

Aligned for Mercury Retrograde

Aligned for Mercury Retrograde
March 20 2005

About this Project

Did you feel that shift? The repatterning for the session Aligned for Mercury Retrograde was held on March 20 from approximately 5:00 –7:30 pm EST and included all registered participants.

Being aligned with Mercury Retrograde you may find yourself in the flow of synchronicities and resonate with the deeper meaning in the events of your life. All of our thoughts, desires and intentions are tossed into the quantum field of information as frequencies that can manifest positively or negatively.

Being aligned with Mercury retrograde periods can be seen in a few ways. The most important factor is acceptance of your life as it's given. This is **Not** the same as capitulation to negative circumstances. It's a willingness to deal with what is! Going with the *flow* is an indication that you are aligned. When we resist the '*flow*' of our lives our attention gets focused on the resistance. Since the universe tends to deliver back the things on which we focus we often feel thwarted and blocked and thereby miss the opportunity that mercury retrograde brings. Instead of feeling that we participate fully in life we feel trapped by it. To some extent this is true all the time. A Mercury retrograde period, however, heightens our awareness of this if we let it.

How aligned you are with Mercury retrograde is the degree to which you are accepting about what is combined with a willingness and going with the flow of what is, knowing that it is just perfect. The universe will deliver back what we put our attention to and with the quality of the attention we give it. If we resist the flow of what is, we will miss the opportunity in Mercury retrograde and experience life as being trapped.

Mercury retrograde is difficult when people feel stuck and frustrated because they cannot get the details of their lives to work the way they want. Another difficulty with Mercury Retrograde is the fear people who have some knowledge of astrology but not much experience assign to this period. The mind is a powerful creator of reality!

There is much benefit that can be had when Mercury is retrograde if you cultivate a 'go with the flow' attitude toward the little things (especially).

Sometimes the Grand Plan is not obvious when our desire to make life happen a certain way is too strong. Mercury Retrograde is especially good for editing, sorting, cleaning house and preparing for future events. It's an excellent time for learning if you can relax! Connecting to the past in a reflective way is often beneficial. When old friends come to call under a Mercury Retrograde you know they have a special message for you. The general rule under Mercury Retrograde is to be reflective.

If we are coherent with **THAT WHICH IS** positive, our actions can arise spontaneously to be aligned with the best of Mercury Retrograde. When we are in harmony with the cycles of the universe our life can now feel graced and in flow.

Born During Mercury Retrograde?

Many people are born when mercury is retrograde. It is said that this native learns at a very young age to listen to her/him self. A person born with mercury retrograde commonly feels as a child that people don't understand what s/he is trying to say. People who start life this way often make good writers. They can also be people who keep their thoughts close to their chest. They should take special care to notice how the mercury retrograde periods affect them. It can often be a most productive and comfortable time.

THIS MERCURY RETROGRADE - March 20 - April 12 2005 The shadow of this retrograde started on the March 6 2005 , and ends May 1 2005

The 'shadow' of mercury retrograde is simply the time before and after the retrograde period when the section of the zodiac that mercury has been influencing is still affected. The shadow prior to the retrograde is a time when issues may be set up that will need attention in the retrograde period. The shadow that occurs post the retrograde is an excellent time to move forward on those same issues with vigor!

The quality of this Mercury Retrograde is found in the first half of Aries. On it's journey Mercury will interact with Jupiter, Mars and Venus. Aries is always about identity; who we are as separate beings and what it takes to get on with the new. Add Jupiter and Mars to the mix and we are definitely in for a challenge! Depending on where it falls in your chart it is time to sail into the wind of difficulty and see what you can do (eventually). Because Mercury is retrograde we are asked to prepare the way for a new something that will emerge

OPTIONAL EXERCISE: Put a ✓ checkmark through the "ON'S" and "OFF'S" to confirm your resonance with the statement.

after it goes direct. Venus suggests that there are creative ways in which to do this. Don't be afraid to cut away that which has died over the winter. **Keywords are: Courage. Strength. Identity.**

YOUR SUBMISSIONS - IT'S HOLOGRAPHIC! - Thank you for your submissions to this repatterning. You may notice how the submissions of others are very coincidentally your own issues as well. I would like to point out that this is the nature of the holographic process. The underlying principle is that we are all interconnected. There is a part of me contained in you and of you in me. Change any of the parts and the whole is affected. This is also the reason why a long distance healing session can be as effective as having one in person. The only difference is the specific information one can offer in a personal session that can bring deep awareness and realization. In a long distance program, your specific submissions help very much to shape the repatterning results.

