BUSINESS

‘You are setting the energy’: Why business leaders should heed Mercury in retrograde

Dallas-based astrologer explains how the moon and stars can help leaders set the tone in the office.

By **Chloe Beaver**

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Astrologer Britten LaRue pictured in her home with tarot cards, Friday, July 18, 2025, in Dallas.

ELÍAS VALVERDE II / STAFF PHOTOGRAPHER

There’s a saying that goes: right person, wrong time.

That could be particularly apt over the next few weeks, when timing could govern more than just personal matters, according to a Dallas-based consultant who interprets the signs and stars for the business elite. Because like the old quote often attributed to J.P. Morgan goes: “Millionaires don’t use astrology. Billionaires do.”

Professional outcomes could be impacted when Mercury turns retrograde from July 18 through Aug. 11, which is believed to influence moods and actions. It can also bring confusion, delay and miscommunication to the workplace.

So why exactly does all this matter?

Reading the signs and stars is the domain of Dallas astrologer Britten LaRue, who tells her clients to view retrograde disruptions as cues rather than setbacks — part of an effort to "retreat, review, revisit" before moving forward with a decision.

But slowing down isn't an easy feat in today's fast-paced corporate world where the cultural cliche could just as easily say: right contract, wrong conditions; right strategy, wrong market; right team, wrong dynamic.

LaRue works with business leaders who understand that even the most foolproof business decisions are at the mercy of proper timing. In a recent interview with *The Dallas Morning News*, she shared a few tips to help Dallas professionals navigate a potentially turbulent business environment to come.



Astrologer Britten LaRue pictured in her home, Friday, July 18, 2025, in Dallas.

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Contracts and being the ‘sun’

Mercury retrograde increases the likelihood of miscommunication. Whether it’s unclear terms, conditions or contractual errors, LaRue says it’s best to slow down and assess thoroughly.

She advises clients to carefully review contracts, business agreements and partnerships — anything "that involves negotiation with another person or business."

"Really look over any contracts you're signing," LaRue said. "Really make sure it's a clean contract."

LaRue said Mercury retrograde is the time "when your team gets to find out where the weak points are in the communication flow."

Communication could "feel heavier" in situations with "more people involved in these decisions," where "multiple people are looking through things."

If efforts aren't made to "move through these conflicts in a way that is humane," LaRue said team dynamics could persist "beyond the retrograde."

This astrological season transits through the sign of Leo, which rules the sun in traditional astrology and the heart in medical astrology.

LaRue advises managers, directors, chiefs, CEOs and other workplace leaders to use this time to consider how their presence affects overall energy in the office.

"If you're the leader, you are setting the energy," LaRue said. "You are the sun in this solar system."

Like the sun, a leader's energy radiates through the workplace. LaRue said employees feed off of the energy of a business leader so it "can be a domino effect of dysregulation."

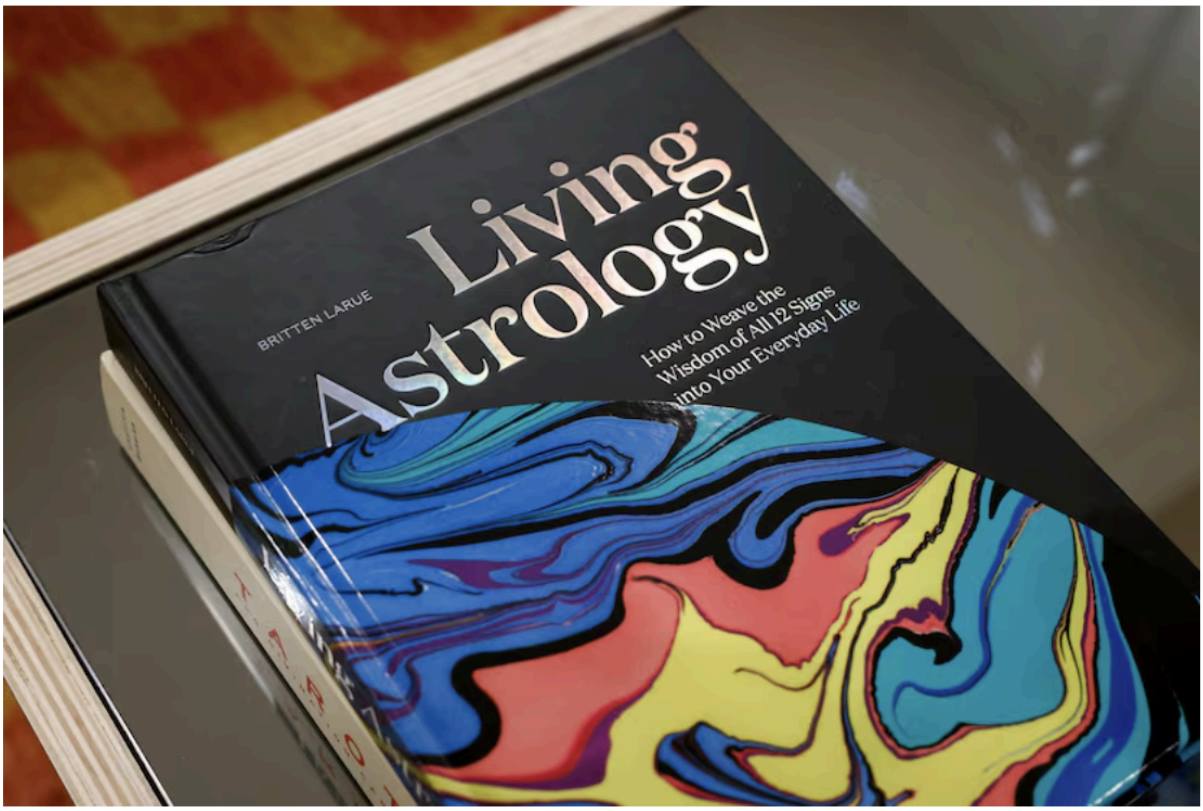
"So many people are walking around clenched, tight, stressed," LaRue said. "When we're like that, it affects everybody's creativity."

She added: "This is why so many people desperately want to leave corporate environments. It does not have to be like that."

LaRue encourages anyone with power and presence to use this retrograde to regulate their inner calm — embodying stability, not emptily demanding it.

“When you have a leader who’s open to learning about somatic healing or nervous system health, they’re going to imprint that into their whole space,” LaRue said.

Maybe business could take a page from culture’s book, using this retrograde to dive into the world of wellness.



Astrologer Britten LaRue’s book “Living Astrology” sits on the coffee table in her home, Friday, July 18, 2025, in Dallas.

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Decisions at the ‘right time’

LaRue says the most important habit to cultivate during a retrograde is “not to be impulsive.”

“Urgency is such a part of professional culture,” LaRue said. “That’s not helpful for creativity.”

She encourages clients to ask why — as in why right now or whether it’s urgent. Just as in life, business decisions like contracts, strategy or office

dynamics might need a pause and review session before they can become timely and successful.

LaRue doesn't believe any business decision or corporate plan is fated for failure.

"When you go into a retrograde… you're listening to what's happening so you can actually shift the trajectory of your life," LaRue said.

She added: "Fate is not a fixed thing in that way."