



Lunar Breath Calendar

for Brain Hemisphere Synchronization
and the Practice of Svara Yoga

2017

Authors / Sources

Technique and Breath Awareness
by Dahliana Hohé

Layout, Calculations and Explanation
by Sigurd Andersen

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sigurd@solbakkn.com
solvt.com , systalk.org

572 Libby Road
St. Johnsbury, VT 05819
USA

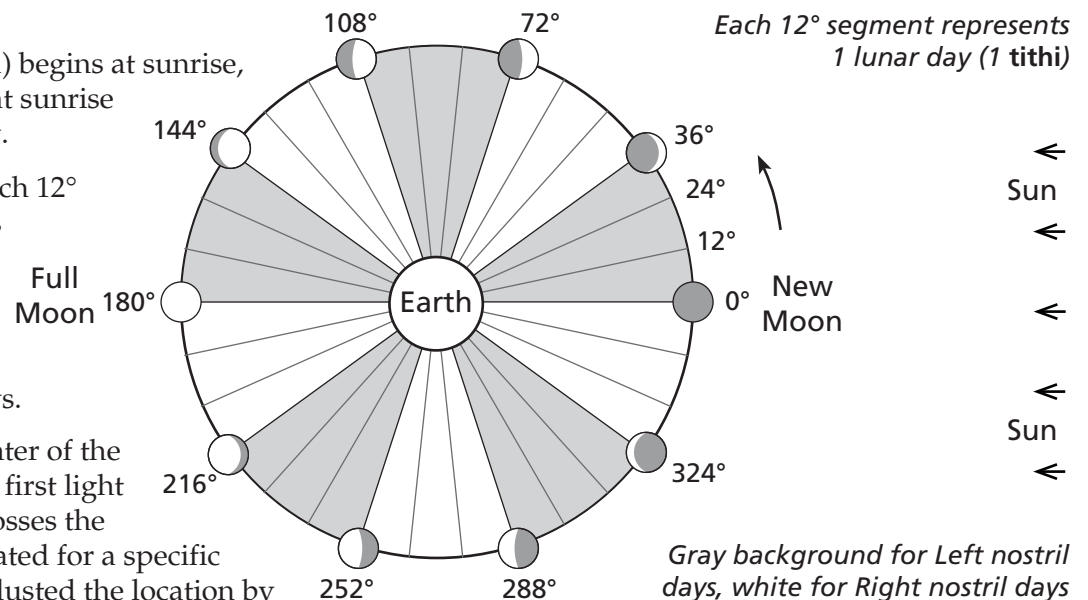
Lunar days are based on where the moon is in its 30-day monthly cycle. Each of these days lasts from 20 to 27 hours. The days are counted from 1 to 30, or in the ascending and descending halves of the month, from 1 to 15.

In India, the solar day (ends and) begins at sunrise, not at midnight. The lunar day at sunrise is the one used for this solar day.

Usually one sunrise occurs in each 12° segment. Sometimes no sunrises occur in a segment, in which case the *tithi* gets "skipped" that month. When two sunrises occur in a segment, the *tithi* lasts for two (solar) days.

Sunrise is determined by the center of the sun crossing the horizon, not by first light (when the top of the sun first crosses the horizon). This calendar is calculated for a specific location. To determine *tithi*, I adjusted the location by 16 minutes to the West. The angular diameter of the sun is 32 arcminutes, so when the sun is rising at the adjusted location, its center is on the horizon at the location for which this calendar is calculated.

How the Lunar Day is Determined



Harish Johari taught me how to determine *tithis*. His most relevant book is *Breath, Mind and Consciousness*. Rochester, VT: Destiny Books, 1989. ISBN 0-89281-252-4

- 8 The first *linga* or desire principle represents the first three *cakra*-s, which are usually selfish in orientation.
- 9 *Nāḍi*-s *Ida* and *Pingala*: *Nāḍi*-s are subtle nerve channels.
Ida is the lunar breath channel.
Pingala is the solar breath channel.
- 10 *Sushumṇa*: the central channel in the subtle body; in the middle of this channel is the *Shiva Nāḍi* through which *kuṇḍalini* (*Śakti*) can rise.
- 11 In true meditation, one is beyond the mind.
- 12 *Jagriti Devi's Śakti* is the power to stay alert, awake, and in the moment. At first, this *Śakti* helps us to remember our (small) selves (to be present). Thereafter she assists in remembering the Self (consciousness).

