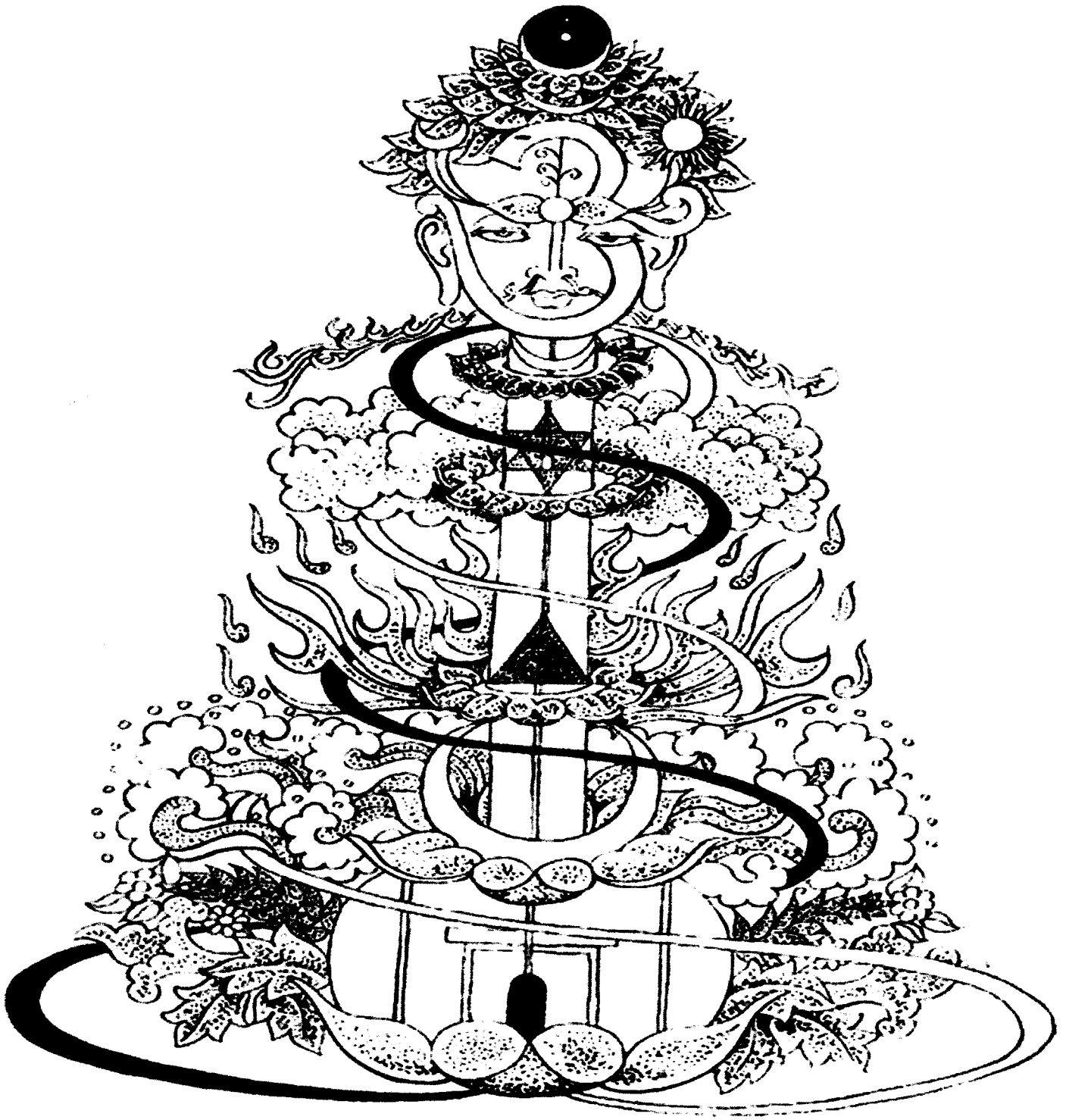


2012
37th ANNUAL PRANA CALENDAR
for InnerTuning® of the Brain Hemispheres



INTRODUCTION TO THE PRANA CALENDAR

This calendar is a tool for synchronizing our breathing with brain laterality—the dominance of either hemisphere of the brain (left or right) at a given moment in time. Each day when we find ourselves in synchronization with the correct brain hemisphere dominance for that calendar day, we feel the beneficial effects of this event for the rest of the day. If we maintain this synchronization regularly over an extended period of time, we experience profound and lasting changes of a positive nature.

