

The 1st Eclipse Patterns of 2006

Eclipse patterns illuminate cycles of intention and fulfillment.

The Full Moon/Lunar Eclipse is at 24° 15' on March 14, 2006.

This Full Moon/Lunar Eclipse in Virgo provides an opportune time to analyze habits, thoughts, and patterns relating to your health and occupation. Dedicate this time to consciously see in truth, thought patterns and habits that no longer have relevance in your life.

Set an intention to release Virgo expressions of energy that hinder a sense of well-being -

- * Your self-criticizing tendencies.
- * Your self-doubt in your abilities.
- * Perfectionist tendencies where you get caught up in the details and lose sight of the bigger picture.
(i.e. unable to see the forest for the trees)
- * Black and white narrow-minded thinking.
- * Constant analysis of feelings and thoughts.
- * Overloading your physical system with mental activity and/or too much doing. "One enemy of rest is continuous stimulation."
Creating Health by D. Chopra, M.D.

Ask for illumination at the time of the Full Moon/Lunar Eclipse to further realize -

- * Intuitive understandings of your natural rhythm. Ask your body to alert you when you are off balance. Set an intention to correct any areas of imbalance. "...the basic cycle understanding all the others is that of rest and activity, getting sufficient rest is the key to normalizing all our inner rhythms." - D. Chopra
- * Learn from the natural world through observing the cycles of rest and activity.
- * Intuitively feel what bests support your body now with a balanced order of rest, exercise and healthy eating.
- * Have faith or trust in Divine Order especially when everything you set out to do for the day has not been accomplished

The New Moon/Solar Eclipse is at 8° ♈ 35' on March 29, 2006. Over the next six months, the area where this Eclipse is in your Natal Chart will become a highlighted theme. You are called to go on an adventure. Forge ahead confidently and courageously with new plans, goals, and behaviors. Astrologer Dane Rudhyar said Aries represents the "Irresistible Force". Be a flame that catches fire with life, acknowledging your creative ability as a spark from the Divine Source.

- * Begin a new expression of yourself, a new project, a new cycle of understanding about yourself.
- * Take risks to go after more of what you want.
- * Live spontaneously.
- * Be present by keeping your attentiveness to the here and now.
- * Integrate your thinking with your doing.
- * Be enthusiastic about life.
- * Catapult yourself into an exploration of a new passion!

"You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing and dance, and write poems, and suffer, and understand, for all that is life." - J. Krishnamurti

[**WRITINGS HOME**](#)