

The Planetary Essence Vibrations, No. 2

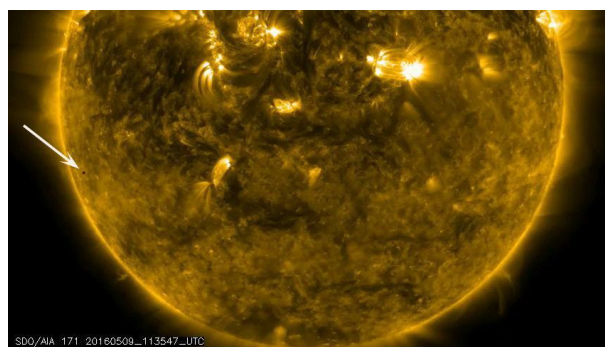
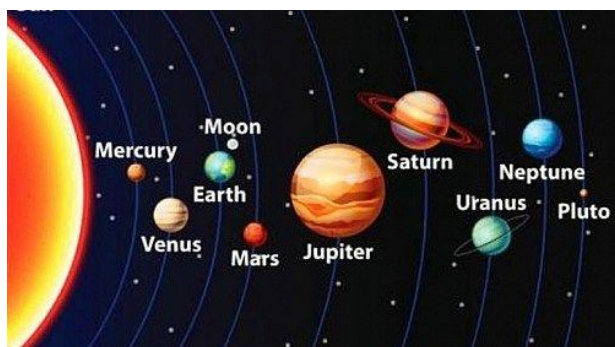
Mercury

- ♥ **Date Received** From 10th June, 16:58pm, until the afternoon of 17th June 2025. This period coincided with the Strawberry Full Moon on 11th June at 08:55am
- ♥ **The Divine Mother** offered the full range of Planetary Essence Vibrations all at once
- ♥ **Location** At home, Siddeburen, the Netherlands
- ♥ **Key words** Balancing the Element of Water within us. Storing life-force. Reaching the virtue of the Element of Water: inner stillness, wisdom, quiet inner knowing

According to ancient Taoist teachings, the planet Mercury governs the element of Water. This is quite remarkable, really, when you consider that within our solar system the little planet orbits closest to our immensely hot Sun. Whilst our massive star is ejecting fiery solar flares, Mercury's 'water power' does not seem to dampen at all, quietly sustaining our bodies day in, day out.

Smallest planet

Mercury is actually the smallest planet in our solar system. It has a diameter of about 4,880 km (3,032 miles), making it only slightly larger than Earth's Moon. Its width is a little more than a third of Earth's. If the planet we live on were the size of a euro coin, or a British pound or an American five cent coin, Mercury would be about as big as a little blueberry.



On May 9, 2016, Mercury passed directly between the Sun and Earth, making a transit of the Sun. Mercury transits happen about 13 times each century. NASA captured the eight-hour event.

Like the other planets in the Solar System, Mercury formed approximately 4.5 billion years ago. In Earth's sky it always appears close to the Sun at certain times of the year, either as a 'morning star' or an 'evening star'. The Romans named the planet after the swift footed Roman messenger god Mercury, as it moves across the sky faster than any other planet.

The Moon governs physical, visible water

In Western cosmology, the planet Mercury is not associated with water. This Western view is limited to the physical realm, where the Moon's role is seen as moving water, amplifying emotional and biological cycles, reflecting light from the Sun, and regulating outer tides.

The Moon governs *physical, visible* water (H₂O) and its movement, such as ocean tides, bodily fluids, menstrual cycles, emotions, moods, and circadian and hormonal rhythms. In short, the Moon rules the movement of water in form.



The Great Wave of Kanagawa by Katsushika Hokusai (1831)

The Moon's influence on water is gravitational and rhythmic, not *elemental* in the Taoist sense.

In the Taoist view, Mercury and the Moon are both associated with water, but they operate on very different levels. The ancient Taoist teachings confirm the Western view of the Moon's role, while also acknowledging another way of understanding water, one that refers to its *inner essence*.

Mercury governs the Element of Water

In Taoism, and therefore in Traditional Chinese Medicine (TCM), the Five Elements are governed by five planets of our solar system. In this Five Phases system, the Five Elements of Fire, Water, Wood, Metal and Earth are interrelated. Mercury rules the *element* of Water.

The element of Water is not primarily physical. It is ***primordial, internal, and energetic***.

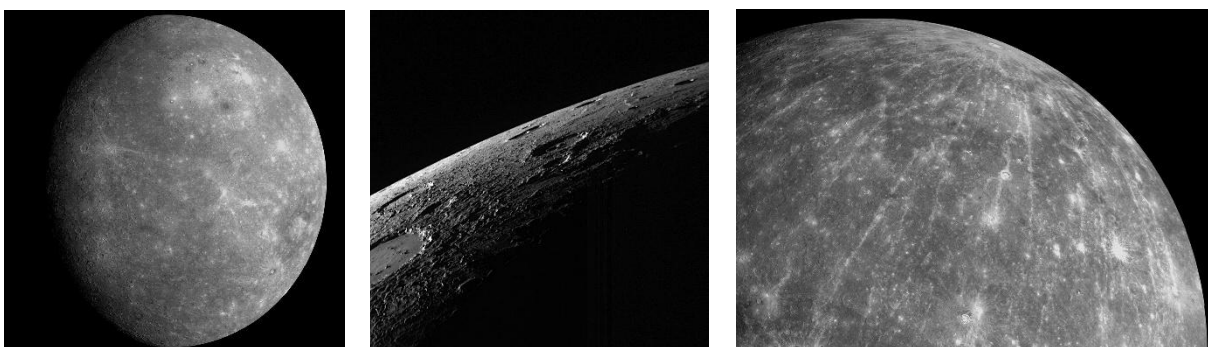
It is 'cosmic water' in the sense of *potential, stillness, and origin*. It represents the hidden source from which life emerges.

