

CONSCIOUS CALENDARS

MEGA RED DAYS



MEGA RED DAY REPORT

Mega Red Days are some of most pivotal days of the year. There are only four to six Mega Red Days each year and by knowing the dates, you can avoid some major headaches and even alter your karma. By being conscious of what you do on these days, you gain even more benefit from your Conscious Calendars.

In this report you discover:

- 🌀 The dates of the Mega Red Days each year (found at the end of the report)
- 🌀 A quick guide of what to DO and NOT do on these days
- 🌀 What makes a Mega Red Day and why what you do on these days matters
- 🌀 How to align with natural rhythm
- 🌀 How Mega Red Days create an 18-month theme and pattern of change
- 🌀 That you are empowered and prepared

With this report and your Conscious Calendars you can harness the good and turn these cosmic days to your advantage.

I. WHAT TO DO BEFORE AND ON MEGA RED DAYS

Just as Green Days are good for holding events, Mega Red Days are the only four days of the year to definitely NOT hold events, weddings, parties, launches or celebrations.



These days do not allow luck and success to flow for major events and celebrations; they don't hold enough positive energy to manifest success. Large social events may not flourish because people are often fatigued or have overextended their energies and may not be at their best.

While these days are not good for a major board meeting or family reunion, they are extremely good for major 'inner work.' Mega Red Days are beneficial for resting and quiet activities.

Here is your quick guide of what to do or not do on these potent days.

On Mega Red Days:

DO THESE

- ☉ Meditate, and get as much quiet time as you can
- ☉ Fast (you define what 'fasting' is, skip a meal, no meat, fruit juices, soup only) Eat appropriately for your energy expenditure that day.
- ☉ Give to Charity (any charity or animal shelter)
- ☉ Stay calm even if others act strangely or if you feel impatient
- ☉ Get plenty of rest both before and after Mega Red Days
- ☉ Eat healthy, vital food sparingly
- ☉ Take good care of yourself; these days can challenge the immune system
- ☉ Take a warm bath (not wilting hot) or immerse yourself in water
- ☉ Get a second opinion if you see a doctor on a Mega Red Day because not all is revealed

AVOID THESE

- ☉ Signing contracts of any kind
- ☉ Having large decision-making meetings
- ☉ Making launches of any kind, including grand openings, major events or parties
- ☉ Making offers on real estate (land, house, commercial or otherwise)
- ☉ Major purchases, such as a car or boat
- ☉ Major surgeries, unless it is an emergency
- ☉ Hosting or facilitating family reunions or large events
- ☉ Staying up late or partying in public places

By all means, go about your Mega Red Days as planned: go to work, see your family, but maybe consider not watching a scary zombie movie (you will learn below that what you do on Mega Red Days is amplified; so do you want to expand fear in your life?). Instead of meeting friends at a busy place for dinner, have a relaxed dinner at one of your homes. By increasing your awareness, you can laugh at the funny or strange things occurring on or around these pivotal days.

TIPS TO PREPARE FOR MEGA RED DAYS

An easy tip for MEGA red days: Have your grocery shopping done the day before and have a nice quiet dinner at home. Reading, meditating, doing yoga or some easy stretching are all good Mega Red Day activities. Many people feel a little tired a few days before and after Mega Red Days. Extra sleep, good nutrition (digestion is slower, so it is also good to eat lightly) and making healthy choices will help ease you through this phase.

More Tips:

If you are moving your office or buying a house, car or boat around an eclipse, make sure not to sign the contract on a Mega Red Day.

Watch for issues that emerge during the days around the Mega Red Days, this will be explained more in the "patterns" section. For instance, if you moved your office or home during a Mega Red day month, did you overspend in the move, did you not ask for help, did you over-schedule your time, and did employees or friends flake out on you? Any of these things might happen, but it is what you do about them and how you watch the tendency to over react while you proactively prepare that can help you be as unruffled as you can during the Mega Red Days. This will make all the difference.

II. WHAT ARE MEGA RED DAYS?

Mega Red Days are eclipse days

Eclipses are Mega Red Days in the Conscious Calendar system. There are four to six eclipses (aka Mega Red Days) every year. Eclipses typically occur in pairs, one solar and one lunar, the order of which changes according to the astronomy of the Moon's orbit patterns. Eclipses occur about every six months like clockwork.

