

## DHARMA PRACTICE CALENDAR

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By Michael Erlewine ([Michael@Erlewine.net](mailto:Michael@Erlewine.net))

On the iPhone, iPad, Android, and PC/Mac

This addition to our “Moon Time” app is live now, either on the iPhone or any desktop PC/Mac with a browser.

<http://astrologyland.com/>

PC or Mac users who want a simulation can go here:

<http://astrologyland.com/m/>

In the lower right-hand corner of the screen you will find the current lunar day (1 to 30) and the time when the next lunar day will start. This is live now.

However, in the next few days we will be adding a couple of other pages of interest to dharma practitioners, a list of lunar days for the current two week (with times), and a list of what practices are done on what lunar days.

Unlike western astrology where we have the Full and New Moons and perhaps keep track of the quarter moons or maybe the eight lunar phases, in Tibet and India the solunar cycle is divided into thirty lunar days, one for each succeeding twelve degrees of angular separation between the Sun and the Moon.

Dharma practitioners pay close attention to these 30 lunar days, setting some aside for observation and meditation practice, purification, and so on.

If you would like to learn a little more about the lunar cycle, both East and West, here is an article:

<http://michaelerlewine.com/viewtopic.php?f=146&t=134&sid=c854c1a3ef51a1b5efa76c9f7b8296c4>

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# Lunar Calendar for Dharma Practice

