



## OPENING PRAYERS

SESSION  
TITHI NITHYA DEVIS



## AGENDA

- 1. VEDIC COSMOLOGY**
- 2. TITHIS IN CONCEPTS**
- 3. TITHIS IN PRACTICE**



1. Narayana & Creation of Universe
2. Vasudeva, Shaktis, Gunas
3. Ahankara and Tattwas
4. Mind in relation to Tattwas
5. Pancha Tattwas

## AGENDA

### VEDIC COSMOLOGY



## AGENDA

### TITHIS IN CONCEPTS

1. Panchanga in brief
2. The Sun and the Moon — Symbolism & Mythology
3. Concept of Tithis and Groupings
4. Tithis and Nithya Devis — Philosophical Meaning
5. Tithis, Nithya Devis — How to Use in Daily Living



1. Walkthrough of Nithya Devis of Each Tithi
2. Tithis, Nithya Devis — Sri Chakra and Worship
3. Tithis, Nithya Devis - Panchopachara Puja
4. Sharing of relevant material & links
5. Bibliography / References

## AGENDA

### TITHIS IN PRACTICE



1. Use of pre-recorded videos interspersed with live interactions
2. Short break at the end of every section
3. Ask questions during the 'Pause for Interaction' points
4. Align questions to the content
5. Display your own name in Zoom username
6. Keep yourself on Mute when not interacting

