

Equinox Dates in 2026



A SCIENTIFIC EXPLANATION OF WHAT'S AN EQUINOX? An equinox occurs twice a year (on the 20th or 21st March and 22nd or 23rd September), when the plane of the Earth's equator passes the centre of the Sun. At this time the tilt of the Earth's axis is inclined neither away from nor towards the Sun. The term equinox can also be used in a broader sense, meaning the date when such a passage happens. The name "equinox" is derived from the Latin *aequus* (equal) and *nox* (night), because around the equinox, night and day are about equal length.

**In 2026 Equinox falls on the
20th of March (Friday)**

and

**23rd of September (Wednesday)
(SOUTH AFRICA)**

Lord Krsna said to Shree Arjuna in the Bhavishya Uttara Purana: "One who gives charity on the day of the Equinox attains 400,000 times the ordinary result"

(What this means is that if you donate one loaf of bread on this day you will receive the same benefit of donating 400,000 loaves of bread.)

My humble advise is to purchase 1 loaf of bread, 1 can baked-beans, 1 tomato, and 1 onion. Put these four items in a packet and donate this to a poor family or beggar. This is a simple yet effective way since if you donate uncooked rice to a poor person that person may not have a stove to cook the rice etc. This is an instant ready made meal that can feed up to six people.

In the Garuda Purana it's stated: "In the equinoxes, if a thing is gifted to a Brahmin it is laudable. Whenever gifts are made with faith the riches become everlasting." **Garuda Purana Preta Khanda 4.7.22-23**

So what do you have to do: Well on this day it is recommended by Lord Krsna to Shree Arjuna: "O son of Kunti, all the ancestors and devas in heaven become very satisfied when one gives food grains in charity."

A Question was asked recently why should we perform all these acts of charity - OR what's in it for me:

Answer: In the Garuda Purana Lord Vishnu states to Shree Garuda-ji.

Garuda Purana Preta Khanda 13.19. "Whatever gifts are made by one during one's life time, becomes beneficial later"

Garuda Purana Preta Khanda chapter 14

4-5 "Anything given to a deserving person flourishes day by day. A gift wipes off the sin of the giver and the acceptance of the same by a person of good wisdom does not affect him."

8 "I affirm that just as seeds and other valuable things invested or sown in the ground offer fruitful results so also things by one's own hands yield fruitful results."

12 "Therefore, life being unsteady it is incumbent on everyone to do every thing beforehand. With the food for the journey in the form of gifts offered to the deserving, one is able to travel with comfort in the Great Highway in the journey after death. Otherwise, the wretch undergoes great hardships without food to subsist on, on the way."

Garuda Purana Preta Khanda chapter 20

8 "Those who have offered gifts in their lifetime should not entertain any fear from Dharmaraja (the god of death)"

10 "Virtue can easily be procured by offering gifts. The path to Yama's region can easily be traversed by acts of charity. This highway cannot be easily covered otherwise."

Autumnal Equinox Date = 20th March 2026 (Friday)

An Equinox is an astronomical event that happens twice, once in spring and once in autumn, each year when the tilt of the Earth's axis is inclined neither away from nor towards the Sun. During Equinoxes the tilt of the Earth (with respect to the Sun) is 0° and because of it duration of the day and the night are almost equal on Equinox day i.e. 12 hours.

During March it is spring time in the Northern hemisphere and the March Equinox is called Vernal Equinox and Spring Equinox while it is autumn time in the Southern hemisphere and the March Equinox is called Autumnal Equinox and Fall Equinox. In other words on March Equinox it is spring time in the UK, the USA, Canada, Russia, India and China while it is autumn time in Australia, Argentina, Chile, New Zealand and South Africa.

Vernal Equinox Date = 23rd September 2026 (Wednesday)

During September it is autumn time in the Northern hemisphere and September Equinox is called Autumnal Equinox and Fall Equinox while it is spring time in the Southern hemisphere and September Equinox is called Vernal Equinox and Spring Equinox. In other words on September Equinox it is autumn time in the UK, the USA, Canada, Russia, India and China while it is spring time in Australia, Argentina, Chile, New Zealand and South Africa.

SOURCE: <https://www.timeanddate.com/calendar/spring-equinox.html>

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