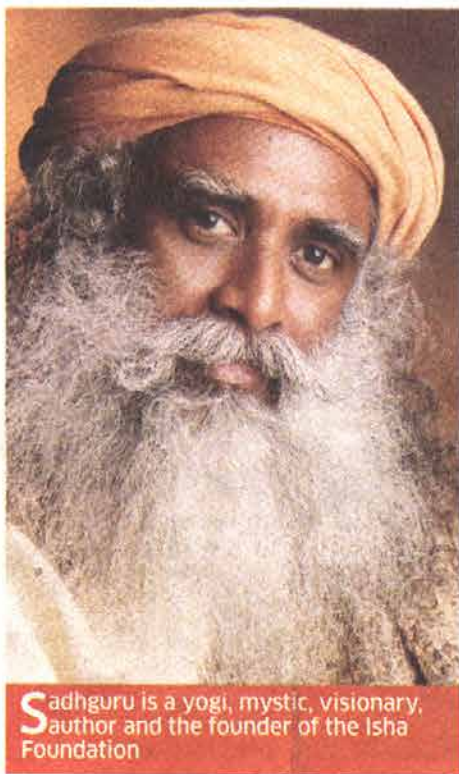


The difference between Poornima and Amavasya



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■ SADHGURU

Q. Traditionally, Indian spirituality has attached a great deal of significance to the phases of the moon. What exactly is the significance of Poornima (the full moon) and Amavasya (the no-moon)?

Between a Poornima night and another night, there is a lot of difference. People who are a little mad know the difference

very well! Let's look at why this happens.

It is like turning up the volume on the microphone. The talk remains the same, but suddenly, it is louder and clearer. The energy is a little higher on the full moon day. Similarly, if there was a little madness earlier, when you increase the flow of energy, everything seems to be magnified. If you are peaceful, you become more peaceful. If you are joyous, you become more joyous. Whatever is your quality, it is enhanced.

If you look at anything you consider beautiful, your receptivity to that object suddenly becomes greater. If you look at anything you consider ugly, your receptivity comes down. The full moon has a certain aesthetic quality which definitely improves your receptivity.

Another aspect is that the planet has moved into a certain position in relation to its satellite, which makes the vibrations very forceful. The tides rise on this day because of the gravitational pull of the moon. The water is trying to "jump" up. Similarly, your blood is also trying to "jump". When the circulation of blood increases in your brain, whatever is your quality gets enhanced.

Now, there is a lot of difference in the quality of meditation on Poornima and Amavasya. On Amavasya nights, your energies are supposed to be roguish. Poornima nights have a subdued quality, which is more subtle and beautiful – more like love. Amavasya has a grosser nature. Poornima has a subtler nature.

Poornima is a tremendous presence. The vibration and feel of the full moon is very different from the moon in other states.



The Ida and Pingala within you also function in a different way.

If you have some mastery over the sun and moon within – the Pingala and Ida – the beauty of Poornima can remain with you every day. Or you can choose Amavasya every day. Or you don't choose at all: whatever is happening in nature, you enjoy all the stages of life as they are.

While Poornima is a tremendous presence, Amavasya is an absence. A logical mind always thinks absence means nothing.

But it is not so. As light has power, the absence of light – or darkness – has its own power.

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Even in your own consciousness, when you become meditative, it means you have become absent. When you try to be present, you have no presence at all. But when you become absent, there is tremendous presence. The same is true with Amavasya.

For an aggressive person, Amavasya is an important aspect. For a person who is

more sensitive and subtle, Poornima is an important aspect. Both have their own power. In terms of qualities, Poornima is love, and Amavasya is aggression. But we can make use of both.

Ranked amongst the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and bestselling author. Sadhguru has been conferred the "Padma Vibhushan", India's highest annual civilian award, by the Government of India in 2017, for exceptional and distinguished service.