



**Mercury Retrograde makes you slow down. It's the gift that keeps on giving.**

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Those days when your computer freezes and your hard-drive fails, maybe it's because YOU are in overdrive. Perhaps your computer is showing you that you need to shut down your technology so you can get outside and reboot your soul. Mercury governs the mind – so when it's in Retrograde, which means it appears to move backwards from the Earth's perspective, that's a perfect time for you to reflect upon all your intuitive impressions that you might have overlooked in your daily life. Since each of the Life Path Numbers processes intuitive information in their own unique way, below you will find how YOUR Life Path Number might make the best use of the reflective energies of Mercury Retrograde.

**First, find your Life Path Number, which is based on your birth date.**

**[YOU CAN CALCULATE YOUR LIFE PATH NUMBER EASILY USING THIS CALCULATOR »](#)**

**Step 1:** Write down your Month, Day, and Year of birth numerically.

For example if your birthday is December 28, 1994 you write:

12 28 1994

**Step 2:** Reduce each the month, day, and year to a single digit.

For example for 12/28/1994:

Reduce the month

$1+2 = 3$

Reduce the Day:

$2+8 = 10$

Keep adding (reducing) until you get a single digit:  $1+0 = 1$

Reduce the Year:

$1+9+9+4 = 23$

Keep adding until you get a single digit:  $2+3 = 5$

**Step 3** – Add each of the single digit numbers for the Month, Day and Year together and reduce that until you get a single digit.

For instance, using the example above:

Month=3, Day=1, Year= 5

$3+1+5 = 9$

If you were born on December 28, 1994 your life path is 9

**Please note:** If your final number for either the month, day, year or life path is 11 or 22, those are Master Numbers and you do NOT reduce them.

**[YOU CAN CALCULATE YOUR LIFE PATH NUMBER EASILY USING THIS CALCULATOR »](#)**

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## Here's how your Life Path can make the most of Mercury Retrograde

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### 1 LIFE PATH

You're always so full of inspired ideas! As a 1 Life Path, your purpose is to learn to have the confidence to follow-through on your brilliant inspiration, and put them to action! Though Mercury Retrograde might not be the easiest time to move forward with your plans, you CAN use this time to remember all the visions that have come to you – your ideas and ambitions, and connect with your heart to see which ones need to be brought to life. Chances are you tucked away some dreams that are ready to come true!

### 2 LIFE PATH

You're such a sensitive soul! As a 2 Life Path, you naturally FEEL things very deeply. Yet, perhaps you're so busy pleasing other people, and making sure everyone else is happy, you don't always make YOUR happiness a priority. If you find yourself overwhelmed, or over-emotional, it's because you need to take time to catch up with your feelings. Journaling is a wonderful way to express your emotions. Perhaps you need to have a conversation with the loved ones in your life and let them know what's on your mind and in your heart. Make sure you're allowing your imagination to wander. That's a wonderful way to tune into your dreams and desires, and let them begin to take shape.

### 3 LIFE PATH

Even when Mercury is not in retrograde, you most likely have a tendency to keep your feelings to yourself. Since you're so sensitive, in an effort to avoid rejection or disappointment, you can avoid expressing how you truly feel. This buries your emotions deeper and deeper. You can use this time while our communication planet is in reversal to connect with those feelings you have been hiding from yourself and others, and USE YOUR VOICE to share your feelings. Have that conversation you've been avoiding. Start that creative project you've been dreaming about. It's time for you to show the world who you really are!



#### 4 LIFE PATH

4 is the number that relates to the Earth, and all matters of the material world. Your home, family, career and finances are all priorities for you. No matter how spontaneous and adventurous you are, you crave security and make your choices accordingly. You might not like systems and order, yet your soul chose a Life Path where you need to learn how to create them. Mercury Retrograde is the perfect time to revisit the foundations of your life and square your corners. One of your life's lessons is to learn patience and process. That's precisely what the trickster planet is teaching you now. If things aren't moving forward as fast as you would like, perhaps it's time to revisit your steps and find new ways of manifesting your goals.

#### 5 LIFE PATH

Decision making typically isn't the easiest for you. With so many wonderful ideas in your head, and experiences you want to enjoy, how can you choose just one? Since you're usually go, go go, with Mercury Retrograde, the Universe is helping you take a look at some of those amazing ideas you might have previously overlooked. Instead of trying to do EVERYTHING at once, now is the perfect time to tune into your body and listen to your heart, rather than think your way through the next step. What feels resonant to you? What really lights you up inside? That's the best way to figure out what's next for you now. Of course there are a million other things you want to do too. You'll figure out the path of journey one delightful step at a time.