READING THE NOTES - Some people find that by reading the notes and putting a check mark through the final resonances (the "ON"s and "OFF"s) that they feel the shift in resonance for themselves. In a way it confirms for them that the session has occurred and helps them make sense of the session in relation to their own circumstances.

You can see if this works for you. Read the notes carefully and reflect on any of the statements that have meaning or relevance to you. You may find new insights or realizations that will help you make a positive personal change.

Once you have reflected on how the session may have helped you – send us feedback at <http://www.lighttravels.com/MercuryRetrograde/aligned.asp> Your comments will be used to improve the program, and also shared with others anonymously at the "Travel Log" at LightTravels .

The notes "keep". Postponing your review of the notes may allow you to confirm tangible results for yourself. It's up to you.

How to Read the Notes:

If you have never had a Holographic Repatterning session before, the content of the notes may sound a little strange. The content consists of statements of information arising from the collective unconscious mind of the group. The only information that comes up in a session is:

- something we need to bring to our awareness to create positive change in the present.

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- something that we are out of synch with – either we are vibrating with negative information or NOT vibrating for positive information.
- Something that needs to clear so that we can be aligned for Mercury Retrograde

These notes are a record of the holographic repatterning session and are recorded in the sequence in which they occurred during the session. I have set up the notes in three columns, the first indicating the area of information from the holographic repatterning process and the second column indicating the specific statement of information to bring to awareness. The last column indicates the final resonance or energy we have for the statement of information at the end of the session. An "on" statement is information that we are in-phase with or resonate with, and an "off" statement is information with which we are out-of-phase or with which we do not resonate.

The information included in the session was initially “ON” for the negative and “OFF” for the positive. After doing modalities to create coherence, the final resonance noted in column 3 indicates the shift for each statement. We are now “ON” for the POSITIVE and “OFF” for the negative.

At this point, you may wish to read the notes to:

- gain insight regarding your situation
- become inspired to do something different in your life or make new choices that positively affect your situation
- confirm the change in relationships that may have shifted as a result.

You may wish to highlight the positive sentences that speak to you and contemplate those messages in some active journaling. Ask yourself “What are these statements trying to tell me?”

If you have any questions please be sure to e-mail me carolyn@lighttravels.com

OPTIONAL EXERCISE: Put a ✓ checkmark through the “ON’S” and “OFF’S” to confirm your resonance with the statement.

Questions? Email carolyn@lighttravels.com or call Carolyn Winter at 416-410-2349

"We now proxy or registered participants for the repatterning session "aligned for Mercury retrograde", connecting to the energy field of each individual and connecting this group field of energy to the conscience energy field."

Area of Information	Specific Statement of Information to Bring to Awareness	Final Resonance
Grounding the Group Energy for Alignment		
Chakra Qualities Needed:	Earth Chakra – I resolve communications.	On
	Water Chakra – I have an instinctual ability to transform.	On
	Fire Chakra – I welcome change.	On
	Heart Chakra – I receive love freely.	On
	Ether Chakra – I communicate what is within me through my gestures and my creative experiences.	On
	Brow Chakra – I am at peace.	On
	Crown Chakra – Everything in creation is perfect.	On
Overall arching problem with this Mercury retrograde period:	We don't want to give birth to ourselves again. The journey of the crocus breaking through the ground is painful.	Off
Awareness Coherence Energy Cycle Needed:	Metal Element – I share my knowledge in a way that inspires.	Emotional level
	Fire Element – I connect to people and groups and access the knowledge and experiences of those who know more than I do.	On On
	My thinking is chaotic.	Off
	Wood Element – My timing for going into action is off-track.	Off
	Water Element – I can't make my knowledge meaningful for my peers.	Off
	I am calm.	On
Modality to create coherence:	Contact the Kidney Meridian Point #3 right side with color filter torch.	completed

