



**Monday, April 18, 2022**  
**Gold Retreat Star**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Indu Vasara Yuktayam  
Vishakha Nakshatra Siddhi/Vyatipata\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Lusaka, Zambia  
Sutra 1  
Subhakrit 5124

Tula Rasi: 22.22 Tithi 17 – 18  
**Family Home Evening** 278345478  
Routine Work Marana Yoga  
Until 12:07AM Tue  
Then Creative Work - Siddha Yoga

**Gulika** 1:35PM – 3:02PM  
Yama 10:39AM – 12:07PM  
**Rahu** 7:43AM – 9:11AM

**Vishakha Until 12:07AM Tue**  
Siddhi Until 4:51PM  
Vanija Until 2:32AM Tue  
**Dvitiya Until 3:54PM**

**Ganesha:** Purple *Sunrise: 6:15AM*  
**Muruqa:** White *Sunset: 5:58PM*  
**Nataraja:** White  
Moon – Orange  
Chaitra\*Chaitra

**Bhuloka Day**

Moon 4 - Phase 1 - 1st Phase

**1**

**Tuesday, April 19, 2022**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha Nakshatra Vyatipata\*/Variyan Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Lusaka, Zambia  
Sun 1 Sutra 2  
Subhakrit 5124

Virschika Rasi: 6.53 Tithi 18 – 19  
278345478  
Creative Work Siddha Yoga  
Until 10:06PM  
Then Routine Work - Marana Yoga

**Gulika** 12:06PM – 1:34PM  
Yama 9:11AM – 10:39AM  
**Rahu** 3:02PM – 4:30PM

**Anuradha Until 10:06PM**  
Vyatipata\* Until 1:29PM  
Bava Until 11:45PM  
**Tritiya Until 1:07PM**

**Ganesha:** Purple *Sunrise: 6:15AM*  
**Muruqa:** White *Sunset: 5:58PM*  
**Nataraja:** White  
Moon – Orange  
Chaitra\*Chaitra

**Bhuloka Day**

Moon 4 - Phase 1 - 1st Phase

**2**

**Wednesday, April 20, 2022**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Budha Vasara Yuktayam  
Jyeshtha\* Nakshatra Varyan/Parigha\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Lusaka, Zambia  
Sun 2 Sutra 3  
Subhakrit 5124

Virschika Rasi: 21.26 Tithi 19 – 20  
278345478  
Creative Work Siddha Yoga  
Until 8:00PM  
Then Routine Work - Marana Yoga

**Gulika** 10:39AM – 12:06PM  
Yama 7:43AM – 9:11AM  
**Rahu** 12:06PM – 1:34PM

**Jyeshtha\* Until 8:00PM**  
Variyan Until 10:05AM  
Kaulava Until 9:01PM  
**Chaturthi\* Until 10:21AM**

**Ganesha:** Purple *Sunrise: 6:15AM*  
**Muruqa:** White *Sunset: 5:57PM*  
**Nataraja:** White  
Moon – Orange  
Chaitra\*Chaitra

**Bhuloka Day**

Moon 4 - Phase 1 - 2 1st Phase

**3**

**Thursday, April 21, 2022**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Guru Vasara Yuktayam  
Mula\* Nakshatra Parigha\*/Shiva Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Lusaka, Zambia  
Sun 3 Sutra 4  
Subhakrit 5124

Dhanus Rasi: 5.56 Tithi 20 – 21  
288345478  
Creative Work Siddha Yoga

**Gulika** 9:11AM – 10:38AM  
Yama 6:16AM – 7:43AM  
**Rahu** 1:34PM – 3:01PM

**Mula\* Until 6:19PM**  
Parigha\* Until 6:47AM  
Gara Until 6:25PM  
**Panchami Until 7:40AM**

**Ganesha:** Clear *Sunrise: 6:16AM*  
**Muruqa:** White *Sunset: 5:56PM*  
**Nataraja:** White  
Moon – Light Blue  
Chaitra\*Chaitra

**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

Moon 4 - Phase 1 - 3 1st Phase

**4**

**Friday, April 22, 2022**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Siddha Yoga Visti\*/Bava Karana Saptamyam Titau

Lusaka, Zambia  
Sun 4 Sutra 5  
Subhakrit 5124

Dhanus Rasi: 20.18 Tithi 22  
289345478  
Routine Work Prabalarishta Yoga  
Until 4:43PM  
Then Routine Work - Marana Yoga

**Gulika** 7:43AM – 9:11AM  
Yama 3:01PM – 4:28PM  
**Rahu** 10:38AM – 12:06PM

**Purvashadha\* Until 4:43PM**  
Siddha Until 12:42AM Sat  
Visti Until 4:03PM  
**Saptami Until 2:57AM Sat**

**Ganesha:** Purple *Sunrise: 6:16AM*  
**Muruqa:** White *Sunset: 5:56PM*  
**Nataraja:** White  
Moon – Light Blue  
Chaitra\*Chaitra

**Devaloka Day**

Moon 4 - Phase 1 - 4 1st Phase

**5**

**Saturday, April 23, 2022**  
**Retreat Star**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Sadhya Yoga Balava/Kaulava Karana Ashtamyam Titau

Lusaka, Zambia  
Sun 5 Sutra 6  
Subhakrit 5124

Makara Rasi: 4.29 Tithi 23  
289345478  
Routine Work Marana Yoga  
Until 3:15PM  
Then Creative Work - Siddha Yoga

**Gulika** 6:16AM – 7:43AM  
Yama 1:33PM – 3:00PM  
**Rahu** 9:11AM – 10:38AM

**Uttarashadha Until 3:15PM**  
Sadhya Until 10:00PM  
Balava Until 1:58PM  
**Ashtami\* Until 1:02AM Sun**

**Ganesha:** Purple *Sunrise: 6:16AM*  
**Muruqa:** White *Sunset: 5:55PM*  
**Nataraja:** White  
Moon – Light Blue  
Chaitra\*Chaitra

**Devaloka Day**

Moon 4 - Phase 1 - 5 Ashtami

**Sunday, April 24, 2022**  
**Retreat Star**

Subhakrit Nama Samvatsare Uтарыane Nartana Ritau Meshа Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Subha Yoga Taitila/Gara Karana Navamyam Titau

Lusaka, Zambia  
Sun 6 Sutra 7  
Subhakrit 5124

Makara Rasi: 18.29 Tithi 24  
299345478  
Creative Work Amrita Yoga  
Until 2:24PM  
Then Routine Work - Marana Yoga

**Gulika** 3:00PM – 4:27PM  
Yama 12:05PM – 1:33PM  
**Rahu** 4:27PM – 5:55PM

**Shravana Until 2:24PM**  
Subha Until 7:35PM  
Taitila Until 12:12PM  
**Navami\* Until 11:26PM**

**Ganesha:** Clear *Sunrise: 6:16AM*  
**Muruqa:** White *Sunset: 5:55PM*  
**Nataraja:** White  
Moon – Purple  
Chaitra\*Chaitra

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

Moon 4 - Phase 1 - 6 Navami

<b>1</b>	<b>Monday, April 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Dashamyam Titau				Lusaka, Zambia Sun 7 Sutra 8
	Kumbha Rasi: 2.15	Tithi 25	Gulika 1:33PM – 3:00PM	Dhanishtha Until 1:45PM	Ganesha: Clear	Sunrise: 6:16AM	Subhakrit 5124
	Family Home Evening	299345479	Yama 10:38AM – 12:05PM	Sukla Until 5:26PM	Muruga: White	Sunset: 5:54PM	Moon 4 - Phase 2 - 7
	Creative Work	Siddha Yoga	Rahu 7:44AM – 9:11AM	Vanija Until 10:47AM	Nataraja: Clear		2nd Phase
			Dashami Until 10:12PM	Chaitra*Chaitra	<b>Devaloka Day</b>		

<b>2</b>	<b>Tuesday, April 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Ekadashyam Titau				Lusaka, Zambia Sun 8 Sutra 9
	Kumbha Rasi: 15.49	Tithi 26	Gulika 12:05PM – 1:32PM	Shatabhishak Until 1:19PM	Ganesha: Clear	Sunrise: 6:17AM	Subhakrit 5124
	Routine Work	Marana Yoga	Yama 9:11AM – 10:38AM	Brahma Until 3:36PM	Muruga: White	Sunset: 5:54PM	Moon 4 - Phase 2 - 8
	299345479		Rahu 2:59PM – 4:27PM	Bava Until 9:45AM	Nataraja: Clear		2nd Phase
			Ekadashi* Until 9:21PM	Chaitra*Chaitra	<b>Devaloka Day</b>		

<b>3</b>	<b>Wednesday, April 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Lusaka, Zambia Sun 9 Sutra 10
	Kumbha Rasi: 29.08	Tithi 27	Gulika 10:38AM – 12:05PM	Purvaproshtapada* Until 1:36PM	Ganesha: Red	Sunrise: 6:17AM	Subhakrit 5124
	Creative Work	Amrita Yoga	Yama 7:44AM – 9:11AM	Indra Until 2:07PM	Muruga: White	Sunset: 5:53PM	Moon 4 - Phase 2 - 9
	Until 1:36PM	219345479	Rahu 12:05PM – 1:32PM	Kaulava Until 9:07AM	Nataraja: Clear		2nd Phase
			Dvadashi* Until 8:56PM	Chaitra*Chaitra	<b>Devaloka Day</b>		

<b>4</b>	<b>Thursday, April 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Gara/Vanija Karana Trayodashyam Titau				Lusaka, Zambia Sun 10 Sutra 11
	Meena Rasi: 12.15	Tithi 28	Gulika 9:11AM – 10:38AM	Uttaraproshtapada Until 2:10PM	Ganesha: Blue	Sunrise: 6:17AM	Subhakrit 5124
	Creative Work	Siddha Yoga	Yama 6:17AM – 7:44AM	Vaidhriti* Until 12:57PM	Muruga: White	Sunset: 5:53PM	Moon 4 - Phase 2 - 10
	219445479		Rahu 1:32PM – 2:59PM	Gara Until 8:54AM	Nataraja: Clear		2nd Phase
			Trayodashi* Until 8:57PM	Chaitra*Chaitra	<b>Bhuloka Day</b>		
			<i>Pradosha Vrata (Fasting)</i>				Devaloka Time: 6:PM to 9:PM

<b>5</b>	<b>Friday, April 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Vishkambha*/Priti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Lusaka, Zambia Sun 11 Sutra 12
	Meena Rasi: 25.07	Tithi 29	Gulika 7:44AM – 9:11AM	Revati Until 3:02PM	Ganesha: Blue	Sunrise: 6:17AM	Subhakrit 5124
	Creative Work	Siddha Yoga	Yama 2:58PM – 4:25PM	Vishkambha* Until 12:11PM	Muruga: White	Sunset: 5:52PM	Moon 4 - Phase 2 - 11
	Until 3:02PM	219445479	Rahu 10:38AM – 12:05PM	Visti Until 9:10AM	Nataraja: Clear		2nd Phase
			Chaturdashi* Until 9:27PM	Chaitra*Chaitra	<b>Bhuloka Day</b>		
			<i>Pradosha Vrata (Fasting)</i>				Devaloka Time: 6:PM to 9:PM

<b>●</b>	<b>Saturday, April 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini/Bharani Nakshatra Priti/Ayushman Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Lusaka, Zambia Sun 12 Sutra 13
	<b>Retreat Star</b>		Gulika 6:17AM – 7:44AM	Ashvini Until 4:41PM	Ganesha: Green	Sunrise: 6:17AM	Subhakrit 5124
	Mesha Rasi: 7.46	Tithi 30	Yama 1:31PM – 2:58PM	Priti Until 11:48AM	Muruga: White	Sunset: 5:52PM	Moon 4 - Phase 2 - 12
	Creative Work	Siddha Yoga	Rahu 9:11AM – 10:38AM	Catuspada Until 9:55AM	Nataraja: Clear		Amavasya
			Amavasya* Until 10:27PM	Chaitra*Chaitra	<b>Bhuloka Day</b>		
			<i>Pradosha Vrata (Fasting)</i>				Devaloka Time: 6:PM to 9:PM

<b>●</b>	<b>Sunday, May 1, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Ayushman/Saubhagya Yoga Kintughna*/Bava Karana Prathamayam Titau				Lusaka, Zambia Sun 13 Sutra 14
	<b>Retreat Star</b>		Gulika 2:58PM – 4:24PM	Bharani Until 6:40PM	Ganesha: Green	Sunrise: 6:18AM	Subhakrit 5124
	Mesha Rasi: 20.11	Tithi 1	Yama 12:04PM – 1:31PM	Ayushman Until 11:46AM	Muruga: White	Sunset: 5:51PM	Moon 4 - Phase 2 - 13
	Routine Work	Prabalarishta Yoga	Rahu 4:24PM – 5:51PM	Kintughna Until 11:10AM	Nataraja: Clear		Prathama
			Prathama* Until 11:56PM	Vaisaka*Chaitra	<b>Bhuloka Day</b>		
			<i>Pradosha Vrata (Fasting)</i>				Devaloka Time: 6:PM to 9:PM

Pursuit of the duties of the stage of life to which each one belongs—that, verily, is the rule! Others are like branches of a stem. With this, one tends upwards; otherwise, downwards. Krishna Yajur Veda

Monday, May 2, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Dvitiyayam Titau				Lusaka, Zambia Sun 14 Sutra 15 Subhakrit 5124	
1	Vrishabha Rasi: 2.24 Family Home Evening Routine Work Marana Yoga Until 8:55PM Then Creative Work - Amrita Yoga	221445479	Gulika	1:31PM – 2:57PM	Krittika Until 8:55PM	Ganesha: Green	Sunrise: 6:18AM
			Yama	10:38AM – 12:04PM	Saubhagya Until 12:07PM	Muruqa: White	Sunset: 5:51PM
			Rahu	7:44AM – 9:11AM	Balava Until 12:52PM	Nataraja: Clear	Moon 4 - Phase 3 - 14 3rd Phase
					Dvitiya Until 1:51AM Tue	Moon – White	Bhuloka Day Devaloka Time: 6:PM to 9:PM

Tuesday, May 3, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Sobhana/Athiganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Lusaka, Zambia Sun 15 Sutra 16 Subhakrit 5124	
2	Vrishabha Rasi: 14.27 Creative Work Amrita Yoga Until 11:50PM Then Creative Work - Siddha Yoga	231445479	Gulika	12:04PM – 1:31PM	Rohini Until 11:50PM	Ganesha: White	Sunrise: 6:18AM
			Yama	9:11AM – 10:38AM	Sobhana Until 12:47PM	Muruqa: White	Sunset: 5:50PM
			Rahu	2:57PM – 4:24PM	Taitila Until 2:58PM	Nataraja: Clear	Moon 4 - Phase 3 - 15 3rd Phase
				Akshaya Tritiya	Tritiya Until 4:06AM Wed	Moon – Yellow	Bhuloka Day Devaloka Time: 6:PM to 9:PM

Wednesday, May 4, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Athiganda*/Sukarma Yoga Vanija/Visti* Karana Chaturthyam Titau				Lusaka, Zambia Sun 16 Sutra 17 Subhakrit 5124	
3	Vrishabha Rasi: 26.23 Creative Work Siddha Yoga Until 2:48AM Thu Then Routine Work - Marana Yoga	231445479	Gulika	10:38AM – 12:04PM	Mrigashira Until 2:48AM Thu	Ganesha: White	Sunrise: 6:18AM
			Yama	7:45AM – 9:11AM	Athiganda* Until 1:38PM	Muruqa: White	Sunset: 5:50PM
			Rahu	12:04PM – 1:30PM	Vanija Until 5:21PM	Nataraja: Clear	Moon 4 - Phase 3 - 16 3rd Phase
					Chaturthi* Until 6:34AM Thu	Moon – Yellow	Bhuloka Day Devaloka Time: 6:PM to 9:PM

Thursday, May 5, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Sukarma/Dhriti Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Lusaka, Zambia Sun 17 Sutra 18 Subhakrit 5124	
4	Mithuna Rasi: 8.14 Routine Work Marana Yoga Until 5:40AM Fri Then Creative Work - Siddha Yoga	231445479	Gulika	9:11AM – 10:38AM	Ardra Until 5:40AM Fri	Ganesha: White	Sunrise: 6:19AM
			Yama	6:19AM – 7:45AM	Sukarma Until 2:37PM	Muruqa: White	Sunset: 5:49PM
			Rahu	1:30PM – 2:57PM	Bava Until 7:51PM	Nataraja: Clear	Moon 4 - Phase 3 - 17 3rd Phase
					Chaturthi* Until 6:34AM	Moon – Yellow	Bhuloka Day Devaloka Time: 6:PM to 9:PM

Friday, May 6, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Dhriti/Shula* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Lusaka, Zambia Sun 18 Sutra 19 Subhakrit 5124	
5	Mithuna Rasi: 20.04 Creative Work Siddha Yoga	241445479	Gulika	7:45AM – 9:11AM	Punarvasu Until 8:46AM Sat	Ganesha: Clear	Sunrise: 6:19AM
			Yama	2:56PM – 4:23PM	Dhriti Until 3:36PM	Muruqa: White	Sunset: 5:49PM
			Rahu	10:38AM – 12:04PM	Kaulava Until 10:18PM	Nataraja: Clear	Moon 4 - Phase 3 - 18 3rd Phase
					Panchami Until 9:04AM	Moon – Blue	Devaloka Day Vaisaka-Chaitra

Saturday, May 7, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Punarvasu/Pushya Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Lusaka, Zambia Sun 19 Sutra 20 Subhakrit 5124	
6	Kataka Rasi: 1.56 Creative Work Siddha Yoga	241445479	Gulika	6:19AM – 7:45AM	Punarvasu Until 8:46AM	Ganesha: Clear	Sunrise: 6:19AM
			Yama	1:30PM – 2:56PM	Shula* Until 4:26PM	Muruqa: White	Sunset: 5:49PM
			Rahu	9:11AM – 10:38AM	Gara Until 12:31AM Sun	Nataraja: Clear	Moon 4 - Phase 3 - 19 3rd Phase
					Shashthi* Until 11:26AM	Moon – Blue	Devaloka Day Vaisaka-Chaitra

Sunday, May 8, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ganda*/Vridhi Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Lusaka, Zambia Sun 20 Sutra 21 Subhakrit 5124	
D	Kataka Rasi: 13.56 Creative Work Siddha Yoga	241445479	Gulika	2:56PM – 4:22PM	Pushya Until 11:25AM	Ganesha: Clear	Sunrise: 6:19AM
			Yama	12:04PM – 1:30PM	Ganda* Until 5:00PM	Muruqa: White	Sunset: 5:48PM
			Rahu	4:22PM – 5:48PM	Visti Until 2:20AM Mon	Nataraja: Clear	Moon 4 - Phase 3 - 20 Ashtami
				Mother's Day	Saptami Until 1:28PM	Moon – Blue	Devaloka Day Vaisaka-Chaitra

Monday, May 9, 2022		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Vridhi/Dhruva Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Lusaka, Zambia Sun 21 Sutra 22 Subhakrit 5124	
D	Kataka Rasi: 26.06 Family Home Evening Creative Work Siddha Yoga Until 1:25PM Then Routine Work - Marana Yoga	241445479	Gulika	1:30PM – 2:56PM	Ashlesha* Until 1:25PM	Ganesha: Clear	Sunrise: 6:20AM
			Yama	10:38AM – 12:04PM	Vridhi Until 5:11PM	Muruqa: White	Sunset: 5:48PM
			Rahu	7:46AM – 9:12AM	Balava Until 3:33AM Tue	Nataraja: Clear	Moon 4 - Phase 3 - 21 Navami
					Ashtami* Until 3:00PM	Moon – Blue	Devaloka Day Vaisaka-Chaitra

When a man is born, whoever he may be, there is born simultaneously a debt to the Gods, to the sages, to the ancestors and to men. Shukla Yajur Veda


<b>1</b>		<b>Tuesday, May 10, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhruva/Vyaghata* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Lusaka, Zambia Sun 22 Sutra 23
Simha Rasi: 8.31	Tithi 9 – 10	<b>Gulika</b> 12:04PM – 1:30PM	<b>Magha* Until 3:08PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:20AM		Subhakrit 5124	
		Yama 9:12AM – 10:38AM	Dhruva Until 4:49PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:47PM		Moon 4 - Phase 4 - 22	
252445479	<b>Rahu</b> 2:56PM – 4:21PM		Taitila Until 4:04AM Wed	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Siddha Yoga		<b>Navami* Until 3:53PM</b>	Moon – Red			<b>Devaloka Day</b>	
				Vaisaka-Chaitra				

<b>2</b>		<b>Wednesday, May 11, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyaghata*/Harshana Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Lusaka, Zambia Sun 23 Sutra 24
Simha Rasi: 21.16	Tithi 10 – 11	<b>Gulika</b> 10:38AM – 12:04PM	<b>Purvaphalguni Until 3:57PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:20AM		Subhakrit 5124	
		Yama 7:46AM – 9:12AM	Vyaghata* Until 3:53PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:47PM		Moon 4 - Phase 4 - 23	
252445479	<b>Rahu</b> 12:04PM – 1:29PM		Vanija Until 3:49AM Thu	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Amrita Yoga		<b>Dashami Until 4:01PM</b>	Moon – Red			<b>Devaloka Day</b>	
				Vaisaka-Chaitra				

<b>3</b>		<b>Thursday, May 12, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Harshana/Vajra* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Lusaka, Zambia Sun 24 Sutra 25
Kanya Rasi: 4.23	Tithi 11 – 12	<b>Gulika</b> 9:12AM – 10:38AM	<b>Uttaraphalguni Until 3:51PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:20AM		Subhakrit 5124	
		Yama 6:20AM – 7:46AM	Harshana Until 2:21PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:47PM		Moon 4 - Phase 4 - 24	
252445479	<b>Rahu</b> 1:29PM – 2:55PM		Bava Until 2:47AM Fri	<b>Nataraja:</b> Clear			4th Phase	
	Amrita Yoga		<b>Ekadashi Until 3:23PM</b>	Moon – Red			<b>Devaloka Day</b>	
Until 3:51PM				Vaisaka-Chaitra				
Then Routine Work - Marana Yoga								

<b>4</b>		<b>Friday, May 13, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Lusaka, Zambia Sun 25 Sutra 26
Kanya Rasi: 17.57	Tithi 12 – 13	<b>Gulika</b> 7:46AM – 9:12AM	<b>Hasta Until 3:19PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:21AM		Subhakrit 5124	
		Yama 2:55PM – 4:21PM	Vajra* Until 12:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:46PM		Moon 4 - Phase 4 - 25	
262445479	<b>Rahu</b> 10:38AM – 12:04PM		Kaulava Until 1:02AM Sat	<b>Nataraja:</b> Clear			4th Phase	
Creative Work	Amrita Yoga		<b>Dvadashi Until 1:58PM</b>	Moon – Green			<b>Sivaloka Day</b>	
Until 3:19PM				Vaisaka-Chaitra				
Then Creative Work - Siddha Yoga								

<b>5</b>		<b>Saturday, May 14, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Lusaka, Zambia Sun 26 Sutra 27
Tula Rasi: 1.56	Tithi 13 – 14	<b>Gulika</b> 6:21AM – 7:47AM	<b>Chitra Until 1:58PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:21AM		Subhakrit 5124	
		Yama 1:29PM – 2:55PM	Siddhi Until 9:28AM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:46PM		Moon 4 - Phase 4 - 26	
262445479	<b>Rahu</b> 9:12AM – 10:38AM		Gara Until 10:40PM	<b>Nataraja:</b> Clear			4th Phase	
Routine Work	Marana Yoga		<b>Trayodashi Until 11:54AM</b>	Moon – Green			<b>Sivaloka Day</b>	
Until 1:58PM				Vaisaka-Chaitra				
Then Creative Work - Siddha Yoga								

		<b>Sunday, May 15, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Vyatipata*/Variyan Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Lusaka, Zambia Sun 27 Sutra 28
<b>Copper Retreat Star</b>		<b>Gulika</b> 2:55PM – 4:20PM	<b>Svati Until 11:56AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:21AM		Subhakrit 5124	
Tula Rasi: 16.18	Tithi 14 – 15	Yama 12:04PM – 1:29PM	Vyatipata* Until 6:19AM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:46PM		Moon 4 - Phase 4 - 27	
262445479	<b>Rahu</b> 4:20PM – 5:46PM		Visti Until 7:49PM	<b>Nataraja:</b> Clear			Purnima	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 9:16AM</b>	Moon – Green			<b>Sivaloka Day</b>	
Until 11:56AM				Vaisaka-Vaikasi				
Then Routine Work - Marana Yoga								

<b>Monday, May 16, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Parigha* Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau				Lusaka, Zambia Sutra 29		
<b>Silver Retreat Star</b>		<b>Gulika</b> 1:29PM – 2:55PM	<b>Vishakha Until 9:47AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:22AM		Subhakrit 5124	
Vrischika Rasi: 0.59	Tithi 15 – 16	Yama 10:38AM – 12:04PM	Parigha* Until 11:00PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:46PM		Moon 4 - Phase 4 -	
<b>Family Home Evening</b>	272445479	<b>Rahu</b> 7:47AM – 9:13AM	Kaulava Until 2:56AM Tue	<b>Nataraja:</b> Clear			Prathama	
Routine Work	Marana Yoga		<b>Purnima* Until 6:14AM</b>	Moon – Orange			<b>Devaloka Day</b>	
Until 9:47AM				Vaisaka-Vaikasi				
Then Creative Work - Siddha Yoga								

Earth is upheld by Truth. Heaven is upheld by the sun. The solar regions are supported by eternal laws, rita. The elixir of divine love is supreme in heaven. Rig Veda Samhita

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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**Tuesday, May 17, 2022**  
**Gold Retreat Star**

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Shiva Yoga Taitila/Gara Karana Dvitiyayam Titau

Lusaka, Zambia  
Sutra 30

Vrischika Rasi: 15.52 Tithi 17

272445479

**Gulika** 12:04PM – 1:29PM  
Yama 9:13AM – 10:38AM  
**Rahu** 2:54PM – 4:20PM

**Anuradha** Until 7:15AM  
Shiva Until 7:07PM  
Taitila Until 1:14PM  
**Dvitiya** Until 11:31PM

**Ganesha:** Yellow *Sunrise:* 6:22AM  
**Muruqa:** White *Sunset:* 5:45PM  
**Nataraja:** Clear  
Moon – Orange  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Creative Work Siddha Yoga

Until 7:15AM

Then Routine Work - Marana Yoga

**Devaloka Day**

**1**

**Wednesday, May 18, 2022**

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Mula\* Nakshatra Siddha/Sadhya Yoga Vanija/Visti\* Karana Tritiyayam Titau

Lusaka, Zambia  
Sun 1 Sutra 31

Dhanus Rasi: 0.5 Tithi 18

282445479

**Gulika** 10:38AM – 12:04PM  
Yama 7:48AM – 9:13AM  
**Rahu** 12:04PM – 1:29PM

**Mula\*** Until 2:07AM Thu  
Siddha Until 3:13PM  
Vanija Until 9:49AM  
**Tritiya** Until 8:08PM

**Ganesha:** Blue *Sunrise:* 6:22AM  
**Muruqa:** White *Sunset:* 5:45PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
1st Phase

Routine Work Marana Yoga

Until 2:07AM Thu

Then Creative Work - Siddha Yoga

**Sivaloka Day**

**2**

**Thursday, May 19, 2022**

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvashadha\* Nakshatra Sadhya/Subha Yoga Bava/Kaulava Karana Chaturthi/Panchamyam Titau

Lusaka, Zambia  
Sun 2 Sutra 32

Dhanus Rasi: 15.43 Tithi 19 – 20

282445479

**Gulika** 9:13AM – 10:38AM  
Yama 6:22AM – 7:48AM  
**Rahu** 1:29PM – 2:54PM

**Purvashadha\*** Until 11:47PM  
Sadhya Until 11:27AM  
Bava Until 6:30AM  
**Chaturthi\*** Until 4:55PM

**Ganesha:** Blue *Sunrise:* 6:22AM  
**Muruqa:** White *Sunset:* 5:45PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
2 1st Phase

Creative Work Siddha Yoga

Until 11:47PM

Then Routine Work - Marana Yoga

**Sivaloka Day**

**3**

**Friday, May 20, 2022**

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttarashadha Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Lusaka, Zambia  
Sun 3 Sutra 33

Makara Rasi: 0.26 Tithi 20 – 21

282445479

**Gulika** 7:48AM – 9:13AM  
Yama 2:54PM – 4:19PM  
**Rahu** 10:38AM – 12:04PM

**Uttarashadha** Until 9:40PM  
Subha Until 7:55AM  
Gara Until 12:43AM Sat  
**Panchami** Until 2:01PM

**Ganesha:** Blue *Sunrise:* 6:23AM  
**Muruqa:** White *Sunset:* 5:45PM  
**Nataraja:** Clear  
Moon – Light Blue  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
3 1st Phase

Routine Work Marana Yoga

**Sivaloka Day**

**4**

**Saturday, May 21, 2022**

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam  
Shravana Nakshatra Brahma Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Lusaka, Zambia  
Sun 4 Sutra 34

Makara Rasi: 14.53 Tithi 21 – 22

292445479

**Gulika** 6:23AM – 7:48AM  
Yama 1:29PM – 2:54PM  
**Rahu** 9:13AM – 10:39AM

**Shravana** Until 8:17PM  
Brahma Until 1:51AM Sun  
Visti Until 10:28PM  
**Shashthi\*** Until 11:31AM

**Ganesha:** Red *Sunrise:* 6:23AM  
**Muruqa:** White *Sunset:* 5:45PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
4 1st Phase

Creative Work Siddha Yoga

**Devaloka Day**

**5**

**Sunday, May 22, 2022**  
**Retreat Star**

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Dhanishtha Nakshatra Indra Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Lusaka, Zambia  
Sun 5 Sutra 35

Makara Rasi: 28.59 Tithi 22 – 23

292445479

**Gulika** 2:54PM – 4:19PM  
Yama 12:04PM – 1:29PM  
**Rahu** 4:19PM – 5:44PM

**Dhanishtha** Until 7:17PM  
Indra Until 11:29PM  
Balava Until 8:45PM  
**Saptami** Until 9:31AM

**Ganesha:** Red *Sunrise:* 6:23AM  
**Muruqa:** White *Sunset:* 5:44PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
5 Ashtami

Routine Work Marana Yoga

Until 7:17PM

Then Creative Work - Siddha Yoga

**Devaloka Day**

**Monday, May 23, 2022**

**Retreat Star**

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Shatabhishak Nakshatra Vaidhriti\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Lusaka, Zambia  
Sun 6 Sutra 36

Kumbha Rasi: 12.45 Tithi 23 – 24

293445479

**Gulika** 1:29PM – 2:54PM  
Yama 10:39AM – 12:04PM  
**Rahu** 7:49AM – 9:14AM

**Shatabhishak** Until 6:43PM  
Vaidhriti\* Until 9:34PM  
Taitila Until 7:38PM  
**Ashtami\*** Until 8:06AM

**Ganesha:** Green *Sunrise:* 6:24AM  
**Muruqa:** White *Sunset:* 5:44PM  
**Nataraja:** Clear  
Moon – Purple  
Vaisaka-Vaikasi

Subhakrit 5124  
Moon 5 - Phase 5 -  
6 Navami

Creative Work Siddha Yoga

Until 6:43PM

Then Routine Work - Marana Yoga

**Bhuloka Day**

Devaloka Time: 6:PM to 9:PM

When the soul gradually reduces and then stops altogether its participation in darkness and inauspicious powers, the Friend of the World, God, reveals to the soul the limitless character of its knowledge and activity. Mrigendra Agama Jnana Pada

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1</b>		<b>Tuesday, May 24, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Vishkambha* Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Lusaka, Zambia Sun 7 Sutra 37	
Kumbha Rasi: 26.1	Tithi 24 – 25	Gulika 12:04PM – 1:29PM	Purvaproshtapada* Until 7:03PM	Ganesha: Clear	Sunrise: 6:24AM	Subhakrit 5124	
		Yama 9:14AM – 10:39AM	Vishkambha* Until 8:09PM	Muruqa: White	Sunset: 5:44PM	Moon 5 - Phase 6 - 7	
	213545479	Rahu 2:54PM – 4:19PM	Vanija Until 7:06PM	Nataraja: Clear		2nd Phase	
Routine Work	Marana Yoga		Navami* Until 7:16AM	Moon – Clear		Devaloka Day	
Until 7:03PM				Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga							
<b>2</b>		<b>Wednesday, May 25, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Priti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Lusaka, Zambia Sun 8 Sutra 38	
Meena Rasi: 9.16	Tithi 25 – 26	Gulika 10:39AM – 12:04PM	Uttaraproshtapada Until 7:48PM	Ganesha: Clear	Sunrise: 6:24AM	Subhakrit 5124	
		Yama 7:49AM – 9:14AM	Priti Until 7:13PM	Muruqa: White	Sunset: 5:44PM	Moon 5 - Phase 6 - 8	
	213545479	Rahu 12:04PM – 1:29PM	Bava Until 7:10PM	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga		Dashami Until 7:02AM	Moon – Clear		Devaloka Day	
Until 7:48PM				Vaisaka-Vaikasi			
Then Routine Work - Marana Yoga							
<b>3</b>		<b>Thursday, May 26, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Revati Nakshatra Ayushman Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Lusaka, Zambia Sun 9 Sutra 39	
Meena Rasi: 22.04	Tithi 26 – 27	Gulika 9:14AM – 10:39AM	Revati Until 8:57PM	Ganesha: Purple	Sunrise: 6:25AM	Subhakrit 5124	
		Yama 6:25AM – 7:50AM	Ayushman Until 6:42PM	Muruqa: White	Sunset: 5:44PM	Moon 5 - Phase 6 - 9	
	313545479	Rahu 1:29PM – 2:54PM	Kaulava Until 7:47PM	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga		Ekadashi* Until 7:23AM	Moon – Clear		Sivaloka Day	
Until 8:57PM				Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga							
<b>4</b>		<b>Friday, May 27, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Saubhagya Yoga Tautila/Gara Karana Dvadashi/Trayodashyam Titau		Lusaka, Zambia Sun 10 Sutra 40	
Mesha Rasi: 4.37	Tithi 27 – 28	Gulika 7:50AM – 9:15AM	Ashvini Until 10:54PM	Ganesha: Clear	Sunrise: 6:25AM	Subhakrit 5124	
		Yama 2:54PM – 4:19PM	Saubhagya Until 6:35PM	Muruqa: White	Sunset: 5:44PM	Moon 5 - Phase 6 - 10	
	323545479	Rahu 10:40AM – 12:04PM	Gara Until 8:55PM	Nataraja: Clear		2nd Phase	
Creative Work	Amrita Yoga		Dvadashi* Until 8:17AM	Moon – White		Devaloka Day	
Until 10:54PM				Vaisaka-Vaikasi			
Then Creative Work - Siddha Yoga			Pradosha Vrata (Fasting)				
<b>5</b>		<b>Saturday, May 28, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam Bharani Nakshatra Sobhana Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Lusaka, Zambia Sun 11 Sutra 41	
Mesha Rasi: 16.57	Tithi 28 – 29	Gulika 6:25AM – 7:50AM	Bharani Until 1:08AM Sun	Ganesha: Clear	Sunrise: 6:25AM	Subhakrit 5124	
		Yama 1:29PM – 2:54PM	Sobhana Until 6:51PM	Muruqa: White	Sunset: 5:44PM	Moon 5 - Phase 6 - 11	
	323545479	Rahu 9:15AM – 10:40AM	Visti Until 10:30PM	Nataraja: Clear		2nd Phase	
Creative Work	Siddha Yoga		Trayodashi* Until 9:39AM	Moon – White		Devaloka Day	
Until 3:32AM Mon				Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga							
<b>Retreat Star</b>		<b>Sunday, May 29, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Athiganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Lusaka, Zambia Sun 12 Sutra 42	
Mesha Rasi: 29.07	Tithi 29 – 30	Gulika 2:54PM – 4:19PM	Krittika Until 3:32AM Mon	Ganesha: Clear	Sunrise: 6:26AM	Subhakrit 5124	
		Yama 12:05PM – 1:29PM	Athiganda* Until 7:22PM	Muruqa: White	Sunset: 5:44PM	Moon 5 - Phase 6 - 12	
	323545479	Rahu 4:19PM – 5:44PM	Catuspada Until 12:28AM Mon	Nataraja: Clear		Amavasya	
Creative Work	Siddha Yoga		Chaturdashi* Until 11:25AM	Moon – White		Devaloka Day	
Until 3:32AM Mon				Vaisaka-Vaikasi			
Then Creative Work - Amrita Yoga							
<b>Retreat Star</b>		<b>Monday, May 30, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Lusaka, Zambia Sun 13 Sutra 43	
Vrishabha Rasi: 11.08	Tithi 30 – 1	Gulika 1:29PM – 2:54PM	Rohini Until 6:33AM Tue	Ganesha: Orange	Sunrise: 6:26AM	Subhakrit 5124	
<b>Family Home Evening</b>		Yama 10:40AM – 12:05PM	Sukarma Until 8:09PM	Muruqa: White	Sunset: 5:44PM	Moon 5 - Phase 6 - 13	
	333545479	Rahu 7:51AM – 9:15AM	Kintughna Until 2:42AM Tue	Nataraja: Clear		Prathama	
Creative Work	Amrita Yoga		Amavasya* Until 1:32PM	Moon – Yellow		Devaloka Day	
Until 6:33AM Tue				Jyeshtha-Vaikasi			
Then Creative Work - Siddha Yoga							

The mind is said to be twofold: the pure and also the impure; impure by union with desire—pure when from desire completely free! Krishna Yajur Veda

<b>1</b>	<b>Tuesday, May 31, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini/Mrigashira Nakshatra Dhriti Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Lusaka, Zambia Sun 14 Sutra 44
	Wrisabha Rasi: 23.03	Tithi 1 – 2	<b>Gulika</b> 12:05PM – 1:30PM Yama 9:16AM – 10:40AM <b>Rahu</b> 2:54PM – 4:19PM	<b>Rohini</b> Until 6:33AM Dhriti Until 9:06PM Balava Until 5:07AM Wed Prathama* Until 3:52PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow	<i>Sunrise:</i> 6:26AM <i>Sunset:</i> 5:43PM	Subhakit 5124 Moon 5 - Phase 7 - 14 3rd Phase
	Creative Work	Amrita Yoga					Devaloka Day
		Until 6:33AM					
		Then Creative Work - Siddha Yoga					

<b>2</b>	<b>Wednesday, June 1, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Shula* Yoga Kaulava Karana Dvitiyayam Titau				Lusaka, Zambia Sun 15 Sutra 45
	Mithuna Rasi: 4.55	Tithi 2	<b>Gulika</b> 10:40AM – 12:05PM Yama 7:51AM – 9:16AM <b>Rahu</b> 12:05PM – 1:30PM	<b>Mrigashira</b> Until 9:33AM Shula* Until 10:05PM Kaulava Until 6:20PM Dvitiya Until 6:20PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Yellow	<i>Sunrise:</i> 6:27AM <i>Sunset:</i> 5:43PM	Subhakit 5124 Moon 5 - Phase 7 - 15 3rd Phase
	Creative Work	Siddha Yoga					Devaloka Day
		Until 6:33AM					
		Then Creative Work - Siddha Yoga					

<b>3</b>	<b>Thursday, June 2, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ganda* Yoga Taitila/Gara Karana Tritiyayam Titau				Lusaka, Zambia Sun 16 Sutra 46
	Mithuna Rasi: 16.44	Tithi 3	<b>Gulika</b> 9:16AM – 10:41AM Yama 6:27AM – 7:51AM <b>Rahu</b> 1:30PM – 2:54PM	<b>Ardra</b> Until 12:25PM Ganda* Until 11:06PM Taitila Until 7:36AM Tritiya Until 8:49PM	<b>Ganesha:</b> Orange <b>Muruqa:</b> Green <b>Nataraja:</b> Clear Moon – Yellow	<i>Sunrise:</i> 6:27AM <i>Sunset:</i> 5:43PM	Subhakit 5124 Moon 5 - Phase 7 - 16 3rd Phase
	Routine Work	Marana Yoga					Devaloka Day
		Until 12:25PM					
		Then Creative Work - Amrita Yoga					

<b>4</b>	<b>Friday, June 3, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Vriddhi Yoga Vanija/Visti* Karana Chaturthyam Titau				Lusaka, Zambia Sun 17 Sutra 47
	Mithuna Rasi: 28.35	Tithi 4	<b>Gulika</b> 7:52AM – 9:16AM Yama 2:54PM – 4:19PM <b>Rahu</b> 10:41AM – 12:05PM	<b>Punarvasu</b> Until 3:35PM Vriddhi Until 12:03AM Sat Vanija Until 10:03AM Chaturthi* Until 11:12PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Clear Moon – Blue	<i>Sunrise:</i> 6:27AM <i>Sunset:</i> 5:43PM	Subhakit 5124 Moon 5 - Phase 7 - 17 3rd Phase
	Creative Work	Siddha Yoga					Devaloka Day
		Until 3:35PM					
		Then Routine Work - Marana Yoga					

<b>5</b>	<b>Saturday, June 4, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya Nakshatra Dhruva Yoga Bava/Balava Karana Panchamyam Titau				Lusaka, Zambia Sun 18 Sutra 48
	Kataka Rasi: 10.29	Tithi 5	<b>Gulika</b> 6:28AM – 7:52AM Yama 1:30PM – 2:54PM <b>Rahu</b> 9:17AM – 10:41AM	<b>Pushya</b> Until 6:23PM Dhruva Until 12:47AM Sun Bava Until 12:20PM Panchami Until 1:21AM Sun	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Clear Moon – Blue	<i>Sunrise:</i> 6:28AM <i>Sunset:</i> 5:43PM	Subhakit 5124 Moon 5 - Phase 7 - 18 3rd Phase
	Creative Work	Siddha Yoga					Devaloka Day
		Until 6:23PM					
		Then Routine Work - Marana Yoga					