The Background For This Work

According to the ancient *svara yoga* (yoga of breath) we can find out how balanced we are within—and in relation to the universe—by checking nostril dominance at sunrise.

How To Detect Nostril Dominance

Use the thumb of the right hand to block one nostril **from below**. Inhale and exhale deeply through the other nostril. Repeat, with the other nostril blocked. This simple technique usually indicates at once which nostril is more open/closed. Use the calendar to verify if the nostril dominance is correct for the sunrise in question.

To Correct Nostril Dominance

To open the left nostril, lie on the right side of the body with a pillow under the rib cage, supporting the head with the right hand. Reverse to open the right nostril. Once the correct nostril is open, ideally it will stay open for one hour following sunrise.

Nostril synchronization (see diagram inside back cover) is most important the sunrises after

Calendar Page Information

On the calendar pages, each (solar) day has a box with 5 or 6 pieces of information.

- Upper left: the calendar day.
- Upper right: L(ef) or R(ight), for the preferred nostril for that sunrise. A preceding asterisk (e.g., *R) marks a day when the *tithi* changed shortly before sunrise (within 2 hours). If your breath does not match on one of these days, there is little need to adjust it, as a small delay in the body's ability to detect a change in *tithi* is natural.
- Under the calendar day: the lunar day (*tithi*) (see diagram, inside back cover)
- Lower left: sunrise (first light)
- Lower right: sunset (last light)
- Full and New moon times are shown above the sunrise. If a new moon occurs before the first day or after the last day of the lunar month, the time is shown for the day preceding or following the lunar month.

the full and new moons. After the new moon the left nostril is dominant at sunrise for three lunar days. After the full moon, the right nostril is dominant at sunrise for three lunar days. The dominant breath alternates Left and Right each three lunar days. Most commonly this includes three sunrises. It sometimes includes two or four.

For optimal experience, arise at least one hour before sunrise. After evacuation, take a shower and sit for meditation. If no evacuation takes place, keep eyes open and directed downward while sitting for meditation. At sunrise, observe the breath and correct nostril dominance if needed.

Why

Regular synchronizing of the breath at sunrise helps in balancing the brain hemispheres, one of the functions of the sixth chakra. Inner alignment of lunar and solar energies invites a more harmonious aligning with these energies in the universe at large.

- sleeping on the left side⁷
- use of sustained tones and *bija mantra*-s to activate *sushumna* breath

Breath awareness not only lessens the unconscious aspect of breathing (which keeps us bound to the first *linga*⁸), it balances two of the major breath channels of the subtle body, to wit, the *nāḍi*-s *Iḍa* and *Pingala*⁹. In meditation this translates as both nostrils being open evenly; as a result the *Sushumṇa*¹⁰ *nāḍi* is activated. Without *Sushumṇa* flow, true meditation¹¹ is not possible.

Prāṇayama with *kumbhaka* (holding of inhale or exhale breath) forces the *Sushumṇa* breath to flow; as a result *Iḍa* and *Pingala* become balanced. Thus the importance of conscious nasal breathing cannot be overstated as it elevates the quality of speech and silence.

For prolonged breath awareness we need to stay present, in the moment. Without *Jagrati Devi*-s¹² blessing it is impossible to be freed of mechanical behavior. Only crystal-clear insight into the urgent need of being-in-the-moment allows *Jagrati Śakti* to join the dance.

Notes

- 1 *Parā*: utmost reach, highest extent/extension, beyond *Harṇsa*: swan. The mythical swan can separate milk from water (has discernment). Its wings are the wings of breath.
- 2 *Hṛt Cakra*: a minor cakra close to the fourth *cakra*, where the Deity is worshipped in the cave of the heart.
- 3 *Homa*: any oblation or sacrifice. Usually offerings to the fire.
- 4 *Agnihotra*: sacrificial fire with oblations to *agni* (fire).
- 5 *Prāṇa dātri*: *Śakti* who distributes *prāṇa* to all beings.
- 6 *Svara* yoga: the ancient science of breath.
- 7 At night, when the moon's energy is dominant, sleeping on one's left side keeps the right (solar) nostril open. This brings solar and lunar energies into balance.

