively taught that the body is a self healing mechanism. The bodies' innate ability to heal itself is way more powerful than we have been led to believe. We aren't taught in school how to manage our stress nor manage our pain. We are taught to recognize our feelings and emotions, yet not how to manage them. When we are children

we look to the adults to care for our needs. And yet pain is passed down from one generation to the next until there is someone willing to transmute this pain, and right now~ IT'S YOU. As adults, we have the freedom to choose something different in order to care for our own needs but oftentimes we don't care for



ourselves. Why? We are outwardly focused and it's usually to avoid feeling our own pain.

SOLUTIONS

Oil Up!

To get the most out of your essential oil experience --->>> Oil up everyday before you even walk out the front door to face the day. Keep them in your purse to pull out when you need a moment to reset.

Here's what to do when you are feeling emotionally charged:

Notice how you feel first. Rate yourself from 1 – 10

(1 feeling you're lowest emotionally and 10 feeling your best emotionally)

- Take 1 drop of the recommended essential oil
- Rub it into your hands near the face
- Breathe in for 3 deep breaths.
- Rub the back of your neck for another 3 breaths but slower inhales and exhales this time.

Then notice how you feel after. Re-rate yourself from 1 - 10

Did anything shift? Change?



It may be helpful to journal your essential oils experience.

Science has proven the brain is flexible, and this is called neuroplasticity. Science has also shown aromatherapy plays a key role

in altering brain waves, reducing the perception of stress, decreasing levels of cortisol (the stress hormone

CHRONIC SUPPRESSION

Right now, If you consider yourself "an Empath" or people have referred to you as "sensitive" these next several weeks can be emotionally tumultuous. Why? **Resistance.** It shows up as debilitating fear, apprehension, tension, pain and congestion in our body. The good news is, once we become aware of the resistance, we can overcome it. Now that is magical!

We live in a society that encourages masking the pain rather than self care. I encourage people to self care WITH NATURAL SOLUTIONS.

We're a pill popping nation trying to keep up with an unsustainable pace. We look outside of ourselves to solve most of our daily issues but the root of the problem is rarely addressed. Americans are the most medicated people in the world but we aren't getting better, we are getting sicker.

Suppressing symptoms progresses them into full blown diseases. Not only is America overly medicated, we are also addicted to pain pills. This way of living destroys our ability to feel what's really going on in our body. And we tend to operate from reaction mode. Believe me, I know, I used to be one of these people.

So how can we begin to face our shadow, our emotions, our pain so we begin to heal?

We must take the journey inward away from the chaos of our society and take inventory of our inner landscape. It means we have to shut off the world and turn our attention onto our inner world. Scary thought, huh? You bet your sweet ass it is,



but I bet you didn't know you were a spiritual warrior by nature now did you?
Well YOU ARE.

Healing = POWER

You are literally wired to be a badass. But you may not have stepped into your power fully yet. MRx is a call to action to step into greatness. It's a time where we can heal from the past to live fully in the present moment. MRx supports us in healing our shadow. And it shows us where we have strengths and weaknesses. The wounded warriors and healers get a gentle push to level up!

Let's address the stress. *When you feel stressed, what's the first thing you do?*

If it's not taking a deep breath, pausing and taking a moment to go inward then you are responding to stress the way you have been programmed. You can actually use essential oils to help rewire the brain. I will share protocols with you that help you do so.



FIND YOUR TRIBE!
LOVE THEM HARD.
-MELANIA MERSADES

This is what healing looks like:

- ★ Realizing true healing takes time yet that also, spontaneous healing is possible.
- ★ Minimizing the stress load.
- ★ Radical Self Care.
- ★ Moral inventory.
- ★ Trust in a higher power.
- ★ Upholding healthy boundaries.
- ★ Generating a higher base frequency from within
- ★ Allowing yourself to be supported.

Spiritually, there is a massive wake up call happening right now and more and more people are awakening to the truth of who we really are than ever before. You're either gonna make this change by choice or it's gonna happen by "cosmic" force. it's on YOU. Mercury is a powerful force. We are NEVER alone even when it feels like we are. When you are your authentic self --->>>your vibe attracts your tribe. We are literally all on the journey from life to death together. Why not make it a good experience for all? Find your tribe by being yourself. ONE RADICAL TRUTH IS THAT WE NEED EACH OTHER TO HEAL FULLY.

