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P O D C A S T

with

AYESHA
DURRANI

Episode 22

Welcome back to the Aquarian Age Business Podcast. I want to talk about a juicy hot topic, very much a trending topic, which is Mercury retrograde. And I think it's so important to speak on because of how misunderstood that it is and the way that it is represented by pop astrology and the more mainstream consciousness understanding, which is very based in fear, right? So when people say, and I see it again and again and again and again and again and again that people say, how to survive this Mercury retrograde?

That's not the question I invite you to ask because it's really not something to survive. It's not something, the only thing that Mercury retrograde threatens is your patterns that are holding you back straight up. Mercury retrograde is such a gift to us because it allows us access to places where our programming and conditioning reside that are not always as easy to access.

The most, the patterns within us that are the most stubborn that have been the most disruptive in our life, that have cost us the most where it feels like no matter what I do it's so hard to let go you know anyone who's let go of an addiction knows it can be so so so so so tough and Mercury retrograde allows us to go in to the subconscious in a manner and a degree to a depth that we can't always access at other times so it's such a gift so I really wanted to talk about that

When I'm recording this, we are in the Mercury retrograde in Pisces in early 2026. So it started yesterday, February 26th, and it goes until March 20th. So it takes us right through the next lunar eclipse. It takes us right through the next new moon. And it takes us into the equinox and the new astrological cycle with Aries season. We are wrapping up this astrological cycle during Pisces season, which is the final sign, with a deep retrograde journey.

If you're listening to this at another time, you can still listen because I'm going to be sharing some general information about how to work with Mercury retrogrades. And then here and there, I'm going to mention some specifics about this one because it's so significant. So one of the things about this one that is so special, the current one that I'm recording under, is that

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Mercury is the ruler of the upcoming lunar eclipse because the upcoming lunar eclipse is in Virgo. This is on March 3rd, the lunar eclipse in Virgo, and Virgo is ruled by Mercury. So that makes the planet Mercury the ruler of the eclipse. And Mercury is in Pisces, which is the sign that is opposite to Virgo.

So this is a place, this is an ocean where Mercury, which represents the mind, thought, logic, perception, communication, know, Virgo ruled by Mercury is very logical, analytical, intelligent, critical thinking skills. And now with Mercury retrograde in Virgo's opposite sign and is also the ruler of the eclipse in Virgo, this is really letting us know that we are diving into the very depths of our subconscious programming beyond our mental comprehension. Pisces is so infinite that our minds can literally not comprehend it.

Like the true unity consciousness and the true oneness and source, which is what Pisces really brings us to, it's very Christ consciousness energy, it's very, ultimately, we are all one when it really comes down to it. And that level of unity consciousness basically obliterates the individual, the mind of the individual consciousness. Right. So in a good way, when we reach that oneness and the Nirvana, you know, our individual mind is not going to be the same. Right. So that's why Mercury is uncomfortable in Pisces, because Mercury finds it hard to communicate already in Pisces, never mind if it's retrograde.

Adding the retrograde to it. That's like, it's an energy that communicates more through symbols and feelings, myths, metaphors. You know how they say the language of the subconscious mind is myth and an image, as well as vibrations, sound, vibes, frequencies. That can be frustrating to the energy of Virgo that's like, wanting to understand this in a logical way. How does this practically make sense based on the parameters of my mind?

That's a really interesting place to be, that it's a very fruitful place to be, but it's also vulnerable because it is bringing to question our relationship with trust and our relationship with the unknown. And that's something that Pisces represents, the unknown of where we came from and where we go when we die. The unknown of what happens when we go to sleep, what's going on when we're dreaming. The unknown on the level of faith and trust that we have in spirit and in life itself kind of is confronting in a way, the Virgo energy that's coming up.

For the Virgo lunar eclipse that has to do with micromanaging, not feeling safe, needing to control in order to feel safe. The reason I say those words, it's not because that's what Virgo is all about. It's because the lunar eclipse is bringing endings and clearings to the Virgo archetype. And so that often involves more of the shadows, especially because the south node of past life

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karma is also in Virgo. So I'm not saying Virgo are just so, you know, micromanaging, dah, dah, dah. It's the shadow of the sign. And there are plenty of Pisces shadows too.

