

Wednesday 14th February 2018

Solar Eclipse Meditation

Hello, and welcome to this special Solar Eclipse meditation, the final eclipse in a powerful cycle. Following the Summer Solstice in December, a powerful Blue Moon, Supermoon, Lunar Eclipse and now the Solar Eclipse tomorrow on the 15th February 2018 to complete the cycle. Continuing with the Aquarius/Leo theme, the eclipse is now in the last degrees of Aquarius, representing the fact that the future lies ahead with the 5th dimensional energy and the way forward through the gate.

As an animus gate opening after the anima gate bought in the new structures, it is bringing in the energy to power the cycles as they change. As it is in the sequence this is still a major gate and needs to be treated as such, following the Lunar Eclipse. Through this eclipse you will get the power to bring in your intentions from the Summer Solstice and Lunar Eclipse, making this important.

There will be three sections of information with this supporting the guided meditation for that reason – poetic meditations on the Summer Solstice, the Lunar Eclipse, and the Solar Eclipse. Then there will be a guided meditation and worksheet get the best out of this powerful transition on this lunation tomorrow. In a minute we will be starting to go through the poetic meditations to understand the entire cycle, then focusing on the current event in a guided meditation – Tomorrows Solar Eclipse.

The Summer Solstice

The first event in this sequence was the Summer Solstice, setting up the highpoint of light energy for the Southern Hemisphere. For the Northern Hemisphere this will be different as they are coming into the Winter Solstice, perhaps evidence of a balancing out of energies and resources among the planet. This sets up the planetary scenario that these energies come into.

Summer Highpoint **Fire Meditation**

*I am the burning flame
I can illuminate or I can destroy
I can be the camp fire,
I can be the hearth fire,
I can power a blacksmiths forge
Or I can be the wildfire
Burning all around me
Destruction Incarnate.
Use me or abuse me.
It is up to you.
Results come from intentions
That is up to you.
With good intentions I illuminate
Bringing light into the dark
Creating life and civilisation
Glowing warmth to light the spark.
I am the burning fire
The spark of light and creation.*

Fire – *This is an Animus element of change, growth and warmth. This is summer and the sun, this is fire and progress, this is summer, warmth, growth in all forms. This is also the closest to the pure, archetypal primal light that powers our world and our progress in the world.*

Fire, the element of summer that reaches its peak with the Summer Solstice, is the element of all the uses for fire that humanity has as well as natural fires such as bushfires and wildfires. This element gives the spark and warmth to life. Without this there would not be the warmth in winter in homes, there would not be the warmth of the sun for plants to grow, there would not be the light and heat needed for so many things. This element is an essential element in nature for this reason.

In terms of the season summer, what this is doing providing the energy for growth in nature, the peak growing season. This is the same aspect of the growth for the harvest that we will be working with today, represented in the Summer Solstice poetic mediation below;

The Energy of Light

Primal Light **Polaric Mediation**

*The Light of Creations flame,
The Light that sparked the fire.
The Light that allows life.
The light that allows Innovation,
The light that allows progress
The light of the soul.*

*The energy of Masculinity
At it's height in Summer,
Dormant in Winter,
Changing through the seasons.
The great cycle of life
Illuminating the darkness
The primal polarity fire.*

Light – *The polarity of Animus that illuminates and balances out the dark and cycles, allowing progress, growth and evolution. Represented in the physical by light and heat, this is the power that fuels life and civilisation.*

The masculine energy of light, second to come into existence to balance the dark, this is an essential part of life. It has associations with fire and air, it is the fuel that fosters the growth that dark and cycles that they ground. Working through the wheel of the year it has it's height in summer and the Summer Solstice, the peak season for heat and growth. Represented physically by the sun, today we are focusing on the way it fuels growth in us our goals and intents, for the Autumn Harvest.

