

# Mercury Retrograde



## Workbook & Guide



# MERCURY RETROGRADE WORKBOOK

Welcome to your Mercury Retrograde Workbook!

This Guide is designed to help you navigate this powerful cosmic cycle with clarity, intention, and ease. Inside, you'll find rituals, reflections, affirmations, and tarot spreads to support your energy, deepen your self-awareness, and transform challenges into growth. Use this guide as your spiritual companion to stay grounded, aligned, and empowered throughout the retrograde journey. Let it be a sacred space where you reconnect with your inner wisdom and embrace the magick within the pause. The next Mercury Retrograde will be from July 17<sup>th</sup> until August 1<sup>st</sup> in Leo..



WHAT'S INCLUDED

1. Mercury Retrograde Overview
2. Themes of Mercury Retrograde
3. Astrology of the Retrograde
4. Spiritual & Magickal Support
5. Rituals for Before, During & After
6. Journal + Reflection Pages
7. Affirmations & Tarot

# Mercury Retrograde



## Overview



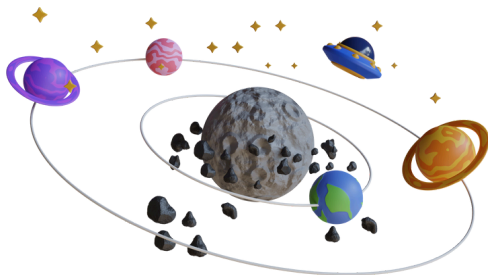
# WHAT IS MERCURY RETROGRADE?

## Astronomical Explanation:

Mercury Retrograde is an optical illusion that occurs three to four times a year when Mercury appears to move backward across the sky. In reality, Mercury isn't reversing its orbit—it's simply moving past Earth in its faster, tighter orbit around the Sun. As it does, it creates the illusion of reversing direction from our vantage point on Earth. This is similar to passing a slower car on the highway: for a moment, it looks like the other car is moving backward when it's not. This apparent backward motion is what we call retrograde.

## Astrological Significance:

In astrology, Mercury governs communication, travel, technology, contracts, and mental processes. When the planet goes retrograde, these areas of life often experience delays, misunderstandings, glitches, and a sense of things moving backward instead of forward. Rather than fear this time, astrology encourages us to see it as a sacred pause—an invitation to slow down, review, reflect, and revise. Mercury Retrograde is not a curse, but a cosmic opportunity to reconnect with your inner voice, reassess your direction, and realign your energy before moving forward again.



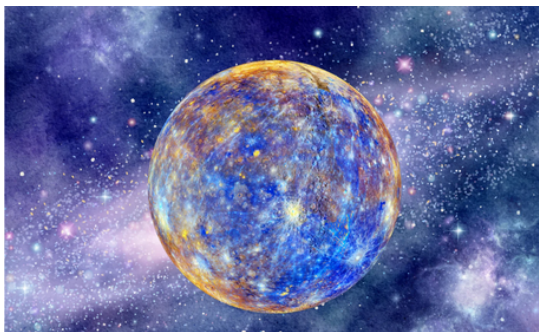


## WHY MERCURY MATTERS?

Mercury is the planet of the mind, movement, and message. In astrology, it rules all things related to communication, thought, information exchange, learning, travel, and technology. It governs how we speak, write, think, listen, and make sense of the world around us. Mercury also influences short trips, scheduling, contracts, negotiations, and even the devices we use to connect and share information—phones, emails, computers, apps, and more.

When Mercury is moving direct, these areas typically flow with ease. But during Mercury Retrograde, its energy turns inward or becomes distorted. This shift can stir up miscommunications, delays, tech issues, travel disruptions, forgotten details, and crossed wires. Conversations might get confusing, texts may be misunderstood, emails could go missing, and plans may need to be redone.

That said, Mercury Retrograde isn't here to sabotage you—it's here to slow you down. It's a time to rethink, revisit, and reimagine. Instead of rushing forward, you're encouraged to reflect on what needs revision, tie up loose ends, and reconnect with what truly matters. When approached with awareness, this period becomes a powerful time for clarity, healing, and second chances.