THE SCIENCE OF BREATH

According to the ancient science of Svar Yoga (Breath Yoga) the human body is an autonomous, self synchronous organism for experiencing life fully in the world. The body has precise mechanisms for synchronizing with the rhythmic cycles of the planet and the cosmos.

The most important, easily regulated, and effective of these mechanisms are the two nostrils. Knowledge of the play of breath in the nostrils forms the basis of this ancient teaching. Svar Yoga, even in its native India, has been among the most secret of teachings. However, in the last few decades, it has become more known and several scientists have verified some of its basic findings. In a review of this literature, Shannahoff Khalsa stated:

This article reviews the published basic science and clinical studies on unilateral forced nostril breathing (UFNB), a subset of yogic breathing (pranayam) techniques that were discovered/ devised more than 5000 years ago. The relationship of UFNB to the ultradian physiological phenomenon called the nasal cycle, a marker of mind body states is also reviewed. Basic science studies show how UFNB can affect the autonomic nervous system, central nervous system (including cognition), and general metabolic activities. - *Subtle Energies & Energy Medicine*, 2001, Volume 12, Number 2.

The Divided Brain

In the form of the gray matter of the brain, electro-magnetic energy in the body reaches its greatest concentration and intensity. This organ, the brain, is divided into two distinct halves: the left and right hemispheres.

Only on very rare occasions is energy equally distributed in both halves of the brain. Under normal conditions, electrical activity as manifested in the form of brainwaves is concentrated more in one hemisphere than the other. Recent observations by brain researchers show that each hemisphere is associated with uniquely characteristic forms of behavior and that these behaviors are normally present only when electrical activity centers in that hemisphere.

When energy concentrates in the left hemisphere, one becomes more active, verbal, intellectual, extroverted, creative, male and "solar". Conversely, right hemisphere

dominance is characterized by passivity, orientation to sight and sound, emotional responses, introversion, "femininity" and "lunar energy."

Only in rare moments is energy distributed equally. At these times awareness undergoes major changes, and one either becomes extremely tranquil or extremely agitated and disturbed.

One's whole nature of response changes according to the movement of energy from one hemisphere to the other. There are three readily discernible modes of operation: left hemisphere dominant, right hemisphere dominant, both hemispheres in balance. Perceptions, actions and even "involuntary bodily responses" vary according to these three modes.

DAILY USE OF THE PRANA CALENDAR™ OFFERS A MEANS OF VOLUNTARILY CONTROLLING ENERGY (PRANA) IN A SPECIFIC HEMISPHERE OF THE BRAIN FOR ONE HOUR BEGINNING FROM THE SUN RISE.

BREATH AND THE BRAIN HEMISPHERES

Modern scientific research has shown that the nostrils tend to switch dominance roughly every 90 minutes throughout the day, and that nostril dominance is closely linked with cerebral dominance. Switching nostril dominance at will thus becomes a convenient way of controlling hemispheric dominance and thereby of altering our states of awareness and bodily states in a profound manner and with relatively little effort. It also offers us a means whereby we can synchronize our states of awareness and our bodily states with the rhythms of the cosmos.¹ Interestingly, the relationship between the dominance of the brain hemispheres and nostril dominance has been noted by practitioners of Svar Yoga for centuries before the recent laboratory confirmation of this phenomenon.

The nose, with its two nostrils, is the only bodily organ in continuous interplay with the external environment. The sleeping man, the unaware man, neither hears, touches, sees, tastes, nor smells. But he does breathe.

Through the two nostrils the human organism draws in air and vital energy, in their most subtle and gross forms. Breath keeps man in continuous contact with the world.

The importance of breath in maintaining life cannot be discounted. What is less well understood is the role of the nostrils themselves as other than conduits for the passage of air into the lungs. (Cf. Brain Mind Bulletin, Volume 3, Number 3, January 3, 1983).

1

For a detailed discussion of the scientific findings on nostril dominance and its relationship to brain functioning and yogic theory, see Carrington, P. Bodily Rhythms, Cosmic Rhythms, and Human Well Being, New York: Sri Centre International, 1987

On careful observation, one will notice that the breath does not come through both nostrils in equal volume, except for very brief periods and during moments of severe emotional disturbance.