SESSION  
THE APPROACH



1. Opening Question
2. An Analogy
3. Why Vedic Cosmology?

SESSION  
THE OPENING



1. Pre-recorded Video
2. Pause for Interactions

VIDEO  
VEDIC COSMOLOGY

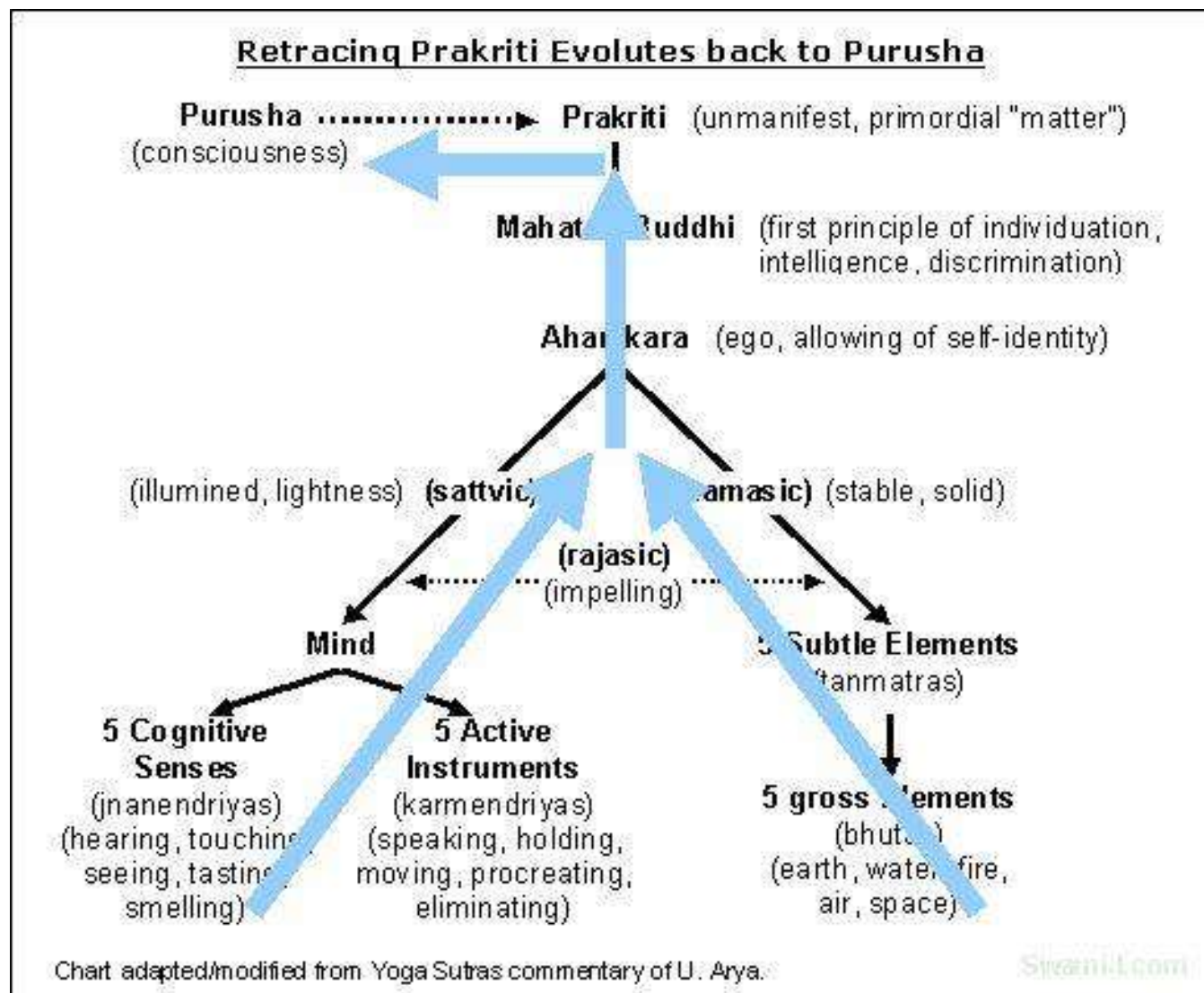


# SESSION VEDIC COSMOLOGY





# SESSION VEDIC COSMOLOGY





## 25 TATTVAS

Thus, the metaphysics of Sankhya philosophy distinguishes 25 tattvas:

### 2 NON-DERIVATIVE TATTVAS

- Purusha
- Prakriti

### 10 OBJECTED TATTVAS

- 5 mahabhutas - earth, water, fire, air, ether
- 5 tanmatras - smell, taste, form, touch, sound

### 13 INSTRUMENTAL TATTVAS

#### 10 External Instruments:

- 5 organs of action (karmendriyas): organs of speech, arms, legs, anus, reproductive organs
- 5 senses (jnanendriyas): nose, tongue, eyes, skin, ears.

