



Lunar Breath Calendar

for Brain Hemisphere Synchronization
and the Practice of Svara Yoga

2021

Authors / Sources

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Back Cover Art (no longer available) from
<http://www.sics.se/~piak/yoga/yantra/>

Edition 3.3: *Revise description of tithis, how they are used.*

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One form of lunar month starts and ends with a new moon. It is divided into 30 **tithi**-s, each marking the angle between sun and moon moving through 12°. A **tithi** lasts from 20 to 27 hours. They are counted from 1 to 30 in this calendar (vs. 1-15, 1-15).

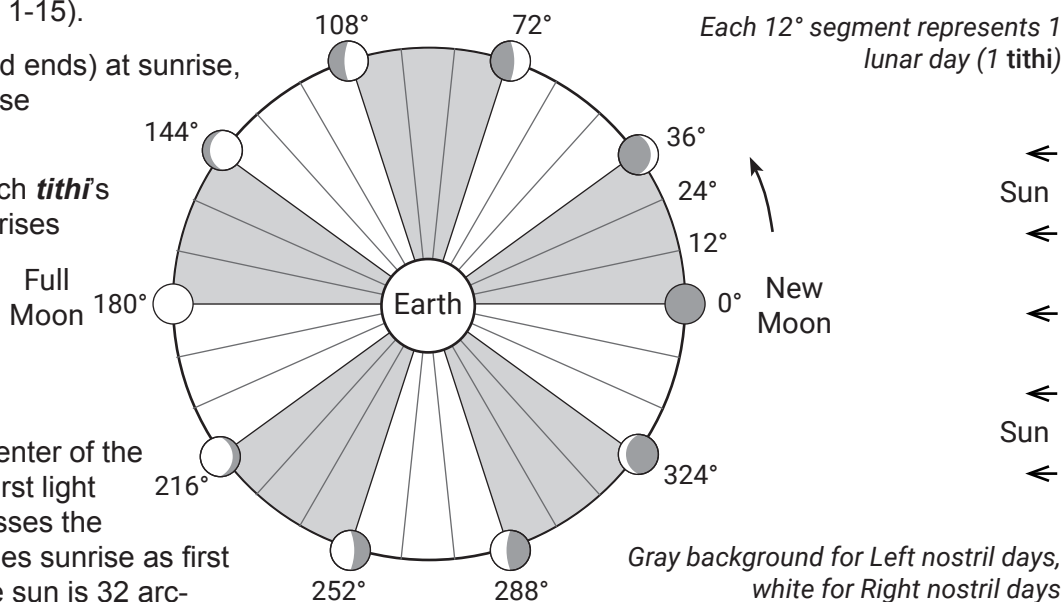
In India, the solar day begins (and ends) at sunrise, not at midnight. The **tithi** at sunrise applies for that (solar) day.

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

For **tithi**-s, sunrise is when the center of the sun is crossing the horizon, not first light (when the top of the sun first crosses the horizon). Most software determines sunrise as first light. The angular diameter of the sun is 32 arc-minutes. By calculating sunrise for a location 16 minutes West of a target location, first light there occurs when the sun is mid-horizon at the target location.

New & Full moon are at times given for tithis 1 and 16.

How the Lunar Day (**tithi**) is Determined



Harish Johari taught me how to determine **tithi**-s. His most relevant book is *Breath, Mind and Consciousness*. 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 **Iḍa** and **Pingala**: **Nāḍi**-s are subtle nerve channels.
Iḍa 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**

Calendar Page Information

On the calendar pages, each (solar) day has a box with this information:

- Upper left: the calendar day.
- Upper middle: the lunar day (**tithi**) (see *inside back cover*)
- Upper right: **L**(eft) or **R**(ight), for the preferred nostril for that sunrise. A preceding asterisk (e.g., ***R**) marks a day when the **tithi** changed within the 2 hours before sunrise. 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.
- Above sunrise and sunset: times tithis start and end. **The starting times for tithis 1 and 16 are the New and Full Moon times.**
- Lower left: sunrise (first light)
- Lower right: sunset (last light)

after 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.

Breath Awareness

Parāhamsaḥ¹ is one of the names of **Paramaśiva** who as **Haṁsaḥ** (**Śiva** and **Śakti**) creates and transforms this universe, by way of the Supreme Breath.