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House 1 - Personality and Self-Image	I keep my commitment to change the negative aspects of my self image. Instead of procrastinating or over analyzing decisions, I JUST DO IT.	On
	I am surrounded by light, support, love, joy, security and abundance in all ways and on all levels. I am free and am radiant, exceptionally lovable, beautiful, intelligent, confident, brave, adventurous, supportive, caring, sexy, elegant and talented in many areas that are recognised nationally	On
	I have incredible courage and believe in myself which facilitates my easily overcoming all obstacles in life leading to fulfilling my full potential.	On
	I have a spa day at least once a month.	On
House 2 - Money, Resources and Possesions	All my electronic, computer, vehicle equipment work perfectly.	On
	I receive a very generous, welcomed and appreciated financial gift of over £40,000 from God today.	On
	I am successful beyond my wildest imaginings in all my affairs both business and personal. I ask all the optimal questions politely and gain exceptional insight into the property I am buying and how to achieve optimal and economical results in the minimum amount of time. Everything is revealed that is helpful for me to know and I take optimal and efficient action. Everything goes my way with the purchase and I know I have received a fantastic deal that I can utilise to make an excellent profit in the short term.	On
	I get new lucarative assignments. Also, people who I have worked for in the past want me back.	On
	The children and I have guaranteed, stable support.	On

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	I see money flowing in--enough to pay my bills and more	On
	The exchange rate is exceptionally favourable for the New Zealand dollar to the pound and the amount transferred equates to considerably more in £'s sterling than I had anticipated. The transfer goes smoothly, optimally and is very successful, stress free and easy.	On
House 3 - Neighbors, Commuting, Learning, Siblings	I easily and joyfull do a ride share with another local parent. My To Do list is completed in record time, with ease and joy and a most wonderful sense of achievement and organisation. I succeed in all things. I am loved and belong	On
House 4 - Present Home; Family of Origin	I am present in every moment, trusting that all is as it should be; that everything has a way of working itself out. To remain mindful of what I can do to make this easier and let go of what I can't, trusting that we are taken care of.	On
	I am aligned with clear communication and understanding throughout this transition of moving out of my existing home while it is being renovated during the next 3-4months. There are no untoward delays in finishing the building.	On
	The property i buy appears before my eyes & is beautiful, optimal, fun, sunny, has large rooms, a fantastic outdoor space & is very, very economical for which I am resourced.	On
House 5 - Romance, creativity, children	My Mr Optimal is here now.	On

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	I have an abundance of free time that i utilise wisely and I joyfully start and finish all the outstanding projects with exceptionally positive and very beautiful and pleasing results. The projects are completed to a very high standard and the work and ideas come to me effortlessly.	On
	My Mr Optimal sees me now and instantly moves forward to join me.	On
House 6 - Health, Job, Daily Routines	Playful self expression in the cycles of life	On
	I effortlessly attract the perfect part-time job that enhances my security and groundedness and helps me to meet new supportive people who value my contributions.	On
	Mental clarity and positive action on accomplishing goals of household (cleaning, making appointments); do it now attitude and accomplishment; confidence of ability and capability.	On
	I would like to create a positive communication arena in this time.	On
House 7 - Relationships and Contracts	I am at peace with all my relationships.	On
	My intention is to have Clarity, Direction and Understanding to make the right decision for me in relationship to this Car with the Dealership.	On
Houe 8 - Your Partner's Resouces	My husband has a wonderful job that fulfills his potential and brings huge financial resources back into our lives.	On
House 9 - Long Distance Travel, Beliefs, Teachers	I am my own teacher, support team and source of information and guidance	

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	I now welcome the success, abundance, optimal & unconditional love, joy and contentment I so richly deserve. It is all here now I receive it with open arms and a beautiful smile of love and appreciation for God and the gifts I have received.	On
	I thoroughly enjoy my journey to, from and within Australia with Polly. Our flights are on time, connect easily, are effortless, exceptionally comfortable, rewarding, fun, relaxing and we are instantly upgraded for the entire journey to Business class.	On
	Communication is easy, open and honest at all times and I easily see through the illusions the universe sends and respond optimally. I stay confident and in my own power in all situations.	On
House 10 - Career, Profession, Responsibility	My primary project is greenlit and my career takes off	On
	I accept my right work.	On
	I am up to date.	On
	I emit and receive clear, direct communication with the ability to understand and be responsible for my own communication (boundaries clear).	On
	I receive the optimal job offers earning more than I do now (including the value of the flat and perks) and doing something that I love and fills me with confidence and joy.	On
House 11 - Friends, Hopes, Wishes and Plans for the Future	I release my fear and my need to have control of my life to the Divine and know that I am taken care of and provided for in the optimal way.	On
	The owners accept my offer without delay and know it is a reasonable and fair offer.	On