The Summer Solstice The Southern Tipping Point

Summer Solstice Meditation

*The height of Fire and Light,
The Zenith of the Seasons,
The apex of fire.
The height of the light.
The Height of power,
The chance to grow,
The chance to build,
The chance to set the seeds of the harvest.
The chance to set intentions
The chance to bring potential into life
The fire that powers life.
The light that powers growth,
The light that powers spiritual evolution,
The power that fuels civilisation.
The zenith of fire and light,
The Midsummer Solstice.*

This combines with the energies of the Lunar Eclipse on the 31st January 2017 and the corresponding Solar Eclipse on 15th February 2017. This is what we will be looking at next.

The Energies of the Lunar Eclipse

The 31st January 2018 Leo-Aquarius Lunar Eclipse adds to the energies of this cycle, highlighting the tension between serving yourself, your own needs and wants and service to others. This is a cycle of tension we see in so many public debates today, something that we are trying to work out in so many issues such as climate change, wealth and economic inequality and asylum seekers. Communication is a key factor in this, as is innovation and illuminating the debate with different ideas. In a way this applying into the solar eclipse, but you can see the beginnings here. By balancing this in us and seeing where we fit and how we work with others for mutual benefit we will help ourselves as well as others. The north node in close contact with the moon show that facing the past of how we have made this balance is something that we need to deal with in this process.

At the most basic a lunar eclipse is a gate for accessing the higher energy of dark and cycles, the energy providing the structure and form to our lives. This allows us to work with the energies coming through, in this case, the balancing out of cycles of serving ourselves and others. In the guided meditation you will get a chance to feel these energies and find how this is a part of your life, but for now a primer in the form of a poetic meditation.

Aquarius/Leo Lunar Eclipse *31st January 2017*

The Anima Eclipse
The gateway of primal dark
The gateway to cycles,
To the form in our lives.
Through the gateway of the Moon,
Allow me to see my cycles,
Allow me to see the way ahead.
Between myself and others
Serving my needs and evolution,
And the evolution of the planet
The evolution of man.
Allow me to see my way ahead
Through communication,
Through Innovation and Illumination,
Through Serving all not just one.
Allow me to Harvest the Zenith of Sun and light,
So it serves me best
As well as serving Gaia and man.
I honour you,
The Anima eclipse
The gateway of primal darkness.
The gateway of anima
The solid, essential link to cycles.

These energies combine with the zenith of planetary energies and if used properly can help you focus the energy in the right way in the cycles of evolution. In linking the planetary energies with the universal, dark animal energies of cycles that make our world solid we can understand this and allow us to accelerate our images in our life. This is the anima gate bringing form to the change.

The Energies of the Solar Eclipse

The Solar Eclipse, the last element is a gate that allows us access to universal light energy. This energises the energies of the Lunar Eclipse by opening a gate to feel the complimentary light of the lunar energy coming through. In our planetary system the conduit for this is the sun, particularly solar eclipses. In this case this is a solar eclipse in Aquarius, bringing in the energy needed to re-balance this tension between serving ourselves, those around us on the journey, and the planet. Here the energy is coming through the gate to start re-balancing this, perhaps allowing the seeds to be sown for some real action in doing so next year around the spring equinox.

In general terms this a solar eclipse of the gate being opened to the universal primal light, the second balancing polarity. Without this everything would be too solid and dense for us to be able to grow and learn, so when used well this is a very necessary balance. Solar Eclipses allow us to work with the energy of universal light, harnessing it to power the changes in cycles that come through with the solar eclipse and as well as making more powerful the heat/light/summer effect than just the zenith of the wheel of the seasons. The essence of this is captured in a poetic meditation below;

The Solar Eclipse 15th February 2017

*The Solar Eclipse,
The gate of Animus,
The gate of primal light.
The energy of balance between ourselves and others
The energy of balance between us and the earth,
The gate driving balance and change
The gate driving evolution.
The light of growth,
The light of illumination,
The light of innovation
The light of change.
The light of balance within ourselves,
The light of balance with the rest of man,
The light of balance with our cycle of seasons.
The February Solar Eclipse,
The gate of light of change.*

