

by
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The Wellness Column

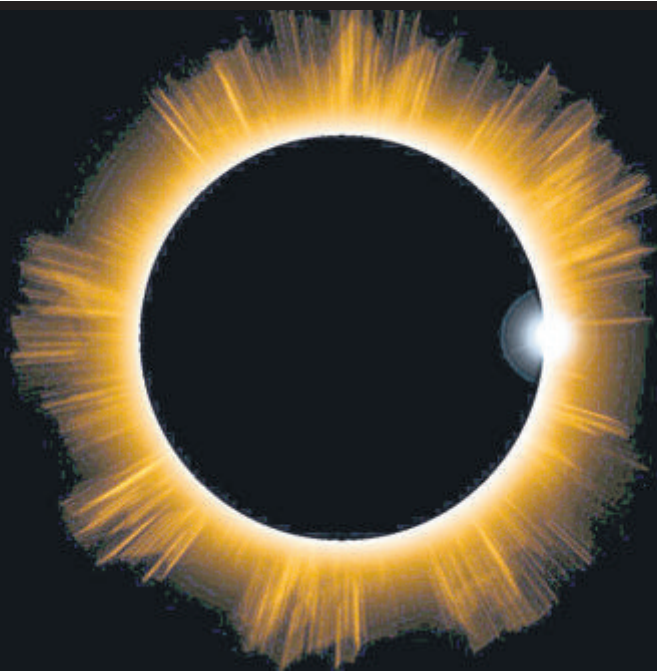
On August 12, Mallorca will find itself at the centre of one of nature's most extraordinary spectacles. At 7.38pm the moon will begin its passage across the sun, reaching totality at 8.31pm before concluding at 8.49pm. For a few remarkable minutes, daylight will fade, temperatures will drop, birds may fall silent and the island will experience a phenomenon that has captivated humanity for millennia.

Scientists can explain precisely how and why a total solar eclipse occurs. Yet despite our modern understanding, eclipses continue to evoke wonder, curiosity and even a sense of reverence. There is something deeply primal about witnessing the light disappear during daylight hours.

It was this fascination that led me to attend a recent workshop at the 5-star **Zoëtry Mallorca Hotel**, where American **astrologer** and author **Meghan Rose** spoke about the energetic and emotional significance of the forthcoming eclipse.

Many of us are familiar with the moon's influence on our planet. The most obvious example is the tides, governed by the moon's gravitational pull. Considering that the human body is made up of 60 to 70 per cent water, it is perhaps unsurprising that many people wonder whether celestial events may also affect us on a more subtle level.

While astrology remains outside the realm of scientific measurement, it continues to attract a growing audience interested in self-reflection, personal growth and emotional wellbeing. With Mallorca sitting directly in the path of totality for this historic event, I was curious to hear Meghan's perspective on how those living on the island might experience it.



A Shadow Across Mallorca: American astrologer Meghan Rose on the island's historic total solar eclipse

An Astrologer's Perspective

"Eclipses interrupt the ordinary rhythm of life," Meghan explained. "Even if someone knows the science behind them, there is still something deeply primal about watching the light disappear when it is normally light."

According to Meghan, as well as many other sources, eclipses have long symbolised endings, revelations and accelerated change.

"Psychologically, they tend to bring unconscious emotions to the surface," she said.

"Spiritually, I think eclipses remind people that life is cyclical and far bigger than our individual timelines. They invite surrender, reflection and a willingness to trust what is unfolding, even when we cannot fully see it yet."

For those who are naturally sceptical about discussions of "energy shifts," Meghan offers a refreshingly grounded explanation.

"I think of eclipse energy less as magic and more as heightened awareness," she said. "People often notice sleep disruption, emotional sensitivity, sudden moments of clarity, unexpected endings or conversations that shift the direction of their lives."

Whether one views these experiences through an astrological lens or simply as part of the human condition, there is no denying that significant events often encourage us to pause and take stock.