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	CLarity love and compassion to self and others	On
	I have an abundance of wonderful, supportive, caring friends, both male and female that live in my neighbourhood who enjoy and appreciate my company and my talents and I theirs. I am a positive, fun, caring, energetic, sporty, successful, creative, delightful, supportive and healing friend to have and I easily have time for everyone and enjoy getting everyone together and organising very successful outings.	On
	I am in community, loved and energised	On
House 12 - Alone time, dreams that arise from the unconscious, unfinished business	I have a wonderful and optimal balance of alone time, time with friends, time learning, time healing, time beautifying and relaxing and enjoying myself, time being healed and time working and travelling. My light shines radiantly from and around me and rather than blinding people it appears to them in the optimal way.	On
Challenges Anticipated with this Mercury retrograde period:		
House 1 - Personality and Self-Image	I can't get my hair cut.	Off
	My true and radiant personality is hidden behind walls of steel and I am unable to and do not know how to dissolve them.	Off
	I lack the courage to overcome my obstacles in life.	Off
	Each year at this time I find I cannot focus on anything that I am working on, a total lack of concentration leading to depression which I am currently dealing with.	Off
House 2 - Money, Resources and Possessions	Blocked cash flow, blocked money energy.	Off

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	I lack the optimal deposit for my flat and will miss out on the opportunity to become the owner of my optimal home because of this.	Off
	Mis-communications, understandings, opportunities and delayed communication, unfinished business, bad luck	Off
	I don't know how to go about buying my flat and it's going to all go horribly wrong over the next few weeks.	Off
	Blocked cash flow, blocked money energy.	Off
	It's time to finish up the divorce process. It is important to ensure there are no glitches in the support/custody/access picture.	Off
	technological malfunctions	Off
	I need to attract money--good solid money, from a positive productive work source. I do not want to have to continue to dip into RRSPs or to take loans that just add to my debt load.	Off
	I need a new computer and software and no resources to get it	Off
	I am worried that the exchange rate will be poor and the transfer of my money from New Zealand to England will go wrong.	Off
House 3 - Neighbors, Commuting, Learning, Sibling	I never finish my to do list.	off
	Commuting to and from Polly's school and sporting activities is a chore and interrupts my day and I lack the time to achieve all that I choose to do and needs to be done to enable me to relax at the end of the day. I never finish the To Do list..ever!!!	Off
House 4 - Present Home; Family of Origin	I'm about to move out of my house so that a 3-4month building renovation can begin on April 1st.	Off
	Concern around selling the house with this configuration in place	Off

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	That I come undone and don't rise with full grace to the challenges - I'd like to like myself and my behaviours when I look over my shoulder in a few months.	Off
	I do not own my home & do not have the £'s based deposit I need to buy the home I want. I am terrified of making such a huge financial commitment and am afraid of negotiating the price & conditions of the contract. I will miss problems with the house in my excitement & buy a lemon	Off
	The renovations in the house are disastrous. The building company has been inefficient and very, very slow. It will never be completed and we will never have a new kitchen as our neighbour is being very, very, very difficult.	Off
	During this period I will have to travel to my family home in Winnipeg to deal with my very ill mother from whom I have largely been estranged. In a very short, intense time of her diagnosis I have realized that not only do I have to deal with her, but I am too connected. I have too many of the same patterns and I am terrified that I am too emeshed to be safe. I don't want to be her. I want to see her as an individual and to see myself as completely seperate.	Off
House 5 - Romance, creativity, children	I have a great number of unfinished creative and domestic projects. I refuse to tackle them because I lack the talent to complete them with joy and ease and am sure I will muck them up completely.	Off
	Play is too serious	Off
	The children around me are demanding, irritating, rude, eat too much and are physically abusive. I lose my patience and get angry and yell in response. I have no interest in doing anything fun or creative with the children. I have no good ideas left. Everything is boring and dull.	Off

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	My Mr Optimal hasn't arrived in my life yet and I am sick of waiting.	Off
House 7 - Relationships and Contracts	I purchased a car during Mercury retrograde last December 2004. It has been breaking down since then.	off
	I am avoiding anything to do with buying a flat right now or putting in an offer or even signing a sale agreement to purchase my flat while Mercury is in retrograde as everything will go wrong.	Off
	unresolved relationship issues becoming worse	Off
	inability to make plans with significant others I have an unappreciative relationship with money.	Off Off
House 9 - Long Distance Travel, Beliefs, Teachers	Long distance travel is boring and uncomfortable and I resent the wasted hours in the air when I could be at the beach in Australia and enjoying the sunshine. I suffer from jetlag.	Off
House 10 - Career, Profession, Responsibility	I am stuck in a dead end job and even though I love and enjoy many parts of it I know I am outgrowing it very quickly and that it is nearly time to move on. I am afraid to move on and will lose the security of a nice home, excellent income and wonderful perks and friends.	Off
	stalled projects, no new opportunities	Off
	Misunderstandings	Off
	I am overwhelmed with tasks.	Off
	Misinterpretation of actions by family and friends.	Off
House 11 - Friends, Hopes, Wishes and Plans for the Future	Irritability at friends and workers	Off

