

ECLIPSE SEASON GUIDE

All about eclipses & how to navigate the most intense
& decisive time of the year



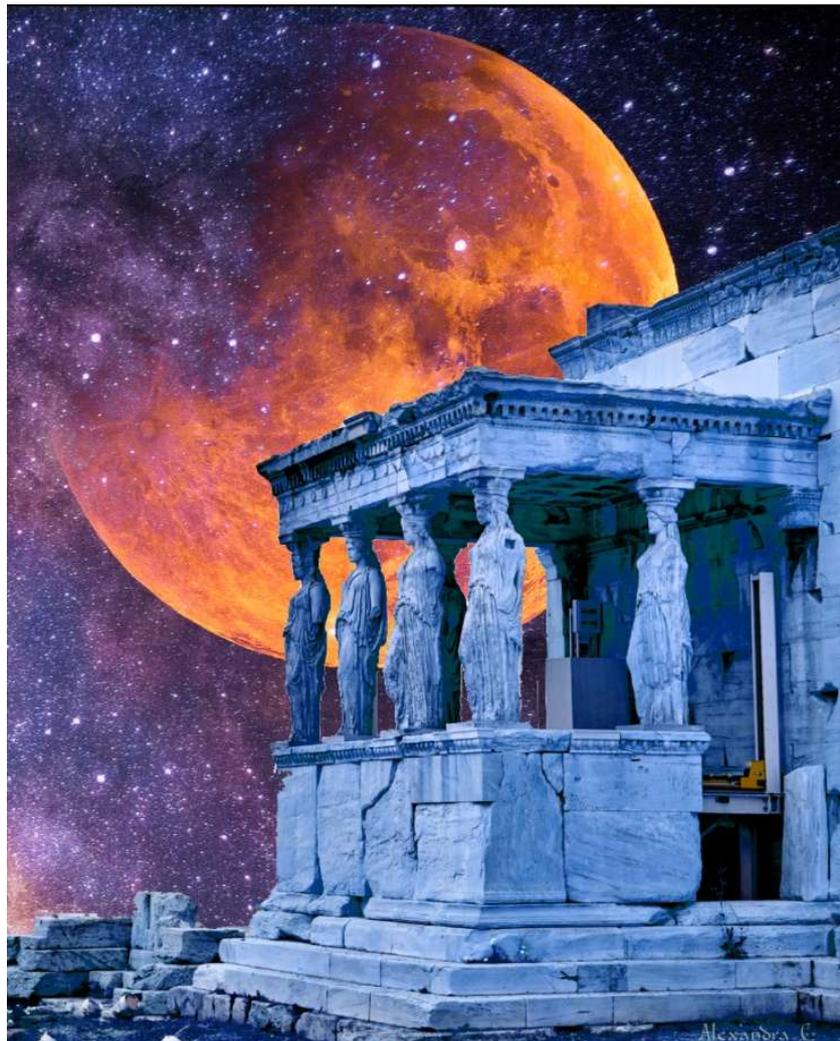
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What is eclipse season?

We call eclipse season the period of time during which eclipses occur. An eclipse season lasts about a month. Eclipses come in pairs (solar & lunar) and occur within two weeks of each other. The effects of eclipses can be felt up to 10 days before and up to 10 days after the event. There are two eclipse seasons each year, every six months.

What are eclipses?

Eclipses occur when the Sun, Moon & Earth align and obscure each other. A **solar eclipse** occurs on a new moon, when the Sun is eclipsed by the Moon. A **lunar eclipse** occurs on a full moon, when the Earth comes between the Sun & the Moon, casting a shadow on the Moon. For eclipses to occur, the Sun, Moon & Earth need to align with the **lunar nodes**, the points where the Moon's orbital plane intersects with the Earth's ecliptic.

Eclipses & humanity

Eclipses were traditionally considered bad omens, as they disrupt the natural order of things. They often predicted calamity, war, famine, earthquakes & the fall of leaders. Despite the fear & superstition, they were closely studied & recorded by astronomers around the world.

