

# ECLIPSE ENERGY EMPOWERMENT INSTRUCTIONS

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## ABOUT THE ECLIPSE ENERGY EMPOWERMENT

This energy was received during the full lunar eclipse on February 20, 2008. A lunar eclipse occurs when the earth comes between the moon and the sun, thus blocking the sun's light to the moon.

Eclipses, in astrology, often portend big life changes, shifts, and challenges. While eclipses can often be described as "negative" (in that the energy can be disruptive, jarring, and difficult), ultimately the energy of an eclipse is supposed to "shake you up" for good reason. It is supposed to help you let go of old things that no longer work for you and move you into a new, better direction. (Not all eclipses are described as negative by astrologers; some are described as quite positive. The theme of change is the same.)

The Eclipse Energy Empowerment is to help you let go of that which no longer serves you and bring the new and better into your life. It will do so in the best way for you. It will help make the change more gentle and palatable. If you use this energy during an eclipse, it will help smooth out the eclipse energies. (You do not need to use this energy during an eclipse, however.)

## USAGE

Using the Eclipse Energy Empowerment is quite simple. Connect to your higher self and ask to receive:

**I am now opening to receive the Eclipse Energy Empowerment.**

Allow 20-30 minutes for the energy to do its magic; it's a good idea to receive the empowerment when you are at home and have time to rest or meditate. Do not receive the empowerment more than once per day and ideally, no more than once per month. Give it time to do its job. (If you just received the attunement, you can wait a month before receiving the empowerment.)

## ATTUNEMENT PROCESS

This attunement works via intention. Ask to connect to your Higher Self and the Higher Self of the recipient. Visualize the moon in your mind. Ask your Higher Self to send the Eclipse Energy Empowerment to the recipient as you visualize that person being enveloped in lunar energy.

## NEW TOOLS AND SYMBOLS

This manual has been purposefully left simple, because it's really about the energy. If you find new symbols, practices, or ways of using the Eclipse Energy Empowerment, please feel free to add to the system and share with others.

**More Reiki attunements and courses are available at  
Element Energy Center ([www.elementenergy.com](http://www.elementenergy.com)).**

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