Ham represents the great outgoing breath, marking the duration of the creator's life.

Sah is the indrawing Supreme breath
that transforms/annihilates what was cre-
ated.

In the **Veda-s** **Hamsaḥ** has been called **Rtam br̥hat**, Great Cosmic Law. **Haṁsaḥ** also appears as the **Jiva** (individual soul) situated in the **Hṛt Cakra**².

The sound of **prāṇa** in **Jiva**’s breath is the mantra

Soham (the I am, referring to **Śiva**) or
Saham (the I am, in reference to **Śakti**).

So or **Sa** can be heard in the inhale breath
and **Ham** in the exhale breath.

Over many lifetimes, the **Jiva** learns to tune the internal vital current, the **prāṇa**, to the great

Haṁsaḥ, the **Rtam br̥hat**. The apparent individuality dissolves in the process. The sound of **Soham** in **Jiva**’s breath becomes the sound of **Haṁsaḥ** in the breath of the liberated soul called **Jivan Mukta** or **Jñāni**.

To tune the breath to cosmic vibrations we need breath awareness and purification. **Nasal breathing** as a conscious process is the only way to acknowledge—and be enriched by—the internal *Homa*³ that is going on in us all the time.

During speech, **prāṇa** is offered as oblation into the fire of speech. This is the internal **prāṇa agnihotra**⁴. During **mauna** (conscious silence), speech in the form of mantra is offered as oblation into the breath. The great **Haṁsaḥ**, who gives us our daily breath, is called **Prāṇa Dātrī**⁵.

Svara yoga⁶ has a rainbow of techniques to enhance breath awareness, for example:

- daily use of the breath calendar
- ***prāṇayama***
- abstinence from mouth breathing
- awareness of nostril dominance

- 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 **Ida** and **Pingala**⁹. In meditation this translates as both nostrils being open evenly; as a result the **Sushumna**¹⁰ **nāḍi** is activated. Without **Sushumna** flow, true meditation¹¹ is not possible.

Prāṇayama with **kumbhaka** (holding of inhale or exhale breath) forces the **Sushumna** breath to flow; as a result **Ida** 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 **Jagrīti 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 **Jagrīti Śakti** to join the dance.

Notes

- 1 **Parā**: utmost reach, highest extent/extension, beyond **Harṁsa**: 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 15, 2020 — January 12, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		15 1 L	16 3 L	17 4 R	18 5 R	19 6 R
	1 11:18 AM	2 8:38 AM 7:20 0 4:47	3 6:26 AM 7:21 4:48	4 4:49 AM 7:21 4:48	5 3:55 AM 7:22 4:48	6 3:46 AM 7:22 4:49
20 7 L	21 8 L	22 8 L	23 9 L	24 10 R	25 11 R	26 12 R
7 4:24 AM 7:23 4:49	8 5:47 AM 7:23 4:50	9 7:46 AM 7:24 4:50	10 10:11 AM 7:24 4:51	11 12:49 PM 7:25 4:51	12 3:26 PM 7:25 4:52	13 5:50 PM 7:26 4:53
27 13 L	28 14 L	29 15 L	30 16 R	31 17 R	1 18 R	2 19 L
14 7:52 PM 7:26 4:53	15 9:26 PM 7:26 4:54	16 10:29 PM 7:26 4:55	17 11:02 PM 7:27 4:56	18 11:05 PM 7:27 4:56	19 10:41 PM 7:27 4:57	20 9:54 PM 7:27 4:58

20 19 L	21 20 L	22 21 L	23 23 R	24 24 R	25 25 L	26 26 L
20 10:37 AM 6:53 5:51	21 9:29 AM 6:52 5:52	22 8:06 AM 6:51 5:53	23 6:28 AM 6:49 5:54	24 4:35 AM 6:48 5:56	25 2:29 AM 6:47 5:57	26 12:11 AM 27 9:44 PM 6:45 5:58
27 27 L	28 28 R	1 29 R	2 30 R			
28 7:14 PM 6:44 5:59	29 4:48 PM 6:42 6:00	30 2:32 PM 6:41 6:01	1 12:36 PM 6:39 6:02			
		0 Feb. 2: Chandra Darshan				

