

mercury retrograde meditation program

experience.paulgalloro.com

The best thing to do during Mercury Retrograde (aside from stop, sit, and breathe!) is to be prepared for ***anything***! Take a moment to reflect on this handout and create a plan ... and then be prepared to reconsider and try plan B or C or D!



Complete these sentences:

It's important for me to stay grounded and clear minded during Mercury Retrograde because ...

I commit to completing my meditation _____ (when).

My second option (if I can't make the first) is _____

My third option, just incase, is _____

(eg. on my lunch break; at 7:00am; within 30 minutes of waking up; after I drop the kids off at school; before I leave for hockey; right before I get into bed, etc.)



Something to consider:

Slowing down is important!! Take a look at your general schedule and see where you can trim it down a little to ensure you have some breathing room in case something comes up. Place things in two categories:

- Daily non-negotiables – these are the things you MUST do because if you don't, someone's life is at risk or the planet will blow up. Ask yourself how "non-negotiable" it is, and if it's less than 100% true, consider putting it in the next category
- Daily negotiables – these are the things you can put off for another day or pass to someone else. If you're going to put off for another day, give yourself a deadline to complete it and honour that deadline. If you're going to pass it on to someone else, consider how you can clearly communicate the task to the other person, and always check for understanding!



Have a question or need some inspiration? Connect with us in [The Living Spirit-fully! Collective Facebook Group!](#)