

TIMES FOR WORSHIP

LUNAR PHASE DATA

Luni-solar Cycles of 2004: Auspicious time for Japa, especially the Panchakshari “ॐ नमः शिवाय”. The times are given in IST (format of the date is MM/DD/YY). An appropriate interval for worship will be 12 minutes on either side of given time to make the duration One Nadi = 24 minutes.

There is widespread confusion as to how the solar signs are defined and the precise dates that mark the limits of a sign. Using the ayanāmsa of Chandra Hari as per Mūlādhāra Rāhu-Sikhi Cakra (Wheel of Yoga Nādis), the Solar Transits¹ for the year 2004 have been delineated and given along with Lunar Phase Data. Hari's Ayanāmsa for J2000 is 24⁰35'8.75" which becomes 24⁰38'55" for 1st July 2004.

Practitioners of other religions/faiths may also use these times for worship with their prayers.

			Solar Transit Times
New moon	12/23/2003 03:13 ² PM	अमावासी	
First quarter	12/30/2003 03:33 PM	शुक्लाष्टमी	
Full moon	01/07/2004 09:10 PM	पूर्णिमा	
Last quarter	01/15/2004 10:16 AM	कृष्णाष्टमी	15 January 2004, 16:57:30 IST
New moon	01/22/2004 02:35 AM	अमावासी	
First quarter	01/29/2004 11:33 AM	शुक्लाष्टमी	
Full moon	02/06/2004 02:17 PM	पूर्णिमा	
Last quarter	02/13/2004 07:10 PM	कृष्णाष्टमी	14 February 2004, 05:57:30 IST
New moon	02/20/2004 02:48 PM	अमावासी	
First quarter	02/28/2004 08:54 AM	शुक्लाष्टमी	
Full moon	03/07/2004 04:44 AM	पूर्णिमा	
Last quarter	03/14/2004 02:31 AM	कृष्णाष्टमी	15 March 2004, 03:00:00 IST
New moon	03/21/2004 04:11 AM	अमावासी	
First quarter	03/29/2004 05:18 AM	शुक्लाष्टमी	
Full moon	04/05/2004 04:33 PM	पूर्णिमा	
Last quarter	04/12/2004 09:16 AM	कृष्णाष्टमी	14 April 2004, 12:00:00 IST
New moon	04/19/2004 06:51 PM	अमावासी	
First quarter	04/27/2004 11:02 PM	शुक्लाष्टमी	
Full moon	05/05/2004 02:03 AM	पूर्णिमा	
Last quarter	05/11/2004 04:34 PM	कृष्णाष्टमी	15 May 2004, 09:12:00 IST

¹ No other data of Sūrya-samkrama is valid for observances in temple and other socio-religious ceremonies. **It is important to note that the true Makara samkramam which has religious significance at Sabarimala falls on 15th January 2004 at 16:57 IST.** At Sabarimala the deity is Yogarūḍha Sāstha and symbolizes man's ascent of the 18 steps of Yoga to reach Yoga-samādhi or the state of being "Isvara". Idol worship has meaning only if the Tāntrik is able to realize the samkrama muhūrta on his body and the study of astronomy was introduced as a spiritual discipline to compliment the Nādi experience with actual computation of the celestial rhythms. With modern superfine astronomical computations at hand, Tāntriks have a golden chance to examine the truth of their experience in relation to time and those who are not adopt may accomplish the rituals at the above given times when the Kuṇḍalinī assumes form as Kuladevi and is poised to give blessings.

² ±12 Minutes to this time.

New moon	05/19/2004 10:22 AM	अमावासी	
First quarter	05/27/2004 01:27 PM	शुक्लाष्टमी	
Full moon	06/03/2004 09:49 AM	पूर्णिमा	
Last quarter	06/10/2004 01:32 AM	कृष्णाष्टमी	
New moon	06/18/2004 01:57 AM	अमावासी	15 June 2004, 16:00:00 IST
First quarter	06/26/2004 12:38 AM	शुक्लाष्टमी	
Full moon	07/02/2004 04:39 PM	पूर्णिमा	
Last quarter	07/09/2004 01:03 PM	कृष्णाष्टमी	
New moon	07/17/2004 04:54 PM	अमावासी	17 July 2004, 02:40:00 IST
First quarter	07/25/2004 09:07 AM	शुक्लाष्टमी	
Full moon	07/31/2004 11:35 PM	पूर्णिमा	
Last quarter	08/08/2004 03:31 AM	कृष्णाष्टमी	
New moon	08/16/2004 06:54 AM	अमावासी	17 August 2004, 10:50:00 IST
First quarter	08/23/2004 03:42 PM	शुक्लाष्टमी	
Full moon	08/30/2004 07:52 AM	पूर्णिमा	
Last quarter	09/06/2004 08:41 PM	कृष्णाष्टमी	
New moon	09/14/2004 07:59 PM	अमावासी	17 September 2004, 10:39:00 IST
First quarter	09/21/2004 09:23 PM	शुक्लाष्टमी	
Full moon	09/28/2004 06:39 PM	पूर्णिमा	
Last quarter	10/06/2004 03:42 PM	कृष्णाष्टमी	
New moon	10/14/2004 08:18 AM	अमावासी	17 October 2004, 22:14:30 IST
First quarter	10/21/2004 03:29 AM	शुक्लाष्टमी	
Full moon	10/28/2004 08:37 AM	पूर्णिमा	
Last quarter	11/05/2004 11:23 AM	कृष्णाष्टमी	
New moon	11/12/2004 07:57 PM	अमावासी	16 November 2004, 21:43:30 IST
First quarter	11/19/2004 11:20 AM	शुक्लाष्टमी	
Full moon	11/27/2004 01:37 AM	पूर्णिमा	
Last quarter	12/05/2004 06:23 AM	कृष्णाष्टमी	
New moon	12/12/2004 06:59 AM	अमावासी	16 December 2004, 12:23:30 IST
First quarter	12/18/2004 10:10 PM	शुक्लाष्टमी	
Full moon	12/26/2004 08:36 PM	पूर्णिमा	
Last quarter	01/03/2005 11:16 PM	कृष्णाष्टमी	