#### 3 Internal tools:

- Buddhi
- Manas
- Ahamkara

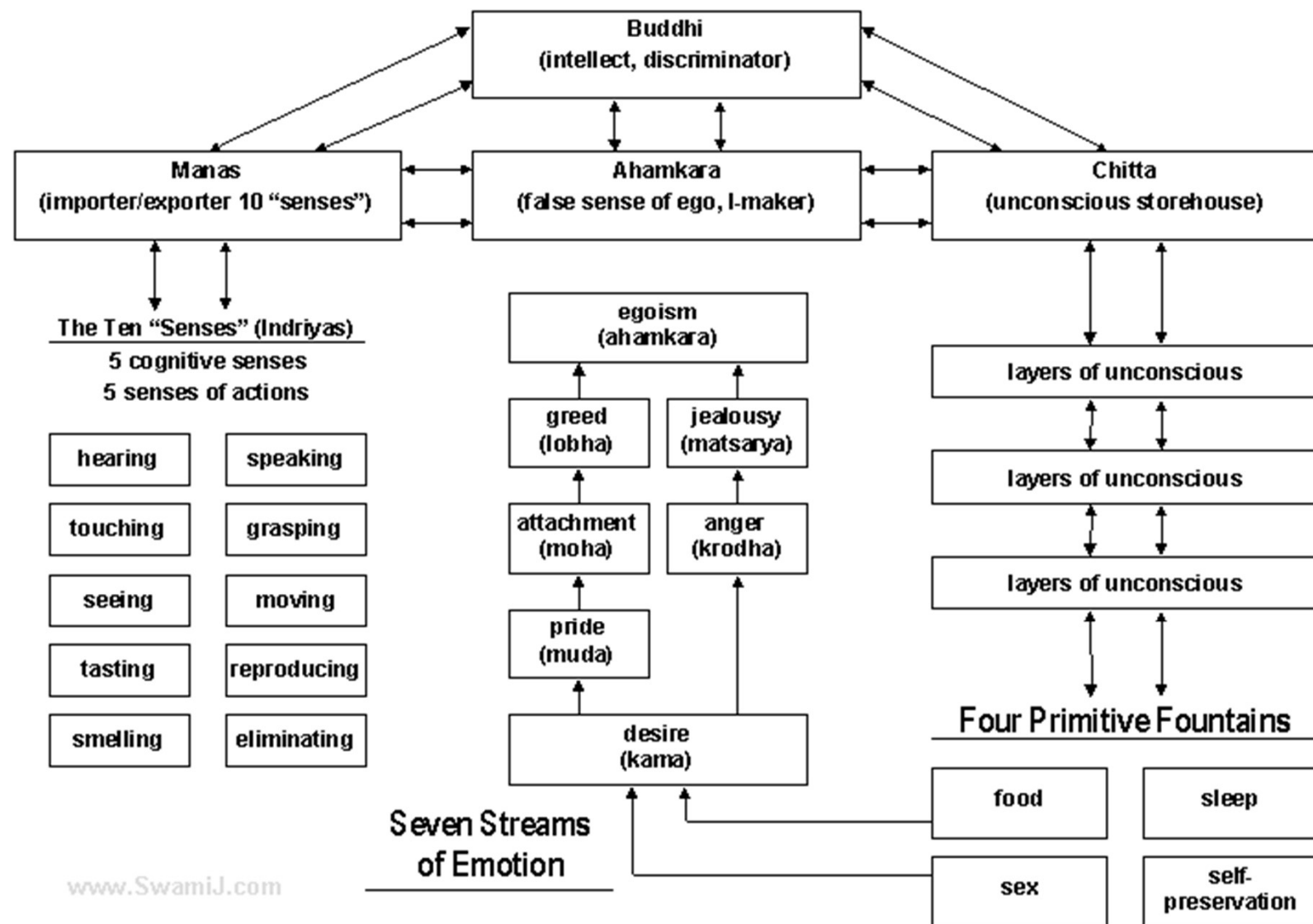
### 36 TATTVAS

Shaivism recognizes 25 tattvas of the Sankhya system and adds 11 tattvas, which reflect subtle levels in relation to the highest tattva of Sankhya – Purusha

## SESSION VEDIC COSMOLOGY



# SESSION VEDIC COSMOLOGY





# SESSION VEDIC COSMOLOGY

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## Causal Body

Sattva

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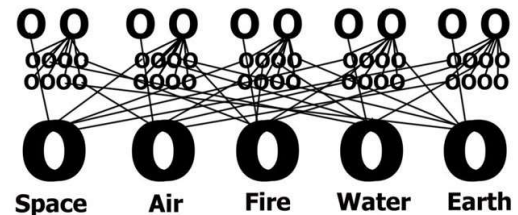
| Element      | Property                         | Function       |
|--------------|----------------------------------|----------------|
| (9) Chitta   | - remembering                    |                |
| (8) Ahamkara | - i notion                       |                |
| (7) Buddhi   | - discriminating, determining    |                |
| (6) Manas    | - integrating, doubting, emoting |                |
| (1) Space    | - Sound                          | - Hearing      |
| (2) Air      | - Touch                          | - Feeling      |
| (3) Fire     | - Light                          | - Seeing       |
| (4) Water    | - Taste                          | - Tasting      |
| (5) Earth    | - Odor                           | - Smelling     |
|              |                                  |                |
| (1) Space    | - Sound                          | - Speaking     |
| (2) Air      | - Touch                          | - Manipulating |
| (3) Fire     | - Sight                          | - Ambulating   |
| (4) Water    | - Taste                          | - Procreating  |
| (5) Earth    | - Odor                           | - Excreting    |
|              |                                  |                |
| (1) Space    | - Udana                          |                |
| (2) Air      | - Respiration                    |                |
| (3) Fire     | - Digestion                      |                |
| (4) Water    | - Circulating                    |                |
| (5) Earth    | - Excreting                      |                |
| Space        | Air                              | Fire           |
| Water        | Earth                            |                |

Perceptive  
Organs

Action  
Organs

Pranas

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1. Opening Question
2. An Analogy
3. Why Tithis in Concepts?

