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Mercury Retrograde
in Sagittarius & Capricorn

Have You Been Climbing the Wrong Mountain?



Free PDF Guide 2023

- Have you been feeling like Life has been throwing some sh*t at you lately?
- Has the Energy around you been feeling heavy and dark - like some Light in your Life has gone out?
- Do the disappointments and people to forgive seem to keep piling up every day?
- Does everything feel like it takes 10x the effort to do, and you just can't get ahead?
- Are you having a hard time getting excited about the Future, feeling too uninspired and pessimistic to even think about Goals?

It's time to dive into the Mercury Retrograde in Sagittarius & Capricorn!

How to Best Use this Guide:

- Guide to Exploring Dominant Activated Energies/Archetypes and Themes going on in your Life
 - Get a journal or make space in one
- Astrological Language included, but not necessary to understand each Cycle
- Do track dates offered and use them as a guide!
- Follow coaching/engage the questions!
- **Don't go hide under the bed** and wait for this cycle to be over...stay out of MR Superstition...
- **Watch video at least twice** -- especially when the chaos and 'Retrograde Blues' hit!
- **All Retrograde Cycles bring up something that's unconscious in you that you need to see now** – this Guide is partly the midwife of that.
- This HoloKompass Astrology Guide is meant to guide you in a destined process of evolving a new level of your Life's potential into manifestation.
- **There is Fate (how life happens to us) and Destiny (how we happen to life)!** Both are outlined via this Guide.

The Astronomy & Astrology of Mercury Retrogrades

What is 'Mercury Retrograde' anyway? When Mercury is direct, which it is 80% of the year, we can look to the sky and see the planet's motion going forward against the backdrop of the Zodiac in the heavens. However, **about every 3½ months the planet appears to start going backward for about three weeks.** I say "appears" because it's the orbit of the earth in tandem with the planetary orbit of Mercury that makes the planet appear to move backwards, though it is not really moving backwards. Nevertheless, this period of time is called Mercury Retrograde.

That said, what does Mercury Retrograde symbolize as a process within each of us? How does it point our ego toward our soul's timing? How does it function as 'Messenger of the Gods'?

As a function of consciousness, Mercury represents our thinking and communicative processes, the ways we access and use information, make decisions, pay attention to details, and express ourselves. Perhaps most importantly, Mercury also symbolizes the way we perceive reality via the mind.

Much of this gets reexamined during a Mercury Retrograde cycle via the astrological sign's themes it's retrograde in **(Sagittarius & Capricorn this time!)**

We are asked to retreat within and reevaluate what serves our life with regards to the area Mercury has a message for us symbolized by the sign(s) it's in **(Sagittarius & Capricorn)**, and what needs to be upgraded, reworked, rethought, refined, and/or let go of in the ways that we think about and experience things.

If we resist this need to come to terms with some new Truths about our Life, then we invoke the "**Trickster**" side of Mercury contained in Mercury's function.

You know this all too well: miscommunications, missed flights, accidents, computer, and other tech breakdowns...need I go on?! All of these are designed to help you realize you're not in control and that a deeper design is trying to emerge into your consciousness by putting your ego-mind in the back seat for a time.

When Mercury is moving direct, our Minds tend to work on a more functional/forward level. Our energy is invested in more assertive decision-making and action with less retrospection and reflection. However, we are unconsciously picking up on intuitive information, which will come to call during the Retrograde Cycle for further integration.

There needs to be a time of rest and assimilation of all the information that we perceive consciously and unconsciously - much like our need for sleep every day.

And a time for our inner wisdom to come forth and guide us to: re-organize, rethink, reevaluate, redo, and reboot.

This is part of the organic, natural flow of life – even if Society is made up of schedules and deadlines that rarely accommodate a cycle of introspective reflection and re-evaluation. This is exactly why this cycle can be so brutal for some of us...especially those of us, like me, with a thousand deadlines and agendas!

When Mercury is moving direct, it will eventually enter its retrograde zone (the span of degrees for the Astrological Sign(s) that it will retrograde back over) about two weeks-ish before it goes retrograde.

This is what I call **The Set-Up Phase** – which is the 1st Phase of 3 that comprise the entire Mercury Retrograde Cycle. (Yep, there's more going on than just the Retrograde itself!)

You may have heard other Astrologers call this the *The Mercury Retrograde Shadow*...all good! I just prefer *Set-Up Phase* as I feel that connects it better in a sequence with the next 2 subsequent Phases.

This time, The Mercury Retrograde Set-Up Phase began back on November 25th, 2023.

Around that time **Themes** activating within your Life and overall environment would have begun alerting you towards inner and outer situations that need some reflection, reevaluation, and readjustment - which for this retrograde will be connected to themes of **Sagittarius & Capricorn – As well as the transitional space between these two Archetypes/Signs.**

Take a moment and reflect on what was happening in your life starting around **November 25th, 2023** until now and see if you can identify some of the Themes that have been activating in your experience.

