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## **Eclipses, their meaning, effects and preparation**

**Friday, 15 January 2010, morning**

Hearty fraternal greetings and good wishes to all the brothers and sisters.

We try to understand what solar eclipse means to us. It is not an eclipse to the sun god. The sun is not eclipsed. It is a relative eclipse to the beings on earth. To us it is a solar eclipse, but not to the sun. The sun is as brilliant, as lively as it is. To the beings on earth it is a relative experience. Even to the beings on earth, it is not to all beings on earth, only to beings on that part on the globe where one sees the eclipse. This is a part of the planet. The eclipse is on account of the interruption of reception to the rays of the sun to a particular part of the planet. We don't find the eclipse in America.

Many eclipses happen, both solar and lunar, and some are not felt, sometimes it is felt in the east, sometimes in the west. What exactly is the eclipse we all know. The moon comes in between the sun and the earth in its orbit. When the moon comes in between the sun and the earth, you don't find the sun for that moment. Once again as moon moves faster, when it is through, the sun is visible. Some sitting over there can't see me, I can't see him completely. He is like the moon, the wall. He isn't able to see me as much as I am unable to see him. Not all is visible to me and to many of you; you might also feel that I am not completely visible, because somebody is between me and you. Where it is not daytime, there is no eclipse, and sometimes the eclipse is partial and sometimes it is total. Likewise for lunar eclipses. The earth comes between sun and the moon. The moon is not visible, because earth comes in between sun and the moon. Understand that solar eclipse is moon obstructing temporarily the visibility of the sun to the beings on that part of the planet. So in the solar eclipse there is a non-visibility of the sun, in lunar eclipse there is non-visibility of the moon, either total or partial. This happens due to the movement of the moon around the planet.

During solar eclipse we receive partial rays of the sun as eclipse comes. So you don't get all the seven qualities of the rays, which are God, the seven rays of the solar ray. Some are missing, and sometimes it is totally not there. Sun is giver of life, sun is also the consciousness. So the life energy is affected, and your consciousness is also affected. If life energy is affected it affects the health. If consciousness is partly suspended, we experience a kind of non-existence. It is not non-existence, it is apparent non-existence.

These are the two impacts. Since life affects health, it is recommended that our stomachs are not digesting during the time of the eclipse. No cooking and no eating. When there is cooking, the rays of the sun have an effect on the cooked food. And when you eat such a food, it has an impact on you. If you eat during the eclipse time, the life energy in you is not so complete, it would have some effect on you and affect your health. Both activities of cooking and eating are avoided during the eclipse time. We avoid to put the system to the activity of digestion. It is also recommended that we cease at least 3-4 hours before the eclipse, so that the digestive activity is almost completed by the time the eclipse reaches us. That is why three hours before the eclipse starts we cease to eat. And after the eclipse you can immediately rush to the lunch table and eat.

Leave the stomach without any activity. When you introduce any material and even water into the system, all that activity up to the colon is in action. This is the seers' understanding of the effect of the solar eclipse on the health aspect. That is why they say you always eat and drink, please stop it during the eclipse and also if possible all activity. If you are in equilibrium, the change can pass through without effects to you.

Similarly with the effect to consciousness. There is a temporary disappearance of consciousness during the eclipse time. When consciousness is not, what remains is existence. Therefore meditation is suggested. To experience our individual non-existence and to experience the pure existence. Deep meditation can happen during eclipse time, because there is temporary cessation of apparent consciousness. Therefore the seers

experience that the apparent existence of the absolute existence can be experienced especially on a day where there is total eclipse. You can become one with total existence, that is called Samadhi. Attaining Samadhi is easier at eclipse time, because there is a seeming non-existence. Nature is so silent in the woods and forests. So it is beneficial for the students of occultism, students of yoga. Therefore all activities cease, no Poojas or rituals are done, no activity. Sit down quietly, close your eyes and stay observing. You are gone, and you come back. That is how meditation is recommended, a light activity, all cooking and eating is suspended. This is applicable only to those where the eclipse is witnessed, not elsewhere.

When it comes to a pregnant woman, they are recommended to be completely at rest during the time, because there is preparation of the body within the womb. Not eat anything during that time so that the formation of the baby in the womb is not put to any affection. If I do not care for it, with the new-born baby maybe some part can be de-formed, maybe a lip is deformed, or an eye, an ear, depending on the month of pregnancy. Therefore they are demanded to be quiet. It is the most important aspect for the time where there is a pregnancy.

