



# These Shifting Times

MARS RETROGRADE • NOVEMBER 15, 2007–JANUARY 30, 2008

by  
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## MESSAGE FROM ALICE

I have received so many calls in the last week with questions such as “Is Mercury still Retrograde?” that I felt I had to write you to give you a heads up on yet another retrograde.

For those of you new to the word “retrograde”, it simply means that the movement of an orbiting planet has slowed down which gives the illusion of it going backwards. During these retrograde time periods, the energy of the planet and what is in charge of becomes more pronounced in our lives.

When Mercury, the planet that rules communication and short-distant travel is retrograde, people experience all sorts of communication challenges, equipment breakdowns, schedule delays, car mishaps, etc. We just had a Mercury Retrograde period from October 12 to November 1. Perhaps you felt it. Perhaps not. It is not that you have to experience any of this, but if you do, then there is an explanation for it. *Alice*

## When is Mars Retrograde?

From **November 15, 2007** the planet Mars turns retrograde and will be in this motion through **January 30, 2008**. We began feeling this since about October 20 when Mars started to slow down to prepare for his new motion. This happens about every 26 months when Mars orbits close to earth.

## Who is Mars?

Every planet “rules” something and here are some words to describe what Mars is in charge of: our physical energy, efforts, action, focus and will. His territory is also anger, conflict, assertiveness, ambition, and drive. Mars’s energetic element is fire, which is bold, pioneering and courageous.

## So what happens?

When Mars is in retrograde, the manifestation of the energies mentioned above seem to tend to take a different turn if you are not aware of what’s going on.

For example, you could feel some repressed feelings coming out in ways that are not typical for you, feeling that your temper is shorter than usual or that words or actions come out before you can stop them. (Oops!) You may notice more than ever before that you are moving in a direction that is not positive for you and feel the need to redirect yourself.

You see, we are all used to expressing our Mars energy in the way that we always have. We know where we need to be careful, where we funnel our frustrations, or how to conserve/expend our energy. We know how to stay in control of our direction for the most part, or at least how to control our reactions if our buttons are pushed.

In this kind of unfamiliar motion of the Mars energy, without warning, it's like someone changed the landscape so that our path is no longer one we can operate on "automatic" without consequences. The gates that we have set up internally that are usually there to keep us from going into one part of the terrain is now open, and therefore makes it easier to slip into places physically, emotionally or mentally where we don't think we want to go.

## And. . . ?

On the positive, it opens ourselves up to exploring new ways of thinking, acting and feeling. With Mars in retrograde, we see the potentials of new avenues appearing before us as the Mars energy "slows". Things happen to help us or we begin to think of new ways to approach that which we have been doing. It is our choice as to what we do.

## So. . . what is good about this Mars Retrograde?

Using the theme of the planet, retrograde is a good time to do things that have the "re" theme, such as re-think, re-group, re-integrate, re-structure, re-assess and even relax! So your approach to how you take action may need to be re-looked at. Wherever you are at, it's a time to examine and rework the way you experience everything to do with Mars.

## Some examples would be. . .

You may feel at times a decrease in your physical energy. Take this as a sign that you need to take a break. You may feel that your efforts placed towards a certain area are not producing the results that you desire. Due to the Mars retro energy, understand that perhaps a change in your approach would be a good idea and it would be a good time to do so.

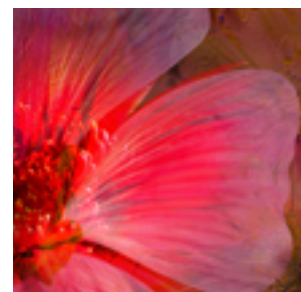
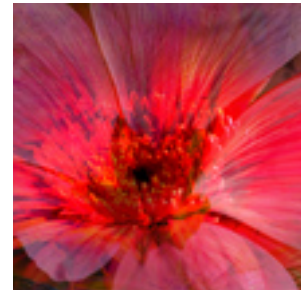
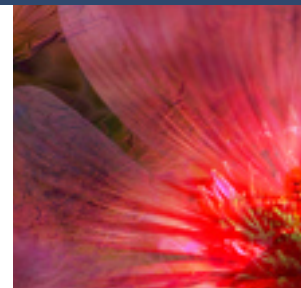
Mars rules "action" and is not a patient planet. It likes to jump in and get things done. You may feel more impatient than usual, perhaps more frustrated because things aren't moving forward at the pace you desire. Take a deep breath, know that timing is everything and all will unfold exactly when it needs to.

You may feel that your anger directed towards a person or a situation intensifies or bothers you more than usual. This is a good time to make efforts to find new ways to clear it in a positive way. e.g. release tension through exercise, scream into a pillow (not at the person), talk to a trusted friend or see where you can change your perspective to release your inner tension.

## Passion comes into play as well

Mars Retrograde can also bring out desires, passion, ambition or drive that has been repressed, underdeveloped or forgotten. You may find circumstances or people around you remind you of this. It's an opportunity to examine why you haven't moved forth on this and start making the plans.

Had dreams of playing the guitar as a child? This is the time to get those dreams out into your life. Sign up for lessons. Always felt that one day you'd be working for yourself? Start writing up that business plan. Think you deserve a raise? Get together all the facts during Mars Retrograde that warrants this and present it to your boss after January 30, 2008.



Don't know what your passion is? People hate it when I say this but you have to consciously spend more time alone without the TV and such around. I recommend 10 minutes of meditation in the morning and 10 at night. It's important to spend time connecting with your Higher Self (inner being - whatever you want to call it) to get some messages as to what you need to be doing. It's time to hear that inner voice and now is a GREAT time to do that.

## Going deeper. . .

It's a wonderful opportunity to explore deeper dynamics and issues in our lives that trigger intense reactions within us. So much of what we have repressed over the years is looking for a way out. If you're feeling "tired" of the same old reaction to the same old thing, then this is the time to heal. Perhaps a therapist, mentor, friend, etc. Look for the origin of the reaction and realize that you can't blame others for pushing our buttons, that we allow our buttons to be pushed based on what we believe.

## Mars' position is in the sign of Cancer

That means that in addition to everything that Mars is in charge of, one area of focus will relate to Cancer issues. Cancer is an emotional sign and this energy can give us the opportunity to look at what we are hanging on to that we no longer need in our lives. You can experience a confused emotional state at times realizing that you have neglected the nurturing of yourself in favor of everything else going on.

If you are going on autopilot in some area of your life, this is when you be made aware of that and have the opportunity to refocus your energies.

## Finally

Everything that goes on around us offers us an opportunity to heal. If you encounter a situation that throws you off and it seems to get worse - don't assume that you've done anything wrong, but it may be one of those "things have to get worse before they get better". Just keep moving forward, listening to your Higher Self or inner being along the way.

## This is a special time

After all that I've written, this really is a chance that we are offered to discover and explore uncharted territory in ourselves and in our lives. We may not understand that new area we are led into, until after January 30 and beyond, but if you are aware of the potential of this Mars energy during this time you will be ahead of the game.

Mars honors courage, drive, movement, focus and willingness to try new things and make new choices. Be in charge of where Mars leads you over the next few months and you will be delighted as to the lessons that it offers us.

Blessings to you all! *Alice*