December 29, 2016 — January 27, 2017

								29 1	L	30 2	L	31 3	L
								New: 1:54 AM					
								7:26	4:55	7:27	4:56	7:27	4:56
1 4	R	2 5	R	3 6	R	4 7	L	5 8	L	6 9	L	7 10	R
7:27	4:57	7:27	4:58	7:27	4:59	7:27	5:00	7:27	5:01	7:27	5:01	7:27	5:02
8 11	R	9 12	R	10 13	L	11 14	L	12 16	*R	13 17	R	14 18	R
								Full: 6:35 AM					
7:27	5:03	7:27	5:04	7:27	5:05	7:27	5:06	7:26	5:07	7:26	5:08	7:26	5:09

4 18	R	5 19	L	6 20	L	7 21	L	8 22	R	9 23	R	10 24	R
6:37	6:04	6:35	6:05	6:34	6:06	6:32	6:07	6:31	6:08	6:29	6:09	6:28	6:10
11 25	L	12 26	L	13 27	L	14 28	*R	15 28	R	16 29	R	17 30	R
7:26	7:11	7:24	7:12	7:23	7:13	7:21	7:14	7:20	7:15	7:18	7:16	New: 9:13 AM	

February 16, 2018 — March 17, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					16 1	L 17 2
				New: 4:06 PM	6:58	5:47 6:57 5:48
18 3	L 19 4	R 20 5	R 21 6	R 22 7	L 23 8	L 24 9
6:56	5:49	6:55	5:50	6:53	5:51	6:52 5:52 6:51 5:53 6:49 5:54 6:48 5:56
25 10	R 26 11	R 27 13	L 28 14	L 1 15	L 2 16	R 3 17
6:47	5:57	6:45	5:58	6:44	5:59	6:42 6:00 6:41 6:01 6:39 6:02 6:38 6:03

15 19	L 16 20	L 17 21	L 18 22	R 19 23	R 20 24	R 21 24
7:25	5:10	7:25	5:12	7:25	5:13	7:24 5:14 7:24 5:15 7:23 5:16 7:23 5:17
22 25	L 23 26	L 24 27	L 25 28	R 26 29	R 27 30	
7:22	5:18	7:21	5:19	7:21	5:20	7:20 5:22 7:19 5:23 7:19 5:24

January 28, 2017 — February 26, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
						28 1 New: 7:08 PM 7:18 5:25								
29 2 7:17	L	30 3 7:16	L	31 4 7:15	R	1 5 7:14	R	2 6 7:13	R	3 7 7:13	L	4 8 7:12	L	5:33
5 9 7:11	L	6 11 7:10	R	7 12 7:09	R	8 13 7:07	L	9 14 7:06	L	10 15 7:05	L	11 16 7:04	R	5:41

4 20 7:12	L	5 21 7:11	L	6 22 7:10	R	7 23 7:09	R	8 24 7:08	R	9 25 7:07	L	10 26 7:06	L	5:40
11 27 7:04	L	12 27 7:03	L	13 28 7:02	R	14 29 7:01	R	15 30 7:00	R					

January 17, 2018 — February 15, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			17 1	L 18 2	L 19 3	L 20 4
		New: 9:18 PM	7:25	5:12	7:24	5:13
			7:24	5:15	7:23	5:16
21 5	R 22 6	R 23 7	*L 24 8	L 25 9	L 26 10	R 27 11
7:23	5:17	7:22	5:18	7:21	5:19	7:21
				5:20	7:20	5:21
					7:19	5:23
					7:19	5:24
28 12	R 29 13	L 30 14	L 31 15	L 1 17	R 2 18	R 3 19
7:18	5:25	7:17	5:26	7:16	5:27	7:16
				Full: 8:28 AM	7:16	5:28
					7:15	5:29
					7:14	5:31
					7:13	5:32