<b>6</b>	<b>Sunday, June 5, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha* Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Shashthyam Titau				Lusaka, Zambia Sun 19 Sutra 49
	Kataka Rasi: 22.29	Tithi 6	<b>Gulika</b> 2:55PM – 4:19PM Yama 12:06PM – 1:30PM <b>Rahu</b> 4:19PM – 5:44PM	<b>Ashlesha*</b> Until 8:42PM Vyaghata* Until 1:15AM Mon Kaulava Until 2:19PM Shashthi* Until 3:08AM Mon	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Blue	<i>Sunrise:</i> 6:28AM <i>Sunset:</i> 5:44PM	Subhakit 5124 Moon 5 - Phase 7 - 19 3rd Phase
	Creative Work	Siddha Yoga					Devaloka Day
		Until 8:42PM					
		Then Routine Work - Marana Yoga					

<b>☾</b>	<b>Monday, June 6, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Harshana Yoga Gara/Vanija Karana Saptamyam Titau				Lusaka, Zambia Sun 20 Sutra 50
	Simha Rasi: 4.38	Tithi 7	<b>Gulika</b> 1:30PM – 2:55PM Yama 10:41AM – 12:06PM <b>Rahu</b> 7:53AM – 9:17AM	<b>Magha*</b> Until 10:53PM Harshana Until 1:21AM Tue Gara Until 3:51PM Saptami Until 4:23AM Tue	<b>Ganesha:</b> Purple <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red	<i>Sunrise:</i> 6:28AM <i>Sunset:</i> 5:44PM	Subhakit 5124 Moon 5 - Phase 7 - 20 3rd Phase
	Family Home Evening	Marana Yoga					Sivaloka Day
		Until 10:53PM					
		Then Creative Work - Siddha Yoga					

<b>☾</b>	<b>Tuesday, June 7, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Vajra* Yoga Visti*/Bava Karana Ashtamyam Titau				Lusaka, Zambia Sun 21 Sutra 51
	Simha Rasi: 17.01	Tithi 8	<b>Gulika</b> 12:06PM – 1:30PM Yama 9:17AM – 10:42AM <b>Rahu</b> 2:55PM – 4:19PM	<b>Purvaphalguni</b> Until 12:18AM Wed Vajra* Until 12:55AM Wed Visti Until 4:48PM Ashtami* Until 5:00AM Wed	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red	<i>Sunrise:</i> 6:28AM <i>Sunset:</i> 5:44PM	Subhakit 5124 Moon 5 - Phase 7 - 21 Ashtami
	Creative Work	Siddha Yoga					Devaloka Day
		Until 12:18AM Wed					
		Then Creative Work - Amrita Yoga					

<b>☾</b>	<b>Wednesday, June 8, 2022</b>		Subhakit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Siddhi Yoga Balava/Kaulava Karana Navamyam Titau				Lusaka, Zambia Sun 22 Sutra 52
	Simha Rasi: 29.42	Tithi 9	<b>Gulika</b> 10:42AM – 12:06PM Yama 7:53AM – 9:18AM <b>Rahu</b> 12:06PM – 1:31PM	<b>Uttaraphalguni</b> Until 12:51AM Thu Siddhi Until 11:55PM Balava Until 5:03PM Navami* Until 4:51AM Thu	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red	<i>Sunrise:</i> 6:29AM <i>Sunset:</i> 5:44PM	Subhakit 5124 Moon 5 - Phase 7 - 22 Navami
	Creative Work	Amrita Yoga					Devaloka Day
		Until 12:51AM Thu					
		Then Routine Work - Marana Yoga					

Sunless and demonic, verily, are those worlds, and enveloped in blinding darkness, to which all those people who are enemies of their own souls go after death. Shukla Yajur Veda

<b>1</b>	<b>Thursday, June 9, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Hasla Nakshatra Vyatipata* Yoga Taitila/Gara Karana Dashamyam Titau				Lusaka, Zambia Sun 23 Sutra 53
	Kanya Rasi: 12.44	Tithi 10	<b>Gulika</b> 9:18AM – 10:42AM	<b>Hasta</b> Until 12:55AM Fri	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:29AM	Subhakrit 5124
			Yama 6:29AM – 7:53AM	Vyatipata* Until 10:19PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:44PM	Moon 5 - Phase 8 - 23
			364555471 <b>Rahu</b> 1:31PM – 2:55PM	Taitila Until 4:31PM	<b>Nataraja:</b> Yellow		4th Phase
Routine Work Marana Yoga			<b>Dashami</b> Until 3:56AM Fri	Moon – Green	<b>Bhuloka Day</b>		
Until 12:55AM Fri				Jyeshtha-Vaikasi	Devaloka Time: 6:PM to 9:PM		
Then Creative Work - Siddha Yoga							

<b>2</b>	<b>Friday, June 10, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Variyan Yoga Vanija/Visti* Karana Ekadashyam Titau				Lusaka, Zambia Sun 24 Sutra 54
	Kanya Rasi: 26.13	Tithi 11	<b>Gulika</b> 7:54AM – 9:18AM	<b>Chitra</b> Until 12:05AM Sat	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:29AM	Subhakrit 5124
			Yama 2:55PM – 4:20PM	Variyan Until 8:03PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:44PM	Moon 5 - Phase 8 - 24
			364555471 <b>Rahu</b> 10:42AM – 12:07PM	Vanija Until 3:12PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga			<b>Ekadashi</b> Until 2:14AM Sat	Moon – Green	<b>Bhuloka Day</b>		
				Jyeshtha-Vaikasi	Devaloka Time: 6:PM to 9:PM		

<b>3</b>	<b>Saturday, June 11, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Svati Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Dvadashyam Titau				Lusaka, Zambia Sun 25 Sutra 55
	Tula Rasi: 10.08	Tithi 12	<b>Gulika</b> 6:30AM – 7:54AM	<b>Svati</b> Until 10:24PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:30AM	Subhakrit 5124
			Yama 1:31PM – 2:55PM	Parigha* Until 5:13PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:44PM	Moon 5 - Phase 8 - 25
			364555471 <b>Rahu</b> 9:18AM – 10:43AM	Bava Until 1:08PM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga			<b>Dvadashi</b> Until 11:51PM	Moon – Green	<b>Bhuloka Day</b>		
				Jyeshtha-Vaikasi	Devaloka Time: 6:PM to 9:PM		

<b>4</b>	<b>Sunday, June 12, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Lusaka, Zambia Sun 26 Sutra 56
	Tula Rasi: 24.3	Tithi 13	<b>Gulika</b> 2:56PM – 4:20PM	<b>Vishakha</b> Until 8:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:30AM	Subhakrit 5124
			Yama 12:07PM – 1:31PM	Shiva Until 1:53PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:44PM	Moon 5 - Phase 8 - 26
			374555471 <b>Rahu</b> 4:20PM – 5:44PM	Kaulava Until 10:27AM	<b>Nataraja:</b> Yellow		4th Phase
Routine Work Marana Yoga			<b>Trayodashi</b> Until 8:53PM	Moon – Orange	<b>Devaloka Day</b>		
		<b>Vaikasi Visakam</b>		Jyeshtha-Vaikasi			
			<i>Pradosha Vrata</i>				

<b>5</b>	<b>Monday, June 13, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Siddha/Sadhya Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau				Lusaka, Zambia Sun 27 Sutra 57
	Vrischika Rasi: 9.16	Tithi 14 – 15	<b>Gulika</b> 1:31PM – 2:56PM	<b>Anuradha</b> Until 5:50PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:30AM	Subhakrit 5124
	<b>Family Home Evening</b>		Yama 10:43AM – 12:07PM	Siddha Until 10:08AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:44PM	Moon 5 - Phase 8 - 27
			374555471 <b>Rahu</b> 7:55AM – 9:19AM	Gara Until 7:15AM	<b>Nataraja:</b> Yellow		4th Phase
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 5:30PM	Moon – Orange	<b>Devaloka Day</b>		
				Jyeshtha-Vaikasi			

	<b>Tuesday, June 14, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Lusaka, Zambia Sun 27 Sutra 58
	<b>Copper Retreat Star</b>		<b>Gulika</b> 12:07PM – 1:32PM	<b>Jyeshtha*</b> Until 2:52PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:31AM	Subhakrit 5124
	Vrischika Rasi: 24.18	Tithi 15 – 16	Yama 9:19AM – 10:43AM	Sadhya Until 6:06AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:44PM	Moon 5 - Phase 8 - Purnima
			374555471 <b>Rahu</b> 2:56PM – 4:20PM	Balava Until 11:57PM	<b>Nataraja:</b> Yellow		
Routine Work Marana Yoga			<b>Purnima*</b> Until 1:49PM	Moon – Orange	<b>Devaloka Day</b>		
Until 2:52PM				Jyeshtha-Vaikasi			
Then Creative Work - Amrita Yoga							

<b>○</b>	<b>Wednesday, June 15, 2022</b>		Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Sukla Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau				Lusaka, Zambia Sun 28 Sutra 59
	<b>Silver Retreat Star</b>		<b>Gulika</b> 10:43AM – 12:08PM	<b>Mula*</b> Until 12:02PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:31AM	Subhakrit 5124
	Dhanus Rasi: 9.3	Tithi 16 – 17	Yama 7:55AM – 9:19AM	Sukla Until 9:44PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:45PM	Moon 5 - Phase 8 - Prathama
			384555471 <b>Rahu</b> 12:08PM – 1:32PM	Taitila Until 8:09PM	<b>Nataraja:</b> Yellow		
Routine Work Marana Yoga			<b>Prathama*</b> Until 10:02AM	Moon – Light Blue	<b>Bhuloka Day</b>		
Until 12:02PM				Jyeshtha-Ani	Devaloka Time: 6:PM to 9:PM		
Then Creative Work - Amrita Yoga							





Thursday, June 16, 2022

Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Purvashadha/Uttarashadha Nakshatra Brahma/Indra Yoga Gara/Visti\* Karana Dvitiya/Trilayam Titau

Lusaka, Zambia

Sun 1 Sutra 60

Subhakrit 5124

Dhanus Rasi: 24.41 Tithi 17 - 18

384555471

Gulika 9:19AM - 10:44AM  
Yama 6:31AM - 7:55AM  
Rahu 1:32PM - 2:56PM

Purvashadha\* Until 9:08AM  
Brahma Until 5:40PM  
Visti Until 2:45AM Fri  
Dvitiya Until 6:17AM

Ganesha: Blue  
Muruga: Green  
Nataraja: Yellow  
Moon - Light Blue  
Jyeshtha-Ani

Sunrise: 6:31AM  
Sunset: 5:45PM

Moon 6 - Phase 9 - 1  
1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga

Until 9:08AM

Then Routine Work - Marana Yoga

Friday, June 17, 2022

1

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha/Shravana Nakshatra Indra/Vaidhriti\* Yoga Bava/Balava Karana Chaturtham Titau

Lusaka, Zambia

Sun 2 Sutra 61

Subhakrit 5124

Makara Rasi: 9.41 Tithi 19

384555471

Gulika 7:56AM - 9:20AM  
Yama 2:56PM - 4:21PM  
Rahu 10:44AM - 12:08PM

Uttarashadha Until 6:21AM  
Indra Until 1:51PM  
Bava Until 1:07PM  
Chaturthi\* Until 11:34PM

Ganesha: Blue  
Muruga: Green  
Nataraja: Yellow  
Moon - Light Blue  
Jyeshtha-Ani

Sunrise: 6:31AM  
Sunset: 5:45PM

Moon 6 - Phase 9 - 2  
1st Phase

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

Routine Work Marana Yoga

Saturday, June 18, 2022

2

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Vaidhriti\*/Vishkambha\* Yoga Kaulava/Taitila Karana Panchamiam Titau

Lusaka, Zambia

Sun 3 Sutra 62

Subhakrit 5124

Makara Rasi: 24.24 Tithi 20

394655471

Gulika 6:32AM - 7:56AM  
Yama 1:33PM - 2:57PM  
Rahu 9:20AM - 10:44AM

Dhanishtha Until 2:29AM Sun  
Vaidhriti\* Until 10:23AM  
Kaulava Until 10:11AM  
Panchami Until 8:54PM

Ganesha: Blue  
Muruga: Green  
Nataraja: Yellow  
Moon - Purple  
Jyeshtha-Ani

Sunrise: 6:32AM  
Sunset: 5:45PM

Moon 6 - Phase 9 - 3  
1st Phase

Sivaloka Day

Creative Work Siddha Yoga

Sunday, June 19, 2022

3

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Vishkambha\*/Priti Yoga Gara/Vanija Karana Shashthiam Titau

Lusaka, Zambia

Sun 4 Sutra 63

Subhakrit 5124

Kumbha Rasi: 8.43 Tithi 21

395655471

Gulika 2:57PM - 4:21PM  
Yama 12:09PM - 1:33PM  
Rahu 4:21PM - 5:45PM

Shatabhishak Until 1:16AM Mon  
Vishkambha\* Until 7:24AM  
Gara Until 7:49AM  
Shashthi\* Until 6:52PM

Ganesha: Red  
Muruga: Green  
Nataraja: Yellow  
Moon - Purple  
Jyeshtha-Ani

Sunrise: 6:32AM  
Sunset: 5:45PM

Moon 6 - Phase 9 - 4  
1st Phase

Devaloka Day

Creative Work Siddha Yoga

Until 1:16AM Mon

Then Routine Work - Marana Yoga

Monday, June 20, 2022

4

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Purvaprosarthpada\* Nakshatra Ayushman Yoga Visti\*/Balava Karana Saptami/Ashtamiam Titau

Lusaka, Zambia

Sun 5 Sutra 64

Subhakrit 5124

Kumbha Rasi: 22.36 Tithi 22 - 23

315655471

Gulika 1:33PM - 2:57PM  
Yama 10:45AM - 12:09PM  
Rahu 7:56AM - 9:20AM

Purvaprosarthpada\* Until 1:05AM Tue  
Ayushman Until 3:10AM Tue  
Visti Until 6:08AM  
Saptami Until 5:33PM

Ganesha: Clear  
Muruga: Green  
Nataraja: Yellow  
Moon - Clear  
Jyeshtha-Ani

Sunrise: 6:32AM  
Sunset: 5:45PM

Moon 6 - Phase 9 - 5  
1st Phase

Devaloka Day

Routine Work Marana Yoga

Until 1:05AM Tue

Then Creative Work - Amrita Yoga

Tuesday, June 21, 2022

●

Retreat Star

Subhakrit Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraprosarthpada Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Ashtami/Navamiam Titau

Lusaka, Zambia

Sun 6 Sutra 65

Subhakrit 5124

Meena Rasi: 6.02 Tithi 23 - 24

315655471

Gulika 12:09PM - 1:33PM  
Yama 9:21AM - 10:45AM  
Rahu 2:57PM - 4:21PM

Uttaraprosarthpada Until 1:32AM Wed  
Saubhagya Until 1:59AM Wed  
Taitila Until 5:03AM Wed  
Ashtami\* Until 5:01PM

Ganesha: Clear  
Muruga: Green  
Nataraja: Yellow  
Moon - Clear  
Jyeshtha-Ani

Sunrise: 6:32AM  
Sunset: 5:46PM

Moon 6 - Phase 9 - 6  
Ashtami

Devaloka Day

Creative Work Amrita Yoga

Until 1:32AM Wed

Then Routine Work - Marana Yoga

Wednesday, June 22, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Sobhana Yoga Gara/Vanija Karana Navami/Dashamiam Titau

Lusaka, Zambia

Sun 7 Sutra 66

Subhakrit 5124

Meena Rasi: 19.03 Tithi 24 - 25

315655471

Gulika 10:45AM - 12:09PM  
Yama 7:57AM - 9:21AM  
Rahu 12:09PM - 1:33PM

Revati Until 2:32AM Thu  
Sobhana Until 1:24AM Thu  
Vanija Until 5:38AM Thu  
Navami\* Until 5:14PM

Ganesha: Clear  
Muruga: Green  
Nataraja: Yellow  
Moon - Clear  
Jyeshtha-Ani

Sunrise: 6:33AM  
Sunset: 5:46PM

Moon 6 - Phase 9 - 7  
Navami

Devaloka Day

Routine Work Marana Yoga

Until 2:32AM Thu

Then Creative Work - Amrita Yoga

That which appears as cold or as hot, fresh or spoiled, good fortune and bad, love and hate, effort and laziness, the exalted and the depraved, the rich and the poor, the well-founded and the ill-founded, all this is God Himself; none other than Him can we know. Ajita Agama

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1</b>		<b>Thursday, June 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Athiganda* Yoga Visti* Karana Dashamyam Titau		Lusaka, Zambia Sun 8 Sutra 67 Subhakrit 5124	
Mesha Rasi: 1.43	Tithi 25	<b>Gulika</b> 9:21AM – 10:45AM	<b>Ashvini</b> Until 4:31AM Fri	<b>Ganesha:</b> Purple <i>Sunrise: 6:33AM</i>		<b>Muruqa:</b> Green <i>Sunset: 5:46PM</i>	Moon 6 - Phase 10 - 8
		Yama 6:33AM – 7:57AM	Athiganda* Until 1:19AM Fri	<b>Nataraja:</b> Yellow			2nd Phase
		325655471 <b>Rahu</b> 1:34PM – 2:58PM	Visti Until 6:10PM	Moon – White		<b>Bhuloka Day</b>	
Creative Work	Amrita Yoga		<b>Dashami</b> Until 6:10PM	Jyeshtha*Ani		<b>Devaloka Time: 6:PM to 9:PM</b>	
Until 4:31AM Fri							
Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Friday, June 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sukarma Yoga Bava/Balava Karana Ekadashyam Titau		Lusaka, Zambia Sun 9 Sutra 68 Subhakrit 5124	
Mesha Rasi: 14.05	Tithi 26	<b>Gulika</b> 7:57AM – 9:21AM	<b>Bharani</b> Until 6:52AM Sat	<b>Ganesha:</b> Purple <i>Sunrise: 6:33AM</i>		<b>Muruqa:</b> Green <i>Sunset: 5:46PM</i>	Moon 6 - Phase 10 - 9
		Yama 2:58PM – 4:22PM	Sukarma Until 1:41AM Sat	<b>Nataraja:</b> Yellow			2nd Phase
		325655471 <b>Rahu</b> 10:45AM – 12:10PM	Bava Until 6:53AM	Moon – White		<b>Bhuloka Day</b>	
Creative Work	Siddha Yoga		<b>Ekadashi*</b> Until 7:41PM	Jyeshtha*Ani		<b>Devaloka Time: 6:PM to 9:PM</b>	
Until 6:52AM Sat							
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Saturday, June 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvodashyam Titau		Lusaka, Zambia Sun 10 Sutra 69 Subhakrit 5124	
Mesha Rasi: 26.13	Tithi 27	<b>Gulika</b> 6:33AM – 7:57AM	<b>Bharani</b> Until 6:52AM	<b>Ganesha:</b> Purple <i>Sunrise: 6:33AM</i>		<b>Muruqa:</b> Green <i>Sunset: 5:47PM</i>	Moon 6 - Phase 10 - 10
		Yama 1:34PM – 2:58PM	Dhriti Until 2:23AM Sun	<b>Nataraja:</b> Yellow			2nd Phase
		325655471 <b>Rahu</b> 9:21AM – 10:46AM	Kaulava Until 8:39AM	Moon – White		<b>Bhuloka Day</b>	
Creative Work	Siddha Yoga		<b>Dvadashi*</b> Until 9:40PM	Jyeshtha*Ani		<b>Devaloka Time: 6:PM to 9:PM</b>	
Until 6:52AM							
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Sunday, June 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Lusaka, Zambia Sun 11 Sutra 70 Subhakrit 5124	
Vrishabha Rasi: 8.12	Tithi 28	<b>Gulika</b> 2:58PM – 4:23PM	<b>Krittika</b> Until 9:25AM	<b>Ganesha:</b> Purple <i>Sunrise: 6:33AM</i>		<b>Muruqa:</b> Green <i>Sunset: 5:47PM</i>	Moon 6 - Phase 10 - 11
		Yama 12:10PM – 1:34PM	Shula* Until 3:17AM Mon	<b>Nataraja:</b> Yellow			2nd Phase
		325655471 <b>Rahu</b> 4:23PM – 5:47PM	Gara Until 10:48AM	Moon – White		<b>Bhuloka Day</b>	
Creative Work	Siddha Yoga		<b>Trayodashi*</b> Until 11:57PM	Jyeshtha*Ani		<b>Devaloka Time: 6:PM to 9:PM</b>	

*Pradosha Vrata (Fasting)*

<b>5</b>		<b>Monday, June 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Ganda* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Lusaka, Zambia Sun 12 Sutra 71 Subhakrit 5124	
Vrishabha Rasi: 20.05	Tithi 29	<b>Gulika</b> 1:34PM – 2:59PM	<b>Rohini</b> Until 12:33PM	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:33AM</i>		<b>Muruqa:</b> Green <i>Sunset: 5:47PM</i>	Moon 6 - Phase 10 - 12
<b>Family Home Evening</b>		Yama 10:46AM – 12:10PM	Ganda* Until 4:18AM Tue	<b>Nataraja:</b> Yellow			2nd Phase
		325655471 <b>Rahu</b> 7:58AM – 9:22AM	Visti Until 1:11PM	Moon – Yellow		<b>Bhuloka Day</b>	
Creative Work	Amrita Yoga		<b>Chaturdashi*</b> Until 2:25AM Tue	Jyeshtha*Ani		<b>Devaloka Time: 6:PM to 9:PM</b>	
Until 3:37PM							
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Tuesday, June 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Vriddhi Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Lusaka, Zambia Sun 13 Sutra 72 Subhakrit 5124	
Mithuna Rasi: 1.55	Tithi 30	<b>Gulika</b> 12:10PM – 1:35PM	<b>Mrigashira</b> Until 3:37PM	<b>Ganesha:</b> Purple <i>Sunrise: 6:34AM</i>		<b>Muruqa:</b> Green <i>Sunset: 5:47PM</i>	Moon 6 - Phase 10 - 13
		Yama 9:22AM – 10:46AM	Vriddhi Until 5:22AM Wed	<b>Nataraja:</b> Yellow			Amavasya
		325655471 <b>Rahu</b> 2:59PM – 4:23PM	Catuspada Until 3:41PM	Moon – Yellow		<b>Bhuloka Day</b>	
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 4:55AM Wed	Jyeshtha*Ani		<b>Devaloka Time: 6:PM to 9:PM</b>	
Until 3:37PM							
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, June 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Ardra Nakshatra Dhruva Yoga Kintughna* Karana Prathamayam Titau		Lusaka, Zambia Sun 14 Sutra 73 Subhakrit 5124	
Mithuna Rasi: 13.44	Tithi 1	<b>Gulika</b> 10:46AM – 12:11PM	<b>Ardra</b> Until 6:30PM	<b>Ganesha:</b> Purple <i>Sunrise: 6:34AM</i>		<b>Muruqa:</b> Green <i>Sunset: 5:48PM</i>	Moon 6 - Phase 10 - 14
		Yama 7:58AM – 9:22AM	Dhruva Until 6:22AM Thu	<b>Nataraja:</b> Yellow			Prathama
		325655471 <b>Rahu</b> 12:11PM – 1:35PM	Kintughna Until 6:10PM	Moon – Yellow		<b>Bhuloka Day</b>	
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 7:22AM Thu	Ashada*Ani		<b>Devaloka Time: 6:PM to 9:PM</b>	

Behold the universe in the glory of God: and all that lives and moves on earth. Leaving the transient, find joy in the Eternal. Set not your heart on another's possession.  
Shukla Yajur Veda

ll times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1</b>		<b>Thursday, June 30, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Lusaka, Zambia Sun 15 Sutra 74 Subhakarit 5124	
Mithuna Rasi: 25.35	Tithi 1 – 2	346655471	<b>Gulika</b> 9:22AM – 10:47AM Yama 6:34AM – 7:58AM <b>Rahu</b> 1:35PM – 2:59PM	<b>Punarvasu Until 9:38PM</b> Dhruva Until 6:22AM Balava Until 8:34PM <b>Prathama* Until 7:22AM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Blue <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:48PM	Moon 6 - Phase 11 - 15 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Creative Work	Amrita Yoga						
<b>2</b>		<b>Friday, July 1, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Lusaka, Zambia Sun 16 Sutra 75 Subhakarit 5124	
Kataka Rasi: 7.28	Tithi 2 – 3	346655471	<b>Gulika</b> 7:58AM – 9:23AM Yama 3:00PM – 4:24PM <b>Rahu</b> 10:47AM – 12:11PM	<b>Pushya Until 12:26AM Sat</b> Vyaghata* Until 7:16AM Taitila Until 10:47PM <b>Dvitiya Until 9:41AM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Blue <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:48PM	Moon 6 - Phase 11 - 16 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Routine Work	Marana Yoga						
<b>3</b>		<b>Saturday, July 2, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Lusaka, Zambia Sun 17 Sutra 76 Subhakarit 5124	
Kataka Rasi: 19.26	Tithi 3 – 4	346655471	<b>Gulika</b> 6:34AM – 7:58AM Yama 1:36PM – 3:00PM <b>Rahu</b> 9:23AM – 10:47AM	<b>Ashlesha* Until 2:49AM Sun</b> Harshana Until 8:02AM Vanija Until 12:45AM Sun <b>Tritiya Until 11:47AM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Blue <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:48PM	Moon 6 - Phase 11 - 17 3rd Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM
Routine Work	Marana Yoga						
<b>4</b>		<b>Sunday, July 3, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Lusaka, Zambia Sun 18 Sutra 77 Subhakarit 5124	
Simha Rasi: 1.31	Tithi 4 – 5	356655471	<b>Gulika</b> 3:00PM – 4:24PM Yama 12:11PM – 1:36PM <b>Rahu</b> 4:24PM – 5:49PM	<b>Magha* Until 5:12AM Mon</b> Vajra* Until 8:34AM Bava Until 2:23AM Mon <b>Chaturthi* Until 1:36PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:49PM	Moon 6 - Phase 11 - 18 3rd Phase <b>Devaloka Day</b>
Routine Work	Marana Yoga						
Until 5:12AM Mon							
Then Creative Work - Siddha Yoga							
<b>5</b>		<b>Monday, July 4, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Lusaka, Zambia Sun 19 Sutra 78 Subhakarit 5124	
Simha Rasi: 13.44	Tithi 5 – 6	356655471	<b>Gulika</b> 1:36PM – 3:00PM Yama 10:47AM – 12:12PM <b>Rahu</b> 7:59AM – 9:23AM	<b>Purvaphalguni Until 6:59AM Tue</b> Siddhi Until 8:50AM Kaulava Until 3:35AM Tue <b>Panchami Until 3:02PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:49PM	Moon 6 - Phase 11 - 19 3rd Phase <b>Devaloka Day</b>
Family Home Evening							
Creative Work	Siddha Yoga						
Until 6:59AM Tue							
Then Creative Work - Amrita Yoga							
<b>6</b>		<b>Tuesday, July 5, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyalipata*/Varyan Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Lusaka, Zambia Sun 20 Sutra 79 Subhakarit 5124	
Simha Rasi: 26.08	Tithi 6 – 7	356655471	<b>Gulika</b> 12:12PM – 1:36PM Yama 9:23AM – 10:47AM <b>Rahu</b> 3:01PM – 4:25PM	<b>Purvaphalguni Until 6:59AM</b> Vyatipata* Until 8:45AM Gara Until 4:15AM Wed <b>Shashthi* Until 3:58PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:49PM	Moon 6 - Phase 11 - 20 3rd Phase <b>Devaloka Day</b>
Creative Work	Siddha Yoga						
Until 6:59AM							
Then Creative Work - Amrita Yoga							
<b>Retreat Star</b>		<b>Wednesday, July 6, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Varyan/Parigha* Yoga Vanija/Visti* Karana Saptami/Ashlamyam Titau		Lusaka, Zambia Sun 21 Sutra 80 Subhakarit 5124	
Kanya Rasi: 8.48	Tithi 7 – 8	357655471	<b>Gulika</b> 10:48AM – 12:12PM Yama 7:59AM – 9:23AM <b>Rahu</b> 12:12PM – 1:36PM	<b>Uttaraphalguni Until 8:04AM</b> Varyan Until 8:12AM Visti Until 4:16AM Thu <b>Saptami Until 4:19PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:50PM	Moon 6 - Phase 11 - 21 3rd Phase <b>Devaloka Day</b>
Creative Work	Amrita Yoga						
Until 8:04AM							
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Thursday, July 7, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Lusaka, Zambia Sun 22 Sutra 81 Subhakarit 5124	
Kanya Rasi: 21.46	Tithi 8 – 9	467655471	<b>Gulika</b> 9:23AM – 10:48AM Yama 6:34AM – 7:59AM <b>Rahu</b> 1:37PM – 3:01PM	<b>Hasta Until 8:50AM</b> Parigha* Until 7:08AM Balava Until 3:33AM Fri <b>Ashtami* Until 3:59PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Green <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:50PM	Moon 6 - Phase 11 - 22 Ashtami <b>Devaloka Day</b>
Routine Work	Marana Yoga						
Until 8:50AM							
Then Creative Work - Siddha Yoga							
<b>Retreat Star</b>		<b>Friday, July 8, 2022</b>		Subhakarit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Siddha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Lusaka, Zambia Sun 23 Sutra 82 Subhakarit 5124	
Tula Rasi: 5.07	Tithi 9 – 10	467655471	<b>Gulika</b> 7:59AM – 9:23AM Yama 3:01PM – 4:26PM <b>Rahu</b> 10:48AM – 12:12PM	<b>Chitra Until 8:43AM</b> Siddha Until 3:16AM Sat Taitila Until 2:07AM Sat <b>Navami* Until 2:55PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Green <b>Nataraja:</b> Yellow Moon – Green <b>Ashada*Ani</b>	<b>Sunrise:</b> 6:34AM <b>Sunset:</b> 5:50PM	Moon 6 - Phase 11 - 23 Navami <b>Devaloka Day</b>
Creative Work	Siddha Yoga						

Being overcome by the fruits of his action, he enters a good or an evil womb, so that his course is downward or upward, and he wanders around, overcome by the pairs of opposites. Krishna Yajur Veda

1	<b>Saturday, July 9, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Manta Vasara Yuktayam Svati/Vishakha Nakshatra Sadhya Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Lusaka, Zambia Sun 24 Sutra 83
	Tula Rasi: 18.54	Tithi 10 - 11	<b>Gulika</b> 6:34AM - 7:59AM	<b>Svati Until 7:43AM</b>	<b>Ganesha:</b> Clear <i>Sunrise: 6:34AM</i>	Subhakrit 5124
			Yama 1:37PM - 3:01PM	Sadhya Until 12:27AM Sun	<b>Muruqa:</b> Green <i>Sunset: 5:51PM</i>	Moon 6 - Phase 12 - 24
	Creative Work	Siddha Yoga	467655471 <b>Rahu</b> 9:23AM - 10:48AM	Vanija Until 11:58PM	<b>Nataraja:</b> Yellow Moon - Green	4th Phase
			<b>Dashami Until 1:07PM</b>	<b>Ashada*Ani</b>	<b>Devaloka Day</b>	

2	<b>Sunday, July 10, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Subha Yoga Visi/Bava Karana Ekadashi/Dvadashyam Titau				Lusaka, Zambia Sun 25 Sutra 84
	Vrischika Rasi: 3.07	Tithi 11 - 12	<b>Gulika</b> 3:02PM - 4:26PM	<b>Vishakha Until 6:20AM</b>	<b>Ganesha:</b> White <i>Sunrise: 6:34AM</i>	Subhakrit 5124
			Yama 12:13PM - 1:37PM	Subha Until 9:09PM	<b>Muruqa:</b> Green <i>Sunset: 5:51PM</i>	Moon 6 - Phase 12 - 25
	Routine Work	Marana Yoga	477655471 <b>Rahu</b> 4:26PM - 5:51PM	Bava Until 9:13PM	<b>Nataraja:</b> Yellow Moon - Orange	4th Phase
			<b>Ekadashi Until 10:39AM</b>	<b>Ashada*Ani</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	

3	<b>Monday, July 11, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Indu Vasara Yuktayam Jyeshtha* Nakshatra Sukla/Brahma Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau				Lusaka, Zambia Sun 26 Sutra 85
	Vrischika Rasi: 17.45	Tithi 12 - 13	<b>Gulika</b> 1:37PM - 3:02PM	<b>Jyeshtha* Until 1:31AM Tue</b>	<b>Ganesha:</b> White <i>Sunrise: 6:34AM</i>	Subhakrit 5124
	<b>Family Home Evening</b>		Yama 10:48AM - 12:13PM	Sukla Until 5:24PM	<b>Muruqa:</b> Green <i>Sunset: 5:51PM</i>	Moon 6 - Phase 12 - 26
	Creative Work	Siddha Yoga	477655471 <b>Rahu</b> 7:59AM - 9:24AM	Taitila Until 4:10AM Tue	<b>Nataraja:</b> Yellow Moon - Orange	4th Phase
			<b>Dvadashi Until 7:37AM</b>	<b>Ashada*Ani</b>	<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	
<i>Pradosha Vrata</i>						

4	<b>Tuesday, July 12, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Mangala Vasara Yuktayam Mula* Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Chaturdashyam Titau				Lusaka, Zambia Sun 27 Sutra 86
	Dhanus Rasi: 2.44	Tithi 14	<b>Gulika</b> 12:13PM - 1:38PM	<b>Mula* Until 10:46PM</b>	<b>Ganesha:</b> White <i>Sunrise: 6:34AM</i>	Subhakrit 5124
			Yama 9:24AM - 10:48AM	Brahma Until 1:22PM	<b>Muruqa:</b> Green <i>Sunset: 5:51PM</i>	Moon 6 - Phase 12 - 27
	Creative Work	Amrita Yoga	488655471 <b>Rahu</b> 3:02PM - 4:27PM	Gara Until 2:20PM	<b>Nataraja:</b> Yellow Moon - Light Blue	4th Phase
			<b>Chaturdashi* Until 12:26AM Wed</b>	<b>Ashada*Ani</b>	<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga						

○	<b>Wednesday, July 13, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksho Budha Vasara Yuktayam Purvashadha* Nakshatra Indra/Vaidhriti* Yoga Visi/Bava Karana Purnimayam Titau				Lusaka, Zambia Sutra 87
	<b>Copper Retreat Star</b>		<b>Gulika</b> 10:48AM - 12:13PM	<b>Purvashadha* Until 7:46PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 6:34AM</i>	Subhakrit 5124
	Dhanus Rasi: 17.55	Tithi 15	Yama 7:59AM - 9:24AM	Indra Until 9:11AM	<b>Muruqa:</b> Green <i>Sunset: 5:52PM</i>	Moon 6 - Phase 12 -
	Creative Work	Amrita Yoga	488755471 <b>Rahu</b> 12:13PM - 1:38PM	Visti Until 10:32AM	<b>Nataraja:</b> Yellow Moon - Light Blue	Purnima
			<b>Satguru Purnima</b>	<b>Purnima* Until 8:35PM</b>	<b>Ashada*Ani</b>	<b>Devaloka Day</b>

○	<b>Thursday, July 14, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksho Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vishkambha* Yoga Balava/Taitila Karana Prathama/Dvityayam Titau				Lusaka, Zambia Sutra 88
	<b>Silver Retreat Star</b>		<b>Gulika</b> 9:24AM - 10:48AM	<b>Uttarashadha Until 4:40PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise: 6:34AM</i>	Subhakrit 5124
	Makara Rasi: 3.09	Tithi 16 - 17	Yama 6:34AM - 7:59AM	Vishkambha* Until 12:47AM Fri	<b>Muruqa:</b> Green <i>Sunset: 5:52PM</i>	Moon 6 - Phase 12 -
	Routine Work	Marana Yoga	488755471 <b>Rahu</b> 1:38PM - 3:03PM	Balava Until 6:41AM	<b>Nataraja:</b> Yellow Moon - Light Blue	Prathama
			<b>Prathama* Until 4:47PM</b>	<b>Ashada*Ani</b>	<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga						

Mind is indeed the source of bondage and also the source of liberation. To be bound to things of this world: this is bondage. To be free from them: this is liberation.  
Krishna Yajur Veda



**Friday, July 15, 2022**  
**Gold Retreat Star**

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Priti Yoga Gara/Vanija Karana Dvitiya/Tritiyam Titau

Lusaka, Zambia  
Sun 1 Sutra 89

Makara Rasi: 18.17 Tithi 17 - 18

498755471

**Gulika** 7:59AM - 9:24AM  
**Yama** 3:03PM - 4:28PM  
**Rahu** 10:49AM - 12:13PM

**Shravana Until 2:04PM**  
Priti Until 8:54PM  
Vanija Until 11:35PM  
**Dvitiya Until 1:13PM**

**Ganesha:** Blue *Sunrise: 6:34AM*  
**Muruqa:** Green *Sunset: 5:52PM*  
**Nataraja:** Yellow  
Moon - Purple  
**Ashada-Ani**

**Bhuloka Day**  
Devaloka Time: 6:PM to 9:PM

Routine Work Marana Yoga  
Until 2:04PM  
Then Creative Work - Siddha Yoga

**1**

**Saturday, July 16, 2022**

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Ayushman/Saubhagya Yoga Visti/Bava Karana Tritiya/Chaturtham Titau

Lusaka, Zambia  
Sun 2 Sutra 90

Kumbha Rasi: 3.09 Tithi 18 - 19

498755471

**Gulika** 6:34AM - 7:59AM  
**Yama** 1:38PM - 3:03PM  
**Rahu** 9:24AM - 10:49AM

**Dhanishtha Until 11:44AM**  
Ayushman Until 5:22PM  
Bava Until 8:40PM  
**Tritiya Until 10:02AM**

**Ganesha:** Blue *Sunrise: 6:34AM*  
**Muruqa:** Green *Sunset: 5:53PM*  
**Nataraja:** Yellow  
Moon - Purple  
**Ashada-Adi**

**Bhuloka Day**  
Devaloka Time: 6:PM to 9:PM

Creative Work Siddha Yoga  
Until 11:44AM  
Then Creative Work - Amrita Yoga

**2**

**Sunday, July 17, 2022**

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Shatabhishak/Purvaproshtapada Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Lusaka, Zambia  
Sun 3 Sutra 91

Kumbha Rasi: 17.38 Tithi 19 - 20

498755472

**Gulika** 3:03PM - 4:28PM  
**Yama** 12:13PM - 1:38PM  
**Rahu** 4:28PM - 5:53PM

**Shatabhishak Until 9:50AM**  
Saubhagya Until 2:22PM  
Kaulava Until 6:22PM  
**Chaturthi\* Until 7:25AM**

**Ganesha:** Blue *Sunrise: 6:34AM*  
**Muruqa:** Green *Sunset: 5:53PM*  
**Nataraja:** White  
Moon - Purple  
**Ashada-Adi**

**Bhuloka Day**

Creative Work Siddha Yoga

**3**

**Monday, July 18, 2022**

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam  
Purvaproshtapada/Uttaraproshtapada Nakshatra Sobhana/Athiganda\* Yoga Gara/Vanija Karana Shashthiyam Titau

Lusaka, Zambia  
Sun 4 Sutra 92

Meena Rasi: 1.38 Tithi 21

418755472

**Gulika** 1:38PM - 3:03PM  
**Yama** 10:49AM - 12:14PM  
**Rahu** 7:59AM - 9:24AM

**Purvaproshtapada\* Until 8:56AM**  
Sobhana Until 11:58AM  
Gara Until 4:50PM  
**Shashthi\* Until 4:22AM Tue**

**Ganesha:** White *Sunrise: 6:34AM*  
**Muruqa:** Green *Sunset: 5:53PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

**Bhuloka Day**

**Family Home Evening**  
Routine Work Marana Yoga  
Until 8:56AM  
Then Creative Work - Siddha Yoga

**4**

**Tuesday, July 19, 2022**

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam  
Uttaraproshtapada/Revati Nakshatra Athiganda\*/Sukarma Yoga Visti/Bava Karana Saptamyam Titau

Lusaka, Zambia  
Sun 5 Sutra 93

Meena Rasi: 15.1 Tithi 22

419755472

**Gulika** 12:14PM - 1:39PM  
**Yama** 9:24AM - 10:49AM  
**Rahu** 3:04PM - 4:29PM

**Uttaraproshtapada Until 8:42AM**  
Athiganda\* Until 10:13AM  
Visti Until 4:09PM  
**Saptami Until 4:06AM Wed**

**Ganesha:** Clear *Sunrise: 6:34AM*  
**Muruqa:** Green *Sunset: 5:53PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

Creative Work Amrita Yoga  
Until 8:42AM  
Then Creative Work - Siddha Yoga

**Retreat Star**

**Wednesday, July 20, 2022**

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam  
Revati/Ashvini Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Ashtamyam Titau

Lusaka, Zambia  
Sun 6 Sutra 94

Meena Rasi: 28.13 Tithi 23

419755472

**Gulika** 10:49AM - 12:14PM  
**Yama** 7:59AM - 9:24AM  
**Rahu** 12:14PM - 1:39PM

**Revati Until 9:10AM**  
Sukarma Until 9:11AM  
Balava Until 4:19PM  
**Ashtami\* Until 4:42AM Thu**

**Ganesha:** Clear *Sunrise: 6:34AM*  
**Muruqa:** Green *Sunset: 5:54PM*  
**Nataraja:** White  
Moon - Clear  
**Ashada-Adi**

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

Routine Work Marana Yoga

**Thursday, July 21, 2022**

**Retreat Star**

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam  
Ashvini/Bharani Nakshatra Dhriti/Shula\* Yoga Taitila/Gara Karana Navamyam Titau

Lusaka, Zambia  
Sun 7 Sutra 95

Mesha Rasi: 10.51 Tithi 24

429755472

**Gulika** 9:24AM - 10:49AM  
**Yama** 6:33AM - 7:58AM  
**Rahu** 1:39PM - 3:04PM

**Ashvini Until 10:46AM**  
Dhriti Until 8:49AM  
Taitila Until 5:19PM  
**Navami\* Until 6:03AM Fri**

**Ganesha:** Purple *Sunrise: 6:33AM*  
**Muruqa:** Green *Sunset: 5:54PM*  
**Nataraja:** White  
Moon - White  
**Ashada-Adi**

