

Mercury in Cancer

The sign that Mercury occupies shows the language you speak to understand, communicate, and narrate the story of your “little r” reality. The element of the sign is the dominant language and gives specific guidance about how and why you tell your story. The sign itself is a dialect of that language and provides additional, more specific information about how you attempt to understand and communicate.

JOURNAL QUESTIONS & INSTRUCTIONS

Read the descriptions below, and then go back and revisit each of the earlier journal questions. Review your answers, and then expand on them, incorporating the new information about the language you speak. Focus on how and why you express Mercury.

Mercury in Water Signs

With Mercury in a Water sign, you understand and process information through the emotional realm. You have little interest in the objective, external qualities of communication, such as the words, and you rely primarily on the subjective, internal, emotional levels of communication that lie far beneath the surface appearance. Your story is filled with deeper, hidden meanings, and the narrative is carried almost entirely by the concrete, subjective truth of the emotional experiences rather than by the abstract, objective events.

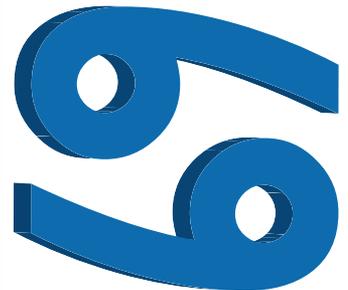
Words make up only 7% of communication, and you are especially aware of this. The content of communication is meaningless without a context, and that context comes from the non-verbal aspects of communication, including tone of voice and body language. You read the emotional context of communication first and then check it against the content of the words to see if they agree—and if they don't, you will always focus on the context and not the content. You process information almost entirely through your right brain, making unconscious, subjective associations that lead you to a personal understanding.

MERCURY



**The
STORYTELLER**

CANCER



**CARDINAL
WATER**

Mercury in Cancer

Mercury in Cancer tells a story of the Universal longing to return to the Source, and the discovery of the truth that you never left it in the first place. Your story begins by creating a “little r” reality where you absolutely believe you are separate, alone, and isolated from All That Is. From this premise, you then experience all of the intense emotions that come up, allowing you to explore the major themes of abundance, love and unity. The biggest challenge for Mercury in Cancer is confusing feelings and emotions. Emotions arise because of the story, and are based on what is *real*, not what is *true*. You can easily become trapped at the level of anger. You create attachments to your story and harbor resentment towards others, spending most of your time in “Other People’s Business.”

When you are in Right Relationship with Mercury in Cancer, you effortlessly choose the best-feeling thought currently available to you. Because you stay anchored in the Present Moment and aligned with your “Big S” Self, you do not get caught up in the story of your “little r” reality. When you experience an emotion, you drop the story and feel the feeling. Then you choose a better-feeling thought. You know that abundance, love and unity are the truth, even when they may be lacking in your “little r” reality. No matter what you experience, you stay within the confines of “My Business.” You recognize that in your story, everyone—yourself included—is looking for love and acceptance. You empathize with other people’s pain, but you do not sympathize with it. Instead, you express and communicate a profound compassion. You witness and observe the events in your “little r” reality, but you stay aligned with the truth that despite all appearances, you are one with the Universe. You are like a loving parent, holding a child while she cries until she can be present once more to the truth of how loved, supported and safe she is. When you lose sight of this truth yourself, you easily create your own experiences of being enfolded in the arms of a loving parent who reminds you of your true nature.

When you are out of alignment with Mercury in Cancer, you are unable to choose better-feeling thoughts because every feeling is an emotion, wrapped in layer upon layer of story. You live in the past, nursing old wounds and resentments. Because you have no connection with your “Big S” Self or the Present Moment, you are unable to see through what is *real* and discover what is *true*. Instead, you live in a “little r” reality that is cold, and cruel, where you can neither meet your own needs, nor depend on others to support you. You are unable to align with the truth of abundance, love and unity because all you can perceive is lack, rejection and separation. You try to create loving, compassionate connections with other people, but the highest vibration you can reach is anger. You step into “Other People’s Business,” and involve yourself in their stories. You share resentments and wounds, bonding with others via common enemies. You reinforce the reality of other people’s stories, and they in turn reinforce the reality of yours. You believe that sharing your misery is nurturing and healing, but in fact, all it does is prolong your suffering.