# Do's & Don'ts for Mercury Retrograde

Mercury Retrograde doesn't have to be chaotic—when you know what to lean into and what to avoid, it becomes a powerful time for growth and recalibration. Use this Do's and Don'ts guide as your quick reference for navigating the retrograde energy with more grace, clarity, and intention.

Let it help you move from reactive to reflective.

## DO'S

- Reflect, review, and revise
- Back up important files and documents
- Double-check travel plans and appointments
- Reconnect with old friends or unfinished projects
- Practice patience, grounding, and mindfulness
- Speak and listen with care

## DON'TS

- Start major new projects or sign long-term contracts (if you can help it)
- Make impulsive decisions
- Assume tech will work perfectly—expect delays
- Send emotionally-charged texts or emails
- Rush into new relationships or big commitments
- Forget to breathe when things go sideways

🌱 Remember: Mercury Retrograde isn't a curse—it's a cosmic reset.

# MERCURY RETROGRADE IN LEO

When Mercury goes retrograde in Leo, communication takes on a dramatic, bold, and deeply personal flair. Leo is the sign of self-expression, creativity, pride, and leadership, so when Mercury appears to move backward in this fiery sign, it invites a powerful review of how you speak your truth, show up in the world, and share your gifts with others.



## WHAT TO EXPECT

During this transit, you may find yourself revisiting:

- Old creative projects that want to be reignited
- Moments when you dimmed your light or, conversely, overexpressed your ego
- Conflicts around pride, recognition, or self-worth
- Past romantic flings or friendships reappearing for closure or clarity

Leo rules the heart, confidence, and creative identity, this retrograde can stir emotions around feeling seen, heard, and valued. You may question how authentically you're expressing yourself—or feel a call to reclaim your voice and your spotlight.

## Communication Challenges

- Drama, exaggeration, or miscommunication rooted in pride or sensitivity
- Struggles with taking feedback too personally
- Leadership and authority dynamics coming into question
- Technology hiccups around performances, presentations, or creative platforms

# MERCURY RETROGRADE IN LEO

Mercury Retrograde in Leo is an opportunity to rewrite your inner narrative—to reclaim your voice, your story, and your star power. It's not just about revisiting the past—it's about refining how you radiate your truth moving forward.

## REFLECTION PROMPTS

- Am I speaking from the heart—or from a need for validation?
- Where have I been afraid to shine fully and unapologetically?
- What does authentic self-expression look like for me now?

## MAGICKAL SUPPORT

- Crystals: Sunstone (confidence), Carnelian (creativity), Rose Quartz (heart-centered expression)
- Herbs: Calendula, cinnamon, rosemary
- Ritual: Write a love letter to your younger self and burn it with intention—to release old self-doubt and call in radiant self-worth

# Mercury Retrograde

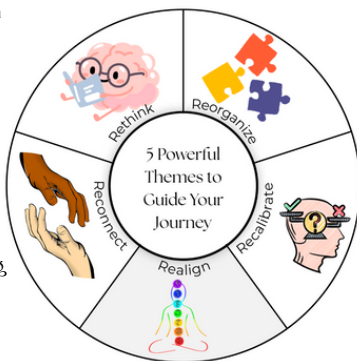


Themes –  
5 R's



# THEMES OF MERCURY RETROGRADE

Mercury Retrograde offers a sacred invitation to pause, reflect, and return to yourself. Instead of pushing forward, you're called to revisit what needs healing, what's been left unfinished, or what wants to be transformed. Below are five core themes of Mercury Retrograde, each with reflection prompts, journaling ideas, and magical suggestions to help you work with the energy, not against it.



## RECONNECT

Use this time to reconnect with people from your past, long-lost passions, forgotten dreams, and, most importantly, your inner voice. This is a potent time to repair relationships, rediscover creative outlets, or rekindle a sense of self.

Journal Prompts:

- Who or what have I been missing lately?
- What part of myself have I neglected that needs attention?