The element of Water rules both the urinary system and the genital system. The kidneys are the seat of the sexual essence and store the ancestral energy – they have a governing function in the sexual centre.

In other words, the Element of Water rules our kidneys, bladder, adrenals, ancestral life force ('jing' or essence), fear, willpower, deep memory, survival intelligence, and inner alchemical flow.

Turn to Planet Mercury for help

If you struggle with any of these organs or their related themes, turn to Planet Mercury for help.



The left image shows Mercury as it appeared to Nasa's Messenger spacecraft on its first flyby on 14th January 2008. The middle and right images were taken on 6th October 2008.

The right image shows an impact crater at the very top, named Hokusai, after the Japanese artist Katsushika Hokusai (1760–1849), who painted *The Great Wave of Kanagawa*. This crater has an impressive system of rays, which form when something impacts the surface of a celestial body. Material is kicked up from beneath the surface and thrown outward from the crater.

Planet Mercury governs the internal tides of water chi – meaning energy rather than physical water –, and helps to store life force and regulate deep internal rhythms.

Each planet corresponds to a particular colour, and Mercury corresponds to blue light.

The essence vibration with the straightforward name 'Mercury' was offered by the Divine Mother in cocreation with this planet to support you.

Whether you are experiencing a lack of vitality (meaning too little Water) feeling overwhelmed by a seemingly uncontrollable sexual force (meaning too much Water), living too much in the past due to trauma (which can be seen as frozen Water), or experiencing any of the other above mentioned issues with your 'Water organs' and their related themes, the essence vibration of Mercury helps to bring balance to the element of Water within you.

It connects you with your original, primordial, inner state of stillness and potential, the hidden source from which life emerges.

As a result, it brings peace to your system and with it an inner knowing that life can be trusted, no matter the outer circumstances.

The ritual to go with 'Mercury'

Taking the essence vibration of Mercury is a sacred act and should not be taken lightly.

With each intake, take five minutes for yourself to withdraw from the outer world and to be with, or rather immerse yourself in, the healing force of Planet Mercury.

Step 1

Take a seat, if possible facing North, the direction that goes with the Element of Water.

Step 2

From your heart, connect with Planet Mercury in the Universe.

Next, speak this mantra:

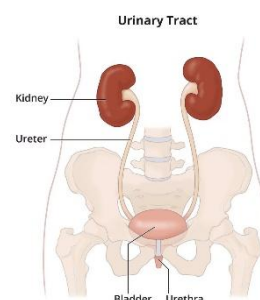
*'I invite Planet Mercury to sustain me
I allow Mercury to bring more joy in my life'*

Step 3

Take your dosage.

Step 4

Your kidneys are located in your back. Rub your hands until they are warm and then place them on top of them. Simply place the tops of your middle fingers against each other on the point exactly opposite your navel, and the palms of your hands will then cover your kidneys.



Their comforting warmth will immediately invite them to relax and be receptive.

Whilst keeping your hands on your kidneys, help Planet Mercury's force to balance your Water chi by visualising *dark blue* light in your:

- Kidneys with their adrenals on top
- Urine bladder, and
- Sexual organs.

Breathe towards your kidneys, and feel them rising and falling beneath your hands as you follow your breathing. Let them come up and down six times.

Step 5

Bring your hands to the front of your body and place them on your lower abdomen as follows: place one hand on top of the other (both palms facing down), with the base of your lower thumb resting on your navel.

Let Mercury respond and offer you what you need in the moment. Trust its healing force and drink it in.

Allow yourself to become at one with the consciousness of the element of Water. Simply be at one with your ***most yin element***.

Step 6

Sit and rest a little while like this before you enter the three dimensional world again.

Step 7

Give thanks to Planet Mercury, and also to the Divine Mother.

Reminder

Take your essence vibration three times a day:

- In the morning after waking up
- In the middle of the day
- Before you go to bed at night

Allow your Water Element to be balanced during the days of your intake, until your dropper bottle is empty, or for 28 days if using the App or a water bottle with mineral water.

Resistance?

At first, having your element of Water balanced within you might feel a little strange, especially if you were born with a lack or an excess of Water in your natal Five Element chart. As a result, you may experience a little resistance, as Mercury gently invites you to step beyond your comfort zone in favour of a more balanced way of being.

You may surrender to your original, primordial, inner state of stillness.

It is entirely safe to be peaceful and calm within, while at the same time feeling filled with great yet untouched potential and vitality.

With all my love,

Harriët