THE BIG SECRET: Why what you do on eclipse days matters. Actions on eclipse days are amplified

Take Advantage of the "10,000 fold effect"

Many spiritual traditions around the world see eclipses as excellent days for spiritual expansion, because they are said to have a 10,000 fold effect on karma. In other words, what you do on that day whether good or bad will have that effect. So, what do you want to grow in your life - anger and irritation, or good deeds, eating well, kindness and awareness?

If you can 'not anger,' if you can 'not choose a craving' on an eclipse day, then you can make huge strides in your behavioral patterns, also known as samskaras.

Reverse a pattern exponentially

If you avoid an unhealthy habit on an eclipse day, you can **reverse that pattern exponentially!** (You define what unhealthy is for you.) This is a seriously incredible gem to use to your advantage ON eclipse days. I am not saying it is always easy, but when you consciously choose, for instance, not to eat sugar on the eclipse day, you can increase discipline and have **more will power to resist eating sugar** for the next six months. Test it!

Save energy and bring more positive people and projects into your life

If you **engage** in a bad habit or skip that healthy routine on an eclipse day, you can plan on having obstacles or issues with that habit for the next six months. You will need to expend extra energy for those next six months to keep away from the unwanted habit. You can do it, but it will take far more energy and focus; whereas if you very intently apply yourself on that ONE day, then you are energetically supported to not indulge in that habit for the entire following six months, so you can use your energy for good and positive things in your life.

It is well worth not eating candy, overspending, or being impatient on an eclipse day. You can make exponential strides in your spiritual path and in changing deeply engrained patterns if you choose differently on an eclipse day or even during an eclipse month.

Choosing to be disciplined during an eclipse reduces suffering in your life! You also get to focus that extra energy on other positive things you want to manifest.

The uniquely powerful Mega Red Days offer a rare opportunity to diminish negative patterns and even reverse karmic patterns. It is up to you, you choose.

PREPARING FOR A STORM

With your astrological weather report, you are prepared for disruptive times

If you knew when there was going to be a difficult day or were going to be extra tired, have a hard time sleeping, have a weakened immune system or be more irritable - you could counteract those difficulties ahead of time. For instance, you might take extra vitamins for energy, or go to bed early to get extra sleep (even if you suffer from insomnia); you could do something that makes you happy, which helps your immune system, or avoid sugar. These are a few of the things that can help buffer you from difficulty during those four to six days.

Sometimes a health issue on or around the Mega Red Day can feel insignificant (it could just be a tickle in the throat from being stressed, or you might have worked hard to reach a deadline), but if you do not take proper care of yourself during this pivotal time, it can lead to difficulties at a later time; e.g., a minor health concern lingering longer than usual.

Just like the Chinese medicine adage that illness sprouts from a previous season of ill care, Ayurveda, the system of health and astrology from India, points out that caring for your health and not taxing yourself on these days can help prevent future illness.

In summary, by simply NOT making any decisions on Mega Red Days, which will almost certainly be ill-informed or bad ones, about your health, finances or anything which might impact your family, you will avoid future difficulty in all these areas! Simply wait a couple of days after, when the energy will be more to your advantage, and THEN decide on the best course of action.



Without going into the mechanics of eclipses (which you can read about in the section on “The astronomy of eclipses” and in your Field Report), it is important to understand some underlying principles of natural rhythm. Eclipses interrupt natural rhythm, so that is why we watch out for them.

III. ECLIPSES INTERRUPT NATURAL RHYTHM

The Sun and Moon are both required for life as we know it on Earth. It might seem obvious, but without the Sun and Moon, we literally would not be alive. Yes, the Sun and our place in the solar system are the reason there is life on Earth, but there is a particular balance that our planet receives from the Moon, too. The tides are regulated by the Moon. Is it a coincidence that a woman’s menstrual cycle is as long as a lunar cycle? These things are linked in the rhythm of the cosmos.

Ancient health systems connected with the Sun and Moon

All ancient health systems place great importance on the rhythm between the Sun and Moon, as these rhythms establish a pattern of waking and sleep, health or disharmony.

Did you know that Sunrise and Sunset are alchemical times for exponential healing in Ayurveda and Vedic Astrology? Science has confirmed the purifying and revitalizing effects that the moments of sunrise and sunset have on living beings.

Chinese medicine and Ayurveda have their roots in balancing the human body by remaining aligned with natural rhythm, the rhythm established by the Sun and Moon.

LIFE FORCE ECLIPSED

Since the Sun and Moon are connected with life on earth, when they are eclipsed, the forces of creation are interrupted. A solar eclipse is the light of the Sun onto Earth literally being blocked out; thus life force is blocked and likewise, when the light of the Moon shining back to Earth is blocked, the healing light of the full moon is blocked.