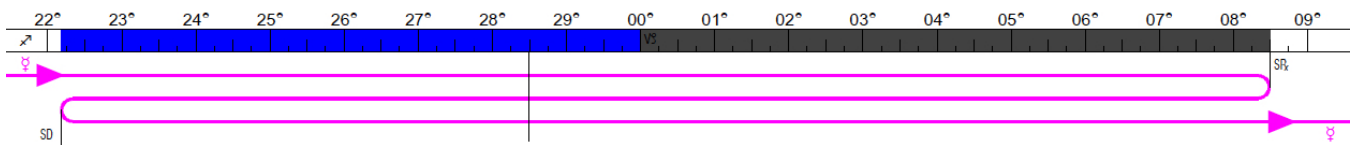
Take a moment to write whatever comes to you down in your Journal!

Exploring your Themes of The Mercury Retrograde in Terms of Choices, The Karmic Grid of the World, & Your Soul Contract

MR is always a disorganization phase that disorganizes the **Ego Mind** so that it can re-organize around the Highest Potential of your Soul Contract within the Flow Chart of the World's Destiny.

That said let's look at the complete stats of this cycle and its Retrograde Zone...

Entire Stats Mercury Retrograde in Sagittarius/Capricorn December 13th, 2023 – January 1st, 2024 (Find where this is happening in your Birth Chart)



The Set-Up Phase: Began November 25th, 2023 at 22° Sagittarius
Mercury Stations Retrograde: December 13th, 2023 at 9° Capricorn
The Midpoint of this Cycle: December 22nd, 2023 at 0° Capricorn
Mercury Stations Direct: January 1st, 2024 at 22° Sagittarius
Integration Phase: From January 1st, 2024 at 22° Sagittarius –
January 20th, 2024 at 9° Capricorn

Take a Pause to Reflect:

If you feel so inclined, take a moment to find where this Mercury Retrograde is happening in your Natal Chart – i.e. which House(s) is/are involved.

See if that offers any additional insights!
(You may need an Astrologer for this, but give it a shot!)

Also, consider what Themes have been manifesting in your Life since the Set-Up Phase began on November 25th!

Next: Mercury as Messenger of the Gods

(Other Planetary Cycles)

- **All Cycles are connected in a Continuum** – let's look at a few now:
 - **Mercury Retrogrades are moving from Earth into Fire Signs in 2024...**
 - Mars is speeding along in Sagittarius and will share in a Conjunction with Mercury on December 27th, 2023 (See Chart)
 - The day before Chiron is Aries stations direct!
 - Jupiter is Retrograde in Taurus which has activated a process this Mercury will speak on behalf of...
- **Mercury as Messenger of the Gods speaks on behalf of ALL the larger cycles...so this Retrograde Zone is also a 'Messages Zone'**
 - What are the bigger 'Messages' of this Retrograde Zone for You and Us?

Cycles of Special Mention:

- **Jupiter has been Retrograde in Taurus since September 4th and will station direct on December 30th** (nearly the same day that Mercury Retrograde will go direct in Capricorn – **so this Timing finds both Planets standing still in Earth Signs**)
- **Chiron is retrograde in Aries and stations direct December 26th directly at its mid-cycle of 15° Aries** – It has been activating themes regarding the Both/And of Identity...Healing, Wounding, The Orphan Child, and Medicine
- **Uranus has been retrograding in Taurus since August 28th around mid-cycle of Its journey through this Sign...**
- **Saturn, having experienced its 1st of 3 Retrogrades, is now moving direct within its First year Cycle in Pisces**, headed toward the Set-Up of its Second Year in 2024. (This is fully covered in my Saturn in Pisces Series! – See last page of PDF Guide for more)

Lunations:

- **New & Full Moon**
 - **12/12/23: New Moon in Sagittarius**
 - **20° Sagittarius – Sets Up The Themes of Retrograde**
 - **12/26/23: Full Moon in Cancer**
 - **5° Moon in Cancer / Sun in Capricorn**

****There are Solstice, Midpoint, and Luration Charts at the end of PDF Guide**

Insight: Retrograde Cycles always bring up what's 'unconscious' in you... You could consider this Guide as my aiding you to become conscious the easy vs. hard way!

The Mercury Retrograde in Sagittarius/Capricorn Themes

Q: What are some of the Themes you can see actively occurring in the World right now – What are some of your Themes and how have they been evolving?

Tracking the Themes via the Bio-Psycho-Mystical Developmental Stages of Sagittarius & Capricorn...

- What is the function of Sagittarius & Capricorn in your Psyche?
 - Sagittarius
 - Capricorn
- What happens in the Transitional Space between these Zodiac Signs as you move from Sagittarius to Capricorn?

What does Mercury Retrograde in Capricorn to Sagittarius ask?

- **How do we recognize what's not Karmically working well and then name the Mountain we are on, and then track back from that to its Sagittarian Origins?**
 - How do we go from aspirational ambitious Mountain Climber to The Beliefs that inspired our aspirational ambitions?
- **Have our Capricorn Socio-Cultural Systems/Patterns been or become 'Off the Mark' when it comes to what is Spiritually Meaningful and True about our Life – and Life itself?**
 - What kind of Spiritual/Religious Beliefs have generated our Socio-Cultural Systems/Roles and ways of thinking?