Generally for all it is very important. The next priority after pregnancy is the person whose sun, moon or ascendant is around the transition now in Capricorn. It appears on 25, 26 degrees in Capricorn, in 4 to 5 days we enter into Aquarius. That can be around 26 degrees in Capricorn. If anyone's sun, moon or ascendant is around 26 degrees Capricorn, means plus or minus 8 degrees, minus means 18 degrees Capricorn, plus means, four degrees Aquarius. So from 18 degrees Capricorn to 4 degrees Aquarius. If anyone has in that part sun, moon or ascendant, he has to be particularly careful because there is an impact. When sun, moon, ascendant of such persons have that opposition, or square, that is, 18 degrees Cancer to 4 degrees Leo. The eclipse is 26 degrees in Capricorn and afflicts 26 degrees in Cancer. Similarly we can calculate for squares, where there is Aries and Libra. 18 degrees Aries to 4 degrees Taurus, or 18 degrees Libra to 4 degrees Scorpio. These are the areas that will be affected. They are affected either by sun, moon or ascendant. There is generally an impact on health and on consciousness. For that reason the discipline of non-eating and meditation has come about from ancient times. And it is an excellent time for occult students. They can utilise the time to relate to fast and to relate to the God absolute, and then experience Samadhi.

So it is eclipse a way in nature. For this reason in India today all temples are closed wherever there is an impact of the eclipse seen, even the worship rooms are closed, to make an extra caution sacred grass called Dharbha is spread on the floor, no water can come through. Sacred grass is used in all rituals. Sacred grass is spread in the shrine rooms and temples and in all places to dispel all negative effects. If possible I bring a bunch of the grass. It is so much used and it grows in Tropics. I found it in California, Mexico, Venezuela. This is spread in places where there is worship and cooking. People are recommended to prepare to the eclipse by taking a bath before eclipse and after eclipse, so you have 2 extra baths, from head to foot, so that you also consecrate to the event and to receive the necessary energies during the change. During the change one is expected to be very quiet and calm.

I will say one more thing. You know that on the day of crucifixion of Jesus Christ it was a complete solar eclipse. He chose that day and worked for it. He volunteered to be captivated two days before for the good to humanity. The crucifixion was on the day of solar eclipse. The reason is, it is easy to disappear and to reappear. It is easy to relate to the father and the hierarchy, to withdraw to Samadhi consciousness, you are not even conscious of the body, and you are one with God until you come back. The total eclipse is a great opportunity. Death and resurrections is a drama enacted in the ashrams during the solar eclipse times. It is so useful.

I spoke to you yesterday about the birth of the saviour which is enacted every year during the midnight hours of 22<sup>nd</sup> December. Likewise the ritual of death and resurrection is carried out in the ashrams when there is a solar eclipse on parts of the globe. Jesus Christ took the best advantage of the solar eclipse for reaching the state of Samadhi. It is also the cooperation of

nature, so it became easier for him, and three days after he came back. It is not 3 solar days, but three lunar days, please remember, which happened almost in 2 days, or one and a half day. Many times we get two lunar days within a day, 3 lunar days within 2 days, and sometimes 3 lunar days within 1.5 days. Jesus Christ was put to crucifixion on Friday evening. He journeyed from Gethsemane to Golgotha, it was quite a journey. It started 3 o'clock in the afternoon, slowly he reached the hill of Golgotha around 5 o'clock, he was anointed, put to the cross and the crucifixion was around the twilight hours and he reappeared during Sunday morning. It is not 3 days. Friday evening to Saturday evening is 24 hours, and then the day after another 12 hours, it is 3 lunar days. There was a lot of confusion, when we say about Good Friday and Easter Sunday. Many do not know about 3 days. It is 3 days because they follow lunar calendar. In India many follow lunar calendar. According to lunar calendar it is 3 days. He used the opportunity provided by nature, he moved to higher circles and then returned. He selected an easier time.

These are some of the thoughts that I gathered to inform you the importance of the solar eclipse. So put on good clothes, engage in meditation and also the eclipse takes part. Today the eclipse is from 11.28 in the morning till 3.40 pm. So take breakfast right now and take bath around 9 o'clock, get ready for meditation and after 4 o'clock you can take food. We will be in meditation in the retreat centre from 12.30 to 2. That is the crest of the eclipse, the other time you can be in meditation on your own. Thank you."

There was a group meditation from about 11.15 AM to 3, with the Master being present for about 1.5 hours, a very profound experience.