Solution.

MRx on the COLLECTIVE

How will Mercury Retrograde affect us all?

Because it's in the sign of LIBRA

in one word: **VITALITY**

We are being asked collectively to "rethink" how we communicate with each other.

How do we want to progress to create inner harmony?

This Retrograde period is also gonna be magical because it will help us self regulate a-lot faster. Meaning if you say some dumb shit you'll own it, not blame it on the retrograde, you'll learn from it, let it go and move on in friendships and partnerships or you won't. It's up to you.

What does this celestial event truly signify?

It's a time of **Re's**. - re-do's, replace, reassess, revitalize, reconcile, reassure.

A great time to "reflect" on the past 3-4 months and "revisit" our life goals. But

this MRx will have us "review" the last 10 years. It affects the ING's like:

listening, speaking, learning, reading, editing, researching, negotiating, selling, and buying. Focus on your thoughts and thinking. Is it focused on your visions?



It's a great time to "rewrite" your life story. "Reframing" According to The Social Work Dictionary can be defined as, "A technique used by therapists to help families (and individuals) understand a symptom or pattern of behavior by seeing it in a different context (Barker, 2003). But you can use this technique by setting the intention to broaden your perceptions about any current situations that will ultimately lead to a new perspective.

Have a conversation with people you trust about what's going on. You may find others who are experiencing similar changes.

MRx Magic

Mercury Retrograde is notorious for bringing people from the past and exes back into our lives again. Be prepared for this possibility, both as a potential sender and receiver of text messages that reopen the lines of communication. It's also notorious for reconciliation between two people who may have disconnected in a past retrograde. Sometimes the universe tests you to see if you are willing to make the same mistakes again or ready to move beyond a lesson into the next phase of personal evolution. You're the one that gets to decide whether you want to focus on the miracles already on their way, or stuck on the misfortunes blocking you from receiving love and blessings.

Simple Solutions

If miscommunications or reconnections arise during this time period, it's best we practice ~active listening~ and allow ourselves to process what is being said rather than listening to react.

Using Mantras:

(originally in Hinduism and Buddhism)

a word or sound repeated to aid concentration in meditation: it means to protect your mind yet more specifically to protect yourself from your own mind. This intellectual explanation helps clarify the embodied understanding I have from using Mantras. The below mantra is what I will use during the next phase of my spiritual development to keep me connected and inspired.

My Mercury Mantra

Judge less, observe more

I'm currently in observation mode noticing how others communicate with me and how I am reacting/responding to them. And also noticing how others are communicating with each other.

SELF REFLECTION QUESTIONS

The energy shifts that come with Mercury retrograde can cause all sorts of *emotional outbursts*, frustrations and ego based behaviors. These can result in self-doubt, low self-esteem and fears. Open up the lines of communication with Mercury and intuit the responses. Sit still in meditation and or set the intention that the answers be revealed in your dreams. Here are 21 Self-Reflection Questions to check in with yourself. One for each day of the retrograde:

- 1. When types of communication no longer serve me?*
- 2. Am I an effective listener?*
- 3. Am I open to reconciliation?*
- 4. Am I being authentic in all my relationships?*
- 5. What are my greatest fears in expressing how I truly feel?*
- 6. Do the decisions I'm making need to be rushed?*
- 7. Is the investment I'm about to make worth the risk I am about to take?*
- 8. Am I open to receiving what I truly desire?*
- 9. What am I holding back from expressing out of fear?*
- 10. Can I look at troublesome situations as messengers of personal evolution?*
- 11. Can I look at the people who caused me pain as messengers of lessons learned?*
- 12. What mental blockages do I need to overcome?*
- 13. How can I work with or through my inner constraints?*
- 14. Which thought or communication pattern should I release at this moment?*
- 15. Am I communicating from the heart or from my head?*
- 16. Am I letting other people speak for me or influence the choices I make in a way that doesn't serve my best interest?*
- 17. Have I been listening to my inner voice?*
- 18. Have I been allowing myself to feel my feelings?*
- 19. How am I sabotaging, selling myself short, or keeping myself stuck in unhealthy relationships?*

