

## **Comprehensive 2023 Dates, Times and Puja proper for Full Moon (Purnima) and New Moon (Amavasya)**

Pranaams, 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.

### **2023 Purnima (Full Moon) Dates for South Africa**

How to understand the information below. For example, Purnima begins on the **4<sup>th</sup> February 2023 @ 05:59 PM and ends on the 5<sup>th</sup> February 2023 @ 08:28 PM**. So Purnima is spread over two days. So you should observe Purnima within the times provided below.

January 6, 2023, Friday  
Pausha, Purnima  
Begins - 10:44 PM, January 05  
Ends - 01:07 AM, January 07

February 5, 2023, Sunday  
Magha, Purnima  
Begins - 05:59 PM, February 04  
Ends - 08:28 PM, February 05

March 7, 2023, Tuesday  
Phalguna, Purnima  
Begins - 12:47 PM, March 06  
Ends - 02:39 PM, March 07

April 5, 2023, Wednesday  
Chaitra, Purnima  
Begins - 05:49 AM, April 05  
Ends - 06:34 AM, April 06

May 5, 2023, Friday  
Vaishakha, Purnima  
Begins - 08:14 PM, May 04  
Ends - 07:33 PM, May 05

June 3, 2023, Saturday  
Jyeshtha, Purnima  
Begins - 07:46 AM, June 03  
Ends - 05:41 AM, June 04

July 3, 2023, Monday  
Ashadha, Purnima  
Begins - 04:51 PM, July 02  
Ends - 01:38 PM, July 03

August 1, 2023, Tuesday  
Adhik Maas, Purnima  
Begins - 12:21 AM, August 01  
Ends - 08:31 PM, August 01

August 30, 2023, Wednesday  
Shravana, Purnima  
Begins - 07:28 AM, August 30  
Ends - 03:35 AM, August 31

September 29, 2023, Friday  
Bhadrapada, Purnima  
Begins - 03:19 PM, September 28  
Ends - 11:56 AM, September 29

October 28, 2023, Saturday  
Ashwina, Purnima  
Begins - 12:47 AM, October 28  
Ends - 10:23 PM, October 28

November 27, 2023, Monday  
Kartika, Purnima  
Begins - 12:23 PM, November 26  
Ends - 11:15 AM, November 27

December 26, 2023, Tuesday  
Margashirsha, Purnima  
Begins - 02:16 AM, December 26  
Ends - 02:32 AM, December 27



## **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.saa.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 mriyor mooksheeya maamritaam 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 theMaha 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.

## **2023 Amavasya (New Moon) Dates for South Africa**

How to understand the information below. For example, Amavasya begins on the 19<sup>th</sup> February 2023 @ 12:48 PM and ends on the 20<sup>th</sup> February 2023 @ 09:05 AM. So Amavasya is spread over two days. So you should observe Amavasya within the times provided below.

January 21, 2023, Saturday  
Magha, Amavasya  
Begins - 02:47 AM, January 21  
Ends - 10:52 PM, January 21

February 20, 2023, Monday  
Phalguna, Amavasya  
Begins - 12:48 PM, February 19  
Ends - 09:05 AM, February 20

March 21, 2023, Tuesday  
Chaitra, Amavasya  
Begins - 10:17 PM, March 20  
Ends - 07:22 PM, March 21

April 19, 2023, Wednesday  
Vaishakha, Amavasya  
Begins - 07:53 AM, April 19  
Ends - 06:11 AM, April 20

May 19, 2023, Friday  
Jyeshtha, Amavasya  
Begins - 06:12 PM, May 18  
Ends - 05:52 PM, May 19

June 17, 2023, Saturday  
Ashadha, Amavasya  
Begins - 05:41 AM, June 17  
Ends - 06:36 AM, June 18

July 17, 2023, Monday  
Shravana, Amavasya  
Begins - 06:38 PM, July 16  
Ends - 08:31 PM, July 17

August 16, 2023, Wednesday  
Adhik Maas, Amavasya  
Begins - 09:12 AM, August 15  
Ends - 11:37 AM, August 16

September 14, 2023, Thursday  
Bhadrapada, Amavasya  
Begins - 01:18 AM, September 14  
Ends - 03:39 AM, September 15

October 14, 2023, Saturday  
Ashwina, Amavasya  
Begins - 06:20 PM, October 13  
Ends - 07:54 PM, October 14

November 13, 2023, Monday  
Kartika, Amavasya  
Begins - 11:14 AM, November 12  
Ends - 11:26 AM, November 13

December 12, 2023, Tuesday  
Margashirsha, Amavasya  
Begins - 02:54 AM, December 12  
Ends - 01:31 AM, December 13

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 || 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 Shree Radha Krsna.



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