February 1, 2022 — March 2, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1 L	2 2 L	3 3 L	4 4 R	5 5 R
		1 12:47 AM 2 10:03 PM 7:15 5:29	3 7:47 PM ◇ 5:31 7:14	4 6:10 PM 5:32 7:13	5 5:19 PM 5:33 7:12	6 5:18 PM 5:34 7:11
6 6 R	7 7 L	8 8 L	9 9 L	10 10 R	11 11 R	12 12 R
7 6:10 PM 7:10 5:35	8 7:48 PM 7:09 5:36	9 10:02 PM 7:08 5:38	10 12:40 AM 7:07 5:39	11 3:24 AM 7:06 5:40	12 5:59 AM 7:04 5:41	13 8:14 AM 7:03 5:42
13 12 R	14 13 L	15 14 L	16 15 L	17 16 R	18 17 R	19 18 R
13 8:14 AM 7:02 5:43	14 10:00 AM 7:01 5:44	15 11:14 AM 7:00 5:46	16 11:58 AM 6:58 5:47	17 12:12 PM 6:57 5:48	18 12:01 PM 6:56 5:49	19 11:28 AM 6:55 5:50

3 20 L	4 21 L	5 22 R	6 23 R	7 24 R	8 25 L	9 26 L
21 8:45 PM 7:27 4:59	22 7:18 PM 7:27 5:00	23 5:35 PM 7:27 5:01	24 3:38 PM 7:27 5:01	25 1:29 PM 7:27 5:02	26 11:12 AM 7:27 5:03	27 8:49 AM 7:27 5:04
10 28 *R	11 29 R	12 30 R				
28 6:24 AM 7:27 5:05	29 4:04 AM 7:27 5:06	30 1:54 AM 7:26 5:07	1 12:01 AM			
		◇ Dec. 15: Chandra Darshan				

January 13, 2021 — February 11, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			13 1 L	14 2 L	15 3 L	16 4 R
			1 12:01 AM 2 10:33 PM 7:26 5:08	3 9:36 PM 7:26 ◇ 5:09	4 9:17 PM 7:25 5:11	5 9:40 PM 7:25 5:12
17 5 R	18 6 R	19 7 L	20 8 L	21 9 L	22 9 L	23 10 R
6 10:46 PM 7:25 5:13	7:24 5:14	7 12:30 AM 7:24 5:15	8 2:47 AM 7:23 5:16	9 5:22 AM 7:23 5:17	10 8:01 AM 7:22 5:18	11 10:28 AM 7:21 5:19
24 11 R	25 12 R	26 13 L	27 14 L	28 15 L	29 16 R	30 17 R
12 12:30 PM 7:21 5:21	13 1:56 PM 7:20 5:22	14 2:43 PM 7:19 5:23	15 2:49 PM 7:19 5:24	16 2:17 PM 7:18 5:25	17 1:14 PM 7:17 5:26	18 11:44 AM 7:16 5:27

23 21 L	24 22 R	25 23 R	26 24 R	27 25 L	28 26 L	29 27 L
22 10:15 PM 7:21 5:19	23 9:20 PM 7:21 5:20	24 7:57 PM 7:20 5:21	25 6:06 PM 7:19 5:23	26 3:48 PM 7:19 5:24	27 1:07 PM 7:18 5:25	28 10:09 AM 7:17 5:26
30 29 R	31 30 R					
29 7:00 AM 7:16 5:27	30 3:50 AM 7:15 5:28	1 12:47 AM				
		◇ Jan. 3: Chandra Darshan				

January 3, 2022 — January 31, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 1 L	4 3 L	5 4 R	6 5 R	7 6 R	8 7 L
1 1:35 PM 7:27	2 10:04 AM 7:27 ◇ 4:59	3 6:51 AM 7:27 4:59	4 4:06 AM 7:27 5:00	5 2:01 AM 7:27 5:01	6 12:42 AM 7:27 5:02	7 12:15 AM 7:27 5:03
9 8 L	10 9 L	11 10 R	12 11 R	13 11 R	14 12 R	15 13 L
8 12:41 AM 7:27 5:04	9 1:56 AM 7:27 5:05	10 3:53 AM 7:27 5:06	11 6:21 AM 7:26 5:07	12 9:04 AM 7:26 5:08	13 11:51 AM 7:26 5:09	14 2:29 PM 7:25 5:10
16 14 L	17 15 L	18 16 R	19 17 R	20 18 R	21 19 L	22 20 L
15 4:50 PM 7:25 5:11	16 6:50 PM 7:25 5:12	17 8:25 PM 7:24 5:13	18 9:37 PM 7:24 5:15	19 10:23 PM 7:23 5:16	20 10:46 PM 7:23 5:17	21 10:44 PM 7:22 5:18

