

New Moon and Full Moon, it's effects on people and remedial measures - A Hindu Perspective

Have you heard a statement similar to this before? - *"I am significantly affected by the full moon or new moon. I have a very difficult time during the few days before, especially on the day of, and a few days after full moon or new moon. I become very emotional, experience feelings of instability and emotional overload, including anxiety and feeling simply out of sorts, in a negative way. How can I alleviate such symptoms when I know they are going to occur? They have significantly affected me in my personal life and work life, and I would like to keep them in check as far as possible."*

I am quite certain you may have friends or relatives suffering from the effects of a Full Moon or New Moon.

We shall firstly discuss this topic from the Western point of view then introducing the Vedic (Eastern) point of view, and finally many remedies that one may choose (one or many) that may suit one's needs. Should you want to refer sooner to the remedies (on page 7) you may as we have compiled a fairly comprehensive article leading up to that part. This is a very open-ended article meant to help those suffering from the effects of New Moon and Full Moon.

Over time, many have mentioned the phrase "There must be a full moon out" in an attempt to explain peculiar occurrences on a night when the moon is full. Indeed, the Roman goddess of the Moon bore a name that remains familiar to us today: *Luna*, prefix of the word "lunatic." Greek philosopher Aristotle and Roman historian Pliny the Elder suggested that the brain was the "moistest" organ in the body and thereby most susceptible to the pernicious influences of the moon, which triggers the tides. Belief in the "lunar lunacy effect," as it is called, at times, persisted in Europe through the Middle Ages, when humans were widely reputed to transmogrify into werewolves or vampires during a full moon. Even these days many people think the mystical powers of the full moon induce erratic behaviors, psychiatric hospital admissions, suicides, homicides, emergency room calls, traffic accidents, dog bites and all manner of strange events.

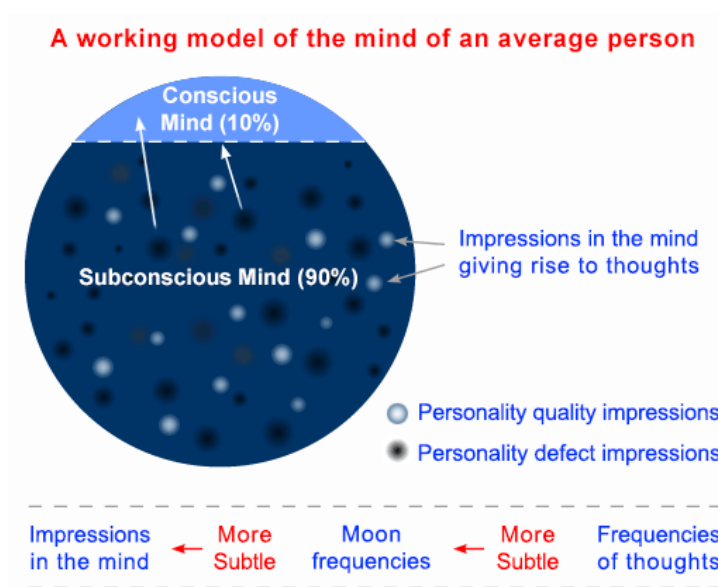
Following Aristotle and Pliny the Elder, some contemporary authors, have conjectured that the full moon's supposed effects on behavior arise from it's influence on water. The human body, after all, comprises approximately 65-80% water, so perhaps the moon 'works its 'mischievous magic' by somehow disrupting the alignment of water molecules in the nervous system.

So, if the "lunar lunacy" effect is merely an astronomical and psychological urban legend, why is it so widespread? There are several probable reasons. Media coverage and social media almost surely plays a role. Scores of Hollywood horror movies portray full-moon nights as peak times of spooky occurrences such as stabbings, shootings and psychotic behaviors.

It is of note that some may pose the question, “why does this particular article not mentioning animals and other creatures?” While the New Moon and Full Moon does affect animals as well this article is primarily centered on discussing the human psyche.

All objects including stars, planets and satellite bodies along with their gross (tangible) attributes emanate subtle (intangible) frequencies. These physical attributes and subtle-frequencies affect humans varying degrees at a physical and subtle-level. The frequencies emanating from the Moon affect the frequencies of the mental body, i.e. mind of human beings. By ‘mind’, humans refer to feelings, emotions and desires. The mind consists of the conscious mind and the sub-conscious mind. Within the sub-conscious mind, humans have a number of embedded impressions that decide basic nature and personality. Humankind, however, are not aware of the thoughts or impressions in their sub-conscious minds. These impressions accumulate over a number of lifetimes.