Normally, one breathes either through one or the other nostril dominantly. Careful, sustained observation over time will reveal further that the breath alternates between the nostrils according to a regular pattern in a balanced person.

And one who makes observation of the breath a personal science will soon notice that the nature of awareness changes according to the dominance of one nostril over the other.

To recapitulate, the movement of energy from one hemisphere to the other occurs simultaneously with the change of breath from one nostril to the other. When the right nostril dominates, the left hemisphere dominates; when the left nostril dominates, so does the right hemisphere. When both nostrils operate, both hemispheres operate simultaneously.

The simple act of changing the breath from one nostril to the other reverses brain hemisphere dominance, altering chemical reactions throughout the organism. Since various emotional states are the product of body chemistry, changing body chemistry effects a change in feelings. Disease states are also the product of body chemistry. Changing the breath pattern by changing body chemistry thus prevents disease if done at the onset of symptoms.

For well over four decades, Sri Shyamji Bhatnagar has used breath synchronization with persons suffering from physical and mental disturbances, as well as with normal persons desiring to improve the quality of their lives. He has amassed a large body of clinical evidence suggesting that synchronization of the nasal cycles with the calendar is helpful for many conditions. Among other results, he has noted a consistent improvement in the clinical condition of schizophrenic patients with the systematic regulation of their nasal cycles at the time of sunrise. He recommends this as a therapeutic intervention in the treatment of schizophrenia.

Knowledge and practice of the principles of Svar Yoga, as exemplified in the Prana Calendar™, thus enable one to change hemispheric dominance at will and alter behavior. In the long run this may prevent disease.

THE SCIENCE OF BREATH

Rise at least 20 minutes before sunrise. Time of sunrise is indicated on the left; time of sunset is indicated on the right. L is the left nostril; R is the right.

After defecating and cleansing, sit quietly (or meditate) from 7 to 10 minutes before sunrise until one minute after sunrise. Check for correct nostril operation by holding thumb under nose to determine dominant breath flow.

If nostril is not correct, lie on left side to open right nostril, or on right side to open left nostril. Place a pillow under the ribcage/armpit, and lean on the elbow. When changing nostrils, keep head raised, higher than body. If nostril still does not shift (sometimes change is less easy for those with a deviated septum) use cotton plug to close open nostril or just force breath through the less dominant nostril.

Mark calendar with:

- √ for initially correct nostril
- x for initially incorrect nostril
- x√ if able to change to correct nostril
- xx if unable to change.

This record is an important part of INNERTUNING® as it enhances the aspirant's psychospiritual status.

Summary and Further Information

- 1 One does not breathe through both nostrils simultaneously (except for very brief periods during the day).
- 2 Usually, when one nostril is dominant, the other is recessive.
- 3 Breath may be changed from one nostril to the other by lying down on the side of the dominant nostril with a pillow placed under the rib cage. This drains the mucous out of the sinus and opens the desired nostril. Change, in healthy people, occurs within three to ten minutes.
- 4 If change does not occur readily, lying on side, block open nostril from below (under opening) and breathe rapidly and with force. If there is still no change, block open nostril with a small cotton plug while simultaneously distending closed nostril.
- 5 When right nostril dominates, body chemistry is predominantly acidic (the stomach produces more gastric acid during right nostril operation) and more