Eclipses have always played an important role in the history & evolution of humanity. Tracking eclipses were humanity's first complex calculation of time beyond days, months & seasons, with the oldest written records dating back to more than 4,000 years (China)! Many prehistoric megalithic structures, such as Stonehenge, Avebury (UK) & Göbekli Tepe (Türkiye) were built as observatories to record & predict eclipses, among other celestial phenomena. These structures were the first computers. **Knowledge of the sky was the first technology.**

Symbolism of eclipses

Eclipses are cosmic phenomena that bring about events that are out of our control. They bring change (often sudden), and are catalysts for personal & collective evolution.

Have you ever experienced a life-changing event that you'll never forget? A sudden redirection? An unexpected encounter that changed your life? An abrupt ending, as if a door closed for good? A significant loss that shattered you to a million pieces, but which eventually led you to something amazing? A long-awaited liberation from a repetitive situation? You may want to look back at the dates and see whether those events happened around eclipses.

Eclipses are:

- **Greater forces at play:** events are beyond our control
- **Disturbers:** disruptions, resets & redirections
- **Wild cards:** unexpected events, plot twists, drama
- **Catalysts:** changes that are necessary for our growth & evolution

Solar eclipses are portals that mark the start of a new 6-month cycle. They bring new beginnings, redirect us towards more aligned paths, and greatly contribute to our soul's growth.

- **Portals of transformation**
- **New beginnings**
- **Significant changes**
- **Fated events**
- **Redirection**
- **Opening, receiving, trusting**

Lunar eclipses are portals that mark the end of a 6-month cycle. They bring significant culminations, endings & closure. Events manifest abruptly or in a very obvious way in the outside world. Something significant is being released. Doors & important chapters of our lives are closing. They sweep away the old to make space for the new.

- **A time of closure, dramatic culminations & obvious conclusions**
- **Breaking repetitive karmic patterns**
- **Embracing change, even if it's painful**
- **Letting go, releasing, sacrificing, burying, walking away**
- **Releasing control, trusting, allowing events to unfold**

In between eclipses (10-13 days):

- **Period of integration**
- **Feeling of stagnancy, emptiness, uncertainty**
- **Grounding, trusting, observing, listening, journalling**
- **Protecting your energy, boundaries**
- **Practising spiritual hygiene**

Solar & lunar eclipses are not regular new & full moons! **We do not manifest or set intentions** during eclipses like we do with regular lunations, for the simple reason that **they have their own way & timing with events**. We are asked to step aside as cosmic forces take over. If there's one intention you can set is to **release all expectations**.

Eclipses act as vacuum cleaners. They take away what has run its course and make space for the new. They show us which situations we've outgrown. Events during eclipses can look like challenges or crises, but are actually redirections towards more aligned paths. The inner & outer shifts that they produce are noticeable & impactful.

It is not uncommon to get fired, lose a loved one, break up or go through illness during an eclipse season. **The purpose is to produce a change in perspective, being & direction**. The more resistance there is to change, the harder the events will be experienced. Eclipses act as catalysts, taking over where we've been too afraid, stuck or lazy to make changes ourselves.

