

Leo New Moon Solar Eclipse - August 1, 2008

9° ♌ 32' occurs at 6:13 a.m. EDT

“ The divine has such passionate creativity and instinct for the fully inhabited life. If you allow yourself to be the person that you are, then everything will come into rhythm. If you live the life you love, you will receive shelter and blessings. Sometimes the great famine of blessing in and around us derives from the fact that we are not living the life we love, rather we are living the life that is expected of us. We have fallen out of rhythm with the secret signature and light of our own nature.”

I believe, one of the purposes of astrology is to aid us in recognizing and living within the heart beat of sacred rhythms as we strive to live the "fully inhabited life" stated so beautifully above by John O'Donohue in Anam Cara. As we move within the natural rhythms of astrological cycles, we are in a continuum of ending cycles and beginning points of new cycles. The Solar eclipse introduces a new energy that lasts about six months and can continue even up to two years. Setting clear intentions during this time helps us begin anew with a clear focus.

Over the next 6 months, we are energized and fueled by the **fire power of Leo**. Positive expressions manifested in Leo energy are: **Leo's warmth, passion, creativity, generosity, daring, spirit of adventure and vitality**. I offer the following meditative exercises for how to engage mindfully with Leo energy.

1. **Willful participation** - how will you engage with this energy? Clarify your thoughts through intention by stating your hearts' desires. Writing down your intentions, is a powerful way to actualize desire. Your intention(s) for the New Moon/Solar Eclipse:

2. Connect with your **vital strength** within yourself. Where do you perceive the strongest area in your body?

Willfully activate this vital center by calling upon this area to come forth and flow throughout the whole of you. This energy of strength moves throughout all of your body. Activate a vital energy flow at any given moment you need it!

What do you feel or notice now?

3. Heart talk & Body Speak

What are you hearing from your body?

What is your heart telling you?

Name one thing you hear from your heart that you want?

4. Generosity of Spirit

A quality of being generous is thought of as unselfishness, or willingness to give to others. A deeper meaning of being a generous spirit is accepting another as is. There is no need to change, rescue or fix another. Bring in a spirit of generosity to yourself. How can you **lighten up by allowing** yourself to be right where you are?

Your Solar Leo Eclipse falls in your _____

Please read the house info where the Solar Eclipse lights you up!

1st House I am here! On planet Earth! WOWEE!

The 1st house is the originating point in the Zodiac flat wheel. You have an opportunity for a new beginning in how you stand in the world. Muster your strength and courage. What is the energy you wish to bring out more from within yourself? Do you need to get your own self re-inspired? Know more clearly what it is you want. Are you a firecracker lit up by the possibilities of adventure in your life? Are you feeling motivated to make a difference in the world? Bring your full self out to shine in brilliance. How do you radiate? Where do you radiate from?

2nd House I have a body that requires attention to maintain health.

What ways are you actively supporting your body? Use the meditative exercise of engaging your vitality and strength within your self. What is the value you place on your body? Do you take the time to hear what is being said through your muscles, blood, skin, in your gut, your heart? What sense do you wish to develop more? i.e. a heightened awareness to when you are out of balance; sensing through your skin when you feel alerted to truth, communicating easily with your heart intelligence.

3rd House I think with an intelligence that is unique to me.

In your decisions, do you keep a balance between the wisdom from your heart, the knowing of your body and the logic from your mind? A tall order? You bet!! Set an intention to align now! If ever you wish to shift your thinking, I guarantee an energy of gratefulness will help you... count your blessings. Never undermine your magnificence by speaking unkindly towards your self.

4th House I feel and give myself permission to feel every feeling that comes my way.

Feel your humanness. In your reactions, give yourself the gift of generosity of Spirit. Love yourself with a nurturing embrace inclusive of all your feelings especially the ones you have been taught are bad - i.e. anger, resentment...Even if you don't understand why or feel confused let the feeling be what it is. How do you feel safe when all around you is chaos? Look for the safe haven within yourself - where is it? How do you drop anchor and stay in the stillness even in the midst of choppy, emotionally turbulent waters.

5th House I will is the voice of your own authority. It is your ability to make choices at all times.

How strongly do you hear your will-full voice? There is always an element of surrendering to the higher will or the universal order. But this does not render you impotent to choose and state your hearts desires and make decisions accordingly. Give yourself time to sit within your own heart space. Answers are revealed in your heart and choices are made in your actions. When you let go of any attachments to the shape of how, when and where life is much easier.

6th House I analyze for balance in my daily habits.

Use your intelligence to bring order into your day by structuring your routines. Create the structure that best supports your wholeness. If you are feeling worn around the edges, how do you restore yourself? Do you need to find new ways to do this? Allow your body to speak its needs.

7th House I balance myself in all of my relationships.

Can you incorporate the "generosity of spirit" notion and allow your partner to be who he or she is. Can you love this person as is? Bring a spirit of generosity to yourself and be kind and open-hearted even if you don't have it all figured out yet. Trust yourself to know what

to do at any given moment as you relate to others. Balance yourself by honoring your needs along with others.

8th House I create and draw into my life resources of support.

Be clear what you want to create or grow more fully into your life. Ask your heart and Spirit. How can you align more fully with your deepest desires? Let go of the attachment of how your created desires might be birthed. Trust your instincts to respond intuitively in your experiences with others. Be open to receive support and sometimes this means asking for help.

9th House I perceive my current beliefs for myself today.

Beliefs change over time as we grow and mature. What was once believed may not resonate with you today. Deepen and strengthen your own beliefs by asking yourself what you believe now. Your beliefs help define more of what you are about. Identify truths for yourself and allow others their codes of beliefs without passing judgment.

10th House I use my gifts wisely.

In Howard Wimer's book *Inner Guidance and the Four Spiritual Gifts*, he theorizes how each of us are born with "four spiritual gifts." He discusses each of the gifts and how the 1st two gifts that are particular to you form the foundation of your life. He mentions prophecy as expressed by inner knowing; healing expressed by inner feelings; clairaudience expressed through inner thoughts or ideas; and clairvoyance as inner vision. Your responsibility is to claim and recognize the truth of your particular gifts.

11th House I know my need for social alliances.

As our world continues to move through turbulent times, tribes are forming to offer support in the circle. Have you found your community of choice? If not, set your intention to bring into your life a like-minded network. You are not meant to be alone. Set new goals for yourself. Allow yourself a generous amount of time to sit with new ways of being. There is time after the Lunar Eclipse to bring your hopes/ideals into concrete action.

12th House I believe I live and breathe in a realm of unlimited possibilities.

Here lies the end all be all. The great mystery of connection. This area seems to me to have less to do with intention and more to do with flow. Allow yourself to see through the open panoramic widest-angle viewpoint lens. Can you perceive where ocean meets sky and how you are surrounded by the vastness of a boundary-free space. The air and water meet to whisper you a part of it this and more! In a faith-filled, no-proof-necessary intention, ask to strengthen your beliefs. Allow at any given moment there is the possibility of growth, easy change, and grace to shower you with abundant blessings in the midst of hardships. Experiment with feeling your breath flow in and out. Expand an unlimited sense of yourself not feeling constrained or restricted by boundaries or limits. Breathe out the cycle of completion and inhale the new cycle beginning.