

January 2010

Mercury Retrograde Do-Overs

Oh, Mercury is retrograde all right! I can't tell you the number of times I've had to tweak this newsletter to get iContact's program to do my bidding. And it's a good program that never gives me any problems... except when Mercury is retrograde! For those who are not astrologically savvy (and I include myself in this group, though I'm learning), it refers to a time when the planet Mercury appears to be traveling backwards in the heavens and it can disrupt our thinking, our schedules, and our communications. Therefore the retrograde-looking back- period of approximately three weeks, marks a perfect time for "do-overs"; to assess where we are, research information and begin again. Now the truth is, all of life can be a do-over, if we give ourselves permission to start again.

Dale Osadchuk, an astrologer and Wise Woman in my corner of the world, tells me that when Mercury is retrograde, about three times a year, it is the perfect time to "reevaluate, redefine, realign and revision whatever the issue is." So when this period coincides with the beginning of a new year, it seems to me that the heavens are in alignment with a time for new beginnings and fresh starts. Even if you aren't convinced that astrology is valuable, the advice is. For the next two weeks, spend some time becoming quiet each day. Go inside through meditation, quiet walks or journaling to evaluate if the direction you are headed in, is the direction in which you want to continue. Spend some quality time with yourself to rest and renew your energy, plan for the next year and come into alignment with your mind, your body, your heart and soul. When you are in sync with the heavens and the earth's cycles, it just one more thing you don't have to worry about and events unfold with ease.

I am using this retrograde period to begin the 28 day Soul Coaching® program again. I am revisiting and deepening the work that I began last year to make sure I'm in harmony with my Self and my life. Afterall, it's a new year and I'm in a new space. Perhaps you are too!

What Does it Mean When...?

What does it mean when you dream about **new rooms**?

Dreaming of new rooms often shows you an aspect of yourself that you are unfamiliar with. These dreams are usually exciting and leave you with a feeling of wonder at discovering a treasure you didn't know was there.

Congratulations! Your inner world is expanding and your unconscious just sent you a "Grand Opening" announcement! Understanding what the new rooms represent will be key to understanding these dreams. A new hallway can represent a place or stage of transition, the kitchen can represent a space of nourishment or alchemy, where you cook up new brews, a basement can take you deep into your unconscious or the collective unconscious.

So by finding your associations to the new room and the kinds of activities that take place there, you may find connections to your health, your emotional world, or your spiritual life. And remember, dreams never mean just one thing, so look at all possibilities for multiple meanings.