These impressions in the human mind are the catalysts for all thoughts and subsequent actions. Both the impressions and thoughts have their own subtle-frequencies.



The moon frequencies are slightly more subtle (intangible) than the subtle-frequencies of our thoughts but are less subtle than the frequencies of the impressions in our mind.

Effect based on illumination or phase of the moon

NOTE:- **rajas** (passionate, active, confused), and **tamas** (darkness, destructive, chaotic). Thus, “Raja-Tama” below refers the modes of passion-darkness.

On a New Moon day, the non-illuminated, i.e. dark, side of the Moon faces towards Earth. Darkness emanates Raja-Tama predominant frequencies. Hence, compared to when the illuminated side faces Earth, more subtle basic Raja-Tama predominant frequencies are transmitted towards Earth.

Alternatively, on a Full Moon day, there is a decrease in the Raja-Tama because of the increased illumination. However, on a full moon day, as the moon frequencies are more active, a heightened activity of the mind is observed as explained above. Depending on the types of impressions from the sub-conscious mind that are activated, the heightened activity can range from heightened random thoughts to heightened mental activity of specific thoughts.

For example, a person who is an author and is focusing on some book that he/she is writing is more likely to become heightened thought activity mostly pertaining to such work and creativity in writing style. These types of thoughts will arise out of the talent centre. Hence he/she may find that he/she can write prolifically on a Full Moon day.

However, most often, the thoughts are random. If there are a number of dominant personality defects such as anger, greed, etc. then they too may surface and dominate our thoughts during this period. For example, an alcoholic will experience more thoughts about the want to drink alcohol on this day.

It is also possible to awaken thoughts about spirituality that lie inert in the sub-conscious mind of a person by taking advantage of the heightened mind activity and by increasing spiritual practice on a Full Moon day (hence we at Dipika advise performing the Full Moon Havan which is provided later in this article).

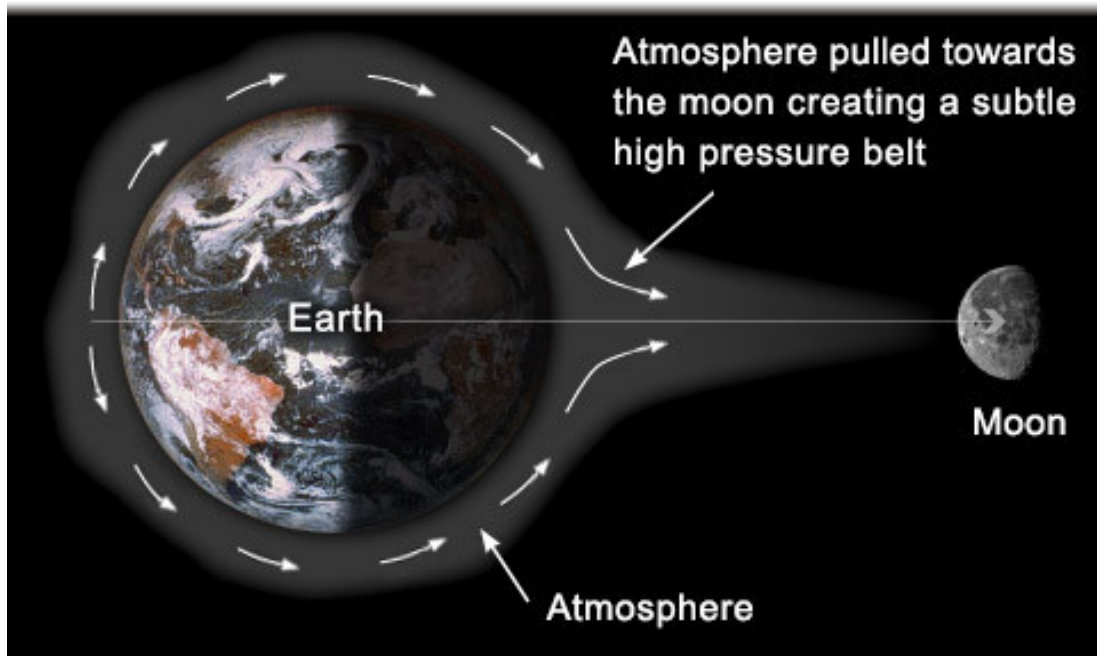
Effect on humans based on gravitational pull of the moon

When the moon is full or new, the gravitational pull of the moon and sun are combined. The moon exerts a pull on the Earth on other days too, but it is not as powerful as on the days of Full Moon and New Moon.

