

Lunar Eclipse

The ancients often believed a celestial event like an eclipse to be a bad omen, that the sun or the moon vanishing from the sky was a harbinger of disaster, a sign of devastation or destruction to come.

- 1 white candle
- 1 blank journal page
- Pen or pencil

A lunar eclipse occurs when Earth is between the Sun and Moon, causing Earth's shadow to be cast over the Moon.



The Shadow self describes the traits about ourselves that we have pushed away as negative and unwanted.

But the shadow doesn't have to be only unpleasant parts of the personality. It could be that which has been hidden, not allowed expression, pushed below the surface. Your shadow might contain positive qualities that you're not owning besides the negative ones you're not acknowledging.

1. Light the white candle on your altar.

2. When you notice that the eclipse is starting, say:

*"As the Earth slowly covers the Moon,
My words, thoughts, and actions are all in tune.
A white candle to honor the goddess,
A chant to the Moon is just like a promise.
Enchanting night, to see and to listen,
The sides of myself in darkness or hidden.
A passing shadow tonight prevails,
Show me the person behind the veil."*

3. Use the "Shadow work" journaling page from Spells8 as a guide or journal listening to your emotions. Shadow work keywords are: Discomfort, Bitterness, Fear, Guilt, Shame, Resentment.