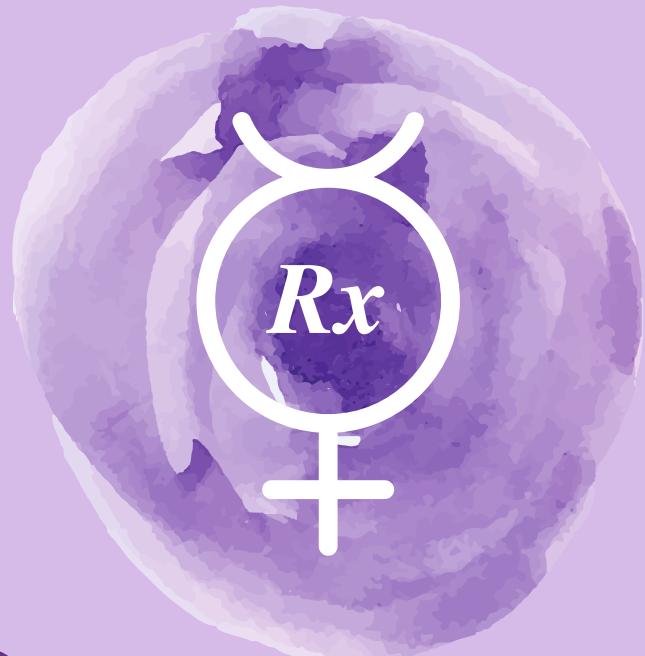


MERCURY



Retrograde

You are already who you desire to be. You just need to bring that version of you forward

Rediscover your essence, and challenge your strictest constructs by engaging in **creative play**. The ‘Mercury Retrograde’ candle **wards off bad luck**, and **heightens intuition** so you can focus on embracing your inner-child (aka the truest version of yourself). Let your mind drift, and break free from the constraints that bound you to who society expects you to be. Whatever you choose to do, this candle will **awaken your senses** and support you through stagnant times, so that you can indulge in what brings you joy, without guilt or judgement.



WHAT IS MERCURY RETROGRADE?

Three times a year, Mercury appears as if it is traveling backwards, causing chaos when it comes to communication, contracts, travel, logistics, and technology. These 3 & ½ week periods tend to spark chaos within the astrology community. But there is no reason to be afraid. Understanding what can happen during Mercury Retrogrades can help rebalance various aspects of your life. From your career to your personal life, it can act as a reset button. Mercury Retrogrades are an ideal time for reshaping our life perspective and finding our place in the world. It is a great time to turn inwards and tap into what you truly desire. Work through past events, cleanse and release what no longer serves you, and prepare for when Mercury stations direct. Only then will you truly be ready to move forward.



Mea Vota prides itself on using a coconut-soy wax blend because of its superior quality and its environmentally conscious harvesting methods. All ingredients are ethically sourced, thoughtfully selected, and carefully placed to ensure a harmonious experience.

Herbs & Resins



Star of Anise

for psychic awareness & protection;



Cornflower

for intuition, peace & resolve;



Biodegradable glitter

to bring in the magic

Essential Oils



Anise

to balance & relax;



Pine Needle

to unblock & heal;



Mandarin

to alleviate nerves and fears.

Recommended Crystals



Selenite

to cleanse stagnant energy;

Amethyst

to call in your intuition & reduce anxiety.

You may choose to simply light the candle and set your intention, or follow the [UNEARTHING RITUAL](#) on the next page. If you are called to do so, you may create your own personal ritual.