20. How can I alter your perception of money to achieve even more wealth and luxury?

21. How can I infuse more beauty, peace, and art into your everyday life?

ADVANCED SOLUTIONS: GATHER WITH COMMUNITY



Once a month we join together in community for a water protection ceremony, learn about Energy Medicine basics hyper focused on the elements and do Energy Empowerment exercises. We learn about water conservation and include both men and children into this Elemental Reiki experience. Donations accepted electronically

**Next Beach Reiki is the Sunday October 2nd,
Madeira beach 6:30pm**

Spa Day with Melania

Experience the synergy of group healing with a healing flow in a Spa setting. Food is provided its a mini-retreat from 12-6pm. Visit the Group for details



Full Moon Beach Yoga

Lead by Alina Hall

Treasure Island. Cash donations accepted. Bring a yoga mat, some water and a friend.

OILY ZODIAC

Mercury will go retrograde on September 9th in the sign of Libra while the sun is in virgo. Then it will shift into the sign of virgo while the sun is in Libra. It ends October 2nd. This shift helps us understand that during the change of seasons, we may find that we too shift from the mind into the body. Maybe even a shift from how our boundaries keep us safe into how our boundaries shatter societal norms. Are you aware that social rejection actually causes pain? Have we been isolating? Have we been canceling members of our groups? And what do we need to do to reconcile?

How will the Zodiac be affected?

When in the sign of the Scales, it can help recalibrate your relationships with old issues to bring about greater resolution, revelation and reconciliation.

**MERCURY
RETROGRADE**



We can use essential oils to disrupt our patterns and rewire our brain because of NeuroScience.

The following pages suggest essential oils for each sign based on astrological predictions. The most affordable way to use essential oils is to inhale them straight from the bottle. Within 20 seconds they affect mood and memory. We can also use new scents to remember. I encourage you to use the oil

suggestion daily while answering the self reflection questions. Use what I teach

in this E-book to make the shift from reactive emotional outbursts to proactive emotionally intelligent responses.



Gemini/Gemini Rising

Miscommunications or Re-do's in the area of creative self expression. Whatever you are working on right now, allow yourself to be inventive, actively seek out new perspectives. You are being asked to take risks that will lead to new inspiration.

Try This:

Doterra steady - oil of grounding

Activates authenticity within. And offers a grounded approach to life. Use when unsure about whether to connect with someone or not.

Libra/Libra Rising

*Miscommunication or Re-do's in your **identity**. You are being asked to focus on your purpose in life.*

Try This:

doTERRA Align - oil of centering.

It calls the soul back to its center. It reminds that self-awareness is the even if temporarily unpleasant is the gateway to expansion. Use when feeling misaligned. It encourages self acceptance and prevents projections for reflection.

Aquarius/Aquarius Rising

Miscommunication or Re-do's in the area of your future. You are being asked to hyperfocus on the visions you have and on letting your imagination run wild.

Try This:

doTERRA ClaryCalm - oil of vulnerability.

Main oil is clary sage - oil of clarity and vision. It encourages warmth in relationships, stabilizes physical and emotional imbalances and fosters emotional intimacy.

Fire signs

Aries/Aries Rising

*Miscommunication or Re-do's in the area of **relationships**.
You are being asked to be mindful of your communication with others, especially when frustrated TO MINIMIZE unnecessary conflicts.*

Try This:

doTERRA Breathe - oil of breath

The oils of Laurel, Eucalyptus, Peppermint, Tea Tree, Lemon, cardamom and Ravensara blend to ease those who feel suffocated by life or struggling with specific situations. It supports one's relationship with spirit and invites us to let go.

Leo/Leo Rising

*Miscommunication or Re-do's when it comes to your presence.
You are being asked to "revisit" how you show up in this world.*

Try This:

doTERRA INTUNE - oil of presence

This oil calms the mind facilitating inner peace. It guides the soul into full awareness of its physical body and physical surroundings, Use when feeling distracted, unaware, living in past or procrastinating.

