

Comprehensive 2019 Dates, Times and Puja proper for Full Moon (Purnima) and New Moon (Amavasya)

Prem Namaste, Vanakkum, Hare Krsna, Jai Shree Krsna, Jai Shree Raam

We at www.dipika.org.za pray that you are well... #Team-Dipika.



We at Dipika are always looking for ways to provide information to improve your spiritual life... The Dates, Times, Puja proper and significance of the information given below will surely do that. The following is not on the Hindu calendar but I have decided to add it anyway for the many that email me for this information.

DO NOTE:- All times indicated below, associated with the start or end of a religious day are in 24-hour format.

Purnima (Full Moon) Dates for 2019

How to understand the information below? Well it's rather simple for example, Purnima begins on the 20th @ 10h48 and ends on the 21st @ 07h14. So although we have given the date for Purnima as 21st January, Purnima is spread over two days... So you should observe Purnima within the times given. This year we are also providing the Full Moon night dates where most of Full Moon transits and which day does Purnima rules as well..

21st January. Begins on the 20th @ 10h48 and ends on the 21st @ 07h14
Full Moon night will fall on the 20th . Full Moon will rule the 21st

19th February. Begins on the 18th @ 21h41 and ends on the 19th @ 17h52
Full Moon night will fall on the 18th . Full Moon will rule the 19th

20th March. Begins on the 20th @ 07h14 and ends on the 21st @ 03h41
Full Moon night will fall on the 20th . Full Moon will rule the 20th

19th April. Begins on the 18th @ 15h55 and ends on the 19th @ 13h10
Full Moon night will fall on the 18th . Full Moon will rule the 19th

18th May. Begins on the 18th @ 00h40 and ends on the 18th @ 23h09
Full Moon night will fall on the 18th . Full Moon will rule the 18th

17th June. Begins on the 16th @ 10h31 and ends on the 17th @ 10h29
Full Moon night will fall on the 16th . Full Moon will rule the 17th

16th July. Begins on the 15th @ 22h17 and ends on the 16th @ 23h36
Full Moon nights will fall on the 15th/16th . Full Moon will rule the 16th

15th August. Begins on the 14th @ 12h15 and ends on the 15th @ 14h27
Full Moon night will fall on the 14th . Full Moon will rule the 15th

13th / 14th September. Begins on the 13th @ 04h04 and ends on the 14th @ 06h31
Full Moon night will fall on the 14th . Full Moon will rule the 13th / 14th

13th October. Begins on the 12th @ 21h06 and ends on the 13th @ 23h06
Full Moon nights will fall on the 12th/13th . Full Moon will rule the 13th

12th November. Begins on the 11th @ 14h31 and ends on the 12th @ 15h32
Full Moon night will fall on the 11th . Full Moon will rule the 12th

12th December. Begins on the 11th @ 07h28 and ends on the 12th @ 07h10
Full Moon night will fall on the 11th . Full Moon will rule the 12th

Fasting On Purnima

Us Hindus consider, the full moon day, (Purnima) sacred as it's a day that Lord Vishnu presides over. Some Hindus (health permitting) observe a fast on this day, or at any rate take only light food in the night. A Human Being is composed of about 60% liquid and 40% solid. You may wonder how? Well, blood is liquid, is it not? The Moon has an effect on the sea, making the tides rise or fall. In the same way, the Moon also has an effect on the liquid content in humans. The above results in a person becoming tense and irritable. That is how the term 'lunatic' came into being. 'luna' means 'moon' in latin. Lunatic means 'insane'. Our great Sages and Rishi's, knew how to combat the evil effects on human behavior during the full moon and new moon days. They found that light food on these days would lower the acidic content in our system, which helps human beings to retain their mental balance. By fasting or taking light food the whole system is given a rest. By praying a person would not allow his/her emotions to run wild. When the system is at rest psychologically also there is rest in a person. He/she feels comfortable physically and psychologically and will not be prone to irritation and outburst of temper. Fasting creates remarkable endurance in a person, a special feeling of empathy and a sense of equality between the rich and the poor. Fasting occasionally, is key to good health.

HOW TO OBSERVE A FULL MOON FAST:- On this day many don't consume white grains and observe a fast starting from sunrise without salt or without water depending on ones capabilities and health until the evening when the moon is sighted. For Moon times in your area in South Africa please visit this website <http://www.saaao.ac.za/public-info/sun-moon-stars/>. Some offer milk and water on a plant while viewing the Moon. After performing this act then the devotee consumes solid food with salt.

Because Lord Vishnu rules Purnima day, the most auspicious Shree Satya Narayana Vrata Puja is the most apted puja to perform on this day. And the times to perform this sacred puja is given above. The D.I.Y Shree Satya Narayana Vrata Puja proper with Havan is given on our website DIPIKA. Ctrl-Click **(HERE)** to access this article.

The Maha- Mritunjaya Havan performed on Full Moon

The Maha Mritunjaya havan is a very simple yet extremely powerful havan. This havan should preferably be performed on Purnima (full moon) when auspiciousness is at maximum. After having a bath, wear clean clothes. Prepare about a medium size bowl of sweet rice. Then add about 200 g of Black sesame (til) seeds, cut about a stand of kush grass into very small pieces (if you don't have Kush grass not to worry), add 100g of vegetable or butter ghee and finally add to the sweet rice. Mix all these ingredients together.