Why Mallorca Feels Different

Perhaps what makes this particular eclipse even more intriguing is Mallorca itself.

Do places possess their own energetic imprint? Meghan believes they do.

"One of my areas of study is astro cartography (or locational astrology), which looks at the relationship between location and personal energy," she explained. "Mallorca has a naturally reflective quality that creates space for people to slow down. During an eclipse, environments that encourage presence and nervous system regulation can make the experience feel more profound. I truly believe that people are more receptive to transformation when they feel grounded and safe, and there is no coincidence that this eclipse is going right over this beautiful, calming island. Having lived on the island for over two decades, I can certainly understand what she means. There is something about Mallorca's rhythm that invites introspection. Perhaps it is the sea, the majestic mountains, the quality of light, the magnetic energy of the land or the slower pace of life. Whatever the reason, many visitors arrive seeking not only sunshine but a deeper connection with themselves.

The Rise of the Mystical Lifestyle

This may help explain the growing popularity of what some are calling a "mystical lifestyle" – an umbrella term encompassing astrology, meditation, breathwork, tarot, energy healing and other wellbeing and holistic practices. According to Meghan, the trend reflects a broader search for meaning.

"We live in a time of constant overstimulation and uncertainty," she said. "Many people feel disconnected from themselves despite being hyper-connected digitally. At their best, spiritual practices help people feel less alone and more empowered while navigating life."

One aspect of Meghan's talk that particularly resonated with me was her view that intuition and critical thinking are not opposing forces. "They absolutely can and should coexist," she said. "Intuition without dis-

cernment can become projection, and critical thinking without intuition can become disconnected. The healthiest spiritual practice encourages curiosity, accountability and grounded self-awareness."

It is a perspective that feels especially relevant today. We need not abandon rational thought to appreciate wonder, nor dismiss intuition simply because it cannot be measured with scientific instruments. (How many times have you been thinking about someone you haven't heard from for a while – when suddenly they call out of the blue? That's your intuition kicking in.)

Preparing for the Eclipse

For those wondering how best to prepare for the eclipse, Meghan's advice has little to do with astrology and everything to do with wellbeing.

"Simplify," she said. "Create more space in your schedule, reduce unnecessary noise and pay attention to what your body is asking for. People often underestimate how much clarity comes through rest, hydration, intentional movement, and honest conversations. Before major life shifts, the nervous system usually asks you to slow down so it can communicate things with you right before the mind/outside world catches up."

In a world that celebrates busyness, this may be the most valuable advice of all. Meghan also encourages patience in the days surrounding the eclipse.

"Eclipses tend to reveal information in layers," she explained. "Give yourself a few weeks before making impulsive decisions if possible."

Whether or not one subscribes to astrological interpretations, there is wisdom in allowing emotions and insights time to settle before taking action.

A Shared Moment Under the Sky

As August approaches, thousands of people are expected to gather across Mallorca and the Balearic Islands to witness this rare celestial event. Some will come for the science, others for the spectacle and many simply for the shared experience of standing beneath a darkened sky.

For Meghan, that collective experience is part of the magic. "Anywhere people are intentionally gathering to witness the event together will naturally amplify the emotional atmosphere," she said.

Perhaps that is the true significance of an eclipse. Beyond astrology, beyond science, beyond symbolism, it offers something increasingly rare in modern life: a moment when we all stop, look up and remember that we are part of something much larger and more wondrous than ourselves.

On August 12, as darkness briefly falls across Mallorca and the stars appear in the daytime sky, we may each take away something different from the experience. But one thing is certain: it will be a moment none of us will ever forget.

To learn more about Meghan Rose, and future talks in Mallorca before the Eclipse, find Meghan on Instagram and TikTok @the_meghanrose. Author of the **Star-Crossed** newsletter found on themeghanrose.substack.com. To keep updated on forthcoming events at the Zoetry Hotel follow @zoetrymallorca.

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