



Sahaja Yoga Calendar

2020





# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year 1	2	3	4
5	6 Epiphany (Three Magis visit to Welcome Shri Jesus) K. Gibran Birthday	7	8	9	10 Partial Moon Eclipse 2:21 pm 2:10 pm	11
12	13	14 Makarsankranti	15	16	17	18
19	20	21	22	23	24 4:42 pm	25
26	27 Shri Markandeya's Birthday V. A. Mozart Birthday	28 Shri Ganesha Jayanti	29 Vasant Panchami (Shri Saraswati's Birthday)	30	31	





# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Shri Surya Jayanti 1
2	3	4	5	6	7	8
○ 2:32 am					Shri Yashoda Jayanti	15
9	10	11	12	13	14	15
			Shivaji Maharaj Jayanti		Maha Shivaratri	22
16	17	18	19	20	21	22
● Mahasamadhi of Shri Mataji Nirmala Devi 10:32 am	24	25	26	27	28	29
23						







# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1🔥	2🔥	3	4	5	6	7🌸
8	9🕒 1:47 pm Chhoti Holi Shri Lakshmi Jayanti Hazrat Ali (Shri Brahmadeva incarnation) Jayanti	10Rangwali Holi	11Shri Tukarama Jayanti	12	13	14
15🌸	16🔥	17🔥	18	19	20Spring equinox Earth day	21Shri Mataji Nirmala Devi Birthday
22🌸	23	24🕒 5:28 am Gudi Padwa Vasant (spring) Navaratri start	25Annunciation of Shri Mary Mahalakshmi	26	27	28
29	30🌸	31🔥				





# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		





# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Shri Sita Jayanti	
					1	2
		50 YEAR Sahaja Yoga Anniversary Sahasrara Day		Shri Buddha Poornima 6:45 am Rabindranath Tagore's Birthday	Shri Narada Jayanti	
3	4	5	6	7	8	9
Mothers day						
10	11	12	13	14	15	16
			Shri Socrates Birthday		1:38 pm	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						





# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ganga Dussehra				<div><div>☉</div><div>3:12 pm</div></div> <div><div>☾</div><div>3:24 pm</div></div> <div>Partial Moon Eclipse</div> <div>Shri Kabirdas Jayanti</div>	
	1	2	3	4 <div><div>🪷</div></div>	5	6
7	8	9	10	11 <div><div>🪷</div></div>	12 <div><div>🪷</div></div>	13 <div><div>🪷</div></div>
14	15	16	17	18 <div><div>🪷</div></div>	19	20
<div><div>☉</div><div>2:41 am</div></div> <div><div>☀</div><div>2:40 am</div></div> <div>Annular Solar Eclipse</div> <div>Fathers Day</div> <div>Summer Solstice</div>	22	23	24	25	26	27 <div><div>🪷</div></div>
28 <div><div>🪷</div></div>	29 <div><div>🪷</div></div>	30				







# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	Independence day 4
Partial Moon Eclipse 7:44 Guru Purnima 7:29 Shri Veda Vyasa Birthday* 5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 20:33	21	22	23	24	25
Saint Tulsidas's Birthday K. G. Jung's Birthday 26	27	28	29	30	31	







# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<div><div></div><div>Rakshabandhan</div><div>11:58 am</div></div> 3	4	5	6	7	8
9	10	11	<div>Shri Krishna Janmashtmi</div> <div>Shri Gyaneshwara (Shri Kartikeya incarnate) Birthday</div> 12	13	14	<div>Assumption of Shri Mary Mahalakshmi</div> 15
16	17	<div></div> <div>10:41 pm</div> 18	19	20	<div>Zoroaster Birthday</div> 21	<div>Shri Ganesha Chaturthi</div> 22
23	24	25	<div>Shri Radha Jayanti</div> 26	27	28	29
30	31					





# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	<div><div>☾</div><div>1:22 am</div></div> 2	3	4	5
6	7	Birthday of Shri Mary Mahalakshmi <div><div>🕯️</div></div> 8	9 <div><div>🕯️</div></div>	10 <div><div>🕯️</div></div>	11	12
13	14	15 <div><div>🌸</div></div>	16	<div><div>●</div><div>7:00 am</div></div> 17	18	19
20	21	Autumn equinox	23 <div><div>🕯️</div></div>	24 <div><div>🕯️</div></div>	25 <div><div>🕯️</div></div>	26
27	Confucius Birthday	29	M. Rumi Birthday <div><div>🌸</div></div> 30			







# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div><div></div><div>5:05 pm</div></div> <div>1</div>	<div>Mahatma Gandhi Jayanti</div> <div>2</div>	<div>3</div>
<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8<div></div></div>	<div>9<div></div></div>	<div>10<div></div></div>
<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>Mahasamadhi of Shri Shirdi Sai Natha<div></div></div> <div>15<div></div></div>	<div><div></div><div>3:31 pm</div></div> <div>16</div>	<div>Navaratri Festival start</div> <div>17</div>
<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22<div></div></div>	<div>23<div></div></div>	<div>24<div></div></div>
<div>25</div>	<div>Navaratri end Vijayadashmi Dussehra</div> <div>26</div>	<div>27</div>	<div>28</div>	<div>Milad-un Nabi/ Id-e Milad (Birthday of Shri Muhammad)<div></div></div> <div>29<div></div></div>	<div>30</div>	<div><div></div><div>10:49 am</div></div> <div>Saint Valmiki ("Ramayana" author) birthday</div> <div>31</div>





# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Saint Day						
1	2	3	4	5	6	7
				Dhanteras		Diwali day Naraka Chaturdashi
8	9	10	11	12	13	14
Diwali Padwa 12:07 am	Bhaiya Dooj					
15	16	17	18	19	20	21
						Shri William Blake Jayanti
22	23	24	25	26	27	28
Advent Sunday and Declaration Sunday	Partial Moon Eclipse 4:29 am Shri Guru Nanaka Jayanti 4:42 am	30				
29						







# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	Kalabhairava Jayanti	8	9	10	11	12
13	11:16 am Full Solar Eclipse 11:13 am	15	16	17	18	19
20	21	22	23	Christmas Eve	Christmas Sankashti Chaturthi	Second Christmas Day
27	28	Shri Dattatreya Jayanti	Shri Ramana Maharishi Jayanti 10:28 pm	31		





## Year 2020 puja dates

Shivaratri puja	February 23
Birthday puja	March 21
Easter puja	April 19
Sahasrara puja	May 5
Shri Kundalini puja	May 17
Shri Adi Shakti puja	June 7
Guru puja	July 5
Shri Krishna puja	August 16
Shri Ganesha puja	August 22
Navaratri puja	October 25
Diwali puja	November 15
Shri Kartikeya puja	November 28
Christmas puja	December 25



## Shri Mataji Nirmala Devi advices

### New Moon & Full Moon nights

First thing to note is that on the night of new-moon and full-moon, always there are dangers on your left and right sides. Specially on these two days, that is, the nights of new moon and full moon, you should sleep early. After your meals, bow before the photograph, meditate, and putting attention in Sahasrara, sleep after getting into the bandhan. That means you go into the unconscious the very moment your attention goes to Sahasrara. There, do yourself the bandhan and you are saved. During these two nights particularly. The night of new moon, you should meditate on Shri Shiva. You should sleep after meditating on Shri Shiva- that is the Spirit and surrender yourself to Him. On the night of full moon, you should meditate on Shri Rama and surrender yourself to Him for protection. The meaning of the word Ramachandra is creativity. You should completely dedicate your creative powers to Him. Thus you have to take special care of yourself on these two days.

You'll get my blessings during 7<sup>th</sup> day of Moon.

8<sup>th</sup> - 9<sup>th</sup> New Moon & Full Moon days are the days of Shri Durga you should read "Devi Mahatmayam".

14<sup>th</sup> Moon day - Adi Shakti day, read 1000 names of Shri Lalita

*Shri Mataji Nirmala Devi*

### Solar & Moon Eclipses

During Moon Eclipse you should read Devi Kavach, Shri Mahakali & Shri Bhairava names. It's not recommended to look at the Sun or Moon during Eclipse. You should keep your attention to Sahasrara. You should stay inside for two hours before & after Eclipse.

#### Calendar signs & icons



Puja Day



Spring Navaratri



Autumn Navaratri

#### Blessing days:



7<sup>th</sup> Moon Day



8<sup>th</sup> & 9<sup>th</sup> Moon day's



14<sup>th</sup> Moon Day



Solar Eclipse



Moon Eclipse



New Moon



Full Moon