To act in alignment with natural rhythm and work with these forces, donot attempt to create anything new; try not to cook or eat food that builds the body or take any new steps during eclipses.

Eclipses are powerful times. They are powerful for dissolving things, allowing deep subconscious patterns to emerge, and sometimes give insight to family patterns. If we act in accordance with eclipses, we can live in greater harmony, become more efficient and prevent certain kinds of suffering and disappointment. This is achieved by simply not trying to create something new at the time of an eclipse.

IV. ECLIPSES BRING PATTERNS OF CHANGE

Eclipses have been connected with omens throughout history, as portents of doom or something ominous. In modern day life, eclipses set the stage for disruption and change. Change is inevitable, and eclipses often mark the time of a change. Depending on your current situation, hearing that things will change may bring uncertainty or a welcomed sense of relief.

Observe what changes emerge in your life, work and relationships during an eclipse month. This will likely point to the "theme" or where your personal growth lessons will be for six months. The pattern of change can show up in how you feel about yourself, or in the areas of health, finances, relationships, family, work, colleagues and community, or spiritual growth and philosophical insights

18-MONTH THEME OF CHANGE: WHAT YOU NEED TO KNOW

The new 18 -month theme for both you and the world is January 2016 through September 2017

A theme is a "pattern" that is triggered by the eclipses and which expresses itself around the world for 18 months at a time. Simultaneously, you have a personal theme 'light up,' the subject or area of life of which depends on your birth chart and how that relates to the eclipse points in the sky (in addition to other more complicated calculations in Vedic astrology).

Each set of eclipses or Mega Red Days occurs in approximately the same two constellations for an 18-month period. There are three sets of eclipses every six months, so each 18-month theme has three pairs of eclipses. This is what 'lights up' the theme around the world and in your life. This gives you three clear sets of experiences to SEE the theme and learn a particular set of lessons.

Set of lessons for you

The lessons can be patterns related to communication, disruption, toxicity, or depletion, combined with new insights about self or romance, work or family relationships or your concerns about them changing. The lessons can be related to what you about inspiration, ideas and innovation or you could discover a feeling of freedom or release in domains of life those two constellations govern in Vedic astrology and in your birth chart.

Lesson learned is transformation

The fact that eclipses light up a healing and transformation 18 months at a time is a nice way of saying that for some, life may get a bit wild, feel unstable, scattered, possibly expansive, and creative and always changing. A home remodel is a good thing when it is finished, but it is disruptive while it is happening –this is a metaphor for how transformation can be good but not necessarily comfortable.



Whether eclipses bring mild or 'front and center,' non-ignorable change for **you** depends on your birth chart: not everyone experiences cataclysmic change every six months of our lives –thank goodness.

To understand more about the current theme activated for both the world and what it might mean for you, see the [Eclipse Theme Report](#).

Significant Life Events and Rites of Passage

Some 18-month periods are more significant and eventful than others. Often, significant life events are rites of passage, such as the birth of children, major moves, marriage, divorce, or a health crises. These and other events like upheaval at work or major misunderstandings in relationships often overlap with significant planets or houses in an individual's birth chart.

As you know, not all major change is a bad thing; the gifts of life are complex and most people agree that the most challenging time periods can be the most beautiful, and make us who we are today.

The 18-month theme returns to the exact same place every nine and eighteen and a half years. Therefore, major relationship or work anniversaries are often triggered, as part of a spiral of healing in order to give you the chance to resolve issues, every nine and eighteen and a half years.

**IT IS LIKE CLEARING CLUTTER OR UPDATING YOUR HOME,
REFRESHING IS A GOOD THING**

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If we do not make time to deal with an old issue, it will hit the proverbial fan nine or eighteen and a half years later. Vedic astrology shines the light on these patterns and helps you make cogent choices.

With Conscious Calendars, you can look forward to using the power of the change in a positive, conscious way. What you do on and around eclipses can be in harmony with changing patterns for good. This is like your own personal remodel from the inside-out.



I often see strong emotions triggered and impulsive decisions made in reaction to old unresolved patterns, relationships, yearnings, inclinations for music or dream experiences, cravings and obsessions surface during an 18-month theme that is taking place in a significant place in the birth chart. This is what is often gently referred to as “a karmic pattern” that is meant to be healed.

