



## Understanding Retrogrades

By Helen J Adams

American Federation of Astrologers Inc, United States, 2008. Paperback. Book Condition: New. Reprint. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Traditional chart interpretation regarded a retrograde natal planet as being weakened, but many of today s astrologers have different opinions: the planet s energy is more internalized or strengthened, or causes delay or confusion. To illustrate, retrograde Mercury causes mail to be lost, appointments to be missed and a general breakdown in communication. Helen Adams writes: For far too long retrograde planets have been misunderstood or not understood at all . . . retrogrades are not really all bad! Here she presents a guide to interpreting retrograde planets in the natal and progressed chart as well as by transit. Also included is each retrograde planet s relationship to health.



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