#### 6 LIFE PATH

Oh goodness – you're a busy bee aren't you? You tend to take on too much responsibility, since your motto is, "if it's not done right, I'll do it myself", and we know nobody gets it done as perfectly as you, right? And yet, this Mercury Retrograde is teaching you that something has got to give! You need to let go of what doesn't belong to you and begin delegating. It's okay if things aren't done perfectly. It's more important that you take care of your beautiful self! Slowing down isn't the easiest thing for you – with so many people counting on you to be there for them. And yet, deep inside you know that taking care of yourself is the most important thing you can do for your loved ones. Always remember that!

#### 7 LIFE PATH

You've got quite a head on your shoulders! Your amazingly perceptive mind is always picking up insights and information that others overlook. With your keen spidey senses it's easy for your mind to go into overdrive and think your way through your decisions. And yet, one of your major life lessons is to learn to TRUST that amazing intuition of yourself. Mercury Retrograde is divinely designed to help you re-connect with the intuitive information you might have previously



overlooked. So, TUNE IN. That's the way you're going to know what your next best step is. Rather than over-think things, try FEELING your way through your next decision. Make sure you GROUND your energy every day by bringing your energy back into your body and imagine that you have roots that connect to the Earth. When you're grounded, ask your HEART what's best for you. The answers are always inside of you. Since you're a mystic at heart (whether you realize it or not!), try using oracle cards to give you clarity. Writing in your journal also does wonders for your soul.

### 8 LIFE PATH

So many plans, so little time! Isn't that how you're feeling right now? You're a BIG picture person. Of course, that means, you can often take on more than you can handle. Even though you have super human strengths and skills, you must remember that we DO live in the dimension of time and space. Mercury Retrograde is reminding you of that. Here's a word that can help you – BOUNDARIES. Yes, the number 8 is the infinity symbol on its side, but that doesn't mean you have unlimited resources for everything. You need to discriminate what is a worthy investment of your time, money, and energy. Take a close look at the relationships in your life, and all the commitments you said YES to, and examine what needs you to say NO. Delegate responsibility if you need to. And allow yourself to be supported! Yes, you CAN do everything yourself, but that doesn't mean you have to!

### 9 LIFE PATH

You sweet, beautiful soul! Of course you want to be all things for all people. You are a humanitarian at heart! You take on other people's cares as if they are your own. There are times, however, when you absolutely need to focus on your own well being. Now is one of those times. If you find yourself taking things personally, it's because you're not allowing enough time to yourself to process your feelings. Mercury Retrograde is reminding you to do that. You also have a deep intuitive knowing about people and circumstances that you sometimes ignore. Use this time as an opportunity to get in touch with your inner knowing. Meditate. Journal. Enjoy time in nature. Above all, honor what you know to be your truth instead of listening to other people's opinions. You have all the answers inside of you. Only you know what's best for yourself.

### 11 LIFE PATH

You have so many inspired ideas! Sometimes it's challenging to keep up with them all. If you're not acting on your inspiration, your mind can race and it can be taxing on your nervous system. You are a natural healer. Once you begin to EXPRESS your incredible insights and intuition, your whole life will unfold joyfully. You're a Master Number, which means you will have greater challenges and



bigger opportunities. One of your life lessons is learning how to become comfortable with being unique. Your light is meant to shine brightly to be a beacon for others. If you've been afraid of sharing your gifts or expressing your true nature, Mercury Retrograde is giving you a second chance. What's inside of you that's been tucked away because you've been afraid of showing your true self to the world? Pay attention to your dreams – both waking and during your sleep. They are revealing to you some buried treasure. Move your body with plenty of exercise so you can catch up with that brilliant mind of yours. Most importantly, exuberantly express your true authentic self. The world is waiting for you!

## 22 LIFE PATH

There's so much more inside of you waiting to be shared! You are a Master Number – which means you have greater challenges and greater opportunities. Your wisdom is meant to be passed on to others to benefit the greater good. Yet perhaps, you get so caught up in making sure your loved ones are safe and secure, or perhaps you've been making "safe" choices, that you've forgotten about your dreams. Mercury Retrograde is reminding you to have balance between work and play, as well as other people's needs and your own. Make sure you are receiving support. Let others help you. Delegate. Say "no" when something doesn't feel right. And most importantly, have fun! Is there a hobby or activity that you absolutely loved that you have neglected? This is the perfect time to engage in activities that make your heart sing! Though you have big plans for your future, now is the time to focus on making sure all your foundations are working well – that includes your home, family, and finances. You may feel impatient now, but remember, you are building your dreams step by step!

