



## A Heart Chakra Cosmology BREATHING INTO YOUR MERCURY SIGN

Words by Bess Matassa

Animation. Vivification. Respiration. Astrology's Air element is a breathy, boundless, buoyant beckoning towards the truth that all love is change.

Channeled through the trinity of Air sign archetypes—Gemini, Libra, and Aquarius—this is the animus of exchange. The metamorphic mood ring magic of letting ourselves touch and be touched by this wild world, like a movie montage of mini moments that echo through a labyrinthine city; the slip of a love letter through closing train doors; a lusty look into the wide open eyes of a street corner stranger or a bodega cat. This element, and its associated chakra, remind us that there is nothing here that is not alive, and that our breath alone can alter everything.

In our birth charts (the snapshot of the heavens taken at the moment we incarnated, which carries us beyond our "Sun" sign to meet-and-greet the other planets that make up our customized cosmology), this act of respiration is channeled through Mercury. Dually-ruling the winged Air sign of Gemini and the shifting sands of Earth sign, Virgo, Mercury awakens our mediumship and metabolism. Its placement in our own charts describes how we process our experiences—becoming diaphanous dilators who take in through our apertures, and transform the raw stuff of life into our own signature-scented story.

While we sometimes get hung up on the heart as a honeymoon haven of romantic love—symbolized in astrology through the planet Venus and its many-petaled boudoir—Mercury is here to lead us through the heart's revolving door of regeneration and risk. It asks us to let love pass through us. To get on our knees. To take its shape. To form around it.

Set to Cher's "Believe" and packing a prismatic penchant for porous possibility, our personal Mercury sign wants us to show up to our love life lit and limber. Getting wider. Giving and taking more and more. Colliding and communing with our ever-evolving, endlessly renewing heart cells. So long as we all shall live and long for and love and lose, and let loose a limitlessness in that so-called losing that liberates us to love all over again.

Each of us has Mercury placed in one of the twelve zodiac signs, which are housed within one of the four elements. Follow the guide below to connect with your heart's chameleonic chambers (if you're new to the cosmos, you can simply Google "what's my Mercury sign").

### MERCURY IN FIRE SIGNS

(Aries/Leo/Sagittarius): *The Plunging Neckline*. The energy of initiation, exposure, and emboldening, this placement is the straightforward ardor that sports magenta heart-on-sleeve and bedazzles all that is beloved. A call to let the chest become courageously capacious and to come closer to life's fur without fear, Fire Mercury asks us to close the gap between our one-and-only selves and our hot-blooded longings.

### IN EARTH SIGNS

(Taurus/Virgo/Capricorn): *The Pasta Sieve*. The energy of naturalization, cultivation, and organic ownership, this placement is the lush love that rolls in the hay, licks the plate clean, and crowns our cardiology with irrefutable jewels that won't tarnish. An invitation to let the chest bear the gorgeousness of gravity, Earth Mer-

cury asks us to work our high-quality heart muscle through time and all the way to the end of the line.

### IN AIR SIGNS

(Gemini/Libra/Aquarius): *The Patio Door*. The energy of adaptation, reflection, and electrification, this placement is a roller-skated spin round the rink of relating, asking us to catch and release sweet spacious sensations on the tip of our tongues. A message to let the chest become a runway of expanding heart lines, Air Mercury asks us to relish both realism and rose colors, living and letting love, and loving what's here in order to liberate it.

### IN WATER SIGNS

(Cancer/Scorpio/Pisces): *The Psychic Sauna*. The energy of incubation, intensification, and sanctification, this placement is a hot-tub of hallowed heartbeats after midnight, asking us to scuba down and in towards the love that lies underneath. A beckoning to let the chest harbor every last creature in our emotion ocean, Water Mercury asks us to befriend the beauties and the beasties and every beloved that breathes in-between.

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