- inner heat is produced. Drinking liquids (except alcohol), or urination most ideally would be avoided when the right nostril is dominant. To engage in these activities, switch nostril dominance when needed.
- 6 When the left nostril operates, body chemistry is predominantly alkaline. This nostril cools the system. Eating, bathing, or defecating is best avoided while the left nostril is dominant. To engage in these activities, switch nostril dominance when needed.
 - 7 To whatever degree possible, the left nostril ideally is dominant during the day and the right between sunset and sunrise except when specific jobs requiring dominance of one or the other nostril are undertaken. This balances the organism with regard to the type of energy more predominant on the planet. Since the day is more hot and solar, so the cooler, or lunar nostril is used; and the reverse for nighttime.
 - 8 When both nostrils operate equally, body chemistry reaches a state of equilibrium (stasis) best suited for no other jobs than meditation, chanting or yoga. This state occurs normally at the exact moments of sunrise and sunset, and briefly during breath transition from one nostril to the other (which occurs every hour and one half in most people).
 - 9 The cycle of the breath is directly related to the ascending and descending cycles of the Moon.
 - 10 On the morning following the Darkest Night (New Moon) of the Lunar cycle, the left nostril of a well balanced, healthy person begins operating at the moment of sunrise and continues dominant for one hour following sunrise. This is true also for the second and third mornings.
 - 11 On the three consecutive mornings following Full Moon Night, the right nostril begins operating at sunrise, continuing for an hour. There usually follows a series of 3 day dominancies for the remainder of the fortnight.
 - 12 When one nostril has operated for three successive mornings, the breath of the well balanced, healthy person will switch to the other nostril for the next three mornings, subject to variances in the 28 ½ day lunar cycle.
 - 13 When there is a disturbance in the natural cycle and the proper nostril does not open, body chemistry becomes disturbed and physiological and psychological imbalance becomes more likely.
 - 14 A quick response to this imbalance can avert ill effects. Simply change the breath by the method outlined above, resorting to a cotton ball "plug" if there is no change over.
 - 15 Changing the breath at the first sign of any mental or physical disturbance prevents worsening of symptoms and promotes rapid recovery.

BREATH AND THE LUNAR CYCLE

The Sun rules the day and is electrical and warm in nature. The Moon rules the night and is magnetic and cool. Radio transmissions at certain wavelengths depend on the height of the heaviest layer on the ionosphere, which changes in altitude from day to

night. It is the change in altitude, which affects the geometry of this transmission path, not so much electrical interference, that causes signals to be weak.

The right nostril is solar and the left nostril is lunar. Sun and Moon form the two poles of the day cycle, and correspond to the basic nature of each of the hemispheres and the two nostrils.

Of the two forms of energy governing the planet, the Sun is the more constant, going through an energy cycle once every 365 $\frac{1}{4}$ days and never altogether absent during the Day. Such is not the case with the Moon, however. Sometimes full and bright in the night sky, at other times not visible at all, the Moon waxes and wanes regularly in a 28 $\frac{1}{2}$ day cycle and governs the tides of the oceans.

Similarly, the Moon affects that 70 percent of the human body weight which is water. Just as the tides reach their zenith on the night of the Full Moon, so too there is a high tide in the emotional lives of people. When the tides reach their lowest ebb with the coming of the Darkest Night, human emotional power is at its weakest.

The human organism is continually seeking to draw from the environment what it needs to maintain an ideal condition of balance or homeostasis. Thus a person's need for lunar energy increases as the moon wanes and decreases as the moon waxes. The greater need for lunar energy is satisfied by breathing predominantly through the left (lunar) nostril and the diminished need by breathing predominantly through the right (solar) Nostril. The cycle of the nostrils begins anew each fortnight with the coming of the Full or Dark Moon nights.

Lunar energy peaks on the Full Moon night. The organism, having been exposed to this abundance of lunar energy, compensates by dominant right (solar) nostril breathing for the next three days during the hour following sunrise. Lunar energy reaches its minimum on the Dark Moon night and the organism compensates for this insufficiency with left (lunar) nostril dominance for the next three days during the hour following sunrise.

These two celestial events mark the extremes of energy present on the planet.

ABOUT SRI SHYAMJI BHATNAGAR

Sri Shyamji Bhatnagar, Master of NAADA (the yoga of sound) met his spiritual teacher at the age of twelve in his native India. After moving to the United States he developed a unique psychospiritual theory of microchakras, which profoundly enriches the classical understanding of the chakras. His method of InnerTuning® combines the microchakra theory with his exceptional gift for producing sounds that enhance the flow of energy to the microchakras. InnerTuning® flowers in combining the psychological and spiritual dimensions. For over four decades professionals and students in India, Europe and America, have enriched their lives through his work.

INNER TUNING® A PSYCHOSPIRITUAL WORK STUDY

InnerTuning® offers a unique method for psychospiritual growth through sound, breath, alignment of the physical body with subtle energies, meditation and reflection.

When physical, subtle and causal bodies are tuned to harmonize, the twin brain hemispheres respond with synchronization. Like a well tuned instrument such a human being brings forth creative, life-enhancing thoughts and actions.