This is the last aspect of the energy coming through to be represented in the guided meditation below, the completion of the cycle. This is the energy fuelling the change indicated, and harnessing this will allow us to take the seeds and use them in spring. At the moment, with the cycle of eclipses near tipping points rather than balance points, indicates that we need to bring new things in, new cycles, new areas of growth. This seems of be focused on the changes in society and civilisation with the 5th level evolution. The exact change coming through it is expressed in the poetic meditation below;

Aquarius Solar Eclipse 15th February 2018

*The Animus Eclipse
Powering the change in Cycles
Bringing higher energy to reality,
To the planetary level.
The Animus Eclipse,
Powering change in Man,
Powering Change in the world,
Powering the growth of a new cycle.*

*Cutting out prejudice,
Cutting out separation,
Bringing a new state of change in the world.
Fostering understanding,
Fostering growth and renewal,
Fostering a Jigsawing in of Harmony,
A Jigsawing in of groups.
The Animus Eclipse
Powering change and growth
Powering the change and cycles
The essential evolution of man
To live in harmony with Gaia and the Planet.*

Solar Eclipse Guided Meditation

- *With a deep breath get comfortable sitting or lying down, tailbone grounded to the earth or floor as best as possible. With another deep breath feel your ethereal body leave your physical body and walk down up an alpine path into a high meadow.*
- *As you do so, see the scene. See the meadow, slowly sloping down into a small, pristine lake. See the Saddle in the mountains, higher than where you sit, bathed in the glow of the rising sun. Sit down and with a deep breath, watch the sun make the final part of the journey to rise between the saddle of the two mountains.*
- *Watch the sun rise to the middle of the two mountains, taking a deep breath to soak this in, before considering your intentions and goals. Feel them form in bright, red orange neon plasma, coming transmuted from your Heart Chakra and Throat Chakra. Take ten deep breaths, letting them gain the power of this sun, close up and risen. With one last, deep breath take a moment to observe your powered intentions.*
- *Next, ground your intentions onto the grass below you, watching it singe in and burn. See some mist, still around from the lake, see it combine with the vapour from the grass. See the elements of earth and water combine with your intentions, taking ten deep breaths, seeing how this combination of energies changes your intentions as it powers them. Note any symbols, guidance or images you see as you do this. Note, but do not try to understand.*
- *Through the reflection of the lake, look up at the sun after one deep breath. Watch it change as you look up at the sky, the sun in the saddle of the mountains, and feel the changes in energy. Watch as the sun gets eaten into by the sun's shadow, goes black, then the corona appears. This is the eclipse, where the gate of light is open. Feel this pure light energy, on your goals and intentions, note how it affects them, powers them, changes them with ten deep breaths through the lake's reflection, the mist, and the singed grass. Note and be aware at this stage of any symbols, images or guidance, but do not try to understand.*
- *Take a few deep breaths to observe, then look back up at the sky, first through the lake reflection, then in the sky. Watch the eclipse close, watch the world go bright, feel the energy go back to normal. Look back towards the reflection on the water and feel the change in your intentions and goals as this new, empowered, cycle dawns with ten deep breaths.*
- *Take a few moments to feel and observe any new symbols images or guidance. Note and remember, but do not try and interpret.*
- *After taking a look around at your personal surroundings and feeling the totality of them take ten deep breaths to internalise your goals and intentions as they are. Feel them a part of you, integrating with your understanding through your 4th and 5th Chakras. Take a moment to thank your surroundings and come back to your body through the path.*
- *Once you have woken up slowly write down what you became aware of and then interpret to understand what it means for you going forward into this next cycle.*

Worksheet
Wednesday 14th February 2018

My Goals and Intentions for this Upcoming Energetic Cycle are;

My Blockages to this are;

My Guidance through this Meditation was;

My Understanding of my Guidance was;

My Understanding of the Greater Eclipse Cycle was;

Notes