How is your Mind wired to think about Sagittarian & Capricorn Aspects and Dynamics of Objective Reality?

What are your primary Sagittarian & Capricorn Patterns?

- **How are these connected to your default Mental Sets and ways of perceiving yourself and the World?**
 - To know this, you need to understand the Sagittarius & Capricorn Archetypes

Mercury Retrogrades are about how you think and thinking outside of your Conditioned Mind's Box...

- **Your Conditioned Mind is the box!**
 - This is crucial to understand from the level of Archetypes, Archetypal Identities, & the function of the Mind...
 - And in moving into an understanding of Cognitive Dissonance from an Archetypal lens...
- **Embracing the compassionate usefulness of Triggering & Shadow Work...**

Summing It All Up:

This Retrograde's Themes are about the Transitional & Developmental Challenge that exists within the Alchemical Space between **Sagittarius & Capricorn...**

Overall, this is what defines your Mercury Retrograde **Dark Night Space...** And this is where we are going to hang out!

The Complete Wheel of Human Bio-Psycho-Mystical Development

The Zodiacal Wheel

SIGNS OF THE ZODIAC	
♈	Aries
♉	Taurus
♊	Gemini
♋	Cancer
♌	Leo
♍	Virgo
♎	Libra
♏	Scorpio
♐	Sagittarius
♑	Capricorn
♒	Aquarius
♓	Pisces

THE PLANETS	
☾	Moon
☉	Sun
☿	Mercury
♀	Venus
♂	Mars
♃	Jupiter
♄	Saturn
♄	Chiron
♅	Uranus
♆	Neptune
♇	Pluto
♁	North Node
♁	South Node
As	Ascendant
Mc	Midheaven
Ds	Descendant
IC	Imum Coeli

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Fundamentals for Tracking Your Mercury Retrograde Message:

- **As you are now ready to lay claim to a new Level of Co-creative Empowerment for your Life –**
 - Mercury Retrogrades are about redoing your mental patterns, how you think, and assessing what inside you (Archetype) thinks that way...
 - Thus, you must explore the Sagittarian & Capricorn Box of Your Conditioned Mind
 - **This is crucial to understand from the Level of Archetypes, Archetypal Identities, & the function of the Mind...**
 - **Again**, revisit the compassionate usefulness of Triggering & Shadow Work...

Mercury Retrograde & The Trickster...this time!

- How guidable and willing to change are You?
- Can you let go of your Identities & Their (Spiritual/Religious/World) Beliefs based on the Capricorn Karma in the room?
- Can you surrender to the Unknown, and can your Esteem afford to hear a Mercury Retrograde Message?
- Exhaustion, Fated Interventions, Life System's Failure, and exploring if you should quit your current Mountain Climb can be your Guide!
- **Shadow Work 101:** Can you be responsible for your own Triggering and stay in the room when things get hard? When you are triggerable and triggered you are onto an important Lesson...can you receive it?

