

Technology of Time Management

How to Master the 5 Elements of Time

Time is an Essential Component in Setting Goals:

A Goal has Observable & Measurable results with a clear objective to be achieved within a specified **Time-Frame**.

"People who have mastered wealth have one thing in their mind. They have daily, weekly and monthly goals. Without goals there is no means to success. Goals give you direction.

If you want to go to New York City, you put the directions into your GPS. If you don't have directions, you will just keep moving in circles." ~ Dr. Pillai

Philosophy of Time Management: (Very Quick)

Everything in our Universe is Created in Time, Preserved in Time, and is Destroyed in Time. From this simple understanding we can derive that Time has **3 Primal Qualities**: Creation, Preservation, & Destruction. The 3 Qualities of Time while always present take turns being the primary, secondary or tertiary force that is active. Associating the 3 Time Qualities with different Astrological alignments provides the means for precisely measuring which Time Quality is most active at any given moment.

The 5 Attributes of the Day: (Panchang)

Astrologers traditionally divide the day into 5 attributes and each attribute is divided into a number of sub-components. The 5 attributes of in a traditional panchang are: Nakshatra, Yoga, Tithi, Karana and Vaar. Each attribute allows you to see if a particular point in time supports or harms specific activity.

Five Attributes of the Day: (Nakshatra, Nitya Yoga, Tithi, Karana & Vaar)

- 1) **Nakshtra** Birth-Star - (Nakshatra equals 13.20 degrees. 27 Nakshatra in 360 degrees)
- 2) **Nitya Yoga** Yoga – (A Yoga equals 13.20 degrees. 27 Yogas in 360 degrees, Moon *plus* Sun)
- 3) **Tithi** Moon Phase (A Tithi equals 12 degree difference between Moon and Sun, Moon *minus* Sun)
- 4) **Karana** half of a Tithi – (A Karaṇa equals 6 degree difference between Moon and Sun)
- 5) **Vaar** Weekday - (7 Days: Monday thru Sunday)

4 Specific Times of the Day to be Aware of: (Example, Saturday)

- **Poison Time:** 9:03 AM to 10:35 AM (Yama)
- **Danger Time:** 1:37 PM to 3:08 PM (Rahu)
- **Good Time:** 6:01 AM to 7:32 AM (Gulika)
- **Sunrise:** 06:01 AM & **Sunset:** 6:11 PM

This information can be used to align your projects with the prevailing time quality. For Example: If you want to start a new business, then start when the Quality of Time is Creation or Preservation, but if at all possible avoid Destruction. Being Conscious of time gives you the edge you need to succeed and will empower you to make the best use of your time.

Below are some **General Rules for Time Attributes** and detailed lists for each of the 5 Attributes that were mentioned above. There is no need to memorize just review the categories that are relevant to your astrology chart.

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General Rules for Time Attributes: Tithi & Nakshastra

*Vaar:

General purpose good Days (Vaar): Monday, Wednesday, Thursday and Friday.

*Tithi:

General purpose good Tithi: 2 (Dwitiya), 3 (Tritiya), 5 (Panchami), 7 (Saptami), 10 (Dashami), 11 (Ekadashi), 13 (Trayodashi – Waxing Moon only), 1 (Prathama – Waning Moon Only).

Avoid Krishna Paksha 13 (Trayodashi), 14 (Chaturdashi), and Amavasya in all good work. Also avoid 1 (Prathama - Waxing Moon), in all good work, and avoid Rikta tithis 4-9-14 (From both Waxing & Waning) in all good work.

Good Tithi for Wedding: All days of the week are good for weddings. However avoid Rikta 4-9-14, Krishna Trayodashi, Amavasya, Shukla Paksha prathama 1 tithi. Remaining tithis are good for weddings. According to some Rikta tithi 4-9-14 can be taken, but avoid 14 in a Waning Moon.

Good Tithi for House Warming: Avoid Sunday, and Tuesday (This is a basic rule, exceptions exist, strong lagna removes many problems.). Avoid Shukla paksha's 1-4-9-14, and Krishna Paksha's 4-9-13-14-Amavasya. Remaining tithis are good for House Warming.

