

## **Comprehensive 2020 Dates, Times and Puja proper for Full Moon (Purnima) and New Moon (Amavasya)**

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

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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 2020**

How to understand the information below? Well it's rather simple for example, Purnima begins on the 9<sup>th</sup> January @ 23h04 and ends on the 10<sup>th</sup> @ 21h20. So although we have given the date for Purnima as 10<sup>th</sup> 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..

January 10<sup>th</sup>, Friday                      Begins - 23:04, Jan 09 = Ends - 21:20, Jan 10  
Pausha Hindu Month, Shukla (Bright half of the Moon) Purnima (Full Moon)  
Full Moon night will fall on the 10<sup>th</sup>. Full Moon will rule the 10<sup>th</sup>

February 9<sup>th</sup>, Sunday                      Begins - 12:31, Feb 08 = Ends - 09:32, Feb 09  
Magha Hindu Month, Shukla Purnima  
Full Moon night will fall on the 8<sup>th</sup>. Full Moon will rule the 9<sup>th</sup>

March 9<sup>th</sup>, Monday                      Begins - 23:33, Mar 08 = Ends - 19:47, Mar 09  
Phalguna Hindu Month, Shukla Purnima  
Full Moon night will fall on the 9<sup>th</sup>. Full Moon will rule the 9<sup>th</sup>

April 7<sup>th</sup>, Tuesday                      Begins - 08:31, Apr 07 = Ends - 04:34, Apr 08  
Chaitra Hindu Month, Shukla Purnima  
Full Moon night will fall on the 7<sup>th</sup>. Full Moon will rule the 7<sup>th</sup>

May 7<sup>th</sup>, Thursday                      Begins - 16:14, May 06 = Ends - 12:44, May 07  
Vaishakha Hindu Month, Shukla Purnima  
Full Moon night will fall on the 6<sup>th</sup>. Full Moon will rule the 7<sup>th</sup>

June 5<sup>th</sup>, Friday Begins - 23:45, Jun 04 = Ends - 21:11, Jun 05  
Jyeshtha Hindu Month, Shukla Purnima  
Full Moon night will fall on the 5<sup>th</sup>. Full Moon will rule the 5<sup>th</sup>

July 5<sup>th</sup>, Sunday Begins - 08:03, Jul 04 = Ends - 06:43, Jul 05  
Ashadha Hindu Month, Shukla Purnima  
Full Moon night will fall on the 4<sup>th</sup>. Full Moon will rule the 5<sup>th</sup>

August 3<sup>rd</sup>, Monday Begins - 17:58, Aug 02 = Ends - 17:58, Aug 03  
Shravana Hindu Month, Shukla Purnima  
Full Moon night will fall on the 2<sup>nd</sup>. Full Moon will rule the 3<sup>rd</sup>

September 2<sup>nd</sup>, Wednesday Begins - 06:08, Sept 01 = Ends - 07:21, Sep 02  
Bhadrapada Hindu Month, Shukla Purnima  
Full Moon night will fall on the 1<sup>st</sup>. Full Moon will rule the 2<sup>nd</sup>

October 1<sup>st</sup>, Thursday Begins - 20:55, Sept 30 = Ends - 23:04, Oct 01  
Ashwina Adhika Hindu Month Shukla Purnima  
Full Moon night will fall on the 1<sup>st</sup>. Full Moon will rule the 1<sup>st</sup>

October 31<sup>st</sup>, Saturday Begins - 14:15, Oct 30 = Ends - 16:48, Oct 31  
Ashwina, Hindu Month Shukla Purnima  
Full Moon night will fall on the 30<sup>th</sup>. Full Moon will rule the 31<sup>st</sup>

November 30<sup>th</sup>, Monday Begins - 09:17, Nov 29 = Ends - 11:29, Nov 30  
Kartika Hindu Month, Shukla Purnima  
Full Moon night will fall on the 29<sup>th</sup>. Full Moon will rule the 30<sup>th</sup>

December 29<sup>th</sup>, Tuesday Begins - 04:24, Dec 29 = Ends - 05:27, Dec 30  
Margashirsha Hindu Month, Shukla Purnima  
Full Moon night will fall on the 29<sup>th</sup>. Full Moon will rule the 29<sup>th</sup>

### **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 allay 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 2020**

How to understand the information below. Well it's rather simple for example, Amavasya begins on the 23<sup>rd</sup> of January @ 22h47 and ends on the 24<sup>th</sup> of January @ 23h41. So although we have given the date for Amavasya as 24<sup>th</sup> 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..

January 24, Friday Begins - 22:47, Jan 23 = Ends - 23:41, Jan 24  
New Moon night will fall on the 24<sup>th</sup>. New Moon will rule the 24<sup>th</sup>

February 23, Sunday Begins - 15:32, Feb 22 = Ends - 17:31, Feb 23  
New Moon night will fall on the 22<sup>nd</sup>. New Moon will rule the 23<sup>rd</sup>

March 24, Tuesday Begins - 09:00, Mar 23 = Ends - 11:27, Mar 24  
New Moon night will fall on the 23<sup>rd</sup>. New Moon will rule the 24<sup>th</sup>

April 22, Wednesday Begins - 02:07, Apr 22 = Ends - 04:25, Apr 23  
New Moon night will fall on the 22<sup>nd</sup>. New Moon will rule the 22<sup>nd</sup>

May 22, Friday Begins - 18:05, May 21 = Ends - 19:38, May 22  
New Moon night will fall on the 21<sup>st</sup>. New Moon will rule the 22<sup>nd</sup>

June 21, Sunday Begins - 08:22, June 20 = Ends - 08:40, June 21  
New Moon night will fall on the 20<sup>th</sup>. New Moon will rule the 21<sup>st</sup>

July 20, Monday Begins - 20:40, July 19 = Ends - 19:32, July 20  
New Moon night will fall on the 19<sup>th</sup>. New Moon will rule the 20<sup>th</sup>

August 18, Tuesday Begins - 07:09, Aug 18 = Ends - 04:41, Aug 19  
New Moon night will fall on the 18<sup>th</sup>. New Moon will rule the 18<sup>th</sup>

September 17, Thursday Begins - 16:26, Sept 16 = Ends - 12:59, Sept 17  
New Moon night will fall on the 16<sup>th</sup>. New Moon will rule the 17<sup>th</sup>

October 16, 2020, Friday Begins - 01:22, Oct 16 = Ends - 21:30, Oct 16  
New Moon night will fall on the 16<sup>th</sup>. New Moon will rule the 16<sup>th</sup>

November 14, 2020, Saturday Begins - 10:47, Nov 14 = Ends - 07:06, Nov 15  
New Moon night will fall on the 14<sup>th</sup>. New Moon will rule the 14<sup>th</sup>

December 14, 2020, Monday Begins - 21:14, Dec 13 = Ends - 18:16, Dec 14  
New Moon night will fall on the 13<sup>th</sup>. New Moon will rule the 14<sup>th</sup>

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.

**DISCLAIMER:-** Do note that Dipika is not affiliated to any Hindu group or organization. We at Dipika choose to remain an independent repository of spiritual advice. We appreciate that there are variances between organisations and humbly request that if our views differ from yours that you respect our decision not to conform to the prescripts of your particular organisation. We remain committed to spiritual advice which is based on scripture.

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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