

Your Astro-Medicine For The Month

06/23/2020

MERCURY RETROGRADE IN CANCER 2020

When you don't have the words...

or you do but your voice is beyond exhaustion. Whatever the case, Mercury retrograde is arriving just in time to offer all of our mental facilities a moment to pause and reflect on a changing world.

I won't sugarcoat it, there will be some significant cosmic bumps during this transit lasting from June 17th to July 12th. And yet, I'm the same person to tell you that this retrograde offers some unique opportunities we won't see again until the next time Mercury retrogrades in the emotionally intelligent sign of Cancer in 2026.

Below are 7 ways to work with this energy:

1. Retreat for renewal

Mercury in Cancer opens up our mind to the entirety of our feelings which can seriously overwhelm. Take a tip from water signs when their feelings become too much and temporarily withdraw. Yes, sometimes that can even mean a short break from the people we love most. I understand in times of quarantine that isolation has a dirty ring to it, but we need solo-time to restore our equilibrium and process our external stimuli. Which is kind of what Mercy RX is all about.

2. Re-assess your schedule

Now is a great time to look at the to-do list and reassess whether your daily schedule leaves you feeling fulfilled or depleted. With the energy being in Cancer, let your feelings and intuition guide your planning as opposed to a rigid formula. Don't attach to it being one way but rather go with what feels right day-to-day.

*Lots of unintentional rhyming due to writing a rhyming children's book

3. Refresh your mind

Literally, just sit and stare at the fabrics of your carpet. I'm not kidding. By simply observing you are creating space to process and recalibrate which is exactly what your mind wants to do when Mercury is in the observant sign of Cancer. In other words, make time to constructively space out.

4. Resolve and release

Is there a lingering feeling that you're in a weird place with a friend, colleague, or relative? If so, go back to those unresolved issues and conversations. The reflective nature of mercury in Cancer can help you see inside of your intentions and speak from a space of sincerity and thoughtfulness. I find that especially while in Cancer there is a higher level of receptivity to an apology or a differing point of view

5. Reorganize and rid

Open your old mail. This wisdom tidbit is straight from the mouth of my girlfriend Lindsey and she's absolutely right. When you open your unopened mail, delete emails, or clear out a compartment in your car you are making space for newness. Sure, Cancer energy is not keen to parting with anything remotely sentimental but it sure does love the feeling of relief. Now is the time to reevaluate the value of things that clutter your desk, your closet, and your mind.

6. Realize passive-aggressiveness is real right now

When Mars (the planet of action and assertion) forms a quarrelsome square with Mercury rx on July 5th there can some words, and not pleasant ones. The tendency to spew passive aggressive comments are ripe during this time. Review what you say, because even if unintended some undealt with resentment can tag along. Root out that resentment, identify it and examine if it's still relevant to your world right now? What does carrying it around do to you physically, mentally, emotionally? Write down the thoughts and burn them, or scream them into the void, just be mindful of not firing them off in the direction of the ones you love.

7. Release expectations

We spend our lives putting pressure on ourselves to meet a ridiculous set of standards. Guess what gets lost in that pursuit? Your happiness for the moment at hand. Cancer in its highest embodiment represents contentment, and with mercury here, it can give us a chance to find a deep sense of peace with the present moment. Recognize you come from greatness so you can continue your path towards it.

Mercury in Retrogrades in Cancer 2020 dates:

Pre-retrograde shadow Period

June 2nd- June 16th

Stations Retrograde June 17th at 9:59 PM PST (12:59 EST)

Stations Direct June 12th at 1:26 AM PST (4:26 EST)

Transits:

Uranus Sextiles Mercury Rx June 30th
Chiron Squares Mercury Rx July 1st
Mars Squares Mercury Rx July 8th