**Devaloka Day**

Creative Work Amrita Yoga  
Until 10:46AM  
Then Creative Work - Siddha Yoga

<b>1</b>	<b>Friday, July 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Shula/Ganda Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Lusaka, Zambia
	Mesha Rasi: 23.1	Tithi 24 – 25	<b>Gulika</b> 7:58AM – 9:24AM	<b>Bharani</b> Until 12:54PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:33AM	Sun 8 Sutra 96
	429755472	<b>Rahu</b> 10:49AM – 12:14PM	Yama 3:04PM – 4:29PM	Shula* Until 8:59AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:54PM	Subhakrit 5124
	Creative Work Siddha Yoga			Vanija Until 6:59PM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 8 2nd Phase
			<b>Navami*</b> Until 6:03AM	Moon – White		<b>Devaloka Day</b>	
				Ashada*Adi			


<b>2</b>	<b>Saturday, July 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Ganda/Vridhhi Yoga Vistil/Bava Karana Dashami/Ekadashyam Titau				Lusaka, Zambia
	Vrishabha Rasi: 5.14	Tithi 25 – 26	<b>Gulika</b> 6:33AM – 7:58AM	<b>Krittika</b> Until 3:24PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:33AM	Sun 9 Sutra 97
	429755472	<b>Rahu</b> 9:23AM – 10:49AM	Yama 1:39PM – 3:04PM	Ganda* Until 9:37AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:55PM	Subhakrit 5124
	Creative Work Amrita Yoga			Bava Until 9:08PM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 9 2nd Phase
			<b>Dashami</b> Until 7:59AM	Moon – White		<b>Devaloka Day</b>	
				Ashada*Adi			

<b>3</b>	<b>Sunday, July 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Lusaka, Zambia
	Vrishabha Rasi: 17.08	Tithi 26 – 27	<b>Gulika</b> 3:04PM – 4:30PM	<b>Rohini</b> Until 6:32PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:33AM	Sun 10 Sutra 98
	429755472	<b>Rahu</b> 4:30PM – 5:55PM	Yama 12:14PM – 1:39PM	Vriddhi Until 10:32AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:55PM	Subhakrit 5124
	Creative Work Siddha Yoga			Kaulava Until 11:34PM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 10 2nd Phase
			<b>Ekadashi*</b> Until 10:18AM	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada*Adi		<b>Devaloka Time: 9:AM to 12:PM</b>	

<b>4</b>	<b>Monday, July 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Dhruva/Vyaghata Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau				Lusaka, Zambia
	Vrishabha Rasi: 28.58	Tithi 27 – 28	<b>Gulika</b> 1:39PM – 3:05PM	<b>Mrigashira</b> Until 9:37PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:33AM	Sun 11 Sutra 99
	439755472	<b>Rahu</b> 7:58AM – 9:23AM	Yama 10:49AM – 12:14PM	Dhruva Until 11:34AM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:55PM	Subhakrit 5124
	Family Home Evening Creative Work Amrita Yoga Until 9:37PM Then Creative Work - Siddha Yoga			Gara Until 2:06AM Tue	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 11 2nd Phase
			<b>Dvadashi*</b> Until 12:49PM	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada*Adi		<b>Devaloka Time: 9:AM to 12:PM</b>	
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>	<b>Tuesday, July 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vyaghata/Harshana Yoga Vanija/Vistil Karana Trayodashi/Chaturdashyam Titau				Lusaka, Zambia
	Mithuna Rasi: 10.47	Tithi 28 – 29	<b>Gulika</b> 12:14PM – 1:39PM	<b>Ardra</b> Until 12:30AM Wed	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:32AM	Sun 12 Sutra 100
	439755472	<b>Rahu</b> 3:05PM – 4:30PM	Yama 9:23AM – 10:48AM	Vyaghata* Until 12:38PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:55PM	Subhakrit 5124
	Routine Work Marana Yoga Until 12:30AM Wed Then Creative Work - Siddha Yoga			Vistil Until 4:34AM Wed	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 12 2nd Phase
			<b>Trayodashi*</b> Until 3:20PM	Moon – Yellow		<b>Bhuloka Day</b>	
				Ashada*Adi		<b>Devaloka Time: 9:AM to 12:PM</b>	

<b>6</b>	<b>Wednesday, July 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Harshana/Vajra Yoga Sakuni/Catuspada Karana Chaturdashi/Amavasyayam Titau				Lusaka, Zambia
	Mithuna Rasi: 22.37	Tithi 29 – 30	<b>Gulika</b> 10:48AM – 12:14PM	<b>Punarvasu</b> Until 3:35AM Thu	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:32AM	Sun 13 Sutra 101
	441755472	<b>Rahu</b> 12:14PM – 1:39PM	Yama 7:58AM – 9:23AM	Harshana Until 1:37PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:56PM	Subhakrit 5124
	Creative Work Siddha Yoga Until 3:35AM Thu Then Creative Work - Amrita Yoga			Catuspada Until 6:52AM Thu	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 13 2nd Phase
			<b>Chaturdashi*</b> Until 5:44PM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Adi		<b>Devaloka Time: 9:AM to 12:PM</b>	

	<b>Thursday, July 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Vajra/Siddhi Yoga Catuspada/Naga Karana Amavasyayam Titau				Lusaka, Zambia
	<b>Retreat Star</b>		<b>Gulika</b> 9:23AM – 10:48AM	<b>Pushya</b> Until 6:16AM Fri	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:32AM	Sun 14 Sutra 102
	Kataka Rasi: 4.31	Tithi 30	Yama 6:32AM – 7:57AM	Vajra* Until 2:26PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:56PM	Subhakrit 5124
	441755472	<b>Rahu</b> 1:39PM – 3:05PM		Catuspada Until 6:52AM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 14 Amavasya
Creative Work Amrita Yoga Until 6:16AM Fri Then Routine Work - Marana Yoga			<b>Amavasya*</b> Until 7:55PM	Moon – Blue		<b>Bhuloka Day</b>	
				Ashada*Adi		<b>Devaloka Time: 9:AM to 12:PM</b>	

<b>Retreat Star</b>	<b>Friday, July 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha Nakshatra Siddhi/Vyatiptata Yoga Kintughna/Bava Karana Prathamayam Titau				Lusaka, Zambia
	Kataka Rasi: 16.31	Tithi 1	<b>Gulika</b> 7:57AM – 9:23AM	<b>Pushya</b> Until 6:16AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:31AM	Sun 15 Sutra 103
	441755472	<b>Rahu</b> 10:48AM – 12:14PM	Yama 3:05PM – 4:31PM	Siddhi Until 3:04PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 5:56PM	Subhakrit 5124
	Routine Work Marana Yoga			Kintughna Until 8:57AM	<b>Nataraja:</b> White		Moon 7 - Phase 14 - 15 Prathama
			<b>Prathama*</b> Until 9:51PM	Moon – Blue		<b>Bhuloka Day</b>	
				Sravana*Adi		<b>Devaloka Time: 9:AM to 12:PM</b>	

As the sun, the eye of the whole world, is not sullied by the external faults of the eyes, so the one inner soul of all things is not sullied by the sorrow in the world, being external to it. Krishna Yajur Veda

<b>1</b>		<b>Saturday, July 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Vyatipata* Varyan Yoga Balava/Kaulava Karana Dviliyayam Titau				Lusaka, Zambia Sun 16 Sutra 104 Subhakrit 5124
Kataka Rasi: 28.37	Tithi 2	Gulika 6:31AM – 7:57AM	Ashlesha* Until 8:31AM	Ganesha: Yellow	Sunrise: 6:31AM	Muruqa: Green	Sunset: 5:56PM	Moon 7 - Phase 15 - 16 3rd Phase
Routine Work	Marana Yoga	Yama 1:39PM – 3:05PM	Vyatipata* Until 3:30PM	Nataraja: White		Moon – Blue		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
Until 8:31AM		441755472 Rahu 9:22AM – 10:48AM	Balava Until 10:44AM	Moon – Red		Sravana*Adi		
Then Creative Work - Amrita Yoga			Dvitiya Until 11:29PM					

<b>2</b>		<b>Sunday, July 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Varyan/Parigha* Yoga Taitila/Gara Karana Triliyayam Titau				Lusaka, Zambia Sun 17 Sutra 105 Subhakrit 5124
Simha Rasi: 10.52	Tithi 3	Gulika 3:05PM – 4:31PM	Magha* Until 10:48AM	Ganesha: Red	Sunrise: 6:31AM	Muruqa: Green	Sunset: 5:57PM	Moon 7 - Phase 15 - 17 3rd Phase
Routine Work	Marana Yoga	Yama 12:14PM – 1:40PM	Varyan Until 3:39PM	Nataraja: White		Moon – Red		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
Until 10:48AM		451755472 Rahu 4:31PM – 5:57PM	Taitila Until 12:12PM	Moon – Red		Sravana*Adi		
Then Creative Work - Siddha Yoga			Tritiya Until 12:47AM Mon					

<b>3</b>		<b>Monday, August 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Parigha*/Shiva Yoga Vanija/Visti* Karana Chaturthyam Titau				Lusaka, Zambia Sun 18 Sutra 106 Subhakrit 5124
Simha Rasi: 23.14	Tithi 4	Gulika 1:40PM – 3:05PM	Purvaphalguni Until 12:35PM	Ganesha: Red	Sunrise: 6:30AM	Muruqa: Green	Sunset: 5:57PM	Moon 7 - Phase 15 - 18 3rd Phase
Family Home Evening		Yama 10:48AM – 12:14PM	Parigha* Until 3:32PM	Nataraja: White		Moon – Red		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
Creative Work	Siddha Yoga	451755472 Rahu 7:56AM – 9:22AM	Vanija Until 1:19PM	Moon – Red		Sravana*Adi		
			Chaturthi* Until 1:43AM Tue					

<b>4</b>		<b>Tuesday, August 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Panchamyam Titau				Lusaka, Zambia Sun 19 Sutra 107 Subhakrit 5124
Kanya Rasi: 5.47	Tithi 5	Gulika 12:14PM – 1:40PM	Uttaraphalguni Until 1:48PM	Ganesha: Red	Sunrise: 6:30AM	Muruqa: Green	Sunset: 5:57PM	Moon 7 - Phase 15 - 19 3rd Phase
Creative Work	Amrita Yoga	Yama 9:22AM – 10:48AM	Shiva Until 3:06PM	Nataraja: White		Moon – Red		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM
Until 1:48PM		451755472 Rahu 3:05PM – 4:31PM	Bava Until 2:02PM	Moon – Red		Sravana*Adi		
Then Creative Work - Siddha Yoga			Nag Panchami					
			Panchami Until 2:12AM Wed					

<b>5</b>		<b>Wednesday, August 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Shashthyam Titau				Lusaka, Zambia Sun 20 Sutra 108 Subhakrit 5124
Kanya Rasi: 18.32	Tithi 6	Gulika 10:48AM – 12:14PM	Hasta Until 2:53PM	Ganesha: Blue	Sunrise: 6:30AM	Muruqa: Green	Sunset: 5:57PM	Moon 7 - Phase 15 - 20 3rd Phase
Routine Work	Marana Yoga	Yama 7:56AM – 9:22AM	Siddha Until 2:17PM	Nataraja: White		Moon – Green		<b>Devaloka Day</b>
Until 2:53PM		461755472 Rahu 12:14PM – 1:40PM	Kaulava Until 2:17PM	Moon – Green		Sravana*Adi		
Then Creative Work - Siddha Yoga			Shashthi* Until 2:11AM Thu					

<b>6</b>		<b>Thursday, August 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Chitra/Svati Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Saptamyam Titau				Lusaka, Zambia Sun 21 Sutra 109 Subhakrit 5124
Tula Rasi: 1.32	Tithi 7	Gulika 9:21AM – 10:47AM	Chitra Until 3:17PM	Ganesha: Blue	Sunrise: 6:29AM	Muruqa: Green	Sunset: 5:58PM	Moon 7 - Phase 15 - 21 3rd Phase
Creative Work	Siddha Yoga	Yama 6:29AM – 7:55AM	Sadhya Until 1:03PM	Nataraja: White		Moon – Green		<b>Devaloka Day</b>
Until 3:17PM		461755472 Rahu 1:40PM – 3:06PM	Gara Until 2:00PM	Moon – Green		Sravana*Adi		
Then Creative Work - Amrita Yoga			Saptami Until 1:37AM Fri					

<b>☾</b>		<b>Friday, August 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Svati/Vishakha Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Ashtamyam Titau				Lusaka, Zambia Sun 22 Sutra 110 Subhakrit 5124
Tula Rasi: 14.51	Tithi 8	Gulika 7:55AM – 9:21AM	Svati Until 2:58PM	Ganesha: Blue	Sunrise: 6:29AM	Muruqa: White	Sunset: 5:58PM	Moon 7 - Phase 15 - 22 Ashtami
Creative Work	Siddha Yoga	Yama 3:06PM – 4:32PM	Subha Until 11:22AM	Nataraja: White		Moon – Green		<b>Devaloka Day</b>
Until 3:17PM		461765472 Rahu 10:47AM – 12:13PM	Visti Until 1:07PM	Moon – Green		Sravana*Adi		
			Ashtami* Until 12:26AM Sat					
			Varalakshmi Vratam					

<b>☽</b>		<b>Saturday, August 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Navamyam Titau				Lusaka, Zambia Sun 23 Sutra 111 Subhakrit 5124
Tula Rasi: 28.3	Tithi 9	Gulika 6:29AM – 7:55AM	Vishakha Until 2:19PM	Ganesha: White	Sunrise: 6:29AM	Muruqa: White	Sunset: 5:58PM	Moon 7 - Phase 15 - 23 Navami
Creative Work	Siddha Yoga	Yama 1:39PM – 3:06PM	Sukla Until 9:09AM	Nataraja: White		Moon – Orange		<b>Bhuloka Day</b>
Until 3:17PM		472765472 Rahu 9:21AM – 10:47AM	Balava Until 11:38AM	Moon – Orange		Sravana*Adi		
			Navami* Until 10:38PM					

Truly, God is One; there can be no second. He alone governs these worlds with His powers. He stands facing beings. He, the herdsman, after bringing forth all worlds, reabsorbs them at the end of time. Krishna Yajur Veda

11 times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1 Sunday, August 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dashamyam Titau				Lusaka, Zambia Sun 24 Sutra 112 Subhakrit 5124
Vrischika Rasi: 12.32	Tithi 10	<b>Gulika</b> 3:06PM – 4:32PM	<b>Anuradha</b> Until 12:56PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:28AM	
		Yama 12:13PM – 1:39PM	Brahma Until 6:28AM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:58PM	Moon 7 - Phase 16 - 24
	472865472	<b>Rahu</b> 4:32PM – 5:58PM	Taitila Until 9:32AM	<b>Nataraja:</b> White		4th Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 8:16PM	Moon – Orange		
				Sravana*Adi		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM

<b>2 Monday, August 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vaidhriti* Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau				Lusaka, Zambia Sun 25 Sutra 113 Subhakrit 5124
Vrischika Rasi: 26.56	Tithi 11 – 12	<b>Gulika</b> 1:39PM – 3:06PM	<b>Jyeshtha*</b> Until 10:53AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:28AM	
<b>Family Home Evening</b>		Yama 10:47AM – 12:13PM	Vaidhriti* Until 11:48PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:58PM	Moon 7 - Phase 16 - 25
	472865472	<b>Rahu</b> 7:54AM – 9:20AM	Vanija Until 6:55AM	<b>Nataraja:</b> White		4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 5:25PM	Moon – Orange		
				Sravana*Adi		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM

<b>3 Tuesday, August 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau				Lusaka, Zambia Sun 26 Sutra 114 Subhakrit 5124
Dhanus Rasi: 11.4	Tithi 12 – 13	<b>Gulika</b> 12:13PM – 1:39PM	<b>Mula*</b> Until 8:41AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:27AM	
		Yama 9:20AM – 10:46AM	Vishkambha* Until 7:59PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:59PM	Moon 7 - Phase 16 - 26
	482865472	<b>Rahu</b> 3:06PM – 4:32PM	Kaulava Until 12:28AM Wed	<b>Nataraja:</b> White		4th Phase
Creative Work	Amrita Yoga		<b>Dvadashi</b> Until 2:10PM	Moon – Light Blue		
Until 8:41AM				Sravana*Adi		<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>			

<b>4 Wednesday, August 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau				Lusaka, Zambia Sun 27 Sutra 115 Subhakrit 5124
Dhanus Rasi: 26.37	Tithi 13 – 14	<b>Gulika</b> 10:46AM – 12:13PM	<b>Purvashadha*</b> Until 6:04AM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:27AM	
		Yama 7:53AM – 9:20AM	Priti Until 4:01PM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:59PM	Moon 7 - Phase 16 - 27
	482865472	<b>Rahu</b> 12:13PM – 1:39PM	Gara Until 8:55PM	<b>Nataraja:</b> White		4th Phase
Creative Work	Amrita Yoga		<b>Trayodashi</b> Until 10:41AM	Moon – Light Blue		
				Sravana*Adi		<b>Devaloka Day</b>

<b>Thursday, August 11, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Shravana Nakshatra Ayushman/Saubhagya Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau				Lusaka, Zambia Sutra 116 Subhakrit 5124
<b>Copper Retreat Star</b>		<b>Gulika</b> 9:19AM – 10:46AM	<b>Shravana</b> Until 12:36AM Fri	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:26AM	
Makara Rasi: 11.4	Tithi 14 – 15	Yama 6:26AM – 7:53AM	Ayushman Until 11:59AM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:59PM	Moon 7 - Phase 16 -
	492865472	<b>Rahu</b> 1:39PM – 3:06PM	Bava Until 3:35AM Fri	<b>Nataraja:</b> White		Purnima
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 7:06AM	Moon – Purple		
		<b>Raksha Bandhan</b>		Sravana*Adi		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM

<b>Friday, August 12, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau				Lusaka, Zambia Sutra 117 Subhakrit 5124
<b>Silver Retreat Star</b>		<b>Gulika</b> 7:52AM – 9:19AM	<b>Dhanishtha</b> Until 10:06PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:26AM	
Makara Rasi: 26.41	Tithi 16	Yama 3:06PM – 4:33PM	Saubhagya Until 8:02AM	<b>Muruqa:</b> White	<i>Sunset:</i> 5:59PM	Moon 7 - Phase 16 -
	492865472	<b>Rahu</b> 10:46AM – 12:12PM	Balava Until 1:55PM	<b>Nataraja:</b> White		Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 12:18AM Sat	Moon – Purple		
				Sravana*Adi		<b>Bhuloka Day</b> Devaloka Time: 9:AM to12:PM

Where men move at will, in the threefold sphere, in the third heaven of heavens, where are realms full of light, in that radiant world make me immortal. Rig Veda Samhita





**Saturday, August 13, 2022**  
**Gold Retreat Star**

Kumbha Rasi: 11.3      Tithi 17  
492865472  
Creative Work    Amrita Yoga  
Until 7:51PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yukhtayam  
Shatabhishak Nakshatra Athiganda\* Yoga Taitila/Gara Karana Dvityayam Titau

**Gulika**    6:25AM – 7:52AM  
Yama      1:39PM – 3:06PM  
**Rahu**      9:19AM – 10:46AM  
**Shatabhishak** **Until 7:51PM**  
Athiganda\* **Until 12:59AM** Sun  
Taitila **Until 10:50AM**  
**Dvitiya** **Until 9:26PM**

**Ganesha:** Clear      *Sunrise:* 6:25AM  
**Muruqa:** White      *Sunset:* 5:59PM  
**Nataraja:** White  
Moon – Purple  
**Sravana\*Adi**

Lusaka, Zambia  
Sun 1      Sutra 118  
Subhakrit 5124  
Moon 8 - Phase 17 - 1  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**1**

**Sunday, August 14, 2022**

Kumbha Rasi: 25.59      Tithi 18  
412865472  
Creative Work    Siddha Yoga  
Until 6:27PM  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yukhtayam  
Purvaproshtapada\* Nakshatra Sukarma Yoga Vanija/Visti\* Karana Trityayam Titau

**Gulika**    3:06PM – 4:33PM  
Yama      12:12PM – 1:39PM  
**Rahu**      4:33PM – 6:00PM  
**Purvaproshtapada\*** **Until 6:27PM**  
Sukarma **Until 10:08PM**  
Vanija **Until 8:13AM**  
**Tritiya** **Until 7:08PM**

**Ganesha:** Yellow      *Sunrise:* 6:25AM  
**Muruqa:** White      *Sunset:* 6:00PM  
**Nataraja:** White  
Moon – Clear  
**Sravana\*Adi**

Lusaka, Zambia  
Sun 2      Sutra 119  
Subhakrit 5124  
Moon 8 - Phase 17 - 2  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**2**

**Monday, August 15, 2022**

Meena Rasi: 10.01      Tithi 19 – 20  
412865472  
**Family Home Evening**  
Creative Work    Siddha Yoga

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yukhtayam  
Uttaraproshtapada/Revati Nakshatra Dhriti Yoga Bava/Kaulava Karana Chaturthi/Panchamyam Titau

**Gulika**    1:39PM – 3:06PM  
Yama      10:45AM – 12:12PM  
**Rahu**      7:51AM – 9:18AM  
**Uttaraproshtapada** **Until 5:37PM**  
Dhriti **Until 7:53PM**  
Bava **Until 6:16AM**  
**Chaturthi\*** **Until 5:33PM**

**Ganesha:** Yellow      *Sunrise:* 6:24AM  
**Muruqa:** White      *Sunset:* 6:00PM  
**Nataraja:** White  
Moon – Clear  
**Sravana\*Adi**

Lusaka, Zambia  
Sun 3      Sutra 120  
Subhakrit 5124  
Moon 8 - Phase 17 - 3  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**3**

**Tuesday, August 16, 2022**

Meena Rasi: 23.36      Tithi 20 – 21  
412865472  
Creative Work    Siddha Yoga

Subhakrit Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yukhtayam  
Revati/Ashvini Nakshatra Shula\* Yoga Taitila/Gara Karana Panchami/Shashthiyam Titau

**Gulika**    12:12PM – 1:39PM  
Yama      9:18AM – 10:45AM  
**Rahu**      3:06PM – 4:33PM  
**Revati** **Until 5:27PM**  
Shula\* **Until 6:18PM**  
Gara **Until 4:46AM** Wed  
**Panchami** **Until 4:48PM**

**Ganesha:** Yellow      *Sunrise:* 6:24AM  
**Muruqa:** White      *Sunset:* 6:00PM  
**Nataraja:** White  
Moon – Clear  
**Sravana\*Adi**

Lusaka, Zambia  
Sun 4      Sutra 121  
Subhakrit 5124  
Moon 8 - Phase 17 - 4  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**4**

**Wednesday, August 17, 2022**

Mesha Rasi: 6.42      Tithi 21 – 22  
522865472  
Routine Work    Marana Yoga  
Until 6:27PM  
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam  
Ashvini Nakshatra Ganda\*/Vridhhi Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

**Gulika**    10:44AM – 12:12PM  
Yama      7:50AM – 9:17AM  
**Rahu**      12:12PM – 1:39PM  
**Ashvini** **Until 6:27PM**  
Ganda\* **Until 5:25PM**  
Visti **Until 5:19AM** Thu  
**Shashthi\*** **Until 4:55PM**

**Ganesha:** Yellow      *Sunrise:* 6:23AM  
**Muruqa:** White      *Sunset:* 6:00PM  
**Nataraja:** White  
Moon – White  
**Sravana\*Avani**

Lusaka, Zambia  
Sun 5      Sutra 122  
Subhakrit 5124  
Moon 8 - Phase 17 - 5  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**5**

**Thursday, August 18, 2022**

Mesha Rasi: 19.22      Tithi 22 – 23  
522865472  
Creative Work    Siddha Yoga  
Until 8:06PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam  
Bharani Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

**Gulika**    9:17AM – 10:44AM  
Yama      6:22AM – 7:50AM  
**Rahu**      1:39PM – 3:06PM  
**Bharani** **Until 8:06PM**  
Vridhhi **Until 5:12PM**  
Balava **Until 6:40AM** Fri  
**Saptami** **Until 5:53PM**

**Ganesha:** Yellow      *Sunrise:* 6:22AM  
**Muruqa:** White      *Sunset:* 6:00PM  
**Nataraja:** White  
Moon – White  
**Sravana\*Avani**

Lusaka, Zambia  
Sun 6      Sutra 123  
Subhakrit 5124  
Moon 8 - Phase 17 - 6  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

**D**

**Friday, August 19, 2022**  
**Retreat Star**

Vrishabha Rasi: 1.42      Tithi 23  
523865472  
Creative Work    Siddha Yoga  
Until 10:16PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam  
Krittika Nakshatra Dhruva/Vyaghata\* Yoga Balava/Kaulava Karana Ashtamyam Titau

**Gulika**    7:49AM – 9:16AM  
Yama      3:06PM – 4:33PM  
**Rahu**      10:44AM – 12:11PM  
**Krittika** **Until 10:16PM**  
Dhruva **Until 5:30PM**  
Balava **Until 6:40AM**  
**Ashtami\*** **Until 7:33PM**

**Ganesha:** White      *Sunrise:* 6:22AM  
**Muruqa:** White      *Sunset:* 6:00PM  
**Nataraja:** White  
Moon – White  
**Sravana\*Avani**

Lusaka, Zambia  
Sun 7      Sutra 124  
Subhakrit 5124  
Moon 8 - Phase 17 - 7  
Ashtami

**Bhuloka Day**

**Saturday, August 20, 2022**

**Retreat Star**

Vrishabha Rasi: 13.47      Tithi 24  
533865472  
Creative Work    Amrita Yoga  
Until 1:13AM Sun  
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yukhtayam  
Rohini Nakshatra Vyaghata\* Yoga Taitila/Gara Karana Navamyam Titau

**Gulika**    6:21AM – 7:49AM  
Yama      1:38PM – 3:06PM  
**Rahu**      9:16AM – 10:43AM  
**Rohini** **Until 1:13AM** Sun  
Vyaghata\* **Until 6:13PM**  
Taitila **Until 8:37AM**  
**Navami\*** **Until 9:44PM**

**Ganesha:** Yellow      *Sunrise:* 6:21AM  
**Muruqa:** White      *Sunset:* 6:00PM  
**Nataraja:** White  
Moon – Yellow  
**Sravana\*Avani**

Lusaka, Zambia  
Sun 8      Sutra 125  
Subhakrit 5124  
Moon 8 - Phase 17 - 8  
Navami

**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

Now, there are, of a truth, three worlds: the world of men, the world of the fathers, and the world of the Gods. The world of the Gods is verily the best of worlds. Shukla Yajur Veda

<b>1</b>		<b>Sunday, August 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam		Lusaka, Zambia	
Wishabha Rasi: 25.41		Titlhi 25		Mrigashira Nakshatra Harshana Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 9 Sutra 126	
533865472		<b>Gulika</b> 3:06PM – 4:33PM	<b>Mrigashira</b> Until 4:14AM Mon	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:21AM	Subhakrit 5124	
Creative Work Siddha Yoga		Yama 12:11PM – 1:38PM	Harshana Until 7:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:01PM	Moon 8 - Phase 18 - 9	
		<b>Rahu</b> 4:33PM – 6:01PM	Vanija Until 10:57AM	<b>Nataraja:</b> White		2nd Phase	
			<b>Dashami</b> Until 12:10AM Mon	Moon – Yellow		<b>Bhuloka Day</b>	
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM	

<b>2</b>		<b>Monday, August 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam		Lusaka, Zambia	
Mithuna Rasi: 7.32		Titlhi 26		Ardra Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau		Sun 10 Sutra 127	
533865472		<b>Gulika</b> 1:38PM – 3:06PM	<b>Ardra</b> Until 7:05AM Tue	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:20AM	Subhakrit 5124	
Family Home Evening		Yama 10:43AM – 12:10PM	Vajra* Until 8:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:01PM	Moon 8 - Phase 18 - 10	
Creative Work Siddha Yoga		<b>Rahu</b> 7:48AM – 9:15AM	Bava Until 1:27PM	<b>Nataraja:</b> White		2nd Phase	
			<b>Ekadashi*</b> Until 2:40AM Tue	Moon – Yellow		<b>Bhuloka Day</b>	
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM	

<b>3</b>		<b>Tuesday, August 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam		Lusaka, Zambia	
Mithuna Rasi: 19.22		Titlhi 27		Ardra/Punarvasu Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau		Sun 11 Sutra 128	
533865472		<b>Gulika</b> 12:10PM – 1:38PM	<b>Ardra</b> Until 7:05AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:19AM	Subhakrit 5124	
Routine Work Marana Yoga		Yama 9:15AM – 10:42AM	Siddhi Until 9:07PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:01PM	Moon 8 - Phase 18 - 11	
Until 7:05AM		<b>Rahu</b> 3:05PM – 4:33PM	Kaulava Until 3:54PM	<b>Nataraja:</b> White		2nd Phase	
Then Creative Work - Siddha Yoga			<b>Dvadashi*</b> Until 5:02AM Wed	Moon – Yellow		<b>Bhuloka Day</b>	
				Sravana-Avani		Devaloka Time: 6:AM to 9:AM	

<b>4</b>		<b>Wednesday, August 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam		Lusaka, Zambia	
Kataka Rasi: 1.16		Titlhi 28		Punarvasu/Pushya Nakshatra Vyatipata* Yoga Gara Karana Trayodashyam Titau		Sun 12 Sutra 129	
543865472		<b>Gulika</b> 10:42AM – 12:10PM	<b>Punarvasu</b> Until 10:08AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:19AM	Subhakrit 5124	
Creative Work Siddha Yoga		Yama 7:46AM – 9:14AM	Vyatipata* Until 9:54PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:01PM	Moon 8 - Phase 18 - 12	
		<b>Rahu</b> 12:10PM – 1:38PM	Gara Until 6:08PM	<b>Nataraja:</b> White		2nd Phase	
			<b>Trayodashi*</b> Until 7:08AM Thu	Moon – Blue		<b>Bhuloka Day</b>	
				Sravana-Avani		Pradosha Vrata (Fasting)	

<b>5</b>		<b>Thursday, August 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam		Lusaka, Zambia	
Kataka Rasi: 13.16		Titlhi 28 – 29		Pushya/Ashlesha* Nakshatra Variyan Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Sun 13 Sutra 130	
543865472		<b>Gulika</b> 9:14AM – 10:42AM	<b>Pushya</b> Until 12:45PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:18AM	Subhakrit 5124	
Creative Work Amrita Yoga		Yama 6:18AM – 7:46AM	Variyan Until 10:24PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:01PM	Moon 8 - Phase 18 - 13	
Until 12:45PM		<b>Rahu</b> 1:37PM – 3:05PM	Visti Until 8:04PM	<b>Nataraja:</b> White		2nd Phase	
Then Creative Work - Siddha Yoga			<b>Trayodashi*</b> Until 7:08AM	Moon – Blue		<b>Bhuloka Day</b>	
				Sravana-Avani			

<b>Retreat Star</b>		<b>Friday, August 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam		Lusaka, Zambia	
Kataka Rasi: 25.23		Titlhi 29 – 30		Ashlesha*/Magha* Nakshatra Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 14 Sutra 131	
543865472		<b>Gulika</b> 7:45AM – 9:13AM	<b>Ashlesha*</b> Until 2:51PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:17AM	Subhakrit 5124	
Routine Work Marana Yoga		Yama 3:05PM – 4:33PM	Parigha* Until 10:38PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:01PM	Moon 8 - Phase 18 - 14	
		<b>Rahu</b> 10:41AM – 12:09PM	Catuspada Until 9:38PM	<b>Nataraja:</b> White		Amavasya	
			<b>Chaturdashi*</b> Until 8:53AM	Moon – Blue		<b>Bhuloka Day</b>	
				Sravana-Avani			

<b>Retreat Star</b>		<b>Saturday, August 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yukhtayam		Lusaka, Zambia	
Simha Rasi: 7.41		Titlhi 30 – 1		Magha*/Purvaphalguni Nakshatra Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Sun 15 Sutra 132	
553865472		<b>Gulika</b> 6:17AM – 7:45AM	<b>Magha*</b> Until 4:54PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:17AM	Subhakrit 5124	
Creative Work Amrita Yoga		Yama 1:37PM – 3:05PM	Shiva Until 10:35PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:01PM	Moon 8 - Phase 18 - 15	
Until 4:54PM		<b>Rahu</b> 9:13AM – 10:41AM	Kintughna Until 10:49PM	<b>Nataraja:</b> White		Prathama	
Then Creative Work - Siddha Yoga			<b>Amavasya*</b> Until 10:15AM	Moon – Red		<b>Bhuloka Day</b>	
				Bhadrapada-Avani			

The knower, the author of time, the possessor of qualities and all knowledge, it is He who envelops the universe. Controlled by Him, this work of creation unfolds itself —that which is regarded as earth, water, fire, air and ether. Krishna Yajur Veda

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1 Sunday, August 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni Nakshatra Siddha Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau			Lusaka, Zambia Sun 16 Sutra 133 Subhakrit 5124	
Simha Rasi: 20.09	Tithi 1 – 2	<b>Gulika</b> 3:05PM – 4:33PM	<b>Purvaphalguni</b> Until 6:24PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:16AM	
		Yama 12:09PM – 1:37PM	Siddha Until 10:11PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:01PM	Moon 8 - Phase 19 - 16
		553865473 <b>Rahu</b> 4:33PM – 6:01PM	Balava Until 11:36PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 11:14AM	Moon – Red		<b>Bhuloka Day</b>
Until 6:24PM				<b>Bhadrapada*Avani</b>		Devaloka Time: 6:PM to 9:PM
Then Creative Work - Amrita Yoga						

<b>2 Monday, August 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni Nakshatra Sadhya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau			Lusaka, Zambia Sun 17 Sutra 134 Subhakrit 5124	
Kanya Rasi: 2.47	Tithi 2 – 3	<b>Gulika</b> 1:37PM – 3:05PM	<b>Uttaraphalguni</b> Until 7:22PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:15AM	
<b>Family Home Evening</b>		Yama 10:40AM – 12:08PM	Sadhya Until 9:30PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 19 - 17
		553865473 <b>Rahu</b> 7:44AM – 9:12AM	Taitila Until 11:59PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 11:49AM	Moon – Red		<b>Bhuloka Day</b>
				<b>Bhadrapada*Avani</b>		Devaloka Time: 6:PM to 9:PM

<b>3 Tuesday, August 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Subha Yoga Gara/Vanija Karana Tritiya/Chaturtthyam Titau			Lusaka, Zambia Sun 18 Sutra 135 Subhakrit 5124	
Kanya Rasi: 16	Tithi 3 – 4	<b>Gulika</b> 12:08PM – 1:37PM	<b>Hasta</b> Until 8:17PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:15AM	
		Yama 9:11AM – 10:40AM	Subha Until 8:32PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 19 - 18
		563865473 <b>Rahu</b> 3:05PM – 4:33PM	Vanija Until 12:00AM Wed	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya</b> Until 12:01PM	Moon – Green		<b>Bhuloka Day</b>
				<b>Bhadrapada*Avani</b>		Devaloka Time: 6:PM to 9:PM

<b>4 Wednesday, August 31, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Sukla Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Lusaka, Zambia Sun 19 Sutra 136 Subhakrit 5124	
Kanya Rasi: 28.37	Tithi 4 – 5	<b>Gulika</b> 10:39AM – 12:08PM	<b>Chitra</b> Until 8:39PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:14AM	
		Yama 7:42AM – 9:11AM	Sukla Until 7:14PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 19 - 19
		563865473 <b>Rahu</b> 12:08PM – 1:36PM	Bava Until 11:38PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi*</b> Until 11:51AM	Moon – Green		<b>Bhuloka Day</b>
		<b>Ganesha Chaturthi</b>		<b>Bhadrapada*Avani</b>		Devaloka Time: 6:PM to 9:PM

<b>5 Thursday, September 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Lusaka, Zambia Sun 20 Sutra 137 Subhakrit 5124	
Tula Rasi: 11.49	Tithi 5 – 6	<b>Gulika</b> 9:10AM – 10:39AM	<b>Svati</b> Until 8:30PM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:13AM	
		Yama 6:13AM – 7:42AM	Brahma Until 5:38PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 19 - 20
		563965473 <b>Rahu</b> 1:36PM – 3:05PM	Kaulava Until 10:52PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami</b> Until 11:17AM	Moon – Green		<b>Devaloka Day</b>
Until 8:30PM				<b>Bhadrapada*Avani</b>		
Then Creative Work - Siddha Yoga						

<b>6 Friday, September 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Indra/Vaidhriti* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Lusaka, Zambia Sun 21 Sutra 138 Subhakrit 5124	
Tula Rasi: 25.15	Tithi 6 – 7	<b>Gulika</b> 7:41AM – 9:10AM	<b>Vishakha</b> Until 8:14PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:13AM	
		Yama 3:05PM – 4:33PM	Indra Until 3:43PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 19 - 21
		573965473 <b>Rahu</b> 10:39AM – 12:07PM	Gara Until 9:41PM	<b>Nataraja:</b> Clear		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 10:18AM	Moon – Orange		<b>Sivaloka Day</b>
				<b>Bhadrapada*Avani</b>		

<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha Nakshatra Vaidhriti*/Vishkambha* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Lusaka, Zambia Sun 22 Sutra 139 Subhakrit 5124	
Vrischika Rasi: 8.55	Tithi 7 – 8	<b>Gulika</b> 6:12AM – 7:41AM	<b>Anuradha</b> Until 7:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:12AM	
		Yama 1:36PM – 3:04PM	Vaidhriti* Until 1:26PM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 19 - 22
		574965473 <b>Rahu</b> 9:09AM – 10:38AM	Visti Until 8:05PM	<b>Nataraja:</b> Clear		Ashtami
Creative Work	Siddha Yoga		<b>Saptami</b> Until 8:55AM	Moon – Orange		<b>Devaloka Day</b>
				<b>Bhadrapada*Avani</b>		

<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha* Nakshatra Vishkambha*/Priti Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Lusaka, Zambia Sun 23 Sutra 140 Subhakrit 5124	
Vrischika Rasi: 22.5	Tithi 8 – 9	<b>Gulika</b> 3:04PM – 4:33PM	<b>Jyeshtha*</b> Until 6:01PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:11AM	
		Yama 12:07PM – 1:35PM	Vishkambha* Until 10:49AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:02PM	Moon 8 - Phase 19 - 23
		574965473 <b>Rahu</b> 4:33PM – 6:02PM	Balava Until 6:05PM	<b>Nataraja:</b> Clear		Navami
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 7:07AM	Moon – Orange		<b>Devaloka Day</b>
Until 6:01PM				<b>Bhadrapada*Avani</b>		
Then Creative Work - Amrita Yoga						


As a spider spins and withdraws its web, as herbs grow on the earth, as hair grows on the head and body of a person, so also from the Imperishable arises this universe.  
Atharva Veda


<b>Monday, September 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Mula*Purvashadha* Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau				Lusaka, Zambia Sun 24 Sutra 141 Subhakrit 5124
<b>1</b>	Dhanus Rasi: 7.01 Tithi 10 <b>Family Home Evening</b> Creative Work Siddha Yoga Until 4:32PM Then Routine Work - Marana Yoga	<b>Gulika</b> 1:35PM – 3:04PM Yama 10:37AM – 12:06PM <b>Rahu</b> 7:39AM – 9:08AM	<b>Mula* Until 4:32PM</b> Priti Until 7:55AM Taitila Until 3:42PM <b>Dashami Until 2:22AM Tue</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Light Blue <b>Bhadrapada*Avani</b>	<b>Sunrise:</b> 6:10AM <b>Sunset:</b> 6:02PM	Moon 8 - Phase 20 - 24 4th Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Tuesday, September 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau				Lusaka, Zambia Sun 25 Sutra 142 Subhakrit 5124
<b>2</b>	Dhanus Rasi: 21.26 Tithi 11 584965473 Creative Work Siddha Yoga Until 2:36PM Then Routine Work - Prabararishta Yoga	<b>Gulika</b> 12:06PM – 1:35PM Yama 9:08AM – 10:37AM <b>Rahu</b> 3:04PM – 4:33PM	<b>Purvashadha* Until 2:36PM</b> Saubhagya Until 1:16AM Wed Vanija Until 1:00PM <b>Ekadashi Until 11:33PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Light Blue <b>Bhadrapada*Avani</b>	<b>Sunrise:</b> 6:10AM <b>Sunset:</b> 6:02PM	Moon 8 - Phase 20 - 25 4th Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Wednesday, September 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Sobhana Yoga Bava/Balava Karana Dvadashyam Titau				Lusaka, Zambia Sun 26 Sutra 143 Subhakrit 5124
<b>3</b>	Makara Rasi: 6.02 Tithi 12 584965473 Creative Work Amrita Yoga Until 12:20PM Then Creative Work - Siddha Yoga	<b>Gulika</b> 10:36AM – 12:06PM Yama 7:38AM – 9:07AM <b>Rahu</b> 12:06PM – 1:35PM	<b>Uttarashadha Until 12:20PM</b> Sobhana Until 9:44PM Bava Until 10:05AM <b>Dvadashi Until 8:34PM</b>	<b>Ganesha:</b> White <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Light Blue <b>Bhadrapada*Avani</b>	<b>Sunrise:</b> 6:09AM <b>Sunset:</b> 6:02PM	Moon 8 - Phase 20 - 26 4th Phase <b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM

<b>Thursday, September 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Athiganda* Yoga Kaulava/Gara Karana Trayodashi/Chaturdashyam Titau				Lusaka, Zambia Sun 27 Sutra 144 Subhakrit 5124
<b>4</b>	Makara Rasi: 20.43 Tithi 13 – 14 594965473 Creative Work Siddha Yoga	<b>Gulika</b> 9:07AM – 10:36AM Yama 6:08AM – 7:37AM <b>Rahu</b> 1:34PM – 3:04PM	<b>Shravana Until 10:15AM</b> Athiganda* Until 6:09PM Kaulava Until 7:04AM <b>Trayodashi Until 5:33PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Purple <b>Bhadrapada*Avani</b>	<b>Sunrise:</b> 6:08AM <b>Sunset:</b> 6:02PM	Moon 8 - Phase 20 - 27 4th Phase <b>Devaloka Day</b>
<i>Pradosha Vrata</i>						

<b>Friday, September 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau				Lusaka, Zambia Sutra 145 Subhakrit 5124
	<b>Copper Retreat Star</b> Kumbha Rasi: 5.23 Tithi 14 – 15 594965473 Creative Work Siddha Yoga	<b>Gulika</b> 7:37AM – 9:06AM Yama 3:04PM – 4:33PM <b>Rahu</b> 10:35AM – 12:05PM	<b>Dhanishtha Until 8:04AM</b> Sukarma Until 2:40PM Visti Until 1:17AM Sat <b>Chaturdashi* Until 2:38PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Purple <b>Bhadrapada*Avani</b>	<b>Sunrise:</b> 6:07AM <b>Sunset:</b> 6:02PM	Moon 8 - Phase 20 - Purnima <b>Devaloka Day</b>

<b>Saturday, September 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Lusaka, Zambia Sutra 146 Subhakrit 5124
	<b>Silver Retreat Star</b> Kumbha Rasi: 19.55 Tithi 15 – 16 594965473 Routine Work Marana Yoga Until 4:31AM Sun Then Creative Work - Amrita Yoga	<b>Gulika</b> 6:07AM – 7:36AM Yama 1:34PM – 3:03PM <b>Rahu</b> 9:06AM – 10:35AM	<b>Purvaproshtapada* Until 4:31AM Sun</b> Dhriti Until 11:25AM Balava Until 10:49PM <b>Purnima* Until 11:59AM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> White <b>Nataraja:</b> Clear Moon – Purple <b>Bhadrapada*Avani</b>	<b>Sunrise:</b> 6:07AM <b>Sunset:</b> 6:02PM	Moon 8 - Phase 20 - Prathama <b>Devaloka Day</b>

Having realized the Self, the rishis, perfected souls, satisfied with their knowledge, passion-free, tranquil—those wise beings, having attained the omnipresent on all sides—enter into the All itself. Atharva Veda



Sunday, September 11, 2022

Gold Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yukhtayam  
Uttaraproshtapada Nakshatra Shula\*Ganda\* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Lusaka, Zambia

Sutra 147

Subhakrit 5124

Meena Rasi: 4.11 Tithi 16 - 17

514965473

Gulika 3:03PM - 4:33PM  
Yama 12:04PM - 1:34PM  
Rahu 4:33PM - 6:03PM

Uttaraproshtapada Until 3:27AM Mon  
Shula\* Until 8:28AM  
Taitila Until 8:51PM  
Prathama\* Until 9:45AM

Ganesha: Clear Sunrise: 6:06AM  
Muruga: White Sunset: 6:03PM  
Nataraja: Clear  
Moon - Clear

Moon 9 - Phase 21 -  
1st Phase

Creative Work Amrita Yoga

Until 3:27AM Mon

Then Creative Work - Siddha Yoga

Grandparent's Day

Bhadrapada\*Avani

Devaloka Day

1

Monday, September 12, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yukhtayam  
Revati Nakshatra Vriddhi Yoga Gara/Vanija Karana Tritiya/Trityayam Titau

Lusaka, Zambia

Sun 1 Sutra 148

Subhakrit 5124

Meena Rasi: 18.07 Tithi 17 - 18

514965473

Gulika 1:34PM - 3:03PM  
Yama 10:34AM - 12:04PM  
Rahu 7:35AM - 9:04AM

Revati Until 2:55AM Tue  
Vriddhi Until 4:04AM Tue  
Vanija Until 7:31PM  
Dvitiya Until 8:05AM

Ganesha: Clear Sunrise: 6:05AM  
Muruga: White Sunset: 6:03PM  
Nataraja: Clear  
Moon - Clear

Moon 9 - Phase 21 - 1  
1st Phase

Creative Work Siddha Yoga

Family Home Evening

Dvitiya Until 8:05AM

Bhadrapada\*Avani

Devaloka Day

2

Tuesday, September 13, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yukhtayam  
Ashvini Nakshatra Dhruva Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Lusaka, Zambia

Sun 2 Sutra 149

Subhakrit 5124

Mesha Rasi: 1.37 Tithi 18 - 19

524965473

Gulika 12:03PM - 1:33PM  
Yama 9:04AM - 10:34AM  
Rahu 3:03PM - 4:33PM

Ashvini Until 3:25AM Wed  
Dhruva Until 2:44AM Wed  
Bava Until 6:56PM  
Tritiya Until 7:06AM

Ganesha: White Sunrise: 6:04AM  
Muruga: White Sunset: 6:03PM  
Nataraja: Clear  
Moon - White

Moon 9 - Phase 21 - 2  
1st Phase

Creative Work Siddha Yoga

Tritiya Until 7:06AM

Bhadrapada\*Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

3

Wednesday, September 14, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yukhtayam  
Bharani Nakshatra Vyaghata\* Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Lusaka, Zambia

Sun 3 Sutra 150

Subhakrit 5124

Mesha Rasi: 14.43 Tithi 19 - 20

524965473

Gulika 10:33AM - 12:03PM  
Yama 7:33AM - 9:03AM  
Rahu 12:03PM - 1:33PM

Bharani Until 4:34AM Thu  
Vyaghata\* Until 2:03AM Thu  
Kaulava Until 7:09PM  
Chaturthi\* Until 6:55AM

Ganesha: White Sunrise: 6:04AM  
Muruga: White Sunset: 6:03PM  
Nataraja: Clear  
Moon - White

Moon 9 - Phase 21 - 3  
1st Phase

Creative Work Siddha Yoga

Until 4:34AM Thu

Then Routine Work - Marana Yoga

Bhadrapada\*Avani

Bhuloka Day

Devaloka Time: 6:PM to 9:PM

4

Thursday, September 15, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yukhtayam  
Krittika Nakshatra Harshana Yoga Taitila/Gara Karana Panchami/Shashtyam Titau

Lusaka, Zambia

Sun 4 Sutra 151

Subhakrit 5124

Mesha Rasi: 27.24 Tithi 20 - 21

525965473

Gulika 9:03AM - 10:33AM  
Yama 6:03AM - 7:33AM  
Rahu 1:33PM - 3:03PM

Krittika Until 6:17AM Fri  
Harshana Until 1:59AM Fri  
Gara Until 8:08PM  
Panchami Until 7:32AM

Ganesha: Clear Sunrise: 6:03AM  
Muruga: White Sunset: 6:03PM  
Nataraja: Clear  
Moon - White

Moon 9 - Phase 21 - 4  
1st Phase

Routine Work Marana Yoga

Bhadrapada\*Avani

Devaloka Day

5

Friday, September 16, 2022

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yukhtayam  
Krittika/Rohini Nakshatra Vajra\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Lusaka, Zambia

Sun 5 Sutra 152

Subhakrit 5124

Vrishabha Rasi: 9.46 Tithi 21 - 22

525965473

Gulika 7:32AM - 9:02AM  
Yama 3:03PM - 4:33PM  
Rahu 10:32AM - 12:02PM

Krittika Until 6:17AM  
Vajra\* Until 2:22AM Sat  
Visti Until 9:49PM  
Shashthi\* Until 8:53AM

Ganesha: Clear Sunrise: 6:02AM  
Muruga: White Sunset: 6:03PM  
Nataraja: Clear  
Moon - White

Moon 9 - Phase 21 - 5  
1st Phase

Creative Work Siddha Yoga

Until 6:17AM

Then Routine Work - Marana Yoga

Bhadrapada\*Avani

Devaloka Day

D

Saturday, September 17, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam  
Rohini/Mrigashira Nakshatra Siddhi Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Lusaka, Zambia

Sun 6 Sutra 153

Subhakrit 5124

Vrishabha Rasi: 21.52 Tithi 22 - 23

535965473

Gulika 6:01AM - 7:31AM  
Yama 1:32PM - 3:02PM  
Rahu 9:02AM - 10:32AM

Rohini Until 8:55AM  
Siddhi Until 3:06AM Sun  
Balava Until 11:58PM  
Saptami Until 10:50AM

Ganesha: White Sunrise: 6:01AM  
Muruga: White Sunset: 6:03PM  
Nataraja: Clear  
Moon - Yellow

Moon 9 - Phase 21 - 6  
Ashtami

Creative Work Amrita Yoga

Until 8:55AM

Then Creative Work - Siddha Yoga

Bhadrapada\*Puratasi

Sivaloka Day

Sunday, September 18, 2022

Retreat Star

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam  
Mrigashira/Ardra Nakshatra Vyatipata\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Lusaka, Zambia

Sun 7 Sutra 154

Subhakrit 5124

Mithuna Rasi: 3.49 Tithi 23 - 24

535965473

Gulika 3:02PM - 4:33PM  
Yama 12:02PM - 1:32PM  
Rahu 4:33PM - 6:03PM

Mrigashira Until 11:44AM  
Vyatipata\* Until 4:01AM Mon  
Taitila Until 2:23AM Mon  
Ashtami\* Until 1:09PM

Ganesha: White Sunrise: 6:00AM  
Muruga: White Sunset: 6:03PM  
Nataraja: Clear  
Moon - Yellow

Moon 9 - Phase 21 - 7  
Navami

Creative Work Siddha Yoga

Bhadrapada\*Puratasi

Sivaloka Day

With earnest effort hold the senses in check. Controlling the breath, regulate the vital activities. As a charioteer holds back his restive horses, so does a persevering aspirant restrain his mind. Krishna Yajur Veda

11 times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1</b>	<b>Monday, September 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yukhtayam Ardra/Punarvasu Nakshatra Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Lusaka, Zambia Sun 8 Sutra 155 Subhakrit 5124
	Mithuna Rasi: 15.41	Tithi 24 – 25	<b>Gulika</b> 1:32PM – 3:02PM	<b>Ardra Until 2:33PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:00AM	
	<b>Family Home Evening</b>	535965473	Yama 10:31AM – 12:01PM	Variyan Until 4:54AM Tue	<b>Muruqa:</b> White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 8
	Creative Work Siddha Yoga		<b>Rahu</b> 7:30AM – 9:00AM	Vanija Until 4:49AM Tue	<b>Nataraja:</b> Clear		2nd Phase
			<b>Navami* Until 3:36PM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			


<b>2</b>	<b>Tuesday, September 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yukhtayam Punarvasu/Pushya Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Lusaka, Zambia Sun 9 Sutra 156 Subhakrit 5124
	Mithuna Rasi: 27.34	Tithi 25 – 26	<b>Gulika</b> 12:01PM – 1:32PM	<b>Punarvasu Until 5:36PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:59AM	
		545965473	Yama 9:00AM – 10:30AM	Parigha* Until 5:40AM Wed	<b>Muruqa:</b> White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 9
	Creative Work Siddha Yoga		<b>Rahu</b> 3:02PM – 4:33PM	Bava Until 7:05AM Wed	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dashami Until 5:58PM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			

<b>3</b>	<b>Wednesday, September 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yukhtayam Pushya Nakshatra Shiva Yoga Bava/Balava Karana Ekadashyam Titau				Lusaka, Zambia Sun 10 Sutra 157 Subhakrit 5124
	Kataka Rasi: 9.3	Tithi 26	<b>Gulika</b> 10:30AM – 12:01PM	<b>Pushya Until 8:15PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:58AM	
		545965473	Yama 7:29AM – 8:59AM	Shiva Until 6:12AM Thu	<b>Muruqa:</b> White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 10
	Creative Work Siddha Yoga		<b>Rahu</b> 12:01PM – 1:31PM	Bava Until 7:05AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Ekadashi* Until 8:04PM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			

<b>4</b>	<b>Thursday, September 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yukhtayam Ashlesha* Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvadashyam Titau				Lusaka, Zambia Sun 11 Sutra 158 Subhakrit 5124
	Kataka Rasi: 21.35	Tithi 27	<b>Gulika</b> 8:59AM – 10:30AM	<b>Ashlesha* Until 10:20PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:57AM	
		545965473	Yama 5:57AM – 7:28AM	Shiva Until 6:12AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 11
	Creative Work Siddha Yoga		<b>Rahu</b> 1:31PM – 3:02PM	Kaulava Until 8:59AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dvadashi* Until 9:46PM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			

<b>5</b>	<b>Friday, September 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yukhtayam Magha* Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Lusaka, Zambia Sun 12 Sutra 159 Subhakrit 5124
	Simha Rasi: 3.5	Tithi 28	<b>Gulika</b> 7:27AM – 8:58AM	<b>Magha* Until 12:18AM Sat</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:57AM	
		555965473	Yama 3:02PM – 4:32PM	Siddha Until 6:21AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 12
	Routine Work Marana Yoga		<b>Rahu</b> 10:29AM – 12:00PM	Gara Until 10:27AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Trayodashi* Until 10:59PM</b>	Moon – Red		<b>Devaloka Day</b>	
				<b>Bhadrapada-Puratasi</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>6</b>	<b>Saturday, September 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yukhtayam Purvaphalguni Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Lusaka, Zambia Sun 13 Sutra 160 Subhakrit 5124
	Simha Rasi: 16.18	Tithi 29	<b>Gulika</b> 5:56AM – 7:27AM	<b>Purvaphalguni Until 1:36AM Sun</b>	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:56AM	
		556965473	Yama 1:31PM – 3:01PM	Sadhya Until 6:09AM	<b>Muruqa:</b> White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 13
	Creative Work Siddha Yoga		<b>Rahu</b> 8:58AM – 10:29AM	Visti Until 11:26AM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Chaturdashi* Until 11:42PM</b>	Moon – Red		<b>Bhuloka Day</b>	
				<b>Bhadrapada-Puratasi</b>		Devaloka Time: 6:PM to 9:PM	

	<b>Sunday, September 25, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yukhtayam Uttaraphalguni Nakshatra Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Lusaka, Zambia Sun 14 Sutra 161 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 3:01PM – 4:32PM	<b>Uttaraphalguni Until 2:15AM Mon</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:55AM	
	Simha Rasi: 29	Tithi 30	Yama 11:59AM – 1:30PM	Sukla Until 4:33AM Mon	<b>Muruqa:</b> White	<i>Sunset:</i> 6:03PM	Moon 9 - Phase 22 - 14
		556165473	<b>Rahu</b> 4:32PM – 6:03PM	Catuspada Until 11:53AM	<b>Nataraja:</b> Clear		Amavasya
			<b>Amavasya* Until 11:54PM</b>	Moon – Red		<b>Bhuloka Day</b>	
				<b>Bhadrapada-Puratasi</b>		Devaloka Time: 6:PM to 9:PM	
				<b>Mahalaya Amavasai (Tamil Nadu)</b>			

<b>Retreat Star</b>	<b>Monday, September 26, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yukhtayam Hasta Nakshatra Brahma Yoga Kintughna*/Bava Karana Prathamayam Titau				Lusaka, Zambia Sun 15 Sutra 162 Subhakrit 5124
	Kanya Rasi: 11.56	Tithi 1	<b>Gulika</b> 1:30PM – 3:01PM	<b>Hasta Until 2:45AM Tue</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:54AM	
		566165473	Yama 10:28AM – 11:59AM	Brahma Until 3:11AM Tue	<b>Muruqa:</b> White	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 22 - 15
	<b>Family Home Evening</b>		<b>Rahu</b> 7:25AM – 8:57AM	Kintughna Until 11:50AM	<b>Nataraja:</b> Clear		Prathama
			<b>Prathama* Until 11:38PM</b>	Moon – Green		<b>Bhuloka Day</b>	
				<b>Ashvina-Puratasi</b>		Devaloka Time: 6:PM to 9:PM	
			<b>Navaratri Begins</b>				

Puja, reading the scriptures, singing hymns, performing japa and unsullied austerity, truthfulness, restraint of envy, and offering of food—these and other self-purifying acts constitute the flawless satputra marga. Tirumantiram 1496

It times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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1	<b>Tuesday, September 27, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Indra Yoga Balava/Kaulava Karana Dviliyayam Titau				Lusaka, Zambia Sun 16 Sutra 163 Subhakrit 5124
	Kanya Rasi: 25.07	Tithi 2	<b>Gulika</b> 11:59AM – 1:30PM	<b>Chitra Until 2:41AM Wed</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:53AM	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 23 - 16
			Yama 8:56AM – 10:27AM	Indra Until 1:31AM Wed	<b>Muruqa:</b> White		3rd Phase
	Creative Work	Siddha Yoga	666165473 <b>Rahu</b> 3:01PM – 4:32PM	Balava Until 11:21AM	<b>Nataraja:</b> Clear		
			<b>Dvitiya Until 10:57PM</b>	Moon – Green		<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	

2	<b>Wednesday, September 28, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Vaidhriti* Yoga Tailila/Gara Karana Triliyayam Titau				Lusaka, Zambia Sun 17 Sutra 164 Subhakrit 5124
	Tula Rasi: 8.31	Tithi 3	<b>Gulika</b> 10:27AM – 11:58AM	<b>Svati Until 2:09AM Thu</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:53AM	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 23 - 17
			Yama 7:24AM – 8:55AM	Vaidhriti* Until 11:32PM	<b>Muruqa:</b> White		3rd Phase
	Creative Work	Siddha Yoga	666165473 <b>Rahu</b> 11:58AM – 1:30PM	Taitila Until 10:29AM	<b>Nataraja:</b> Clear		
			<b>Tritiya Until 9:54PM</b>	Moon – Green		<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	

3	<b>Thursday, September 29, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha Nakshatra Vishkambha* Yoga Vanija/Visiti* Karana Chaturthayam Titau				Lusaka, Zambia Sun 18 Sutra 165 Subhakrit 5124
	Tula Rasi: 22.06	Tithi 4	<b>Gulika</b> 8:55AM – 10:26AM	<b>Vishakha Until 1:37AM Fri</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:52AM	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 23 - 18
			Yama 5:52AM – 7:23AM	Vishkambha* Until 9:19PM	<b>Muruqa:</b> White		3rd Phase
	Creative Work	Siddha Yoga	676165473 <b>Rahu</b> 1:29PM – 3:01PM	Vanija Until 9:17AM	<b>Nataraja:</b> Clear		
			<b>Chaturthi* Until 8:34PM</b>	Moon – Orange		<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	

4	<b>Friday, September 30, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha Nakshatra Priti Yoga Bava/Balava Karana Panchamyam Titau				Lusaka, Zambia Sun 19 Sutra 166 Subhakrit 5124
	Vrischika Rasi: 5.51	Tithi 5	<b>Gulika</b> 7:23AM – 8:54AM	<b>Anuradha Until 12:41AM Sat</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:51AM	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 23 - 19
			Yama 3:01PM – 4:32PM	Priti Until 6:56PM	<b>Muruqa:</b> White		3rd Phase
	Creative Work	Siddha Yoga	676165473 <b>Rahu</b> 10:26AM – 11:58AM	Bava Until 7:49AM	<b>Nataraja:</b> Clear		
			<b>Panchami Until 6:58PM</b>	Moon – Orange		<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	

5	<b>Saturday, October 1, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha* Nakshatra Ayushman/Saubhagya Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau				Lusaka, Zambia Sun 20 Sutra 167 Subhakrit 5124
	Vrischika Rasi: 19.44	Tithi 6 – 7	<b>Gulika</b> 5:50AM – 7:22AM	<b>Jyeshtha* Until 11:26PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:50AM	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 23 - 20
			Yama 1:29PM – 3:01PM	Ayushman Until 4:21PM	<b>Muruqa:</b> White		3rd Phase
	Creative Work	Siddha Yoga	676165473 <b>Rahu</b> 8:54AM – 10:26AM	Kaulava Until 6:07AM	<b>Nataraja:</b> Clear		
			<b>Shashthi* Until 5:10PM</b>	Moon – Orange		<b>Bhuloka Day</b> Devaloka Time: 6:PM to 9:PM	

6	<b>Sunday, October 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula* Nakshatra Saubhagya/Sobhana Yoga Vanija/Visiti* Karana Saptami/Ashtamyam Titau				Lusaka, Zambia Sun 21 Sutra 168 Subhakrit 5124
	Dhanus Rasi: 3.45	Tithi 7 – 8	<b>Gulika</b> 3:00PM – 4:32PM	<b>Mula* Until 10:17PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:50AM	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 23 - 21
			Yama 11:57AM – 1:29PM	Saubhagya Until 1:38PM	<b>Muruqa:</b> Green		3rd Phase
	Creative Work	Amrita Yoga	687166473 <b>Rahu</b> 4:32PM – 6:04PM	Visiti Until 2:10AM Mon	<b>Nataraja:</b> Clear		
			<b>Saptami Until 3:12PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
				Ashvina+Puratasi			

D	<b>Monday, October 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha* Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Lusaka, Zambia Sun 22 Sutra 169 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 1:28PM – 3:00PM	<b>Purvashadha* Until 8:52PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:49AM	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 23 - 22
	Dhanus Rasi: 17.52	Tithi 8 – 9	Yama 10:25AM – 11:57AM	Sobhana Until 10:48AM	<b>Muruqa:</b> Green		Ashtami
	<b>Family Home Evening</b>		687166473 <b>Rahu</b> 7:21AM – 8:53AM	Balava Until 11:59PM	<b>Nataraja:</b> Clear		
			<b>Ashtami* Until 1:05PM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
				Ashvina+Puratasi			

D	<b>Tuesday, October 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Lusaka, Zambia Sun 23 Sutra 170 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 11:56AM – 1:28PM	<b>Uttarashadha Until 7:12PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:48AM	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 23 - 23
	Makara Rasi: 2.04	Tithi 9 – 10	Yama 8:52AM – 10:24AM	Athiganda* Until 7:51AM	<b>Muruqa:</b> Green		Navami
			687166473 <b>Rahu</b> 3:00PM – 4:32PM	Taitila Until 9:43PM	<b>Nataraja:</b> Clear		
			<b>Navami* Until 10:50AM</b>	Moon – Light Blue		<b>Sivaloka Day</b>	
				Ashvina+Puratasi			

The simple temple duties, lighting the lamps, picking flowers, lovingly polishing the floors, sweeping, singing the Lord's praise, ringing the bell and fetching ceremonial water—these constitute the dasa marga. Tirumantiram 1502

11 times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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1	<b>Wednesday, October 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shravana/Dhanishtha Nakshatra Dhriti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Lusaka, Zambia Sun 24 Sutra 171 Subhakrit 5124
	Makara Rasi: 16.19	Tithi 10 – 11	<b>Gulika</b> 10:24AM – 11:56AM	<b>Shravana Until 5:46PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:47AM	
			Yama 7:20AM – 8:52AM	Dhriti Until 1:50AM Thu	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:04PM	Moon 9 - Phase 24 - 24
		697166473	<b>Rahu</b> 11:56AM – 1:28PM	Vanija Until 7:24PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Vijaya Dasami</b>	<b>Dashami Until 8:32AM</b>	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>	
Until 5:46PM							
Then Routine Work - Prabalarishta Yoga							

2	<b>Thursday, October 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Shula* Yoga Visti*/Balava Karana Ekadashi/Dvadashyam Titau				Lusaka, Zambia Sun 25 Sutra 172 Subhakrit 5124
	Kumbha Rasi: 0.35	Tithi 11 – 12	<b>Gulika</b> 8:51AM – 10:23AM	<b>Dhanishtha Until 4:14PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:47AM	
			Yama 5:47AM – 7:19AM	Shula* Until 10:51PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:05PM	Moon 9 - Phase 24 - 25
		697166473	<b>Rahu</b> 1:28PM – 3:00PM	Balava Until 4:00AM Fri	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Ekadashi Until 6:14AM</b>	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>		

3	<b>Friday, October 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Ganda* Yoga Kaulava/Tailila Karana Trayodashyam Titau				Lusaka, Zambia Sun 26 Sutra 173 Subhakrit 5124
	Kumbha Rasi: 14.47	Tithi 13	<b>Gulika</b> 7:18AM – 8:51AM	<b>Shatabhishak Until 2:41PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:46AM	
			Yama 3:00PM – 4:32PM	Ganda* Until 8:01PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:05PM	Moon 9 - Phase 24 - 26
		697166473	<b>Rahu</b> 10:23AM – 11:55AM	Kaulava Until 2:58PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Trayodashi Until 1:58AM Sat</b>	<b>Ashvina+Puratasi</b>	<b>Devaloka Day</b>		
			<i>Pradosha Vrata</i>				

4	<b>Saturday, October 8, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mantla Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Chaturdashyam Titau				Lusaka, Zambia Sun 27 Sutra 174 Subhakrit 5124
	Kumbha Rasi: 28.52	Tithi 14	<b>Gulika</b> 5:45AM – 7:18AM	<b>Purvaproshtapada* Until 1:39PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:45AM	
			Yama 1:28PM – 3:00PM	Vriddhi Until 5:25PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:05PM	Moon 9 - Phase 24 - 27
		618166474	<b>Rahu</b> 8:50AM – 10:23AM	Gara Until 1:04PM	<b>Nataraja:</b> Purple		4th Phase
Routine Work Marana Yoga			<b>Chaturdashi* Until 12:13AM Sun</b>	<b>Ashvina+Puratasi</b>	<b>Bhuloka Day</b>		
Until 1:39PM							
Then Creative Work - Siddha Yoga							

○	<b>Sunday, October 9, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Dhruva/Vyaghata* Yoga Visti*/Bava Karana Purnimayam Titau				Lusaka, Zambia Sutra 175 Subhakrit 5124
	<b>Copper Retreat Star</b>		<b>Gulika</b> 3:00PM – 4:32PM	<b>Uttaraproshtapada Until 12:50PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:45AM	
	Meena Rasi: 12.45	Tithi 15	Yama 11:55AM – 1:27PM	Dhruva Until 3:05PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:05PM	Moon 9 - Phase 24 -
		618166474	<b>Rahu</b> 4:32PM – 6:05PM	Visti Until 11:31AM	<b>Nataraja:</b> Purple		Purnima
Creative Work Amrita Yoga			<b>Purnima* Until 10:54PM</b>	<b>Ashvina+Puratasi</b>	<b>Bhuloka Day</b>		

○	<b>Monday, October 10, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Revati/Ashvini Nakshatra Vyaghata*/Harshana Yoga Balava/Kaulava Karana Prathamayam Titau				Lusaka, Zambia Sutra 176 Subhakrit 5124
	<b>Silver Retreat Star</b>		<b>Gulika</b> 1:27PM – 3:00PM	<b>Revati Until 12:21PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:44AM	
	Meena Rasi: 26.22	Tithi 16	Yama 10:22AM – 11:55AM	Vyaghata* Until 1:10PM	<b>Muruqa:</b> Green	<i>Sunset:</i> 6:05PM	Moon 9 - Phase 24 -
		618166474	<b>Rahu</b> 7:17AM – 8:49AM	Balava Until 10:28AM	<b>Nataraja:</b> Purple		Prathama
Family Home Evening			<b>Prathama* Until 10:07PM</b>	<b>Ashvina+Puratasi</b>	<b>Bhuloka Day</b>		
Creative Work Siddha Yoga							





Tuesday, October 11, 2022

Gold Retreat Star

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ashvini/Bharani Nakshatra Harshana/Vajra\* Yoga Taitila/Gara Karana Dvitiyayam Titau

Lusaka, Zambia

Sun 1 Sutra 177

Subhakarit 5124

Mesha Rasi: 9.39 Tithi 17

628176474

**Gulika** 11:54AM – 1:27PM  
Yama 8:49AM – 10:21AM  
**Rahu** 3:00PM – 4:33PM

**Ashvini** Until 12:45PM  
Harshana Until 11:44AM  
Taitila Until 9:59AM  
**Dvitiya** Until 9:58PM

**Ganesha:** Yellow *Sunrise:* 5:43AM  
**Muruqa:** White *Sunset:* 6:05PM  
**Nataraja:** Purple  
Moon – White

Moon 10 - Phase 25 - 1  
1st Phase

Creative Work Siddha Yoga

**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

1

Wednesday, October 12, 2022

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
Bharani/Krittika Nakshatra Vajra\*/Siddhi Yoga Vanija/Visti\* Karana Tritiyayam Titau

Lusaka, Zambia

Sun 2 Sutra 178

Subhakarit 5124

Mesha Rasi: 22.36 Tithi 18

628176474

**Gulika** 10:21AM – 11:54AM  
Yama 7:15AM – 8:48AM  
**Rahu** 11:54AM – 1:27PM

**Bharani** Until 1:38PM  
Vajra\* Until 10:47AM  
Vanija Until 10:10AM  
**Tritiya** Until 10:30PM

**Ganesha:** Yellow *Sunrise:* 5:43AM  
**Muruqa:** White *Sunset:* 6:05PM  
**Nataraja:** Purple  
Moon – White

Moon 10 - Phase 25 - 2  
1st Phase

Creative Work Siddha Yoga

Until 1:38PM

Then Creative Work - Amrita Yoga

**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

2

Thursday, October 13, 2022

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam  
Krittika/Rohini Nakshatra Siddhi/Vyatipata\* Yoga Bava/Balava Karana Chaturthyam Titau

Lusaka, Zambia

Sun 3 Sutra 179

Subhakarit 5124

Vrishabha Rasi: 5.14 Tithi 19

628176474

**Gulika** 8:48AM – 10:21AM  
Yama 5:42AM – 7:15AM  
**Rahu** 1:27PM – 3:00PM

**Krittika** Until 3:01PM  
Siddhi Until 10:23AM  
Bava Until 11:02AM  
**Chaturthi\*** Until 11:41PM

**Ganesha:** Yellow *Sunrise:* 5:42AM  
**Muruqa:** White *Sunset:* 6:06PM  
**Nataraja:** Purple  
Moon – White

Moon 10 - Phase 25 - 3  
1st Phase

Routine Work Marana Yoga

**Bhuloka Day**  
Devaloka Time: 6:AM to 9:AM

3

Friday, October 14, 2022

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Vyatipata\*/Variyan Yoga Kaulava/Taitila Karana Panchamyam Titau

Lusaka, Zambia

Sun 4 Sutra 180

Subhakarit 5124

Vrishabha Rasi: 17.35 Tithi 20

638176474

**Gulika** 7:14AM – 8:47AM  
Yama 3:00PM – 4:33PM  
**Rahu** 10:20AM – 11:54AM

**Rohini** Until 5:19PM  
Vyatipata\* Until 10:28AM  
Kaulava Until 12:32PM  
**Panchami** Until 1:27AM Sat

**Ganesha:** Blue *Sunrise:* 5:41AM  
**Muruqa:** White *Sunset:* 6:06PM  
**Nataraja:** Purple  
Moon – Yellow

Moon 10 - Phase 25 - 4  
1st Phase

Routine Work Marana Yoga

Until 5:19PM

Then Creative Work - Siddha Yoga

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

4

Saturday, October 15, 2022

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
Mrigashira Nakshatra Variyan/Parigha\* Yoga Gara/Vanija Karana Shashthyam Titau

Lusaka, Zambia

Sun 5 Sutra 181

Subhakarit 5124

Vrishabha Rasi: 29.42 Tithi 21

639176474

**Gulika** 5:41AM – 7:14AM  
Yama 1:26PM – 3:00PM  
**Rahu** 8:47AM – 10:20AM

**Mrigashira** Until 7:55PM  
Variyan Until 10:56AM  
Gara Until 2:32PM  
**Shashthi\*** Until 3:39AM Sun

**Ganesha:** Red *Sunrise:* 5:41AM  
**Muruqa:** White *Sunset:* 6:06PM  
**Nataraja:** Purple  
Moon – Yellow

Moon 10 - Phase 25 - 5  
1st Phase

Creative Work Siddha Yoga

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

5

Sunday, October 16, 2022

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Ardra Nakshatra Parigha\*/Shiva Yoga Visti\*/Bava Karana Saptamyam Titau

Lusaka, Zambia

Sun 6 Sutra 182

Subhakarit 5124

Mithuna Rasi: 11.4 Tithi 22

639176474

**Gulika** 3:00PM – 4:33PM  
Yama 11:53AM – 1:26PM  
**Rahu** 4:33PM – 6:06PM

**Ardra** Until 10:37PM  
Parigha\* Until 11:40AM  
Visti Until 4:52PM  
**Saptami** Until 6:04AM Mon

**Ganesha:** Red *Sunrise:* 5:40AM  
**Muruqa:** White *Sunset:* 6:06PM  
**Nataraja:** Purple  
Moon – Yellow

Moon 10 - Phase 25 - 6  
1st Phase

Creative Work Siddha Yoga

**Bhuloka Day**  
Devaloka Time: 9:AM to 12:PM

D

Monday, October 17, 2022

Retreat Star

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam  
Punarvasu Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Lusaka, Zambia

Sun 7 Sutra 183

Subhakarit 5124

Mithuna Rasi: 23.34 Tithi 22 – 23

649176474

**Gulika** 1:26PM – 3:00PM  
Yama 10:19AM – 11:53AM  
**Rahu** 7:13AM – 8:46AM

**Punarvasu** Until 1:42AM Tue  
Shiva Until 12:32PM  
Balava Until 7:18PM  
**Saptami** Until 6:04AM

**Ganesha:** Green *Sunrise:* 5:39AM  
**Muruqa:** White *Sunset:* 6:06PM  
**Nataraja:** Purple  
Moon – Blue

Moon 10 - Phase 25 - 7  
Ashtami

Creative Work Amrita Yoga

Until 1:42AM Tue

Then Creative Work - Siddha Yoga

**Devaloka Day**

Tuesday, October 18, 2022

Retreat Star

Subhakarit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam  
Pushya Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Lusaka, Zambia

Sun 8 Sutra 184

Subhakarit 5124

Kataka Rasi: 5.27 Tithi 23 – 24

649176474

**Gulika** 11:53AM – 1:26PM  
Yama 8:46AM – 10:19AM  
**Rahu** 3:00PM – 4:33PM

**Pushya** Until 4:29AM Wed  
Siddha Until 1:20PM  
Taitila Until 9:39PM  
**Ashtami\*** Until 8:29AM

**Ganesha:** Green *Sunrise:* 5:39AM  
**Muruqa:** White *Sunset:* 6:07PM  
**Nataraja:** Purple  
Moon – Blue

Moon 10 - Phase 25 - 8  
Navami

Creative Work Siddha Yoga

**Devaloka Day**  
Ashvina-Aipasi

When a person comes to weakness, be it through old age or disease, he frees himself from these limbs just as a mango, a fig or a berry releases itself from its stalk. Shukla Yajur Veda

It times are standard time. Calculated for Lusaka, Zambia on 5/1/2

www.gurudeva.org/panchang

<b>1</b>		<b>Wednesday, October 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Lusaka, Zambia Sun 9 Sutra 185 Subhakrit 5124	
Kataka Rasi: 17.25	Tithi 24 – 25	649176474	<b>Gulika</b> 10:19AM – 11:52AM Yama 7:12AM – 8:45AM <b>Rahu</b> 11:52AM – 1:26PM	<b>Ashlesha* Until 6:47AM Thu</b> Sadhya Until 1:58PM Vanija Until 11:42PM <b>Navami* Until 10:42AM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Blue	<b>Sunrise:</b> 5:38AM <b>Sunset:</b> 6:07PM	Moon 10 - Phase 26 - 9 2nd Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga							
Until 6:47AM Thu							
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Thursday, October 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Subha/Sukla Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Lusaka, Zambia Sun 10 Sutra 186 Subhakrit 5124	
Kataka Rasi: 29.31	Tithi 25 – 26	649276474	<b>Gulika</b> 8:45AM – 10:19AM Yama 5:37AM – 7:11AM <b>Rahu</b> 1:26PM – 3:00PM	<b>Ashlesha* Until 6:47AM</b> Subha Until 2:19PM Bava Until 1:17AM Fri <b>Dashami Until 12:32PM</b>	<b>Ganesha:</b> Red <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Blue	<b>Sunrise:</b> 5:37AM <b>Sunset:</b> 6:07PM	Moon 10 - Phase 26 - 10 2nd Phase <b>Bhuloka Day</b> Devaloka Time: 6:AM to 9:AM
Creative Work Siddha Yoga							
Until 6:47AM							
Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Friday, October 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Lusaka, Zambia Sun 11 Sutra 187 Subhakrit 5124	
Simha Rasi: 11.49	Tithi 26 – 27	659276474	<b>Gulika</b> 7:11AM – 8:45AM Yama 3:00PM – 4:34PM <b>Rahu</b> 10:18AM – 11:52AM	<b>Magha* Until 8:55AM</b> Sukla Until 2:13PM Kaulava Until 2:18AM Sat <b>Ekadashi* Until 1:51PM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 5:37AM <b>Sunset:</b> 6:07PM	Moon 10 - Phase 26 - 11 2nd Phase <b>Bhuloka Day</b>
Routine Work Marana Yoga							
Until 8:55AM							
Then Creative Work - Siddha Yoga							

<b>4</b>		<b>Saturday, October 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Brahma/Indra Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau		Lusaka, Zambia Sun 12 Sutra 188 Subhakrit 5124	
Simha Rasi: 24.22	Tithi 27 – 28	659276474	<b>Gulika</b> 5:36AM – 7:10AM Yama 1:26PM – 3:00PM <b>Rahu</b> 8:44AM – 10:18AM	<b>Purvaphalguni Until 10:18AM</b> Brahma Until 1:39PM Gara Until 2:40AM Sun <b>Dvadashi* Until 2:33PM</b>	<b>Ganesha:</b> Green <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 5:36AM <b>Sunset:</b> 6:08PM	Moon 10 - Phase 26 - 12 2nd Phase <b>Bhuloka Day</b>
Creative Work Siddha Yoga							
Until 10:18AM							
Then Routine Work - Marana Yoga							
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>		<b>Sunday, October 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Indra/Vaidhriti* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Lusaka, Zambia Sun 13 Sutra 189 Subhakrit 5124	
Kanya Rasi: 7.14	Tithi 28 – 29	651276474	<b>Gulika</b> 3:00PM – 4:34PM Yama 11:52AM – 1:26PM <b>Rahu</b> 4:34PM – 6:08PM	<b>Uttaraphalguni Until 10:55AM</b> Indra Until 12:37PM Visti Until 2:23AM Mon <b>Trayodashi* Until 2:35PM</b>	<b>Ganesha:</b> Purple <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Red	<b>Sunrise:</b> 5:36AM <b>Sunset:</b> 6:08PM	Moon 10 - Phase 26 - 13 2nd Phase <b>Bhuloka Day</b>
Creative Work Amrita Yoga							
Until 11:13AM							
		<b>Deepavali Hindu Solidarity Day</b>					

<b>Monday, October 24, 2022</b>		<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Lusaka, Zambia Sun 14 Sutra 190 Subhakrit 5124	
Kanya Rasi: 20.25	Tithi 29 – 30	661276474	<b>Gulika</b> 1:26PM – 3:00PM Yama 10:18AM – 11:52AM <b>Rahu</b> 7:09AM – 8:43AM	<b>Hasta Until 11:13AM</b> Vaidhriti* Until 11:02AM Catuspada Until 1:30AM Tue <b>Chaturdashi* Until 2:00PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 5:35AM <b>Sunset:</b> 6:08PM	Moon 10 - Phase 26 - 14 Amavasya <b>Bhuloka Day</b>
Family Home Evening							
Creative Work Siddha Yoga							
Until 11:13AM							
Then Routine Work - Prabalarishta Yoga							
		<b>Subramuniyaswami Mahasamadhi</b>					

<b>Tuesday, October 25, 2022</b>		<b>Retreat Star</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Vishkambha*/Prili Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Lusaka, Zambia Sun 15 Sutra 191 Subhakrit 5124	
Tula Rasi: 3.55	Tithi 30 – 1	661276474	<b>Gulika</b> 11:52AM – 1:26PM Yama 8:43AM – 10:17AM <b>Rahu</b> 3:00PM – 4:34PM	<b>Chitra Until 10:47AM</b> Vishkambha* Until 9:01AM Kintughna Until 12:06AM Wed <b>Amavasya* Until 12:50PM</b>	<b>Ganesha:</b> Light Blue <b>Muruqa:</b> White <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 5:35AM <b>Sunset:</b> 6:08PM	Moon 10 - Phase 26 - 15 Prathama <b>Bhuloka Day</b>
Creative Work Siddha Yoga							
		<b>Skanda Shasthi Begins</b>					

As a caterpillar coming to the end of a blade of grass draws itself together in taking the next step, so does the soul in the process of transition strike down this body and dispel its ignorance. Shukla Yajur Veda

<b>1</b>	<b>Wednesday, October 26, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Lusaka, Zambia Sun 16 Sutra 192 Subhakit 5124
	Tula Rasi: 17.44	Tithi 1 - 2	<b>Gulika</b> 10:17AM - 11:51AM	<b>Svati</b> Until 9:45AM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:34AM	
	Creative Work	Siddha Yoga	Yama 7:09AM - 8:43AM	Priti Until 6:37AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:09PM	Moon 10 - Phase 27 - 16 3rd Phase
		661276574	<b>Rahu</b> 11:51AM - 1:26PM	Balava Until 10:16PM	<b>Nataraja:</b> Clear		
				<b>Prathama*</b> Until 11:13AM	Moon - Green		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
					<b>Karttika-Aipasi</b>		

<b>2</b>	<b>Thursday, October 27, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Lusaka, Zambia Sun 17 Sutra 193 Subhakit 5124
	Vrischika Rasi: 1.46	Tithi 2 - 3	<b>Gulika</b> 8:43AM - 10:17AM	<b>Vishakha</b> Until 8:38AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:34AM	
	Creative Work	Siddha Yoga	Yama 5:34AM - 7:08AM	Saubhagya Until 12:57AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:09PM	Moon 10 - Phase 27 - 17 3rd Phase
		671276574	<b>Rahu</b> 1:26PM - 3:00PM	Taitila Until 8:09PM	<b>Nataraja:</b> Clear		
				<b>Dvitiya</b> Until 9:13AM	Moon - Orange		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
					<b>Karttika-Aipasi</b>		

