



## NEW MOON IN LIBRA SOLAR ECLIPSE

An annular solar eclipse is when the moon passes between the sun and the earth at its farthest point in orbit. Because we are in constant symbiotic relationship with the natural world around us, we feel the effects of these transitions. The moon is in the sign of Libra, so we are presented with an opportunity to look at our relationships and the sense of harmony within our lives. Now more than ever this year, we have the chance to sort out the dark and light aspects of ourselves and determine how they dance together to bring peace and right relationship into our lives.



### ASPECTS

- **Arrival during the Dark Moon** - releasing, descending, dissolving into the darkness of the abyss, the womb of unlimited potential
- **Annular Solar Eclipse** - sun (self/identity) and moon (emotions/subconscious) in full alignment; rebirth, transformation, growth, awakening, new beginnings
- **New Moon in Libra** - focus on healing relationship patterns (with self and others) and creating harmony within your life
- **Navaratri** - Nine Nights honoring light emerging from the darkness
- **OVERALL:** Release & Rebirth: The Transformative Power of Dark and Light



### CONTEMPLATIONS

- Which 3 words come up when you think of darkness? What is your relationship to it?
- Which relationships are not serving you? With yourself, others, your habits, eating patterns, exercise patterns, work patterns, etc.
- What is stale in your life right now?
- Where are you compromising your power? Where are you saying yes when you really mean no?
- Which parts of you want to feel more accepted/loved? What wants to be healed?



### QUALITIES

- Darkness
- Silence
- Stillness
- Emergence
- Awakening
- Alignment
- Harmony



### PRACTICES

Consider a few practices you can do throughout your journey:

- Noticing shadows, the play between dark and light
- Pause for moments of silence when you see something awe inspiring
- Let movement be your medicine - release through movement/sweat
- Touch the land - connect with it regularly