12 17	R 13 18	R 14 19	L 15 20	L 16 21	L 17 22	R 18 23
7:03	5:42	7:02	5:44	7:01	5:45	6:59
				5:46	6:58	5:47
					6:57	5:48
					6:56	5:49
19 24	R 20 25	*L 21 25	L 22 26	L 23 27	L 24 28	R 25 29
6:54	5:50	6:53	5:51	6:52	5:53	6:50
				5:54	6:49	5:55
					6:48	5:56
					6:46	5:57
26 30	R					
New: 9:59 AM						
6:45	5:58					

February 27, 2017 — March 27, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
	27 1	L	28 2	L	1 4	*R	2 5	R	3 6	R	4 7	L		
New: 9:59 AM	6:43	5:59	6:42	6:00	6:41	6:01	6:39	6:02	6:38	6:03	6:36	6:04		
5 8	L	6 9	L	7 10	R	8 11	R	9 12	R	10 13	L	11 14	L	
6:35	6:05	6:33	6:06	6:32	6:07	6:30	6:08	6:29	6:09	6:27	6:10	6:26	6:11	
12 15	L	13 16	R	14 17	R	15 18	R	16 19	L	17 20	L	18 21	L	
Full: 10:55 AM	7:24	7:12	7:23	7:13	7:21	7:14	7:19	7:15	7:18	7:16	7:16	7:17	7:15	7:18

7 22	*R	8 23	R	9 24	R	10 25	*L	11 25	L	12 26	L	13 27	L
7:27	5:02	7:27	5:03	7:27	5:04	7:27	5:05	7:27	5:06	7:26	5:07	7:26	5:08
14 28	R	15 29	R	16 30	R								
7:26	5:09	7:25	5:10	7:25	5:11								
				New: 9:18 PM									

December 18, 2017 — January 16, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
	18 1 New: 1:32 AM 7:22	L	19 2 7:22	L	20 3 7:23	L	21 3 7:23	L	22 4 7:24	R	23 5 7:24	R	
24 6 7:25	R	25 7 7:25	L	26 8 7:26	L	27 9 7:26	L	28 10 7:26	R	29 11 7:26	R	30 12 7:27	R
31 14 7:27	L	1 15 Full: 9:25 PM 7:27	L	2 16 7:27	R	3 17 7:27	R	4 18 7:27	R	5 19 7:27	L	6 21 7:27	L

19 22 7:13	R	20 23 7:12	R	21 24 7:10	R	22 25 7:08	L	23 26 7:07	L	24 27 7:05	L	25 28 7:04	R
26 29 7:02	R	27 30 New: 10:58 PM 7:01	R										

March 28, 2017 — April 26, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		28 1	L 29 2	L 30 3	L 31 4	R 1 5
	New: 10:58 PM	6:59	7:28	6:57	7:29	6:56
		7:30	6:54	7:31	6:53	7:32
2 7	*L 3 8	L 4 9	L 5 10	R 6 11	R 7 12	R 8 13
6:51	7:33	6:50	7:34	6:48	7:35	6:47
		7:36	6:45	7:37	6:44	7:38
		6:42	7:39			
9 14	L 10 15	L 11 16	R 12 17	R 13 18	R 14 18	R 15 19
6:41	7:40	6:39	7:41	6:38	7:42	6:36
		7:42	6:36	7:43	6:35	7:44
		6:33	7:45	6:32	7:45	

3 15	L 4 17	R 5 18	R 6 19	L 7 20	L 8 21	L 9 22
Full: 10:48 AM						
7:10	4:46	7:11	4:46	7:12	4:46	7:13
		4:46	7:13	4:46	7:14	4:46
		7:14	4:46	7:14	4:46	7:15
		4:46	7:15	4:46	7:15	4:46
10 23	R 11 24	R 12 25	L 13 26	L 14 27	L 15 28	R 16 29
7:16	4:46	7:17	4:46	7:18	4:46	7:18
		4:46	7:18	4:47	7:19	4:47
		7:20	4:47	7:20	4:47	7:20
		4:47	7:20	4:47	7:20	4:48
17 30	R					
7:21	4:48	New: 1:32 AM				