<b>3</b>	<b>Friday, October 28, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha Nakshatra Sobhana Yoga Gara/Visti Karana Tritiya/Chaturtham Titau				Lusaka, Zambia Sun 18 Sutra 194 Subhakit 5124
	Vrischika Rasi: 15.59	Tithi 3 - 4	<b>Gulika</b> 7:08AM - 8:42AM	<b>Anuradha</b> Until 7:07AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:33AM	
	Creative Work	Siddha Yoga	Yama 3:00PM - 4:35PM	Sobhana Until 9:54PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:09PM	Moon 10 - Phase 27 - 18 3rd Phase
		671276574	<b>Rahu</b> 10:17AM - 11:51AM	Visti Until 4:38AM Sat	<b>Nataraja:</b> Clear		
				<b>Tritiya</b> Until 7:00AM	Moon - Orange		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
					<b>Karttika-Aipasi</b>		

<b>4</b>	<b>Saturday, October 29, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Mula Nakshatra Athiganda Yoga Bava/Balava Karana Panchamyam Titau				Lusaka, Zambia Sun 19 Sutra 195 Subhakit 5124
	Dhanus Rasi: 0.18	Tithi 5	<b>Gulika</b> 5:33AM - 7:07AM	<b>Mula*</b> Until 3:49AM Sun	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:33AM	
	Creative Work	Siddha Yoga	Yama 1:26PM - 3:00PM	Athiganda* Until 6:45PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:10PM	Moon 10 - Phase 27 - 19 3rd Phase
		681276574	<b>Rahu</b> 8:42AM - 10:17AM	Bava Until 3:27PM	<b>Nataraja:</b> Clear		
				<b>Panchami</b> Until 2:14AM Sun	Moon - Light Blue		<b>Devaloka Day</b>
					<b>Karttika-Aipasi</b>		

<b>5</b>	<b>Sunday, October 30, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Shashthyam Titau				Lusaka, Zambia Sun 20 Sutra 196 Subhakit 5124
	Dhanus Rasi: 14.38	Tithi 6	<b>Gulika</b> 3:01PM - 4:35PM	<b>Purvashadha*</b> Until 2:11AM Mon	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:32AM	
	Creative Work	Siddha Yoga	Yama 11:51AM - 1:26PM	Sukarma Until 3:39PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:10PM	Moon 10 - Phase 27 - 20 3rd Phase
		681276574	<b>Rahu</b> 4:35PM - 6:10PM	Kaulava Until 1:03PM	<b>Nataraja:</b> Clear		
				<b>Shashthi*</b> Until 11:52PM	Moon - Light Blue		<b>Devaloka Day</b>
					<b>Karttika-Aipasi</b>		

<b>6</b>	<b>Monday, October 31, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha Nakshatra Dhriti/Shula Yoga Gara/Vanija Karana Saptamyam Titau				Lusaka, Zambia Sun 21 Sutra 197 Subhakit 5124
	Dhanus Rasi: 28.55	Tithi 7	<b>Gulika</b> 1:26PM - 3:01PM	<b>Uttarashadha</b> Until 12:33AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:32AM	
	Family Home Evening		Yama 10:16AM - 11:51AM	Dhriti Until 12:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:10PM	Moon 10 - Phase 27 - 21 3rd Phase
		681276574	<b>Rahu</b> 7:07AM - 8:41AM	Gara Until 10:45AM	<b>Nataraja:</b> Clear		
				<b>Saptami</b> Until 9:38PM	Moon - Light Blue		<b>Devaloka Day</b>
					<b>Karttika-Aipasi</b>		

<b>Retreat Star</b>	<b>Tuesday, November 1, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Shula/Ganda Yoga Visti/Bava Karana Ashtamyam Titau				Lusaka, Zambia Sun 22 Sutra 198 Subhakit 5124
	Makara Rasi: 13.07	Tithi 8	<b>Gulika</b> 11:51AM - 1:26PM	<b>Shravana</b> Until 11:21PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:31AM	
	Creative Work	Siddha Yoga	Yama 8:41AM - 10:16AM	Shula* Until 9:41AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:11PM	Moon 10 - Phase 27 - 22 Ashtami
		691276574	<b>Rahu</b> 3:01PM - 4:36PM	Visti Until 8:35AM	<b>Nataraja:</b> Clear		
				<b>Ashtami*</b> Until 7:33PM	Moon - Purple		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
					<b>Karttika-Aipasi</b>		

<b>Retreat Star</b>	<b>Wednesday, November 2, 2022</b>		Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Ganda/Vridhi Yoga Balava/Taitila Karana Navami/Dashamyam Titau				Lusaka, Zambia Sun 23 Sutra 199 Subhakit 5124
	Makara Rasi: 27.13	Tithi 9 - 10	<b>Gulika</b> 10:16AM - 11:51AM	<b>Dhanishtha</b> Until 10:14PM	<b>Ganesha:</b> Green	<i>Sunrise:</i> 5:31AM	
	Routine Work	Prabalarishta Yoga	Yama 7:06AM - 8:41AM	Ganda* Until 6:55AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:11PM	Moon 10 - Phase 27 - 23 Navami
		692276574	<b>Rahu</b> 11:51AM - 1:26PM	Balava Until 6:37AM	<b>Nataraja:</b> Clear		
				<b>Navami*</b> Until 5:41PM	Moon - Purple		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
					<b>Karttika-Aipasi</b>		

After death, the soul goes to the next world bearing in mind the subtle impressions of its deeds, and after reaping their harvest returns again to this world of action. Thus, he who has desires continues subject to rebirth. Shukla Yajur Veda

1	<b>Thursday, November 3, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Shatabhishak Nakshatra Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Lusaka, Zambia Sun 24 Sutra 200 Subhakrit 5124
	Kumbha Rasi: 11.09    Tithi 10 – 11	<b>Gulika</b> 8:41AM – 10:16AM	<b>Shatabhishak</b> Until 9:12PM	<b>Ganesha:</b> Green <i>Sunrise:</i> 5:31AM
	692276574	Yama 5:31AM – 7:06AM	Dhruva Until 1:56AM Fri	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:11PM
	Creative Work    Siddha Yoga	<b>Rahu</b> 1:26PM – 3:01PM	Vanija Until 3:22AM Fri	<b>Nataraja:</b> Clear Moon – Purple
			<b>Dashami</b> Until 4:03PM	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

2	<b>Friday, November 4, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaproshtapada* Nakshatra Vyaghata* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Lusaka, Zambia Sun 25 Sutra 201 Subhakrit 5124
	Kumbha Rasi: 24.56    Tithi 11 – 12	<b>Gulika</b> 7:05AM – 8:41AM	<b>Purvaproshtapada*</b> Until 8:44PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:30AM
	612276574	Yama 3:01PM – 4:37PM	Vyaghata* Until 11:46PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:12PM
	Creative Work    Siddha Yoga	<b>Rahu</b> 10:16AM – 11:51AM	Bava Until 2:10AM Sat	<b>Nataraja:</b> Clear Moon – Clear
			<b>Ekadashi</b> Until 2:42PM	<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

3	<b>Saturday, November 5, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraproshtapada Nakshatra Harshana Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Lusaka, Zambia Sun 26 Sutra 202 Subhakrit 5124
	Meena Rasi: 8.33    Tithi 12 – 13	<b>Gulika</b> 5:30AM – 7:05AM	<b>Uttaraproshtapada</b> Until 8:28PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:30AM
	612276574	Yama 1:26PM – 3:02PM	Harshana Until 9:54PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:12PM
	Creative Work    Siddha Yoga	<b>Rahu</b> 8:40AM – 10:16AM	Kaulava Until 1:19AM Sun	<b>Nataraja:</b> Clear Moon – Clear
Until 8:28PM	<b>Dvadashi</b> Until 1:40PM			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Then Routine Work - Prabararishta Yoga	<i>Pradosha Vrata</i>			

4	<b>Sunday, November 6, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Revati Nakshatra Vajra* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Lusaka, Zambia Sun 27 Sutra 203 Subhakrit 5124
	Meena Rasi: 21.57    Tithi 13 – 14	<b>Gulika</b> 3:02PM – 4:37PM	<b>Revati</b> Until 8:25PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:30AM
	612276574	Yama 11:51AM – 1:26PM	Vajra* Until 8:18PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:13PM
	Creative Work    Amrita Yoga	<b>Rahu</b> 4:37PM – 6:13PM	Gara Until 12:52AM Mon	<b>Nataraja:</b> Clear Moon – Clear
Until 8:25PM	<b>Trayodashi</b> Until 1:01PM			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha Yoga				

○	<b>Monday, November 7, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Ashvini Nakshatra Siddhi Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Lusaka, Zambia Sutra 204 Subhakrit 5124
	<b>Copper Retreat Star</b>	<b>Gulika</b> 1:27PM – 3:02PM	<b>Ashvini</b> Until 9:07PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:29AM
	Mesha Rasi: 5.08    Tithi 14 – 15	Yama 10:16AM – 11:51AM	Siddhi Until 7:05PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:13PM
	<b>Family Home Evening</b> 722276574	<b>Rahu</b> 7:05AM – 8:40AM	Visti Until 12:52AM Tue	<b>Nataraja:</b> Clear Moon – White
Creative Work    Siddha Yoga	<b>Chaturdashi*</b> Until 12:47PM			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM

○	<b>Tuesday, November 8, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Bharani Nakshatra Vyatipata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Lusaka, Zambia Sutra 205 Subhakrit 5124
	<b>Silver Retreat Star</b>	<b>Gulika</b> 11:51AM – 1:27PM	<b>Bharani</b> Until 10:08PM	<b>Ganesha:</b> Blue <i>Sunrise:</i> 5:29AM
	Mesha Rasi: 18.05    Tithi 15 – 16	Yama 8:40AM – 10:16AM	Vyatipata* Until 6:14PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:13PM
	722276574	<b>Rahu</b> 3:02PM – 4:38PM	Balava Until 1:23AM Wed	<b>Nataraja:</b> Clear Moon – White
Creative Work    Siddha Yoga	<b>Purnima*</b> Until 1:02PM			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM



**Wednesday, November 9, 2022**  
**Gold Retreat Star**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yukhtayam  
Krittika Nakshatra Varyan/Parigha\* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Lusaka, Zambia  
Sutra 206

Wrishabha Rasi: 0.47 Tithi 16 - 17

722276574

**Gulika** 10:16AM - 11:51AM  
**Yama** 7:04AM - 8:40AM  
**Rahu** 11:51AM - 1:27PM

**Krittika Until 11:29PM**  
Varyan Until 5:46PM  
Taitila Until 2:25AM Thu  
**Prathama\* Until 1:49PM**

**Ganesha:** Blue *Sunrise: 5:29AM*  
**Muruqa:** Clear *Sunset: 6:14PM*  
**Nataraja:** Clear  
Moon - White  
**Karttika-Aipasi**

Moon 11 - Phase 29 - 1st Phase

**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

Creative Work Amrita Yoga  
Until 11:29PM  
Then Creative Work - Siddha Yoga

**1**

**Thursday, November 10, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yukhtayam  
Rohini Nakshatra Parigha\*/Shiva Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Lusaka, Zambia  
Sun 1 Sutra 207

Wrishabha Rasi: 13.16 Tithi 17 - 18

732276574

**Gulika** 8:40AM - 10:16AM  
**Yama** 5:28AM - 7:04AM  
**Rahu** 1:27PM - 3:03PM

**Rohini Until 1:39AM Fri**  
Parigha\* Until 5:42PM  
Vanija Until 3:56AM Fri  
**Dvitiya Until 3:06PM**

**Ganesha:** Red *Sunrise: 5:28AM*  
**Muruqa:** Clear *Sunset: 6:14PM*  
**Nataraja:** Clear  
Moon - Yellow  
**Karttika-Aipasi**

Moon 11 - Phase 29 - 1st Phase

**Devaloka Day**

Routine Work Marana Yoga  
Until 1:39AM Fri  
Then Creative Work - Siddha Yoga

**2**

**Friday, November 11, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yukhtayam  
Mrigashira Nakshatra Shiva/Brahma Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Lusaka, Zambia  
Sun 2 Sutra 208

Wrishabha Rasi: 25.32 Tithi 18 - 19

732276574

**Gulika** 7:04AM - 8:40AM  
**Yama** 3:03PM - 4:39PM  
**Rahu** 10:16AM - 11:51AM

**Mrigashira Until 4:05AM Sat**  
Shiva Until 6:00PM  
Bava Until 5:55AM Sat  
**Tritiya Until 4:51PM**

**Ganesha:** Red *Sunrise: 5:28AM*  
**Muruqa:** Clear *Sunset: 6:15PM*  
**Nataraja:** Clear  
Moon - Yellow  
**Karttika-Aipasi**

Moon 11 - Phase 29 - 2 1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

**3**

**Saturday, November 12, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yukhtayam  
Ardra Nakshatra Siddha Yoga Balava Karana Chaturthyam Titau

Lusaka, Zambia  
Sun 3 Sutra 209

Mithuna Rasi: 7.37 Tithi 19

732276574

**Gulika** 5:28AM - 7:04AM  
**Yama** 1:27PM - 3:03PM  
**Rahu** 8:40AM - 10:16AM

**Ardra Until 6:39AM Sun**  
Siddha Until 6:34PM  
Balava Until 7:00PM  
**Chaturthi\* Until 7:00PM**

**Ganesha:** Red *Sunrise: 5:28AM*  
**Muruqa:** Clear *Sunset: 6:15PM*  
**Nataraja:** Clear  
Moon - Yellow  
**Karttika-Aipasi**

Moon 11 - Phase 29 - 3 1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

**4**

**Sunday, November 13, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yukhtayam  
Ardra/Punarvasu Nakshatra Sadhya Yoga Kaulava/Taitila Karana Panchamyam Titau

Lusaka, Zambia  
Sun 4 Sutra 210

Mithuna Rasi: 19.35 Tithi 20

732276574

**Gulika** 3:04PM - 4:40PM  
**Yama** 11:52AM - 1:28PM  
**Rahu** 4:40PM - 6:16PM

**Ardra Until 6:39AM**  
Sadhya Until 7:19PM  
Kaulava Until 8:12AM  
**Panchami Until 9:24PM**

**Ganesha:** Red *Sunrise: 5:28AM*  
**Muruqa:** Clear *Sunset: 6:16PM*  
**Nataraja:** Clear  
Moon - Yellow  
**Karttika-Aipasi**

Moon 11 - Phase 29 - 4 1st Phase

**Devaloka Day**

Creative Work Siddha Yoga

**5**

**Monday, November 14, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yukhtayam  
Punarvasu/Pushya Nakshatra Subha Yoga Gara/Vanija Karana Shashthyam Titau

Lusaka, Zambia  
Sun 5 Sutra 211

Kataka Rasi: 1.28 Tithi 21

742376574

**Gulika** 1:28PM - 3:04PM  
**Yama** 10:16AM - 11:52AM  
**Rahu** 7:04AM - 8:40AM

**Punarvasu Until 9:45AM**  
Subha Until 8:11PM  
Gara Until 10:41AM  
**Shashthi\* Until 11:54PM**

**Ganesha:** White *Sunrise: 5:28AM*  
**Muruqa:** Clear *Sunset: 6:16PM*  
**Nataraja:** Clear  
Moon - Blue  
**Karttika-Aipasi**

Moon 11 - Phase 29 - 5 1st Phase

**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

**Family Home Evening**  
Creative Work Amrita Yoga  
Until 9:45AM  
Then Creative Work - Siddha Yoga

**6**

**Tuesday, November 15, 2022**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yukhtayam  
Pushya/Ashlesha\* Nakshatra Sukla Yoga Visti\*/Bava Karana Saptamyam Titau

Lusaka, Zambia  
Sun 6 Sutra 212

Kataka Rasi: 13.21 Tithi 22

743376574

**Gulika** 11:52AM - 1:28PM  
**Yama** 8:40AM - 10:16AM  
**Rahu** 3:04PM - 4:40PM

**Pushya Until 12:40PM**  
Sukla Until 8:57PM  
Visti Until 1:09PM  
**Saptami Until 2:18AM Wed**

**Ganesha:** Green *Sunrise: 5:27AM*  
**Muruqa:** Clear *Sunset: 6:17PM*  
**Nataraja:** Clear  
Moon - Blue  
**Karttika-Aipasi**

Moon 11 - Phase 29 - 6 1st Phase

**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

**D**

**Wednesday, November 16, 2022**  
**Retreat Star**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yukhtayam  
Ashlesha\*/Magha\* Nakshatra Brahma Yoga Balava/Kaulava Karana Ashtamyam Titau

Lusaka, Zambia  
Sun 7 Sutra 213

Kataka Rasi: 25.17 Tithi 23

743376574

**Gulika** 10:16AM - 11:52AM  
**Yama** 7:03AM - 8:40AM  
**Rahu** 11:52AM - 1:28PM

**Ashlesha\* Until 3:15PM**  
Brahma Until 9:33PM  
Balava Until 3:26PM  
**Ashtami\* Until 4:24AM Thu**

**Ganesha:** Green *Sunrise: 5:27AM*  
**Muruqa:** Clear *Sunset: 6:17PM*  
**Nataraja:** Clear  
Moon - Blue  
**Karttika-Karttikai**

Moon 11 - Phase 29 - 7 Ashtami

**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

**Thursday, November 17, 2022**

**Retreat Star**

Subhakit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yukhtayam  
Magha\*/Purvaphalguni Nakshatra Indra Yoga Taitila/Gara Karana Navamyam Titau

Lusaka, Zambia  
Sun 8 Sutra 214

Simha Rasi: 7.2 Tithi 24

753376575

**Gulika** 8:40AM - 10:16AM  
**Yama** 5:27AM - 7:03AM  
**Rahu** 1:29PM - 3:05PM

**Magha\* Until 5:47PM**  
Indra Until 9:49PM  
Taitila Until 5:19PM  
**Navami\* Until 6:01AM Fri**

**Ganesha:** Orange *Sunrise: 5:27AM*  
**Muruqa:** Clear *Sunset: 6:18PM*  
**Nataraja:** Purple  
Moon - Red  
**Karttika-Karttikai**

Moon 11 - Phase 29 - 8 Navami

**Sivaloka Day**

Creative Work Amrita Yoga  
Until 5:47PM  
Then Creative Work - Siddha Yoga

Here they say that a person consists of desires. And as is his desire, so is his will. As is his will, so is his deed. Whatever deed he does, that he will reap. Shukla Yajur Veda

1	<b>Friday, November 18, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vaidhrili* Yoga Gara/Vanija Karana Navami/Dashmyam Titau				Lusaka, Zambia Sun 9 Sutra 215 Subhakrit 5124
	Simha Rasi: 19.35	Tithi 24 – 25	<b>Gulika</b> 7:03AM – 8:40AM	<b>Purvaphalguni</b> Until 7:35PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:27AM	
			Yama 3:05PM – 4:42PM	Vaidhrili* Until 9:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:18PM	Moon 11 - Phase 30 - 9
	753376575	<b>Rahu</b> 10:16AM – 11:53AM		Vanija Until 6:37PM	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Siddha Yoga		<b>Navami*</b> Until 6:01AM	Moon – Red		<b>Sivaloka Day</b>	
				Karttika-Karttikai			

2	<b>Saturday, November 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Lusaka, Zambia Sun 10 Sutra 216 Subhakrit 5124
	Kanya Rasi: 2.08	Tithi 25 – 26	<b>Gulika</b> 5:27AM – 7:03AM	<b>Uttaraphalguni</b> Until 8:34PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 5:27AM	
			Yama 1:29PM – 3:06PM	Vishkambha* Until 8:53PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:19PM	Moon 11 - Phase 30 - 10
	753376575	<b>Rahu</b> 8:40AM – 10:16AM		Bava Until 7:13PM	<b>Nataraja:</b> Purple		2nd Phase
Routine Work	Marana Yoga		<b>Dashami</b> Until 7:00AM	Moon – Red		<b>Sivaloka Day</b>	
				Karttika-Karttikai			

3	<b>Sunday, November 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Lusaka, Zambia Sun 11 Sutra 217 Subhakrit 5124
	Kanya Rasi: 15.01	Tithi 26 – 27	<b>Gulika</b> 3:06PM – 4:43PM	<b>Hasta</b> Until 9:07PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:27AM	
			Yama 11:53AM – 1:29PM	Priti Until 7:33PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:19PM	Moon 11 - Phase 30 - 11
	753376575	<b>Rahu</b> 4:43PM – 6:19PM		Kaulava Until 7:03PM	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Amrita Yoga		<b>Ekadashi*</b> Until 7:13AM	Moon – Green		<b>Devaloka Day</b>	
Until 9:07PM				Karttika-Karttikai			
Then Creative Work - Siddha Yoga							

4	<b>Monday, November 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Chitra Nakshatra Ayushman/Saubhagya Yoga Tailita/Gara Karana Dvadashi/Trayodashyam Titau				Lusaka, Zambia Sun 12 Sutra 218 Subhakrit 5124
	Kanya Rasi: 28.17	Tithi 27 – 28	<b>Gulika</b> 1:30PM – 3:06PM	<b>Chitra</b> Until 8:45PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:27AM	
			Yama 10:17AM – 11:53AM	Ayushman Until 5:36PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:20PM	Moon 11 - Phase 30 - 12
	753376575	<b>Rahu</b> 7:03AM – 8:40AM		Gara Until 6:07PM	<b>Nataraja:</b> Purple		2nd Phase
Family Home Evening	Prabalarishta Yoga		<b>Dvadashi*</b> Until 6:40AM	Moon – Green		<b>Devaloka Day</b>	
Until 8:45PM				Karttika-Karttikai			
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata (Fasting)</i>			

5	<b>Tuesday, November 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam Svati Nakshatra Saubhagya/Sobhana Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Lusaka, Zambia Sun 13 Sutra 219 Subhakrit 5124
	Tula Rasi: 11.59	Tithi 29	<b>Gulika</b> 11:53AM – 1:30PM	<b>Svati</b> Until 7:34PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 5:27AM	
			Yama 8:40AM – 10:17AM	Saubhagya Until 3:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:20PM	Moon 11 - Phase 30 - 13
	753376575	<b>Rahu</b> 3:07PM – 4:43PM		Visti Until 4:30PM	<b>Nataraja:</b> Purple		2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 3:26AM Wed	Moon – Green		<b>Devaloka Day</b>	
Until 7:34PM				Karttika-Karttikai			
Then Routine Work - Marana Yoga							

●	<b>Wednesday, November 23, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Sobhana/Athiganda* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Lusaka, Zambia Sun 14 Sutra 220 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 10:17AM – 11:54AM	<b>Vishakha</b> Until 6:07PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:27AM	
	Tula Rasi: 26.04	Tithi 30	Yama 7:04AM – 8:40AM	Sobhana Until 12:09PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:21PM	Moon 11 - Phase 30 - 14
	773376575	<b>Rahu</b> 11:54AM – 1:30PM		Catuspada Until 2:16PM	<b>Nataraja:</b> Purple		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya*</b> Until 12:58AM Thu	Moon – Orange		<b>Devaloka Day</b>	
				Karttika-Karttikai			

●	<b>Thursday, November 24, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kintughna*/Bava Karana Prathamayam Titau				Lusaka, Zambia Sun 15 Sutra 221 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 8:40AM – 10:17AM	<b>Anuradha</b> Until 4:06PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 5:27AM	
	Vrischika Rasi: 10.3	Tithi 1	Yama 5:27AM – 7:04AM	Athiganda* Until 8:48AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:21PM	Moon 11 - Phase 30 - 15
	773376575	<b>Rahu</b> 1:31PM – 3:08PM		Kintughna Until 11:36AM	<b>Nataraja:</b> Purple		Prathama
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 10:08PM	Moon – Orange		<b>Devaloka Day</b>	
Until 4:06PM				Margasira-Karttikai			
Then Routine Work - Prabalarishta Yoga							

If here one is able to realize Him before the death of the body, he will be liberated from the bondage of the world. Krishna Yajur Veda

1	<b>Friday, November 25, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau				Lusaka, Zambia Sun 16 Sutra 222 Subhakrit 5124	
	Vrischika Rasi: 25.1      Tithi 2	773376575	<b>Gulika</b> Yama <b>Rahu</b>	<b>7:04AM – 8:41AM</b> 3:08PM – 4:45PM <b>10:17AM – 11:54AM</b>	<b>Jyeshtha* Until 1:41PM</b> Dhriti Until 1:27AM Sat Balava Until 8:39AM <b>Dvitiya Until 7:05PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:27AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:22PM <b>Nataraja:</b> Purple Moon – Orange Margasira-Karttikai	Moon 11 - Phase 31 - 16 3rd Phase <b>Devaloka Day</b>
	Routine Work      Marana Yoga						
	Until 1:41PM						
Then Creative Work - Amrita Yoga							

2	<b>Saturday, November 26, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Shula* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Lusaka, Zambia Sun 17 Sutra 223 Subhakrit 5124	
	Dhanus Rasi: 9.58      Tithi 3 – 4	783376575	<b>Gulika</b> Yama <b>Rahu</b>	<b>5:27AM – 7:04AM</b> 1:32PM – 3:08PM <b>8:41AM – 10:18AM</b>	<b>Mula* Until 11:26AM</b> Shula* Until 9:41PM Vanija Until 2:26AM Sun <b>Tritiya Until 3:57PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:27AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:22PM <b>Nataraja:</b> Purple Moon – Light Blue Margasira-Karttikai	Moon 11 - Phase 31 - 17 3rd Phase <b>Devaloka Day</b>
	Creative Work      Siddha Yoga						

3	<b>Sunday, November 27, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Lusaka, Zambia Sun 18 Sutra 224 Subhakrit 5124	
	Dhanus Rasi: 24.45      Tithi 4 – 5	783376575	<b>Gulika</b> Yama <b>Rahu</b>	<b>3:09PM – 4:46PM</b> 11:55AM – 1:32PM <b>4:46PM – 6:23PM</b>	<b>Purvashadha* Until 9:06AM</b> Ganda* Until 6:00PM Bava Until 11:29PM <b>Chaturthi* Until 12:55PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:27AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Purple Moon – Light Blue Margasira-Karttikai	Moon 11 - Phase 31 - 18 3rd Phase <b>Devaloka Day</b>
	Creative Work      Siddha Yoga						
	Until 9:06AM						
Then Creative Work - Amrita Yoga							

4	<b>Monday, November 28, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Lusaka, Zambia Sun 19 Sutra 225 Subhakrit 5124	
	Makara Rasi: 9.25      Tithi 5 – 6	783376575	<b>Gulika</b> Yama <b>Rahu</b>	<b>1:32PM – 3:09PM</b> 10:18AM – 11:55AM <b>7:04AM – 8:41AM</b>	<b>Uttarashadha Until 6:49AM</b> Vriddhi Until 2:32PM Kaulava Until 8:47PM <b>Panchami Until 10:04AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:27AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Purple Moon – Light Blue Margasira-Karttikai	Moon 11 - Phase 31 - 19 3rd Phase <b>Devaloka Day</b>
	Family Home Evening						
	Routine Work      Marana Yoga						
Until 6:49AM							
Then Creative Work - Amrita Yoga							

5	<b>Tuesday, November 29, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Dhruva/Vyaghata* Yoga Talila/Gara Karana Shashthi/Saplamyam Titau				Lusaka, Zambia Sun 20 Sutra 226 Subhakrit 5124	
	Makara Rasi: 23.52      Tithi 6 – 7	793376575	<b>Gulika</b> Yama <b>Rahu</b>	<b>11:56AM – 1:33PM</b> 8:41AM – 10:18AM <b>3:10PM – 4:47PM</b>	<b>Dhanishtha Until 3:39AM Wed</b> Dhruva Until 11:20AM Gara Until 6:28PM <b>Shashthi* Until 7:34AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:27AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:24PM <b>Nataraja:</b> Purple Moon – Purple Margasira-Karttikai	Moon 11 - Phase 31 - 20 3rd Phase <b>Sivaloka Day</b>
	Creative Work      Siddha Yoga						

D	<b>Wednesday, November 30, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau				Lusaka, Zambia Sun 21 Sutra 227 Subhakrit 5124	
	Kumbha Rasi: 8.02      Tithi 8	794376575	<b>Gulika</b> Yama <b>Rahu</b>	<b>10:19AM – 11:56AM</b> 7:04AM – 8:42AM <b>11:56AM – 1:33PM</b>	<b>Shatabhishak Until 2:32AM Thu</b> Vyaghata* Until 8:29AM Visti Until 4:37PM <b>Ashtami* Until 3:51AM Thu</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 5:27AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:25PM <b>Nataraja:</b> Purple Moon – Purple Margasira-Karttikai	Moon 11 - Phase 31 - 21 Ashtami <b>Sivaloka Day</b>
	Creative Work      Siddha Yoga						

D	<b>Thursday, December 1, 2022</b>	Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada* Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Navamyam Titau				Lusaka, Zambia Sun 22 Sutra 228 Subhakrit 5124	
	Kumbha Rasi: 21.53      Tithi 9	714376575	<b>Gulika</b> Yama <b>Rahu</b>	<b>8:42AM – 10:19AM</b> 5:27AM – 7:05AM <b>1:34PM – 3:11PM</b>	<b>Purvaproshtapada* Until 2:12AM Fri</b> Harshana Until 6:02AM Balava Until 3:15PM <b>Navami* Until 2:45AM Fri</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 5:27AM <b>Muruqa:</b> Clear <i>Sunset:</i> 6:25PM <b>Nataraja:</b> Purple Moon – Clear Margasira-Karttikai	Moon 11 - Phase 31 - 22 Navami <b>Sivaloka Day</b>
	Creative Work      Siddha Yoga						

When the soul attains Self-knowledge, then it becomes one with Siva. The malas perish, birth's cycle ends and the lustrous light of wisdom dawns. Tirumantiram 2331


<b>1</b>		<b>Friday, December 2, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada Nakshatra Siddhi Yoga Taitila/Gara Karana Dashamyam Titau			Lusaka, Zambia Sun 23 Sutra 229	
Meena Rasi: 5.26	Tithi 10	<b>Gulika</b> 7:05AM – 8:42AM	<b>Uttaraproshtapada</b> Until 2:14AM Sat	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:28AM	Subhakrit 5124		
		Yama 3:11PM – 4:48PM	Siddhi Until 2:18AM Sat	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 11 - Phase 32 - 23		
		714376575 <b>Rahu</b> 10:19AM – 11:57AM	Taitila Until 2:25PM	<b>Nataraja:</b> Purple		4th Phase		
Creative Work	Siddha Yoga		<b>Dashami</b> Until 2:10AM Sat	Moon – Clear		<b>Sivaloka Day</b>		
Until 2:14AM Sat				Margasira-Karttikai				
Then Routine Work - Prabalarishta Yoga								

<b>2</b>		<b>Saturday, December 3, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Revati Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau			Lusaka, Zambia Sun 24 Sutra 230	
Meena Rasi: 18.43	Tithi 11	<b>Gulika</b> 5:28AM – 7:05AM	<b>Revati</b> Until 2:37AM Sun	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:28AM	Subhakrit 5124		
		Yama 1:34PM – 3:12PM	Vyatipata* Until 1:04AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 11 - Phase 32 - 24		
		714376575 <b>Rahu</b> 8:42AM – 10:20AM	Vanija Until 2:05PM	<b>Nataraja:</b> Purple		4th Phase		
Routine Work	Prabalarishta Yoga		<b>Ekadashi</b> Until 2:06AM Sun	Moon – Clear		<b>Sivaloka Day</b>		
Until 2:37AM Sun				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

<b>3</b>		<b>Sunday, December 4, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini Nakshatra Varyan Yoga Bava/Balava Karana Dvodashyam Titau			Lusaka, Zambia Sun 25 Sutra 231	
Mesha Rasi: 1.44	Tithi 12	<b>Gulika</b> 3:12PM – 4:50PM	<b>Ashvini</b> Until 3:45AM Mon	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:28AM	Subhakrit 5124		
		Yama 11:57AM – 1:35PM	Varyan Until 12:10AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:27PM	Moon 11 - Phase 32 - 25		
		724376575 <b>Rahu</b> 4:50PM – 6:27PM	Bava Until 2:15PM	<b>Nataraja:</b> Purple		4th Phase		
Creative Work	Siddha Yoga		<b>Dvodashi</b> Until 2:30AM Mon	Moon – White		<b>Devaloka Day</b>		
				Margasira-Karttikai				

<b>4</b>		<b>Monday, December 5, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Bharani Nakshatra Parigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau			Lusaka, Zambia Sun 26 Sutra 232	
Mesha Rasi: 14.31	Tithi 13	<b>Gulika</b> 1:35PM – 3:13PM	<b>Bharani</b> Until 5:09AM Tue	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:28AM	Subhakrit 5124		
<b>Family Home Evening</b>		Yama 10:20AM – 11:58AM	Parigha* Until 11:37PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:27PM	Moon 11 - Phase 32 - 26		
		724376575 <b>Rahu</b> 7:06AM – 8:43AM	Kaulava Until 2:53PM	<b>Nataraja:</b> Purple		4th Phase		
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 3:20AM Tue	Moon – White		<b>Devaloka Day</b>		
				Margasira-Karttikai				
<i>Pradosha Vrata</i>								

<b>5</b>		<b>Tuesday, December 6, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau			Lusaka, Zambia Sun 27 Sutra 233	
Mesha Rasi: 27.05	Tithi 14	<b>Gulika</b> 11:58AM – 1:36PM	<b>Krittika</b> Until 6:47AM Wed	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:28AM	Subhakrit 5124		
		Yama 8:43AM – 10:21AM	Shiva Until 11:23PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:28PM	Moon 11 - Phase 32 - 27		
		724376575 <b>Rahu</b> 3:13PM – 4:51PM	Gara Until 3:56PM	<b>Nataraja:</b> Purple		4th Phase		
Creative Work	Siddha Yoga		<b>Chaturdashi*</b> Until 4:35AM Wed	Moon – White		<b>Devaloka Day</b>		
				Margasira-Karttikai				

		<b>Wednesday, December 7, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau			Lusaka, Zambia Sutra 234	
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:21AM – 11:59AM	<b>Krittika</b> Until 6:47AM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:29AM	Subhakrit 5124		
Vrishabha Rasi: 9.3	Tithi 15	Yama 7:06AM – 8:44AM	Siddha Until 11:25PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:29PM	Moon 11 - Phase 32 - Purnima		
		724376575 <b>Rahu</b> 11:59AM – 1:36PM	Visti Until 5:22PM	<b>Nataraja:</b> Purple				
Creative Work	Amrita Yoga		<b>Purnima*</b> Until 6:12AM Thu	Moon – White		<b>Devaloka Day</b>		
Until 6:47AM				Margasira-Karttikai				
Then Creative Work - Siddha Yoga								

<b>Thursday, December 8, 2022</b>		<b>Silver Retreat Star</b>			Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Sadhya Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Lusaka, Zambia Sutra 235	
Vrishabha Rasi: 21.46	Tithi 15 – 16	<b>Gulika</b> 8:44AM – 10:22AM	<b>Rohini</b> Until 9:05AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:29AM	Subhakrit 5124			
		Yama 5:29AM – 7:07AM	Sadhya Until 11:43PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:29PM	Moon 11 - Phase 32 - Prathama			
		734376575 <b>Rahu</b> 1:37PM – 3:14PM	Balava Until 7:10PM	<b>Nataraja:</b> Purple					
Routine Work	Marana Yoga		<b>Purnima*</b> Until 6:12AM	Moon – Yellow		<b>Sivaloka Day</b>			
				Margasira-Karttikai					
Vinayaga Viratam Begins									

The one controller, the inner Self of all things, who makes His one form manifold, to the wise who perceive Him as abiding in the soul, to them is eternal bliss—to no others. Krishna Yajur Veda





**Friday, December 9, 2022**  
**Gold Retreat Star**

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yukhtayam  
Mrigashira/Ardra Nakshatra Subha Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Lusaka, Zambia  
Sutra 236

Mithuna Rasi: 3.53 Tithi 16 – 17

734476575

**Gulika** 7:07AM – 8:44AM  
**Yama** 3:15PM – 4:52PM  
**Rahu** 10:22AM – 12:00PM

**Mrigashira** Until 11:32AM  
Subha Until 12:14AM Sat  
Taitila Until 9:15PM  
**Prathama\*** Until 8:09AM

**Ganesha:** Red *Sunrise:* 5:29AM  
**Muruqa:** Clear *Sunset:* 6:30PM

Moon 12 - Phase 33 -  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

Moon – Yellow  
Margasira-Karttikai

**1**

**Saturday, December 10, 2022**

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yukhtayam  
Ardra/Punarvasu Nakshatra Sukla Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Lusaka, Zambia  
Sun 1 Sutra 237

Mithuna Rasi: 15.53 Tithi 17 – 18

734476575

**Gulika** 5:30AM – 7:07AM  
**Yama** 1:38PM – 3:15PM  
**Rahu** 8:45AM – 10:22AM

**Ardra** Until 2:03PM  
Sukla Until 12:54AM Sun  
Vanija Until 11:35PM  
**Dvitiya** Until 10:22AM

**Ganesha:** Red *Sunrise:* 5:30AM  
**Muruqa:** Clear *Sunset:* 6:30PM

Moon 12 - Phase 33 - 1  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

Moon – Yellow  
Margasira-Karttikai

**2**

**Sunday, December 11, 2022**

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yukhtayam  
Punarvasu/Pushya Nakshatra Brahma Yoga Visti\*/Bava Karana Tritiya/Chaturtham Titau

Lusaka, Zambia  
Sun 2 Sutra 238

Mithuna Rasi: 27.49 Tithi 18 – 19

744476575

**Gulika** 3:16PM – 4:53PM  
**Yama** 12:00PM – 1:38PM  
**Rahu** 4:53PM – 6:31PM

**Punarvasu** Until 5:06PM  
Brahma Until 1:42AM Mon  
Bava Until 2:04AM Mon  
**Tritiya** Until 12:47PM

**Ganesha:** Green *Sunrise:* 5:30AM  
**Muruqa:** Clear *Sunset:* 6:31PM

Moon 12 - Phase 33 - 2  
1st Phase

Creative Work Siddha Yoga

**Devaloka Day**

Moon – Blue  
Margasira-Karttikai

**3**

**Monday, December 12, 2022**

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yukhtayam  
Pushya Nakshatra Indra Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Lusaka, Zambia  
Sun 3 Sutra 239

Kataka Rasi: 9.43 Tithi 19 – 20

745476575

**Family Home Evening**

**Gulika** 1:39PM – 3:16PM  
**Yama** 10:23AM – 12:01PM  
**Rahu** 7:08AM – 8:46AM

**Pushya** Until 8:03PM  
Indra Until 2:33AM Tue  
Kaulava Until 4:36AM Tue  
**Chaturthi\*** Until 3:19PM

**Ganesha:** White *Sunrise:* 5:30AM  
**Muruqa:** Clear *Sunset:* 6:32PM

Moon 12 - Phase 33 - 3  
1st Phase

Creative Work Siddha Yoga

**Devaloka Day**

Moon – Blue  
Margasira-Karttikai

**4**

**Tuesday, December 13, 2022**

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yukhtayam  
Ashlesha\* Nakshatra Vaidhriti\* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Lusaka, Zambia  
Sun 4 Sutra 240

Kataka Rasi: 21.34 Tithi 20 – 21

745476575

**Gulika** 12:01PM – 1:39PM  
**Yama** 8:46AM – 10:24AM  
**Rahu** 3:17PM – 4:54PM

**Ashlesha\*** Until 10:48PM  
Vaidhriti\* Until 3:19AM Wed  
Gara Until 7:03AM Wed  
**Panchami** Until 5:49PM

**Ganesha:** White *Sunrise:* 5:31AM  
**Muruqa:** Clear *Sunset:* 6:32PM

Moon 12 - Phase 33 - 4  
1st Phase

Creative Work Siddha Yoga

**Devaloka Day**

Moon – Blue  
Margasira-Karttikai

**5**

**Wednesday, December 14, 2022**

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yukhtayam  
Magha\* Nakshatra Vishkambha\* Yoga Gara/Vanija Karana Shashthyam Titau

Lusaka, Zambia  
Sun 5 Sutra 241

Simha Rasi: 3.29 Tithi 21

755476575

**Gulika** 10:24AM – 12:02PM  
**Yama** 7:09AM – 8:46AM  
**Rahu** 12:02PM – 1:40PM

**Magha\*** Until 1:42AM Thu  
Vishkambha\* Until 3:55AM Thu  
Gara Until 7:03AM  
**Shashthi\*** Until 8:10PM

**Ganesha:** Clear *Sunrise:* 5:31AM  
**Muruqa:** Clear *Sunset:* 6:33PM

Moon 12 - Phase 33 - 5  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

Moon – Red  
Margasira-Karttikai

**6**

**Thursday, December 15, 2022**

Subhakrit Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yukhtayam  
Purvaphalguni Nakshatra Priti Yoga Visti\*/Bava Karana Saptamyam Titau

Lusaka, Zambia  
Sun 6 Sutra 242

Simha Rasi: 15.29 Tithi 22

755476575

**Gulika** 8:47AM – 10:25AM  
**Yama** 5:32AM – 7:09AM  
**Rahu** 1:40PM – 3:18PM

**Purvaphalguni** Until 4:02AM Fri  
Priti Until 4:13AM Fri  
Visti Until 9:14AM  
**Saptami** Until 10:08PM

**Ganesha:** Clear *Sunrise:* 5:32AM  
**Muruqa:** Clear *Sunset:* 6:33PM

Moon 12 - Phase 33 - 6  
1st Phase

Creative Work Siddha Yoga

**Sivaloka Day**

Moon – Red  
Margasira-Karttikai

**D**

**Friday, December 16, 2022**

**Retreat Star**

Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yukhtayam  
Uttaraphalguni Nakshatra Ayushman Yoga Balava/Kaulava Karana Ashtamyam Titau

