

The ultimate Guide to ~Thriving~ during Mercury Retrograde.



Learn How to Manage these energies through the Zodiac with the help of Essential Oils

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~Oily Mercury Retrograde~



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 to 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.

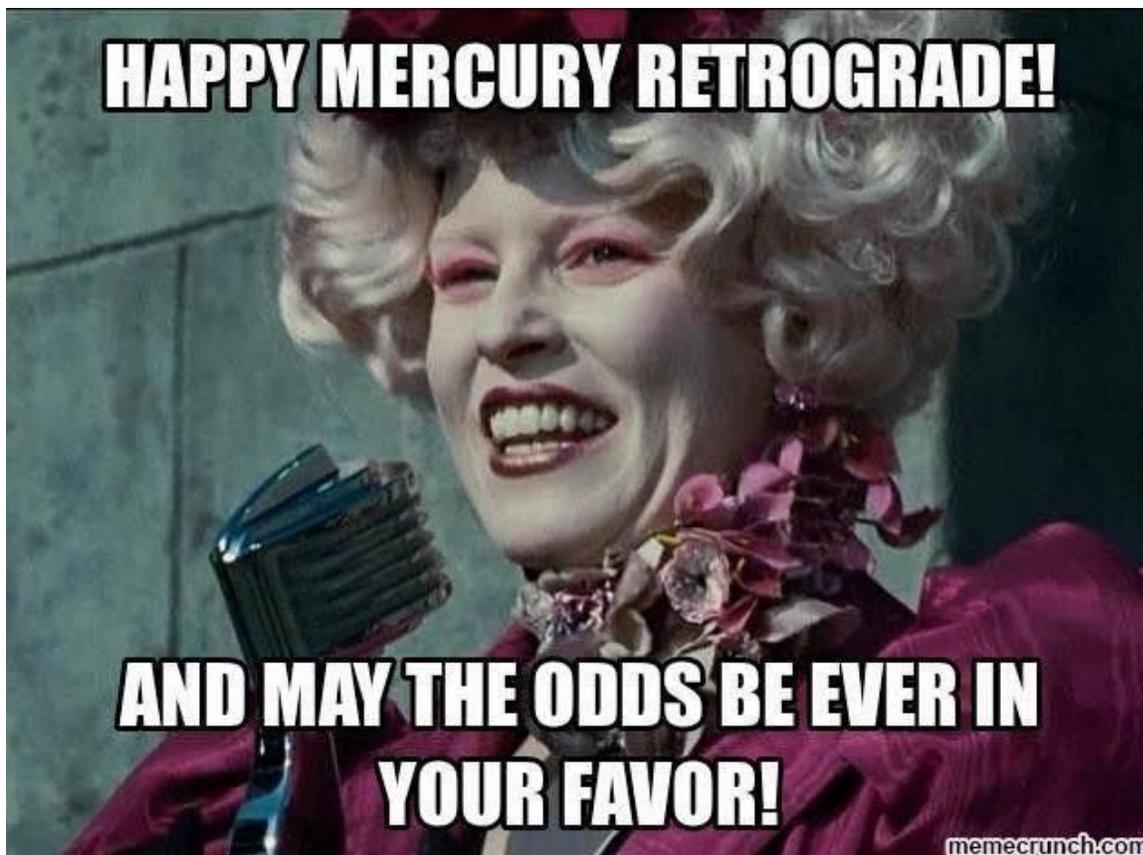
Thank you for your purchase!

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 that can come with it. It's just Spiritual propaganda.

You may have seen meme's like this



It's spiritual propaganda and fear mongering.

Or maybe you have seen this:



This is Spiritual Bypassing and part of the New (c)Age movement's deceit.

I want you to feel like this:



Truth be told 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 3 years. I often encourage people to face their own shadow during the "shadow phase" of Mercury~ more on that later.



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.*

A little back history and science.

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 weight of this truth sink in. Just breathe deep.



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



Many cultures in the past watched the movement of celestial objects across the night sky. There is NOTHING New (c)Age about observing the planets and noticing their effect on us. *This 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.

Energy Conservation!

I'm all about it. And yet, how can you conserve it if you don't know where you're wasting it? Our energy is like currency and that which we "pay" attention to we invest this energetic currency in and appreciate or deplete our energetic bank accounts. We want to be conscious of where we are investing our time and energy and where we may be depleting our emotional reserves.



Here's a solid truth that can weigh someone down if looked at from a narrow perspective:

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



Let that sink in, just breath into it.



