

Lunar Eclipse - 30th November 2020

The scientific point of view:- An eclipse occurs when one object gets in between you and another object and blocks your view. From Earth, we routinely experience two kinds of eclipses: an eclipse of the Moon and an eclipse of the Sun.

Eclipses of the Moon:- Sometimes, as the Earth orbits the Sun, it comes between the Sun and the Moon. When this happens, the Earth throws a dark shadow across the Moon. This is known as an eclipse of the Moon, or a lunar eclipse.

Eclipses of the Sun:- Sometimes, the Moon passes between the Earth and the Sun. The Moon blocks the light of the Sun and a shadow of the Moon is cast on the Earth's surface. This is an eclipse of the Sun, or a solar eclipse.

There are three types of a solar eclipse: total, partial, and annular. During a total eclipse, the Moon completely covers our view of the Sun. A total eclipse is only visible from a narrow strip (about 150 km wide) of the Earth's surface at any one time. From the areas outside this narrow strip, the Sun appears to be only partially covered and a partial eclipse is seen. A partial eclipse will also occur if the Sun, Moon, and Earth are not precisely lined up. The eclipse cannot be total unless the center of the Moon's shadow is able to strike the Earth. The eclipse type that occurs when the Moon is at its farthest distance from the Earth is an annular eclipse. The Moon then appears too small to completely block out the disk of the Sun.

During a solar eclipse, the Moon actually casts two shadows toward Earth. One shadow is called the umbra which becomes smaller as it reaches the Earth. This is the dark center of the Moon's shadow. The second shadow is called the penumbra. This shadow becomes larger as it reaches the Earth. A total solar eclipse, or a complete blocking out of the Sun's light, can only be seen by those who live in the area covered by the umbra. People who live in the area of the Earth covered by the penumbra will see a partial eclipse.

A total solar eclipse can only occur when two events happen at the same time. The first event is a new Moon. This phase of the Moon occurs when the Sun is almost directly behind the Moon, and we see only a sliver of the Sun's light reflected by the Moon. During this time the Moon and the Sun appear close together. The second event that must occur is that the Moon must be in the right position, directly in the line of sight between the Earth and the Sun. These two events occur at the same time about once every year and a half.

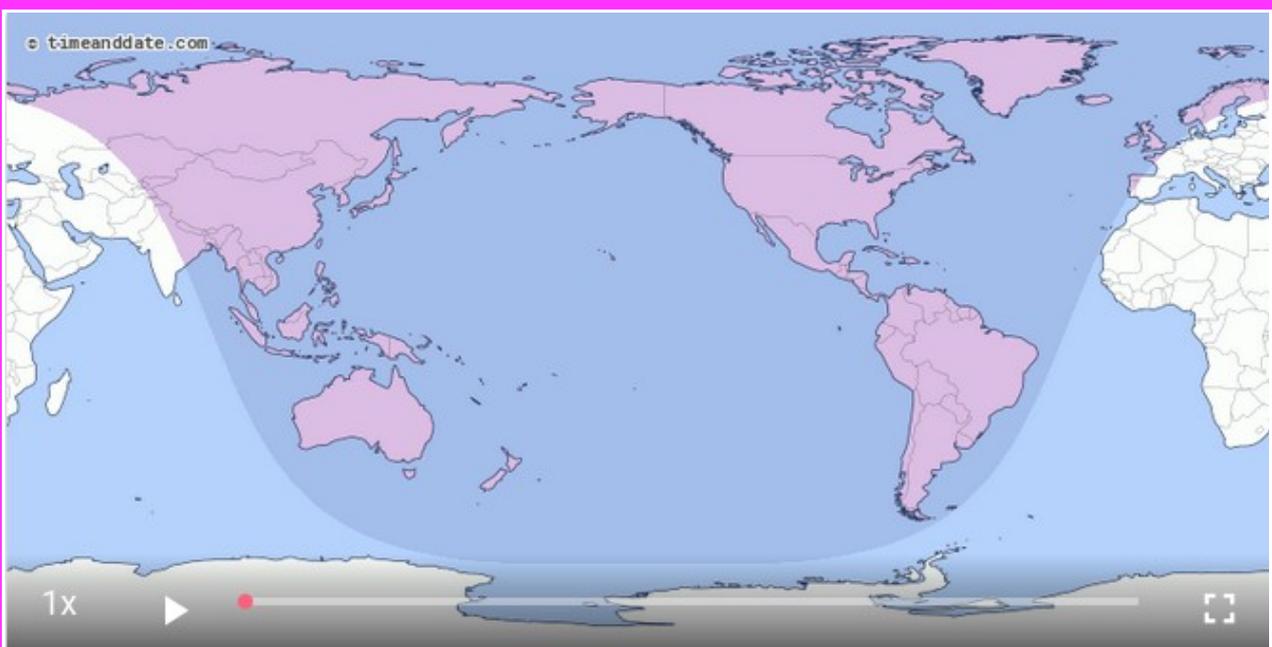
An Eclipse Never Comes Alone:- A solar eclipse always occurs about two weeks before or after a lunar eclipse. Usually, there are two eclipses in a row, but other times, there are three during the same eclipse season.

30th November 2020 — Lunar Eclipse.