Lusaka, Zambia  
Sun 7 Sutra 243

Simha Rasi: 27.4 Tithi 23

755476575

**Gulika** 7:10AM – 8:47AM  
**Yama** 3:18PM – 4:56PM  
**Rahu** 10:25AM – 12:03PM

**Uttaraphalguni** Until 5:38AM Sat  
Ayushman Until 4:02AM Sat  
Balava Until 10:57AM  
**Ashtami\*** Until 11:33PM

**Ganesha:** Clear *Sunrise:* 5:32AM  
**Muruqa:** Clear *Sunset:* 6:34PM

Moon 12 - Phase 33 - 7  
Ashtami

Creative Work Siddha Yoga

**Sivaloka Day**

Moon – Red  
Margasira-Markali

Until 5:38AM Sat  
Then Routine Work - Marana Yoga

**Markali Pillaiyar**

**Saturday, December 17, 2022**

**Retreat Star**

Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yukhtayam  
Hasta Nakshatra Saubhagya Yoga Taitila/Gara Karana Navamyam Titau

Lusaka, Zambia  
Sun 8 Sutra 244

Kanya Rasi: 10.06 Tithi 24

865476575

**Gulika** 5:32AM – 7:10AM  
**Yama** 1:41PM – 3:19PM  
**Rahu** 8:48AM – 10:26AM

**Hasta** Until 6:49AM Sun  
Saubhagya Until 3:17AM Sun  
Taitila Until 12:01PM  
**Navami\*** Until 12:14AM Sun

**Ganesha:** Clear *Sunrise:* 5:32AM  
**Muruqa:** Clear *Sunset:* 6:34PM

Moon 12 - Phase 33 - 8  
Navami

Routine Work Marana Yoga

**Sivaloka Day**

Moon – Green  
Margasira-Markali

Until 6:49AM Sun  
Then Creative Work - Siddha Yoga

As oil in sesame seeds, as butter in cream, as water in river beds, as fire in friction sticks, so is the atman grasped in one's own self when one searches for Him with truthfulness and austerity. Krishna Yajur Veda

11 times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1</b>		<b>Sunday, December 18, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Hasla/Chitra Nakshatra Sobhana Yoga Vanija/Visli* Karana Dashamyam Titau		Lusaka, Zambia Sun 9 Sutra 245	
Kanya Rasi: 22.53	Tithi 25	865476575	<b>Gulika</b> 3:19PM – 4:57PM <b>Yama</b> 12:04PM – 1:42PM <b>Rahu</b> 4:57PM – 6:35PM	<b>Hasta</b> <b>Until 6:49AM</b> Sobhana Until 1:54AM Mon Vanija Until 12:17PM <b>Dashami</b> <b>Until 12:05AM Mon</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 5:33AM <b>Sunset:</b> 6:35PM	Moon 12 - Phase 34 - 9 2nd Phase <b>Sivaloka Day</b> Margasira*Markali
Creative Work Amrita Yoga Until 6:49AM Then Creative Work - Siddha Yoga							

<b>2</b>		<b>Monday, December 19, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Athiganda* Yoga Bava/Balava Karana Ekadashyam Titau		Lusaka, Zambia Sun 10 Sutra 246	
Tula Rasi: 6.05	Tithi 26	865476575	<b>Gulika</b> 1:42PM – 3:20PM <b>Yama</b> 10:27AM – 12:04PM <b>Rahu</b> 7:11AM – 8:49AM	<b>Chitra</b> <b>Until 7:01AM</b> Athiganda* Until 11:49PM Bava Until 11:42AM <b>Ekadashi*</b> <b>Until 11:04PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 5:33AM <b>Sunset:</b> 6:35PM	Moon 12 - Phase 34 - 10 2nd Phase <b>Sivaloka Day</b> Margasira*Markali
Family Home Evening Routine Work Prabalarishta Yoga Until 7:01AM Then Creative Work - Amrita Yoga							

<b>3</b>		<b>Tuesday, December 20, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Sukarma Yoga Kaulava/Tailita Karana Dvadashyam Titau		Lusaka, Zambia Sun 11 Sutra 247	
Tula Rasi: 19.46	Tithi 27	865476575	<b>Gulika</b> 12:05PM – 1:43PM <b>Yama</b> 8:49AM – 10:27AM <b>Rahu</b> 3:20PM – 4:58PM	<b>Svati</b> <b>Until 6:15AM</b> Sukarma Until 9:07PM Kaulava Until 10:17AM <b>Dvadashi*</b> <b>Until 9:15PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Green	<b>Sunrise:</b> 5:34AM <b>Sunset:</b> 6:36PM	Moon 12 - Phase 34 - 11 2nd Phase <b>Sivaloka Day</b> Margasira*Markali
Creative Work Siddha Yoga Until 6:15AM Then Routine Work - Marana Yoga							

<b>4</b>		<b>Wednesday, December 21, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Trayodashyam Titau		Lusaka, Zambia Sun 12 Sutra 248	
Vrischika Rasi: 3.55	Tithi 28	876476575	<b>Gulika</b> 10:28AM – 12:05PM <b>Yama</b> 7:12AM – 8:50AM <b>Rahu</b> 12:05PM – 1:43PM	<b>Anuradha</b> <b>Until 3:00AM Thu</b> Dhriti Until 5:52PM Gara Until 8:06AM <b>Trayodashi*</b> <b>Until 6:45PM</b> <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Orange	<b>Sunrise:</b> 5:34AM <b>Sunset:</b> 6:36PM	Moon 12 - Phase 34 - 12 2nd Phase <b>Sivaloka Day</b> Margasira*Markali
Creative Work Siddha Yoga Until 3:00AM Thu Then Routine Work - Prabalarishta Yoga		Day 1 of Pancha Ganapati					

<b>5</b>		<b>Thursday, December 22, 2022</b>		Subhakrit Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Shula*/Ganda* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Lusaka, Zambia Sun 13 Sutra 249	
Vrischika Rasi: 18.3	Tithi 29 – 30	876476575	<b>Gulika</b> 8:50AM – 10:28AM <b>Yama</b> 5:35AM – 7:12AM <b>Rahu</b> 1:44PM – 3:21PM	<b>Jyeshtha*</b> <b>Until 12:22AM Fri</b> Shula* Until 2:09PM Catuspada Until 2:02AM Fri <b>Chaturdashi*</b> <b>Until 3:42PM</b>	<b>Ganesha:</b> Clear <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Orange	<b>Sunrise:</b> 5:35AM <b>Sunset:</b> 6:37PM	Moon 12 - Phase 34 - 13 2nd Phase <b>Sivaloka Day</b> Margasira*Markali
Routine Work Prabalarishta Yoga Until 12:22AM Fri Then Creative Work - Amrita Yoga		Day 2 of Pancha Ganapati					

<b>Retreat Star</b>		<b>Friday, December 23, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Ganda*/Vridhhi Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Lusaka, Zambia Sun 14 Sutra 250	
Dhanus Rasi: 3.26	Tithi 30 – 1	886476575	<b>Gulika</b> 7:13AM – 8:51AM <b>Yama</b> 3:22PM – 5:00PM <b>Rahu</b> 10:28AM – 12:06PM	<b>Mula*</b> <b>Until 9:42PM</b> Ganda* Until 10:08AM Kintughna Until 10:29PM <b>Amavasya*</b> <b>Until 12:16PM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Clear <b>Nataraja:</b> Purple Moon – Light Blue	<b>Sunrise:</b> 5:35AM <b>Sunset:</b> 6:37PM	Moon 12 - Phase 34 - 14 Amavasya <b>Sivaloka Day</b> Margasira*Markali
Creative Work Amrita Yoga Until 9:42PM Then Routine Work - Prabalarishta Yoga		Day 3 of Pancha Ganapati					

<b>Retreat Star</b>		<b>Saturday, December 24, 2022</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha* Nakshatra Dhruva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Lusaka, Zambia Sun 15 Sutra 251	
Dhanus Rasi: 18.34	Tithi 1 – 2	886486575	<b>Gulika</b> 5:36AM – 7:13AM <b>Yama</b> 1:45PM – 3:22PM <b>Rahu</b> 8:51AM – 10:29AM	<b>Purvashadha*</b> <b>Until 6:46PM</b> Dhruva Until 1:40AM Sun Balava Until 6:49PM <b>Prathama*</b> <b>Until 8:38AM</b>	<b>Ganesha:</b> Orange <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue	<b>Sunrise:</b> 5:36AM <b>Sunset:</b> 6:38PM	Moon 12 - Phase 34 - 15 Prathama <b>Subha Sivaloka Day</b> Pausha*Markali
Creative Work Siddha Yoga Until 6:46PM Then Routine Work - Marana Yoga		Day 4 of Pancha Ganapati					

The soul is born and unfolds in a body, with dreams and desires and the food of life. And then it is reborn in new bodies, in accordance with its former works. The quality of the soul determines its future body; earthly or airy, heavy or light. Krishna Yajur Veda

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1</b>		<b>Sunday, December 25, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau		Lusaka, Zambia Sun 16 Sutra 252 Subhakrit 5124	
Makara Rasi: 3.45	Tithi 3	886486575	<b>Gulika</b> 3:23PM – 5:01PM <b>Yama</b> 12:07PM – 1:45PM <b>Rahu</b> 5:01PM – 6:38PM	<b>Uttarashadha</b> Until 3:46PM Vyaghata* Until 9:30PM Taitila Until 3:11PM <b>Tritiya</b> Until 1:26AM Mon	<b>Ganesha:</b> Orange <b>Muruqa:</b> Purple <b>Nataraja:</b> Purple Moon – Light Blue Pausha-Markali	<b>Sunrise:</b> 5:36AM <b>Sunset:</b> 6:38PM	Moon 12 - Phase 35 - 16 3rd Phase <b>Subha Sivaloka Day</b>
Creative Work Amrita Yoga		Day 5 of Pancha Ganapati					

<b>2</b>		<b>Monday, December 26, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturthiyam Titau		Lusaka, Zambia Sun 17 Sutra 253 Subhakrit 5124	
Makara Rasi: 18.49	Tithi 4	896486576	<b>Gulika</b> 1:45PM – 3:23PM <b>Yama</b> 10:30AM – 12:08PM <b>Rahu</b> 7:15AM – 8:52AM	<b>Shravana</b> Until 1:15PM Harshana Until 5:35PM Vanija Until 11:48AM <b>Chaturthi*</b> Until 10:13PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Purple Pausha-Markali	<b>Sunrise:</b> 5:37AM <b>Sunset:</b> 6:39PM	Moon 12 - Phase 35 - 17 3rd Phase <b>Sivaloka Day</b>
Family Home Evening Creative Work Amrita Yoga Until 1:15PM Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Tuesday, December 27, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shalabhishak Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchamyam Titau		Lusaka, Zambia Sun 18 Sutra 254 Subhakrit 5124	
Kumbha Rasi: 3.37	Tithi 5	896486576	<b>Gulika</b> 12:08PM – 1:46PM <b>Yama</b> 8:53AM – 10:31AM <b>Rahu</b> 3:24PM – 5:01PM	<b>Dhanishtha</b> Until 11:00AM Vajra* Until 1:58PM Bava Until 8:47AM <b>Panchami</b> Until 7:27PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Purple Pausha-Markali	<b>Sunrise:</b> 5:37AM <b>Sunset:</b> 6:39PM	Moon 12 - Phase 35 - 18 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 11:00AM Then Routine Work - Marana Yoga							

<b>4</b>		<b>Wednesday, December 28, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Gara Karana Shashthi/Saptamyam Titau		Lusaka, Zambia Sun 19 Sutra 255 Subhakrit 5124	
Kumbha Rasi: 18.03	Tithi 6 – 7	896486576	<b>Gulika</b> 10:31AM – 12:09PM <b>Yama</b> 7:16AM – 8:53AM <b>Rahu</b> 12:09PM – 1:46PM	<b>Shatabhishak</b> Until 9:08AM Siddhi Until 10:50AM Kaulava Until 6:18AM <b>Shashthi*</b> Until 5:16PM	<b>Ganesha:</b> Clear <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Purple Pausha-Markali	<b>Sunrise:</b> 5:38AM <b>Sunset:</b> 6:40PM	Moon 12 - Phase 35 - 19 3rd Phase <b>Sivaloka Day</b>
Creative Work Siddha Yoga Until 9:08AM Then Creative Work - Amrita Yoga		Vinayaga Viratam Ends					

<b>5</b>		<b>Thursday, December 29, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Vyalipata*/Variyan Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Lusaka, Zambia Sun 20 Sutra 256 Subhakrit 5124	
Meena Rasi: 2.04	Tithi 7 – 8	817486576	<b>Gulika</b> 8:54AM – 10:32AM <b>Yama</b> 5:38AM – 7:16AM <b>Rahu</b> 1:47PM – 3:25PM	<b>Purvaproshtapada*</b> Until 8:12AM Vyatipata* Until 8:14AM Visti Until 3:20AM Fri <b>Saptami</b> Until 3:47PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear Pausha-Markali	<b>Sunrise:</b> 5:38AM <b>Sunset:</b> 6:40PM	Moon 12 - Phase 35 - 20 3rd Phase <b>Devaloka Day</b>
Creative Work Siddha Yoga							

<b>Retreat Star</b>		<b>Friday, December 30, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Variyan/Parigha* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Lusaka, Zambia Sun 21 Sutra 257 Subhakrit 5124	
Meena Rasi: 15.38	Tithi 8 – 9	817486576	<b>Gulika</b> 7:17AM – 8:54AM <b>Yama</b> 3:25PM – 5:03PM <b>Rahu</b> 10:32AM – 12:10PM	<b>Uttaraproshtapada</b> Until 7:51AM Variyan Until 6:11AM Balava Until 2:57AM Sat <b>Ashtami*</b> Until 3:02PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear Pausha-Markali	<b>Sunrise:</b> 5:39AM <b>Sunset:</b> 6:40PM	Moon 12 - Phase 35 - 21 Ashtami <b>Devaloka Day</b>
Creative Work Siddha Yoga							

<b>Retreat Star</b>		<b>Saturday, December 31, 2022</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Revati/Ashvini Nakshatra Shiva Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Lusaka, Zambia Sun 22 Sutra 258 Subhakrit 5124	
Meena Rasi: 28.47	Tithi 9 – 10	817486576	<b>Gulika</b> 5:40AM – 7:17AM <b>Yama</b> 1:48PM – 3:25PM <b>Rahu</b> 8:55AM – 10:33AM	<b>Revati</b> Until 8:04AM Shiva Until 3:51AM Sun Taitila Until 3:17AM Sun <b>Navami*</b> Until 3:01PM	<b>Ganesha:</b> Blue <b>Muruqa:</b> Purple <b>Nataraja:</b> Clear Moon – Clear Pausha-Markali	<b>Sunrise:</b> 5:40AM <b>Sunset:</b> 6:41PM	Moon 12 - Phase 35 - 22 Navami <b>Devaloka Day</b>
Routine Work Prabalarishta Yoga Until 8:04AM Then Creative Work - Siddha Yoga							

<b>1 Sunday, January 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Lusaka, Zambia Sun 23 Sutra 259 Subhakrit 5124	
Mesha Rasi: 12	Tithi 10 - 11	<b>Gulika</b> 3:26PM - 5:04PM	<b>Ashvini</b> Until 9:16AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:40AM	
		Yama 12:11PM - 1:48PM	Siddha Until 3:24AM Mon	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:41PM	Moon 12 - Phase 36 - 23
	827486576	<b>Rahu</b> 5:04PM - 6:41PM	Vanija Until 4:16AM Mon	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 3:41PM	Moon - White		<b>Sivaloka Day</b>
Until 9:16AM				Pausha-Markali		
Then Routine Work - Prabararishta Yoga						

<b>2 Monday, January 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Bharani/Krittika Nakshatra Sadhya Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Lusaka, Zambia Sun 24 Sutra 260 Subhakrit 5124	
Mesha Rasi: 24.08	Tithi 11 - 12	<b>Gulika</b> 1:49PM - 3:26PM	<b>Bharani</b> Until 10:53AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:41AM	
<b>Family Home Evening</b>		Yama 10:34AM - 12:11PM	Sadhya Until 3:22AM Tue	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:42PM	Moon 12 - Phase 36 - 24
Creative Work	Siddha Yoga	827486576 <b>Rahu</b> 7:18AM - 8:56AM	Bava Until 5:44AM Tue	<b>Nataraja:</b> Clear		4th Phase
Until 10:53AM			<b>Ekadashi</b> Until 4:55PM	Moon - White		<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga						

<b>3 Tuesday, January 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Krittika/Rohini Nakshatra Subha Yoga Balava Karana Dvadashyam Titau			Lusaka, Zambia Sun 25 Sutra 261 Subhakrit 5124	
Vrishabha Rasi: 6.27	Tithi 12	<b>Gulika</b> 12:12PM - 1:49PM	<b>Krittika</b> Until 12:47PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:41AM	
		Yama 8:56AM - 10:34AM	Subha Until 3:38AM Wed	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:42PM	Moon 12 - Phase 36 - 25
	827586576	<b>Rahu</b> 3:27PM - 5:04PM	Balava Until 6:36PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 6:36PM	Moon - White		<b>Subha Sivaloka Day</b>
Until 12:47PM				Pausha-Markali		
Then Creative Work - Amrita Yoga						

<b>4 Wednesday, January 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Rohini/Mrigashira Nakshatra Sukla Yoga Kaulava/Taitila Karana Trayodashyam Titau			Lusaka, Zambia Sun 26 Sutra 262 Subhakrit 5124	
Vrishabha Rasi: 18.37	Tithi 13	<b>Gulika</b> 10:34AM - 12:12PM	<b>Rohini</b> Until 3:21PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:42AM	
		Yama 7:19AM - 8:57AM	Sukla Until 4:05AM Thu	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:42PM	Moon 12 - Phase 36 - 26
	838586576	<b>Rahu</b> 12:12PM - 1:50PM	Kaulava Until 7:35AM	<b>Nataraja:</b> Clear		4th Phase
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 8:36PM	Moon - Yellow		<b>Devaloka Day</b>
<i>Pradosha Vrata</i>						

<b>5 Thursday, January 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Mrigashira/Ardra Nakshatra Brahma Yoga Gara/Vanija Karana Chaturdashyam Titau			Lusaka, Zambia Sun 27 Sutra 263 Subhakrit 5124	
Mithuna Rasi: 0.4	Tithi 14	<b>Gulika</b> 8:57AM - 10:35AM	<b>Mrigashira</b> Until 5:59PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:42AM	
		Yama 5:42AM - 7:20AM	Brahma Until 4:42AM Fri	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:43PM	Moon 12 - Phase 36 - 27
	838586576	<b>Rahu</b> 1:50PM - 3:27PM	Gara Until 9:43AM	<b>Nataraja:</b> Clear		4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 10:50PM	Moon - Yellow		<b>Devaloka Day</b>
<b>Subramuniyaswami Jayanti</b>						

<b>Friday, January 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Indra Yoga Visti*/Bava Karana Purnimayam Titau			Lusaka, Zambia Sutra 264 Subhakrit 5124	
<b>Copper Retreat Star</b>		<b>Gulika</b> 7:21AM - 8:58AM	<b>Ardra</b> Until 8:36PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 5:43AM	
Mithuna Rasi: 12.38	Tithi 15	Yama 3:28PM - 5:05PM	Indra Until 5:25AM Sat	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:43PM	Moon 12 - Phase 36 - Purnima
	838586576	<b>Rahu</b> 10:35AM - 12:13PM	Visti Until 12:01PM	<b>Nataraja:</b> Clear		
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 1:12AM Sat	Moon - Yellow		<b>Devaloka Day</b>
<b>Ardra Darshanam</b>						

<b>Saturday, January 7, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mantla Vasara Yuktayam Punarvasu Nakshatra Vaidhriti* Yoga Balava/Kaulava Karana Prathamayam Titau			Lusaka, Zambia Sutra 265 Subhakrit 5124	
<b>Silver Retreat Star</b>		<b>Gulika</b> 5:44AM - 7:21AM	<b>Punarvasu</b> Until 11:38PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 5:44AM	
Mithuna Rasi: 24.34	Tithi 16	Yama 1:51PM - 3:28PM	Vaidhriti* Until 6:10AM Sun	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:43PM	Moon 12 - Phase 36 - Prathama
	848586576	<b>Rahu</b> 8:59AM - 10:36AM	Balava Until 2:26PM	<b>Nataraja:</b> Clear		
Creative Work	Siddha Yoga		<b>Prathama*</b> Until 3:39AM Sun	Moon - Blue		<b>Sivaloka Day</b>
<b>Pausha-Markali</b>						

To such a one who has his stains wiped away, the venerable Sanatkumara shows the further shore of darkness. Him they call Skanda. Sama Veda Chandu



**Sunday, January 8, 2023**  
**Gold Retreat Star**

Kataka Rasi: 6.29      Tithi 17  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Pushya Nakshatra Vaidhriti/Vishkamba\* Yoga Tailila/Gara Karana Dvitiyayam Titau

**Gulika**      3:29PM – 5:06PM      **Pushya Until 2:33AM Mon**  
**Yama**      12:14PM – 1:51PM      Vaidhriti\* Until 6:10AM  
**Rahu**      5:06PM – 6:43PM      Tailila Until 4:55PM  
**Dvitiya Until 6:09AM Mon**

Lusaka, Zambia  
Sutra 266  
Subhakrit 5124  
Moon 1 - Phase 37 - 1st Phase

**Ganesha:** Clear      *Sunrise:* 5:44AM  
**Muruqa:** Purple      *Sunset:* 6:43PM  
**Nataraja:** Clear  
Moon – Blue      **Sivaloka Day**  
Pausha-Markali

**1**

**Monday, January 9, 2023**

Kataka Rasi: 18.22      Tithi 17 – 18  
**Family Home Evening**  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashlesha\* Nakshatra Vishkamba\*/Priti Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

**Gulika**      1:52PM – 3:29PM      **Ashlesha\* Until 5:17AM Tue**  
**Yama**      10:37AM – 12:14PM      Vishkamba\* Until 6:57AM  
**Rahu**      7:22AM – 9:00AM      Vanija Until 7:25PM  
**Dvitiya Until 6:09AM**

Lusaka, Zambia  
Sun 1      Sutra 267  
Subhakrit 5124  
Moon 1 - Phase 37 - 1st Phase

**Ganesha:** Clear      *Sunrise:* 5:45AM  
**Muruqa:** Purple      *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Blue      **Sivaloka Day**  
Pausha-Markali

**2**

**Tuesday, January 10, 2023**

Simha Rasi: 0.16      Tithi 18 – 19  
Creative Work      Siddha Yoga  
Until 8:16AM Wed  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam  
Magha\* Nakshatra Priti/Ayushman Yoga Visti\*/Bava Karana Tritiya/Chatrthyam Titau

**Gulika**      12:15PM – 1:52PM      **Magha\* Until 8:16AM Wed**  
**Yama**      9:00AM – 10:37AM      Priti Until 7:45AM  
**Rahu**      3:29PM – 5:06PM      Bava Until 9:51PM  
**Tritiya Until 8:37AM**

Lusaka, Zambia  
Sun 2      Sutra 268  
Subhakrit 5124  
Moon 1 - Phase 37 - 2nd Phase

**Ganesha:** Purple      *Sunrise:* 5:45AM  
**Muruqa:** Purple      *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Red      **Devaloka Day**  
Pausha-Markali

**3**

**Wednesday, January 11, 2023**

Simha Rasi: 12.11      Tithi 19 – 20  
Creative Work      Siddha Yoga  
Until 8:16AM  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Chatrthi/Panchamyam Titau

**Gulika**      10:38AM – 12:15PM      **Magha\* Until 8:16AM**  
**Yama**      7:23AM – 9:01AM      Ayushman Until 8:26AM  
**Rahu**      12:15PM – 1:52PM      Kaulava Until 12:07AM Thu  
**Chatrthi\* Until 10:59AM**

Lusaka, Zambia  
Sun 3      Sutra 269  
Subhakrit 5124  
Moon 1 - Phase 37 - 3rd Phase

**Ganesha:** Clear      *Sunrise:* 5:46AM  
**Muruqa:** Purple      *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Red      **Sivaloka Day**  
Pausha-Markali

**4**

**Thursday, January 12, 2023**

Simha Rasi: 24.13      Tithi 20 – 21  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Saubhagya/Sobhana Yoga Tailila/Gara Karana Panchami/Shashthyam Titau

**Gulika**      9:01AM – 10:38AM      **Purvaphalguni Until 10:51AM**  
**Yama**      5:47AM – 7:24AM      Saubhagya Until 8:58AM  
**Rahu**      1:53PM – 3:30PM      Gara Until 2:03AM Fri  
**Panchami Until 1:07PM**

Lusaka, Zambia  
Sun 4      Sutra 270  
Subhakrit 5124  
Moon 1 - Phase 37 - 4th Phase

**Ganesha:** Clear      *Sunrise:* 5:47AM  
**Muruqa:** Purple      *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Red      **Sivaloka Day**  
Pausha-Markali

**5**

**Friday, January 13, 2023**

Kanya Rasi: 6.22      Tithi 21 – 22  
Creative Work      Siddha Yoga  
Until 12:55PM  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Sobhana/Athiganda\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

**Gulika**      7:24AM – 9:02AM      **Uttaraphalguni Until 12:55PM**  
**Yama**      3:30PM – 5:07PM      Sobhana Until 9:13AM  
**Rahu**      10:39AM – 12:16PM      Visti Until 3:30AM Sat  
**Shashthi\* Until 2:50PM**

Lusaka, Zambia  
Sun 5      Sutra 271  
Subhakrit 5124  
Moon 1 - Phase 37 - 5th Phase

**Ganesha:** Clear      *Sunrise:* 5:47AM  
**Muruqa:** Purple      *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Red      **Sivaloka Day**  
Pausha-Markali

**6**

**Saturday, January 14, 2023**

Kanya Rasi: 18.44      Tithi 22 – 23  
Routine Work      Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Hasta/Chitra Nakshatra Athiganda\*/Sukarma Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

**Gulika**      5:48AM – 7:25AM      **Hasta Until 2:46PM**  
**Yama**      1:53PM – 3:30PM      Athiganda\* Until 9:03AM  
**Rahu**      9:02AM – 10:39AM      Balava Until 4:17AM Sun  
**Saptami Until 3:58PM**

Lusaka, Zambia  
Sun 6      Sutra 272  
Subhakrit 5124  
Moon 1 - Phase 37 - 6th Phase

**Ganesha:** White      *Sunrise:* 5:48AM  
**Muruqa:** Purple      *Sunset:* 6:44PM  
**Nataraja:** Clear  
Moon – Green      **Subha Sivaloka Day**  
Pausha-Thai

**7**

**Sunday, January 15, 2023**

**Retreat Star**

Tula Rasi: 1.24      Tithi 23 – 24  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Chitra/Svati Nakshatra Sukarma/Dhriti Yoga Kaulava/Tailila Karana Ashtami/Navamyam Titau

**Gulika**      3:31PM – 5:08PM      **Chitra Until 3:45PM**  
**Yama**      12:17PM – 1:54PM      Sukarma Until 8:21AM  
**Rahu**      5:08PM – 6:45PM      Tailila Until 4:15AM Mon  
**Ashtami\* Until 4:21PM**

Lusaka, Zambia  
Sun 7      Sutra 273  
Subhakrit 5124  
Moon 1 - Phase 37 - 7th Phase

**Ganesha:** White      *Sunrise:* 5:48AM  
**Muruqa:** Purple      *Sunset:* 6:45PM  
**Nataraja:** Clear  
Moon – Green      **Subha Sivaloka Day**  
Pausha-Thai

**Monday, January 16, 2023**

**Retreat Star**

Tula Rasi: 14.28      Tithi 24 – 25  
**Family Home Evening**  
Creative Work      Amrita Yoga  
Until 3:46PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam  
Svati/Vishakha Nakshatra Dhriti/Shula\* Yoga Gara/Vanija Karana Navami/Dashamyam Titau

**Gulika**      1:54PM – 3:31PM      **Svati Until 3:46PM**  
**Yama**      10:40AM – 12:17PM      Dhriti Until 7:03AM  
**Rahu**      7:26AM – 9:03AM      Vanija Until 3:23AM Tue  
**Navami\* Until 3:54PM**

Lusaka, Zambia  
Sun 8      Sutra 274  
Subhakrit 5124  
Moon 1 - Phase 37 - 8th Phase

**Ganesha:** White      *Sunrise:* 5:49AM  
**Muruqa:** Purple      *Sunset:* 6:45PM  
**Nataraja:** Clear  
Moon – Green      **Subha Sivaloka Day**  
Pausha-Thai

These Lords who, it is said, on the pure path, attend to the various duties deriving from a higher realm of maya are at the prow of the effects of the higher realm of maya.  
Mrigendra Agama Jnana Pada

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2


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<b>1</b>	<b>Tuesday, January 17, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Ganda* Yoga Visti/Bava Karana Dashami/Ekadashyam Titau				Lusaka, Zambia Sun 9 Sutra 275 Subhakrit 5124
	Tula Rasi: 27.59	Tithi 25 – 26	<b>Gulika</b> Yama	<b>12:17PM – 1:54PM</b> 9:03AM – 10:40AM	<b>Vishakha Until 3:15PM</b> Ganda* Until 2:24AM Wed	<b>Ganesha: Yellow</b> <b>Muruqa: Purple</b>	<b>Sunrise: 5:50AM</b> <b>Sunset: 6:45PM</b>
	879586576	<b>Rahu</b>	<b>3:31PM – 5:08PM</b>	Bava Until 1:40AM Wed	<b>Nataraja: Clear</b> Moon – Orange	<b>Sivaloka Day</b>	Moon 1 - Phase 38 - 9 2nd Phase
	Routine Work Marana Yoga Until 3:15PM Then Creative Work - Siddha Yoga				<b>Dashami Until 2:36PM</b>	<b>Pausha*Thai</b>	

<b>2</b>	<b>Wednesday, January 18, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vriddhi Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau				Lusaka, Zambia Sun 10 Sutra 276 Subhakrit 5124
	Vischika Rasi: 11.59	Tithi 26 – 27	<b>Gulika</b> Yama	<b>10:41AM – 12:18PM</b> 7:27AM – 9:04AM	<b>Anuradha Until 1:48PM</b> Vriddhi Until 11:11PM	<b>Ganesha: Yellow</b> <b>Muruqa: Purple</b>	<b>Sunrise: 5:50AM</b> <b>Sunset: 6:45PM</b>
	879586576	<b>Rahu</b>	<b>12:18PM – 1:54PM</b>	Kaulava Until 11:13PM	<b>Nataraja: Clear</b> Moon – Orange	<b>Sivaloka Day</b>	Moon 1 - Phase 38 - 10 2nd Phase
	Creative Work Siddha Yoga				<b>Ekadashi* Until 12:30PM</b>	<b>Pausha*Thai</b>	

<b>3</b>	<b>Thursday, January 19, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Dhruva Yoga Tailila/Gara Karana Dvadashti/Trayodashyam Titau				Lusaka, Zambia Sun 11 Sutra 277 Subhakrit 5124
	Vischika Rasi: 26.29	Tithi 27 – 28	<b>Gulika</b> Yama	<b>9:04AM – 10:41AM</b> 5:51AM – 7:28AM	<b>Jyeshtha* Until 11:33AM</b> Dhruva Until 7:26PM	<b>Ganesha: Yellow</b> <b>Muruqa: Purple</b>	<b>Sunrise: 5:51AM</b> <b>Sunset: 6:45PM</b>
	871586576	<b>Rahu</b>	<b>1:55PM – 3:31PM</b>	Gara Until 8:09PM	<b>Nataraja: Clear</b> Moon – Orange	<b>Sivaloka Day</b>	Moon 1 - Phase 38 - 11 2nd Phase
	Routine Work Prabalarishta Yoga Until 11:33AM Then Creative Work - Siddha Yoga				<b>Dvadashti* Until 9:44AM</b>	<b>Pausha*Thai</b>	

<b>4</b>	<b>Friday, January 20, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vyaghata*/Harshana Yoga Vanija/Sakuni* Karana Trayodashi/Chaturdashyam Titau				Lusaka, Zambia Sun 12 Sutra 278 Subhakrit 5124
	Dhanus Rasi: 11.23	Tithi 28 – 29	<b>Gulika</b> Yama	<b>7:28AM – 9:05AM</b> 3:32PM – 5:08PM	<b>Mula* Until 9:04AM</b> Vyaghata* Until 3:20PM	<b>Ganesha: Red</b> <b>Muruqa: Purple</b>	<b>Sunrise: 5:51AM</b> <b>Sunset: 6:45PM</b>
	881586576	<b>Rahu</b>	<b>10:41AM – 12:18PM</b>	Sakuni Until 2:44AM Sat	<b>Nataraja: Clear</b> Moon – Light Blue	<b>Sivaloka Day</b>	Moon 1 - Phase 38 - 12 2nd Phase
	Creative Work Amrita Yoga Until 9:04AM Then Routine Work - Prabalarishta Yoga				<b>Trayodashi* Until 6:25AM</b>	<b>Pausha*Thai</b>	

	<b>Saturday, January 21, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Harshana/Vajra* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Lusaka, Zambia Sun 13 Sutra 279 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> Yama	<b>5:52AM – 7:29AM</b> 1:55PM – 3:32PM	<b>Purvashadha* Until 6:06AM</b> Harshana Until 11:01AM	<b>Ganesha: Red</b> <b>Muruqa: Purple</b>	<b>Sunrise: 5:52AM</b> <b>Sunset: 6:45PM</b>
	Dhanus Rasi: 26.35	Tithi 30	<b>Rahu</b>	<b>9:05AM – 10:42AM</b>	Catuspada Until 12:50PM	<b>Nataraja: Clear</b> Moon – Light Blue	<b>Sivaloka Day</b>
	Creative Work Siddha Yoga Until 6:06AM Then Routine Work - Marana Yoga				<b>Amavasya* Until 10:53PM</b>	<b>Pausha*Thai</b>	

	<b>Sunday, January 22, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vajra*/Siddhi Yoga Kintughna*/Bava Karana Prathamayam Titau				Lusaka, Zambia Sun 14 Sutra 280 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> Yama	<b>3:32PM – 5:08PM</b> 12:19PM – 1:55PM	<b>Shravana Until 11:53PM</b> Vajra* Until 6:34AM	<b>Ganesha: Yellow</b> <b>Muruqa: Purple</b>	<b>Sunrise: 5:52AM</b> <b>Sunset: 6:45PM</b>
	Makara Rasi: 11.55	Tithi 1	<b>Rahu</b>	<b>5:08PM – 6:45PM</b>	Kintughna Until 8:57AM	<b>Nataraja: Clear</b> Moon – Purple	<b>Sivaloka Day</b>
	Creative Work Amrita Yoga Until 11:53PM Then Routine Work - Marana Yoga				<b>Prathama* Until 7:01PM</b>	<b>Magha*Thai</b>	

Five-armed is He, elephant-faced with tusks protruding, crescent-shaped, son of Siva, wisdom's flower, in heart enshrined, His feet I praise. Tirumantiram Invocation to Vinayaka

<b>1</b>	<b>Monday, January 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Vyalipata* Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Lusaka, Zambia Sun 15 Sutra 281 Subhakrit 5124
	Makara Rasi: 27.12	Tithi 2 – 3	<b>Gulika</b> 1:55PM – 3:32PM	<b>Dhanishtha</b> Until 9:00PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:53AM	
	Family Home Evening	891586576	Yama 10:43AM – 12:19PM	Vyatipata* Until 10:01PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:45PM	Moon 1 - Phase 39 - 15
	Creative Work Siddha Yoga		<b>Rahu</b> 7:30AM – 9:06AM	Taitila Until 1:36AM Tue	<b>Nataraja:</b> Clear		3rd Phase
			<b>Dvitiya</b> Until 3:19PM	Moon – Purple	<b>Sivaloka Day</b>		

<b>2</b>	<b>Tuesday, January 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Variyan Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Lusaka, Zambia Sun 16 Sutra 282 Subhakrit 5124
	Kumbha Rasi: 12.16	Tithi 3 – 4	<b>Gulika</b> 12:19PM – 1:56PM	<b>Shatabhishak</b> Until 6:24PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:54AM	
		891586576	Yama 9:06AM – 10:43AM	Variyan Until 6:09PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:45PM	Moon 1 - Phase 39 - 16
	Routine Work Marana Yoga		<b>Rahu</b> 3:32PM – 5:08PM	Vanija Until 10:31PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Tritiya</b> Until 11:59AM	Moon – Purple	<b>Sivaloka Day</b>		

<b>3</b>	<b>Wednesday, January 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Lusaka, Zambia Sun 17 Sutra 283 Subhakrit 5124
	Kumbha Rasi: 26.58	Tithi 4 – 5	<b>Gulika</b> 10:43AM – 12:19PM	<b>Purvaproshtapada*</b> Until 4:38PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:54AM	
		911586576	Yama 7:30AM – 9:07AM	Parigha* Until 2:46PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:45PM	Moon 1 - Phase 39 - 17
	Creative Work Amrita Yoga		<b>Rahu</b> 12:19PM – 1:56PM	Bava Until 8:01PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Chaturthi*</b> Until 9:09AM	Moon – Clear	<b>Subha Sivaloka Day</b>		

<b>4</b>	<b>Thursday, January 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Lusaka, Zambia Sun 18 Sutra 284 Subhakrit 5124
	Meena Rasi: 11.11	Tithi 5 – 6	<b>Gulika</b> 9:07AM – 10:43AM	<b>Uttaraproshtapada</b> Until 3:26PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:55AM	
		911586576	Yama 5:55AM – 7:31AM	Shiva Until 11:59AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:45PM	Moon 1 - Phase 39 - 18
	Creative Work Siddha Yoga		<b>Rahu</b> 1:56PM – 3:32PM	Kaulava Until 6:15PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Panchami</b> Until 7:01AM	Moon – Clear	<b>Subha Sivaloka Day</b>		

<b>5</b>	<b>Friday, January 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Revati/Ashvini Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Saptamyam Titau				Lusaka, Zambia Sun 19 Sutra 285 Subhakrit 5124
	Meena Rasi: 24.56	Tithi 7	<b>Gulika</b> 7:31AM – 9:08AM	<b>Revati</b> Until 2:55PM	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:55AM	
		911586576	Yama 3:32PM – 5:08PM	Siddha Until 9:48AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:45PM	Moon 1 - Phase 39 - 19
	Creative Work Siddha Yoga		<b>Rahu</b> 10:44AM – 12:20PM	Gara Until 5:20PM	<b>Nataraja:</b> Clear		3rd Phase
			<b>Saptami</b> Until 5:11AM Sat	Moon – Clear	<b>Subha Sivaloka Day</b>		

<b>☾</b>	<b>Saturday, January 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Ashtamyam Titau				Lusaka, Zambia Sun 20 Sutra 286 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 5:56AM – 7:32AM	<b>Ashvini</b> Until 3:32PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:56AM	
	Mesha Rasi: 8.11	Tithi 8	Yama 1:56PM – 3:32PM	Sadhya Until 8:20AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:45PM	Moon 1 - Phase 39 - 20
		921586576	<b>Rahu</b> 9:08AM – 10:44AM	Visti Until 5:18PM	<b>Nataraja:</b> Clear		Ashtami
			<b>Ashtami*</b> Until 5:34AM Sun	Moon – White	<b>Sivaloka Day</b>		

<b>☽</b>	<b>Sunday, January 29, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Subha/Sukla Yoga Balava Karana Navamyam Titau				Lusaka, Zambia Sun 21 Sutra 287 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 3:32PM – 5:08PM	<b>Bharani</b> Until 4:48PM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:56AM	
	Mesha Rasi: 21	Tithi 9	Yama 12:20PM – 1:56PM	Subha Until 7:31AM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:44PM	Moon 1 - Phase 39 - 21
		922686576	<b>Rahu</b> 5:08PM – 6:44PM	Balava Until 6:04PM	<b>Nataraja:</b> Clear		Navami
			<b>Navami*</b> Until 6:42AM Mon	Moon – White	<b>Sivaloka Day</b>		

From Him, also, are born the Gods, in manifold ways, the celestials, men, cattle, birds, the in-breath and the out-breath, rice and barley, austerity, faith, truth, chastity and the law. Atharva Veda

<b>Monday, January 30, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Krittika Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Lusaka, Zambia Sun 22 Sutra 288 Subhakrit 5124	
1 Vrishabha Rasi: 3.28    Tithi 9 – 10 <b>Family Home Evening</b> Routine Work    Marana Yoga Until 6:35PM Then Creative Work - Amrita Yoga	Gulika	1:56PM – 3:32PM	<b>Krittika Until 6:35PM</b>	Ganesha: Yellow	Sunrise: 5:57AM	
	Yama	10:45AM – 12:20PM	Sukla Until 7:16AM	Muruqa: Purple	Sunset: 6:44PM	Moon 1 - Phase 40 - 22
	922686576 Rahu	7:33AM – 9:09AM	Taitila Until 7:32PM	Nataraja: Clear		4th Phase
			<b>Navami* Until 6:42AM</b>	Moon – White		<b>Sivaloka Day</b>
				Magha-Thai		

<b>Tuesday, January 31, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Rohini Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Lusaka, Zambia Sun 23 Sutra 289 Subhakrit 5124	
2 Vrishabha Rasi: 15.41    Tithi 10 – 11  Creative Work    Amrita Yoga Until 9:11PM Then Creative Work - Siddha Yoga	Gulika	12:21PM – 1:56PM	<b>Rohini Until 9:11PM</b>	Ganesha: White	Sunrise: 5:57AM	
	Yama	9:09AM – 10:45AM	Brahma Until 7:28AM	Muruqa: Purple	Sunset: 6:44PM	Moon 1 - Phase 40 - 23
	932686576 Rahu	3:32PM – 5:08PM	Vanija Until 9:31PM	Nataraja: Clear		4th Phase
			<b>Dashami Until 8:27AM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>
				Magha-Thai		