Good Tithi for Buying a New Vehicle: 3,4,5,7,10,11,13,15, avoid Amavasya (New Moon).

*Nakshatras:

General purpose good Nakshatras: Ashwini, Rohini, Mrigashirsha, Punarvasu, Pushya, U.Phalguni, Hasta, Chitra, Swati, Anuradha, U.Shadha, Shravan, Dhanishtha, Shatabhisha, U.Bhadrapada, Revati. Avoid your birth-nakshatra for all good works.

Good Nakshatras for Wedding: Rohini, Mrigashirsha, Magha (Avoid 1st quarter), U.Phalguni, Hasta, Swati, Anuradha, Mula, U.Shadha, U.Bhadrapada, Revati (Avoid last quarter).

Good Nakshatras for House Warming: Rohini, Mrigashirsha, Pushya, U.Phalguni, Hasta, Chitra, Swati, Anuradha, U.Shadha, Shravana, Dhanishta, Shatabhisha, U.Bhadrapada, Revati.

Good Nakshatras for Buying a New Vehicle: Ashwini, Rohini, Punarvasu, Pushya, U.Phalguni, Hasta, Chitra, Swati, Anuradha, U.Shadha, Shravana, U.Bhadra, Revati in the Shubha lagna (Ascendant) of Mithuna, Karka, Simha, Kanya, Vrischika, Dhanu, and Mina lagnam (Please refer to our lagna table to find these lagna, and panchanga to find nakshatra timings).

*Nakshatras + Vaar:

Good Nakshatras/DoW for Starting a New Job: DoW: Sunday, Wednesday, Thursday, and Friday. **Nakshatra:** Rohini, U.Phalguni, U.Shadha, Dhanistha, Shatabhisha, U.Bhadrapada, Revati. In the muhurtha chart in the 1st, 10th or 11th house Sun and Mars. (Please refer to our lagna table to find these lagna, and panchanga to find nakshatra timings).

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Five Categories of a Calendar Day: (*Nakshatra, *Nitya Yoga, *Tithi, *Karana, *Vaar)

1) *Nakshatra – translates into Star Map also called Birthstar. Each Nakshatra is **13° 20'**. And each Nakshatra is further divided into 4 equal parts of **3° 20'** called Padas.