Sagittarius/ Sagittarius Rising

Miscommunication or Re-do's in the area of collaborations. You are being asked to "reconsider" your aspirations and the hopes you have been harboring for a better future.

Try This:

doTERRA Hope - oil of overcoming

Use when feeling unloved, traumatized, hopeless, despair to remember that broken things can be mended, hearts can heal, and lives can be restored.



Cancer/Cancer Rising

*Miscommunication or Re-do's in the area of **inner reflection**.*

You are being asked to “rearrange” your inner landscape. Begin with re-organizing your home space.

Try This:

doTERRA ELEVATION - oil of joy

Use to overcome feelings of despair and hopelessness. It teaches us to let go of lower frequency emotions.

Scorpio/Scorpio Rising

*Miscommunications or Re-do's when it comes to your **subconscious mind**. I have one message for you, the only way out, IS IN. As emotions come to the surface, focus on the patterns you notice to break cycles. You are in a purge cycle.*

Try This:

doTERRA Console ~ oil of consultation

This blend of trees and flowers was formulated to assist individuals who are in need of emotional comfort. Use when you feel a storm raging within.

Pisces/Pisces Rising

*Miscommunication or redo's when it comes to your **boundaries** around what society says is good and what you say is good.*

Try This:

doTERRA OnGUARD - oil of protection

Use when feeling under attack or needing protection from energetic parasites, domineering personalities and other negative influences.



Virgo/Virgo Rising

*Miscommunications or Re-do's in your **finances**. You are being asked to "revisit" your spending habits and determine if current expenses and investments are in alignment with your values. Are you making purchases with purposes?*

Try This:

doTERRA ZENdocrine ~ oil of vitality and transition

This blend discovers new energy and vitality by encouraging the release of physical and emotional toxins. Use when feeling apathetic or to destroy bad habits.

Taurus/Taurus Rising

*Miscommunication or Re do's in the area of **self care**. You are being asked to take a look at routines and modify accordingly. If you had a self care protocol but let life take you off track, get back on it.*

Try This:

doTERRA Motivate ~ oil of motivation

This blend is especially helpful in times of weariness and discouragement when one has lost the energy and motivation to complete important life tasks.

Capricorn/Capricorn Rising

*Miscommunication or Re-do's when it comes to your **professional goals**. You are being asked to reconsider the role you play in society and what you do for a living. This is the time to be authentically you.*

Try this:

doTERRA BALANCE - oil of grounding.

Made from a combination of tree oils and roots, as trees live in the present moment so shall you. It strengthens the lower limbs to connect with earth and encourages perseverance. Use when feeling unstable.

So, what now?

Take the suggestions in stride and when you are stressing, use the essential oils to reawaken into your body. Reading each description helps you understand yourself first but then helps you relate to others from this vantage point. **Thank you** for purchasing this Energetic Forecast. May the force be with you.

Again, My name is **Melania Mersades** and my purpose in life is to first, help you feel better and then second, help you embrace your gifts so you can be the most authentic version of yourself. In order for me to be on my truest essence I have learned to use essential oils as a preventative and a first response in developing Emotional Intelligence. When I wear oils, I become a human diffuser and thr



benefits extend beyond myself onto others.



Essential Oil Protocols save my life every time I am suffering from anxious feelings.

So what oils do I use?

I specifically use **doTERRA** because

they are the most tested, most trusted essential oil on the market. Their values and mission statement align with my Moral Code and Values.

These Certified Pure Therapeutic Grade essential oils are **Medicinal** and safe to ingest. They are labeled by the FDA as Generally Recognized as Safe (supplemental facts label) and have the highest purity and potency. PERIOD.

My 1 Drop Philosophy

1 drop is all it takes to feel better.

👉 Invest in oils

👉 Use the oils

👉 Learn & share

👉 Make a lifestyle

The most cost effective way to use essential oils is straight out of the bottle.

Just inhale straight from the bottle with a deep belly breath.

It begins to affect mood and memory within 20 seconds.

Then when 1 drop is applied directly to skin it takes about 20 minutes to cycle through the entire body and provide its essence into each cell.

Each oil has its own unique offerings. Science calls them volatile chemical compounds that give a characteristic flavor and odor.