All our thinking, feeling and behavior are influenced by the symphonic dance of 147 microchakras. Founder Sri Shyamji Bhatnagar explains that there are 21 microchakras in each of the seven chakras. His microchakra theory is an in depth study of the possible openings and blocks of all microchakras; it explains the psychological and behavioral consequences as well as practices that prevent microchakras from becoming blocked in the early childhood.

InnerTuning® Sounds create superb silence, the perfect ambiance for meditation and reflection. Sri Shyamji teaches InnerTuning® sounds to his students for the opening of

blocked microchakras. After some practice they learn to produce Surya Akasha (ethereal space that pierces the blocks). InnerTuning® highlights the proper preparation for meditation. It is better to have a bowel movement and shower before the morning meditation. Negligence regarding these prerequisites eventually impedes the flow of subtle energies in the body.

While biological rhythms have received full recognition in the last decades, the underlying rhythms of the subtle body, through which the chakras influence the rhythms of the physical body, are largely unexplained.

The perfect time to clean the colon is when energy naturally centers in the first chakra, which influences the region of the coccyx. In the InnerTuning® Chakra Energy Chart (see page 30) we see that energy concentrates twice every 24 hours in the first chakra.

InnerTuning® teaches that by far the best time to detoxify the colon is during the first chakra hour in the early morning and evening.

For millennia yogis have emphasized the enormous importance of various forms of detoxification of the body in the first chakra hour: defecation, then exercise, bathing, self massage, yoga postures and breathing exercises. With the indiscriminate use of electrical light this wisdom has disappeared -- to our detriment. The chakras that suffer the greatest consequences are the first chakra, the "root support," and the sixth chakra, the "governor," which influences the region of the "third eye".

Delay of the process of elimination, due to late rising, is one of the major reasons for first chakra related diseases whether it is constipation or colon cancer. The sixth chakra energizes the pineal gland, the regulator of serotonin and melatonin. The pineal gland is extremely light sensitive. Our forefathers who lived without electricity made utmost use of the light of day: from around thirty minutes hour before sunrise, when a gentle morning light gradually dawns, till the hour of dusk with its slowly fading daylight. These transitional times are ambrosial nourishment for the sixth chakra and the pineal gland. They determine the well being of the serotonin/melatonin cycles.

When we sleep through the sunrise often in a darkened room the pineal gland gets deceived. Even though it senses the dawn, it is not nourished by the gentle gradual increase in shades of light.

At sunset when the melatonin cycle ought to begin we deceive the gland by the use of electrical light, often till deep in the night. This is how the pineal gland weakens. Decline in pineal gland activity is known to influence the deep sleep cycle and contributes to overall decrease in health. Since in the deep sleep cycle HGH (human growth hormone) is released, aging is accelerated by a weakened pineal gland.

The Prana Calendar™ is used at sunrise to help balance the solar and lunar currents of the sixth chakra, thereby the twin hemispheres harmonize and the pineal gland is nourished.

NOTES

1. For each day, the time of sunrise is given in the lower left corner; sunset in the lower right corner.
2. The calendar is based on the geographical location of New York City and is adjusted for daylight saving time. For those in other locations, please make adjustments for local time.
3. The phase of the moon is independent of the observer's location on the planet.

If you wish to ease into this program at a gradual pace start by following the early morning practice a minimum of twice a month on the crucial mornings following the days of the NEW MOON and the FULL MOON. After each of these events, the dominant nostril changes and this change lasts for 3 days.

Ideally, one can arise before dawn daily and meditate.

For further information, please visit www.innertuning.com.

InnerTuning®
USA Contacts:

Pennsylvania Innertuning @ Chakra Institute
P.O. Box 34
New Hope, PA 18938
Telephone: 215-862-3768
Fax: 215-862-3713
E-Mail: info@innertuning.com

New York Marcia Miller
Chakra Insitute (Wednesday Only)
New York, NY 10010
Telephone: 212-689-2006
E-Mail: info@innertuning.com

European Contacts:

The Netherlands Dirk Uittenbogaard & Saskia
Telephone: 011-31-26 49 55 490
E-Mail: info@bouwecologisch.nl

John de Wit
info@dagenraad.nl

Belgium
E-Mail: euterpe.mail@skynet.be

France Armelle Denolle
Telephone: 011-33 1 47-82 4004
E-Mail: armelle.denolle@gmail.com

