

## **MOON EFFECTS on Consciousness**

It has been known for centuries that the full moon can affect people's consciousness and behaviour. Many people may feel wakeful at night with energy streaming through their body for the three days before full moon.

It is only recently that I have discovered why this may be happening. NASA-supported scientists have realized that something does happen every month when the Moon passes through Earth's magnetic tail.

"Earth's magnetotail extends well beyond the orbit of the Moon and, once a month, the Moon orbits through it," says Tim Stubbs, a University of Maryland scientist working at the Goddard Space Flight Center. "This can have consequences ranging from lunar 'dust storms' to electrostatic discharges."

Anyone can tell when the Moon is inside the magnetotail. Just look: "If the Moon is full, it is inside the magnetotail," says Stubbs. "The Moon enters the magnetotail three days before it is full and takes about six days to cross and exit on the other side."

Human consciousness too is made up of electrical activity – which can be measured with an electroencephalograph – and a magnetic aura, or field of energy. A lot of people can feel this field of energy; for example, when you smile you can feel the field of buoyant, glowing energy extending into your aura like the energy field of a magnet.

I have often wondered why I am affected so much by the moon from three days before full moon to a few days after. The magnetotail provided me with the perfect explanation; as the moon charges up when within the tail and becomes much more electrical and magnetic, it is only normal that this increase in power should be felt on Earth.

We all know from astrology that each of the planets, and the sun and moon, have an influence on our feelings, emotions and consciousness. The moon affects our emotions because the moon influences water; just as the moon causes the tides, it exerts a pull on the watery components of our body, and we feel this as emotions. The body is made up of 70 to 80% of water.

Human consciousness is also affected by sun spots and the mass ejections from the sun's corona; these are what cause the solar winds of magnetic energy which affect the Earth's upper atmosphere and give rise to the Aurora Borealis or Northern Lights.

I feel it is beneficial if we extend our awareness to take in all these influences of the celestial bodies, as they all communicate with, and have an influence on, each other by the transfer of electrical and magnetic energy – which could also be called consciousness.

Our body has a field of energy – the aura – which is the same as the aurora or magnetic and gravitational field of the planet. We are all One, a part of the Universal Life Force; and it is natural to be aware of the greater cosmic system, which is as much a part of our consciousness as our brain is.

As human consciousness evolves and moves from the individual awareness to an awareness of greater integration within the whole cosmic system, we also expand our understanding of the unity of life and develop a love of all things, in the realization that We Are All One.

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### **Wish Fulfillment: The Monthly New Moon**

A fair number of astrologers believe that the day of the new moon each month is a power day that can be accessed to change or improve your life. Some astrologers liken these days to 'wishing' days - in which the correct wish, expressed in the correct way, has the power to come true. Others look at the two week period after the new moon as a time to sow seeds that can be later reaped for favorable results. The metaphors some use are those of 'birth' or 'newness', 'fresh start', or even simply increased focus on the sign and house where the new moon falls. You may use whatever metaphor or conception that suits you, but let's look for a moment at the astrological symbolism to get an idea how the new moon presents a special **opportunity** each month. Roughly speaking, the moon represents the subconscious mind, and the sun the conscious one. The sun also symbolically represents the driving force of our daily lives. The moon, however, works at night, reflecting on the activities of the day, attempting to integrate them, understand them, to see how we can resolve potential conflicts they generate. The moon represents the power engine that underlies our conscious thought, the machine that is always humming beneath the surface of our lives, generating the energy that fuels us, keeping us going. When the subconscious and conscious minds are in conflict (astrologically, when the sun and moon are in conflict), the subconscious always has the upper hand, inconvenient and illogical as that may seem from time to time. All of our conscious attempts to lose weight, for example, can be sabotaged by a subconscious association between weight and safety. The Moon represents our needs, the Sun our wants. And when our needs come into conflict with our wants, the primacy of need usually wins, somehow or another.

**The magic of the new moon is that for one day each month - the sun and the moon are on exactly the same page.** This is not the normal state of affairs astrologically, and it isn't the normal state of affairs in human life. Balancing the relationship between our wants and needs, conscious and subconscious minds, our drive to do and our craving to reflect and find meaning is an ongoing process, dynamic, always in flux. It is normal for every person to experience a continuing range of compromises and adjustments in dealing with both needs and wants. It is, in fact, so normal, that many of us take it for granted and don't give it a second thought. For one day each month, however, both the moon and the sun are willing to get together and have a brief conversation about how wants and needs can be merged, how the subconscious and conscious minds can work together. This is a great thing! It does indeed represent a wonderful opportunity.