Suppose one was to take in a deep breath, the air inhaled into our mouth is approximately three times as much as a normal breath, for an average person. Now

apply this analogy to the Moon and its pull on the Earth. During Full Moon and New Moon days, the Moon is pulling Earth and the effect is as if, in the earlier analogy, the Moon is taking a deep breath. One finds that the circular atmosphere of a size of three times the size of the moon is attracted from Earth.

Effect of moon's gravitational pull on full moon night



At the time of Full Moon and New Moon days the Absolute Cosmic Principles (Panchatattva) on Earth such as the Absolute Earth (Prithvee), Absolute Water (Aapa) and Absolute Air (Vaayu) are pulled towards the Moon. This creates a type of subtle high-pressure belt.

In this process, at a physical level when water is attracted towards moon, rather than the water, the gaseous elements in water (water vapour) are 'pulled' above the water and enter the subtle high-pressure belt. Since negative energies are predominantly in gaseous form, they get pulled into the subtle high-pressure belt. Thereafter, they group together and get added strength in numbers from each other. They therefore negatively affect to a larger extent on these days. The impact of this is that the negative effects of negative entities on humans both at a physical and mental level can be as much as three times more.

In the hermitages (ashrams) around the world, an increase in negative energy attacks and subtle negative pressure has been observed on Full Moon and New Moon days.

This starts two days prior to Full Moon or New Moon and ends two days after.

Consequences of increased effect of the moon on full moon and new moon

On New Moon days, the Raja-Tama spreading ghosts (demons, devils, negative energies, etc.), people engaged in occult rituals and predominantly raajasik (mode of passion) and taamasik (mode of ignorance) people are significantly influenced and receive black energy for their Raja-Tama activities. As it is a day conducive for negative activities, it is considered an inauspicious day for any positive activities. As the Raja-Tama from the moon affects the mind, the incidence of Raja-Tama tendencies like running away, suicide or possession by ghosts is highest on New Moon. Especially during the night, as the otherwise naturally available purification by the Absolute Cosmic Fire Principle (Tejtattva) through the Sun being absent, New Moon night is a golden opportunity for the ghosts to cause distress to humans. Ghosts take advantage of the rise in Raja-Tama to amass black energy that is used to orchestrate events such as natural disasters or events.

On a Full Moon night, as the illuminated side of the moon faces Earth, minimal subtle basic Raja-Tama is transmitted at this time compared to other times. Hence, on this night, minimal Raja-Tama energy is available for ghosts, Raja-Tama predominant people or practitioners of occult rituals. However, ghosts (demons, devils, negative energies, etc.) take advantage of the effect of the gravitational pull on a full moon day and cause heightened distress.

There are some minute differences between the effect of New Moon and Full Moon on a human. Overall the distressing effect of the Moon on a human is more on New Moon than on Full Moon. The adverse effect of Full Moon is more on the physical or gross body (sthooladeha) whereas that of New Moon is more on the mind. The effect of Full Moon is more apparent whereas the effect on New Moon is more intangible (subtle). As the effect of new moon is not apparent to the person, it is even more dangerous. This is because as he/she is not aware of the distress, no prior steps are taken to overcome it.

Between New Moon and Full Moon the effects of New Moon are less noticeable. However the negative effect is more significant on New Moon. The reason is that on New Moon, the effect on a human is more at a subtle-level as opposed to the Full Moon where one is more knowledgeable of the increase in mental activity.

Spiritual practitioners who perform significant spiritual practice are primarily sattvik in nature. As a result they are more sensitive to changes in the Raja-Tama in the environment as compared to people in general who may be Raja-Tama predominant.

Why are recent reports unable to find evidence of the effect of the Moon on human behaviour?

In the past, medical/psychological studies had documented the effect of the moon on human behaviour. However, studies conducted in the recent years have failed to correlate this effect. The reason is that in the last decade there has been an unprecedented increase in the overall Raja-Tama in the world. This excess in Raja-Tama has been primarily orchestrated by ghosts (demons, devils, negative energies, etc.).

