



# Solar eclipse in ghana 2016

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The solar eclipse is more than just a celestial phenomenon; it has deep spiritual and philosophical significance. Rooted in ancient yogic traditions, this natural event symbolizes the intricate relationship between the body and the universe. Let's explore the profound connection between the solar eclipse and the human mind, body, and soul.

A solar eclipse occurs when the moon aligns perfectly between the Earth and the sun, temporarily obscuring the sun's light. This event generally happens on a new moon day, marking a rare moment of cosmic alignment. During a total solar eclipse, the sun is completely hidden, and darkness prevails.

The ancient yogic philosophy suggests that what exists in the universe also exists within the human body. This belief is the foundation of the practices of paramporul yogam and meditation, where understanding the subtle energies of the body leads to enlightenment.

These energy flows alternate within the body approximately every 45 minutes. By controlling these energies through breath and meditation, one can harmonize the mind and body.

You can observe the energy flow in your body by closing one nostril and breathing through the other. You'll notice that one nostril has a clearer airflow while the other feels slightly restricted.

To master the mind, one must activate the Chandrakalai. This is achieved by practicing meditation in the Padmasana position (lotus pose). Placing the left leg over the right helps stimulate the Chandranaadi, facilitating inner peace and clarity.

The solar eclipse, where the moon obscures the sun, is a metaphor for spiritual practice. Just as the moon hides the sun, the Chandrakalai (inner moon) must dominate the Suryakalai (inner sun) to achieve mental control and enlightenment.

Ancient yogic texts describe 96 philosophies that govern the universe, many of which relate to the connection between the body and soul. Among these, controlling the mind is a crucial practice.

The solar eclipse teaches us the profound relationship between the cosmic universe and our inner selves. By understanding and controlling the flows of energy within our body--symbolized by the Chandrakalai and Suryakalai--we can achieve mental clarity, spiritual enlightenment, and harmony with the universe.

Take the opportunity during celestial events like the solar eclipse to deepen your yogic practices. Sit in the Padmasana position, meditate, and let the moon within you hide the sun, leading you to a path of self-realization and inner peace.



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Speaking at the Peace Through Democracy forum organised by the GIMPA Law Students Association on Wednesday, he outlined deliberate strategies that contributed to the election's success.

In the 2020 election, the opposition National Democratic Congress (NDC) protested the results, describing them as "flawed" and alleging that state security forces were used to intimidate voters in their strongholds.

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