Telephone numbers are listed as dialed direct from the USA

FEBRUARY 2012 - NEW YORK CITY

● New Moon

○ Full Moon

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1	L	2	R	3	R	4	R			
			7:06	5:13	7:05	5:14	7:04	5:15	7:03	5:16			
5	L	6	L	7	L	8	R	9	R	10	R	11	L
			○ 4:54 pm										
7:02	5:18	7:01	5:19	7:00	5:20	6:59	5:21	6:58	5:23	6:57	5:24	6:55	5:25
12	L	13	L	14	R	15	R	16	R	17	L	18	L
6:54	5:26	6:53	5:27	6:52	5:29	6:50	5:30	6:49	5:31	6:48	5:32	6:46	5:33
19	R	20	R	21	R	22	L	23	L	24	L	25	R
			● 5:35 pm										
6:45	5:35	6:44	5:36	6:42	5:37	6:41	5:38	6:39	5:39	6:38	5:41	6:36	5:42
26	R	27	R	28	L	29	L						
6:35	5:43	6:33	5:44	6:32	5:45	6:30	5:46						

MARCH 2012 - NEW YORK CITY

● New Moon

O Full Moon

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1	L	2	R	3	R
				6:29	5:48	6:27	5:49	6:26	5:50
4	R	5	L	6	L	7	L	8	R
				O 4:39 am					
6:24	5:51	6:23	5:52	6:21	5:53	6:20	5:54	6:18	5:55
6:16	5:56	6:15	5:58	9	R	10	R	11	L
7:13	6:59	7:11	7:00	7:10	7:01	7:08	7:02	7:07	7:03
7:05	7:04	7:03	7:05	12	L	13	L	14	R
				● 10:37 am					
7:02	7:06	7:00	7:07	6:58	7:08	6:57	7:09	6:55	7:10
6:53	7:11	6:52	7:13	18	L	19	L	20	R
7:02	7:13	7:03	7:05	7:08	7:01	7:02	7:04	7:03	7:05
25	L	26	R	27	R	28	R	29	L
6:50	7:14	6:48	7:15	6:47	7:16	6:45	7:17	6:43	7:18
6:42	7:19	6:40	7:20	30	L	31	L		

APRIL 2012 - NEW YORK CITY

● New Moon

○ Full Moon

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	R	2	R	3	R	4	L	5	L	6	L	7	R		
												○ 3:19 pm			
6:39	7:21	6:37	7:22	6:35	7:23	6:34	7:24	6:32	7:25	6:30	7:26	6:29	7:27		
8	R	9	R	10	L	11	L	12	L	13	R	14	R		
6:27	7:28	6:26	7:29	6:24	7:30	6:22	7:31	6:21	7:32	6:19	7:34	6:18	7:35		
15	R	16	L	17	L	18	R	19	R	20	R	21	L		
												● 3:18 am			
6:16	7:36	6:15	7:37	6:13	7:38	6:12	7:39	6:10	7:40	6:09	7:41	6:07	7:42		
22	L	23	L	24	R	25	R	26	R	27	L	28	L		
6:06	7:43	6:04	7:44	6:03	7:45	6:02	7:46	6:00	7:47	5:59	7:48	5:58	7:49		
29	L	30	R												
5:56	7:50	5:55	7:51												

MAY 2012 - NEW YORK CITY

● New Moon O Full Moon

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1	R	2	R	3	L	4	L	5	L		
		<div style="text-align: center; margin-bottom: 10px;">O 11:35 pm</div>											
		5:54	7:52	5:52	7:53	5:51	7:54	5:50	7:55	5:49	7:56		
6	R	7	R	8	R	9	L	10	L	11	L	12	R
5:48	7:58	5:47	7:59	5:45	8:00	5:44	8:01	5:43	8:02	5:42	8:03	5:41	8:04
13	R	14	R	15	L	16	L	17	L	18	R	19	R
5:40	8:05	5:39	8:05	5:38	8:06	5:37	8:07	5:36	8:08	5:35	8:09	5:35	8:10
20	R	21	L	22	L	23	L	24	R	25	R	26	R
<div style="text-align: center; margin-bottom: 10px;">● 7:47 pm</div>		5:33	8:12	5:32	8:13	5:32	8:14	5:31	8:15	5:30	8:16	5:30	8:16
27	L	28	L	29	L	30	R	31	R				
5:29	8:17	5:28	8:18	5:28	8:19	5:27	8:20	5:27	8:20				