	Nakshatra	Lord	Process	Nature	Favorable for
1	Ashwini	Ketu	Create	Light, Swift	Beginnings, Initiation, Laying foundations, Healing
2	Bharani	Venus	Maintain	Fierce, Severe	Beginnings, agriculture, sexual activity, fertility rites, Cruel warlike activity
3	Krittika	Sun	Dissolve	Sharp, Soft	Fire worship, Purification, initiative, taking leadership, cooking
4	Rohini	Moon	Create	Fixed	Planting, sowing, trading, financial activity, marriage, nature
5	Mrigasira	Mars	Maintain	Mild, Tender	Light enjoyments, travel, exploring, hunting, sex, artistry,
6	Ardra	Rahu	Dissolve	Sharp, Dreadful	Destructive activities, intellectual, research & creativity, confronting
7	Punarvasu	Jupiter	Create	Movable	Beginnings, Initiation, Laying foundations, Healing, Buying/Selling, Learning
8	Pushyami	Saturn	Maintain	Light, Swift	Starting anything, Dealing with enemies, All nourishing and soothing activity
9	Ashlesha	Mercury	Dissolve	Sharp, Dreadful	Administering poisons, filing lawsuits, scheming & plotting, sex, taking
10	Magha	Ketu	Create	Fierce, Severe	Ceremonies, Marriage, Public performance, Parades, Ceremonies, Historical
11	Purva Phalguni	Venus	Maintain	Fierce, Severe	Marriage, sex, relationships in general, rest, relaxation, enjoyment
12	Uttara Phalguni	Sun	Dissolve	Fixed	Marriage, sex, beginnings, authority, openings, promises, ceremonies, charity
13	Hasta	Moon	Create	Light, Swift	Sun worship, arts, crafts, comedy, hobbies, planting and gardening
14	Chitra	Mars	Maintain	Mild, Tender	Buying new clothes & adornments, fixing up home, arts, crafts
15	Swati	Rahu	Dissolve	Movable	Business & trade, education, social activity, finances, grooming
16	Vishakha	Jupiter	Create	Sharp, Soft	Aggressive, warlike activity, executive, harsh, concentration
17	Anuradha	Saturn	Maintain	Mild, Tender	Group activity, research, study, occult, meditation
18	Jyeshtha	Mercury	Dissolve	Sharp, Dreadful	Harsh activity, judgment and punishment, taking control, authority
19	Mula	Ketu	Create	Sharp, Dreadful	Knowledge, oratory, herbs, agriculture, adventures, transformation, astrology
20	Purvashadha	Venus	Maintain	Fierce, Severe	Courageous activity, adventures, confrontation, war
21	Uttarashadha	Sun	Dissolve	Fixed	Beginnings, Planning, Spiritual
22	Shravana	Moon	Create	Movable	Religious activity, new ventures, property
23	Dhanishta	Mars	Maintain	Movable	Religious activity, creative, music, dancing, group
24	Satabhisa	Rahu	Dissolve	Movable	Technological activity, sea activity, contracts, property
25	Purvabhadra	Jupiter	Create	Fierce, Severe	Dangerous, risky activity, mechanical or technological
26	Uttarabhadra	Saturn	Maintain	Fixed	Meditation, solitude, research, kundalini practice
27	Revati	Mercury	Dissolve	Mild, Tender	Initiations, Endings, Business, Finances, Trade, marriage, sex, religious ritual

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2) *Nitya Yoga - This is the combination of moon and sun and these indicate some aspect of the personality. The **yoga point** falls in a particular nakshatra, and this point and its ruling planet can be auspiciously activated during **Favorable** transits. The **avayogi** planet which is calculated from the yogi nakshatra tends to cause **problems**.
Yoga's to Avoid: Vyatipata, Vaidriti, Parigha, Vishkumbha, Vajra, Shoola, Atiganda, & Vyagata.

1. **Vishkumbha (supported)** - wealth (yoga point - pushya/saturn; avayogi - moon)
2. **Priti (fondness)** - attract, enjoyment (yoga point - ashlesha/mercury; avayogi - mars)
3. **Ayushman (longlived)** - health/longevity (yoga point - magha/ketu; avayogi - rahu)
4. **Shubhagya (good fortune)** - joy (yoga point - purva phalguni/venus; avayogi - jupiter)
5. **Sobhana (splendour)**- beauty, sensual (yoga point - utara phalguni/sun; avayogi - saturn)
6. **Atiganda (danger/obstacles)** - destructive, struggle but clever (yoga point - hasta/moon; avayogi - mercury)
7. **Sukarma (virtuous)**- accomplish, magnanimity (yoga point - chitra/mars; avayogi - ketu)
8. **Dhriti (determination)**- controlling, determined, enjoys benefits (yoga point- swati/rahu; avayogi - venus)
9. **Shula (spear, pain)** - pain, argumentative (yoga point - vishakha/jupiter; avayogi - sun)
10. **Ganda (danger or obstacles)** - addiction, immoral (yoga point - anuradha/saturn; avayogi- moon)
11. **Vridhiti (growth)** - wisdom/speech - (yoga point - jyestha/mercury; avayogi- mars)
12. **Dhruva (constant)**- wealth/power, steady (yoga point - mula/ketu; avayogi - rahu)
13. **Vyaghata (beating)**- danger/injury, cruel (yoga point - purva ashadha/venus; avayogi- jupiter)
14. **Harshana (thrilling)**- joy/fame/wisdom, delight(yoga point - utara shadha/sun; avayogi - saturn)
15. **Vajra (diamond, thunderbolt)**- power, forceful energy (yoga point - shravana/moon; avayogi - mercury)
16. **Siddhi (success)**- success/protection, skill (yoga point - dhanishta/mars; avayogi - ketu)
17. **Vyatipatha (calamity)**- deceptive, calamitous - (yoga point - shatabhishak/rahu; avayogi - venus)
18. **Variyan (comfort)** - greed, indulgent - (yoga point - purva bhadrapada/jupiter; avayogi - sun)
19. **Parigha (obstruction)**- inimical, meddlesome but weatlhy (yoga point - utara bhadrapada/saturn; avayogi - moon)
20. **Shiva (auspicious)**- auspicious learned, honored (yoga point - revati/mercury; avayogi - mars)
21. **Siddha (accomplished)**- success/skill (yoga point - aswini/ketu; avayogi - rahu)
22. **Sadhya (amenable)**- virtuous/good at relating (yoga point - bharani/venus; avayogi - jupiter)
23. **Shubha (auspicious)** - beauty/wealth - (yoga point - krittika/sun; avayogi - saturn)
24. **Shukla (bright white)** - power of speech, fickle (yoga point -rohini/moon; avayogi - mercury)
25. **Brahma (priest, god)** - wisdom, honor (yoga point - mrigasira/mars; avayogi -ketu)
26. **Indra (chief)** - interest in others, helpful, respected (yoga point - ardra/rahu; avayogi - venus)
27. **Vaidhriti (poor support)** - overwhelming, calculative - (yoga point - purnvasu/jupiter; avayogi - sun)