SESSION  
TITHIS IN CONCEPTS

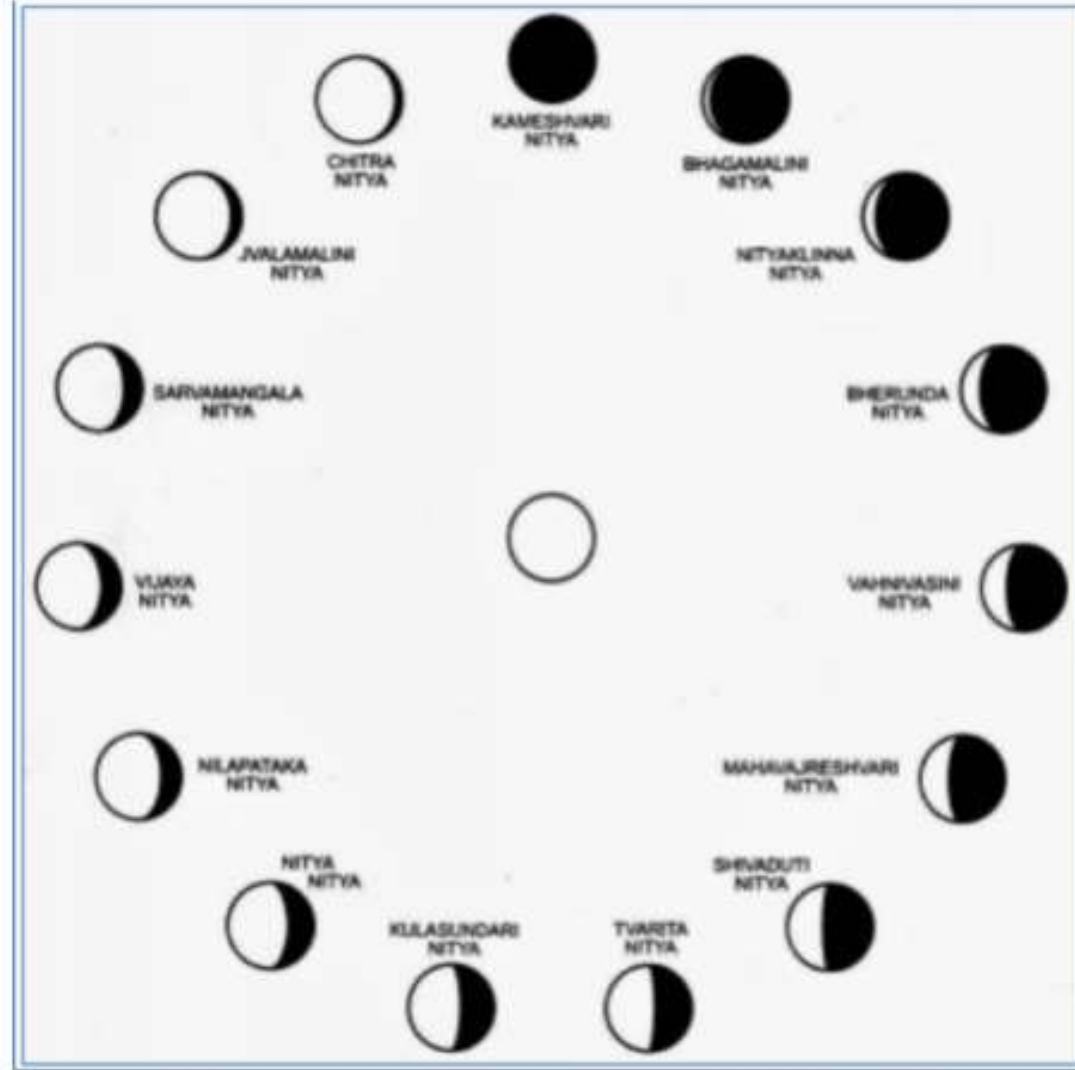


1. Pre-recorded Video
2. Pause for Interactions

VIDEO  
TITHIS IN CONCEPTS



# SESSION TITHIS IN CONCEPTS





Each Nitya is interpreted as bright form during the day and Vimarsha form Shakti at night. As they are also the embodiment of time, they are the gods of time.



## SESSION TITHIS IN CONCEPTS



## SESSION TITHIS IN CONCEPTS

### Panchanga element

| S.N | Panchanga | Maha Bhuta     | Description                                                                                                   |
|-----|-----------|----------------|---------------------------------------------------------------------------------------------------------------|
| 1   | Tithi     | Jala/Water     | Feelings, emotions, emotional wellbeing, happiness, relationships, sense of relationship                      |
| 2   | Vara      | Agni/Fire      | Digestion, health, vitality (energy level)                                                                    |
| 3   | Nakshatra | Vayu/Air       | Strength, longevity (number of breaths in life), Pranas                                                       |
| 4   | Karana    | Pirthavi/Earth | Creation, production (concrete things ), success, achievements, wealth and material well-being                |
| 5   | Yoga      | Akash/Sky      | Cohesive-binding element that keeps everything in unison, that gives a meaning or purpose to existence. Union |