# THEMES OF MERCURY RETROGRADE

## RETHINK

Mercury Retrograde is ideal for re-evaluating your choices, beliefs, and recurring thought patterns. It's a cosmic check-in: Are your decisions still aligned with your growth?

Journal Prompts:

- What beliefs or assumptions am I ready to question?
- What patterns keep repeating in my life?

## REALIGN

If your life feels off track, this is your chance to course correct. Realign your goals, work, and relationships with your core values and authentic self.

Journal Prompts:

- Where am I out of alignment in my life?
- What does my highest self want me to prioritize right now?

# THEMES OF MERCURY RETROGRADE

## REORGANIZE

Decluttering and reorganizing can create energetic shifts. Focus on clearing your physical space, digital devices, schedule, or even emotional baggage.

Journal Prompts:

- What clutter (physical or emotional) is blocking my clarity?
- What systems or routines need to be reworked?

## RECALIBRATE

It's time to reset your energy and spiritual practices. This is a beautiful window to refine your daily rituals, self-care routines, and connection with the divine.

Journal Prompts:

- What drains my energy, and what replenishes it?
- What spiritual tools or rituals have I outgrown?



# Mercury Retrograde



Personal  
Astrology



# ASTROLOGY OF THE RETROGRADE

Understanding how Mercury Retrograde affects you personally requires looking at your birth chart especially the sign and house that Mercury is moving through during the retrograde. This will show you where in your life you're being asked to pause, reflect, and realign.

## FINDING YOUR SIGN

How to Find the Sign and House Mercury is Retrograding Through

1. Look up the dates of the current Mercury Retrograde and note which zodiac sign(s) it takes place in.
2. Pull up your birth chart using a free astrology site or app. You'll need your birth date, time, and location.
3. Find the sign Mercury is retrograding in, and see which house that sign falls in on your chart—that's where the retrograde energy will show up most strongly.
4. Mark this on your chart for deeper reflection throughout the workbook.

✨ Tip: If Mercury moves between two signs during the retrograde, it may affect two houses or shift the focus mid-cycle.

## What That Means for You Personally

The sign tells you the style or theme of the retrograde, while the house tells you the area of life being activated.

- Signs = Energy and Flavor (e.g., Leo is expressive, Virgo is detailed)
- Houses = Life Themes (e.g., 3rd House = communication, 7th House = relationships)

Together, they reveal what you're meant to revisit, rework, or realign.

## MINI GUIDE: MERCURY RETROGRADE SIGNS

- Aries – Revisit impulsive choices, anger patterns, or how you assert yourself
- Taurus – Review finances, values, self-worth, and stability
- Gemini – Reflect on communication style, mental chatter, and social life
- Cancer – Reconnect with home, family, emotional needs, and inner security
- Leo – Re-express your creativity, confidence, and how you take up space
- Virgo – Rethink habits, health routines, and critical self-talk
- Libra – Review relationships, balance, and decision-making
- Scorpio – Reexamine deep emotions, intimacy, and energetic boundaries
- Sagittarius – Rethink beliefs, goals, travel plans, or educational pursuits
- Capricorn – Revisit career, long-term plans, or your relationship to authority
- Aquarius – Reflect on community, innovation, and your unique voice
- Pisces – Reconnect with your intuition, spiritual path, and subconscious patterns



# Mercury Retrograde



Rituals for Before,  
After & During



# RITUAL: PREPARING FOR MERCURY RETROGRADE

Mercury Retrograde often carries a reputation for chaos, but it also offers a powerful invitation to slow down, reflect, and realign. Instead of fearing this cosmic cycle, we can choose to work with its energy in a mindful, intentional way. This ritual is designed to help you prepare energetically and spiritually for the shifts Mercury Retrograde may bring. Through grounding, reflection, and purposeful intention-setting, you'll create a sense of clarity and protection as you move through this period. Let this ritual be your sacred pause—a moment to center yourself, reconnect with your inner wisdom, and embrace the lessons that Mercury Retrograde has to offer.