31 18 R	1 19 L	2 21 L	3 22 R	4 23 R	5 24 R	6 25 L
19 9:56 AM 7:15 5:29	20 7:56 AM 7:14 5:30	21 5:51 AM 7:13 5:31	22 3:44 AM 7:13 5:32	23 1:39 AM 24 11:39 PM 7:12 5:33	25 9:45 PM 7:11 5:34	26 7:58 PM 7:10 5:36
7 26 L	8 27 L	9 28 R	10 29 R	11 30 R		
27 6:19 PM 7:09 5:37	28 4:51 PM 7:07 5:38	29 3:37 PM 7:06 5:39	30 2:41 PM 7:05 5:40	1 2:07 PM 7:04 5:41		
		◇ Jan. 14: Chandra Darshan				

February 12, 2021 — March 12, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					12 1 L	13 2 L
				1 2:07 PM	2 2:01 PM 7:03 ◇ 5:42	3 2:28 PM 7:02 5:44
14 3 L	15 4 R	16 5 R	17 6 R	18 7 L	19 8 L	20 9 L
4 3:31 PM 7:01 5:45	5 5:09 PM 6:59 5:46	6 7:18 PM 6:58 5:47	7 9:49 PM 6:57 5:48	6:56 5:49	8 12:30 AM 6:54 5:50	9 3:03 AM 6:53 5:51
21 10 *R	22 11 R	23 11 R	24 12 R	25 13 L	26 15 L	27 16 R
10 5:14 AM 6:52 5:53	11 6:48 AM 6:50 5:54	12 7:37 AM 6:49 5:55	13 7:37 AM 6:48 5:56	14 6:50 AM 6:46 5:57	15 5:21 AM 6:45 5:58	16 3:18 AM 6:43 5:59

19 16 R	20 17 R	21 18 R	22 19 *L	23 19 L	24 20 L	25 21 L
7:22 4:49	17 2:08 AM 7:23 4:49	18 4:25 AM 7:23 4:50	19 6:24 AM 7:24 4:50	20 7:59 AM 7:24 4:51	21 9:06 AM 7:25 4:51	22 9:41 AM 7:25 4:52
26 22 R	27 23 R	28 24 R	29 26 L	30 27 L	31 28 R	1 29 R
23 9:40 AM 7:25 4:52	24 9:00 AM 7:26 4:53	25 7:41 AM 7:26 4:54	26 5:44 AM 7:26 4:55	27 3:12 AM 7:27 4:55	28 12:11 AM 29 8:49 PM 7:27 4:56	30 5:13 PM 7:27 4:57
2 30 R		◇ Dec. 5: Chandra Darshan				
1 1:35 PM 7:27 4:58						

Calculated for location: (USNO) Washington, D.C.: West 77° 4' 0.8" North 38° 55' 18"

December 4, 2021 — January 2, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						4 1 L 1 2:44 AM 2 10:59 PM 7:11 4:46
5 2 L 3 7:22 PM 7:12 ◇ 4:46	6 3 L 4 4:03 PM 7:13 4:46	7 4 R 5 1:12 PM 7:14 4:46	8 5 R 6 10:58 AM 7:14 4:46	9 6 R 7 9:26 AM 7:15 4:46	10 7 L 8 8:41 AM 7:16 4:46	11 8 L 9 8:45 AM 7:17 4:46
12 9 L 10 9:34 AM 7:18 4:46	13 10 R 11 11:04 AM 7:18 4:47	14 11 R 12 1:07 PM 7:19 4:47	15 12 R 13 3:33 PM 7:20 4:47	16 13 L 14 6:12 PM 7:20 4:47	17 14 L 15 8:56 PM 7:21 4:48	18 15 L 16 11:37 PM 7:22 4:48

