



# Full Moon Meditations

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You are invited to sit in meditation for an hour wherever you are, in your home or with friends. Total beginners and longtime practitioners, non-initiates and initiates are welcome. If you cannot sit for the entire hour, sit as long as you are able; as Swami Veda has said, "Let the quietness of the mind continue even after you rise.."

Swami Veda Bharati has written:

*Yoga Philosophy views the mind as Universal field; its waves passing through us and becoming our individual minds. This Universal mind is a radiant force and is also known as a Universal Guru within.*

*When all sit together at the same time even in different parts of the world, they connect to the Universal Guru mind and generate a strong field, like so many magnets being joined together and forming a much stronger magnet; the strength of each then equals the combined strength of all.*

*Thus it is when we join together in meditation, and together enter the Guru-mind's Field. On certain days of the year the Wave of Beauty and the Wave of Bliss flows very strong. These are the sacred days.*

Before his Mahasamadhi, Swamiji instructed that Full Moon Meditations should continue.

## Full Moon Meditation Dates

<b>2015</b>	<b>JAN 4</b>	FEB 3	MAR 5	APR 4	<b>MAY 3</b>	JUNE 2	
	JUL 1	<b>JUL 31*</b>	AUG 29	<b>SEPT 27</b>	OCT 27	NOV 25	DEC 25
<b><u><a href="#">* About Guru Purnima 2015</a></u></b>							
<b>** Dates in RED were changed (per directions from pandits) on October 17, 2014 **</b>							
<b>2016</b>	JAN 23	FEB 22	MAR 23	<b>APR 21</b>	MAY 21	JUNE 20	
	JUL 19	AUG 18	SEPT 16	OCT 16	NOV 14	DEC 13	

## Timings Methodology

There are four "1 hour" meditation times within the 24 hour period of the date for each month. Please calculate your local time from the nearest of the four times listed below. The times below are always given in local time. If the local time is observing a summer/winter switch

(called "Daylight Savings Time in the USA, for example), then you need to match that time as well. Basically, whatever the local time on the clock for the areas below, you will need to convert that time to your local time. A good resource for calculating local times next to another time is <http://www.timeanddate.com/worldclock/meeting.html>

**TIMINGS:** 7 AM in India (IST), surrounding countries adjust the time accordingly, for example Iran is 5 AM.  
8 PM in East Asia, 8 PM Singapore time. Australia, China, Hong Kong, Indonesia, Japan, Korea, Malaysia, Taiwan, Thailand etc. adjust their times to coincide with Singapore time 8 PM.  
8 PM in U.K. (London Time). Those in all European, and all African time zones, please adjust your sitting time to coincide with 8 PM United Kingdom.  
10 PM in New York. Surrounding countries and regions of South, Central and North America and the Caribbean to match their time to 10 PM New York time.

## How is the full moon calculated?

The dates of the Full Moon Meditations are announced after our Ashram Pandits have worked out the exact hours and minutes of the full moon each month. The hours of the full moon span two calendar days in western time. By Swami Veda's request, the date with the most full moon hours is chosen for the Full Moon Meditation.

## Could you please explain the timetable of Full Moon Meditation

in several parts of the world and how it works? For example, we want to sit together with Swamiji the same time, correct? So, when Swami Veda sits in Rishikesh at 7am this would be 9:30am in Shanghai, 02:30am in London, etc. But the instructions say that China should sit at 8 pm, GMT at 8 pm, New York at 10 pm, and so on.?

### Answer:

Swamiji sat more than one time on the full moon meditation day. There are four "1 hour" meditation times within the 24 hour period of the full moon date. So, no, globally we do not all sit at the same time. However, sadhakas within various regions sit at the same time. Even though Swami Veda has left the body, the meditation times will stay the same.

Here is the link to the [original "invitation" from Swamiji](#).

## Software

*\* We recommend the freeware program "[Moonphase](#)" as a quick way to see when the full moon is in your area. Please note that **occasionally, the announced Vedic date for the full moon meditation will differ from the "Moonphase" program's dates, due to the need to "balance" the dates around the entire world. The table above gives the actual dates for the full moon meditation.***