Speaking of the Pisces shadows, addiction, escapism, avoiding our responsibilities, living in La La Land to the point that our lives are in detriment, right? And there's a big split between our fantasy and what we're actually living. And Virgo can actually help make our fantasy a reality by taking the practical steps, right? So this is a powerful Mercury retrograde and it's leading into a very powerful lunar eclipse on the third. Keep an eye out on my Instagram. I do have a post on Mercury Retrograde as well as I will be doing a deep dive for the lunar eclipse as well.

Now I wanna get into some more general Mercury Retrograde pieces so that we can understand what the opportunities are and why this is not something to fear. So let's start with the bad stuff, right? The things that are the undesirable things that happen during Mercury Retrogrades. It's all very classic. It's pretty much a cliché at this point, but it is also totally true.

There is an increase in tech issues during Mercury retrograde. I've already seen so many. It's laughable. Tons of my clients are, you know, just having so many funny things happen. And the best thing to do is just laugh. When we get so frustrated, it's like, we just have to, especially with Pisces, this particular one being in Pisces, that's a sign of surrender. So it's going to aggravate our desire to control. But if we're spinning out and we're wasting our energy and we're just leaking energy everywhere and we're depleted because we're so pissed and irritated.

Well, it just doesn't logically make sense for us to keep indulging in that. What is actually more logically beneficial, even in a Virgo perspective of what is logically one plus one equals two, like mathematically, what is going to create the best outcome? It's going to be surrendering and letting things wash over you and trusting that everything's going to be fine, right? So we do our due diligence, which is double checking our tech, testing out our Zoom video and double checking links and everything like that before you send an email and double and triple check.

Me and my friends would call it like a dummy check, just check for those kinds of stupid little mistakes that happen. And aside from that, what more can you do? You have to just trust, and that's the Piscean energy. You have to just trust we're not, I'm not putting my business on hold during Mercury retrograde. And this is a time where the same, okay, so the way, the reason why it can be a challenge is because Mercury rules also things like technology, communication, vehicles for travel like cars and things like that, and the exchange of information.

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When a planet is retrograde, it's working in a nonlinear fashion. So instead of a linear fashion, which is something we can depend on, we can predict, yeah, this is what always happens when I do this. But then in Mercury retrograde, it's working, it's working in a nonlinear fashion, which means that it's not as predictable and things are not just going in a straight line 123 ABC, and it's going in another direction.

And that doesn't always suit our ego's plans, but can we really say for a fact that our ego's plan is the right plan? Because one of the themes of this particular retrograde is that redirection is God's protection and really landing into that trust of like if you ended up late for something, then that was and you did your best, you you're proud of you showed up in a way that you're proud of, then that was what was meant to be like you that opportunity was if you lose an opportunity, that opportunity wasn't for you.

And that's challenging. It's challenging to control the frequency inside of all of us. And that's exactly what's coming up with the lunar eclipse in Virgo and the south node in Virgo. So this is priming us for this by helping us soften. And when we're softer, we can be more adaptable. We're actually more resilient when we're softer because things that are rigid break more easily than things that are more supple or more soft, right?

Another piece is, so there's the tech, tech issues are common, not a good time to buy tech at all. I've rebelled against my own advice and it was very funny. On my stories I was sharing this, this was like a couple of maybe three years ago. I bought a monitor during Mercury retrograde. I was like, I'm going to be, I'm an Aquarius, I'm a rebel. And it ended up not working at all. And it was so annoying to send it back in like all the styrofoam and stuff like that. like, and then like the next, the replacement also didn't work. Like it was, it was like a joke. It was literally the funniest cosmic joke ever.

And so I had to learn that lesson, especially as a professional astrologer, why have this information if I'm not going to use it, right? But I just had to be a little rebel in that moment. So tech issues, not a good time to buy tech. It's better to just wait. It's better to get things repaired as well. It's a good time for repairing and fixing. It's all the themes of retrogrades are Mercury retrograde in particular is re-examine, reflect, recode, rewire, repair, refine.

Working with what we already have is a really great idea. And those are also my biggest tips in business as well as like working with what we already have. The other pieces that are some of the challenges is miscommunications with people, right? Mercury in Pisces just by itself can have miscommunications with people because it's like, they're thinking one thing and then they

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say something and it's just very different than what they were thinking. Or they're like, they wish they can just telepathically express themselves by osmosis and by the time the thought leaves their mouth, it's different than what they meant to say. I've seen this so many times with people with this placement. And when it's retrograde, even more so. It's like, can we just communicate through vibes? Can I just send you a telepathic impulse? Can I just do an interpretive dance to express how I'm feeling? So communications are very unlikely, very likely.

