



ercury is the planet of communication and travel, and when it's working well, so are those areas of our life. However, three times each year, Mercury turns retrograde, appearing to move backwards in the sky - and our lives can feel like they are in reverse gear too! There's an increased likelihood of miscommunications and misunderstandings, machinery is more prone to breaking down, and there are more travel disruptions. But forewarned is forearmed, and with Mercury's next retrograde period between 26 July and 19 August, astrologer Jane Dimond explains how to sidestep its pitfalls and keep your life running smoothly.

TIPS FOR ALL **SUNSIGNS**

· Be crystal clear in all your communications, whether by email, phone or in person, and leave NO room for misunderstandings, Do not assume that text or email has been delivered!

 Social media may be more trouble than its worth. Consider having a total break from it.

· Back up anything precious on your computer before Mercury turns retrograde.

· Allow more time for journeys - take the earlier train or bus than the one you think you need, and

check your oil, water and tyres before embarking on car journeys.

· Go over contracts and paperwork with a fine tooth comb - and preferably put off signing important documents until Mercury moves forward.

· Mercury retrograde periods are an excellent time to take stock, tie up loose ends and plan ahead. Do all the things that begin with a 're' review, reflect, revisit, repair, refine, renew and reconsider.

Now you've taken note of the above, forget all about Mercury's retrograde mayhem, and indulge in a more enjoyable 're' word

TIP FOR CANCER

You like to trust your instincts, but during Mercury retrograde, your renowned Cancerian caution will serve you better, particularly when it comes to spending money. Avoid making rash purchases and instead review your finances, re-budget and improve your bank balance. With proper planning, you could exit this Mercury retrograde phase better off than when you went into it.

TIP FORLEO

Don't risk total burn-out by accepting every social offer and work project that comes your way. Fine-turne your plans, and let go of anything surplus to requirements. Your persona could unwittingly give off mixed messages, so reflect on how others penceive you, and make any recessary tweeks. you, and make any necessary tweeks - but don't make big changes to your appearance. This is not the time for a makeover - trust us on this!

TIP FOR SCORPIO

TIP FOR LIBRA

There could be intriguing developments in your career, but during this Mercury retrograde period, nothing is straightforward, and the hidden potentials may only emerge later on. Keep your head down, avoid making any unnecessary waves, and think about what you truly want. That way, when the opportunity finally rears its head, you'll be ready to respond.

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TIP FOR VIRGO

Retrograde Mercury meddles with your intuition, which may feet less finely buned than usual. Take a break from feeling you have to know every last detail about everything going on feetaed a present things may feet instead, accept things may feel confusing - and don't let it steems you! You could do with a rest from the hustle and bustle of everyday life so why not take this time out to relax and smell the roses?

TIP FOR SAGITTARIUS
The eternal traveller, this is an ideal time to browse the brochures for you nd adventure, then book when encury moves direct. If you've rading off on hols or a business c plan all you can, brace yourself foliast and discustions, and pack

TIP FOR CAPRICORN

Check details extra carefully if you're taking out a mortgage, bank loan or new account. It's more important than ever that you read the small print before signing anything, intense emotions will rule your head, so if you fall in lust, don't expect to be able to make a rational choice just be aware you may see things differently in three weeks' time.

Did you know?

With your steady, calm nature, you'll adapt to Mercury retrograde better than others, happily heading the advice to take your time. If you're moving house, don't force things or try to hurry the process along - let things take their natural course. It's also a cost time to complete DIY projects or good time to complete DIY projects or return to repair jobs that weren't done properly first time round. Focus on domestic matters and you'll be fine.

TIP FOR GEMINI

You can usually rely on your quick wit to get you out of tricky situations, but Mercury retrograde in your Communication Zone will make it narder to find the right words. Counter the risk of being misinterpreted by the risk of being manifespreed by slowing down your usual hyper-paced speech, and taking time before responding. Engage your brain before you open your mouth and you should avoid unnecessary arguments!

TIP FOR AQUARIUS

Get away for a few days and p

set which colleagues to when it seesitive e-mails. But you uild self through this tricky tin