The impulsive nature and drive that emerges during some of these phases pushes some people to reach for goals beyond what they think they could achieve before, or to reach for a dream (if not now, when?). So, there is a fine edge to choosing impulsively (eclipses often inspire impulsive choices) while some choices might stretch us in good ways, others may just be jumping from the frying pan into the fire. Vedic astrology with a personal birth chart helps discern which is which.

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YOU ARE EMPOWERED AND PREPARED FOR MEGA RED DAYS

Here is what you have learned: You can transform your life on Mega Red Days

Conscious Calendars are about bringing awareness and consciousness to every day actions and allowing the light of ancient wisdom to shine brightness and show you ways to more happiness within your mind, heart and relationships.

Mega Red Days are meant to help us slow down, reflect, and prepare for changes; to help us make sense of those inevitable changes and meet them with grace and love, rather than run from them or be in fear.

With this report and your Conscious Calendars you can harness the good and turn these cosmic days to your advantage.

By knowing when and what the Mega Red Days are you can:

- ☉ Align with natural rhythm and reduce suffering
- ☉ Reverse karmic patterns by choosing healthy routines and exerting extra effort on those FOUR days
- ☉ Prevent a health concern by taking extra care of yourself around the eclipses
- ☉ Be proactive and plan. You have a handle on your year because you know which four days of the year to NOT host or attend large social or work events.
- ☉ Take the eclipse months in stride since you are aware of probable disruptions during eclipse months.
- ☉ Buffer and protect your mind and not take things personally.
- ☉ Observe and see patterns and themes of life lessons; you have a new perspective by understanding that there are patterns to the issues that arise in your life.
- ☉ Be kind, compassionate and loving to others at these difficult times, because their personal suffering is often rising to the surface as well.

You have the wisdom of the ancients at your fingertips and are powerful with this new foresight.



KATHLEEN M. WHALEN

www.ConsciousCalendars.com

**BA biochemistry, M.S. Acupuncture
and Oriental Medicine**

Certified Vedic astrologer

Please feel free to share this information, just include my name and contact information. Please do not send to email lists, just to individuals.

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BONUS GUIDE:

THE BASICS OF
ECLIPSES



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THE BASICS OF ECLIPSES

Eclipses occur every six months like clockwork. From 2014 to 2017 there are two eclipses, one solar and one lunar, two weeks apart, occurring every six months, giving four eclipses per year.

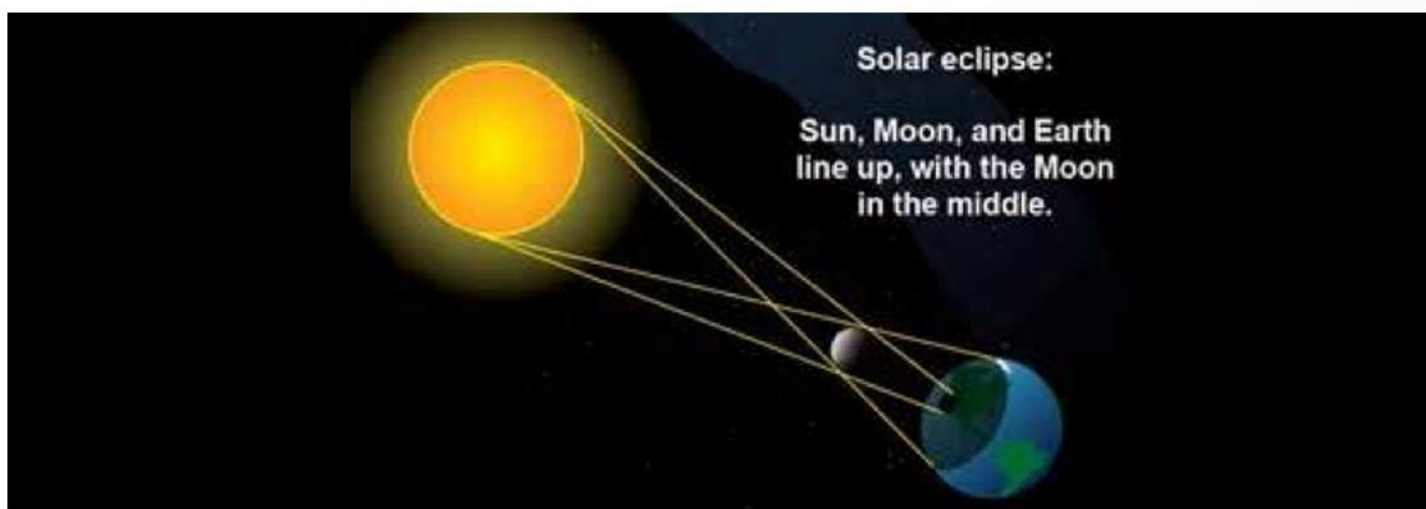
This is a repeating cycle that the ancient East Indian astronomers predicted with accuracy well before there was written documentation from other cultures.