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



Ok, you've heard the word retrograde quite a few times, so what is it really and why does it affect us so much?

Mercury in Astronomy

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 elbows with each other and our planet. There are currently 4 planets in retrograde.

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. The phenomenon can be compared to when you're driving on the highway past another car. If you're going fast enough, it can look like the car next to you is completely still or moving backward.



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 elbows 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.



While there's a logical astronomical explanation for why Mercury appears to change course, astrologers believe something more significant is at play.

Mercury in Astrology

Mercury retrograde is the only 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.



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. 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. We can become disoriented. The world is in flux during this time. Mercury's shadow has been cast upon us and we all know what dwells in the shadows.

Mercury Spiritually

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.



Here's how it works (energetically).

The energy of Mercury Retrograde is denser than the energy of our sub consciousness mind and therefore sinks beneath the shadow/dark 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.



In other words, that which is concealed is revealed so it can be healed! It's your shadow aspects that come flying to the surface and can be acted upon when you have a deep awareness of how these aspects present themselves in your behavior.

How will this Mercury Retrograde affect us all?

Because it's in the sign of Cancer, in one word: **Family/tribe**

From June 18th–July 12th, sign that governs family, our homeland. During this period, especially in communication or and family business. Some the atmosphere for some families, clarification and forgiveness could

Tend to your inner child at this time. Healing is needed.



Mercury is retrograde in Cancer, the relationship with the past, history, and some of us could face family problems, related to inheritances, houses, land, memories or revelations could change while, for others, a period of follow.

June is not a good time to force any issues or make any major life changing decisions because our judgment and emotions will be all over the board. We'll be focusing our attention on the past hoping to find some sort of meaning or sense to what is happening. With six planets in retrograde this month, June is a time of personal transformation, re-evaluation and rejuvenation, while the eclipses point us into a new direction.

~Joseph Anthony

www.planetswithin.com

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 show up as 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!

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. *It helps us think before we speak.*

What does this celestial event truly signify?

It's a time of **Re's**.

A great time to reflect on the past 3-4 months and "revisit" our life goals. It affects the ING's like: listening, speaking, learning, reading, editing, researching, negotiating, selling, and buying.



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.

Can you look at the situations that were troublesome as messengers of personal evolution? Can you look at the people who caused you pain as messengers of lessons learned?

If miscommunications arise during this time period, it's best we put our listening ears on and allow ourselves to process what is being said rather than listening to react.

Benefitting from Mercury Retrograde

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 such text messages.

Additional benefits:

Self-analysis and contemplation

Thinking up a new life plan, like enrolling in a new gym or starting a diet

Creating new plans (but don't start tackling them until Mercury is out of retrograde)

Dealing with unresolved past problems and situations

Seeking and giving forgiveness

Simple Solutions for Integration:

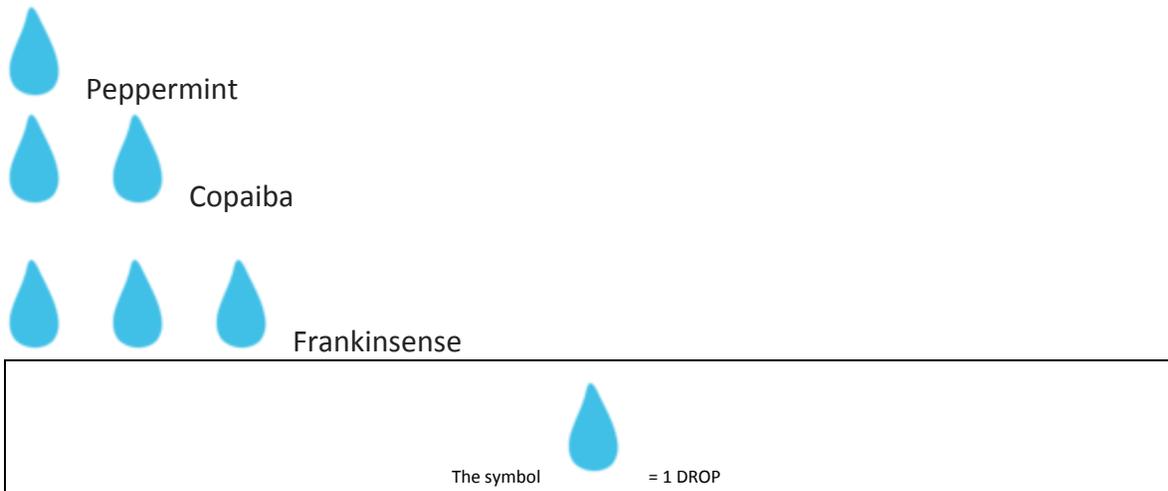
Using mantras: (originally in Hinduism and Buddhism) a word or sound repeated to aid concentration in meditation:

My Mercury Mantras

React less respond more ~ Stress Less Strategize More

Essential Oils (distilled volatile organic aromatic compounds with regenerative purposes)

Here's an essential oil blend to see things objectively, to be cheerful and creative in our conversations while standing in the truth of it all.