**Here's how you might take advantage of it:** On the day of the new moon each month, allow yourself to experience the full intensity of your biggest or most immediate want. Perhaps it is as simple as the desire for a sexy new car - or an overarching desire to succeed in your career. Just allow yourself to feel how much you want it. That night, take fifteen minutes to allow your subconscious to reflect on and talk to you about that want. What does it feel like, what are the hesitations, doubts, and fears, what need does it represent? You may write out your thoughts, or think quietly to yourself.

**This is an important step.** It wouldn't be a want or a wish if you had already fulfilled it! Since you haven't, there must be something blocking that fulfillment. The moon, the subconscious, is the key to finding out what that block is. Your conscious mind may tell you the reason you don't have a sexy new car is because you don't have the money right now. Your subconscious mind may tell you it's because your family will ostracize you if you become a sexy new person instead of the responsible, self-denying, practical car driving person they expect.

**Ask your subconscious and conscious minds what they would like to do about fulfilling your wish.** Your Sun may say - now that it knows what the problem is - let the family adjust. Knowing you'll probably get some flack, just be prepared to deal with it. Your Moon might say - wouldn't it feel so good to see that sexy symbol of your sexy, confident inner self sitting in the driveway. Now that you know what's at stake with this particular wish, your Sun can go off and do it's business of calculating out how you are going to pay for this car, and your moon can on about it's business of reminding you that you need to validate yourself as a sexy, deserving person sometimes. The sun can help deal with the moon's fear of alienating family members, and the moon can help give the sun the motivation it needs to take the actions that will meet your needs. Perhaps you don't need a car at all - perhaps you need to adjust your relationships with your family members. The two luminaries working together can help you figure this sort of thing out.

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## 1. Introduction

Over the decades there have been many scientific reports for and against the effect of the moon on human behaviour. The reports analysed heightened mind activity, increased visits to general or psychiatric emergency departments and people complaining of higher levels of physical and mental distress.

The Spiritual Science Research Foundation (SSRF) examined the effect of the moon on human behaviour using spiritual research methodologies. In the spiritual research that we conducted to ascertain the effect of moon on human behaviour the short answer was yes, it does have an effect. The following are the various aspects on how the moon affects our life.

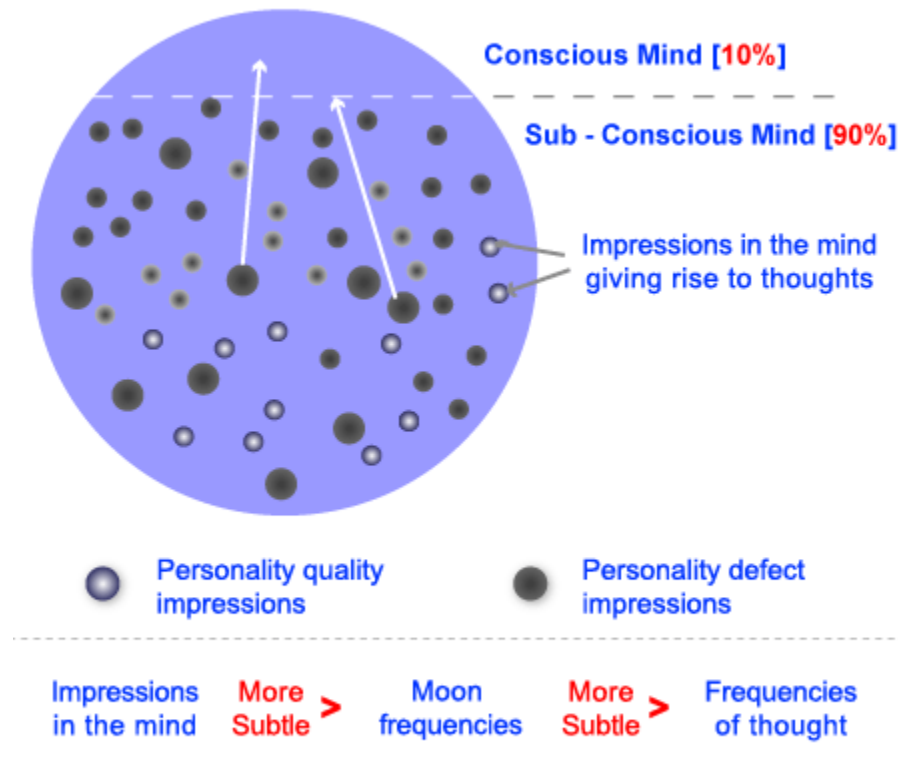
## 2. The generic subtle (intangible) effect of the moon

All objects including stars, planets and satellite bodies along with their gross (tangible) attributes emanate subtle (intangible) frequencies. These physical attributes and subtle-frequencies affect us in varying degrees at a physical and subtle-level.