November 18, 2017 — December 17, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						18 * L 1 New: 6:43 AM 6:54 4:52
19 L 1 6:56 4:52	20 L 2 6:57 4:51	21 L 3 6:58 4:50	22 R 4 6:59 4:50	23 R 5 7:00 4:49	24 R 6 7:01 4:49	25 L 7 7:02 4:48
26 L 8 7:03 4:48	27 L 9 7:04 4:48	28 R 10 7:05 4:47	29 R 11 7:06 4:47	30 R 12 7:07 4:47	1 L 13 7:08 4:47	2 L 14 7:09 4:46

16 L 20 6:30 7:46	17 L 21 6:29 7:47	18 R 22 6:27 7:48	19 R 23 6:26 7:49	20 R 24 6:25 7:50	21 L 25 6:23 7:51	22 L 26 6:22 7:52
23 L 27 6:21 7:53	24 R 28 6:19 7:54	25 R 29 6:18 7:55	26 R 30 New: 8:17 AM 6:17 7:56			

April 27, 2017 — May 25, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				27 2	L 28 3	L 29 4
			New: 8:17 AM	6:15	7:57	6:14 7:58 6:13 7:59
30 5	R 1 6	R 2 7	L 3 8	L 4 9	L 5 10	R 6 11
6:12	8:00	6:10 8:01	6:09 8:02	6:08 8:03	6:07 8:04	6:06 8:05 6:05 8:06
7 12	R 8 13	L 9 14	L 10 15	L 11 16	R 12 17	R 13 18
6:03	8:07	6:02 8:08	6:01 8:09	6:00 8:09	5:59 8:10	5:58 8:11 5:57 8:12

5 17	R 6 18	R 7 19	L 8 20	L 9 22	*R 10 23	R 11 24	R
6:40	5:03	6:41 5:02	6:42 5:01	6:43 5:00	6:44 4:59	6:46 4:58	6:47 4:58
12 25	L 13 26	L 14 27	L 15 28	R 16 29	R 17 30	R	
6:48	4:57	6:49 4:56	6:50 4:55	6:51 4:54	6:52 4:54	6:53 4:53	New: 6:43 AM

October 20, 2017 — November 17, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					20 1	L 21 2
				New: 3:13 PM	7:23	6:23 7:24 6:21
22 3	L 23 4	R 24 5	R 25 6	L 26 7	L 27 8	L 28 9
7:25	6:20 7:26	6:19 7:27	6:17 7:28	6:15 7:29	6:14 7:30	6:12 7:31
29 9	L 30 10	R 31 11	R 1 12	L 2 14	L 3 15	R 4 16
7:32	6:11 7:33	6:10 7:35	6:09 7:36	6:08 7:37	6:06 7:38	6:05 7:39
						Full: 1:24 AM 6:04

14 19	L 15 20	L 16 21	L 17 21	L 18 22	R 19 23	R 20 24
5:57	8:13 5:56	8:14 5:55	8:15 5:54	8:16 5:53	8:17 5:52	8:18 5:52
21 25	L 22 27	L 23 28	R 24 29	R 25 30		
5:51	8:19 5:50	8:20 5:49	8:21 5:49	8:22 5:48	New: 3:46 PM 8:23	

May 26, 2017 — June 23, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					26 1	L 27 2
				New: 3:46 PM	5:48	8:23 5:47 8:24
28 4	*R 29 5	R 30 6	R 31 7	L 1 8	L 2 9	R 3 10
5:47	8:25 5:46	8:26 5:46	8:26 5:45	8:27 5:45	8:28 5:44	8:29 5:44 8:29
4 11	R 5 12	R 6 13	L 7 14	L 8 14	L 9 15	L 10 16
5:44	8:30 5:43	8:30 5:43	8:31 5:43	8:32 5:43	8:32 5:43	8:32 5:43 Full: 9:11 AM 8:33 5:43 8:33

8 18	R 9 20	L 10 21	L 11 22	R 12 23	R 13 24	R 14 25
7:11	6:40 7:12	6:38 7:13	6:37 7:14	6:35 7:15	6:34 7:16	6:33 7:17 6:31
15 26	L 16 27	L 17 28	R 18 29	R 19 30		
7:18	6:30 7:19	6:28 7:20	6:27 7:21	6:25 7:22	New: 3:13 PM 6:24	