28 17 R 17 12:50 AM 18 10:07 PM 6:42 6:00	1 18 R 19 7:18 PM 6:41 6:01	2 19 L 20 4:31 PM 6:39 6:02	3 20 L 21 1:53 PM 6:38 6:03	4 21 L 22 11:30 AM 6:36 6:04	5 22 R 23 9:26 AM 6:35 6:05	6 23 R 24 7:42 AM 6:33 6:06
7 25 *L 25 6:19 AM 6:32 6:07	8 26 L 26 5:16 AM 6:30 6:08	9 27 L 27 4:34 AM 6:29 6:09	10 28 R 28 4:12 AM 6:27 6:10	11 29 R 29 4:11 AM 6:26 ◇ 6:11	12 30 R 30 4:34 AM 6:24 6:12	1 5:22 AM
		◇ Feb. 12: Chandra Darshan ◇ March 11: Maha Shivaratri				

Calculated for location: (USNO) Washington, D.C.: West 77° 4' 0.8" North 38° 55' 18"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						13 1 *L
						1 5:22 AM 6:23 6:13
14 1 L	15 2 L	16 3 L	17 4 R	18 5 R	19 6 R	20 7 L
2 7:38 AM 7:21 ◇ 7:14	3 9:21 AM 7:19 7:15	4 11:30 AM 7:18 7:16	5 2:00 PM 7:16 7:17	6 4:41 PM 7:15 7:18	7 7:20 PM 7:13 7:19	8 9:42 PM 7:12 7:20
21 8 L	22 9 L	23 10 R	24 11 R	25 12 R	26 13 L	27 14 L
9 11:32 PM 7:10 7:21	7:08 7:22	10 12:39 AM 7:07 7:23	11 12:55 AM 7:05 7:24	12 12:19 AM 13 10:53 PM 7:04 7:25	14 8:43 PM 7:02 7:26	15 5:59 PM 7:01 7:27

Calculated for location: (USNO) Washington, D.C.: West 77° 4' 0.8" North 38° 55' 18"

November 5, 2021 — December 3, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					5 1 L	6 2 L
				1 5:16 PM	2 1:46 PM 7:40 6:03	3 10:16 AM 7:41 ◇ 6:02
7 4 *R	8 5 R	9 6 R	10 7 L	11 8 L	12 9 L	13 10 R
4 5:54 AM 6:42 5:01	5 2:48 AM 6:43 5:00	6 12:07 AM 7 9:57 PM 6:44 4:59	8 8:21 PM 6:46 4:58	9 7:23 PM 6:47 4:58	10 7:03 PM 6:48 4:57	11 7:20 PM 6:49 4:56
14 11 R	15 12 R	16 13 L	17 14 L	18 15 L	19 16 R	20 17 R
12 8:11 PM 6:50 4:55	13 9:33 PM 6:51 4:54	14 11:22 PM 6:52 4:54	6:53 4:53	15 1:32 AM 6:54 4:52	16 3:59 AM 6:56 4:52	17 6:36 AM 6:57 4:51

28 15 L	29 16 R	30 17 R	31 19 L	1 20 L	2 21 L	3 22 R
16 2:49 PM 6:59 7:28	17 11:26 AM 6:57 7:29	18 7:59 AM 6:56 7:30	19 4:38 AM 6:54 7:31	20 1:31 AM 21 10:47 PM 6:53 7:32	22 8:30 PM 6:51 7:33	23 6:44 PM 6:50 7:34
4 23 R	5 24 R	6 25 L	7 26 L	8 27 L	9 28 R	10 29 R
24 5:31 PM 6:48 7:35	25 4:50 PM 6:47 7:36	26 4:41 PM 6:45 7:37	27 5:01 PM 6:44 7:38	28 5:47 PM 6:42 7:39	29 6:59 PM 6:41 7:40	30 8:35 PM 6:39 7:41
11 30 R		◇ Mar. 14: Chandra Darshan				
1 10:32 PM 6:38 7:42						

Calculated for location: (USNO) Washington, D.C.: West 77° 4' 0.8" North 38° 55' 18"