## What You'll Need:

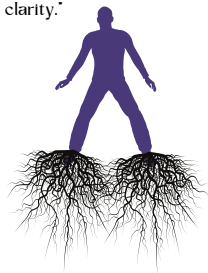
- A white or blue candle (for clarity and communication)
- A piece of paper and pen
- A grounding crystal (like black tourmaline, smoky quartz, or hematite)
- Lavender or frankincense incense (or essential oil)
- A small bowl of water or salt



# RITUAL: PREPARING FOR MERCURY RETROGRADE

## 1. Cleanse Your Space:

Light your incense or diffuse essential oils to clear stagnant energy. As the scent fills the space, say: "I release confusion and welcome clarity."



## 2. Ground Yourself:

Hold your grounding crystal in your hand. Take a few deep breaths, feeling your body settle and your energy anchor to the earth. Imagine roots growing from your feet into the ground.

## 3. Light Your Candle:

As you light your candle, say: "I invite calm, clear communication and ease during this retrograde."



## 4. Reflect and Write:

On your paper, write down anything you'd like to protect or improve during the retrograde. Maybe clearer communication, patience in travel, or emotional balance. Also note anything you want to revisit or revise (unfinished projects, old patterns, etc.).

# RITUAL: PREPARING FOR MERCURY RETROGRADE

## 5. Protection & Intention:

Place the bowl of water or salt in front of the candle as a symbol of protection and purification. Read your intentions out loud, then fold the paper and place it under the bowl or near the candle.



## 6. Seal the Ritual:

Close your eyes and visualize a glowing, protective light around you—calm, clear, and grounded. Say: 'I move through Mercury Retrograde with peace, protection, and purpose. So it is.'

## 7. Close the Ritual:

Allow the candle to burn for a while (safely), then snuff it out. Keep your grounding crystal with you during the retrograde as a protective reminder.



What affirmations do you want to carry with you during this Mercury Retrograde?

# REVISIT YOUR MERCURY RETROGRADE RITUAL

## Return to Your Intentions

Re-read the note you wrote during your ritual. Are those areas still calling for your attention? Have new insights come forward since you first set those intentions? You can add new reflections or revise what you wrote to reflect your current state.



## Recharge Your Ritual Tools

Light your candle again, cleanse your space with incense or sound, and hold your grounding crystal. Recreate the calming energy of your original ritual, even if just for a few minutes. This acts as an energetic reset.

## Re-ground and Re-center

If things feel chaotic or overwhelming, simply sit with your grounding crystal, breathe deeply, and visualize that protective, calming light you summoned in your ritual. Repeat your affirmation: "I move through Mercury Retrograde with peace, protection, and purpose."



## Release and Realign

Near the end of the retrograde, burn or tear your original intention paper (safely) to symbolically release what no longer serves you. You can create a new one with lessons learned and renewed intentions for moving forward.



# RITUAL: SEALING THE MERCURY RETROGRADE LESSONS

**TO INTEGRATE THE LESSONS LEARNED, RELEASE LINGERING ENERGY, AND MOVE FORWARD WITH CLARITY AND INTENTION.**

Mercury Retrograde can be a profound period of reflection and learning, bringing powerful lessons that help you grow spiritually and emotionally. This ritual serves as a meaningful way to consciously integrate the insights and wisdom you've gained during this cycle. By engaging in candle magic, journaling, and affirmations, you'll symbolically seal these valuable lessons, clearing away confusion and stepping forward with renewed clarity and purpose.

**What You'll Need:**

- White or lavender candle (symbolizing clarity, peace, and integration)
- Your journal and pen
- Matches or lighter
- Optional: grounding crystal (like smoky quartz or hematite)



# RITUAL: SEALING THE MERCURY RETROGRADE LESSONS

1. Set Your Space: Find a quiet space and place your candle and journal in front of you. Hold your grounding crystal if using one. Take three deep breaths, grounding yourself and becoming present in the moment.



2. Light the Candle: As you light your candle, say: "I honor the lessons learned during Mercury Retrograde. I invite clarity, wisdom, and alignment into my life."

3. Reflect & Journal: Open your journal and thoughtfully respond to the following prompts:

- What lessons or insights have surfaced for me during this Mercury Retrograde?
- What communication or patterns am I ready to release?
- How can I integrate these insights moving forward?



