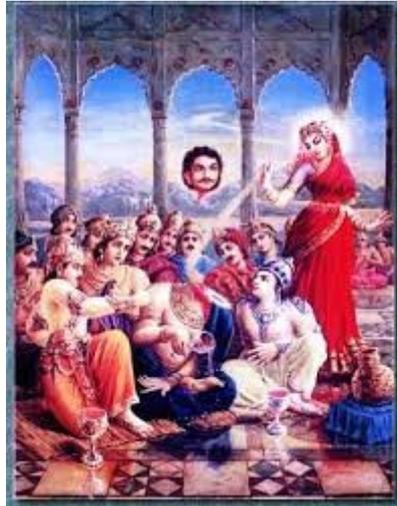


Eclipse - How to observe an Eclipse when visible in your locality.

When the devas and the demons churned the milky ocean in days of yore, nectar came out of it. Lord Vishnu assumed the form of Mohini, a charming lady, deluded the demons and distributed the nectar only among the devas. But Rahu had disguised himself as a deva. The sun and the moon pointed this out to Mohini who immediately slashed off the demon's head. Since the nectar had by then already reached up to the neck, he did not die. Thus the head came to be known as Rahu and the body as Ketu. To avenge this betrayal, Rahu and Ketu periodically eclipse the sun and the moon.



Astronomically speaking, when the sun, the moon and the earth are all in line, with the moon or the earth at the centre, a solar or lunar eclipse takes place respectively.

If an Eclipse is visible in your locality then observe the information provided below. However **IF AN ECLIPSE IS NOT VISIBLE IN YOUR LOCALITY THEN NOTHING NEEDS TO BE OBSERVED.**

Various Vedic Shastras state that the Earth's atmosphere is contaminated during an eclipse, hence everyone should take extra precautions to avoid any harmful side effects due to contamination. During a visible eclipse period, the power of distressing energies increases by 1000 times as compared to other times. This is because ghosts harness the excess *Raja-Tama* (passion-ignorance energies) generated by the eclipse to amass black energy either by utilising the conditions to do more spiritual practice to gain negative spiritual black energy or by stealing the spiritual energy of seekers of God. Black energy is spiritual energy which is used to harm society.

At the time of an eclipse, people are more likely to be affected by their departed ancestors. In many cases, departed ancestors create problems in their descendants' lives. To do this departed ancestors take advantage of the excess *Raja-Tama* energies and the heightened black energy created by ghosts at the time of an eclipse.

It is for this reason people may experience lethargy, tiredness, sickness etc. at a physical level. At the psychological level, there are excess emotional and negative thoughts, especially about spiritual practice. The moon is known to affect the mind. During a full moon, the effect is even more pronounced. This is further accentuated when there is a lunar eclipse. Thus the combination of the full moon and lunar eclipse is severe. However it happens at a subtle intangible level, i.e. people suffer distress by negative energies.

There is a general decline in decision-making capacity and people are more likely to make incorrect decisions as the intellect is also affected.

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* energies. Even if we do not have the sixth sense to perceive it, it is best that we modify our actions during an eclipse to counteract the subtle (intangible) harmful effects.

Natural disasters and Eclipse: Earthquakes, floods, epidemics, famines, etc. take place when the collective sin increases, to punish the ones responsible (for the increase in sin) and the ones who do not take any measures to overcome the situation. These disasters come suddenly. As a result one does not get the time to think of saving oneself from such disasters. On the contrary, for known events such as an eclipse we can save ourselves from its ill-effects by performing or observing spiritual practices. For this it is necessary that during the period of the eclipse (i.e., from the start to end of the eclipse) one should perform spiritual practices.

Performing spiritual practice helps to nullify the effect of the increased *Raja-Tama* energies and black energy in the environment due to a visible eclipse.

Don't plan important functions: All actions and thoughts come under the purview of the subtle basic components, i.e. they are either *sāttvik*, *rājasik*, *tāmasik* 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, good actions done 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.

Reduce Raja-Tama activities: Avoid doing things like sleeping, having a meal or sexual intercourse as they are *Raja-Tama* predominant and only leave one more vulnerable to getting affected by departed ancestors and ghosts.

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.

Place Kusha grass on top of the pots of the cooked foods.

At the time of the eclipse, people bathe in the sacred rivers or bath using a bucket with a few drops of Ganga Jal in it. One performs charitable acts. One should donate food (groceries, etc) to the less fortunate. After the eclipse one should clean ones home, vessels, etc., and take a bath before one start cooking.

One should not consume any food or liquids during a visible eclipse. When the visible eclipse begins the food should by then have been digested. One should take food only after seeing the sun or the moon free from the eclipse. When the clear sun or the moon is not seen before sunset or sunrise, in the case of the solar and lunar eclipse respectively, food can be taken only after the sun or the moon is seen the next day.

Pregnant women should not see the sun or the moon during the time of the visible eclipse. If one does then the child born may have some kind of defect. The child may be born deaf, dumb or blind. Householders are forbidden from sexual intercourse on the day of the eclipse, for the same reason.

At this time one should take great care in avoiding bleeding, scorpion stings, etc. These have disastrous results. Even an earthworm has a poisonous effect when it bites one during a visible eclipse.

Those who chant Japa at the time of the eclipse derive great benefits. The effects of Japa and hearing mantras during the eclipse contributes towards relieving the suffering of humanity and also of the planets. These people receive the blessings of the Deities. They attain good karma quickly. Those who wish to tap the subtle force locked in the Mantra that will cure scorpion stings should stand in water and repeat the appropriate Mantra.

Prohibited actions during solar eclipse.

Avoid sleeping at the time of eclipse, only the elderly, unwell persons and infants are allowed during the eclipse.

- Cooking and eating food during the eclipse period is both inauspicious, but unhealthy people can take medicines.
- One should not buy land during the eclipse period. Initiation of any kind of Manglik work is prohibited.
- It is also prohibited to touch and worship the idol of God during the eclipse period.
- Watering and touching the Tulsi plant is prohibited.
- Pregnant women should avoid going out of the house during the eclipse period

Remedies to avoid inauspicious effects of solar eclipse:

1. Donate wheat, jaggery, copper or ghee to any temple or Brahmin.
2. Feed fried Bread to black dogs.
3. Offer water to the Sun.
4. Chant Aditya Hriday Stotra.
5. Feed the cow with green fodder.
6. Feed the birds with a mixture of grains.
7. Stay away from meat and liquor and keep the conduct pure.
8. Donate rice to Durga Mata's temple.
9. Offer water or milk mixed with saffron to Lord Shiva.

The little intellect cannot understand many things in this universe. Hence, have faith in the words of sages.

Ignorance has eclipsed Self-knowledge. However, this eclipse will disappear. You will shine in your own glory. This is the spiritual significance of the eclipse.