April 12, 2021 — May 11, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12 1 L	13 2 L	14 3 L	15 4 *R	16 4 R	17 5 R
1 10:32 PM 6:27 7:48	6:36 7:43	2 12:48 AM 6:35 7:44	3 3:19 AM 6:33 7:45	4 5:59 AM 6:32 7:46	5 8:37 AM 6:30 7:47	6 11:04 AM 6:29 7:47
18 6 R	19 7 L	20 8 L	21 9 L	22 10 R	23 11 R	24 12 R
7 1:06 PM 6:27 7:48	8 2:33 PM 6:26 7:49	9 3:15 PM 6:25 7:50	10 3:07 PM 6:23 7:51	11 2:07 PM 6:22 7:52	12 12:19 PM 6:20 7:53	13 9:49 AM 6:19 7:54
25 13 L	26 15 L	27 16 R	28 17 R	29 18 R	30 19 L	1 20 L
14 6:44 AM 6:18 7:55	15 3:16 AM 16 11:33 PM 6:17 7:56	17 7:46 PM 6:15 7:57	18 4:06 PM 6:14 7:58	19 12:41 PM 6:13 7:59	20 9:41 AM 6:11 8:00	21 7:13 AM 6:10 8:01

24 19 L	25 20 L	26 21 L	27 22 R	28 23 R	29 24 R	30 25 L
20 8:15 PM 7:27 6:17	21 10:56 PM 7:28 6:16		22 1:22 AM 7:30 6:13	23 3:21 AM 7:31 6:12	24 4:41 AM 7:32 6:11	25 5:15 AM 7:33 6:10
31 26 L	1 27 L	2 28 R	3 29 R	4 30 R		
26 4:59 AM 7:35 6:09	27 3:53 AM 7:36 6:08	28 2:03 AM 29 11:34 PM 7:37 6:06	30 8:35 PM 7:38 6:05	1 5:16 PM 7:39 6:04		
		♦ Oct. 6: Navaratri, Day 1 ♦ Oct. 7: Chandra Darshan		♦ Oct. 15: Navaratri, Day 10		

October 6, 2021 — November 4, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6 1 *L	7 2 L	8 3 L	9 4 R
			1 7:07 AM 7:09 ◇ 6:43	2 4:18 AM 7:10 ◇ 6:41	3 1:20 AM 4 10:21 PM 7:11 6:40	5 7:27 PM 7:12 6:38
10 5 R	11 6 R	12 7 L	13 8 L	14 9 L	15 10 R	16 11 R
6 4:46 PM 7:13 6:37	7 2:22 PM 7:14 6:35	8 12:19 PM 7:15 6:34	9 10:39 AM 7:16 6:32	10 9:24 AM 7:17 6:31	11 8:34 AM 7:18 ◇ 6:30	12 8:09 AM 7:19 6:28
17 12 R	18 13 L	19 14 L	20 15 L	21 16 R	22 17 R	23 18 R
13 8:11 AM 7:20 6:27	14 8:39 AM 7:21 6:25	15 9:35 AM 7:22 6:24	16 10:58 AM 7:23 6:23	17 12:48 PM 7:24 6:21	18 3:01 PM 7:25 6:20	19 5:33 PM 7:26 6:19

2 22 *R	3 23 R	4 24 R	5 25 L	6 26 L	7 27 L	8 27 L
22 5:22 AM 6:09 8:02	23 4:11 AM 6:08 8:03	24 3:42 AM 6:07 8:04	25 3:53 AM 6:06 8:05	26 4:42 AM 6:05 8:06	27 6:04 AM 6:03 8:07	28 7:52 AM 6:02 8:08
9 28 R	10 29 R	11 30 R				
29 10:02 AM 6:01 8:09	30 12:27 PM 6:00 8:10	1 3:01 PM 5:59 8:10				
		◇ Apr. 13: Chandra Darshan				

May 12, 2021 — June 10, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			12 1 L	13 2 L	14 3 L	15 4 R
		1 3:01 PM	2 5:38 PM 5:58 ◊ 8:11	3 8:10 PM 5:57 8:12	4 10:31 PM 5:57 8:13	5:56 8:14
16 5 R	17 6 R	18 7 L	19 8 L	20 9 L	21 10 R	22 11 R
5 12:33 AM 5:55 8:15	6 2:06 AM 5:54 8:16	7 3:04 AM 5:53 8:17	8 3:22 AM 5:52 8:18	9 2:54 AM 5:52 8:19	10 1:42 AM 11 11:47 PM 5:51 8:19	12 9:14 PM 5:50 8:20
23 12 R	24 13 L	25 14 L	26 15 L	27 17 R	28 18 R	29 19 L
13 6:10 PM 5:49 8:21	14 2:43 PM 5:49 8:22	15 11:01 AM 5:48 8:23	16 7:15 AM 5:48 8:23	17 3:34 AM 5:47 8:24	18 12:08 AM 19 9:05 PM 5:47 8:25	20 6:35 PM 5:46 8:26