How to use Essential Oils

Teaching people how to use essential oils safely, effectively, and affordably is so much fun! Working with many women around the globe who originally believed "essential oils are expensive" has strengthened my resolve to continue teaching. These women and I have moved beyond limiting beliefs about money, prosperity and abundance and view the use of essential oils as an investment in our wellness. This is a lifestyle, not a trend. Helping people make themselves a priority makes my heart smile. I'm part of an amazing team of women who share our abundance in essential oils with the under-resourced. I offer free samples often and support people in free essential oil education.



Essential oils are used in 3 distinct ways:

Aromatically

in a quality diffuser, on diffusion jewelry or inhaled out of the bottle or in your hands. Handcrafted Jewelry made for your pleasure can be purchased by using the link below.

<http://www.melaniashalingedge.com/levelup/personal-diffusion-jewelry>

Topically

Placed on the pulse points of the body, on the bottoms of the feet or added to a carrier oil and rubbed on the whole body. Remember to use a carrier oil when unsure about sensitivities. To order a custom blend

<http://www.melaniashalingedge.com/levelup/oil-blends-by-melania>

Internally

Add it to your water or put it into a vegan capsule with a few drops of olive oil.
>>Please use these oils internally under the supervision of a doTERRA Wellness Advocate (that's Me) or Aromatherapy Specialist.

TRY THIS ----> MAKE THE AGREEMENT TO DIFFUSE DAILY FOR 90 days.

YOUR ESSENTIAL OIL JOURNEY

How do I get these oils?

↓ Wait, what? You don't have these oils?

Are you ready to begin your essential oils Journey?

When you purchase from doTERRA, I become your Essential Oil Mentor and we begin the learning process together.

Follow link to order retail

<http://bit.ly/MelaniaMersades>

→ I can show you how to enjoy your oils for up to **55% off retail**, or free when you start doTERRA as a business.



These recommendations in this forecast are not intended to diagnose, treat nor substitute for sound medical advice. Usage of the recommendations is at the sole discretion of the person using the oils. Please get with the Wellness advocate that introduced you to doTERRA to work on a lifestyle plan for you and your family. When you join my team, you become part of a community of women who make Oily living a wellness lifestyle. We will hold your hand and help you heal.



How do I Know When I'm Evolving?

Many people trust and rely on me to support them spiritually. I have been a Spiritual Mentor since my teens. There are people alive today who can tell you, "She's been my Spiritual Guide for 30 years". I'm not saying this so that you can think I have an inflated ego, I'm merely pointing out how long I've been in my spiritual walk and how long I have been supporting people on their healing and spiritual journeys.

If you knew me back then, then you would know how hostile this world was to me and the gifts I possess that were considered rare and evil back then. Luckily we are living in a time of rapid healing and manifestation and humanity is waking up to its power like never before. The things that were considered taboo 30 years ago are social norms now. And yet, one of the main questions my clients ask is, Melania, how do I know when I am healing? And I give them simple answers based on where they are with themselves.

I know that I am evolving when I:

React less, respond more

Ego less, Spirit more

*Judge less, observe more
Resent less, love more
Control less, trust more
Fear less, faith more
Self-Sabotage less, Self-love more*

*When I spend less time in confusion more time in clarity
When I spend less time doing more time being
When I stop suppressing my feelings, face them instead and release the emotional charges
from my body.*

HAPPY MR. IN LIBRA



STAY CONNECTED

Would you like to join the currently free group **~SelfCare Sanctuary~** to connect with the awakened who focus on Radical Self Love and Self Care as a lifestyle?

Join the group

<https://www.facebook.com/groups/1752204615020612/>



Are you living in the Tampa Bay area looking for a massage professional that offers energy focused Bodywork?

Visit | <http://www.melaniasheralingedge.com/healingbymelania.html>

Melania teaches Reiki to children and adults for more info on classes call direct (727) 766-7353

If you want to learn more about Melania Mersades click here

<http://www.melaniasheralingedge.com/aboutmelania.html>

*Essential oil descriptions adapted from/paraphrased from Essential Emotions 8th edition by Enlightened publishing.
Astrology predictions from multiple astrology books, websites combined with intuition and foresight into the heart & mind of the collective.*