The frequencies emanating from the Moon affect the frequencies of the mental body, i.e. mind of human beings. By 'mind' we mean our feelings, emotions and desires. The mind consists of the conscious mind and the sub-conscious mind. Within the sub-conscious mind we have a number of impressions that are embedded that decide our basic nature and personality. We are however not aware of the thoughts or impressions in our sub-conscious mind. These impressions get collected over a number of lifetimes.

These impressions in our mind are the catalysts for all our thoughts and subsequent actions. Both the impressions and our thoughts have their own subtle-frequencies.

### A working model of the mind of an average person



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The moon frequencies are slightly more subtle (intangible) than the subtle-frequencies of our thoughts but are less subtle than the frequencies of the impressions in our mind. The moon frequencies have the capacity to make the thought frequencies from the impressions in our sub-conscious mind to surface to the conscious mind. Once in the conscious mind we become aware of them. Thus one will be influenced as per the predominant impressions in one's mind.

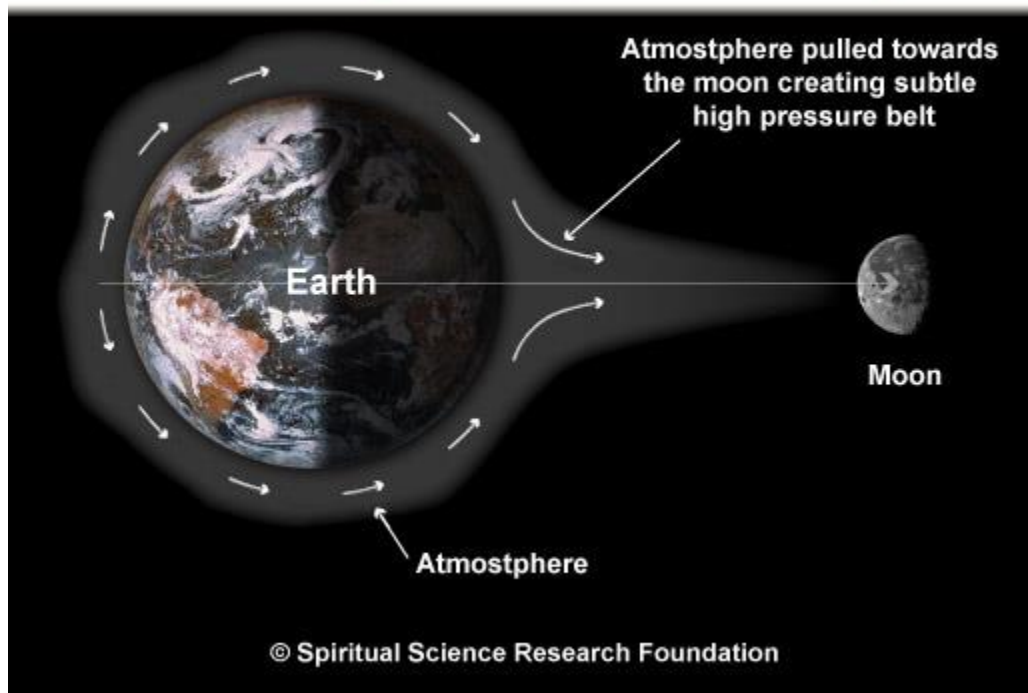
Similarly the moon also affects the mind of animals. However as the sub-conscious mind of animals consists of impressions related only to basic desires such as hunger, sex, sleep etc., the heightened thoughts are related to these basic instincts only.

#### 4. Effect based on gravitational pull of the moon

When the moon is full or new, the gravitational pull of the moon and sun are combined. The moon exerts a pull on the Earth on other days too, but it is not as powerful as on the days of full moon and new moon.

Suppose we were to take in a deep breath, the air sucked into our mouth is three times as much as a normal breath. Now let's translate this analogy to the Moon and its pull on the Earth. During full moon and new moon days the whole Moon is pulling Earth and the effect is as if in the earlier analogy the Moon is taking a deep breath. We find that the circular atmosphere of three times the size of the moon is attracted from the Earth.

#### Effect of moon's gravitational pull on full moon night



At the time of full Moon and new Moon days the Absolute Cosmic Principles (*Panchatattva*) on Earth such as the Absolute Earth (*Pruthvī*), Absolute Water (*Āpa*) and Absolute Air (*Vāyu*) are pulled towards the Moon. This creates a type of subtle very high-pressure belt.