## SESSION TITHIS IN CONCEPTS

| <i>Lunar day</i>                      | <i>Tithi (Vedic name)</i> | <i>Kala</i>                    | <i>Svara</i> |
|---------------------------------------|---------------------------|--------------------------------|--------------|
| First                                 | <i>Pratipad</i>           | <i>daya</i> (compassion)       | a अ          |
| Second                                | <i>Dvitiya</i>            | <i>dhairya</i> (patience)      | ā आ          |
| Third                                 | <i>Tritiya</i>            | <i>pusha</i> (nourishment)     | i इ          |
| Fourth                                | <i>Caturti</i>            | <i>tushti</i> (contentment)    | ī ई          |
| Fifth                                 | <i>Panchami</i>           | <i>pushti</i> (comfort)        | u उ          |
| Sixth                                 | <i>Shashti</i>            | <i>rati</i> (passion)          | ū ऊ          |
| Seventh                               | <i>Saptami</i>            | <i>dhrti</i> (courage)         | r ऋ          |
| Eight                                 | <i>Ashtami</i>            | <i>shashini</i> (swiftness)    | r ॠ          |
| Ninth                                 | <i>Navami</i>             | <i>candrika</i> (moonlight)    | l ॡ          |
| Tenth                                 | <i>Dashami</i>            | <i>kanti</i> (beauty)          | l ॢ          |
| Eleventh                              | <i>Ekadashi</i>           | <i>gyotsna</i> (halo)          | e ए          |
| Twelfth                               | <i>Dvadashi</i>           | <i>sri</i> (opulence)          | ai ऐ         |
| Thirteenth                            | <i>Trayodashi</i>         | <i>priti</i> (love)            | o ओ          |
| Fourteenth                            | <i>Caturdashi</i>         | <i>angada</i> (self-sacrifice) | au औ         |
| Fifteenth:<br>Full Moon /<br>New Moon | <i>Purnima / Amavasya</i> | <i>purna</i> (fullness)        | am अं        |



## SESSION TITHIS IN CONCEPTS

### TITHIS AND THEIR ELEMENTS

| Element | Name   | Tithis                                            |
|---------|--------|---------------------------------------------------|
| Fire    | Nanda  | Pratipad (1), Shashti (6), Ekadashi (11)          |
| Earth   | Bhadra | Dvitiya (2), Saptami (7), Dvadashi (12)           |
| Ether   | Jaya   | Tritiya (3), Ashtami (8), Trayodashi (13)         |
| Water   | Rikta  | Caturti (4), Navami (9), Caturdashi (14)          |
| Air     | Purna  | Panchami (5), Dashami (10), Amavasya/Purnima (15) |



## SESSION TITHIS IN CONCEPTS

| Element / Guna | <i>Rajas</i>        | <i>Tamas</i>        | <i>Sattwa</i>             |
|----------------|---------------------|---------------------|---------------------------|
| Fire           | <i>Pratipad (1)</i> | <i>Shashti (6)</i>  | <i>Ekadashi (11)</i>      |
| Earth          | <i>Dvitiya (2)</i>  | <i>Saptami (7)</i>  | <i>Dvadashi (12)</i>      |
| Ether          | <i>Tritiya (3)</i>  | <i>Ashtami (8)</i>  | <i>Trayodashi (13)</i>    |
| Water          | <i>Caturti (4)</i>  | <i>Navami (9)</i>   | <i>Caturdashi (14)</i>    |
| Air            | <i>Panchami (5)</i> | <i>Dashami (10)</i> | <i>Purnima / Amavasya</i> |



