



2021 & 2022
Retrograde Survival Guide



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The concept of Mercury retrograde has gone mainstream, but you may not know that every planet retrogrades.

The retrogrades of the personal planets - Mercury, Venus, and Mars - are given special significance in astrology, as they are experienced more intensely.

The dates in this guide indicate the beginning and end of planetary retrogrades. In the case of Mercury retrograde, effects start to be felt two weeks prior to the start of the retrograde (the 48 hours before are especially erratic). In the case of Venus retrograde, effects start to be felt three weeks prior to the start of the retrograde. In the case of Mars retrograde, the effects start to be felt up to six weeks before the start of the retrograde. As a general ruler, the closer you are to the start of the retrograde, the more closely you should follow the suggestions for activities to avoid.

The Astrology with Andy 2021 & 2022 retrograde survival guide is here to help you navigate the retrogrades of Mercury, Venus, and Mars like a pro!

FYIs

- ★ Planetary retrogrades are optical illusions. No planets literally change direction; it simply seems that way from our perspective on Earth.
- ★ Retrogrades are astrologically important because they represent a period of time when the traditional ideas and concepts symbolized and represented by that planet are unavailable.
- ★ The idea is not to pause your life during planetary retrogrades, but rather to match a planet's temporary "alternative vibe" to the best of your ability.

MERCURY RETROGRADE

WHEN

2021

January 30 - February 20;
May 29 - June 22;
September 27 - October 18

2022

January 14 - February 3;
May 10 - June 2;
September 9 - October 2;
December 29 - January 18, 2023

THE 411

Among the things Mercury rules are commerce, communication (verbal and written), electronic gadgets, intellect, news media, short-distance travel, and transportation (e.g.: airplanes, cars, and trains).

DOs

Any activity that starts with the prefix "re-" (review, revisit, reconsider, restart, redo, reapply, etc.), leave extra time on your schedule when traveling (Mercury retrograde is notorious for delays), tie up loose ends, take your car to the mechanic for a checkup or repairs.

DON'Ts

Make important verbal agreements (one or both parties may recall the agreement different after the retrograde ends), purchase a car (the chances of buying a lemon are higher), purchase electronics (they're more likely to break down or not work at all), sign contracts (terms and conditions are likely to change after the retrograde ends).

FYIs

- ★ It's very common to feel the effects of Mercury retrograde as early as two weeks before it begins.
- ★ Mercury is at its most erratic the three days prior to the start of the retrograde and the three days following the end of the retrograde.
- ★ If possible, wait two weeks after the retrograde ends to resume activities that are discouraged during the retrograde period.
- ★ Two common events during Mercury retrograde: finding objects you thought were lost forever and hearing from - or unexpectedly running into - people you haven't seen or heard from in years.

VENUS RETROGRADE

WHEN

2021

December 19 - January 29, 2022

2022

No retrograde beginning in 2022

THE 411

Among the things Venus rules are aesthetics, the beauty industry, finances, luxury goods, our sense of self-worth, our social life, relationships, romance, and seduction (what we find seductive and how we like to seduce others).

DOs

Go through your closet and donate whatever clothing and accessories you no longer wear, reflect on what adds value to your life (and what doesn't), review and assess your spending habits.

DON'Ts

Buy a new wardrobe, change the interior design of your home (you'll likely not be as enthused with it when the retrograde ends), create an account on a dating website, get your hair cut in a style you've never tried before, go on a first date, host parties (the vibe will be rather 'blah'), purchase luxury items, try a new beauty treatment for the first time.

FYIs

- ★ Don't be surprised if you hear from - or run into - an ex during Venus retrograde.
- ★ Although Venus rules relationships, the retrograde mainly affects new relationships started during this period (they can run out of steam very quickly).
- ★ Venus rules all relationships - including business relationships. Venus retrograde is not the time to find or choose a business partner.

MARS RETROGRADE

WHEN

2021

No retrograde motion

2022

October 30 - January 12, 2023

THE 411

Among the things Mars rules are action, aggression, ambition, assertiveness, confrontations, desires, exercise, motivation, physical energy, sexual desire and energy, and sports.

DOs

Allow things to unfold at their own pace (pushing harder during Mars retrograde can make you feel like you're spinning your wheels), leave time in your schedule for relaxation (your body will likely demand more rest than usual), reflect on your relationship with anger, review and reevaluate your goals and ambitions.

DON'Ts

Begin an important project, begin a new leadership role, get elective surgery, launch a new enterprise, start a new exercise program, start a new job, throw the first stone in an argument (the instigator has the deck stacked against them when Mars is in retrograde).

FYIs

- ★ Sexual relations started during Mars retrograde (with a new partner) can lack passion or fizzle out much sooner than those started when Mars is moving in direct motion.
- ★ Because Mars is slower than Mercury, I recommend taking heed of these "don'ts" as early as four weeks before the retrograde begins. And, to ensure you have Mars at its strongest, wait to resume any "don't" activities until four weeks after the retrograde ends.
- ★ Anything started during a Mars retrograde is akin to driving a car with the parking brake on. It can move forward, but its energy is quite limited.