Place wood in the havan kund (which should already have a little sand in it. The reason for this is so that the ghee does not leak out.) Take a little Ganga water and sip it three times chanting "Om Vishnu". I recommend that those who are sitting down for the havan chant the very auspicious Hanuman Chalisa. Then place camphor on the wood and light it. Thereafter invite Lord Vishnu and the devis and devas to the havan by saying "O Lord Vishnu, Sarva Devis and Devas I _____(your name) invite you all to this auspicious havan.

Now start the offerings by the chanting the Mritunjaya mantra, which is, as ff: -

"Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam
urvaa-rooka-miva bandha-naam mrityor mooksheeya maamritaat Om" swaahaa

Offer the sweet rice after you say Om (the second Om above) and chant swaahaa. Do this for 108 x's. Once this is complete ask Lord Vishnu and all the devi and devas for forgiveness for any mistakes that was committed during the havan and chant the Maha Mantra "Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare" 21 times to atone for any mistakes committed during the havan. Then request Lord Vishnu and the Devi and devas to kindly return to their abodes.

Requirements for the Havan:- One packet havan wood; 100g ghee; 200g black til; One small bowl sweet rice, one strand of kush grass, havan kund, 2 blocks of camphor.

New Moon (Amavasya) Dates for 2019

How to understand the information below. Well it's rather simple for example, Amavasya begins on the 5th @ 01h27 and ends on the 6th @ 03h26. So although we have given the date for Amavasya as 5th January, Amavasya is spread over two days... So you should observe Amavasya within the times given. This year we are also providing the New Moon night dates where most of New Moon transits and which day does Amavasya rules as well..

5th January. Begins on the 5th @ 01h27 and ends on the 6th @ 03h26.
New Moon night will fall on the 5th. New Moon will rule the 5th

4th February. Begins on the 3rd @ 20h22 and ends on the 4th @ 23h02
New Moon night will fall on the 3rd/4th. New Moon will rule the 4th

6th March. Begins on the 5th @ 15h36 and ends on the 6th @ 18h02
New Moon night will fall on the 5th . New Moon will rule the 6th

5th April. Begins on the 4th @ 09h20 and ends on the 5th @ 10h49
New Moon night will fall on the 4th . New Moon will rule the 5th

4th May. Begins on the 4th @ 00h33 and ends on the 5th @ 00h44
New Moon night will fall on the 5th . New Moon will rule the 4th

3rd June. Begins on the 2nd @ 13h09 and ends on the 3rd @ 12h00
New Moon night will fall on the 2nd . New Moon will rule the 3rd

2nd July. Begins on the 1st @ 23h35 and ends on the 2nd @ 21h14
New Moon night will fall on the 2nd . New Moon will rule the 2nd

31st July. Begins on the 31st @ 08h27 and ends on 1st August @ 05h10
New Moon night will fall on the 31st . New Moon will rule 31st July

30th August. Begins on the 29th @ 16h25 and ends on the 30th @ 12h35
New Moon night will fall on the 29th . New Moon will rule the 30th

28th September. Begins on the 28th @ 00h15 and ends on the 28th @ 20h24
New Moon night will fall on the 28th . New Moon will rule the 28th

28th October. Begins on the 27th @ 08h52 and ends on the 28th @ 05h36
New Moon night will fall on the 27th . New Moon will rule the 28th

26th November. Begins on the 25th @ 19h10 and ends on the 26th @ 17h04
New Moon night will fall on the 25th . New Moon will rule the 26th

26th December. Begins on the 25th @ 07h47 and ends on the 26th @ 07h11
New Moon night will fall on the 25th . New Moon will rule the 26th

The new moon day is called Amavasya and is observed as a day of fasting in many Hindu households. Since the Hindu calendar is organized according to the lunar month, Amavasya is the beginning of the new lunar month which lasts approximately 29-30 days. Many festivals, the most famous being Diwali, are observed on this day. The importance of Amavasya is that it is a day of new beginnings. It is a time to discard the old (habits, thought processes, failures and negative influences) and embrace the promise of new 'light' that the new moon brings to us. The 'dark' side of the moon is revealed on this day as the moon completes its waning cycle of approximately 15 days.

(On New Moon days one can offer a food offering to one's ancestors. Whatever vegetarian meal one cooks on that day he/she can offer to one Pitar's – just as one does in Pitar Paksh or Mahalaya Paksham. By performing this act great merits awaits that person. In the Garuda Purana Preta Khanda II 10.50-55 Lord Vishnu says to Shree Garudaji "On the day of Amavasya (new moon day), the airy manes (the ancestors) stand at the door of their descendents in order to receive their food. They remain there till sunset. When they do not receive their food they fall in despair and out of suffering heave long sighs and go back cursing the descendents. Therefore, one should carefully perform shraddha (offer food) to one's ancestors on

the new moon day (Amavasya) every month”. So why are you hearing this for the first time? Well that’s a million dollar question, which I can’t answer.

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Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate all readers and demystify the path of Hinduism (Sanatan Dharma). Please feel free to share these articles with friends and family who do not have direct access to our website or articles. If you use the articles in any form including blogs and/or as part of other articles kindly credit our website as a source. We hope that the articles serve as a reference to you and your family when you need clarification of certain topics. Jai Hind... Jai Shree Radha Krsna.



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Compiled for the upliftment of Sanatan Dharma

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