***What will this Mercury Retrograde Bring Up?
What Archetypes have been showing up for you?***

Solstice Chart

Winter Solstice 2023

Event

Dec 21 2023, Thu

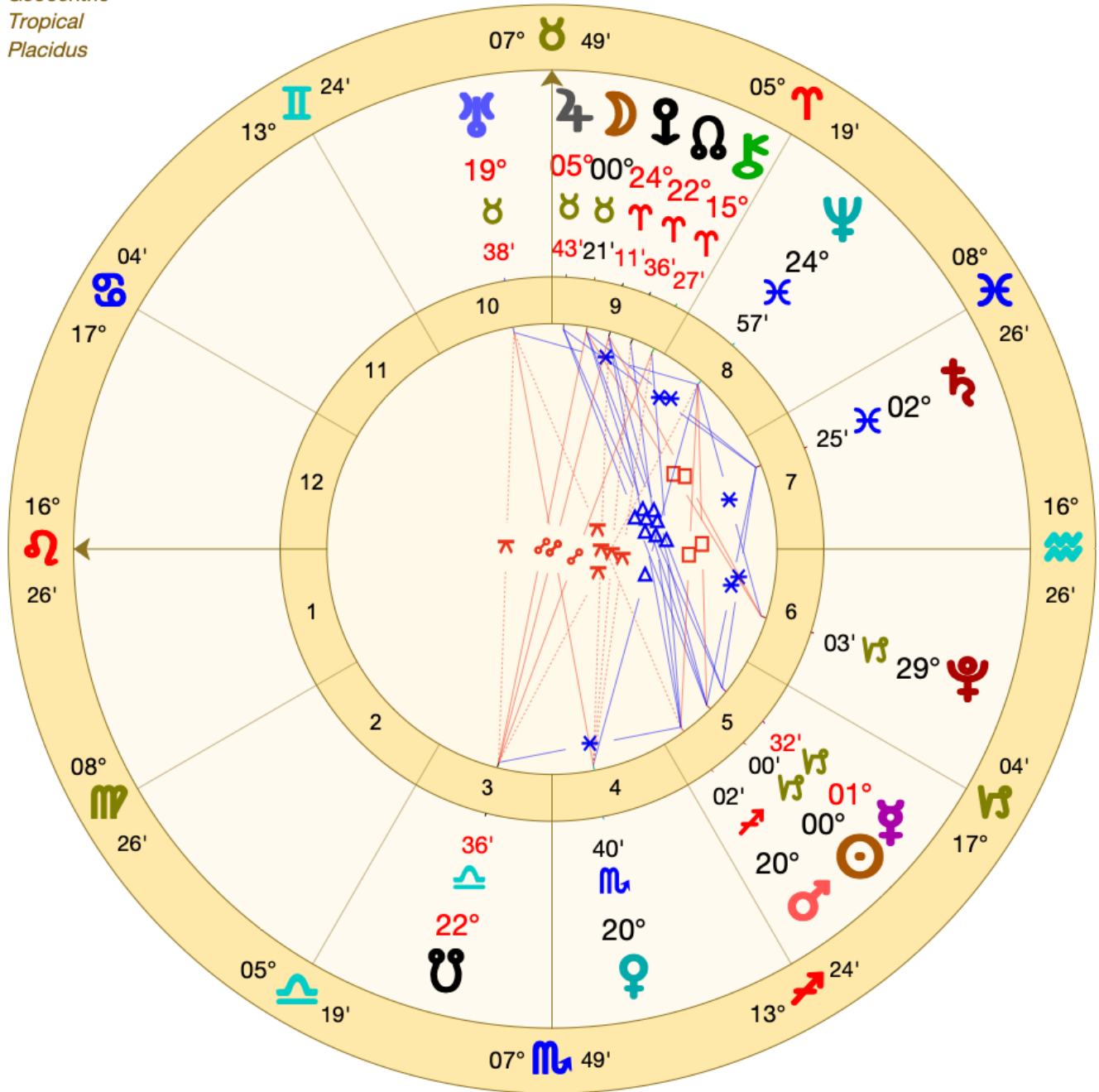
8:27:22 PM MST +7:00

Aspen, Colorado

Geocentric

Tropical

Placidus

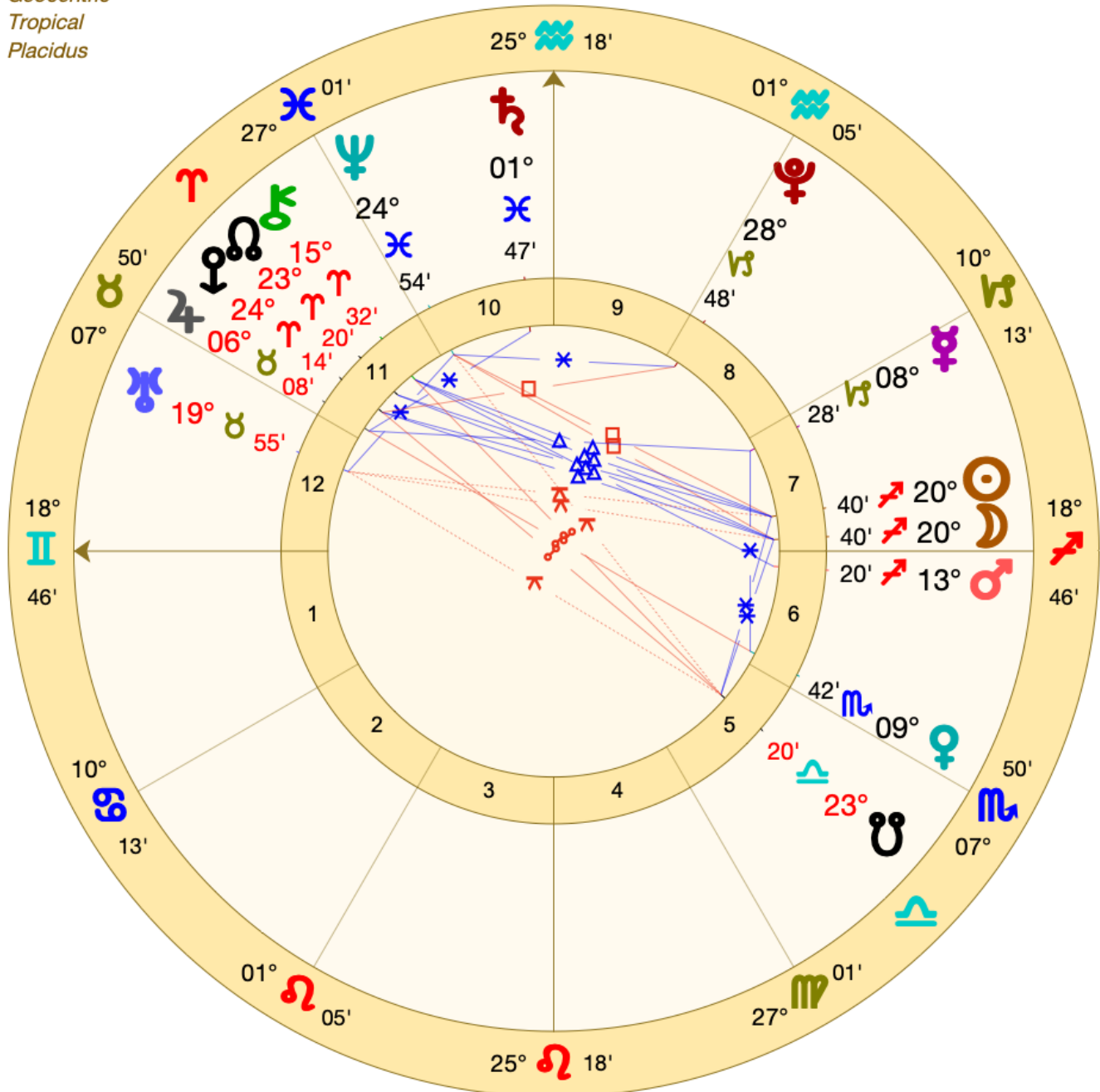


New Moon Chart

New Moon in Sagittarius - Mercury Retrograde

Event

Dec 12 2023, Tue
4:32 PM MST +7:00
Aspen, Colorado
Geocentric
Tropical
Placidus



Mercury Retrograde Midpoint Chart

Mercury Retrograde Midpoint Sag/Cap 2023

Event

Dec 22 2023, Fri