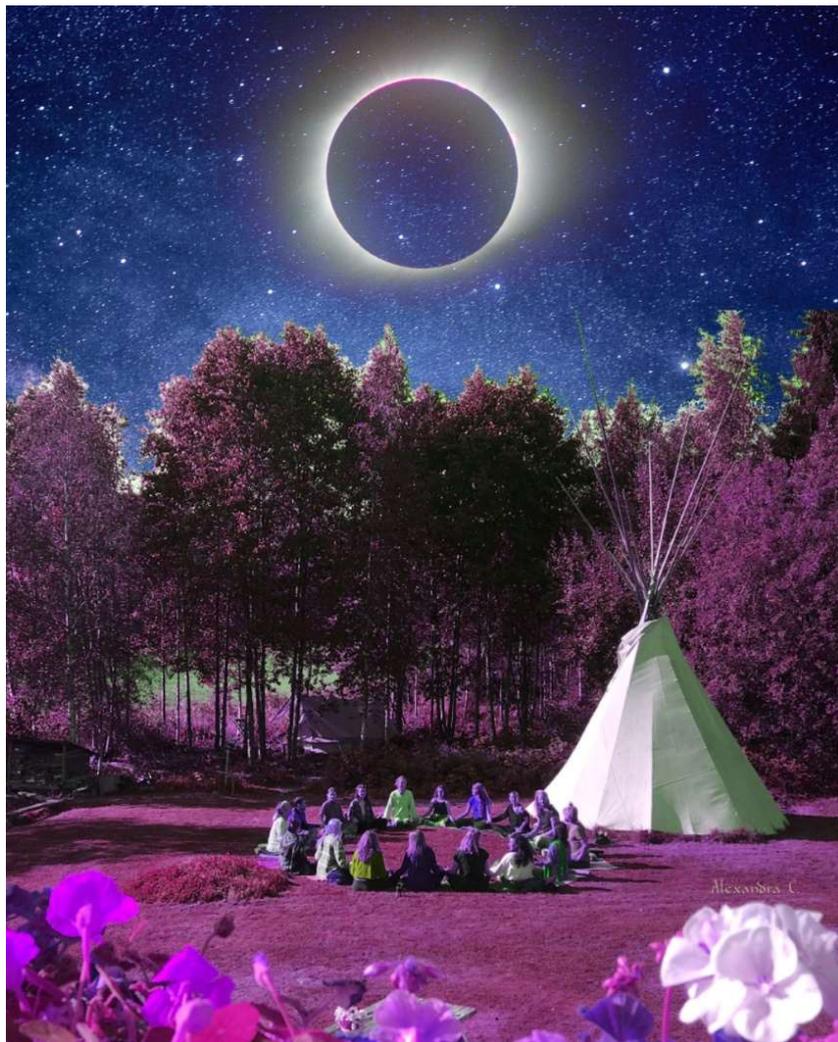
During eclipse seasons, the veil is thinner & portals open between worlds. **Physical death** is very common during eclipse season, especially in between eclipses, while **births** are common on the day of eclipses!

Symptoms

Eclipses impact us physically & emotionally. The following symptoms are very common during eclipse season & tend to peak a few days before an eclipse:

Anxiety, nervousness, restlessness, overstimulation, overwhelm, increased sensitivity, intense & buried emotions surfacing, depression, grief, fear, anger, stagnation, confusion, brain fog, physical & emotional purging (digestive issues, irregular eating habits, crying, etc.), insomnia, fatigue, vivid dreams, dehydration, muscle pain, old health issues reappearing.

During those days, it is important to have a quiet space to retreat in order to take it easy, sit with what's coming up & take care of your needs. Drink plenty of water, eat grounding food, get enough sleep, recharge & avoid overstimulation.



Eclipses in astrology

Eclipses take place in the zodiac signs where the lunar nodes are currently transiting. The lunar nodes change signs every 18 months.

The **North Node (Rahu)** represents our destiny, where we're headed & what we're called to explore. A **North Node eclipse** brings novelty, new direction & new beginnings. Something is being gained.

The **South Node (Ketu)** represents our past, our comfort zone, what we're moving away from to reach the North Node. A **South Node eclipse** brings release, endings & closure, often of repetitive karmic patterns that have run their course. Something is being sacrificed.

In the birth chart: Look at the house (life area) in which the eclipse is happening. The themes of that house will be amplified.

1st House: everything that relates to you as a person, your identity & your physical body

2nd House: finances, income, possessions, values, tastes, food, talents & skills

3rd House: communication, learning, writing, siblings, cousins, neighbourhood & close environment

4th House: home, family, ancestors, childhood, property, roots, origins, bloodline, ancestral karma

5th House: creativity, self-expression, fun, hobbies, romance, children

6th House: health, well-being, self-care, daily life, routines, rituals, daily work, tasks, colleagues, pets

7th House: partnerships, relationships, alliances, enemies, clients, contracts, marriage, divorce

8th House: intimacy, transformation, trauma, karma, death, rebirth, shared finances, taxes, inheritance

9th House: travel, foreign places, teachers, teaching, publishing, virtues, good karma, faith, philosophy of life

10th House: vocation, purpose, reputation, status, social duties, collective contribution

11th House: friends, groups, communities, belonging, hopes & dreams, gains

12th House: spirituality, seclusion, introspection, undoing, dissolution, karma, foreign places

Eclipses in occult & esoteric science

Eclipses are chaotic, unstable & unpredictable. This disruption of the natural order & the thinning of the veil allow entities to move from the spirit worlds into our physical world.

