

Mercury Retrograde in Scorpio

24 October – 14 November 2026

A Time for Deeper Reflection, Discovery and Transformation

When Mercury turns retrograde in Scorpio, our thinking may become more introspective, encouraging us to look beneath the surface and explore matters we may have previously overlooked or avoided. Scorpio is associated with depth, emotional honesty, secrets and transformation, making this a valuable period for self-examination and gaining a deeper understanding of ourselves and others.

How to use this time to your benefit:

- Revisit unresolved issues: Reflect on situations from the past that may still be influencing your present decisions. Seek understanding rather than dwelling on what cannot be changed.
- Explore your inner world: Examine your emotional responses, hidden fears and personal motivations. Greater self-awareness can help you recognise patterns that may no longer serve you.
- Review important relationships: Reconsider communication, trust and emotional boundaries. Take time to listen, clarify misunderstandings and address sensitive matters thoughtfully.
- Research and investigate: Delve into subjects that require deeper analysis. This is an opportunity to revisit ideas, uncover overlooked information and question assumptions.
- Release and transform: Identify attitudes, beliefs or behaviours that may be holding you back. Use your insights to make more conscious choices about the future.

The key message: Mercury retrograde in Scorpio invites us to look inward, question more deeply and reconsider what lies beneath the surface. Rather than rushing into new commitments or decisions, use this period to reflect, review and revise. What you uncover may provide valuable insight and a renewed sense of direction when Mercury turns direct.

Sometimes, the most meaningful progress comes not from moving forward, but from understanding what needs to change before we do.