26 21 L	27 22 *R	28 22 R	29 23 R	30 24 R	1 25 L	2 26 L
21 3:36 AM 7:00 6:59	22 6:15 AM 7:01 6:57	23 8:48 AM 7:02 6:55	24 11:01 AM 7:02 6:54	25 12:40 PM 7:03 6:52	26 1:35 PM 7:04 6:51	27 1:42 PM 7:05 6:49
3 27 L	4 28 R	5 29 R				
28 1:01 PM 7:06 6:48	29 11:37 AM 7:07 6:46	30 9:36 AM 7:08 6:45	1 7:07 AM			
		◊ Sept. 7: Chandra Darshan ◊ Sept. 10: Ganesha Chaturthi				

Calculated for location: (USNO) Washington, D.C.: West 77° 4' 0.8" North 38° 55' 18"

September 7, 2021 — October 5, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7 1 L	8 2 L	9 3 L	10 4 R	11 5 R
	1 8:53 PM	2 7:09 PM 6:43 ◊ 7:29	3 5:05 PM 6:44 7:28	4 2:50 PM 6:44 7:26	5 12:29 PM 6:45 ◊ 7:24	6 10:09 AM 6:46 7:23
12 6 R	13 8 L	14 9 L	15 10 R	16 11 R	17 12 R	18 13 L
7 7:52 AM 6:47 7:21	8 5:42 AM 6:48 7:20	9 3:41 AM 6:49 7:18	10 1:49 AM 6:50 7:16	11 12:08 AM 12 10:39 PM 6:51 7:15	13 9:26 PM 6:52 7:13	14 8:31 PM 6:52 7:12
19 14 L	20 15 L	21 16 R	22 17 R	23 18 R	24 19 L	25 20 L
15 8:00 PM 6:53 7:10	16 7:56 PM 6:54 7:08	17 8:24 PM 6:55 7:07	18 9:25 PM 6:56 7:05	19 11:01 PM 6:57 7:03		20 1:08 AM 6:59 7:00

30 20 L	31 21 L	1 22 R	2 23 R	3 24 R	4 25 L	5 26 L
21 4:44 PM 5:46 8:26	22 3:38 PM 5:45 8:27	23 3:18 PM 5:45 8:28	24 3:45 PM 5:44 8:29	25 4:54 PM 5:44 8:29	26 6:39 PM 5:44 8:30	27 8:51 PM 5:43 8:31
6 27 L	7 28 R	8 29 R	9 30 R	10 30 R		
28 11:20 PM 5:43 8:31		29 1:56 AM 5:43 8:32	30 4:30 AM 5:43 8:33	1 6:54 AM 5:43 8:33		
		◊ May 12: Chandra Darshan				

June 11, 2021 — July 9, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11 1 L	12 2 L
				1 6:54 AM	2 9:02 AM 5:42 ◇ 8:34	3 10:50 AM 5:42 8:34
13 3 L	14 4 R	15 5 R	16 6 R	17 7 L	18 8 L	19 9 L
4 12:12 PM 5:42 8:35	5 1:06 PM 5:42 8:35	6 1:28 PM 5:42 8:35	7 1:17 PM 5:42 8:36	8 12:31 PM 5:43 8:36	9 11:11 AM 5:43 8:36	10 9:17 AM 5:43 8:37
20 10 R	21 12 R	22 13 L	23 14 L	24 15 L	25 16 R	26 17 R
11 6:53 AM 5:43 8:37	12 4:03 AM 5:43 8:37	13 12:54 AM 14 9:31 PM 5:43 8:37	15 6:04 PM 5:44 8:37	16 2:41 PM 5:44 8:38	17 11:31 AM 5:44 8:38	18 8:43 AM 5:45 8:38

29 22 R	30 23 R	31 24 R	1 25 L	2 26 L	3 27 L	4 28 R
23 1:57 PM 6:35 7:43	24 4:31 PM 6:35 7:41	25 6:55 PM 6:36 7:40	26 8:53 PM 6:37 7:38	27 10:16 PM 6:38 7:37	28 10:56 PM 6:39 7:35	29 10:53 PM 6:40 7:34
5 29 R	6 30 R					
30 10:10 PM 6:41 7:32	1 8:53 PM 6:42 7:31					
		◇ Aug. 9: Chandra Darshan				