This overall increase in the Raja-Tama frequencies has had a widespread effect on all aspects of this planet. The problems include increased mental issues at an individual level, increased domestic problems, terrorism and natural disasters, among others. As a result of the underlying overall increase in erratic behaviour in this period, the additional effect of the New Moon and Full Moon that is still present goes largely unnoticed in statistical studies.

Spiritual Remedies

What can one do to protect oneself from harmful effects of the Full Moon and New Moon?

Since the harmful effect of the new and full moon is due to a spiritual reason, spiritual remedies or spiritual practices can help one in receiving much needed protection.

At a global level, it is best to avoid taking important decisions or buying and selling on these days as ghosts or negative forces can affect through these media and communication. Increasing the quantity and quality of spiritual practice from 2 days prior to and up to and including 2 days after Full Moon and New Moon days. The New and Full Moon dates (for South Africa) are given on our website www.dipika.org.za kindly ctrl+click **{HERE}**.

During the waning phase of the moon, i.e. the period between Full Moon day and New Moon day, the subtle basic Raja-Tama frequencies emanating from it progressively rise. This is because the darker side of the moon progressively increases. Hence, to

protect oneself from the adverse influence of this enhanced Raja-Tama, it is important that we increase our spiritual practice during this period. During the waxing phase of the moon, humans should at least try to sustain the increased efforts put in, during the earlier fortnight. This is so that one can again renew one's efforts at enhanced spiritual practice in the next waning phase of the moon.

REMEDIES:-

{1} *** According to Hinduism, "Lord Shiva" is regarded to be the Deity associated with the planet Moon. The crescent shape of the moon resides on Lord Shiva's head. Reciting Lord Shiva's mantras, for example, "Om namah shivaya", the Maha Mritunjaya (om Triyambakam...) mantra or any other mantra related to Lord Shiva, 108 times a day are known to carry wonderful benefits. You can start feeling a change within you soon after. You may also, read (or play a mp3) the "Shiva Chalisa" if you're unable to chant the mantras.

{2} *** Drinking water in a silver (metal (material, not colour)) cup will make the Moon effects strong in one's life, Moon (in one's birth chart) is a significator of water and according to Vedic Astrology it symbolizes one's feelings and emotions. Often, an individual with a weak moon (in terms of one's birth (Vedic) chart) consumes very little water. However, since it may be one's objective to improve one's Moon (in terms of one's birth (Vedic) chart) (as Moon is one of the most important planet's that leads towards happiness, positive thinking, flourishing and fortuitous lifestyle), one must take care to consume ample amounts of water and preferably in a silver cup as often as possible. Purchasing a pure silver cup may prove problematic depending on where you reside. You may purchase one online or ask around your local area.



{3} *** Performing the Full Moon havan and New Moon offerings to one's deceased relatives. The link to this information is provided below.

<http://dipika.org.za/wp-content/uploads/2015/02/Comprehensive-2017-Dates-Times-and-Puja-proper-for-FM-NM.pdf>

FULL MOON:- The Maha Mritunjaya havan is a very simple yet extremely powerful havan performed on Purnima when the efficacy is at its maximum. The havan comprises of only one mantra (The Maha Mritunjaya mantra) chanted 108 times and the samaghree is only a mixture of sweet rice, black til and kusha grass cut to size.

NEW MOON:- The offering of water (tarpan) (tarpan being the same as is offered in Pitr Paksha) and food (bhoga) to one's ancestors during New Moon monthly significantly assists one with regards to protection provided by those ancestors that are still around on this earthly plane. Many of these ancestors become protective guardians who protect those who provide them with water and food offerings by blessings their descendents with protection from negative forces and evil spirits.

{4} *** Stability stones and/or chakra-balancing stones can assist one greatly. Stability/grounding stones help you stay rooted on this Earth plane. These stones can alleviate feelings of instability. Root/base chakra stones are excellent stability stones including most red and black stones, garnet, hematite. By using these stones/crystals to stay rooted it can prevent full moon energies from having a significant effect. There are many Root Chakra stones, with the five most appropriate stones mentioned below which are: agate, brecciated jasper, black onyx, hematite and black tourmaline.



Agate



Brecciated Jasper



Black Onyx



Hematite



Black Tourmaline

Balancing stones can also assist. Often feeling 'out of sorts' or particularly emotional is due to losing one's emotional perspective and energetic balance. Certain stones that are good for balancing the chakras and emotions are kyanite, lepidolite, fluorite, and kunzite (pictures next page). Repairing that balance can greatly assist to helping counteract these negative these symptoms.