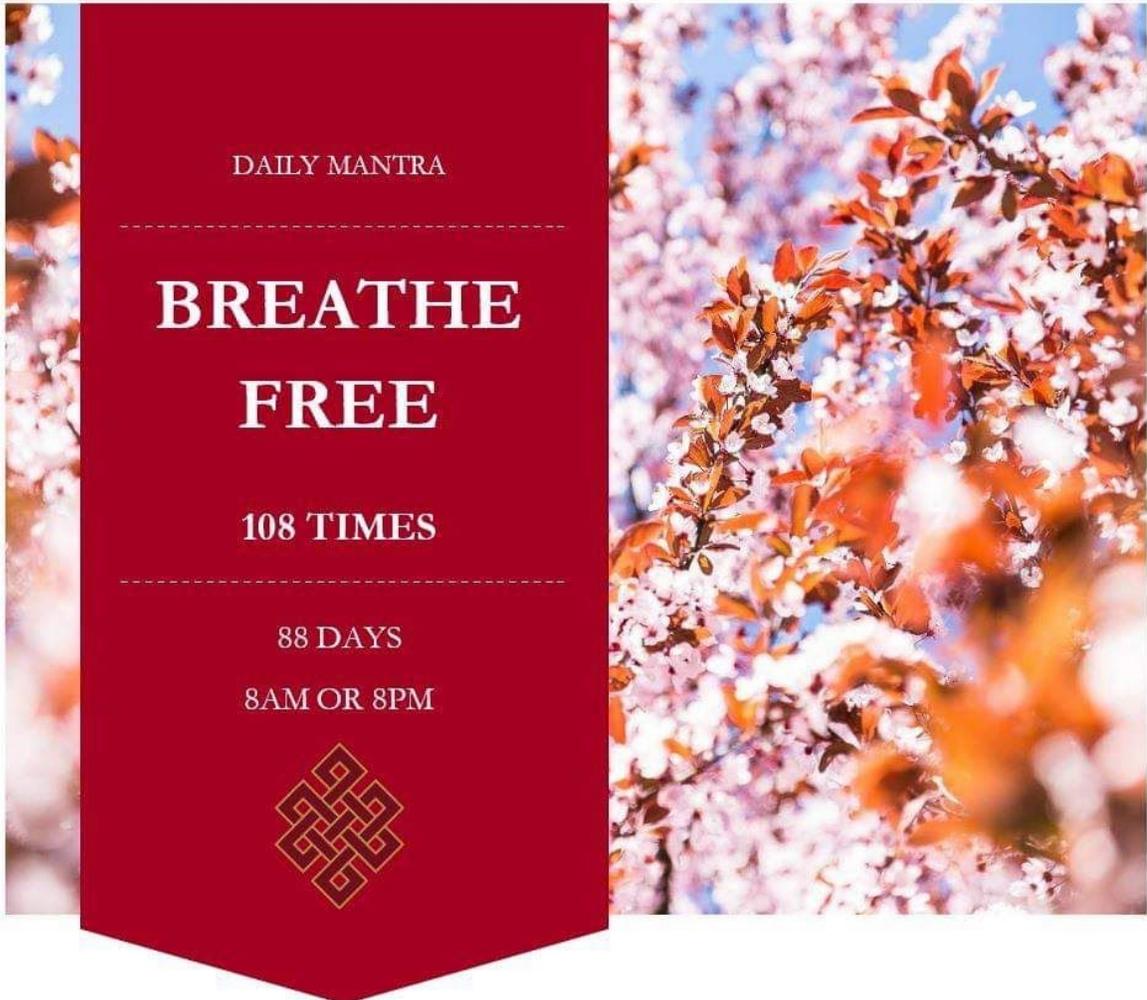


Use this combination in a high-quality diffuser built to support the volatile compounds in these high-quality oils. These oils, especially Frankincense, the hot oils and the citrus oils will eat through plastic, styrofoam, melamine and other man made materials. **Use only in glass, wood, ceramic, or metal.**

You can do a **proper essential oil experience** with each oil. Instructions on how to do this are near the end of this forecast.