<b>Wednesday, February 1, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Lusaka, Zambia Sun 24 Sutra 290 Subhakrit 5124	
3 Vrishabha Rasi: 27.44    Tithi 11 – 12  Creative Work    Siddha Yoga	Gulika	10:45AM – 12:21PM	<b>Mrigashira Until 11:56PM</b>	Ganesha: White	Sunrise: 5:57AM	
	Yama	7:33AM – 9:09AM	Indra Until 8:01AM	Muruqa: Purple	Sunset: 6:44PM	Moon 1 - Phase 40 - 24
	932686576 Rahu	12:21PM – 1:56PM	Bava Until 11:50PM	Nataraja: Clear		4th Phase
			<b>Ekadashi Until 10:37AM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>
				Magha-Thai		

<b>Thursday, February 2, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ardra Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Lusaka, Zambia Sun 25 Sutra 291 Subhakrit 5124	
4 Mithuna Rasi: 9.4    Tithi 12 – 13  Routine Work    Marana Yoga Until 2:40AM Fri Then Creative Work - Siddha Yoga	Gulika	9:09AM – 10:45AM	<b>Ardra Until 2:40AM Fri</b>	Ganesha: White	Sunrise: 5:58AM	
	Yama	5:58AM – 7:33AM	Vaidhriti* Until 8:43AM	Muruqa: Purple	Sunset: 6:44PM	Moon 1 - Phase 40 - 25
	932686576 Rahu	1:57PM – 3:32PM	Kaulava Until 2:18AM Fri	Nataraja: Clear		4th Phase
			<b>Dvadashi Until 1:02PM</b>	Moon – Yellow		<b>Subha Sivaloka Day</b>
				Magha-Thai		
<i>Pradosha Vrata</i>						

<b>Friday, February 3, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Lusaka, Zambia Sun 26 Sutra 292 Subhakrit 5124	
5 Mithuna Rasi: 21.33    Tithi 13 – 14  Creative Work    Siddha Yoga	Gulika	7:34AM – 9:10AM	<b>Punarvasu Until 5:47AM Sat</b>	Ganesha: Clear	Sunrise: 5:58AM	
	Yama	3:32PM – 5:08PM	Vishkambha* Until 9:32AM	Muruqa: Purple	Sunset: 6:44PM	Moon 1 - Phase 40 - 26
	942686576 Rahu	10:45AM – 12:21PM	Gara Until 4:49AM Sat	Nataraja: Clear		4th Phase
			<b>Trayodashi Until 3:32PM</b>	Moon – Blue		<b>Sivaloka Day</b>
				Magha-Thai		

<b>Saturday, February 4, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mantla Vasara Yuktayam Pushya Nakshatra Priti/Ayushman Yoga Vanija Karana Chaturdashyam Titau			Lusaka, Zambia Sun 27 Sutra 293 Subhakrit 5124	
6 Kataka Rasi: 3.26    Tithi 14  Creative Work    Siddha Yoga	Gulika	5:59AM – 7:34AM	<b>Pushya Until 8:41AM Sun</b>	Ganesha: Clear	Sunrise: 5:59AM	
	Yama	1:57PM – 3:32PM	Priti Until 10:22AM	Muruqa: Purple	Sunset: 6:43PM	Moon 1 - Phase 40 - 27
	942686577 Rahu	9:10AM – 10:45AM	Vanija Until 6:02PM	Nataraja: Orange		4th Phase
			<b>Chaturdashi* Until 6:02PM</b>	Moon – Blue		<b>Sivaloka Day</b>
		Thai Pusam		Magha-Thai		

<b>Sunday, February 5, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Purnimayam Titau			Lusaka, Zambia Sutra 294 Subhakrit 5124	
Copper Retreat Star Kataka Rasi: 15.19    Tithi 15  Creative Work    Siddha Yoga	Gulika	3:32PM – 5:08PM	<b>Pushya Until 8:41AM</b>	Ganesha: Clear	Sunrise: 5:59AM	
	Yama	12:21PM – 1:57PM	Ayushman Until 11:08AM	Muruqa: Purple	Sunset: 6:43PM	Moon 1 - Phase 40 -
	942686577 Rahu	5:08PM – 6:43PM	Visti Until 7:17AM	Nataraja: Orange		Purnima
			<b>Purnima* Until 8:27PM</b>	Moon – Blue		<b>Sivaloka Day</b>
				Magha-Thai		

<b>Monday, February 6, 2023</b>		Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Prathamayam Titau			Lusaka, Zambia Sutra 295 Subhakrit 5124	
Silver Retreat Star Kataka Rasi: 27.15    Tithi 16 <b>Family Home Evening</b> Creative Work    Siddha Yoga Until 11:19AM Then Routine Work - Marana Yoga	Gulika	1:57PM – 3:32PM	<b>Ashlesha* Until 11:19AM</b>	Ganesha: Clear	Sunrise: 6:00AM	
	Yama	10:46AM – 12:21PM	Saubhagya Until 11:50AM	Muruqa: Purple	Sunset: 6:43PM	Moon 1 - Phase 40 -
	942686577 Rahu	7:35AM – 9:10AM	Balava Until 9:39AM	Nataraja: Orange		Prathama
			<b>Prathama* Until 10:46PM</b>	Moon – Blue		<b>Sivaloka Day</b>
				Magha-Thai		





Tuesday, February 7, 2023

Gold Retreat Star

Simha Rasi: 9.14      Tithi 17

952686577

Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam  
Magha/Purvaphalguni Nakshatra Sobhana/Ahiganda\* Yoga Taitila/Gara Karana Dvitiyayam Titau

**Gulika** 12:21PM - 1:57PM  
**Yama** 9:11AM - 10:46AM  
**Rahu** 3:32PM - 5:07PM

**Magha\* Until 2:10PM**  
Sobhana Until 12:27PM  
Taitila Until 11:54AM  
**Dvitiya Until 12:55AM Wed**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon - Red  
**Magha\*Thai**

**Sunrise:** 6:00AM  
**Sunset:** 6:43PM

Lusaka, Zambia  
Sun 1      Sutra 296  
Subhakrit 5124  
Moon 2 - Phase 41 - 1  
1st Phase

**Subha Sivaloka Day**

1

Wednesday, February 8, 2023

Simha Rasi: 21.16      Tithi 18

952686577

Creative Work      Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Athiganda\*/Sukarma Yoga Vanija/Visiti\* Karana Tritiyayam Titau

**Gulika** 10:46AM - 12:21PM  
**Yama** 7:36AM - 9:11AM  
**Rahu** 12:21PM - 1:57PM

**Purvaphalguni Until 4:40PM**  
Athiganda\* Until 12:54PM  
Vanija Until 1:57PM  
**Tritiya Until 2:52AM Thu**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon - Red  
**Magha\*Thai**

**Sunrise:** 6:00AM  
**Sunset:** 6:42PM

Lusaka, Zambia  
Sun 2      Sutra 297  
Subhakrit 5124  
Moon 2 - Phase 41 - 2  
1st Phase

**Subha Sivaloka Day**

2

Thursday, February 9, 2023

Kanya Rasi: 3.25      Tithi 19

952686577

Amrita Yoga

Until 6:45PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttaraphalguni Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Chaturthyam Titau

**Gulika** 9:11AM - 10:46AM  
**Yama** 6:01AM - 7:36AM  
**Rahu** 1:57PM - 3:32PM

**Maha Sankatahara Chaturthi**

**Uttaraphalguni Until 6:45PM**  
Sukarma Until 1:11PM  
Bava Until 3:44PM  
**Chaturthi\* Until 4:29AM Fri**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon - Red  
**Magha\*Thai**

**Sunrise:** 6:01AM  
**Sunset:** 6:42PM

Lusaka, Zambia  
Sun 3      Sutra 298  
Subhakrit 5124  
Moon 2 - Phase 41 - 3  
1st Phase

**Subha Sivaloka Day**

3

Friday, February 10, 2023

Kanya Rasi: 15.4      Tithi 20

962686577

Amrita Yoga

Until 8:48PM  
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
Hasta Nakshatra Dhriti/Shula\* Yoga Kaulava/Taitila Karana Panchamyam Titau

**Gulika** 7:36AM - 9:11AM  
**Yama** 3:32PM - 5:07PM  
**Rahu** 10:46AM - 12:21PM

**Hasta Until 8:48PM**  
Dhriti Until 1:13PM  
Kaulava Until 5:11PM  
**Panchami Until 5:42AM Sat**

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon - Green  
**Magha\*Thai**

**Sunrise:** 6:01AM  
**Sunset:** 6:42PM

Lusaka, Zambia  
Sun 4      Sutra 299  
Subhakrit 5124  
Moon 2 - Phase 41 - 4  
1st Phase

**Sivaloka Day**

4

Saturday, February 11, 2023

Kanya Rasi: 28.07      Tithi 21

963686577

Marana Yoga

Until 10:13PM  
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Chitra Nakshatra Shula\*/Ganda\* Yoga Gara Karana Shashthyam Titau

**Gulika** 6:02AM - 7:37AM  
**Yama** 1:56PM - 3:31PM  
**Rahu** 9:12AM - 10:47AM

**Chitra Until 10:13PM**  
Shula\* Until 12:52PM  
Gara Until 6:08PM  
**Shashthi\* Until 6:22AM Sun**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon - Green  
**Magha\*Thai**

**Sunrise:** 6:02AM  
**Sunset:** 6:41PM

Lusaka, Zambia  
Sun 5      Sutra 300  
Subhakrit 5124  
Moon 2 - Phase 41 - 5  
1st Phase

**Devaloka Day**

5

Sunday, February 12, 2023

Tula Rasi: 10.48      Tithi 21 - 22

963686577

Siddha Yoga

Until 10:52PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Svati Nakshatra Ganda\*/Vridhhi Yoga Vanija/Visiti\* Karana Shashthi/Saptamyam Titau

**Gulika** 3:31PM - 5:06PM  
**Yama** 12:21PM - 1:56PM  
**Rahu** 5:06PM - 6:41PM

**Svati Until 10:52PM**  
Ganda\* Until 12:06PM  
Visiti Until 6:29PM  
**Shashthi\* Until 6:22AM**

**Ganesha:** Purple  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon - Green  
**Magha\*Thai**

**Sunrise:** 6:02AM  
**Sunset:** 6:41PM

Lusaka, Zambia  
Sun 6      Sutra 301  
Subhakrit 5124  
Moon 2 - Phase 41 - 6  
1st Phase

**Devaloka Day**

D

Monday, February 13, 2023

Retreat Star

Tula Rasi: 23.48      Tithi 22 - 23

Family Home Evening      973686577

Marana Yoga

Until 11:08PM  
Then Creative Work - Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam  
Vishakha Nakshatra Vridhhi/Dhruva Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

**Gulika** 1:56PM - 3:31PM  
**Yama** 10:47AM - 12:21PM  
**Rahu** 7:37AM - 9:12AM

**Vishakha Until 11:08PM**  
Vridhhi Until 10:49AM  
Balava Until 6:07PM  
**Saptami Until 6:22AM**

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon - Orange  
**Magha\*Masi**

**Sunrise:** 6:03AM  
**Sunset:** 6:40PM

Lusaka, Zambia  
Sun 7      Sutra 302  
Subhakrit 5124  
Moon 2 - Phase 41 - 7  
Ashtami

**Sivaloka Day**

Tuesday, February 14, 2023

Retreat Star

Vrischika Rasi: 7.11      Tithi 24

973686577

Siddha Yoga

Until 10:32PM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Anuradha Nakshatra Dhruva/Vyaghata\* Yoga Taitila/Gara Karana Navamyam Titau

**Gulika** 12:21PM - 1:56PM  
**Yama** 9:12AM - 10:47AM  
**Rahu** 3:31PM - 5:05PM

**Anuradha Until 10:32PM**  
Dhruva Until 8:56AM  
Taitila Until 5:02PM  
**Navami\* Until 4:11AM Wed**

**Ganesha:** Clear  
**Muruqa:** Purple  
**Nataraja:** Orange  
Moon - Orange  
**Magha\*Masi**

**Sunrise:** 6:03AM  
**Sunset:** 6:40PM

Lusaka, Zambia  
Sun 8      Sutra 303  
Subhakrit 5124  
Moon 2 - Phase 41 - 8  
Navami

**Sivaloka Day**

1	<b>Wednesday, February 15, 2023</b>		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Vyaghata/Harshana Yoga Vanija/Visti* Karana Dashamyam Titau				Lusaka, Zambia Sun 9 Sutra 304 Subhakarit 5124
	Vrischika Rasi: 21	Tithi 25	973686577	Gulika 10:47AM – 12:21PM Yama 7:38AM – 9:12AM Rahu 12:21PM – 1:56PM	Jyeshtha* Until 9:05PM Vyaghata* Until 6:29AM Vanija Until 3:13PM Dashami Until 2:02AM Thu	Ganesha: Clear Muruqa: Purple Nataraja: Orange Moon – Orange Magha-Masi	Sunrise: 6:03AM Sunset: 6:40PM Moon 2 - Phase 42 - 9 2nd Phase Sivaloka Day
	Creative Work Siddha Yoga						
	Until 9:05PM Then Routine Work - Marana Yoga						

2	<b>Thursday, February 16, 2023</b>		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Mula* Nakshatra Vajra* Yoga Bava/Balava Karana Ekadashyam Titau				Lusaka, Zambia Sun 10 Sutra 305 Subhakarit 5124
	Dhanus Rasi: 5.14	Tithi 26	983686577	Gulika 9:13AM – 10:47AM Yama 6:04AM – 7:38AM Rahu 1:56PM – 3:30PM	Mula* Until 7:18PM Vajra* Until 11:59PM Bava Until 12:44PM Ekadashi* Until 11:16PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi	Sunrise: 6:04AM Sunset: 6:39PM Moon 2 - Phase 42 - 10 2nd Phase Devaloka Day
	Creative Work Siddha Yoga						

3	<b>Friday, February 17, 2023</b>		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvadashyam Titau				Lusaka, Zambia Sun 11 Sutra 306 Subhakarit 5124
	Dhanus Rasi: 19.54	Tithi 27	983686577	Gulika 7:38AM – 9:13AM Yama 3:30PM – 5:04PM Rahu 10:47AM – 12:21PM	Purvashadha* Until 4:53PM Siddhi Until 8:08PM Kaulava Until 9:43AM Dvadashi* Until 8:02PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi	Sunrise: 6:04AM Sunset: 6:39PM Moon 2 - Phase 42 - 11 2nd Phase Devaloka Day
	Routine Work Prabalarishta Yoga						
	Until 4:53PM Then Routine Work - Marana Yoga						

4	<b>Saturday, February 18, 2023</b>		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Uttarashadha/Shravana Nakshatra Vyatipata*/Variyan Yoga Gara/Visti* Karana Trayodashi/Chaturdashyam Titau				Lusaka, Zambia Sun 12 Sutra 307 Subhakarit 5124
	Makara Rasi: 4.52	Tithi 28 – 29	983686577	Gulika 6:04AM – 7:39AM Yama 1:56PM – 3:30PM Rahu 9:13AM – 10:47AM	Uttarashadha Until 1:59PM Vyatipata* Until 4:01PM Gara Until 6:19AM Trayodashi* Until 4:29PM	Ganesha: White Muruqa: Purple Nataraja: Orange Moon – Light Blue Magha-Masi	Sunrise: 6:04AM Sunset: 6:38PM Moon 2 - Phase 42 - 12 2nd Phase Devaloka Day
	Routine Work Marana Yoga						
	Until 1:59PM Then Creative Work - Siddha Yoga		<i>Pradosha Vrata (Fasting)</i>				

●	<b>Sunday, February 19, 2023</b>		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Variyan/Parigha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Lusaka, Zambia Sun 13 Sutra 308 Subhakarit 5124
	<b>Retreat Star</b>		993686577	Gulika 3:29PM – 5:04PM Yama 12:21PM – 1:55PM Rahu 5:04PM – 6:38PM	Shravana Until 11:11AM Variyan Until 11:45AM Catuspada Until 10:57PM Chaturdashi* Until 12:47PM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Magha-Masi	Sunrise: 6:05AM Sunset: 6:38PM Moon 2 - Phase 42 - 13 Amavasya Devaloka Day
	Makara Rasi: 20.02		Tithi 29 – 30		Creative Work Amrita Yoga		
	Until 11:11AM Then Routine Work - Marana Yoga						

●	<b>Monday, February 20, 2023</b>		Subhakarit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Parigha*/Shiva Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Lusaka, Zambia Sun 14 Sutra 309 Subhakarit 5124
	<b>Retreat Star</b>		993686577	Gulika 1:55PM – 3:29PM Yama 10:47AM – 12:21PM Rahu 7:39AM – 9:13AM	Dhanishtha Until 8:16AM Parigha* Until 7:31AM Kintughna Until 7:21PM Amavasya* Until 9:07AM	Ganesha: Green Muruqa: Purple Nataraja: Orange Moon – Purple Phalgun-Masi	Sunrise: 6:05AM Sunset: 6:37PM Moon 2 - Phase 42 - 14 Prathama Devaloka Day
	Kumbha Rasi: 5.14		Tithi 30 – 1		Family Home Evening		
	Creative Work Siddha Yoga						

He is God, hidden in all beings, their inmost soul who is in all. He watches the works of creation, lives in all things, watches all things. He is pure consciousness, beyond the three conditions of nature. Krishna Yajur Veda

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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1	<b>Tuesday, February 21, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada* Nakshatra Siddha Yoga Balava/Kaulava Karana Dvitiyayam Titau				Lusaka, Zambia Sun 15 Sutra 310 Subhakrit 5124
	Kumbha Rasi: 20.17	Tithi 2	<b>Gulika</b> 12:21PM – 1:55PM	<b>Purvaproshtapada* Until 3:10AM Wed</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:05AM	
			Yama 9:13AM – 10:47AM	Siddha Until 11:38PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:37PM	Moon 2 - Phase 43 - 15
		913686577	<b>Rahu</b> 3:29PM – 5:03PM	Balava Until 4:02PM	<b>Nataraja:</b> Orange		3rd Phase
Routine Work Marana Yoga Until 3:10AM Wed Then Creative Work - Siddha Yoga			<b>Dvitiya Until 2:31AM Wed</b>		Phalguna-Masi		<b>Sivaloka Day</b>

2	<b>Wednesday, February 22, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada Nakshatra Sadhya Yoga Taitila/Gara Karana Trityayam Titau				Lusaka, Zambia Sun 16 Sutra 311 Subhakrit 5124
	Meena Rasi: 5.03	Tithi 3	<b>Gulika</b> 10:47AM – 12:21PM	<b>Uttaraproshtapada Until 1:21AM Thu</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:06AM	
			Yama 7:39AM – 9:13AM	Sadhya Until 8:16PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:36PM	Moon 2 - Phase 43 - 16
		913686577	<b>Rahu</b> 12:21PM – 1:55PM	Taitila Until 1:11PM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Siddha Yoga			<b>Tritya Until 11:57PM</b>		Phalguna-Masi		<b>Sivaloka Day</b>

3	<b>Thursday, February 23, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Subha/Sukla Yoga Vanija/Visti* Karana Chaturthyam Titau				Lusaka, Zambia Sun 17 Sutra 312 Subhakrit 5124
	Meena Rasi: 19.24	Tithi 4	<b>Gulika</b> 9:13AM – 10:47AM	<b>Revati Until 12:05AM Fri</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:06AM	
			Yama 6:06AM – 7:40AM	Subha Until 5:27PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:36PM	Moon 2 - Phase 43 - 17
		913786577	<b>Rahu</b> 1:55PM – 3:28PM	Vanija Until 10:57AM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Siddha Yoga Until 12:05AM Fri Then Creative Work - Amrita Yoga			<b>Chaturthi* Until 10:05PM</b>		Phalguna-Masi		<b>Subha Sivaloka Day</b>
<b>Subramuniyaswami Siva Vision Day</b>							

4	<b>Friday, February 24, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Panchamyam Titau				Lusaka, Zambia Sun 18 Sutra 313 Subhakrit 5124
	Mesha Rasi: 3.17	Tithi 5	<b>Gulika</b> 7:40AM – 9:13AM	<b>Ashvini Until 11:55PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:06AM	
			Yama 3:28PM – 5:02PM	Sukla Until 3:15PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 2 - Phase 43 - 18
		923786577	<b>Rahu</b> 10:47AM – 12:21PM	Bava Until 9:28AM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Amrita Yoga Until 11:55PM Then Creative Work - Siddha Yoga			<b>Panchami Until 9:02PM</b>		Phalguna-Masi		<b>Sivaloka Day</b>

5	<b>Saturday, February 25, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Brahma/Indra Yoga Kaulava/Taitila Karana Shashthyam Titau				Lusaka, Zambia Sun 19 Sutra 314 Subhakrit 5124
	Mesha Rasi: 16.4	Tithi 6	<b>Gulika</b> 6:06AM – 7:40AM	<b>Bharani Until 12:27AM Sun</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:06AM	
			Yama 1:54PM – 3:28PM	Brahma Until 1:44PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 2 - Phase 43 - 19
		923786577	<b>Rahu</b> 9:14AM – 10:47AM	Kaulava Until 8:51AM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Siddha Yoga			<b>Shashthi* Until 8:50PM</b>		Phalguna-Masi		<b>Sivaloka Day</b>

6	<b>Sunday, February 26, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Indra/Vaidhriti* Yoga Gara/Vanija Karana Saplamyam Titau				Lusaka, Zambia Sun 20 Sutra 315 Subhakrit 5124
	Mesha Rasi: 29.37	Tithi 7	<b>Gulika</b> 3:27PM – 5:01PM	<b>Krittika Until 1:39AM Mon</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:07AM	
			Yama 12:20PM – 1:54PM	Indra Until 12:55PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:34PM	Moon 2 - Phase 43 - 20
		924786577	<b>Rahu</b> 5:01PM – 6:34PM	Gara Until 9:05AM	<b>Nataraja:</b> Orange		3rd Phase
Creative Work Siddha Yoga Until 1:39AM Mon Then Creative Work - Amrita Yoga			<b>Saptami Until 9:30PM</b>		Phalguna-Masi		<b>Devaloka Day</b>

D	<b>Monday, February 27, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Rohini Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Ashtamyam Titau				Lusaka, Zambia Sun 21 Sutra 316 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 1:54PM – 3:27PM	<b>Rohini Until 3:51AM Tue</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:07AM	
	Vrishabha Rasi: 12.1	Tithi 8	Yama 10:47AM – 12:20PM	Vaidhriti* Until 12:41PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:33PM	Moon 2 - Phase 43 - 21
	<b>Family Home Evening</b>	934786577	<b>Rahu</b> 7:40AM – 9:14AM	Visti Until 10:09AM	<b>Nataraja:</b> Orange		Ashtami
Creative Work Amrita Yoga Until 3:51AM Tue Then Creative Work - Siddha Yoga			<b>Ashtami* Until 10:55PM</b>		Phalguna-Masi		<b>Sivaloka Day</b>

D	<b>Tuesday, February 28, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Navamyam Titau				Lusaka, Zambia Sun 22 Sutra 317 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 12:20PM – 1:53PM	<b>Mrigashira Until 6:24AM Wed</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:07AM	
	Vrishabha Rasi: 24.25	Tithi 9	Yama 9:14AM – 10:47AM	Vishkambha* Until 12:57PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:33PM	Moon 2 - Phase 43 - 22
		934786577	<b>Rahu</b> 3:26PM – 5:00PM	Balava Until 11:52AM	<b>Nataraja:</b> Orange		Navami
Creative Work Siddha Yoga			<b>Navami* Until 12:54AM Wed</b>		Phalguna-Masi		<b>Sivaloka Day</b>

Self-resplendent, formless, unoriginated and pure, that all-pervading being is both within and without. He transcends even the transcendent, unmanifest, causal state of the universe. Atharva Veda

<b>1</b>		<b>Wednesday, March 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Mrigashira/Ardra Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Dashamyam Titau		Lusaka, Zambia Sun 23 Sutra 318	
Mithuna Rasi: 6.27	Tithi 10	<b>Gulika</b> 10:47AM – 12:20PM	<b>Mrigashira</b> Until 6:24AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:08AM	Subhakrit 5124	
		Yama 7:41AM – 9:14AM	Priti Until 1:34PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:32PM	Moon 2 - Phase 44 - 23	
934786577	<b>Rahu</b> 12:20PM – 1:53PM		Taitila Until 2:04PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> Until 3:15AM Thu	Moon – Yellow		<b>Sivaloka Day</b>	
				Phalguna-Masi			
<b>2</b>		<b>Thursday, March 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ardra/Punarvasu Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Ekadashyam Titau		Lusaka, Zambia Sun 24 Sutra 319	
Mithuna Rasi: 18.22	Tithi 11	<b>Gulika</b> 9:14AM – 10:47AM	<b>Ardra</b> Until 9:06AM	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:08AM	Subhakrit 5124	
		Yama 6:08AM – 7:41AM	Ayushman Until 2:22PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:31PM	Moon 2 - Phase 44 - 24	
934786577	<b>Rahu</b> 1:52PM – 3:25PM		Vanija Until 4:31PM	<b>Nataraja:</b> Orange		4th Phase	
Routine Work	Marana Yoga		<b>Ekadashi</b> Until 5:45AM Fri	Moon – Yellow		<b>Sivaloka Day</b>	
Until 9:06AM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							
<b>3</b>		<b>Friday, March 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Punarvasu/Pushya Nakshatra Saubhagya/Sobhana Yoga Bava Karana Dvadashyam Titau		Lusaka, Zambia Sun 25 Sutra 320	
Kataka Rasi: 0.14	Tithi 12	<b>Gulika</b> 7:41AM – 9:14AM	<b>Punarvasu</b> Until 12:14PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:08AM	Subhakrit 5124	
		Yama 3:25PM – 4:58PM	Saubhagya Until 3:14PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:30PM	Moon 2 - Phase 44 - 25	
944786577	<b>Rahu</b> 10:47AM – 12:19PM		Bava Until 7:02PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 8:15AM Sat	Moon – Blue		<b>Devaloka Day</b>	
Until 12:14PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
<b>4</b>		<b>Saturday, March 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Lusaka, Zambia Sun 26 Sutra 321	
Kataka Rasi: 12.07	Tithi 12 – 13	<b>Gulika</b> 6:08AM – 7:41AM	<b>Pushya</b> Until 3:10PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:08AM	Subhakrit 5124	
		Yama 1:52PM – 3:24PM	Sobhana Until 4:05PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:30PM	Moon 2 - Phase 44 - 26	
944786577	<b>Rahu</b> 9:14AM – 10:46AM		Kaulava Until 9:28PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 8:15AM	Moon – Blue		<b>Devaloka Day</b>	
Until 3:10PM				Phalguna-Masi			
Then Routine Work - Marana Yoga							
						<i>Pradosha Vrata</i>	
<b>5</b>		<b>Sunday, March 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ashlesha*/Magha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Lusaka, Zambia Sun 27 Sutra 322	
Kataka Rasi: 24.02	Tithi 13 – 14	<b>Gulika</b> 3:24PM – 4:57PM	<b>Ashlesha*</b> Until 5:47PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:09AM	Subhakrit 5124	
		Yama 12:19PM – 1:51PM	Athiganda* Until 4:47PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:29PM	Moon 2 - Phase 44 - 27	
144786577	<b>Rahu</b> 4:57PM – 6:29PM		Gara Until 11:44PM	<b>Nataraja:</b> Orange		4th Phase	
Creative Work	Siddha Yoga		<b>Trayodashi</b> Until 10:37AM	Moon – Blue		<b>Devaloka Day</b>	
Until 5:47PM		<b>Chidambaram Abhishekam</b>		Phalguna-Masi			
Then Routine Work - Marana Yoga							
<b>Monday, March 6, 2023</b>		<b>Copper Retreat Star</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Magha* Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Lusaka, Zambia Sutra 323	
Simha Rasi: 6.01	Tithi 14 – 15	<b>Gulika</b> 1:51PM – 3:24PM	<b>Magha*</b> Until 8:31PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:09AM	Subhakrit 5124	
<b>Family Home Evening</b>		Yama 10:46AM – 12:19PM	Sukarma Until 5:19PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:28PM	Moon 2 - Phase 44 - Purnima	
154786577	<b>Rahu</b> 7:41AM – 9:14AM		Visti Until 1:45AM Tue	<b>Nataraja:</b> Orange			
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 12:45PM	Moon – Red		<b>Sivaloka Day</b>	
Until 8:31PM		<b>Holi</b>		Phalguna-Masi			
Then Creative Work - Siddha Yoga							
<b>Tuesday, March 7, 2023</b>		<b>Silver Retreat Star</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Lusaka, Zambia Sutra 324	
Simha Rasi: 18.07	Tithi 15 – 16	<b>Gulika</b> 12:18PM – 1:51PM	<b>Purvaphalguni</b> Until 10:48PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:09AM	Subhakrit 5124	
		Yama 9:14AM – 10:46AM	Dhriti Until 5:40PM	<b>Muruqa:</b> Purple	<i>Sunset:</i> 6:28PM	Moon 2 - Phase 44 - Prathama	
154786577	<b>Rahu</b> 3:23PM – 4:55PM		Balava Until 3:28AM Wed	<b>Nataraja:</b> Orange			
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 2:38PM	Moon – Red		<b>Sivaloka Day</b>	
Until 10:48PM				Phalguna-Masi			
Then Creative Work - Amrita Yoga							

That part of Him which is characterized by tamas is called Rudra. That part of Him which belongs to rajas is Brahma. That part of Him which belongs to sattva is Vishnu. Krishna Yajur Veda



Wednesday, March 8, 2023

Gold Retreat Star

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttaraphalguni Nakshatra Shula\*/Ganda\* Yoga Kaulava\*/Taitila Karana Prathama\*/Dvitiyayam Titau

Lusaka, Zambia

Sutra 325

Kanya Rasi: 0.2      Tithi 16 – 17

Gulika 10:46AM – 12:18PM  
Yama 7:41AM – 9:14AM  
154786577 Rahu 12:18PM – 1:50PM

Uttaraphalguni Until 12:37AM Thu  
Shula\* Until 5:44PM  
Taitila Until 4:52AM Thu  
Prathama\* Until 4:11PM

Ganesha: Clear      Sunrise: 6:09AM  
Muruga: Purple      Sunset: 6:27PM  
Nataraja: Orange  
Moon – Red  
Phalgun-Masi

Subhakrit 5124  
Moon 3 - Phase 45 -  
1st Phase

Sivaloka Day

Creative Work      Amrita Yoga

Until 12:37AM Thu

Then Routine Work - Marana Yoga

1

Thursday, March 9, 2023

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam  
Hasta Nakshatra Ganda\*/Vridhi Yoga Gara/Vanija Karana Dvitiya\*/Tritiyayam Titau

Lusaka, Zambia

Sun 1      Sutra 326

Kanya Rasi: 12.41      Tithi 17 – 18

Gulika 9:14AM – 10:46AM  
Yama 6:09AM – 7:42AM  
164786577 Rahu 1:50PM – 3:22PM

Hasta Until 2:25AM Fri  
Ganda\* Until 5:34PM  
Vanija Until 5:53AM Fri  
Dvitiya Until 5:24PM

Ganesha: White      Sunrise: 6:09AM  
Muruga: Purple      Sunset: 6:26PM  
Nataraja: Orange  
Moon – Green  
Phalgun-Masi

Subhakrit 5124  
Moon 3 - Phase 45 - 1  
1st Phase

Devaloka Day

Routine Work      Marana Yoga

Until 2:25AM Fri

Then Creative Work - Siddha Yoga

2

Friday, March 10, 2023

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Chitra Nakshatra Vridhi/Dhruva Yoga Visti\* Karana Tritiyayam Titau

Lusaka, Zambia

Sun 2      Sutra 327

Kanya Rasi: 25.12      Tithi 18

Gulika 7:42AM – 9:14AM  
Yama 3:22PM – 4:54PM  
165786577 Rahu 10:46AM – 12:18PM

Chitra Until 3:40AM Sat  
Vridhi Until 5:07PM  
Visti Until 6:13PM  
Tritiya Until 6:13PM

Ganesha: Yellow      Sunrise: 6:10AM  
Muruga: Purple      Sunset: 6:26PM  
Nataraja: Orange  
Moon – Green  
Phalgun-Masi

Subhakrit 5124  
Moon 3 - Phase 45 - 2  
1st Phase

Sivaloka Day

Creative Work      Siddha Yoga

3

Saturday, March 11, 2023

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam  
Svati Nakshatra Dhruva/Vyaghata\* Yoga Bava/Balava Karana Chaturthyam Titau

Lusaka, Zambia

Sun 3      Sutra 328

Tula Rasi: 7.54      Tithi 19

Gulika 6:10AM – 7:42AM  
Yama 1:49PM – 3:21PM  
165786577 Rahu 9:14AM – 10:45AM

Svati Until 4:21AM Sun  
Dhruva Until 4:19PM  
Bava Until 6:30AM  
Chaturthi\* Until 6:38PM

Ganesha: Yellow      Sunrise: 6:10AM  
Muruga: Purple      Sunset: 6:25PM  
Nataraja: Orange  
Moon – Green  
Phalgun-Masi

Subhakrit 5124  
Moon 3 - Phase 45 - 3  
1st Phase

Sivaloka Day

Creative Work      Siddha Yoga

Until 4:21AM Sun

Then Routine Work - Marana Yoga

4

Sunday, March 12, 2023

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Vishakha Nakshatra Vyaghata\*/Harshana Yoga Kaulava\*/Taitila Karana Panchamyam Titau

Lusaka, Zambia

Sun 4      Sutra 329

Tula Rasi: 20.48      Tithi 20

Gulika 3:21PM – 4:53PM  
Yama 12:17PM – 1:49PM  
175786577 Rahu 4:53PM – 6:24PM

Vishakha Until 4:52AM Mon  
Vyaghata\* Until 3:11PM  
Kaulava Until 6:41AM  
Panchami Until 6:34PM

Ganesha: Blue      Sunrise: 6:10AM  
Muruga: Purple      Sunset: 6:24PM  
Nataraja: Orange  
Moon – Orange  
Phalgun-Masi

Subhakrit 5124  
Moon 3 - Phase 45 - 4  
1st Phase

Subha Sivaloka Day

Routine Work      Marana Yoga

Until 4:52AM Mon

Then Creative Work - Siddha Yoga

5

Monday, March 13, 2023

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam  
Anuradha Nakshatra Harshana/Vajra\* Yoga Gara/Vanija Karana Shashthyam Titau

Lusaka, Zambia

Sun 5      Sutra 330

Vrischika Rasi: 3.57      Tithi 21

Gulika 1:49PM – 3:20PM  
Yama 10:45AM – 12:17PM  
175786577 Rahu 7:42AM – 9:13AM

Anuradha Until 4:44AM Tue  
Harshana Until 1:40PM  
Gara Until 6:23AM  
Shashthi\* Until 6:01PM

Ganesha: Blue      Sunrise: 6:10AM  
Muruga: Purple      Sunset: 6:24PM  
Nataraja: Orange  
Moon – Orange  
Phalgun-Masi

Subhakrit 5124  
Moon 3 - Phase 45 - 5  
1st Phase

Subha Sivaloka Day

Creative Work      Siddha Yoga

Until 4:44AM Tue

Then Routine Work - Marana Yoga

6

Tuesday, March 14, 2023

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Jyeshtha\* Nakshatra Vajra\*/Siddhi Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Lusaka, Zambia

Sun 6      Sutra 331

Vrischika Rasi: 17.22      Tithi 22 – 23

Gulika 12:17PM – 1:48PM  
Yama 9:13AM – 10:45AM  
175786577 Rahu 3:20PM – 4:51PM

Jyeshtha\* Until 3:56AM Wed  
Vajra\* Until 11:43AM  
Balava Until 4:12AM Wed  
Saptami Until 4:56PM

Ganesha: Blue      Sunrise: 6:10AM  
Muruga: Purple      Sunset: 6:23PM  
Nataraja: Orange  
Moon – Orange  
Phalgun-Masi

Subhakrit 5124  
Moon 3 - Phase 45 - 6  
1st Phase

Subha Sivaloka Day

Routine Work      Marana Yoga

D

Wednesday, March 15, 2023

Retreat Star

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Mula\* Nakshatra Siddhi/Vyatipata\* Yoga Kaulava\*/Taitila Karana Ashtami/Navamyam Titau

Lusaka, Zambia

Sun 7      Sutra 332

Dhanus Rasi: 1.06      Tithi 23 – 24

Gulika 10:45AM – 12:16PM  
Yama 7:42AM – 9:13AM  
185786578 Rahu 12:16PM – 1:48PM

Mula\* Until 2:55AM Thu  
Siddhi Until 9:22AM  
Taitila Until 2:20AM Thu  
Ashtami\* Until 3:19PM

Ganesha: Red      Sunrise: 6:10AM  
Muruga: Purple      Sunset: 6:22PM  
Nataraja: Clear  
Moon – Light Blue  
Phalgun-Panguni

Subhakrit 5124  
Moon 3 - Phase 45 - 7  
Ashtami

Sivaloka Day

Routine Work      Marana Yoga

Until 2:55AM Thu

Then Creative Work - Siddha Yoga

Karadaiyan Nombu (Tamil Nadu)

Thursday, March 16, 2023

Retreat Star

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvashadha\* Nakshatra Vyatipata\*/Variyoga Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Lusaka, Zambia

Sun 8      Sutra 333

Dhanus Rasi: 15.08      Tithi 24 – 25

Gulika 9:13AM – 10:45AM  
Yama 6:11AM – 7:42AM  
185786578 Rahu 1:47PM – 3:19PM

Purvashadha\* Until 1:17AM Fri  
Vyatipata\* Until 6:37AM  
Vanija Until 12:00AM Fri  
Navami\* Until 1:12PM

Ganesha: Red      Sunrise: 6:11AM  
Muruga: Purple      Sunset: 6:21PM  
Nataraja: Clear  
Moon – Light Blue  
Phalgun-Panguni

Subhakrit 5124  
Moon 3 - Phase 45 - 8  
Navami

Sivaloka Day

Creative Work      Siddha Yoga

Until 1:17AM Fri

Then Routine Work - Marana Yoga

The birth of the world, its maintenance, its destruction, the soul's obscuration and liberation are the five acts of His dance. Mrigendra Agama Jnana Pada

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2

www.gurudeva.org/panchang

1	<b>Friday, March 17, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Parigha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Lusaka, Zambia Sun 9 Sutra 334 Subhakrit 5124
	Dhanus Rasi: 29.29	Tithi 25 – 26	<b>Gulika</b> 7:42AM – 9:13AM	<b>Uttarashadha</b> Until 11:08PM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:11AM	
			Yama 3:18PM – 4:50PM	Parigha* Until 12:02AM Sat	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:21PM	Moon 3 - Phase 46 - 9
	Routine Work	Marana Yoga	185786578 <b>Rahu</b> 10:44AM – 12:16PM	Bava Until 9:16PM	<b>Nataraja:</b> Clear	2nd Phase
			<b>Dashami</b> Until 10:39AM	Moon – Light Blue	<b>Sivaloka Day</b>	
				<b>Phalguna</b> •Panguni		

2	<b>Saturday, March 18, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Shravana Nakshatra Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvodashyam Titau				Lusaka, Zambia Sun 10 Sutra 335 Subhakrit 5124
	Makara Rasi: 14.06	Tithi 26 – 27	<b>Gulika</b> 6:11AM – 7:42AM	<b>Shravana</b> Until 8:59PM	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:11AM	
			Yama 1:47PM – 3:18PM	Shiva Until 8:23PM	<b>Muruqa:</b> Purple <i>Sunset:</i> 6:20PM	Moon 3 - Phase 46 - 10
	Creative Work	Siddha Yoga	195786578 <b>Rahu</b> 9:13AM – 10:44AM	Kaulava Until 6:15PM	<b>Nataraja:</b> Clear	2nd Phase
			<b>Ekadashi*</b> Until 7:46AM	Moon – Purple	<b>Subha Sivaloka Day</b>	
				<b>Phalguna</b> •Panguni		

3	<b>Sunday, March 19, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Dhanishtha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Trayodashyam Titau				Lusaka, Zambia Sun 11 Sutra 336 Subhakrit 5124
	Makara Rasi: 28.53	Tithi 28	<b>Gulika</b> 3:17PM – 4:48PM	<b>Dhanishtha</b> Until 6:34PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:11AM	
			Yama 12:15PM – 1:46PM	Siddha Until 4:35PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:19PM	Moon 3 - Phase 46 - 11
	Routine Work	Marana Yoga	196796578 <b>Rahu</b> 4:48PM – 6:19PM	Gara Until 3:04PM	<b>Nataraja:</b> Clear	2nd Phase
			<b>Trayodashi*</b> Until 1:27AM Mon	Moon – Purple	<b>Devaloka Day</b>	
				<b>Phalguna</b> •Panguni		
				<i>Pradosha Vrata (Fasting)</i>		

4	<b>Monday, March 20, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Shalabhishak/Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Lusaka, Zambia Sun 12 Sutra 337 Subhakrit 5124
	Kumbha Rasi: 13.43	Tithi 29	<b>Gulika</b> 1:46PM – 3:17PM	<b>Shatabhishak</b> Until 4:01PM	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:11AM	
	<b>Family Home Evening</b>		Yama 10:44AM – 12:15PM	Sadhya Until 12:49PM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:19PM	Moon 3 - Phase 46 - 12
	Creative Work	Siddha Yoga	196896578 <b>Rahu</b> 7:42AM – 9:13AM	Visti Until 11:53AM	<b>Nataraja:</b> Clear	2nd Phase
			<b>Chaturdashi*</b> Until 10:19PM	Moon – Purple	<b>Sivaloka Day</b>	
				<b>Phalguna</b> •Panguni		