JUNE 2012 - NEW YORK CITY

● New Moon

○ Full Moon

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1	R	2	L
						5:27	8:21	5:26	8:22
3	L	4	L	5	R	6	R	7	R
		○ 7:12 am							
5:26	8:22	5:25	8:23	5:25	8:24	5:25	8:24	5:25	8:25
5:24	8:26	5:24	8:26	5:24	8:26	5:24	8:26	5:24	8:26
10	L	11	R	12	R	13	R	14	L
5:24	8:27	5:24	8:27	5:24	8:28	5:24	8:28	5:24	8:28
5:24	8:27	5:24	8:27	5:24	8:28	5:24	8:28	5:24	8:29
5:24	8:29	5:24	8:30	5:24	8:30	5:25	8:30	5:25	8:30
5:24	8:29	5:24	8:30	5:24	8:30	5:25	8:30	5:25	8:31
5:25	8:31	5:25	8:31	5:25	8:31	5:25	8:31	5:25	8:31
17	R	18	R	19	R	20	L	21	L
				● 11:02 am					
5:24	8:29	5:24	8:30	5:24	8:30	5:25	8:30	5:25	8:30
5:25	8:31	5:25	8:31	5:25	8:31	5:25	8:31	5:25	8:31
24	R	25	L	26	L	27	L	28	R
5:26	8:31	5:26	8:31	5:26	8:31	5:27	8:31	5:27	8:31
5:26	8:31	5:26	8:31	5:26	8:31	5:27	8:31	5:27	8:31
5:26	8:31	5:26	8:31	5:26	8:31	5:27	8:31	5:28	8:31
5:28	8:31	5:28	8:31	5:28	8:31	5:28	8:31	5:28	8:31

JULY 2012 - NEW YORK CITY

● New Moon

○ Full Moon

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 L	2 L	3 L	4 R	5 R	6 R	7 L
5:28 8:31	5:29 8:31	○ 2:52 pm	5:30 8:30	5:30 8:30	5:31 8:30	5:31 8:30
5:32 8:29	5:32 8:29	5:30 8:30	5:30 8:30	5:31 8:30	5:31 8:30	5:32 8:29
8 L	9 L	10 R	11 R	12 R	13 L	14 L
5:33 8:29	5:33 8:28	5:34 8:28	5:35 8:27	5:35 8:27	5:36 8:26	5:37 8:26
5:33 8:29	5:33 8:28	5:34 8:28	5:35 8:27	5:35 8:27	5:36 8:26	5:37 8:26
15 L	16 R	17 R	18 R	19 L	20 L	21 L
5:38 8:25	5:39 8:25	5:39 8:24	5:40 8:23	● 12:24 am	5:41 8:23	5:42 8:22
5:38 8:25	5:39 8:25	5:39 8:24	5:40 8:23	5:41 8:23	5:42 8:22	5:43 8:21
22 R	23 R	24 R	25 L	26 L	27 L	28 R
5:44 8:20	5:44 8:19	5:45 8:19	5:46 8:18	5:47 8:17	5:48 8:16	5:49 8:15
5:44 8:20	5:44 8:19	5:45 8:19	5:46 8:18	5:47 8:17	5:48 8:16	5:49 8:15
29 R	30 L	31 L				
5:50 8:14	5:51 8:13	5:52 8:12				
5:50 8:14	5:51 8:13	5:52 8:12				

AUGUST 2012 - NEW YORK CITY

● New Moon

○ Full Moon

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1	L	2	R	3	R	4	R
				○ 11:27 pm							
				5:53	8:11	5:54	8:09	5:55	8:08	5:56	8:07
5	L	6	L	7	L	8	R	9	R	10	R
5:57	8:06	5:58	8:05	5:59	8:04	6:00	8:02	6:01	8:01	6:02	8:00
12	L	13	L	14	L	15	R	16	R	17	R
										● 11:54 am	
6:03	7:57	6:04	7:56	6:05	7:54	6:06	7:53	6:07	7:52	6:08	7:50
19	L	20	L	21	R	22	R	23	R	24	L
6:10	7:47	6:11	7:46	6:12	7:44	6:13	7:43	6:14	7:41	6:15	7:40
26	L	27	R	28	R	29	L	30	L	31	L
										○ 9:58 am	
6:17	7:37	6:18	7:35	6:19	7:34	6:20	7:32	6:21	7:30	6:22	7:29

