**Bonus: Embracing Mercury Retrograde**

**Alexandria Lawrence:** [00:00:00] Hello, lovely listeners. So, it's been kind of a weird week. Weird in the sense that I've been having technical difficulties. And that's not really something I'm used to. I'd say I'm creative and artistic, but also I'm kind of a tech geek. So people usually come to me for technical help. But my computer essentially exploded the other day. Okay. Maybe that's a bit dramatic. It's fine, really. But weird stuff happened, which means that the new interview I was hoping to have out for you today won't be ready until next week. It's kind of a funny story though, so I thought I'd tell you a bit about what happened. It's also strangely timely.

Timely in the sense that we're now in what's called mercury retrograde. According to those who practice astrology, it's a period of time when mercury [00:01:00] appears to travel backwards across the sky. Hence the retrograde. And this time is associated with confusion, frustration, delays. There's lots of talk about disruption to forms of communication, information and technology. The media is currently full of headlines like: Is This The Worst Mercury Retrograde of 2021? Or Mercury Retrograde 2021: Your Survival Guide. Or How to Make Mercury Retrograde Work for You, According to Your Star Sign. The first I ever heard of this astrological phenomenon was seeing a sparkly gold greeting card that said mercury retrograde made me do it. Brilliant. Nicely tongue in cheek. So of course I bought the card. It's just too good, really? Isn't it.

So first off, let me say, I'm a very [00:02:00] practical sort of person. Sure. I grew up in LA. Around the corner from a new age, independent bookshop called the Bodhi tree. It was full of incense and crystals and had books about metaphysics, ancient wisdom traditions, and spirituality. But whenever I hear people talk about connecting with "angels and ancestors" or channeling their "little girl" or "little boy", that's just not terminology that speaks to me. And I don't exactly believe in miracles. Still, I like to keep an open mind. And to my own surprise, I'm taking a course on manifesting right now.

But more on that another time. There's a lot of potential material there. So I'd call myself woo-adjacent. I've seen several people bandying about this term online, but I'll give credit to a copywriter I admire called Laura [00:03:00] Belgray. She's the first person I saw use it and I like her style so well done, Laura. You've officially got dibs.

Yes, woo-adjacent hits the nail on the head for me. I'm into manifesting, but don't like the term miracles. I'm all about setting intentions, but don't believe anything will happen without taking action. And I love vision boards. But believe they're not enough on their own. They are a great first step to more fundamental change.

Perhaps you could call my whole business concept woo-adjacent. With ALSO in PINK, I want to help you create a vision for how you want to live and take action on it. Vision and mindset are key pieces of that puzzle. But there's that all important action taking practical side.

This is something I'm working on right [00:04:00] now. I'm in the process of creating a group implementation program. This will offer the accountability and support you need to realize your vision. To create the home and wardrobe of your dreams. So stay tuned!

And here's my woo-adjacent approach to mercury retrograde. Weird stuff happens. Maybe there's no meaning behind it. But sometimes the timing is just so perfect or perfectly imperfect, that it makes you wonder a little bit. And it's been a weird week for me when it comes to technology. Very mercury retrograde, you could say.

My latest interview, which was scheduled to come out today is the perfect example. To put it into perspective. Almost all of my interviews have gone very smoothly without a single technical hitch. So I was surprised to say the least during this latest [00:05:00] interview when the call dropped five times, there were sound issues. And my guest's laptop overheated and shut down multiple times. Luckily the recording platform I use saves interviews as you go. So if a call does drop, I don't end up losing everything. Phew.

Amazingly with my latest guest, we had about an hour of technical hiccups. Truly unheard of in my experience. And my guest had other time commitments, so we had to cut things short. But she was extremely accommodating and happy to finish up the interview the next day. Day two then. Went so much better. We recorded an hour and a half of material without a hitch. And then literally 10 seconds after we reached the end of the interview, my guest's laptop overheated and the call dropped. Boom.

[00:06:00] But here's the really strange thing. Later that day, about 20 minutes into editing that guest interview, my trusty iMac had a fit and the editing software crashed. It took me several days to get it all up and running again, so I missed my editing window to get that episode ready for today's release.

Pretty crazy, right? Oh, and another thing, my previous interview, the one with Fawn about the art of friendship. We recorded this a couple of weeks before, and it had its own share of technical hiccups. The call dropped several times, and this is the first time I've ever experienced that. But Fawn wasn't particularly surprised. As she said, it's a full moon, lunar eclipse tonight and it's the start of mercury retrograde. So things could be weird for awhile, for the next month or so.

There you go then. Whether [00:07:00] you're a super into mercury retrograde or think it's a load of old hooey, remember this. When you feel like things are spinning out of control around you, you're still there in the driving seat. You can control how you react. You can always take steps to live the life you want to live.

The practical things I've learned from my mercury retrograde experience are:

1. I need an external SSD drive to help my computer cope with all those power hungry, creative applications I use and everything I put it through. And this is arriving tomorrow, so I can't wait to see what that's like. My new improved workflow. And...

2. I really need to work ahead if I don't want to be caught out by unforeseen technical glitches, mercury retrograde related or not. My personal goal is to create content at least a month ahead.

[00:08:00] Honestly though it takes me a solid 20 hours of work to produce my typical podcast episode. Yes, there's a whole lot of prep and editing and care that goes into each episode. So getting ahead of schedule is easier said than done. But I'm confident I can get there.

So, yes, I'm right here with you on this journey of self discovery. We'll explore how to live well together. And we'll meet some interesting and delightful people along the way. That's our show then. Thank you so much for listening. I'm Alexandria, and this is ALSO in PINK. The podcast, all about lifestyle design. If you enjoyed the show, please subscribe to ALSO in PINK, wherever you get your podcasts. And the absolute best way to show your support is to write a review on Apple [00:09:00] Podcasts or iTunes. This really helps more than anything to promote the show. And, of course, tell all your friends. Thank you so much for your support. Until next time, have a wonderful week. Redefine what's possible and create your ideal life.