



Remain Wakeful During Eclipse

Spiritually and astrologically, the Solar and Lunar Eclipses are significant events. The Solar and Lunar Eclipses should not be taken just as a natural phenomenon. Along with receiving grace, these days are for wakefulness also as the effects of Eclipses are felt on all living organism, which include human beings, animals, birds, insects and vegetation. Hence, according to the eternal tradition and the *Shastras* (scriptures) certain precautions are prescribed during the Solar and Lunar Eclipses.

Whether it is a solar eclipse or a lunar eclipse, the factors of formation remain the same that is Sun, Moon and Earth.

Solar Eclipse :

There are mainly following types of solar eclipses:

- A *total eclipse* occurs when the dark silhouette of the Moon completely obscures the intensely bright light of the Sun,

allowing the much fainter solar corona to be visible.

- An *annular eclipse* occurs when the Sun and Moon are exactly in line, but the apparent size of the Moon is smaller than that of the Sun. Hence the Sun appears as a very bright ring, surrounding the outline of the Moon.

- A *hybrid eclipse* (also called *annular/total eclipse*) shifts between a total and annular eclipse. At certain points on the surface of the Earth it appears as a total eclipse, whereas at other points it appears as annular. Hybrid eclipses are comparatively rare.

- A *partial eclipse* occurs when the Sun and Moon are not exactly in line and the Moon only partially obscures the Sun. However, some eclipses can only be seen as a partial eclipse.

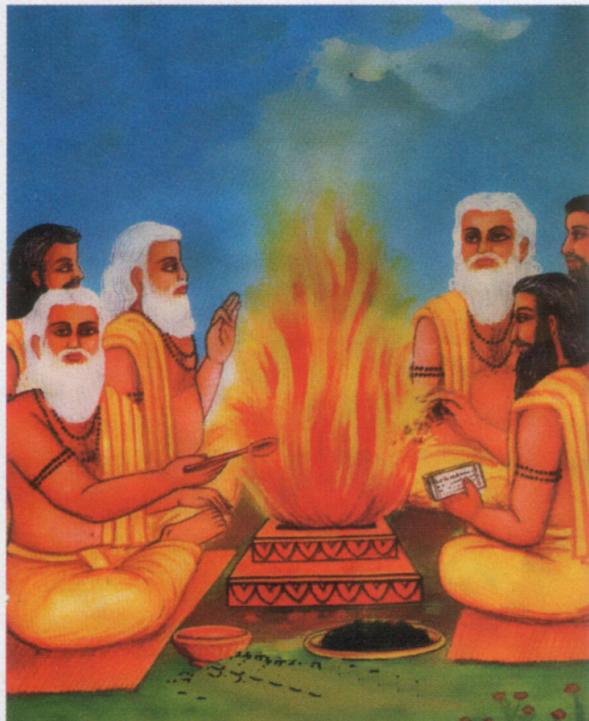
The most important precaution to be taken during Solar Eclipse is not to watch the eclipse with naked eye. Watching the Eclipse with naked eye might cause permanent damage to the eye or blindness. The safest method of viewing a Total Solar Eclipse is by projection. It is dangerous to look directly at the Sun. Observers should use special eye protection or indirect viewing techniques.

Lunar eclipse:

Lunar eclipses occur when the Moon passes through the Earth's shadow. Since this occurs only when the Moon is on the far side of the Earth from the Sun. Lunar eclipses only occur when there is a Full Moon. There are three types of lunar eclipses: Penumbral, when the Moon crosses only the Earth's penumbra; partial, when the Moon crosses partially into the Earth's umbra; and total, when the Moon crosses entirely into the Earth's umbra. Total lunar eclipses pass through all three phases. Even during a total lunar eclipse, however, the Moon is not completely dark.

It is said that the Sun is the treasurer of vast energy. All the things in this world get created through the beams of the light of Sun. Each beam of the Sun contains special particles. And through the collection of these particles, the atomic bombs are made. The Sun spreads around these beams of light with its full force during the Solar Eclipse. The Eclipse means is, to take or accept.

It has been mentioned in the *Rig Veda* that the planet *Rahu* attacks the Sun like a demon because of which the Sun is covered with darkness. And this darkness puts adverse on human beings. Hence, to ward off the bad effects



of this darkness, many types of *Pooja*, *Paath*, works of charity, bathing etc. is prescribed in the *Shastras*. Our saints and sages did deep inventions to ward off the adverse effects of Eclipses. It has been mentioned in the *Shastras* that there are some special Mantras which protect human beings during the eclipses. Through the divine *Paath* of Beej Mantras the negative effects of eclipse get over.

During the eclipses, microbes spread in the atmosphere. That is why the eatable become defiled and hence leaves of basil and grass (*religious*) should be put in them. The microbe get collected with the leaves of basil and grass which are taken out and thrown after the eclipses. Bathing is also prescribed after the eclipses, as after bath, the microbes get destroyed and thus the human being re-gains his energy.

It is also said that during the eclipses the digestion power of human beings also become feeble. To avoid problems related to digestion, eating food is not recommended. According to the *Puranas*, during the lunar eclipse, the possibility of diseases related to cough increases; whereas during the solar eclipse, stomach, eyes and bile get affected.

There are certain precautions also for the pregnant women. The pregnant women should not look at the sun or moon during the eclipse because due to its bad effects, the child may become handicapped. Some women may face abortion also during the eclipse. According to the *Puranas*, during the solar and lunar eclipses, an ointment of dung and basil should be applied on the stomach of pregnant women so that *Rahu* and *Ketu* could not touch the embryo in the womb. The darkness during the eclipses is also taken as *Rahu* and *Ketu*. Both *Rahu* and *Ketu* are shadow planets. Hence, the pregnant women should protect themselves from the shadow of these planets.

Precautions:

- * Do not sleep, eat or drink in the entire duration. Before an eclipse, eat or drink in such a way that you do not need to go to the washroom.
- * Do not indulge in any kind of togetherness, including sexual intimacy.
- * Do not make use of scissors, knives, and needles.
- * Do not touch images and idols of deities.
- * Take bath at the end of the eclipse.
- * Do not subject yourself to any kind of entertainment.
- * Pregnant women are advised to not even watch the eclipse.
- * Keep practicing the **Paath of divine Beej Mantras** during the time of Lunar and Solar Eclipses in order to protect oneself from the ill-effects of eclipses.

The rules are, however, relaxed for children, old aged people or one who is ill or unwell.