And not only that, but people are communicating from the realm of the emotion and the subconscious mind. So what they say is often not going to be thought out. And it's also very vulnerable and very exposing if you say something and, whoops, that was straight up from my subconscious mind. That was like, that was like connected to my deepest wound. That was connected to these feelings that I wasn't actually planning on talking about. And then before you know it, it's coming out, right? So that's very vulnerable. It's very exposing.

I was chatting with one of my beautiful one-to-one clients today and we just chatting about all the funny, funny retrograde things. And I was saying to her that during this time, during this mercury retrograde time, not only are we being so confronted on deep levels of the psyche and deep levels of the subconscious mind, a lot of us, okay, those of us that understand that we work with the astrology, we know what the themes are, we've done subconscious mind work, we understand that our subconscious makes a lot of the decisions in our lives, we understand that we can consciously think something.

But if a part of us in our subconscious thinks the opposite, or we have an identity or belief that thinks that's not possible or whatever, all that stuff is a factor. And we can reflect and we have our tools and we might journal or do EFT, but most people out there are not doing that. So when you like, we just have to have a lot of patience and compassion for others, because for some people, this is gonna be such an exposing and vulnerable time, and they might not feel equipped for that. And they might not know what's going on.

And it's just this waterfall of emotions that's directly connected with their, it's like their thoughts and communication is a waterfall of emotions. And that can be very disarming and unsettling for people who are not understanding what's going on. So kudos to us, shout out us for tracking and understanding the rhythm of the cosmos and seeing what the highest opportunities are in any given moment, but be patient with people in communication, double check what people are saying, you know, like if you think you are understanding something that someone said, repeat it. like, think what I'm hearing you say is da da da da da da. Is that right? that like, you know, saying like, correct me if I'm wrong, but am I hearing you say blah, blah, blah, blah, like that,

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instead of reacting to what they're saying, because what they're saying might not even be the fullness of what they meant.

So that's something important. Pisces is all about merging, like it's all one ocean of emotion. So someone could be saying something that actually isn't related to what you're talking about, because it's connected in some way in their subconscious. Very interesting time. So just be patient. Don't just take the words people say at 100% literally, give people a chance to clarify.

But then also be aware of the shadow, specifically in Pisces, that is the rose-colored glasses. So we still have to have our boundaries. We still need to be discerning and vetting and knowing, you know, for seeing someone's words not match with their actions, they're showing us they're out of integrity. But what I'm saying is it's okay also to give a little bit of the benefit of the doubt if someone's being clumsy with their words, because they're feeling very vulnerable or exposed. And there can just be a lot of domino effect that happens with that. So just make sure you understand what someone's saying. If there's anything unclear, clarify it.

And also very classic that ex people, whether it's ex lovers, but also friends and just people that can pop up during this time. And it is a good time for forgiveness because, I know there's been a lot of talk. First, there was the January 1st new year. Then there was the lunar new year and beginning of the fire horse. And by the way, it's like, yes, we began the fire horse, but it's like, cool. Now you're on the other side of the threshold of your new leadership. And there's some shit for you to address right here, right now, before you actually move forward. There's some things that need to be rewired. There's things that need to be let go so that you can move forward. So it's an interesting start to the fire horse year with the retrograde.

But then there is the astrological New Year and the Persian New Year, Nowruz. And I believe other cultures also celebrate this, which is the March equinox at the beginning of Aries season, which is the beginning of the zodiac wheel. That's the astrological New Year. So that's also coming up. So this is we're really in the final sign right now. Pisces is the final sign. So we're ending the final sign with a retrograde that's bringing us all the way to like whatever wasn't addressed, whatever leftover stuff is still hanging around.

And that can bring things up for X people too, where they're remembering having nostalgic memories or sentimental memories come up about times in the past with you or things that happened with you. And so it is a great time to forgive. It is a great time to have compassion, but watch out for the rose colored glasses, shadow effect or side effect consequence of Pisces

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energy, the shadow Pisces, delusion and rose colored glasses and when we date potential or we're just giving people the benefit of the doubt when they haven't earned our trust.