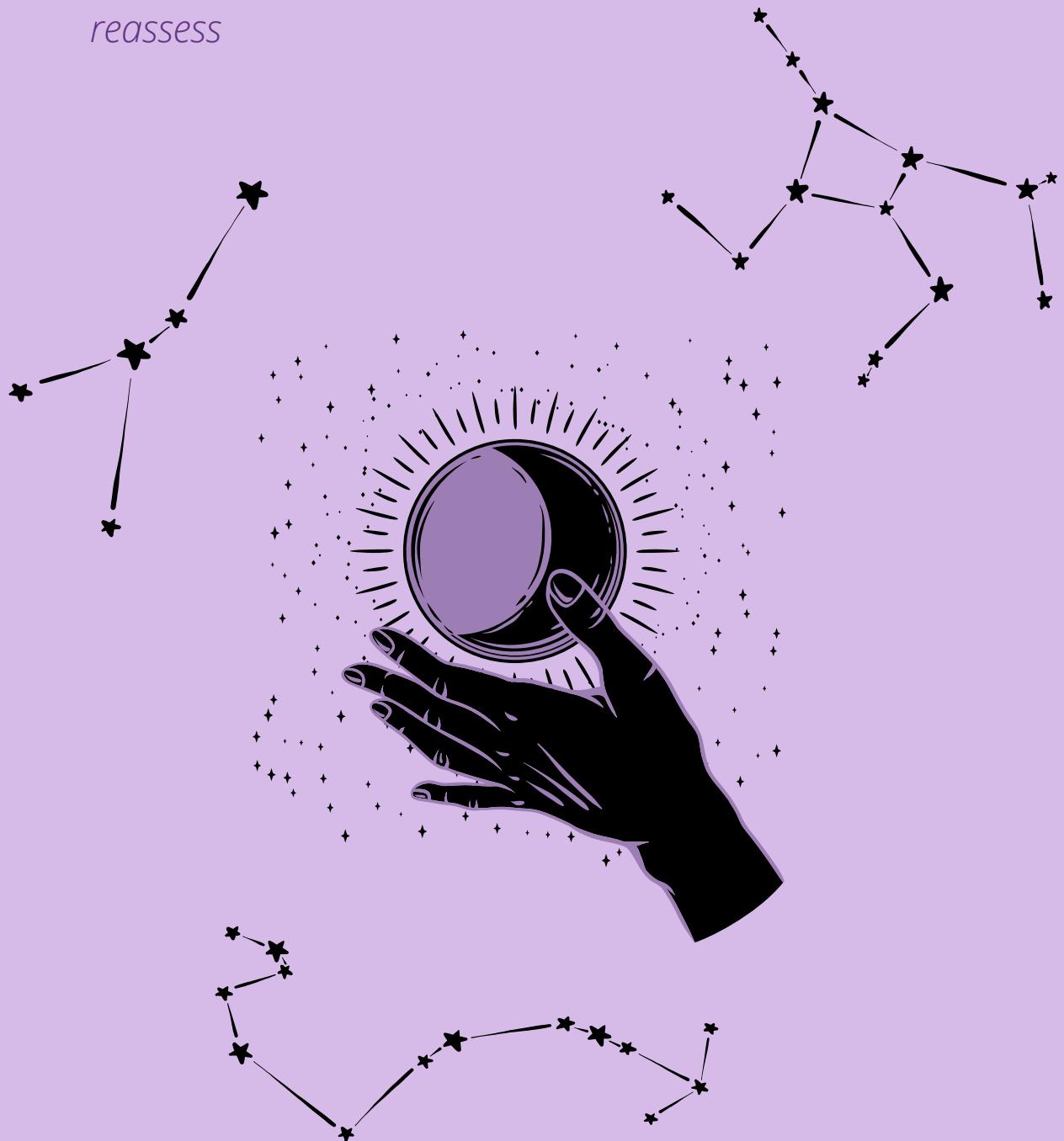
PRACTICE WITH **FERVOUR**,

KNOWING THAT IN THIS SPACE RIGHT NOW,

YOU ARE SAFE BEING YOU.

UNEARTHING RITUAL

reassess



Celebrate the ‘stuck-ness’ of Mercury Retrogrades by rejoicing in activities that enhance the present moment (dancing, singing, colouring, reading, etc.). During this slow period, avoid trying to push forward projects, and instead, take advantage of your heightened intuition to clear through things that have been weighing on your mind. Perhaps it’s time to forgive yourself for something you’ve been holding onto for too long.

Start by decluttering your chosen space. Put away laundry, dust surfaces, sweep the floor. Open your windows, and walk around the room while clapping to make the energy circulate. You are preparing your sacred space so that nothing gets in the way of your ritual. Set yourself in a comfortable position that is available to you (this can be standing, seated, or laying down). You may put on the music of your choice to set the mood. Place your Mercury Rx candle in front of you, and create a semi-circle with salt in front of the candle to represent the soul and the mind. If you own Amethysts and/or Selenite, set them near the salt, following your intuition.

Light your candle, stare at the flame for a moment, then close your eyes when you are ready. Start imagining the colour purple. As the colour brightens in your mind, imagine your intuition strengthening. Let the colour fill your head. Envision your candle's flame glimmering through the purple. Observe how it brings you protection from whatever will be popping up in the next few weeks during this retrograde. When you are ready, open your eyes and say (or sing):

"I recognize the flame shining through as the inner-child I suppress. I vow to protect it from my destructive patterns, and allow the highest version of myself to shine through. I no longer fear my potential; I embrace it. I call upon my inner-child to materialize itself and expand my understanding of the universe through creative play. I am already who I was destined to be. I am inspired. I allow myself to take up space".

Close your eyes again. Now imagine the highest version of yourself. Are they a coffee, tea, or hot cocoa kind of person? What qualities describe them? Are they fearless? reserved? compassionate? What does this version of yourself smell like? Think of each intricate detail. Then pick the word that sticks out most to you, and carve it into the top of your candle.

In the following three weeks, gather images, texts, plants, and any other form of inspiration for your highest-self, and place them on your altar (or on a blank wall) in a way that feels intuitive to you. This ritual should be fun and has no end goal. Allow yourself to appreciate the quirky elements that inspire you. Indulge in your individuality; in your truest form.

YOU MAY COME BACK TO THIS MOOD BOARD AS MANY TIMES AS YOU LIKE. YOU MAY ALSO TAKE ON A SELF-CARE RITUAL OF YOUR CHOOSING



SAVOUR THIS MOMENT:
it is entirely yours.