

A solar eclipse is many things: light and darkness simultaneously, seemingly a stop in time, and also a promise of light at the end again. So too is the emotional healing process. This past year, I have been composing a three-movement piece about the healing process for solo viola called *Eclipse*. Each of the three movements of *Eclipse* represents a stage of the healing process; the “Prelude” movement explores acknowledging emotions with hints of hesitance, the “Adagio” movement portrays the slow and gradual process of actively engaging with the emotions but also the mental exhaustion as a result, and finally my hope for the final “Andante Comodo” movement is to convey a sense of inner peace and a transformed mindset emerging from the healing process. In my paper and presentation, I dive into the first two completed movements of *Eclipse*, what my compositional process looked like and some of the struggles I faced when composing, and my greatest takeaways and lessons from the creative process.