# SESSION TITHIS IN CONCEPTS

| State of consciousness       | Subdivision                  | Tithi              |
|------------------------------|------------------------------|--------------------|
| Jagrat (waking state)        | Jagrat (waking state)        | Pratipad (1)       |
|                              | Svapna (dreaming state)      | Dvitiya (2)        |
|                              | Sushupti (deep sleep)        | Tritiya (3)        |
|                              | Turiya (spiritual awakening) | Caturti (4)        |
| Svapna (dreaming state)      | Jagrat (waking state)        | Panchami (5)       |
|                              | Svapna (dreaming state)      | Shashti (6)        |
|                              | Sushupti (deep sleep)        | Saptami (7)        |
|                              | Turiya (spiritual awakening) | Ashtami (8)        |
| Sushupti (deep sleep)        | Jagrat (waking state)        | Navami (9)         |
|                              | Svapna (dreaming state)      | Dashami (10)       |
|                              | Sushupti (deep sleep)        | Ekadashi (11)      |
|                              | Turiya (spiritual awakening) | Dvadashi (12)      |
| Turiya (spiritual awakening) | Jagrat (waking state)        | Trayodashi (13)    |
|                              | Svapna (dreaming state)      | Caturdashi (14)    |
|                              | Sushupti (deep sleep)        | Purnima / Amavasya |
|                              | Turiya (spiritual awakening) | beyond time        |



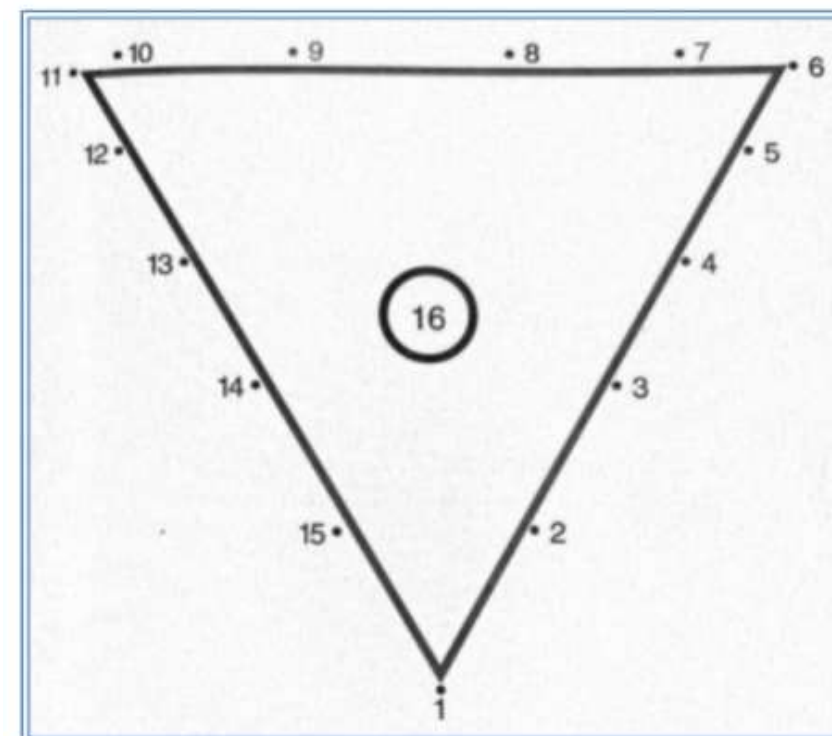
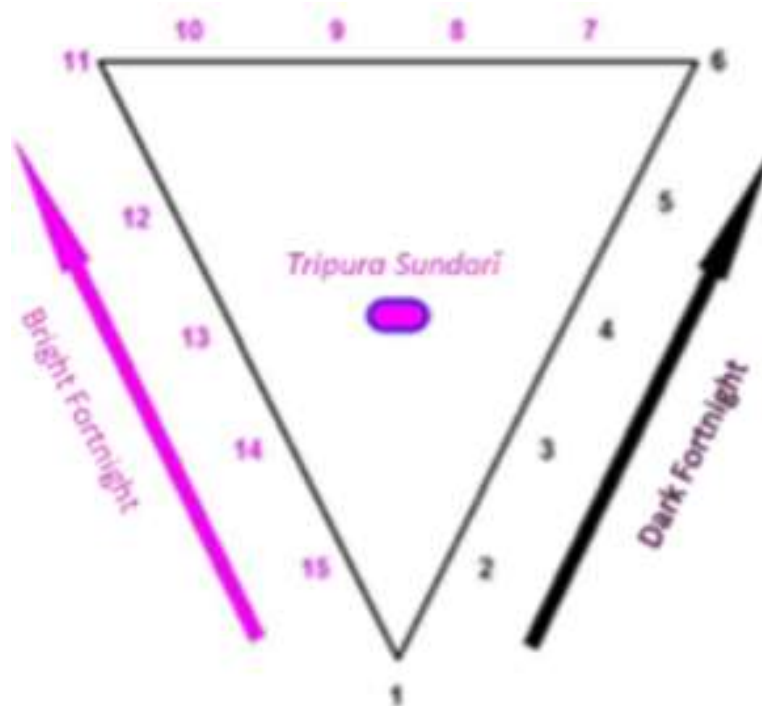
1. Opening Question
2. An Analogy
3. Why Tithis in Practice?