In this report you discover:

- ☾ **ASTRONOMY OF ECLIPSES**, which teaches you about the physical foundation of solar and lunar eclipses. You will learn the mechanics of how these three bodies, the earth, moon and sun create a repeating cycle of shadows on the earth and moon.
- ☾ **VEDIC ASTROLOGY INTERPRETATION OF ECLIPSES** which teaches you the meaning of these events and how the solar and lunar eclipses affect consciousness according to Vedic astrology.

ASTRONOMY OF ECLIPSES

SOLAR ECLIPSE



Solar eclipses only occur a few times a year, on new moons. A new moon occurs when the moon returns to the place between the sun and earth in its orbit around the earth.

The moon's glow is a reflection of the sun; when the moon returns to the place between earth and sun every month, there is no reflection of the sun's light from earth's point of view. This is a new moon.

A solar eclipse occurs when, from earth's point of view, the new moon orbits exactly between earth and sun in a way that blocks the Sun's rays on a portion of earth, and creates a shadow that moves across earth for the duration of the eclipse. (See diagram)

Not every new moon lands precisely where it creates a shadow on earth. There are only two to four times a year that this could potentially happen.

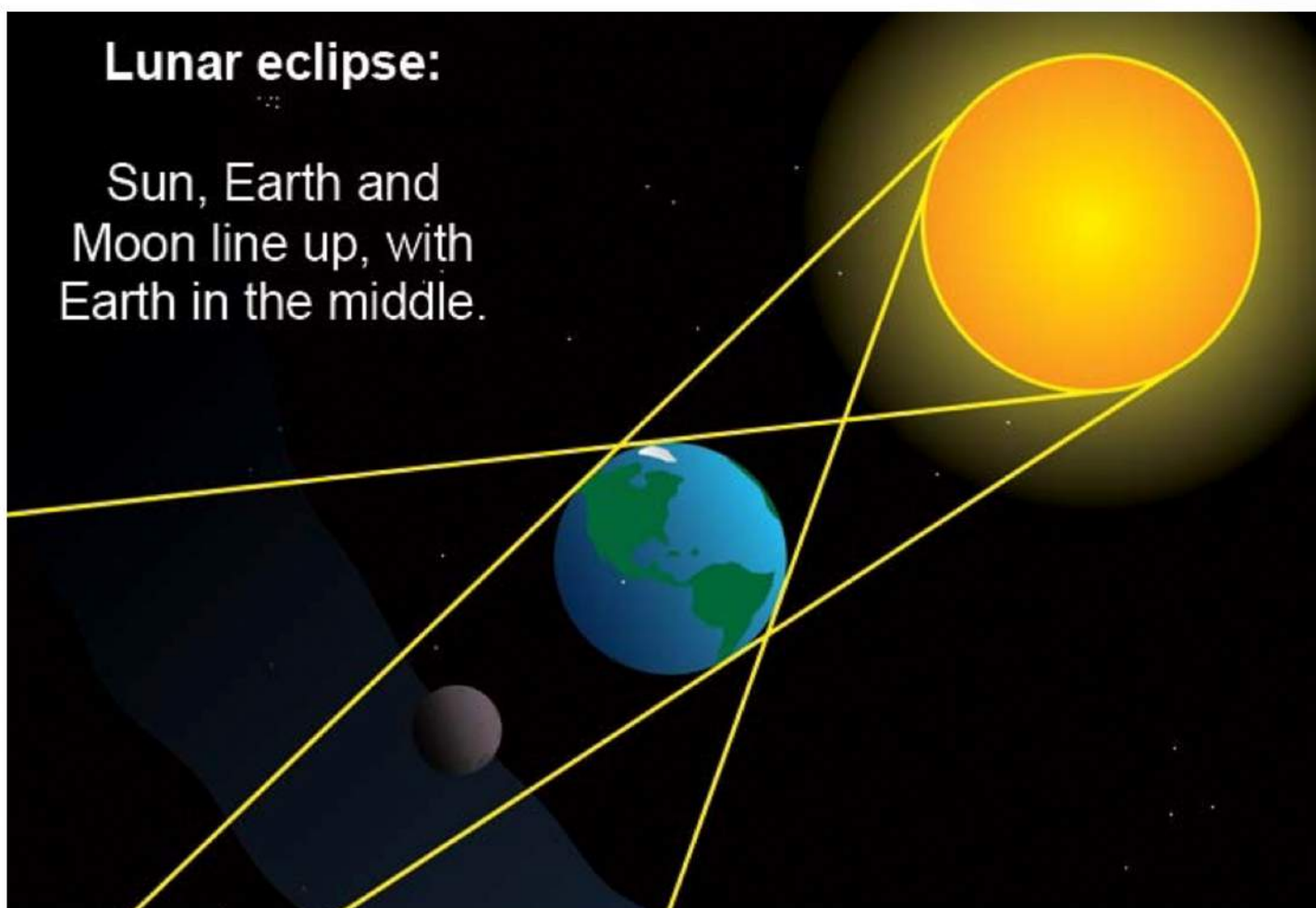
Solar eclipses cannot be seen from all locations on the earth, at the time of eclipse. Even though the eclipses occur every six months, individuals are less likely to see the solar or lunar eclipse every six months, since where the earth is shadowed moves every six months.