Kyanite



Lepidolite



Fluorite



Kunzite

{5} *** It is very beneficial to chant the name of God as per one's religion. In Hinduism I would humbly suggest - for spiritual protection – the chanting of the Shree Gurudev Datta mantra. It is a very simple mantra, namely “Shree Gurudev Datta”. What is the significance of chanting “Shree Gurudeva Datta”? In recent times, spiritual practices and the rituals of shraddha (Rites for the deceased) are not performed as before, thus people often face problems due to the subtle bodies of ancestors. Most often, spiritually enlightened persons can advise if there is a possibility of a problem in the future or if an existing problem is due to the subtle bodies of deceased ancestors. If one does not have direct guidance from such a spiritually enlightened person, inferring an inability to find a suitable marriage partner, marital disharmony, inability to conceive, miscarriages, giving birth prematurely, giving birth to a handicapped child, deaths in childhood etc., can be difficult – furthermore, such problems could be caused by subtle bodies of deceased ancestors. To assist with problems or to overcome a mild problem, chant the mantra ‘Shree Gurudev Datta’ daily (I advise chanting 1 or 3 rounds of 108 of this mantra).

{6} *** **The salt water remedy.** Ghosts (demons, devils, negative energies, etc.) affect people and cause distress to them through their subtle black energy. Black energy can create a variety of problems such as depression, unclear thinking or malfunction of an organ which lead to even further difficulties such as addictions, financial problems or chest pain. The primary method used by negative energies is black energy which is a spiritual energy capable of manipulating any process on the Earth plane. The extent of this manipulation depends on the strength of the attacking negative energy. Ghosts

transmit their black energy to the people that they target/attack and create large stores of it in their bodies. It is difficult to get rid of this black energy except through a spiritual remedy such as spiritual practice or a more specific one like the salt water remedy. The salt water remedy is a simple but powerful spiritual remedy to counteract the harmful unseen black energy and drain it out of one's body. By doing so, one does not misdirect spiritual practice in counteracting black energy. Instead, it can be used to bring about spiritual growth.

When should one use the salt water remedy? Most people are affected by ghosts in varying degrees. As a result, we all have some degree of black energy in our bodies. Performing the salt water remedy on a daily basis assists in removing this black energy from our body.

Salt water remedy should especially be done when one experiences symptoms such as lethargy, inability to think, excessive thoughts especially when they are negative in nature, anger or any other extreme emotion, extreme stress, various forms of physical illness.

When one is experiencing any one of the above symptoms, then one is in a weakened state physically, emotionally or spiritually. The ghosts attack us in this weakened state and infuse more black energy and play up the symptoms to an even greater extent. This may understandably cause concern to some.

What is required for the salt water remedy? A bucket big enough to soak one's feet, water filled in the bucket to cover one's ankles when one's feet are submerged in the bucket, rock salt (if rock salt is not available, one can use sea salt crystals/table salt, however the effectiveness of the remedy will reduce up to 30% (of the remedy compared to when rock salt is used) and a towel.

How is the salt water remedy performed? Fill a bucket (as above) with water so as to cover one's ankles. Add 2 tablespoons of rock salt. Pray to God (which ever Deity you so desire. We humbly suggest Lord Shiva (a.k.a Bhootanatha) – as he is the master of all ghosts and the like) sincerely and with faith to remove the black energy in you. Also pray specifically for destroying the black energy of the ghosts (demons, devils, negative energies, etc.) affecting you. Prayer is an important ingredient which enhances the effectiveness of this remedy. Sit upright with your feet immersed in the salt water. Keep a distance of at least 2-3 centimetres between the feet. This aids in the maximum discharge of black energy. If the feet touch each other, then there is obstacle to the discharge of black energy through the feet. Keep the feet in the salt water for 10 – 15 minutes. While the feet are immersed, chant the Name of the Deity according to your

religion. I suggest “Om namah shivaya” or the Maha Mritunjaya (om Triyambakam...) mantra. You may even play mantras on any device or cell phone. After the completion of the remedy give gratitude to that particular Deity and pray for the creation of a protective sheath around you. Dispose of the used salt water mixture and rinse the bucket with fresh water. Chant the name of the Deity according to your religion for 2-3 minutes.