4. Affirm and Seal: Hold your crystal (if using) and read your reflections aloud.

Then, place your hands around your candle, visualizing the lessons and insights integrating gently into your energy. Say aloud: "I honor these lessons, release confusion, and carry clarity forward. So it is."

5. Close the Ritual: Allow your candle to burn safely for a few more minutes, visualizing your path ahead becoming clear and smooth. When ready, extinguish your candle, giving thanks for the wisdom gained.



# Mercury Retrograde



Spiritual &  
Magickal Support



# CRYSTALS FOR MERCURY RETROGRADE

Six crystals particularly helpful during Mercury Retrograde include Blue Lace Agate, Black Tourmaline, Fluorite, Amazonite, Aquamarine, and Labradorite. Blue Lace Agate promotes clear communication and helps ease misunderstandings, reducing anxiety around interactions. Black Tourmaline grounds your energy and shields you from negative influences or tech disruptions often heightened during this period. Fluorite brings mental clarity and focus, ideal for maintaining organization amidst confusion. Amazonite supports compassionate and authentic expression, facilitating smoother conversations. Aquamarine fosters emotional calmness and enhances effective communication, relieving anxiety caused by Mercury Retrograde's challenges. Lastly, Labradorite helps you stay intuitive and adaptable, guiding you through unexpected situations with resilience and clarity. Together, these crystals offer powerful support, making Mercury Retrograde easier to navigate.



# HERBS FOR MERCURY RETROGRADE

Six herbs particularly helpful during Mercury Retrograde include Lavender, Peppermint, Sage, Rosemary, Chamomile, and Lemon Balm. Lavender gently calms anxiety and promotes harmonious, clear communication, while Peppermint boosts mental clarity, focus, and helps dispel the confusion that often accompanies this period. Sage offers energetic cleansing, helping clear away stagnant or confusing energies, allowing you to navigate challenges more smoothly. Rosemary enhances memory and concentration, essential during times of mental fog or misunderstandings. Chamomile soothes stress and emotional upheaval, fostering inner calm and balance. Finally, Lemon Balm brings emotional tranquility, clarity of thought, and encourages effective communication, easing stress and tension that Mercury Retrograde can create. Incorporating these herbs into your rituals, teas, baths, or aromatherapy can greatly support clarity, emotional balance, and harmony during this astrological period.



# MERCURY RETROGRADE OIL RECIPE

Magickal oils are intentionally crafted blends of carrier oils and botanicals—such as herbs, flowers, and essential oils—used to enhance spiritual practices and rituals. Infused with energetic properties, they can help support emotional balance, amplify intentions, and create a deeper connection to your inner wisdom and the natural world. Whether used for anointing, meditation, or spellwork, oils act as a powerful conduit for grounding, clarity, and transformation.

## Ingredients

Carrier Oil (Base) - choose one:

- Jojoba oil (stable, skin-safe, and energetically neutral)
- Sweet Almond oil (soft, nourishing, and absorbs well)

Essential Oils:

- Lavender - calming, clears confusion, eases anxiety
- Peppermint - mental clarity, stimulates focus, clears stagnant energy
- Rosemary - memory, mental sharpness, protection from miscommunication
  - (Optional additions) Eucalyptus - clears mental fog
  - Frankincense - spiritual clarity and energetic grounding

Dried Herbs (optional but powerful):

- Crushed lavender buds
- Crushed rosemary
- Crushed mint or lemon balm

Crystals (small chips or to charge nearby, not in oil):

- Blue Lace Agate - calming communication
- Fluorite - mental clarity
- Amazonite - emotional balance and soothing energy

Optional:

- A drop of Vitamin E oil (for preservation)
- Mercury sigil or planetary glyph drawn and placed under the bottle while infusing