## 33 LIFE PATH

Your new mantra is "Let it go!". Of course, you can be all things for all people. You can take on responsibility like a superhero. Yet, that might not always be what's best for you. You are a creative visionary, so you can see what needs to be done in order for it to be perfect. Yet that can be exhausting. Mercury Retrograde is teaching you to let go of trying to control your circumstances and environment. Who better than the trickster planet to do that? Instead of trying to do everything for everyone, make YOUR happiness a priority. Have fun. Create. Play. Be in nature. Allow others to help you! If you let yourself slow down and relax, you just might find things work better! The Universe will support you every day in every way.



## Additional Mercury Retrograde Tips

### Lighten up, and remember to laugh!

The trickster planet is reminding you to have a sense of humor! When things go wrong, instead of stressing and fretting, laugh and remind yourself not to take things too seriously. The winged messenger is reminding you to stay light, and enjoy your life!

### Batten down the hatches!

Since Mercury governs communication and travel, it's best to take care of most of your purchasing and planning ahead of time.

Before Mercury Retrograde begins you can make sure to back up your data, and make any necessary plans or purchases of big items (especially electronics), or sign contracts BEFORE our winged messenger starts its backwards journey. OR, you can wait until after the retrograde cycle ends, and you'll have a renewed perspective.

### Don't freak out!

Shizz happens! It's part of life. Whatever miscommunication or malfunction that seems to be happening is simply showing you what needs clarification or repair. With patience and process, you can work through anything and your life will be flowing better than ever before! When something goes wrong, remember...chill the heck out.

### Let go, and move on.

During a retrograde, things from your past will resurface, either in your consciousness or circumstances. This is the Universe offering you an opportunity to release unprocessed emotions from your psyche. When someone or something is causing you grief, it is a wonderful opportunity to forgive and forget once and for all.

### Lighten up, silly!

The trickster planet is reminding you to have a sense of humor! When things go wrong, instead of stressing and fretting, laugh and remind yourself not to take things too seriously. It's a wonderful light energy to carry you through the whole year!



### Be kind. Rewind.

The key to staying happy, prosperous and productive during Mercury Retrograde is to go back and complete unfinished business instead of forging ahead at full speed. Use the "RE" words as a guide:

- ☐ Release your past
- ☐ Reclaim your power
- ☐ Regenerate your spirit
- ☐ Revive your passions
- ☐ Reflect on what matter
- ☐ Reconnect with old friends
- ☐ Remind yourself to have fun
- ☐ Revise your self image
- ☐ Re-evaluate your self-worth
- ☐ Re-affirm your self-esteem
- ☐ Re-prioritize your goals
- ☐ Repair your appliances
- ☐ Redecorate your home
- ☐ Rearrange your furniture
- ☐ Refresh your wardrobe
- ☐ Regain balance
- ☐ Recharge your batteries
- ☐ Reinvigorate your body
- ☐ Reboot your energy
- ☐ Relieve your mind of worries
- ☐ Remember to breathe
- ☐ Re-focus your intentions
- ☐ Rebel from the status quo
- ☐ Rebuke negative thinking
- ☐ Reprogram your mind
- ☐ Recite affirmations
- ☐ Realign with Source
- ☐ Receive infinite blessings
- ☐ Relax often
- ☐ Recreate daily
- ☐ Recover from stress
- ☐ Refuel your batteries
- ☐ Reduce. Reuse. Recycle
- ☐ Rejoice in the moment
- ☐ Realize how awesome you are!





## Mercury Retrograde Dates

### 2021

January 30 – February 20 in air-sign Aquarius

May 29 – June 22 in air-sign Gemini

September 27 – October 18 in air-sign Libra

### 2022

January 15 – February 6 in air-sign Aquarius

May 11 – June 2 in air-sign Gemini

September 11 – September 30 in earth-sign  
Capricorn

### 2023

See above, Dec 29, 2022 – Jan 18, 2023- goes  
direct in earth sign Capricorn

April 21 – May 14 in earth sign Taurus

August 23 – September 15 in earth sign Virgo





## About Kari Samuels



Kari Samuels is an Intuitive Counselor and Happiness Coach who helps people align with their soul's purpose and reclaim their intuitive gifts . She utilizes the unique spiritual blueprint encoded in your name and birth date to heal your past, tune into your present, and decipher your destiny.

Using a variety of healing modalities, with the assistance of the Archangels, she liberates you from self-sabotaging fears, beliefs and energy so you can fulfill your soul's purpose with joy and prosperity.

She has become a go-to resource for people around the world seeking to discover practical tools for magical living.

You can learn more about her courses and healing products here: [kariamuels.com](https://kariamuels.com)