

MERCURY RETROGRADE REFLECTION

The Practice: Quickly skim the 12 Life Arenas (also known as the 12 astrological Houses). Choose 3 Life Arenas that are *most important to you at this time*. Fill in the columns. During the upcoming Mercury Retrograde period (11/16 to 12/6/18), observe any **constrictive** thoughts. In meditation, ask for a new **constructive** thought regarding each of these 3 life arenas.

Journal about what you are learning, both during and after this time period. These lessons will go with you into future lifetimes.

LIFE ARENA	PREDOMINANT HABITUAL THOUGHTS	CONSTRICTIVE OR CONSTRUCTIVE?	BRAND NEW THOUGHT?
1st: The Personality Worldly Outlook Self-interests Natural Disposition Physical Vitality			
2nd: Assets & Financial Affairs The Memory Track What We Value			
3rd: Siblings Everyday Mind Short Journeys Neighbors			
4th: Home Mother Real Estate and Buildings			

“Let the Beauty you love be what you do.”—Rumi

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HOUSE/LIFE ARENA	PREDOMINANT HABITUAL THOUGHTS	CONSTRICTIVE OR CONSTRUCTIVE?	BRAND NEW THOUGHT?
<p>5th: Creativity Love Affairs Children Entertainment</p>			
<p>6th: Service Sickness Job One's Duty</p>			
<p>7th: Partnership Marriage The General Public Open Enemies</p>			
<p>8th: All Matters Concerned With Death Legacies Other People's Money</p>			

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HOUSE/LIFE ARENA	PREDOMINANT HABITUAL THOUGHTS?	CONSTRICTIVE OR CONSTRUCTIVE?	BRAND NEW THOUGHT?
<p>9th: Higher Education: philosophy, law, religion Long Journeys Foreign countries Spiritual tendencies</p>			
<p>10th: One’s Professional Achievements Father & Authority Figures Government Name & Fame</p>			
<p>11th: Friends & Associates Hopes & Dreams Organizations</p>			
<p>12th: Self-help & Self-hindrane Hospitals Prisons Secret sorrows & secret enemies</p>			

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