So unless you are an eclipse chaser, viewing a solar eclipse is not common; and that is not including local weather conditions, which can obscure seeing eclipses. In the astrology section, I will mention how this fact affects the results of what the solar eclipse triggers.

The area of the moon's complete shadow is called the area of greatest eclipse.
DO NOT look at a solar eclipse without proper eye protection.

Most solar eclipses are one to three hours in duration, with some preliminary and post shadowing of the outer layers of the sun before and after the eclipse time. Read below to learn how Vedic astrology interprets what this means for you and how long your consciousness is directly and indirectly affected by these events.

LUNAR ECLIPSE



Lunar eclipses can only occur on full moons, when the moon is on the opposite side of the earth from the sun and the full reflection of the sun's light usually shines on to the planet. Just like with the solar eclipses, only two to four times per year does the moon's orbit align exactly with the earth and sun on a full moon in such a way that the earth eclipses or blocks the sun's light from shining onto the moon.

From earth, the beginning of an eclipse looks like a bite is being taken out of the moon, but it is just earth crossing exactly in between the sun and moon, and as both moon and earth orbit, a crisp outline of earth's shadow passes across the moon. We can watch our planet bring an orange shadow across the moon –the eerie, orange shade is from the sun's rays being filtered through the edges of earth and the refracted rays reach the moon only as scattered light. The orange glow comes from all the combined sunrises and sunsets occurring on the earth at that time. (See the article Blood Moons on the Conscious Calendars site)

If you have ever watched a lunar eclipse, it feels dark and foreboding.

VEDIC ASTROLOGY INTERPRETATION OF ECLIPSES

Eclipses are about the forces of light and life being shadowed. In the Conscious Calendar system, these are the Mega Red Days

WHAT YOU NEED TO KNOW

The eclipse points are activating points for change. As viewed from earth, they are “invisible marks in the sky” that for six months at a time affect change in the constellation where it resides and when a planet crosses this mark.

The kind of change depends on the nature of the planet in that constellation according to Vedic astrology. There can also be activations between the “invisible mark” and where planets were at the time of your birth.

RAHU AND KETU

In Vedic astrology, Rahu and Ketu are those invisible activating points or “marks in the sky” and when planets cross these points in the six months after an eclipse, they can portend change for individuals or nations.

The north node of the moon is called Rahu and the south node, Ketu.

Along with the seven planets, the nodes of the moon are important in Vedic astrology, carry special meaning, and have a powerful influence on our consciousness.

Rahu and Ketu are considered half planets because they can each only exist with the other. They are in exact opposite places on either side of the earth – since they mark where the solar eclipse and lunar eclipse will occur, two weeks apart from each other, in eclipse months. The new moon appears on one side of the earth and the full moon is visible on the other side.

Notice how the eclipses appear that a bite is being taken out of the sun or moon?

In Indian mythology, Rahu and Ketu are regarded as two halves of a disembodied demon that swallows the sun or moon and causes the eclipse. As a result, Rahu and Ketu can overcome the influences of the sun and moon, and as such might be considered more powerful than any of the planets.

RAHU

Rahu is the north or ascending node of the moon and is where the moon crosses the ecliptic to the north. In Vedic astrology, Rahu brings tumult, change, irritation, expansion of unorthodox or creative ideas and problem solving, opportunities, risk and toxicity.