Eclipses act as portals. Their energy can be harnessed and used for positive or negative purposes. The occult groups that rule the world behind the scenes use the eclipse portals to bring in entities that will help them achieve their goals by means of black magic. This is a well-known ritual that has been performed since antiquity.

It is very common for world events to escalate during eclipse seasons (as well as around solstices & equinoxes). The energy of eclipses is powerful. Chaos & instability reign while all sorts of entities roam around, which can influence us on a collective & personal level. This makes it easier to push divisive & controlling agendas by means of shocking events (assassinations, massacres, military escalation, etc.). The latest example of such an event was the Charlie Kirk public assassination on 10th September 2025, which took place between a lunar & a solar eclipse, and ten days before the autumn equinox.

During eclipse season, it is important to be discerning & aware in order not to get caught up in orchestrated external drama. Be careful of who & what you invite into your personal space during eclipse season. Avoid taking on other people's energy or getting caught up in their drama. Practise spiritual hygiene to cleanse your energy field.

Practices for eclipse season

Surrender & trust: Eclipses remind us that some things are beyond our control. They also remind us that there are higher forces at play. For once, we are not the ones in charge. Release control & let these forces take control of destiny for once. This doesn't mean letting go of discernment or not listening to one's intuition, but to trust that changes & redirections are meant to happen for our growth. How easy is it for you to release control? Surrendering is a powerful practice that builds trust between you & the Divine.

Grounding & spiritual hygiene: It is important to remain peaceful & grounded during eclipse season, and avoid overstimulation. Meditation, mindfulness, deep breathing, slow eating, warm baths, self-care, nature walks, connecting with one's heart, regulating the nervous system & cleansing your personal space are some examples that can bring you back to centre. Having a quiet sanctuary where you can slow down & recharge during eclipse season is highly recommended.

Journaling: This is perhaps the most important tip I can give for eclipse season. Keep a journal, so that you may keep track of events & dates. Journaling is a great tool for self-exploration. Reading past entries allow you to spot repeating patterns, follow your evolution & understand why decisive events had to take place.

Creative expression: Find a creative outlet for expressing the intense emotions that are surfacing during the eclipses. An outlet is also beneficial for channelling any inner messages & flashes of insight that you'll be receiving during that time.

Physical movement: Move your body to blow off steam, release tension & pent-up emotions, and allow the life force to circulate evenly throughout your body.

Rituals: Take a moment to honour the cosmic dance of the Sun, Moon & Earth and their perfect alignment. During a **lunar eclipse**, you can make a list of what you are letting go of, and dispose of it as you wish (burn it, bury it, scatter it in the wind,...). During a **solar eclipse**, you can visualise yourself stepping into a portal, saying: "I trust that I am being guided to walk the path that is truly meant for me. I am open to change that serves my inner growth."

Watch the eclipse: NASA & national observatories livestream eclipses on YouTube, Dailymotion & on their own platforms. If an eclipse happens close to you, get eclipse

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glasses & go see it. Whether online or outside, observe how you feel & what comes alive inside of you as you watch the eclipse unfold.

Consult an astrologer: Eclipses are the most significant astrological transits. Book a consultation with an astrologer to find out exactly how upcoming eclipses are going to affect you & what kind of changes you can expect.

I hope that this guide helps you navigate eclipse season with more ease & clarity.

With love,

Alexandra

*“Like a solar eclipse the colors float.
And the music drifts like the scent of flowers.
And in the stillness we, the silent spectators,
hear the whisper of eternity.”*

– Rainer Maria Rilke