What is the procedure of removing negative energy? The chanting and prayer cause the removal and disintegration of the black energy particles generated in various parts of our being, by the spirits. The salt water (water with rock salt) itself has the property of being able to draw out the black energy. As the black energy is going out, it may be accompanied by symptoms like yawning, burping, numbness of legs, warmth in ears and eyes, etc. Sometimes there is a feeling of sliminess on the immersed feet. This is a sign of the black energy coming out. It has also been observed that sometimes after the salt water remedy, the water becomes ‘black-ish’ in colour, it develops a foul smell or sometimes the water becomes warmer. This is due to contact with the black frequencies escaping from the body.

{7} * Incense sticks and sage smudging**

Incense sticks and sage smudging are excellent spiritual healing tools to increase the spiritual purity of a place or a person, and to assist in spiritual practice such as meditation and chanting the name of Deities in addition to warding off distressing negative energies. We suggest jasmine (chameli) and sandalwood which are often used nowadays. Most Hindu puja shops will sell these items. Sage, on the other hand, may be obtained from those who sell crystals and similar western alternative healing products. If you are purchasing the crystals/stones mentioned in remedy number 4 in this list (page 8), then one may find the sage smudging kit there. When the incense is lit, turn the incense in a clockwise direction 3 or 7 times around the Deity picture (of your choice) and pray to that deity to remove any negative vibrational energy that is in the house. Then go to each room and let the smoke go to each corner while you may chant the mantra of your selected deity.

{8} * Holy (blessed) water:-** As the Holy water contains positive energy derived from Divine consciousness (*Chaitanya*), it can be used in imparting positive energy. This is used both as a preventive measure as well as in the removal of negative black energy of ghosts (demons, devils, negative energies, etc.). Some of the ashes of the incense (used, if applicable, from remedy number 7 of this list) is added into a (spray) bottle of water.

We humbly advise to add the following into the bottle – which is optional - but adds more potency to the holy/blessed water. Add 3 drops of cow urine, 3 pinches of powdered cow dung, 100ml of rose water, 100ml Ganga Jal (water), ½ tsp rock salt.

The Holy water made from the above and is to be used as a potent spiritual healing remedy in broadly 3 ways:

1. Sprinkling lightly on the person, around a person, on the bed and in the premises
2. Application on ailing body parts
3. Holy water made from the method of ‘charging’ water through chanting can also be consumed as a spiritual healing remedy.

Begin by praying that the spraying/sprinkling of holy/blessed water exudes positive energy and destroy any negative black energy of ghosts. Then sprinkle the blessed water on yourself or the affected person. As you are spraying/sprinkling the blessed water chant the Maha Mritunjaya Mantra. This mantra is quite powerful in removing negative spirits. Holy water can be sprinkled on and around the bed before going to sleep to derive benefit of the positive energy and to prevent any negative black energy attack from ghosts. This is an effective remedy to alleviate nightmares, sleep interrupted by bad dreams and insomnia that can be caused by ghosts or deceased ancestors (for whom the proper prayers were not performed). In the same way we can sprinkle Holy water on and around us, creating a protective border around us when studying or working to prevent attacks by spirits. Sprinkling of Holy water in the premises helps in spiritually cleansing and purifying the premises. Regular sprinkling of Holy water constitutes a big hindrance to ghosts, such that they are forced to move away from the person and eventually to leave that person.

Application of Holy water to parts of the body that are experiencing pain/ailments helps in alleviating pain, especially when it is caused by spiritual causes like attack by spirits. Whether the root cause of pain is spiritual can be known only through a spiritually enlightened individual. One can generally conclude that the pain is due to spiritual causes if no definite diagnosis is arrived at despite many ‘modern’ medical tests, or if such ailment does not respond to best known ‘modern’ medical treatment. The Divine consciousness in the Holy water helps overcome the subtle negativities in the affected parts as well as destroys the negative black energy causing pain in a specific body part.

Consumption (in moderation, for example a few drops) of Holy water helps the body and thus imparts positivity to it. This helps in increasing the spiritual well-being and

overcoming any negativity that is reflected in various kinds of distress for example aches and pains, various illnesses, insomnia, apathy, depression and other economic and social problems in life. Regular intake of a spoonful of Holy water acts similar to a spiritual tonic boosting the positive energy levels thereby providing protection against attacks by negative black energy of spirits.

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CREDITS:- A large part of this article was procured from

<http://www.spiritualresearchfoundation.org/> , We @ DIPIKA thank you :)

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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...



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Compiled for the upliftment of Sanatan Dharma
Narottam Das & Arjun Nandlal
E-mail info@dipika.org.za

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