# MERCURY RETROGRADE OIL RECIPE

1. Cleanse your workspace and tools - Use smoke, sound, or visualization to energetically clear the space.
2. Add your carrier oil - Fill your small dropper bottle (preferably glass, 1 oz or 2 oz) about  $\frac{3}{4}$  full with your carrier oil.
3. Add essential oils (total ~15-20 drops per 1 oz oil):
  - 7 drops Lavender
  - 5 drops Peppermint
  - 5 drops Rosemary
  - (Adjust ratios to your preference—always trust your intuition!)
4. Add dried herbs (if using) - Add a pinch of each herb. These will slowly infuse over time and deepen the energetic signature.
5. (Optional) Add Vitamin E oil - Just 1 drop helps preserve the oil longer.
6. Infuse with intention - Hold the bottle between your hands. Close your eyes. Speak your intention aloud or silently: "May this oil bring clarity, calm, and protection as I move through Mercury Retrograde with grace and awareness."
7. Let it charge - Place the bottle on your altar, near crystals, or under the light of the moon overnight. You can also place it on top of a Mercury sigil for extra potency.

## How to Use:

- Anoint your wrists, temples, or throat chakra before journaling or rituals.
- Dab a bit on your journal pages, spellwork, or divination tools.
- Rub a little on your phone, laptop, or communication tools (energetically, not directly on devices!).
- Add a few drops to a diffuser for clarity and grounding.



# MERCURY RETROGRADE MOJO BAG

A spell bag, also known as a charm bag or mojo bag, is a powerful tool for holding intentional energy in a physical form. During Mercury Retrograde, a spell bag can act as a portable anchor of clarity, calm, and protection amid the chaotic energies often stirred by this cosmic cycle. By combining supportive herbs, crystals, written intentions, and symbolic elements, the bag becomes a personalized energetic ally—helping you stay grounded, speak with clarity, and move through retrograde disruptions with confidence. Whether carried with you or placed on your altar, it serves as a tangible reminder of your inner strength and your ability to realign with balance and flow.

## What You Need

- A small drawstring pouch (blue, purple, or black are ideal for communication and protection)
- A slip of paper or parchment for your written intention or affirmation
- Crystals (choose one or more):
  - Blue Lace Agate - calms communication and anxiety
  - Fluorite - clarity and focus
  - Amazonite - emotional balance and clear expression
- Dried Herbs:
  - Lavender - peace and soothing energy
  - Rosemary - clarity, protection, and mental sharpness
  - Peppermint or Lemon Balm - fresh energy and focus
- A few drops of Mercury Retrograde Oil (optional - anoint the bag or items lightly)
- Small charm or sigil representing Mercury (can be drawn or a tiny metal symbol)





# MERCURY RETROGRADE MOJO BAG

1. **Cleanse Your Materials:** Use smoke, sound, or moonlight to energetically cleanse your crystals, herbs, pouch, and workspace.
2. **Set Your Intention:** On the slip of paper, write a clear and empowering intention or affirmation, such as: "I communicate clearly and move through Mercury Retrograde with ease and balance."
3. **Assemble the Charm Bag:** Place the intention paper into the pouch first, followed by your chosen herbs and crystals. Add your charm or Mercury symbol last. As you add each item, visualize the energy it brings into your life.
4. **Anoint (Optional):** Dab a drop of Mercury Retrograde Oil onto the bag or onto the parchment before placing it inside, infusing the whole charm with your intention.
5. **Charge the Bag:** Hold the pouch in your hands. Close your eyes. Visualize a glowing sphere of light surrounding it, sealing in the energy. Speak your intention out loud or whisper a chant like: "Words flow clear, my path aligned, Mercury's wisdom now is mine."
6. **Carry or Keep Nearby:**
  - Carry the charm bag in your purse, pocket, or on your altar.
  - Keep near your workspace, phone, or journal.
  - Recharge it periodically under the moon or with your Mercury Oil.



# Mercury Retrograde



Journaling &  
Reflection



# JOURNAL + REFLECTION PAGES

Mercury Retrograde is a cosmic opportunity to slow down and turn inward. These journal and reflection prompts will help you navigate this time with intention, clarity, and a magickal mindset. Use these pages as a sacred space to track what's surfacing, where adjustments are needed, and how you can move forward more aligned than before.