Calculated for location: (USNO) Washington, D.C.: West 77° 4' 0.8" North 38° 55' 18"

August 9, 2021 — September 6, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9 1 L	10 2 L	11 3 L	12 5 R	13 6 R	14 7 L
1 9:51 AM 6:22 8:03	2 9:28 AM 6:16 8:10	3 8:38 AM 6:17 8:09	4 7:25 AM 6:18 8:08	5 5:56 AM 6:19 8:07	6 4:14 AM 6:20 8:05	7 2:23 AM 6:21 8:04
15 8 L	16 9 L	17 10 R	18 11 R	19 12 R	20 13 L	21 14 L
8 12:23 AM 9 10:17 PM 6:22 8:03	10 8:06 PM 6:23 8:02	11 5:52 PM 6:24 8:00	12 3:38 PM 6:25 7:59	13 1:26 PM 6:26 7:57	14 11:22 AM 6:26 7:56	15 9:32 AM 6:27 7:55
22 15 L	23 16 R	24 17 R	25 18 R	26 19 L	27 20 L	28 21 L
16 8:03 AM 6:28 7:53	17 7:02 AM 6:29 7:52	18 6:37 AM 6:30 7:50	19 6:50 AM 6:31 7:49	20 7:46 AM 6:32 7:47	21 9:21 AM 6:33 7:46	22 11:28 AM 6:34 7:44

27 18 R	28 20 L	29 21 L	30 22 *R	1 23 R	2 23 R	3 24 R
19 6:26 AM 5:45 8:38	20 4:48 AM 5:45 8:38	21 3:55 AM 5:46 8:38	22 3:50 AM 5:46 8:38	23 4:33 AM 5:47 8:38	24 6:00 AM 5:47 8:37	25 8:02 AM 5:48 8:37
4 25 L	5 26 L	6 27 L	7 28 R	8 29 R	9 30 R	
26 10:27 AM 5:48 8:37	27 1:02 PM 5:49 8:37	28 3:34 PM 5:49 8:37	29 5:52 PM 5:50 8:36	30 7:48 PM 5:51 8:36	1 9:18 PM 5:51 8:36	
		◇ June 11: Chandra Darshan				

July 10, 2021 — August 8, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10 1 L
					1 9:18 PM	2 10:19 PM 5:52 ◇ 8:35
11 2 L	12 3 L	13 4 R	14 5 R	15 6 R	16 7 L	17 8 L
3 10:51 PM 5:53 8:35	4 10:56 PM 5:53 8:34	5 10:34 PM 5:54 8:34	6 9:48 PM 5:55 8:33	7 8:38 PM 5:55 8:33	8 7:06 PM 5:56 8:32	9 5:13 PM 5:57 8:32
18 9 L	19 10 R	20 11 R	21 12 R	22 14 L	23 15 L	24 16 R
10 3:01 PM 5:58 8:31	11 12:31 PM 5:58 8:30	12 9:49 AM 5:59 8:30	13 6:58 AM 6:00 8:29	14 4:04 AM 6:01 8:28	15 1:15 AM 16 10:38 PM 6:02 8:27	17 8:22 PM 6:02 8:27

25 17 R	26 18 R	27 19 L	28 20 L	29 21 L	30 22 R	31 23 R
18 6:36 PM 6:03 8:26	19 5:26 PM 6:04 8:25	20 5:00 PM 6:05 8:24	21 5:20 PM 6:06 8:23	22 6:26 PM 6:07 8:22	23 8:12 PM 6:08 8:21	24 10:28 PM 6:08 8:20
1 24 R	2 25 L	3 26 L	4 27 L	5 27 L	6 28 R	7 29 R
6:09 8:19	25 1:00 AM 6:10 8:18	26 3:31 AM 6:11 8:17	27 5:49 AM 6:12 8:16	28 7:41 AM 6:13 8:15	29 9:00 AM 6:14 8:14	30 9:43 AM 6:15 8:13
8 30 R		◇ July 10: Chandra Darshan				
1 9:51 AM 6:16 8:12						

Calculated for location: (USNO) Washington, D.C.: West 77° 4' 0.8" North 38° 55' 18"