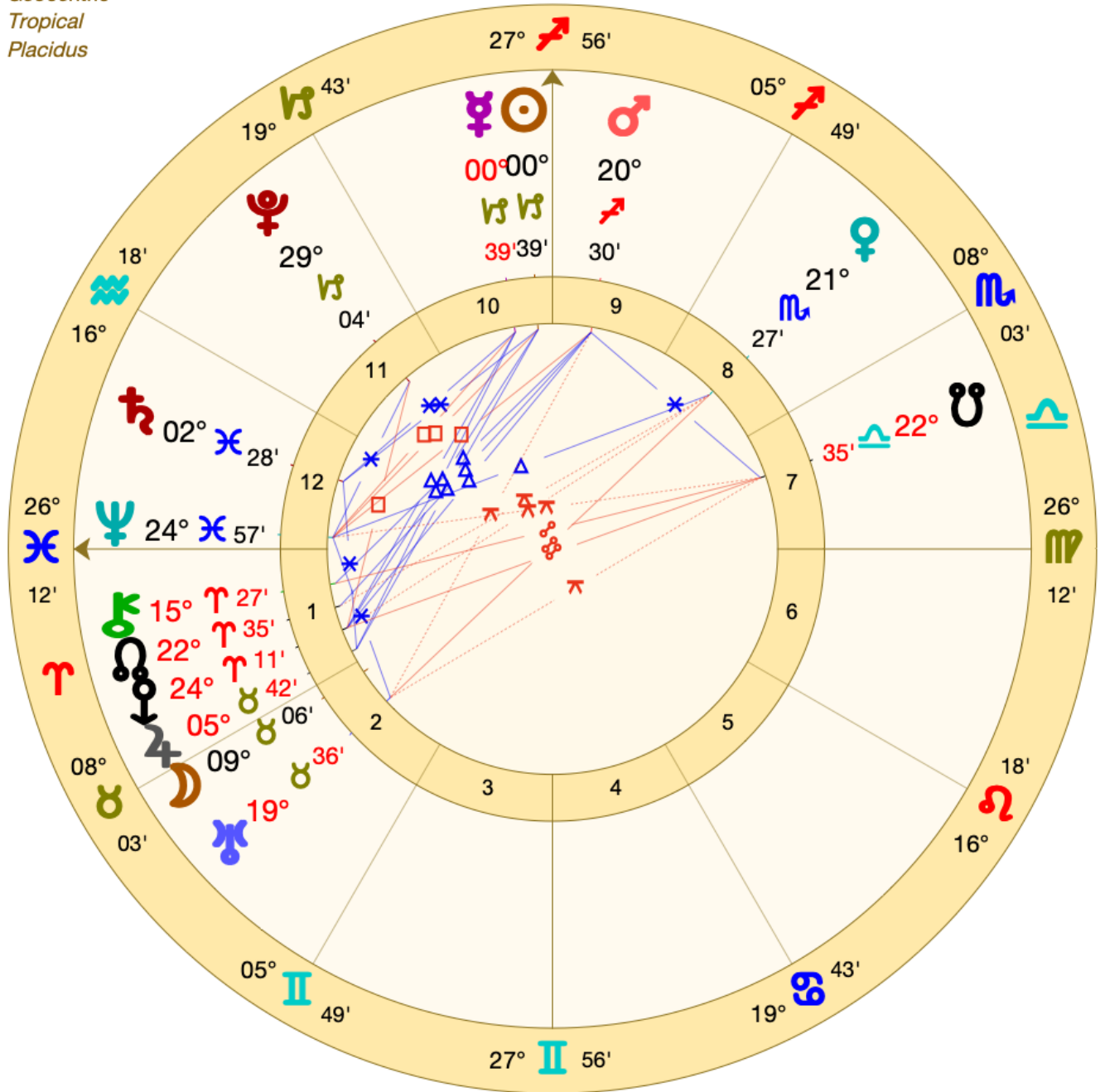
11:54 AM MST +7:00

Aspen, Colorado

Geocentric

Tropical

Placidus



Full Moon Chart

Full Moon in Cancer - Mercury Retrograde

Event

Dec 26 2023, Tue

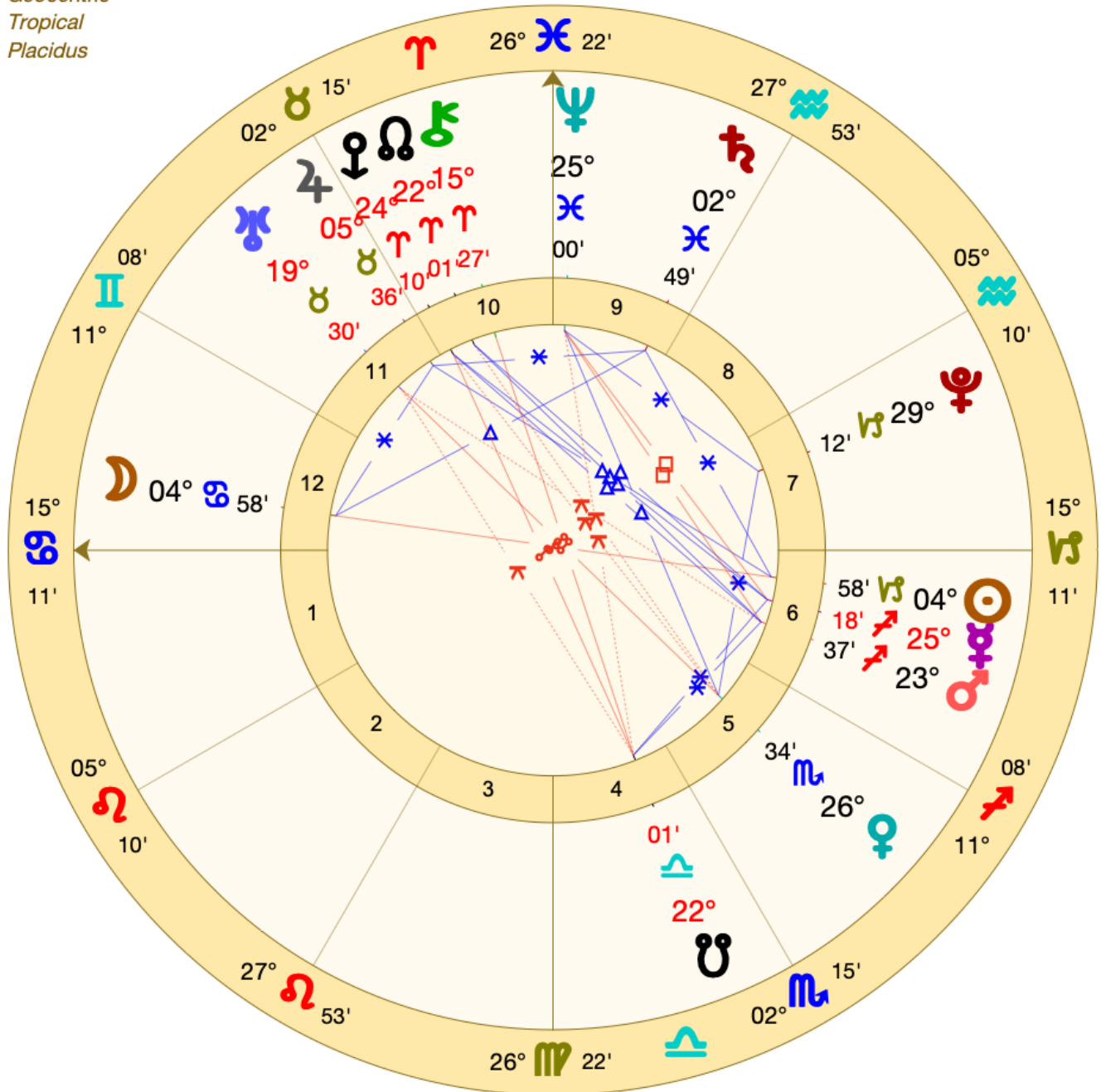
5:33 PM MST +7:00

Aspen, Colorado

Geocentric

Tropical

Placidus



Mercury Conjunct Mars Chart

Mercury Retrograde in Sagittarius Conjunct Mars

Event

Dec 27 2023, Wed

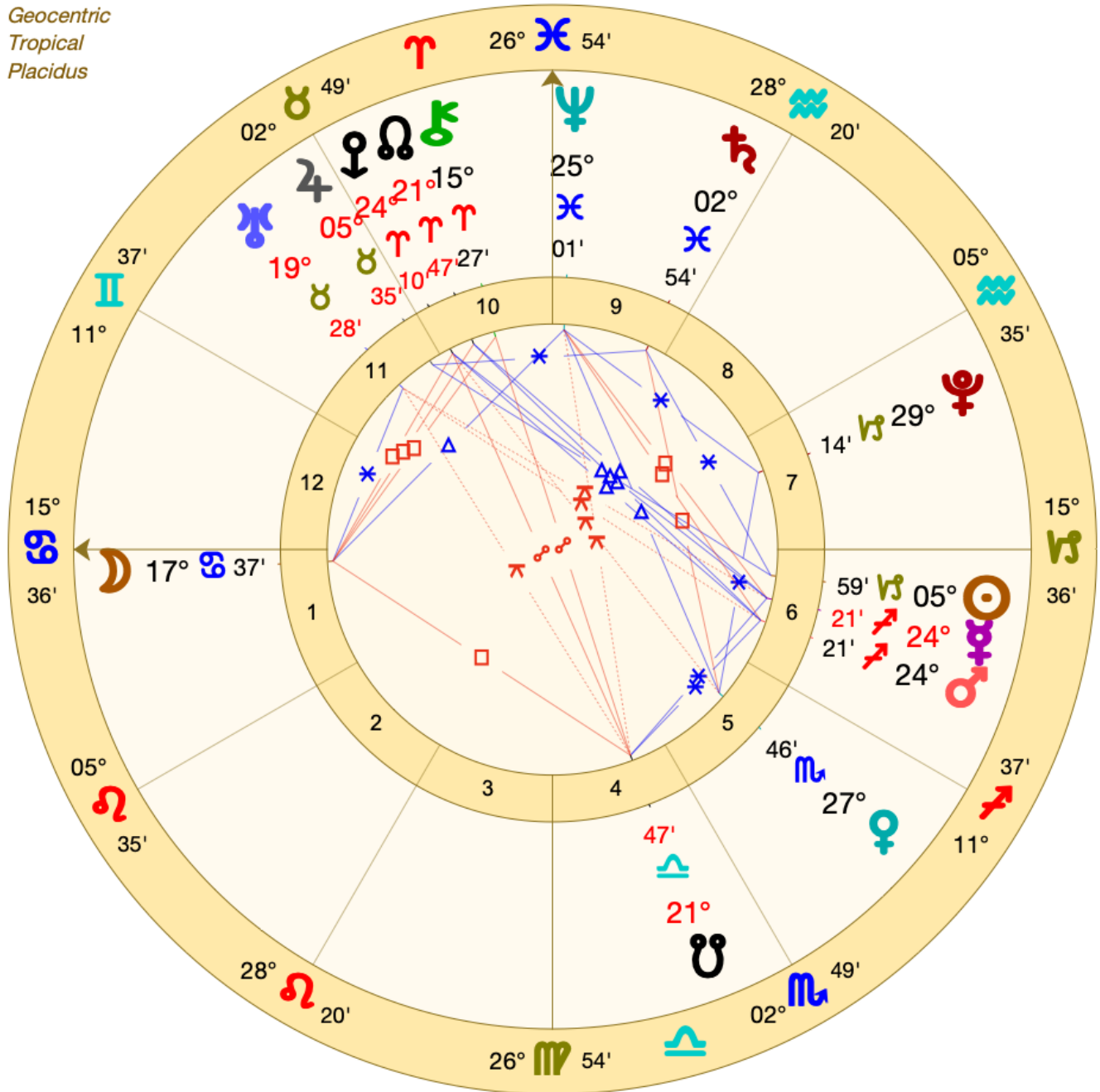
5:31 PM MST +7:00

Aspen, Co

Geocentric

Tropical

Placidus



The Timing – Up Until The Midpoint on December 22nd, 2023

- **Here's the Set-Up leading to The Midpoint on December 22nd:**
 - Life will direct you to take a dive into the unconscious half of yourself to become aware of new emerging holistic potential that is locked in a **Sagittarius/Capricorn Process**
 - **The Mid-point** occurs when Mercury aligns to the Sun in the Sky (conjuncts) at **0° Capricorn** and **symbolizes a union with the Ego Mind & Soul**. This is a holographic and mystical revelation of possibilities based your power and place in the entire Holographic Field of Life.
 - This revelation factors into account all the other Co-Creative Influences alive and well in the World.
 - **The Sagittarius/Capricorn Process** offered is to guide you on where you have power, where you don't, and how you can shift into an alignment with your **Optimal Potential** as a co-creator in relationship to Life via new ways of thinking about **Sagittarian & Capricorn Themes and Issues**
 - Personally, this means that you should be attentive to the Mercury Retrograde Themes that are now more obvious to you in your life, as they will reach a crescendo by **December 22nd, 2023** when the midpoint of the cycle occurs.