## SESSION TITHIS IN PRACTICE



1. Pre-recorded Video
2. Pause for Interactions

VIDEO  
TITHIS IN PRACTICE



# SESSION TITHIS IN PRACTICE



## SESSION TITHIS IN PRACTICE

|    |                            |                   |                  |                  |
|----|----------------------------|-------------------|------------------|------------------|
| 1. | <i>Kameśvari</i>           | <i>Amrutakalā</i> | <i>Pratamai</i>  | New Moon         |
| 2. | <i>Bagamālin<br/>i</i>     | <i>Mānatā</i>     | <i>Dvitiyai</i>  | <i>Caturdaśi</i> |
| 3. | <i>Nityaklinn<br/>ā</i>    | <i>Pūṣā</i>       | <i>Tritiya</i>   | <i>Trayodaśi</i> |
| 4. | <i>Beruṇḍā</i>             | <i>Tuṣṭi</i>      | <i>Chaturthi</i> | <i>Dvādaśi</i>   |
| 5. | <i>Vahnivāsi<br/>nī</i>    | <i>Puṣṭi</i>      | <i>Pañcami</i>   | <i>Ekādaśi</i>   |
| 6. | <i>Mahā<br/>Vajreśvari</i> | <i>Rati</i>       | <i>Śaṣṭi</i>     | <i>Daśami</i>    |
| 7. | <i>Śivadhūti</i>           | <i>Truti</i>      | <i>Saptami</i>   | <i>Navami</i>    |