The influence of Rahu is expanding, ascending and externalizing and is focused on the material and physical, and as a result, is considered 'worldly' or focused on prizes the ego enjoys and on things which can be seen, felt or acquired including pride, fame and money. Rahu is also associated with the underdog and Rahu's influence can give a strong drive to help the needy and to stand for change and revolution. Rahu influence often begins as a desire to reduce suffering for those without a voice and often effects large philosophical or political changes as a result. Rahu also brings drastic change to entire populations through innovation, inventions and manmade materials, amalgamating earth metals and technology to create something that has never existed before.

Most of the inventions which brought about any of history's epoch changes like smelting which brought on the Iron age to creation of all the industrial revolutions are related to Rahu: the telegraph, human flight, aerospace engineering, nanotechnology, satellite communications, the entire field of materials science and infrastructure of all kinds.

Rahu is smoky in nature and can elicit anxiety in the house where he resides.

KETU

Ketu is the south or descending node of the moon and is where the moon crosses the ecliptic to the south. The influence of Ketu is contracting, descending and internalizing and focused on inward or mental experiences, and as a result is considered to be more spiritual in activation. Ketu brings insight, longing, flightiness, spiritual experiences, scattered-ness, disheveled appearance, esoteric knowledge, freedom and release.

Rahu and Ketu, then, bring the above qualities to the house and constellation in an individual's birth chart, and simultaneously lights up these qualities in a world consciousness according to the constellation where the eclipses occur.

There is an 18-month theme which is discussed in the main report and what this might mean for you.

Note: Rahu and Ketu change which luminary (the Sun or the Moon) they are with according to astronomical cycles. During some eclipses, Rahu is with the moon and during others it is with the sun, and it does not always alternate. The practice of interpreting these complex combinations is part of the job of a Vedic astrologer.

ASTROLOGY OF SOLAR ECLIPSES

LIFE FORCE ECLIPSED

In a solar eclipse, the forces of vitality and new life are eclipsed, and this affects everyone on the planet during the time of eclipse. In total, plan on eclipses affecting us directly for three to five hours, and significantly 24 hours before and after the eclipse, with some people experiencing some destabilizing effects for up to one month.

Make note that what you do on the eclipse day can have an effect for six months. Read all about that in the "Big Secret" and "Eclipses bring patterns of change" section of the main document.

Solar eclipses have a longer effect on our lives. A lunar eclipse may affect emotions more at the time of the event, but a solar eclipse can affect you for at least 18 months.

ASTROLOGY OF LUNAR ECLIPSES

The moon is connected with emotions and our ability to reflect on our own consciousness, so lunar eclipses tend to affect us on an emotional level; they can also bring drama into our lives for two weeks to one month. As a result, lunar eclipses give us the gift of instant therapy.

Sure, life gives opportunities for daily growth, but lunar eclipses point to a specific emotional pattern and hands it to you on a silver platter to observe and change. If you choose to take the assignment, then you help the negative pattern self-destruct by simply observing it and not reacting. Slowly, every six months you are given a new opportunity to change and grow.

By noticing the emotions that arise around a lunar eclipse, you gain objectivity, and this helps you heal an issue faster or fight the issue less, by allowing it to be.

Eclipses are not times when we will see clearly, so the best advice I can give is to NOT.

We can always choose how to respond to situations. If we are aware that things may seem more dramatic or feel important at the time of the eclipse, either to us or someone around us, we know to put off major decisions and not to act impulsively. Realize that the nature of eclipses is tugging the conscious and unconscious mind, that things do not appear as they truly are, and that in a mere 24 hours or two weeks you may not feel the same way as you do on the days around a lunar eclipse.

As a result, it is better to wait to make major decisions about relationships, family or work until after an eclipse. For some, lunar eclipses create tumult and for others the event comes and goes without any apparent impact. The reason some people feel an eclipse more can be related to when a birth chart is connected with the eclipse location. The eclipse location are those "marks in the sky", and when someone notices tumult in their life set off at the time of an eclipse it often means that the degree of the eclipse is within 5 – 10 degrees of where a planet was at the time of a someone's birth. This activates change and disruption in that person's life as a result. Again, that is the job a Vedic astrologer, but it is good to understand the principles at work.

18 month theme

This pattern of eclipses occurring every six months has a pattern as well. Three sets of eclipses tend to occur in one pair of zodiac signs at a time. These sets create a pattern or a theme in people's lives for approximately 18 months at a time. The fact that the set of eclipses returns to the same zodiac signs approximately every 18 1/2 years can hopefully help you settle into the rhythm so that your life will not be disrupted every six months. This set of patterns is explained further in the main Mega Red Day report.