## WHAT'S COMING UP FOR REVIEW

Mercury Retrograde often stirs the past. This may show up through people reappearing, old ideas resurfacing, or emotions bubbling to the surface.

- What patterns or themes have been repeating lately?
- Have any past situations or people resurfaced? What do they reveal?
- What lessons am I being invited to revisit or complete?

## COMMUNICATION CHECK

Mercury rules communication, so this is a powerful time to explore how you speak, listen, and express yourself. Are you being heard? Are you hearing others clearly?

- Where am I feeling misunderstood, or not fully expressing myself?
- Are there conversations I've been avoiding or need to revisit?
- What words or stories am I ready to reframe?

# JOURNAL + REFLECTION PAGES

These journal pages are here to help you turn Mercury Retrograde into a personal transformation portal. Take your time, write from the heart, and trust that even the messiness holds meaning.

## TECH & TRAVEL CHECK-IN

Mercury also governs devices, transportation, and planning—areas that can feel unstable during the retrograde. This is your space to reflect on what needs a backup, double-check, or extra patience.

- What digital tools or systems are creating stress or confusion?
- Are there emails, documents, or files that need to be saved or reorganized?
- Are there travel plans or appointments I need to review or reschedule?

## RELATIONSHIP CHECK-IN

Retrogrades often highlight unresolved dynamics in relationships—whether romantic, platonic, familial, or professional.

- Are there relationships that feel out of balance or in need of healing?
- What role am I playing in the dynamics that feel off?
- Who do I feel called to reconnect with—and why?

# Mercury Retrograde



Tarot &  
Affirmations



# MERCURY RETROGRADE AFFIRMATIONS

Affirmations are especially powerful during Mercury Retrograde because they help anchor your energy, calm your mind, and shift your focus from chaos to clarity. This cosmic period can stir up confusion, miscommunication, and emotional turbulence, but affirmations act as a steady inner compass. They help rewire your thoughts, remind you of your strength, and create a sense of grounded stability when external circumstances feel uncertain. Speaking affirmations regularly during this time not only strengthens your energetic boundaries but also supports mindful reflection and intentional living. They are simple yet sacred tools that keep you connected to your truth, your peace, and your personal power amidst the retrograde waves.



I remain grounded, centered, and calm in all situations.

I communicate with clarity, patience, and compassion.

I trust that delays and detours are divine redirections.

I am open to receiving lessons from the past with grace.

I release what no longer serves me and welcome clarity.

I protect my energy and create space for reflection and healing.

I trust in the timing of my life and allow space for realignment.

I embrace the flow of change and move forward with purpose.

I listen to my intuition and honor my inner wisdom.

I allow Mercury Retrograde to be a sacred time of insight and growth.

# MERCURY RETROGRADE TAROT SPREAD

This Mercury Retrograde Tarot Spread is thoughtfully crafted to help you gain insight and clarity during the retrograde period. Use it as a guide to navigate challenges, reconnect with your intuition, and realign with your highest intentions.



## PERFORMING THE SPREAD

Find a quiet, sacred space where you can focus.

Shuffle your tarot or oracle deck while thinking about new beginnings and renewal.

Lay out the cards in the pattern above.

Reflect on the meaning of each card and how it applies to your journey.

# TAROT SPREAD QUESTIONS

What energy am I currently carrying into this retrograde?

This card reveals the mindset, emotions, or patterns you're bringing into the cycle.

What is being brought to the surface for review or healing?

Shows what unresolved issues, memories, or lessons are asking for your attention.

Where might miscommunication or confusion arise?

Highlights areas in your life (relationships, work, inner dialogue) where clarity is needed.

What can I do to stay grounded and protected?

Offers guidance on how to maintain stability and energetic boundaries during the retrograde

What lesson is Mercury Retrograde trying to teach me?

Uncovers the deeper spiritual or personal growth opportunity within this period.

How can I move forward with clarity and purpose afterwards?

Insight for integrating what you've learned and stepping into alignment post-retrograde.







We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Learn more at [www.modernmagickalfamily.com](http://www.modernmagickalfamily.com) and let the magic unfold!

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