The important thing is not to repeat past cycles. You want to learn from that and gain that wisdom and we can still forgive and we can still let go without actually letting someone back in our life that we don't want to be back in our life or that hasn't actually earned that place in our lives. So what I do suggest is stream of consciousness writing. When Mercury, which is the mind and communication, is functioning in a nonlinear manner, that helps us access higher realms. It helps us have more connection with our higher self, with our angelic support, with guides, with the earth, with our intuition. So we want to keep that flow going.

I find that stream of consciousness writing during Mercury retrograde cleans our channel. It's like rinsing, especially in a water sign rinsing out your channel and just letting it out because some of that stuff is going to be subconscious material that wants to come out. Some of it could be cool insights, downloads, inspirations that are going to be really important on your path. So the veil is thinner so we can access that more. Prayer, sitting at your altar, offerings to the ancestors because the veil is so thin, any type of psychic development work, dream journaling, very, very, very, very good to do now.

All Mercury retrogrades, but especially the one in Pisces. Dancing, moving your body, definitely grounding like getting time in nature and grounding to the earth, because it can be a very spacey swimming in the cosmic soup kind of energy. And doing any form of shadow work. So anything that you're like, because it gives you this access to the subconscious mind things like EFT, things like subconscious mind work, things like self hypnosis, things like guided meditations that are working on some core issues healing. Working with a coach, working with a therapist, working with someone who understands your core issues because this is giving you the opportunity to shift those things. We want to support that.

So instead of what most people are doing, which is focusing on how annoying Mercury retrograde is, it's so annoying. my God, tech issues. my God, like fucking Mercury retrograde, blame Mercury retrograde, blah, blah, So boring, most boring conversation I ever heard. Sorry, but I'm just like so not into that. Why would you focus on what's annoying when there's this amazing life-changing opportunity for you? Because the reason why we don't have more of what we want, a lot of it comes down to root issues that are deep within our subconscious that are hard to access and shift. And this is offering you that access. So that's amazing.

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This is such a celebration. And in 2026, all three Mercury retrogrades are in water signs. All three are in, there's three every year. All three are in water signs in 2026. That is a very clear message that we have work to do on the level of emotions, on the level of relationship, on the level of attachment, on the level of trust in spirit, on the level of love, on the level of our psychic gifts. And so this is so powerful. If what we really care about is healing and growth and evolution, celebrate Mercury retrograde. Absolutely celebrate it.

So in this energy, we're in between eclipses. Mercury retrograde has begun. I created a new free guide. I haven't had a new freebie in ages. It feels so good. And it really just channeled through literally yesterday. And it is a workbook of shadow work prompts. And this is specifically for entrepreneurs. So if you have, I mean, we all, even me, the core pillars of the workbook are visibility, social media, identity, sales, and money.

I'm almost six years in my business, six years in a few weeks. And although I have had so many layers of growth around visibility, social media, sales, money, and leadership and identity, there's always a next level. There's always a next level. And the Mercury retrograde is letting us know it's in our best interest to shift at the core. The core reasons why we're sabotaging in any way, why we're not doing the things we know we should do and that we know we want to do.

I created this workbook just for you, for spiritual entrepreneurs. And even if you have a side hustle or you're aspiring to be an entrepreneur, start on social media. It will help you really touch into the core beliefs and identities and narratives that are running that are not aligned with what you desire, that are not aligned with your actual highest timeline, that are not aligned with your actual faded income and impact that you know you have the potential to have.

I'm so excited to invite you into the Shadow Work for Sacred CEOs new free guide. It's free for a limited time. So go check the show notes to download that. And then as you are, it will also give you an opportunity to add on a Mercury retrograde business strategies training for just \$22. And this was something that was actually a part of the Star Stream membership. So if you're part of the Star Stream, don't add that because you already have it.

And yeah, it goes through all of the business strategies I do and don't do during Mercury Retrograde. This can be a time that a lot of business owners feel afraid. They don't know what to do. They're uncertain. Clients feel a bit uncertain because everyone's going through a time that's a bit confusing. And there's very specific ways to navigate this to continue to have thriving and flowing cashflow through your business in Mercury Retrograde, not by doing business as

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usual, but by actually pivoting and shifting a little bit in the way that you are marketing in what you are selling.

That full download is available. You can download the shadow work for sacred CEOs. It's about nine pages and quite a few prompts. So feel free to take your time with it, flow with it, stay in your body and that's available for free. And it will give you the option if you want to buy the Mercury retrograde business strategies training as well as you're going through that.

Thank you so much for being here and being part of being a listener of the podcast. I will see you in the next one. Take care.