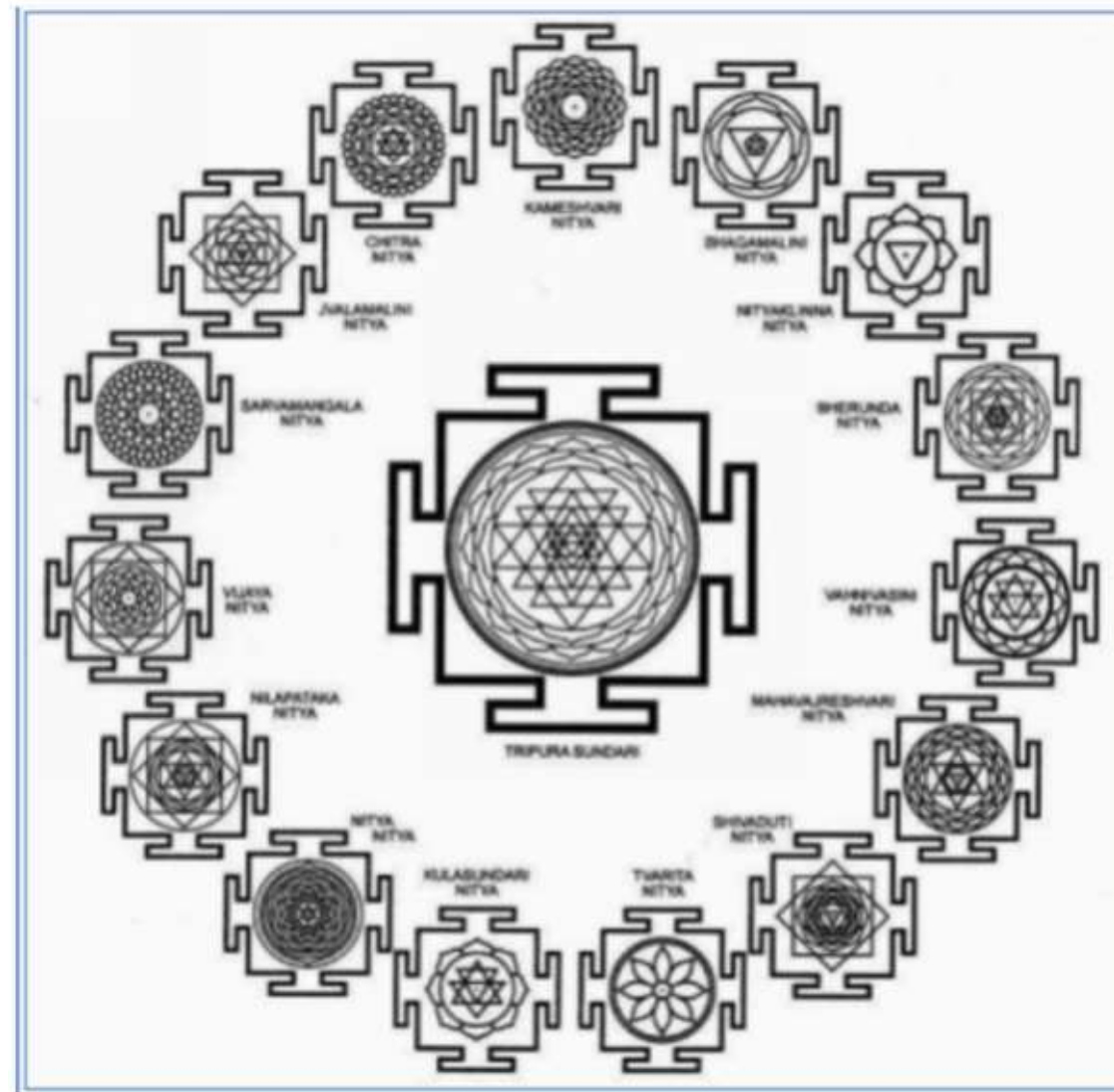
## SESSION TITHIS IN PRACTICE

|     |                          |                 |                  |                  |
|-----|--------------------------|-----------------|------------------|------------------|
| 8.  | <i>Tvaritā</i>           | <i>Cacini</i>   | <i>Aṣṭami</i>    | <i>Aṣṭami</i>    |
| 9.  | <i>Kula<br/>Sundarī</i>  | <i>Candrikā</i> | <i>Navami</i>    | <i>Saptami</i>   |
| 10. | <i>Nityā</i>             | <i>Śānti</i>    | <i>Daśami</i>    | <i>Śaṣṭi</i>     |
| 11. | <i>Nīlapatāk<br/>ā</i>   | <i>Jyotsnā</i>  | <i>Ekādaśi</i>   | <i>Pañcami</i>   |
| 12. | <i>Vijayā</i>            | <i>Śrīkalā</i>  | <i>Dvādaśi</i>   | <i>Chaturthi</i> |
| 13. | <i>Sarvamañ<br/>galā</i> | <i>Prīti</i>    | <i>Trayodaśi</i> | <i>Tritiya</i>   |
| 14. | <i>Jvālāmāli<br/>nī</i>  | <i>Angatā</i>   | <i>Caturdaśi</i> | <i>Dvitiyai</i>  |



|     |                       |                              |                                                                         |                 |
|-----|-----------------------|------------------------------|-------------------------------------------------------------------------|-----------------|
| 15. | <i>Chitrā</i>         | <i>Pūrṇā</i>                 | Full Moon                                                               | <i>Pratamai</i> |
| 16. | <i>Mahā<br/>Nityā</i> | <i>Pūrṇāmruta<br/>Sāgarā</i> | <i>Parāśakti</i> , the paradise<br>always shining with 16<br>crescents. |                 |

## SESSION TITHIS IN PRACTICE



# SESSION TITHIS IN PRACTICE

<https://youtu.be/LHVdLwXrBHO?si=5D7fKXivik7Bdu08>



1. Common Mistake with Ritual for Tithi Nithya Devatas
2. Nithya Devi Mantras

LINKS  
TITHI NITHYA DEVIS



1. Tithi, the Lunar Day, and Its Effect on the Mind - Krishna Darshan
2. Tithi Nitya Devis - Dr Ramamurthy N
3. Personal Panchanga and the Five Sources of Light by Komilla Sutton
4. Journey with the Moon — Achala Sylwia Mihajlovic
5. 16 Nitya Devis — Tithi Nitya Dhyana Sopana by William Thomas

## REFERENCES

## TITHI NITHYA DEVIS



**Q & A**

**SESSION**  
**TITHI NITHYA DEVIS**



**CLOSING PRAYER**

SESSION  
TITHI NITHYA DEVIS