In this process at a physical level when water is attracted towards moon, rather than the water, the gaseous elements in water (water vapour) come above water and enter the subtle high-pressure belt. Since negative energies are predominantly in gaseous form they get pulled into

the subtle high-pressure belt. Here they group together and get added strength in numbers from each other. They therefore attack humanity to a larger extent on these days. The impact of this is that the attacks of ghosts on humans both at a physical and mind level can be as much as three times more.

In the hermitages (*ashrams*) of SSRF around the world, an increase in negative energy attacks and subtle negative pressure has been observed on full moon and new moon days. It starts two days prior to full moon or new moon and ends two days after.

### **5. Consequences of increased effect of the moon on full moon and new moon.**

On new moon days, the *Raja-Tama* spreading ghosts (demons, devils, negative energies, etc.), people engaged in occult rituals and predominantly *rājasik* and *tāmasik* people are strongly influenced and receive black energy for their *Raja-Tama* activities. As it is a day conducive for negative activities, it is considered an inauspicious day for any positive activities. As the *Raja-Tama* from the moon affects the mind, the incidence of *Raja-Tama* tendencies like running away, suicide or possession by ghosts is highest on new moon. Especially during the night, as the otherwise naturally available purification by the Absolute Cosmic Fire Principle (*Tējtattva*) through the Sun being absent, new moon night is a golden opportunity for the ghosts to cause distress to man.

On a full moon night, as the illuminated side of the moon faces Earth, minimal subtle basic *Raja-Tama* is transmitted on this night compared to other nights. Hence on this night minimal *Raja-Tama* energy is available for ghosts, *Raja-Tama* predominant people or practitioners of occult rituals. However, ghosts (demons, devils, negative energies, etc.) take advantage of the effect of the gravitational pull on a full moon day and cause heightened distress.

Spiritual research has further revealed that there are some finer differences between the effect of new moon and full moon on man. Overall the distressing effect of moon on man is more on new moon than on full moon. The adverse effect of full moon is more on the physical or gross body (*sthūladēha*) whereas that of new moon is more on the mind. The effect of full moon is more apparent whereas the effect on new moon is more intangible (subtle). As the effect of new moon is not apparent to the person, it is even more dangerous. This is because as he is not aware of the distress, no step is taken to overcome it.

Between new moon and full moon the effects of new moon are less noticeable to us. However the negative effect is more on new moon. The reason for this is that on new moon the effect on man is more at a subtle-level as opposed to the full moon where one is aware of the increase in thoughts.

Seekers who do a lot of spiritual practice are primarily *sāttvik* in nature. As a result they are more sensitive to changes in the *Raja-Tama* in the environment as compared to an average person who is himself *Raja-Tama* predominant. The upside is that seekers of God are better equipped to access protection of God from negative energy.'

## 6. Why are recent reports unable to find evidence of the effect of the moon on human behaviour?

Some earlier medical/psychological studies had documented the effect of the moon on human behaviour. But studies conducted in the recent years have failed to correlate this effect. The reason for this is that in the last decade there has been an unprecedented increase in the overall *Raja-Tama* in the world. This excess in *Raja-Tama* has been primarily orchestrated by ghosts (demons, devils, negative energies, etc.).

This overall increase in the *Raja-Tama* component has widespread effect on all aspects of the world. The problems range from increased mental issues at an individual level to increased fights in families to terrorism to natural disasters. As a result of the underlying overall increase in erratic behaviour throughout the month, the additional effect of the new and full moon that is still present goes largely unnoticed in statistical studies.

## 7. What can we do to protect ourselves from any harmful effects?

Since the harmful effect of the new and full moon is due to a spiritual reason, only spiritual remedies or spiritual practice can help in giving protection.

At a worldly level, it is best to avoid taking important decisions or buying-selling on these days as ghosts can affect through these media. Increase the quantity and quality of spiritual practice from 2 days prior to and continue for 2 days after full moon and new moon days. It is also beneficial to chant Name of God as per religion and/or spiritual protection ritual.

During the waning phase of the moon, i.e. the period between full moon day and new moon day, as the size of the moon progressively reduces, the subtle basic *Raja-Tama* frequencies emanating from it progressively rise. This is because the darker side of the moon progressively increases. Hence to protect oneself from the adverse influence of this enhanced *Raja-Tama*, it is important that we step up our spiritual practice during this period.

During the waning phase of the moon, we should at least try to stabilise the increased efforts we had put in, in the earlier fortnight. This is so that we can again renew our efforts at enhanced spiritual practice in the next waning phase of the moon.

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