(NOT VISIBLE IN SOUTH AFRICA)

This is the last penumbral lunar eclipse of 2020. Residents of North and South America, Australia, and parts of Asia might see a darker Full Moon during the maximum phase of this eclipse.

Regions seeing, at least, some parts of the eclipse: Much of Europe, Much of Asia, Australia, North America, South America, Pacific, Atlantic, Arctic.



Event	UTC Time	Time in S.A.*
Penumbral Eclipse begins	30 November, 07:32:22	30 November, 09:32:22
Maximum Eclipse	30 November, 09:42:53	30 November, 11:42:53
Penumbral Eclipse ends	30 November, 11:53:22	30 November, 13:53:22

Practical Do's and Don'ts to counteract or minimise the negative effect of an eclipse.

During an eclipse there is a heightened amount of black energy flowing around and hence an excess of *Raja-Tama*. (the modes of passion and ignorance). Even if we don't have the sixth sense to perceive it, it's best that we modify our actions during an eclipse to counteract the very subtle (intangible) harmful effects of an eclipse.

Do's

- Perform spiritual practice (like chanting mantras, etc) helps to nullify the effect of the increased *Raja-Tama* and black energy in the environment due to an eclipse.

So if a person is performing intense spiritual practices (***)as per the six basic principles of spiritual practice) during an eclipse:

- He will still be affected by the adverse spiritual effect of the eclipse up to 20%.
- However, to counteract the rise in *Raja-Tama* and black energy, the amount of divine energy from God that can be accessed by him is 50% more.
- Thus the net total is a positive 30%.

Accordingly, people who make the effort to do intense spiritual practice during

the time of an eclipse will benefit up to 30 % more spiritually.

*** The six basic principles of spiritual practice are

1. There are as many paths to God as there are people
2. Going from many to one
3. Progressing from gross (tangible) to subtle (intangible)
4. Undertaking spiritual practice as per the spiritual level or spiritual capacity
5. Doing spiritual practice relevant to the times
6. Offering to God as per your talent or capacity

Don'ts

- **Don't plan important functions:** All actions and thoughts come under the purview of the subtle basic components, i.e. they are either sattvik (mode of goodness), rajasik (mode of passion), tamasik (mode of ignorance) or a combination of them, e.g. rajasik-tamasik. All good and auspicious actions are predominantly sattvik or rajasik-sattvik. As a lot of Raja-Tama frequencies are transmitted during the eclipse period, even good actions performed during this period do not yield expected results. Hence it is advisable to avoid all important actions like inaugurations, important business deals etc. during an eclipse period time frame like the one given above.
- **Reduce Raja-Tama activities:** Avoid doing things like sleeping, consuming food, sexual intercourse as they are Raja-Tama predominant and only leave us more vulnerable to getting affected by negative spirits, ghosts and the like.
- **Avoid Eating:** The increase in the subtle basic Raja-Tama in the atmosphere during the period of an eclipse affects food as well as the digestive processes. Hence it is advisable to avoid meals during the period of the eclipse. The time period when we should avoid meals depends on the type of eclipse. This is because the amount of sunlight or moonlight reaching Earth depends on the percentage area of the Sun or Moon covered during the eclipse.

The amount of time one should avoid meals during an eclipse:

- Total eclipse 12 hours prior to the onset of eclipse
- If it is $\frac{3}{4}$ covered 9 hours
- If $\frac{1}{2}$ covered 6 hours
- If $\frac{1}{4}$ 3 hours

If during moonrise, the moon is going to be eclipsed then one should not have food in the previous 12 hours. So also, if the sunrise is going to be in a state of eclipse (irrespective of the type of eclipse), then the period of fasting should start 12 hours earlier. This is because various subtle processes are set into motion approximately 12 hours before an eclipse. If the sun or moon sets in a state of eclipse, then one should have meals only on the next day after taking a bath. Small children, elderly and ill people can observe this period for just 4 and 1/2 hours.

Q:- Can one distribute goodies like biscuits, cakes etc during this time?

A:- Yes you can but best not. Until I obtain more information about this I rather you not perform this.

Q:- Can we still celebrate Diwali during an eclipse?

A:- No... the above precautions are to be observed. Do note that Amavasya ends at 14h48 on the 3rd, and it means that, New moon ends smack in the middle of the Eclipse. So I would advise the giving of gifts etc should be done before 12h05 on the 3rd.

Q:- Can we visit families etc?

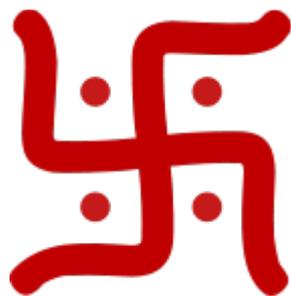
A:- No, within this time the information given above is to be observed.

Q:- Should a pregnant woman not use a knife to cut things, shouldn't cross/fold legs etc.

A:- Yes she should not. As a Pregnant lady is more susceptible to the negative forces due to having a life form in her stomach, that child can be adversely affected by what his/her mother does within this time frame of eclipse.

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Compiled for the upliftment of Sanatan Dharma
Narottam das & Arjun Nandlal
E-mail info@dipika.org.za

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