You'll find the Mercury Retrograde Midpoint Chart listed again on next page for easy reference...

Mercury Retrograde Midpoint Chart

Mercury Retrograde Midpoint Sag/Cap 2023

Event

Dec 22 2023, Fri

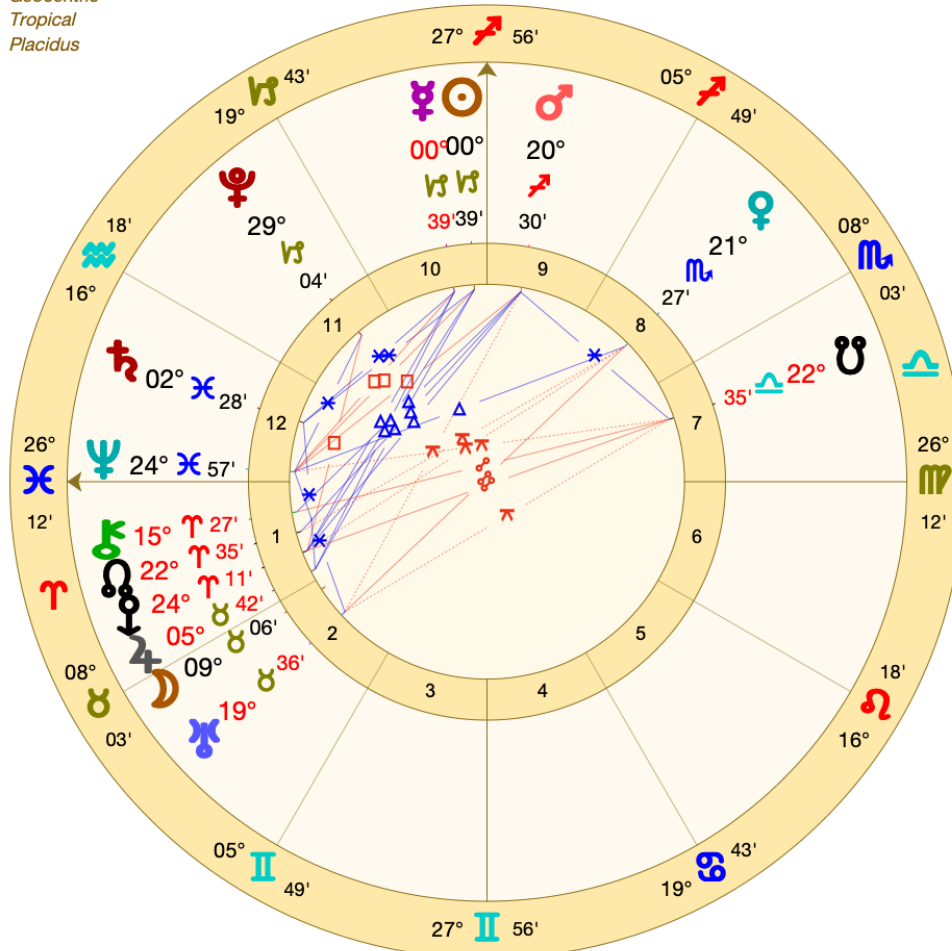
11:54 AM MST +7:00

Aspen, Colorado

Geocentric

Tropical

Placidus



This Mercury Retrograde in Sagittarius/Capricorn Cycle is meant to Shift Your Inner Systems, Archetypal Patterns – And Possibly Your Archetypal Matching & Relationship Magnetics!

- **Keep in Mind:**
 - Reorganization first requires *Dis-organization...*
 - Re-integration first requires *Dis-integration...*

Spend some time in the space provided below to write down what you feel your Mercury Retrograde Messages to be, the Synchronicities that they came through, the Archetypes involved:

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the prompt above.

Here are some great resources for easing your *Mercury Retrograde Blues* while preparing for a new Mountain Climb in 2024!

For the First Time in 7 Years, I'm Offering a 7-Part Masterclass Training on Intuition! – Doors close December 28th until next year! BONUS: Get a 50% OFF Launch Discount for a limited time!



Here's the Masterclass Overview:

Part I – Intro to Your Intuitive System

Lesson One: The Power of Intuitive Perception (2hrs)

Lesson Two: The Vertical & Horizontal Dynamics of our Holographic Reality

PART II – How You De-Synchronize From Your Intuition

Lesson Three: Archetypal Identities – Your Allies & Saboteurs of Intuitive Clarity

Lesson Four: Clearing The Confusion of Your Horizontal Timeline Distortions

PART III – Intuitive Clarity – How To Synchronize with Vertical Intuition

Lesson Five: Mystical Vertical Intuitive Attunement

Lesson Six: The Vertical & Horizontal Intuitive Read

Lesson Seven: The HoloKompass Vertical Intuitive System™

The Masterclass begins on December 13th with Lesson 1!

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