The Vedic Astrology of Eclipses Encapsulated

WHAT CAN YOU NOT SEE IN YOUR LIFE?

Eclipses are about shadows and Maya (or illusion). In Vedic astrology, shadows become metaphors of what we are not seeing clearly in our life.

I have highlighted the eclipse times fiercely because it is a time where we might think we know an answer to something, know what intentions to set, or know that a relationship is right or not right. It is all an illusion around the time of eclipses to think we know. The knowing is actually the illusion. Knowing firmly on an eclipse day is often just strong emotions or deep longing – they will pass. This is the reason I do not suggest having big relationship talks on or around Mega Red Days.

Since we cannot see things as they actually are on eclipse days, goals we set at this time will not bring true happiness, although we will likely think they will.

Eclipses are not times to focus on manifesting dreams into the world! They are times to suspend moving toward them, just for a day.

This is where Vedic astrology diverges greatly from much of the readily available advice floating around. At the time of eclipses, I see many people in newsletters and on the web advising to set intentions—**this is the exact opposite of what I advise.**

The **eclipses are important** days, but those days are not meant for you to plant seeds, rather it is important to allow the day to be, and to use the 'big secret' I discuss in the Mega Red Day report to catapult your spiritual growth.

At the time of an eclipse, focus on finding calm, and do things that help you remain centered and even. Do not make major decisions or move projects forward, travel, or hold significant events on an eclipse day. Go to the end of the Report to discover the dates of the eclipses (Mega Red Days) this year.

2017 ECLIPSES

WINTER

SAT/SUN
FEB 10TH & 11TH,
2017

LUNAR ECLIPSE

Begins February 10 at 22:29
UTC / 5:29 ET / 2:29 pm PT
Ends February 11 at 2:55 UTC /
Friday February 10 at 9:55 pm
ET / 6:55 pm PT

MONDAY
FEB 26TH, 2017

SOLAR ECLIPSE

Begins February 26 at 12:10
UTC / February 25 at 7:10 ET
/ 4:10 pm PT
Ends February 26 at 17:39
UTC / 12: 29 am ET / 9:39

SUMMER

MON/TUES
AUGUST 7th & 8th,
2017

LUNAR ECLIPSE

Begins August 7 at 15:45 UTC / 11:45
am EDT / 8:45 am PDT
Ends August 7 at 20:54 UTC / 4:54
pm EDT / 1:54 pm PT

MONDAY
AUGUST 21ST, 2017

SOLAR ECLIPSE

Begins August 21 at 15:46 UTC /
11:46 am EDT / 8:46 am PDT
Ends August 21 at 21:04 UTC /
5:04 EDT / 2:04 pm PT

Lunar Eclipses appear on the Full Moon
Solar Eclipses appear with a New Moon

Kathleen M. Whalen is a consultant providing solutions for Entrepreneurs based in neuroscience, biochemistry, sound and ancient wisdom systems deeply rooted in Vedic and Chinese medicine.



Kathleen's cutting edge methods in **Vedic** sciences, combined with modern positive psychology allows her to weave solutions, action plans and magnetize customers for the highly evolved executive, entrepreneur or spiritual seeker and coach.

With an early background in allopathic medicine, lab research in immunity and neuroscience and degrees in biochemistry and Chinese medicine (B.S. and M.S.) **Kathleen** uses vibrational methods to consult and guide in ways never before seen.

Her educational study and background includes:

- **Biochemistry & language minor** (Bard College and **B.A.** from The University of Texas at Austin)
- One year of **medical school** (University of Texas at Houston school of Medicine 1989)
- Research at **M.D. Anderson Hospital** and Cancer institute internships (worked with the first recombinant Tumor Necrosis Factor and published in Blood magazine, age 17)
- Lab assistant at **Baylor College of Medicine** in **neuroscience**
- Internships in Chinese Medicine Hospitals in China 1992 (herbal medicine, tui na, acupuncture hundreds of cases) – 2 months in Shanghai and Chengdu (which led to my famed trip to Tibet afterwards)
- **Vedic Astrology** studies since 2002 with Dennis Flaherty
- **Acupuncture & Chinese herbal medicine** – a second bachelor's degree and a Master of Science (first graduating class in Chinese Medicine of **Bastyr University 1993**)
- Practiced with Bill Mitchell N.D. one of the co-founders of Bastyr University – successful practice that began in Dr. Mitchell's office 1993
- **Ayurveda study began** at **Bastyr University** with Vivek Shanbag beginning in 1992