September 20, 2017 — October 19, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			20 1	L 21 2	L 22 3	L 23 4
			New: 1:31 AM			
			6:54	7:08	6:55	7:07
24 5	R 25 6	R 26 6	R 27 7	L 28 8	L 29 9	R 30 10
6:58	7:02	6:59	7:00	7:00	6:59	7:01
				6:57	7:02	6:56
1 11	R 2 12	R 3 13	L 4 14	L 5 15	L 6 16	R 7 17
7:04	6:51	7:05	6:49	7:06	6:48	7:07
				6:46	Full: 2:41 PM	
				7:08	6:45	7:09
					6:43	7:10
						6:42

11 17	R 12 18	R 13 19	L 14 20	L 15 21	L 16 22	R 17 23
5:42	8:34	5:42	8:34	5:42	8:35	5:42
						8:36
18 24	R 19 25	L 20 26	L 21 27	L 22 28	R 23 30	
5:43	8:36	5:43	8:37	5:43	8:37	5:43
						5:44
					New: 10:32 PM	
					8:37	8:37

June 24, 2017 — July 22, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
						24 1 New: 10:32 PM 5:44 8:38								
25 2 5:44	L	26 3 5:45	L	27 4 5:45	R	28 5 5:45	R	29 6 5:46	R	30 7 5:46	L	1 8 5:47	L	8:38
2 9 5:47	L	3 10 5:48	R	4 11 5:48	R	5 12 5:49	R	6 13 5:49	L	7 14 5:50	L	8 15 5:51	L	8:36

10 20 6:45	L	11 21 6:46	L	12 22 6:47	R	13 23 6:48	R	14 24 6:49	R	15 25 6:50	L	16 26 6:51	L	7:15
17 28 6:52	*R	18 29 6:52	R	19 30 6:53	R	New: 1:31 AM								

August 22, 2017 — September 19, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		22 1	L 23 2	L 24 3	L 25 4	R 26 5
	New: 2:31 PM	6:28	7:53	6:29	7:52	6:30
		7:49	6:32	7:47		
27 6	R 28 7	L 29 8	L 30 9	L 31 10	R 1 11	R 2 12
6:33	7:46	6:34	7:45	6:35	7:43	6:35
		7:42	6:36	7:40	6:37	7:38
		6:38	7:37			
3 13	L 4 14	L 5 15	L 6 16	R 7 17	R 8 18	R 9 19
6:39	7:35	6:40	7:34	6:41	7:32	6:42
				Full: 3:04 AM	7:31	6:43
					7:29	6:44
					7:28	6:44
						7:26

9 16	R 10 17	R 11 18	R 12 19	*L 13 20	L 14 21	L 15 22	*R
Full: 12:08 AM	5:51	8:36	5:52	8:35	5:52	8:35	5:53
	8:34	5:54	8:34	5:55	8:33	5:55	8:33
16 23	R 17 24	R 18 25	L 19 26	L 20 27	L 21 28	R 22 29	R
5:56	8:32	5:57	8:32	5:58	8:31	5:58	8:30
				5:59	8:30	6:00	8:29
						6:01	8:28
New: 5:47 AM							

July 23, 2017 — August 21, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
23 1 New: 5:47 AM 6:02	*L	24 2 6:02	L	25 3 6:03	L	26 4 6:04	R	27 5 6:05	R	28 6 6:06	R	29 7 6:07	L	8:22
30 8 6:08	L	31 9 6:08	L	1 10 6:09	R	2 11 6:10	R	3 11 6:11	R	4 12 6:12	R	5 13 6:13	L	8:15
6 14 6:14	L	7 15 6:15 Full: 2:12 PM	L	8 16 6:16	R	9 17 6:16	R	10 18 6:17	R	11 19 6:18	L	12 20 6:19	L	8:07

13 21 6:20	L	14 22 6:21	R	15 23 6:22	R	16 25 6:23	*L	17 26 6:24	L	18 27 6:25	L	19 28 6:26	R	7:57
20 29 6:26	R	21 30 6:27 New: 2:31 PM	R											