Try the mantra88 exercise below

Created by Chanda Rose



DAILY MANTRA

**BREATHE
FREE**

108 TIMES

88 DAYS
8AM OR 8PM



Energetic leaders and followers have recognized that the chant “I Can’t Breathe” is a negative energetic command, even though it is a positive verbal message in the protests.

We encourage you to chant daily “BREATHE FREE”, 108 TIMES. You may wish to use a mala to aid your count

For additional support, please find a globe, world map or any type of earth representation and coat it with an oil or plant matter that assists in breathing and rub it upon the representation while you do your mantra.

POSITIVE MANIFESTATION
MANTRA TO PROTECT
PROTESTERS
ENERGETICALLY FROM
HARMING THEMSELVES

COUNTERACT THE
ENERGETIC DEATH
CHANTING IN THE
ENERGETIC REALM

SUPPORT THE MISSION TO
FREE THEM FROM
OPPRESSION

Advanced Solutions: Gather with Community

2020 is the year of clarity, insight and integrity but it is also the year of collaborations and partnerships. We must work together.



BEACH Reiki Tampa Bay

Once a month we join together in commUNITY to pray over the water, learn about water conservation and include both men and children into this elemental Reiki experience.

Like our fb page BEACH Reiki Tampa Bay facebook @healerscollective
Here's the link to the events page <https://www.facebook.com/events/2493810150887079/>

Next Beach Reiki is the first Sunday in July. Reach out now for attendance.
join the group to stay informed about each location monthly.



Here's the link to the *Beach Reiki Tribe*
<https://www.facebook.com/groups/549937315339738/>



How will this Mercury Retrograde affect the Zodiac?

I break it down simply and suggest an essential oil for each sign that will support emotionally during this transit.

I hope you enjoy.

MERCURY RETROGRADE



It will affect the water signs intensely.

“As an element, most of the interesting things about water lie under the surface.

Water itself also has a tendency to sink and find the lowest place.

Similarly, water signs tend to be more introverted, subjective, and emotional in their actions and reactions to the world.

Just like fish, which can sense far off vibrations through their lateral lines, water sign people can often sense things in their environment before they can be readily seen and identified.

And this process is going on even when we are unaware of it.”

~Astrology.com

Fire signs

Aries/Aries Rising

Miscommunication or Re-do's in the area of life partners. You are being urged to "review" your relationships.

Cedarwood ~ oil of community.

It is steam distilled from the bark of the tree and has an earthy grounding scent.

Use when wanting to connect with the community to attract your tribe. Use when having difficulty forming social bonds or when feeling supported to maintain that frequency.

Leo/Leo Rising

Miscommunication or Re-do's in the area of self; disconnection between mind and body . You are being urged to get out of your head and into your body!

Patchouli ~ Oil of physicality

It is steam distilled from the leaf of the bush and has a musky sweet fragrance.

*Use when feeling body shame and judgment disconnected from body and or undgrounded. **Use when** needing support in becoming fully present in your own body so you can appreciate its full magnificence while calming fear and tension.*

Sagittarius/Sagittarius Rising

Miscommunication or Re-do's in the area of manifesting. You are being urged to set realistic goals.

Litsea ~ oil of manifesting

*The berry like fruit of the tree is steam distilled and produces a sweet lemony aroma. It is a powerful mobilizer of the will. **Use when** feeling criticized and doubtful. It assists in the manifestation of infinite possibility.*



Cancer/Cancer Rising

This retrograde is happening in your sign and therefore, you may feel it more intensely than any other MRx prior. You may actually quantum leap in your ascension process from all the work you do!

Miscommunication or Re-do's in your work place. You are being urged to avoid office politics and gossip.

Lemon is cold pressed from the rind of the fruit of the lemon tree and has a pleasant citrus aroma. It's the essential oil of focus and teaches people to be mentally present by focusing on one thing at a time. **Use when** feeling mentally fatigued, have learning issues or disengaged. It invokes mental clarity and rationality. Also try doTERRA motivate.

Scorpio/Scorpio Rising

Scorpios will not be heavily impacted by Mercury Retrograde. Collectively you are so focused on your path, stay on the path. You are being activated to get creative connect with others and revisit OLD PROJECTS inviting collaborative efforts.