SEPTEMBER 2012 - NEW YORK CITY

● New Moon

○ Full Moon

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

							1	R					
							6:23	7:27					
2	R	3	R	4	L	5	L	6	L	7	R	8	R
6:24	7:25	6:25	7:24	6:26	7:22	6:27	7:21	6:28	7:19	6:29	7:17	6:30	7:16
9	R	10	L	11	L	12	L	13	R	14	R	15	R
												●	
												10:11 pm	
6:31	7:14	6:32	7:12	6:33	7:11	6:34	7:09	6:35	7:07	6:36	7:06	6:37	7:04
16	L	17	L	18	L	19	R	20	R	21	R	22	L
6:38	7:02	6:39	7:00	6:40	6:59	6:41	6:57	6:42	6:55	6:43	6:54	6:44	6:52
23	L	24	L	25	R	26	R	27	L	28	L	29	L
												○	
												11:19 pm	
										6:50	6:42	6:51	6:40
6:45	6:50	6:46	6:49	6:47	6:47	6:48	6:45	6:49	6:44				
30	R												
6:52	6:39												

OCTOBER 2012 - NEW YORK CITY

● New Moon

○ Full Moon

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	2	3	4	5	6
	R	R	L	L	L	R
	6:53 6:37	6:54 6:35	6:55 6:34	6:56 6:32	6:57 6:30	6:58 6:29
7	R	R	L	L	L	R
6:59 6:27	7:00 6:26	7:01 6:24	7:02 6:22	7:03 6:21	7:04 6:19	7:05 6:18
14	R	R	L	L	L	R
	● 8:02 am			L		
7:06 6:16	7:07 6:15	7:08 6:13	7:10 6:12	7:11 6:10	7:12 6:09	7:13 6:07
21	L	L	L	R	R	R
7:14 6:06	7:15 6:04	7:16 6:03	7:17 6:02	7:19 6:00	7:20 5:59	7:21 5:58
28	L	L	R	R		
					○ 3:49 pm	
7:22 5:56	7:23 5:55	7:24 5:54	7:25 5:53			

NOVEMBER 2012 - NEW YORK CITY

● New Moon

○ Full Moon

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1	R	2	L	3	L
				7:27	5:51	7:28	5:50	7:29	5:49
4	L	5	R	6	R	7	R	8	L
6:30	4:48	6:31	4:47	6:32	4:46	6:34	4:45	6:35	4:44
11	R	12	R	13	R	14	L	15	L
6:38	4:41	6:40	4:40	6:41	4:39	6:42	4:38	6:43	4:37
				●	5:08 pm				
18	R	19	R	20	L	21	L	22	L
6:47	4:35	6:48	4:34	6:49	4:34	6:50	4:33	6:51	4:32
25	R	26	L	27	L	28	L	29	R
6:55	4:31	6:56	4:30	6:57	4:30	6:58	4:30	6:59	4:29
				○	9:46 am				
				7:00	4:29				

DECEMBER 2012 - NEW YORK CITY

● New Moon

○ Full Moon

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

							1	R						
							7:01	4:29						
2	L	3	L	4	L	5	R	6	R	7	R	8	L	
7:02	4:29	7:03	4:28	7:04	4:28	7:05	4:28	7:06	4:28	7:07	4:28	7:07	4:28	
9	L	10	R	11	R	12	R	13	L	14	L	15	L	
7:08	4:28	7:09	4:28	7:10	4:28	7:11	4:29	● 3:42 am	7:11	4:29	7:12	4:29	7:13	4:29
16	R	17	R	18	R	19	L	20	L	21	L	22	R	
7:14	4:30	7:14	4:30	7:15	4:30	7:15	4:31	7:16	4:31	7:16	4:32	7:17	4:32	
23	R	24	R	25	L	26	L	27	L	28	R	29	R	
7:17	4:33	7:18	4:33	7:18	4:34	7:19	4:45	7:19	4:35	○ 5:21 am	7:19	4:36	7:19	4:37
30	R	31	L											
7:20	4:38	7:20	4:38											