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	I know my life ahead of me is wonderful and filled with love and joy but I just cannot let go of the fear and truly believe 100% that it will happen. I always wonder, "Why me?" "What did I do to deserve such a special and wonderful life?"	Off
	I have found the ideal flat I want to buy. It costs more than I can afford and I don't think the owners will drop to my price range and I do not have access to any more money.	Off
	I have only a small number of friends and I do not know how to make new and optimal friends that live in my area and enjoy similar interests.	Off
	I try to control my future in all areas of my life. Isolated and tired	Off Off
MOVEMENT FOR LIFE REPATTERNING		
Movement Issues:	I avoid spinning. They would say I am taking up too much space or showing off if people saw me spinning. I think the only time I can spin is if I dance and I never go dancing.	Off Off Off
Modality to create coherence:	Visualization – see self spinning.	Completed
Movement of Expansion we need to resonate with to be aligned with Mercury retrograde:	I spin with another like a child screaming with excitement.	On
Emotional Qualities needed to maintain a high frequency energy state through this retrograde period:	Manifesting in Life Actions – I excite others with my movements.	On
	Manifesting in Our Attitude – I think well of others I approach people with confidence.	On On
	Bonding and Separation quality – I choose to “see” rather than receive passively and overloading my system.	On

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	Peace – I am congruent in my thinking, speaking, feeling and acting. Acceptance – I relax and breathe through the pain to a deeper relaxation. Joy – I experience the synchronicity of life with great joy and appreciation. Courage – I have the courage to let go of my regrets for what didn't happen or did happen.	On On On On
	ENERGY EXCHANGE REPATTERNING – how our energy combines with the energy of others	
	Emotional energy exchange quality needed – we allow each other to be different.	On
	Mental Energy exchange quality needed – Communication flows creatively and energizes both of us.	On
Planetary Frequencies involved:	Pluto – I respond to negative impulses.	Off
	Jupiter – I am self-righteous. (the moon is opposing Jupiter during this mercury retrograde)	Off
	Venus – I judge people according to their appearances.	Off
Heart Chakra Impact of this energy exchange:	I want loving touch but it doesn't happen.	Off
Orientation to time is needed:	I am anchored in the present and in my body so I move with focused attention towards my purpose and what is energizing, coherent, and life giving.	On
New Possibility Intentions:		
	We are aligned with Mercury retrograde.	On
	We are enthused and inspired by the everyday experience of our work, we fully bring our whole self to our work	On
Accountability needed:	I accept the consequences of manifesting my intentions and I move into action with integrity.	On
Modality to create coherences:	Aroma Oil sequence inhaled – “Spoken Warmth”, “Inspiration” and “Envision”	Completed

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Area of Information

**Specific Statement of Information to
Bring to Awareness**

**Final
Resonance**

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Vision Modality – Tibetan Eye chart exercise

Completed

All statements have cleared and are as indicated above. You are ON for the positive and life affirming and OFF for the negative.

The session is complete

“We are complete with being a proxy for each person”

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Integrating the Session....

On reflection:

Reflect on these notes carefully and on your experiences since this session. Positive transformation takes place on three levels.

We experience realization or insight as to why we have the problems that we are experiencing. We connect the dots to our current situation and earlier unhappy circumstances in our lives. We realize how we holographically re-create the circumstances with new people and events.

Once our awareness and insight reaches certain levels of coherence, we move to higher levels of personal coherence. At this stage we make subjective personal change as to how we "do life". We start to do life a little differently. Our personal change contributes to higher orders of coherence. Our actions now align with intention.

A high level of personal coherence will now lead to higher levels of relationship coherence. At this stage our energy field magnetically attracts good things from other people, we become inter-dependent rather than controlled or independent or dependent. At higher levels of relationship coherence doors open and we find it easier to manifest what we truly want our lives.

As you reflect on these notes, reflect on the insights you have achieved, and the personal changes you have made. Then ask, "How have my relationships changed as a result?"

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