

ECLIPSE

Turning Point

Relax your body, quiet the mind

Notice your breath, as you inhale and exhale
As you breathe in, silently say Let
As you breathe out, silently say Go
Let Go

If your thoughts wander, gently bring your attention back to the breath
and say to yourself Let Go

Generate a feeling of gratitude, trust and allowing

Eclipses of the sun and moon often correspond to drastic change and growth
Tuning into this energy can provide support while breaking old patterns and
consciously evolving to new levels of being

Now, repeat Om out loud or silently
As you do this, feel the vibration in and around your body
And Let... Go...

As humans, we have evolved to our current state on planet earth
The earth serves to ground us to our life's mission and purpose
Now, feel your connection to the beautiful living earth and all other sentient beings who
inhabit it, knowing that you are a vital part of the whole

The sun represents self-expression, personality, goals and desires – the outer you
The sun energizes our creative potential in physical life
Now, tune in to the sun as you generate a feeling of love and wisdom

The moon relates to what is below the surface, needs and emotions – the inner you
The moon connects us to the subconscious, our soul, our spiritual nature
Now, as the moon begins to move over the sun, blocking it's force,
feel the shift in energies
Trust and know that whatever shifts occur, they are in your highest and best interest
From a neutral space, allow relevant insights to emerge with clarity and purpose
Visualize the world, and your role within it, as you wish it to become
A world of peace, harmony and abundance for all