●	<b>Tuesday, March 21, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha/Sukla Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Lusaka, Zambia Sun 13 Sutra 338 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 12:15PM – 1:45PM	<b>Purvaproshtapada*</b> Until 1:55PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:11AM	
	Kumbha Rasi: 28.29	Tithi 30	Yama 9:13AM – 10:44AM	Subha Until 9:11AM	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:18PM	Moon 3 - Phase 46 - 13
	Routine Work	Marana Yoga	116896578 <b>Rahu</b> 3:16PM – 4:47PM	Catuspada Until 8:50AM	<b>Nataraja:</b> Clear	Amavasya
			<b>Amavasya*</b> Until 7:24PM	Moon – Clear	<b>Devaloka Day</b>	
				<b>Phalguna</b> •Panguni		

●	<b>Wednesday, March 22, 2023</b>	Subhakrit Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada*/Revati Nakshatra Brahma Yoga Kintughna*/Balava Karana Prathama/Dvityayam Titau				Lusaka, Zambia Sun 14 Sutra 339 Subhakrit 5124
	<b>Retreat Star</b>		<b>Gulika</b> 10:44AM – 12:14PM	<b>Uttaraproshtapada</b> Until 12:01PM	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:11AM	
	Meena Rasi: 13.03	Tithi 1 – 2	Yama 7:42AM – 9:13AM	Brahma Until 2:43AM Thu	<b>Muruqa:</b> Clear <i>Sunset:</i> 6:17PM	Moon 3 - Phase 46 - 14
	Creative Work	Siddha Yoga	116896578 <b>Rahu</b> 12:14PM – 1:45PM	Kintughna Until 6:06AM	<b>Nataraja:</b> Clear	Prathama
			<b>Prathama*</b> Until 4:52PM	Moon – Clear	<b>Devaloka Day</b>	
		<b>Yugadhi</b>		<b>Chaitra</b> •Panguni		

O learned people, may we with our ears listen to what is beneficial, may we see with our eyes what is beneficial. May we, engaged in your praises, enjoy with firm limbs and sound bodies, a full term of life dedicated to God. Rig Veda

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1</b>		<b>Thursday, March 23, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Indra Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Lusaka, Zambia Sun 15 Sutra 340 Subhakit 5124	
Meena Rasi: 27.17	Tithi 2 – 3	<b>Gulika</b> 9:13AM – 10:43AM	<b>Revati Until 10:28AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:12AM		
		Yama 6:12AM – 7:42AM	Indra Until 12:11AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:16PM	Moon 3 - Phase 47 - 15	
		116896578 <b>Rahu</b> 1:45PM – 3:15PM	Taitila Until 2:06AM Fri	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Dvitiya Until 2:51PM</b>	Moon – Clear		<b>Devaloka Day</b>	
Until 10:28AM		<b>Chellappaswami Mahasamadhi</b>		Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Friday, March 24, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Lusaka, Zambia Sun 16 Sutra 341 Subhakit 5124	
Mesha Rasi: 11.08	Tithi 3 – 4	<b>Gulika</b> 7:42AM – 9:13AM	<b>Ashvini Until 9:50AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:12AM		
		Yama 3:15PM – 4:45PM	Vaidhriti* Until 10:10PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:16PM	Moon 3 - Phase 47 - 16	
		126896578 <b>Rahu</b> 10:43AM – 12:14PM	Vanija Until 1:07AM Sat	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Amrita Yoga			<b>Tritiya Until 1:30PM</b>	Moon – White		<b>Devaloka Day</b>	
Until 9:50AM				Chaitra•Panguni			
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Saturday, March 25, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Vishkambha* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Lusaka, Zambia Sun 17 Sutra 342 Subhakit 5124	
Mesha Rasi: 24.34	Tithi 4 – 5	<b>Gulika</b> 6:12AM – 7:42AM	<b>Bharani Until 9:48AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:12AM		
		Yama 1:44PM – 3:14PM	Vishkambha* Until 8:48PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:15PM	Moon 3 - Phase 47 - 17	
		126896578 <b>Rahu</b> 9:13AM – 10:43AM	Bava Until 12:55AM Sun	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Chaturthi* Until 12:54PM</b>	Moon – White		<b>Devaloka Day</b>	
Until 9:48AM				Chaitra•Panguni			
Then Creative Work - Amrita Yoga							

<b>4</b>		<b>Sunday, March 26, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Priti Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Lusaka, Zambia Sun 18 Sutra 343 Subhakit 5124	
Vrishabha Rasi: 7.35	Tithi 5 – 6	<b>Gulika</b> 3:14PM – 4:44PM	<b>Krittika Until 10:22AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:12AM		
		Yama 12:13PM – 1:43PM	Priti Until 8:03PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:14PM	Moon 3 - Phase 47 - 18	
		126896578 <b>Rahu</b> 4:44PM – 6:14PM	Kaulava Until 1:30AM Mon	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Panchami Until 1:05PM</b>	Moon – White		<b>Devaloka Day</b>	
				Chaitra•Panguni			

<b>5</b>		<b>Monday, March 27, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Grigashira Nakshatra Ayushman Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Lusaka, Zambia Sun 19 Sutra 344 Subhakit 5124	
Vrishabha Rasi: 20.13	Tithi 6 – 7	<b>Gulika</b> 1:43PM – 3:13PM	<b>Rohini Until 11:59AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:12AM		
<b>Family Home Evening</b>		Yama 10:43AM – 12:13PM	Ayushman Until 7:50PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:13PM	Moon 3 - Phase 47 - 19	
		137896578 <b>Rahu</b> 7:42AM – 9:12AM	Gara Until 2:47AM Tue	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Amrita Yoga			<b>Shashthi* Until 2:02PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
				Chaitra•Panguni			

<b>6</b>		<b>Tuesday, March 28, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Saubhagya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Lusaka, Zambia Sun 20 Sutra 345 Subhakit 5124	
Mithuna Rasi: 2.33	Tithi 7 – 8	<b>Gulika</b> 12:12PM – 1:43PM	<b>Mrigashira Until 2:05PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:12AM		
		Yama 9:12AM – 10:42AM	Saubhagya Until 8:07PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:13PM	Moon 3 - Phase 47 - 20	
		137896578 <b>Rahu</b> 3:13PM – 4:43PM	Visti Until 4:39AM Wed	<b>Nataraja:</b> Clear		3rd Phase	
Creative Work Siddha Yoga			<b>Saptami Until 3:38PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Until 2:05PM				Chaitra•Panguni			
Then Routine Work - Marana Yoga							

<b>Retreat Star</b>		<b>Wednesday, March 29, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Lusaka, Zambia Sun 21 Sutra 346 Subhakit 5124	
Mithuna Rasi: 14.4	Tithi 8 – 9	<b>Gulika</b> 10:42AM – 12:12PM	<b>Ardra Until 4:30PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:12AM		
		Yama 7:42AM – 9:12AM	Sobhana Until 8:45PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:12PM	Moon 3 - Phase 47 - 21	
		137896578 <b>Rahu</b> 12:12PM – 1:42PM	Balava Until 6:53AM Thu	<b>Nataraja:</b> Clear		Ashtami	
Creative Work Siddha Yoga			<b>Ashtami* Until 5:42PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
				Chaitra•Panguni			

<b>Retreat Star</b>		<b>Thursday, March 30, 2023</b>		Subhakit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Punarvasu Nakshatra Athiganda* Yoga Balava/Kaulava Karana Navamyam Titau		Lusaka, Zambia Sun 22 Sutra 347 Subhakit 5124	
Mithuna Rasi: 26.37	Tithi 9	<b>Gulika</b> 9:12AM – 10:42AM	<b>Punarvasu Until 7:30PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:12AM		
		Yama 6:12AM – 7:42AM	Athiganda* Until 9:32PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:11PM	Moon 3 - Phase 47 - 22	
		147896578 <b>Rahu</b> 1:42PM – 3:12PM	Balava Until 6:53AM	<b>Nataraja:</b> Clear		Navami	
Creative Work Amrita Yoga			<b>Navami* Until 8:03PM</b>	Moon – Blue		<b>Bhuloka Day</b>	
		<b>Sri Rama Navami</b>		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

O self-luminous Divine, remove the veil of ignorance from before me, that I may behold your light. Reveal to me the spirit of the scriptures. May the truth of the scriptures be ever present to me. May I seek day and night to realize what I learn from the sages. Rig Veda

11 times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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1	<b>Friday, March 31, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya Nakshatra Sukarma Yoga Taitila/Gara Karana Dashamyam Titau				Lusaka, Zambia Sun 23 Sutra 348 Subhakrit 5124
	Kataka Rasi: 8.31	Tithi 10	<b>Gulika</b> 7:42AM – 9:12AM	<b>Pushya</b> <b>Until 10:26PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:13AM	
			Yama 3:11PM – 4:41PM	Sukarma <b>Until 10:23PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:11PM	Moon 3 - Phase 48 - 23
	Routine Work	Marana Yoga	147896578 <b>Rahu</b> 10:42AM – 12:12PM	Taitila <b>Until 9:17AM</b>	<b>Nataraja:</b> Clear		4th Phase
			<b>Dashami</b> <b>Until 10:29PM</b>	Moon – Blue		<b>Bhuloka Day</b>	
				Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

2	<b>Saturday, April 1, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Ekadashyam Titau				Lusaka, Zambia Sun 24 Sutra 349 Subhakrit 5124
	Kataka Rasi: 20.25	Tithi 11	<b>Gulika</b> 6:13AM – 7:42AM	<b>Ashlesha*</b> <b>Until 1:05AM Sun</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:13AM	
			Yama 1:41PM – 3:11PM	Dhriti <b>Until 11:11PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:11PM	Moon 3 - Phase 48 - 24
	Routine Work	Marana Yoga	147896578 <b>Rahu</b> 9:12AM – 10:42AM	Vanija <b>Until 11:41AM</b>	<b>Nataraja:</b> Clear		4th Phase
			<b>Ekadashi</b> <b>Until 12:48AM Sun</b>	Moon – Blue		<b>Bhuloka Day</b>	
		Yogaswami Mahasamadhi		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	

3	<b>Sunday, April 2, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Nakshatra Shula* Yoga Bava/Balava Karana Dvadashyam Titau				Lusaka, Zambia Sun 25 Sutra 350 Subhakrit 5124
	Simha Rasi: 2.22	Tithi 12	<b>Gulika</b> 3:11PM – 4:40PM	<b>Magha*</b> <b>Until 3:50AM Mon</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:13AM	
			Yama 12:11PM – 1:41PM	Shula* <b>Until 11:46PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:10PM	Moon 3 - Phase 48 - 25
	Routine Work	Marana Yoga	158896578 <b>Rahu</b> 4:40PM – 6:10PM	Bava <b>Until 1:54PM</b>	<b>Nataraja:</b> Clear		4th Phase
			<b>Dvadashi</b> <b>Until 2:52AM Mon</b>	Moon – Red		<b>Devaloka Day</b>	
		Until 3:50AM Mon		Chaitra•Panguni			
		Then Creative Work - Siddha Yoga					

4	<b>Monday, April 3, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Lusaka, Zambia Sun 26 Sutra 351 Subhakrit 5124
	Simha Rasi: 14.25	Tithi 13	<b>Gulika</b> 1:40PM – 3:10PM	<b>Purvaphalguni</b> <b>Until 6:04AM Tue</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:13AM	
	<b>Family Home Evening</b>		Yama 10:41AM – 12:11PM	Ganda* <b>Until 12:06AM Tue</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:09PM	Moon 3 - Phase 48 - 26
	Creative Work	Siddha Yoga	158896578 <b>Rahu</b> 7:42AM – 9:12AM	Kaulava <b>Until 3:48PM</b>	<b>Nataraja:</b> Clear		4th Phase
			<b>Trayodashi</b> <b>Until 4:34AM Tue</b>	Moon – Red		<b>Devaloka Day</b>	
		Until 6:04AM Tue		Chaitra•Panguni			
		Then Creative Work - Amrita Yoga					
						<i>Pradosha Vrata</i>	

5	<b>Tuesday, April 4, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vriddhi Yoga Gara/Vanija Karana Chaturdashyam Titau				Lusaka, Zambia Sun 27 Sutra 352 Subhakrit 5124
	Simha Rasi: 26.37	Tithi 14	<b>Gulika</b> 12:11PM – 1:40PM	<b>Purvaphalguni</b> <b>Until 6:04AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:13AM	
			Yama 9:12AM – 10:41AM	Vriddhi <b>Until 12:07AM Wed</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:08PM	Moon 3 - Phase 48 - 27
	Creative Work	Siddha Yoga	158896578 <b>Rahu</b> 3:10PM – 4:39PM	Gara <b>Until 5:17PM</b>	<b>Nataraja:</b> Clear		4th Phase
			<b>Chaturdashi*</b> <b>Until 5:50AM Wed</b>	Moon – Red		<b>Devaloka Day</b>	
		Until 6:04AM		Chaitra•Panguni			
		Then Creative Work - Amrita Yoga					

○	<b>Wednesday, April 5, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Dhruva Yoga Visti* Karana Purnimayam Titau				Lusaka, Zambia Sutra 353 Subhakrit 5124
	<b>Copper Retreat Star</b>		<b>Gulika</b> 10:41AM – 12:10PM	<b>Uttaraphalguni</b> <b>Until 7:42AM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:13AM	
	Kanya Rasi: 9.01	Tithi 15	Yama 7:42AM – 9:12AM	Dhruva <b>Until 11:44PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:08PM	Moon 3 - Phase 48 - Purnima
			158896578 <b>Rahu</b> 12:10PM – 1:40PM	Visti <b>Until 6:17PM</b>	<b>Nataraja:</b> Clear		
			<b>Purnima*</b> <b>Until 6:36AM Thu</b>	Moon – Red		<b>Devaloka Day</b>	
		Creative Work		Chaitra•Panguni			
		Amrita Yoga					
		Until 7:42AM					
		Then Routine Work - Marana Yoga					
			<b>Panguni Uttiram</b>				
			<b>Hanuman Jayanti</b>				

○	<b>Thursday, April 6, 2023</b>		Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Hasta/Chitra Nakshatra Vyaghata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Lusaka, Zambia Sutra 354 Subhakrit 5124
	<b>Silver Retreat Star</b>		<b>Gulika</b> 9:12AM – 10:41AM	<b>Hasta</b> <b>Until 9:11AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:13AM	
	Kanya Rasi: 21.38	Tithi 15 – 16	Yama 6:13AM – 7:42AM	Vyaghata* <b>Until 11:00PM</b>	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:07PM	Moon 3 - Phase 48 - Prathama
			168896578 <b>Rahu</b> 1:39PM – 3:09PM	Balava <b>Until 6:49PM</b>	<b>Nataraja:</b> Clear		
			<b>Purnima*</b> <b>Until 6:36AM</b>	Moon – Green		<b>Bhuloka Day</b>	
		Routine Work		Chaitra•Panguni		Devaloka Time: 3:PM to 6:PM	
		Marana Yoga					
		Until 9:11AM					
		Then Creative Work - Siddha Yoga					

Let us have concord with our own people, and concord with people who are strangers to us. Ashvins, create between us and the strangers a unity of hearts. Atharva Veda





**Friday, April 7, 2023**  
**Gold Retreat Star**

Tula Rasi: 4.28      Tithi 16 – 17

Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Chitra/Svati Nakshatra Harshana Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

**Gulika**      7:42AM – 9:12AM  
Yama      3:08PM – 4:37PM  
168896578 **Rahu**      10:41AM – 12:10PM

**Chitra** **Until 10:03AM**  
Harshana **Until 9:54PM**  
Taitila **Until 6:51PM**  
**Prathama\* Until 6:52AM**

**Ganesha:** Blue      *Sunrise: 6:13AM*  
**Muruqa:** Clear      *Sunset: 6:06PM*  
**Nataraja:** Clear  
Moon – Green  
Chaitra•Panguni

Lusaka, Zambia  
Sutra 355  
Subhakrit 5124  
Moon 4 - Phase 49 -  
1st Phase

**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

**1**

**Saturday, April 8, 2023**

Tula Rasi: 17.32      Tithi 17 – 18

Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mantra Vasara Yuktayam  
Svati/Vishakha Nakshatra Vajra\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

**Gulika**      6:13AM – 7:42AM  
Yama      1:39PM – 3:08PM  
168896578 **Rahu**      9:11AM – 10:40AM

**Svati** **Until 10:18AM**  
Vajra\* **Until 8:26PM**  
Vanija **Until 6:27PM**  
**Dvitiya** **Until 6:41AM**

**Ganesha:** Blue      *Sunrise: 6:13AM*  
**Muruqa:** Clear      *Sunset: 6:06PM*  
**Nataraja:** Clear  
Moon – Green  
Chaitra•Panguni

Lusaka, Zambia  
Sun 1      Sutra 356  
Subhakrit 5124  
Moon 4 - Phase 49 - 1  
1st Phase

**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

**2**

**Sunday, April 9, 2023**

Vrischika Rasi: 0.49      Tithi 18 – 19

Routine Work      Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Siddhi Yoga Visti\*/Balava Karana Tritiya/Chatrthyam Titau

**Gulika**      3:07PM – 4:36PM  
Yama      12:09PM – 1:38PM  
179896578 **Rahu**      4:36PM – 6:05PM

**Vishakha** **Until 10:28AM**  
Siddhi **Until 6:40PM**  
Balava **Until 5:06AM Mon**  
**Tritiya** **Until 6:05AM**

**Ganesha:** Red      *Sunrise: 6:14AM*  
**Muruqa:** Clear      *Sunset: 6:05PM*  
**Nataraja:** Clear  
Moon – Orange  
Chaitra•Panguni

Lusaka, Zambia  
Sun 2      Sutra 357  
Subhakrit 5124  
Moon 4 - Phase 49 - 2  
1st Phase

**Devaloka Day**

**3**

**Monday, April 10, 2023**

Vrischika Rasi: 14.19      Tithi 20

**Family Home Evening**  
Creative Work      Siddha Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Vyatipata\*/Variyan Yoga Kaulava/Taitila Karana Panchamyam Titau

**Gulika**      1:38PM – 3:07PM  
Yama      10:40AM – 12:09PM  
179896578 **Rahu**      7:42AM – 9:11AM

**Anuradha** **Until 10:07AM**  
Vyatipata\* **Until 4:38PM**  
Kaulava **Until 4:30PM**  
**Panchami** **Until 3:47AM Tue**

**Ganesha:** Red      *Sunrise: 6:14AM*  
**Muruqa:** Clear      *Sunset: 6:04PM*  
**Nataraja:** Clear  
Moon – Orange  
Chaitra•Panguni

Lusaka, Zambia  
Sun 3      Sutra 358  
Subhakrit 5124  
Moon 4 - Phase 49 - 3  
1st Phase

**Devaloka Day**

**4**

**Tuesday, April 11, 2023**

Vrischika Rasi: 28.01      Tithi 21

Routine Work      Marana Yoga  
Until 9:17AM  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Variyan/Parigha\* Yoga Gara/Vanija Karana Shashthyam Titau

**Gulika**      12:09PM – 1:37PM  
Yama      9:11AM – 10:40AM  
179896578 **Rahu**      3:06PM – 4:35PM

**Jyeshtha\*** **Until 9:17AM**  
Variyan **Until 2:19PM**  
Gara **Until 3:02PM**  
**Shashthi\*** **Until 2:10AM Wed**

**Ganesha:** Red      *Sunrise: 6:14AM*  
**Muruqa:** Clear      *Sunset: 6:04PM*  
**Nataraja:** Clear  
Moon – Orange  
Chaitra•Panguni

Lusaka, Zambia  
Sun 4      Sutra 359  
Subhakrit 5124  
Moon 4 - Phase 49 - 4  
1st Phase

**Devaloka Day**

**5**

**Wednesday, April 12, 2023**

Dhanus Rasi: 11.53      Tithi 22

Routine Work      Marana Yoga  
Until 8:28AM  
Then Creative Work - Amrita Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Parigha\*/Shiva Yoga Visti\*/Bava Karana Saptamyam Titau

**Gulika**      10:40AM – 12:08PM  
Yama      7:43AM – 9:11AM  
189896578 **Rahu**      12:08PM – 1:37PM

**Mula\*** **Until 8:28AM**  
Parigha\* **Until 11:47AM**  
Visti **Until 1:16PM**  
**Saptami** **Until 12:16AM Thu**

**Ganesha:** Green      *Sunrise: 6:14AM*  
**Muruqa:** Clear      *Sunset: 6:03PM*  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra•Panguni

Lusaka, Zambia  
Sun 5      Sutra 360  
Subhakrit 5124  
Moon 4 - Phase 49 - 5  
1st Phase

**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

**☾**

**Thursday, April 13, 2023**

**Retreat Star**

Dhanus Rasi: 25.56      Tithi 23

Creative Work      Siddha Yoga  
Until 7:14AM  
Then Routine Work - Marana Yoga

Subhakrit Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Ashtamyam Titau

**Gulika**      9:11AM – 10:40AM  
Yama      6:14AM – 7:43AM  
189996578 **Rahu**      1:37PM – 3:05PM

**Purvashadha\*** **Until 7:14AM**  
Shiva **Until 9:04AM**  
Balava **Until 11:15AM**  
**Ashtami\*** **Until 10:09PM**

**Ganesha:** White      *Sunrise: 6:14AM*  
**Muruqa:** Clear      *Sunset: 6:02PM*  
**Nataraja:** Clear  
Moon – Light Blue  
Chaitra•Panguni

Lusaka, Zambia  
Sun 6      Sutra 361  
Subhakrit 5124  
Moon 4 - Phase 49 - 6  
Ashtami

**Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

**Friday, April 14, 2023**

**Retreat Star**

Makara Rasi: 10.07      Tithi 24

Routine Work      Marana Yoga  
Until 4:10AM Sat  
Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shravana Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Navamyam Titau

**Gulika**      7:43AM – 9:11AM  
Yama      3:05PM – 4:33PM  
199996578 **Rahu**      10:39AM – 12:08PM

Chidambaram Abhishekam  
Tamil New Year

**Shravana** **Until 4:10AM Sat**  
Siddha **Until 6:08AM**  
Taitila **Until 9:01AM**  
**Navami\*** **Until 7:49PM**

**Ganesha:** Clear      *Sunrise: 6:14AM*  
**Muruqa:** Clear      *Sunset: 6:02PM*  
**Nataraja:** Clear  
Moon – Purple  
Chaitra•Chaitra

Lusaka, Zambia  
Sun 7      Sutra 362  
Sobhana 5125  
Moon 4 - Phase 49 - 7  
Navami


**Devaloka Day**

<b>1</b>	<b>Saturday, April 15, 2023</b>		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Subha Yoga Vanija/Bava Karana Dashami/Ekadashyam Titau				Lusaka, Zambia
	Makara Rasi: 24.25	Tithi 25 – 26	<b>Gulika</b> 6:14AM – 7:43AM	<b>Dhanishtha Until 2:26AM Sun</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:14AM	Sun 8 Sutra 363
			Yama 1:36PM – 3:04PM	Subha Until 11:57PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:01PM	Sobhana 5125
	Creative Work	Siddha Yoga	299996578 <b>Rahu</b> 9:11AM – 10:39AM	Vanija Until 6:38AM	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 8 2nd Phase
			<b>Dashami Until 5:22PM</b>	Moon – Purple		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

<b>2</b>	<b>Sunday, April 16, 2023</b>		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Lusaka, Zambia
	Kumbha Rasi: 8.47	Tithi 26 – 27	<b>Gulika</b> 3:04PM – 4:32PM	<b>Shatabhishak Until 12:33AM Mon</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:15AM	Sun 9 Sutra 364
			Yama 12:07PM – 1:36PM	Sukla Until 8:46PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:00PM	Sobhana 5125
	Creative Work	Siddha Yoga	299996578 <b>Rahu</b> 4:32PM – 6:00PM	Kaulava Until 1:37AM Mon	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 9 2nd Phase
			<b>Ekadashi* Until 2:51PM</b>	Moon – Purple		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
				Chaitra•Chaitra			

<b>3</b>	<b>Monday, April 17, 2023</b>		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Lusaka, Zambia
	Kumbha Rasi: 23.1	Tithi 27 – 28	<b>Gulika</b> 1:35PM – 3:03PM	<b>Purvaproshtapada* Until 11:01PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:15AM	Sun 10 Sutra 1
	<b>Family Home Evening</b>		Yama 10:39AM – 12:07PM	Brahma Until 5:39PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 6:00PM	Sobhana 5125
	Routine Work	Marana Yoga	211996578 <b>Rahu</b> 7:43AM – 9:11AM	Gara Until 11:11PM	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 10 2nd Phase
			<b>Dvadashi* Until 12:22PM</b>	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra•Chaitra			
				<i>Pradosha Vrata (Fasting)</i>			

<b>4</b>	<b>Tuesday, April 18, 2023</b>		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Indra/Vaidhriti* Yoga Vanija/Visli* Karana Trayodashi/Chaturdashyam Titau				Lusaka, Zambia
	Meena Rasi: 7.28	Tithi 28 – 29	<b>Gulika</b> 12:07PM – 1:35PM	<b>Uttaraproshtapada Until 9:32PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:15AM	Sun 11 Sutra 2
			Yama 9:11AM – 10:39AM	Indra Until 2:40PM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:59PM	Sobhana 5125
	Creative Work	Amrita Yoga	211996578 <b>Rahu</b> 3:03PM – 4:31PM	Visti Until 8:57PM	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 11 2nd Phase
			<b>Trayodashi* Until 10:01AM</b>	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra•Chaitra			

	<b>Wednesday, April 19, 2023</b>		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Revati Nakshatra Vaidhriti*/Vishkambha* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Lusaka, Zambia
	<b>Retreat Star</b>		<b>Gulika</b> 10:39AM – 12:07PM	<b>Revati Until 8:14PM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:15AM	Sun 12 Sutra 3
	Meena Rasi: 21.37	Tithi 29 – 30	Yama 7:43AM – 9:11AM	Vaidhriti* Until 11:54AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:58PM	Sobhana 5125
	Routine Work	Marana Yoga	211996578 <b>Rahu</b> 12:07PM – 1:35PM	Catuspada Until 7:02PM	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 12 Amavasya
			<b>Chaturdashi* Until 7:55AM</b>	Moon – Clear		<b>Devaloka Day</b>	
				Chaitra•Chaitra			

<b>Retreat Star</b>	<b>Thursday, April 20, 2023</b>		Sobhana Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Vishkambha*/Priti Yoga Naga*/Bava Karana Amavasya/Prathamayam Titau				Lusaka, Zambia
	<b>Retreat Star</b>		<b>Gulika</b> 9:11AM – 10:39AM	<b>Ashvini Until 7:39PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:15AM	Sun 13 Sutra 4
	Mesha Rasi: 5.32	Tithi 30 – 1	Yama 6:15AM – 7:43AM	Vishkambha* Until 9:28AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:58PM	Sobhana 5125
	Creative Work	Amrita Yoga	221996578 <b>Rahu</b> 1:34PM – 3:02PM	Bava Until 4:58AM Fri	<b>Nataraja:</b> Clear		Moon 4 - Phase 1 - 13 Prathama
			<b>Amavasya* Until 6:12AM</b>	Moon – White		<b>Devaloka Day</b>	
				Vaisaka•Chaitra			

There is nothing higher than dharma. Verily, that which is dharma is truth. Shukla Yajur Veda

Il times are standard time. Calculated for Lusaka, Zambia on 5/1/2

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<b>1</b>	<b>Friday, April 21, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Dvitiyayam Titau				Lusaka, Zambia Sun 14 Sutra 5
	Mesha Rasi: 19.1	Tithi 2	<b>Gulika</b> 7:43AM – 9:11AM	<b>Bharani</b> Until 7:28PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:15AM	Sobhana 5125
			Yama 3:02PM – 4:29PM	Priti Until 7:27AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:57PM	Moon 4 - Phase 2 - 14
	221996578	<b>Rahu</b> 10:39AM – 12:06PM	Balava Until 4:35PM	<b>Nataraja:</b> Clear	Moon – White		3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya</b> Until 4:19AM Sat	Vaisaka-Chaitra		<b>Devaloka Day</b>	

<b>2</b>	<b>Saturday, April 22, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Saubhagya Yoga Taitila/Gara Karana Tritiyayam Titau				Lusaka, Zambia Sun 15 Sutra 6
	Vrishabha Rasi: 2.27	Tithi 3	<b>Gulika</b> 6:16AM – 7:43AM	<b>Krittika</b> Until 7:44PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:16AM	Sobhana 5125
			Yama 1:34PM – 3:01PM	Saubhagya Until 4:51AM Sun	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:57PM	Moon 4 - Phase 2 - 15
	221996578	<b>Rahu</b> 9:11AM – 10:38AM	Taitila Until 4:15PM	<b>Nataraja:</b> Clear	Moon – White		3rd Phase
Creative Work	Amrita Yoga		<b>Tritiya</b> Until 4:19AM Sun	Vaisaka-Chaitra		<b>Devaloka Day</b>	
		<b>Akshaya</b> Tritiya					

<b>3</b>	<b>Sunday, April 23, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sobhana Yoga Vanija/Visti* Karana Chaturthyam Titau				Lusaka, Zambia Sun 16 Sutra 7
	Vrishabha Rasi: 15.24	Tithi 4	<b>Gulika</b> 3:01PM – 4:28PM	<b>Rohini</b> Until 8:58PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:16AM	Sobhana 5125
			Yama 12:06PM – 1:33PM	Sobhana Until 4:20AM Mon	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:56PM	Moon 4 - Phase 2 - 16
	231996578	<b>Rahu</b> 4:28PM – 5:56PM	Vanija Until 4:35PM	<b>Nataraja:</b> Clear	Moon – Yellow		3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi*</b> Until 4:59AM Mon	Vaisaka-Chaitra		<b>Devaloka Day</b>	

<b>4</b>	<b>Monday, April 24, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Athiganda* Yoga Bava/Balava Karana Panchamyam Titau				Lusaka, Zambia Sun 17 Sutra 8
	Vrishabha Rasi: 28.02	Tithi 5	<b>Gulika</b> 1:33PM – 3:00PM	<b>Mrigashira</b> Until 10:40PM	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:16AM	Sobhana 5125
	<b>Family Home Evening</b>		Yama 10:38AM – 12:06PM	Athiganda* Until 4:17AM Tue	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:55PM	Moon 4 - Phase 2 - 17
	231996578	<b>Rahu</b> 7:43AM – 9:11AM	Bava Until 5:34PM	<b>Nataraja:</b> Clear	Moon – Yellow		3rd Phase
Creative Work	Amrita Yoga		<b>Panchami</b> Until 6:15AM Tue	Vaisaka-Chaitra		<b>Devaloka Day</b>	
Until 10:40PM							
Then Creative Work - Siddha Yoga							

<b>5</b>	<b>Tuesday, April 25, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Sukarma Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Lusaka, Zambia Sun 18 Sutra 9
	Mithuna Rasi: 10.24	Tithi 5 – 6	<b>Gulika</b> 12:05PM – 1:33PM	<b>Ardra</b> Until 12:44AM Wed	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 6:16AM	Sobhana 5125
			Yama 9:11AM – 10:38AM	Sukarma Until 4:38AM Wed	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:55PM	Moon 4 - Phase 2 - 18
	231996579	<b>Rahu</b> 3:00PM – 4:27PM	Kaulava Until 7:07PM	<b>Nataraja:</b> Purple	Moon – Yellow		3rd Phase
Routine Work	Marana Yoga		<b>Panchami</b> Until 6:15AM	Vaisaka-Chaitra		<b>Sivaloka Day</b>	
Until 12:44AM Wed							
Then Creative Work - Siddha Yoga							

<b>6</b>	<b>Wednesday, April 26, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Dhriti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Lusaka, Zambia Sun 19 Sutra 10
	Mithuna Rasi: 22.34	Tithi 6 – 7	<b>Gulika</b> 10:38AM – 12:05PM	<b>Punarvasu</b> Until 3:31AM Thu	<b>Ganesha:</b> Green	<i>Sunrise:</i> 6:16AM	Sobhana 5125
			Yama 7:44AM – 9:11AM	Dhriti Until 5:18AM Thu	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:54PM	Moon 4 - Phase 2 - 19
	241996579	<b>Rahu</b> 12:05PM – 1:32PM	Gara Until 9:06PM	<b>Nataraja:</b> Purple	Moon – Blue		3rd Phase
Creative Work	Siddha Yoga		<b>Shashthi*</b> Until 8:02AM	Vaisaka-Chaitra		<b>Subha Sivaloka Day</b>	
Until 3:31AM Thu							
Then Creative Work - Amrita Yoga							

<b>D</b>	<b>Thursday, April 27, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Shula* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Lusaka, Zambia Sun 20 Sutra 11
	<b>Retreat Star</b>		<b>Gulika</b> 9:11AM – 10:38AM	<b>Pushya</b> Until 6:21AM Fri	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:16AM	Sobhana 5125
	Kataka Rasi: 4.34	Tithi 7 – 8	Yama 6:16AM – 7:44AM	Shula* Until 6:06AM Fri	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:54PM	Moon 4 - Phase 2 - 20
	242996579	<b>Rahu</b> 1:32PM – 2:59PM	Visti Until 11:21PM	<b>Nataraja:</b> Purple	Moon – Blue		Ashtami
Creative Work	Amrita Yoga		<b>Saptami</b> Until 10:11AM	Vaisaka-Chaitra		<b>Sivaloka Day</b>	
Until 6:21AM Fri							
Then Routine Work - Marana Yoga							

<b>D</b>	<b>Friday, April 28, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Lusaka, Zambia Sun 21 Sutra 12
	<b>Retreat Star</b>		<b>Gulika</b> 7:44AM – 9:11AM	<b>Pushya</b> Until 6:21AM	<b>Ganesha:</b> Red	<i>Sunrise:</i> 6:17AM	Sobhana 5125
	Kataka Rasi: 16.29	Tithi 8 – 9	Yama 2:59PM – 4:26PM	Shula* Until 6:06AM	<b>Muruqa:</b> Clear	<i>Sunset:</i> 5:53PM	Moon 4 - Phase 2 - 21
	242996579	<b>Rahu</b> 10:38AM – 12:05PM	Balava Until 1:42AM Sat	<b>Nataraja:</b> Purple	Moon – Blue		Navami
Routine Work	Marana Yoga		<b>Ashtami*</b> Until 12:30PM	Vaisaka-Chaitra		<b>Sivaloka Day</b>	

Pursuit of the duties of the stage of life to which each one belongs—that, verily, is the rule! Others are like branches of a stem. With this, one tends upwards; otherwise, downwards. Krishna Yajur Veda

<b>1</b>		<b>Saturday, April 29, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Ashlesha* Magha* Nakshatra Ganda* Vriddhi Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Lusaka, Zambia Sun 22 Sutra 13	
Kataka Rasi: 28.23	Tithi 9 – 10	Gulika 6:17AM – 7:44AM	Ashlesha* <b>Until 9:03AM</b>	Ganesha: Red	Sunrise: 6:17AM	Muruqa: Clear	Sobhana 5125
		Yama 1:32PM – 2:59PM	Ganda* <b>Until 6:57AM</b>	Muruqa: Clear	Sunset: 5:53PM	Nataraja: Purple	Moon 4 - Phase 3 - 22
		242996579 Rahu 9:11AM – 10:38AM	Taitila <b>Until 3:55AM Sun</b>	Moon – Blue			4th Phase
Routine Work	Marana Yoga		<b>Navami* Until 2:49PM</b>	Vaisaka*Chaitra		<b>Sivaloka Day</b>	
Until 9:03AM							
Then Creative Work - Amrita Yoga							

<b>2</b>		<b>Sunday, April 30, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Magha* Purvaphalguni Nakshatra Vriddhi/Dhruva Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Lusaka, Zambia Sun 23 Sutra 14	
Simha Rasi: 10.21	Tithi 10 – 11	Gulika 2:58PM – 4:25PM	Magha* <b>Until 11:56AM</b>	Ganesha: Blue	Sunrise: 6:17AM	Muruqa: Clear	Sobhana 5125
		Yama 12:05PM – 1:31PM	Vriddhi <b>Until 7:42AM</b>	Muruqa: Clear	Sunset: 5:52PM	Nataraja: Purple	Moon 4 - Phase 3 - 23
		252996579 Rahu 4:25PM – 5:52PM	Vanija <b>Until 5:51AM Mon</b>	Moon – Red			4th Phase
Routine Work	Marana Yoga		<b>Dashami Until 4:55PM</b>	Vaisaka*Chaitra		<b>Devaloka Day</b>	
Until 11:56AM							
Then Creative Work - Siddha Yoga							

<b>3</b>		<b>Monday, May 1, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Visti* Karana Ekadashyam Titau		Lusaka, Zambia Sun 24 Sutra 15	
Simha Rasi: 22.26	Tithi 11	Gulika 1:31PM – 2:58PM	Purvaphalguni <b>Until 2:17PM</b>	Ganesha: Blue	Sunrise: 6:18AM	Muruqa: Clear	Sobhana 5125
Family Home Evening		Yama 10:38AM – 12:04PM	Dhruva <b>Until 8:10AM</b>	Muruqa: Clear	Sunset: 5:51PM	Nataraja: Purple	Moon 4 - Phase 3 - 24
		252996579 Rahu 7:44AM – 9:11AM	Visti <b>Until 6:38PM</b>	Moon – Red			4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi Until 6:38PM</b>	Vaisaka*Chaitra		<b>Devaloka Day</b>	

<b>4</b>		<b>Tuesday, May 2, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Dvadashyam Titau		Lusaka, Zambia Sun 25 Sutra 16	
Kanya Rasi: 4.43	Tithi 12	Gulika 12:04PM – 1:31PM	Uttaraphalguni <b>Until 4:00PM</b>	Ganesha: Blue	Sunrise: 6:18AM	Muruqa: Clear	Sobhana 5125
		Yama 9:11AM – 10:38AM	Vyaghata* <b>Until 8:17AM</b>	Muruqa: Clear	Sunset: 5:51PM	Nataraja: Purple	Moon 4 - Phase 3 - 25
		252996579 Rahu 2:57PM – 4:24PM	Bava <b>Until 7:19AM</b>	Moon – Red			4th Phase
Creative Work	Amrita Yoga		<b>Dvadashi Until 7:48PM</b>	Vaisaka*Chaitra		<b>Devaloka Day</b>	
Until 4:00PM							
Then Creative Work - Siddha Yoga							

<b>5</b>		<b>Wednesday, May 3, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Hasta/Chitra Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Lusaka, Zambia Sun 26 Sutra 17	
Kanya Rasi: 17.14	Tithi 13	Gulika 10:38AM – 12:04PM	Hasta <b>Until 5:27PM</b>	Ganesha: Yellow	Sunrise: 6:18AM	Muruqa: Clear	Sobhana 5125
		Yama 7:44AM – 9:11AM	Harshana <b>Until 7:58AM</b>	Muruqa: Clear	Sunset: 5:50PM	Nataraja: Purple	Moon 4 - Phase 3 - 26
		262996579 Rahu 12:04PM – 1:31PM	Kaulava <b>Until 8:11AM</b>	Moon – Green			4th Phase
Routine Work	Marana Yoga		<b>Trayodashi Until 8:22PM</b>	Vaisaka*Chaitra		<b>Sivaloka Day</b>	
Until 5:27PM							
Then Creative Work - Siddha Yoga							

<b>6</b>		<b>Thursday, May 4, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Chitra Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Chaturdashyam Titau		Lusaka, Zambia Sun 27 Sutra 18	
Tula Rasi: 0.04	Tithi 14	Gulika 9:11AM – 10:38AM	Chitra <b>Until 6:07PM</b>	Ganesha: Yellow	Sunrise: 6:18AM	Muruqa: Clear	Sobhana 5125
		Yama 6:18AM – 7:45AM	Vajra* <b>Until 7:07AM</b>	Muruqa: Clear	Sunset: 5:50PM	Nataraja: Purple	Moon 4 - Phase 3 - 27
		262996579 Rahu 1:30PM – 2:57PM	Gara <b>Until 8:26AM</b>	Moon – Green			4th Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 8:18PM</b>	Vaisaka*Chaitra		<b>Sivaloka Day</b>	
Until 6:07PM							
Then Creative Work - Amrita Yoga							

<b>○</b>		<b>Friday, May 5, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Svati Nakshatra Vyatipata* Yoga Visti*/Bava Karana Purnimayam Titau		Lusaka, Zambia Sun 28 Sutra 19	
<b>Copper Retreat Star</b>		Gulika 7:45AM – 9:11AM	Svati <b>Until 6:02PM</b>	Ganesha: Yellow	Sunrise: 6:18AM	Muruqa: Clear	Sobhana 5125
Tula Rasi: 13.12	Tithi 15	Yama 2:57PM – 4:23PM	Vyatipata* <b>Until 4:01AM Sat</b>	Muruqa: Clear	Sunset: 5:49PM	Nataraja: Purple	Moon 4 - Phase 3 - Purnima
		262996579 Rahu 10:38AM – 12:04PM	Visti <b>Until 8:03AM</b>	Moon – Green			
Creative Work	Siddha Yoga		<b>Purnima* Until 7:37PM</b>	Vaisaka*Chaitra		<b>Sivaloka Day</b>	
		<b>Budha Purnima (Tamil Nadu)</b>					

<b>○</b>		<b>Saturday, May 6, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam Vishakha/Anuradha Nakshatra Variyan Yoga Balava/Kaulava Karana Prathamayam Titau		Lusaka, Zambia Sun 29 Sutra 20	
<b>Silver Retreat Star</b>		Gulika 6:19AM – 7:45AM	Vishakha <b>Until 5:43PM</b>	Ganesha: White	Sunrise: 6:19AM	Muruqa: Clear	Sobhana 5125
Tula Rasi: 26.39	Tithi 16	Yama 1:30PM – 2:56PM	Variyan <b>Until 1:50AM Sun</b>	Muruqa: Clear	Sunset: 5:49PM	Nataraja: Purple	Moon 4 - Phase 3 - Prathama
		272996579 Rahu 9:11AM – 10:38AM	Balava <b>Until 7:05AM</b>	Moon – Orange			
Creative Work	Siddha Yoga		<b>Prathama* Until 6:24PM</b>	Vaisaka*Chaitra		<b>Devaloka Day</b>	