Blue Tansy ~ oil of inspired action

*Flower/Leaf/Stem is steam distilled and offers a mellow balsamic aroma. It supports those who resist taking action to change or transform their circumstances. **Use when** having emotional setbacks.*

Pisces/Pisces Rising

Miscommunication or redo's in the area of where you get triggered emotionally. You are being urged to manage your social life with your dating life.

Wild Orange ~ essential oil of Abundance

*Cold pressed from the rinds of florida oranges, it reminds us that we are highly blessed and favored and helps us focus on the things that make us abundant. **Use when** feeling emotional or diving into a lack mindset. It addresses all emotional issues.*



Virgo/Virgo Rising

This is the planet you are ruled by so you will be affected significantly in your social settings. The energy coming can have you tongue tied when you disconnect from your higher self. Miscommunications or Re-do's in social situations.

Try this

Lavender ~ oil of communication & calm. It's flowers are steam distilled and produce a soft powdery floral scent. **Use when** feeling unseen unheard unloved. It supports individuals in releasing the tension and constriction that stems from withheld expression.

Taurus/Taurus Rising

Miscommunication or Re do's in the area of home, family, and past. You are being urged to use this time to focus on making goals to reorganize or fix up your home. Plan first, take action after.

Petitgrain ~ the essential oil of ancestry. Considered the lavender for men. It is distilled from the leaves and twigs of the bitter orange tree and has a fresh, floral, slightly herbaceous scent. **Use when** feeling disconnected to family and family traditions or when you notice repeating negative behavior patterns in yourself or others. It invokes the feelings of positive family connection.

Capricorn/Capricorn Rising

Miscommunication or Re-do's in the area of your love life. You are being urged to create partnerships outside of your relationship to relieve pressure.

Vetiver ~ the essential oil of centering and descent. The root is steam distilled and provides a smoky sweet woody aroma. It assists in becoming more rooted in life. **Use when** feeling scattered, stressed, disconnected or apathetic. It invokes feelings of groundedness emotionally aware and connected.



Gemini/Gemini Rising

I'm sorry Gemini, but you might feel disappointed throughout this whole phase AGAIN. To avoid sinking emotionally>>>>>> activate your inner child. Detach from others if you have to and focus on play and being creative.

Ylang Ylang ~ oil of the inner child. The flowers are steam distilled and offer a rich floral aroma. It assists in releasing emotional trauma and helps access your intuition and heart knowing.

Libra/Libra Rising

Miscommunication or Re-do's in all areas of your work life. You are being urged to balance work and home life especially if you have been working from home.

Clary Sage - the essential oil of clarity and vision

The flower and leaf is steam distilled to create a woody, herbal, coniferous scent that is relaxing, soothing and balancing. **Use when** feeling confused, spiritually disconnected, hopeless or blocked creatively. Clary Sage assists individuals in changing perspective giving courage to see the truth. Apply on the forehead between the eyebrows on the 3rd eye.

Aquarius/Aquarius Rising

Miscommunication or Re-do's in the area balancing home life with work life as it affects your health. You are being urged to focus more on your work and the people you work with.

Try Oregano - Oil of Humility and non attachment.

The leaf is steam distilled to provide an herbaceous, sharp, green, camphoraceous aroma. It supports the immune, digestive and respiratory systems. **Use when** feeling prideful controlling, materialistic with negative attachments to people, places or things.

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.



Essential Oil Protocols save my life every time I am suffering from anxiety. And this Mercury Retrograde is really affecting me emotionally.

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 High Moral Code.

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.

How are they used?

Aromatically

in a quality diffuser, on diffusion jewelry or inhaled out of the bottle or in your hands.

If you want to see the jewelry I make visit

<http://www.melaniashealingedge.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.melaniashealingedge.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.

A proper essential oil experience:

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.



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 get your oils for up to **55% off retail**, or free if you want to start this 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.

HAPPY MERCURY RETROGRADE IN CANCER



STAY CONNECTED

Would you like to join the currently free group ~*SelfCare Sanctum*~ 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/>



I go live on FB at 9:30pm EVERY TUESDAY NIGHT offering free energy clearing and mini chakra readings. JOIN US!

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

Visit |

<http://www.melaniashealingedge.com/healingbymelania.html>

If you want to learn more about Melania Mersades click here

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

essential oil descriptions adapted from/paraphrased from Essential Emotions 7th edition by Enlightened publishing. Astrology predictions from multiple astrology books, websites combined with intuition and foresight into the heart and mind of the collective.