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3) *Tithi - means a lunar day which is slightly shorter than a normal day. There are 15 Tithis which repeat every lunar month, 15 tithi days during the waxing Moon phase, which culminate in the Full Moon or Poornima, and 15 tithi days during the waning Moon phase, which culminates in the New Moon Day or Amavasya.

Moon Phase	Tithi	Over-Lord	Quality
1	Pratipada	Agni	Growth, New Enterprise, Learning, Being Industrious
2	Dwitiya	Brahma	Joy
3	Tritiya	Gauri	Courage, good speech
4	Chatruthi	Ganesha	Fulfills ambition, spiritual activity
5	Panchami	Naga	Wealth
6	Shashti	Kartika	Reputation, Fame
7	Saptami	Surya	Friendship, Power over Others
8	Ashtami	Bhairava	Controversy, Greed
9	Navami	Durga	Arrogance, Recognition
10	Dashmi	Yama	Sober, Virtuous
11	Ekadashi	Vishvedeva	Happiness
12	Dwadashi	Vishnu	Popularity, Fame
13	Traydashi	Kamadeva	Success, Victory, Wealth
14	Chaturdashi	Rudra	Anger, Violence
15	Poornima	Chandra	Maturity, Sober, Fame (Full Moon)
15	Amavasya	Pitris	Religion, Ancestors (New Moon)

4) *Karana - half a lunar day. Karana's indicate actions which support the Tithi. There are two Karana's per Tithi. The same rules for Tithi Timings applies to Karana as well. Avoid Vishti (Bhadra) Karana for auspicious ceremonies.

1. **Bava** - Auspicious, Honorable, Business, Starting work, Health.
2. **Balava** - Honor, learning, respect, ceremony.
3. **Kaulava** - Social, Spiritual, Relationships, Marriage.
4. **Taitila** - Speech, communication, promotion, construction.
5. **Gara** - Hardworking, Agriculture, new undertakings.
6. **Vanija** - Wealth, clever, business, relationships.
7. **Vishti** - Self-reliant, only auspicious for harsh activity, fighting.
8. **Shakuni** - Worship, advising, psychic, intelligent, healing.
9. **Chatushpada** - Ancestors, Brahmin, government.
10. **Naga** - Cruel deeds, dangerous activities, Unstable.
11. **Kintughna** - Joyful, Marriage, ceremony, sacrifice.

5) *Vaar - Weekday - Birth on a particular Day makes the Ruling Planet significant in a person's life.

DoW	Ruled By	Over Lord
Sunday	Sun	Shiva
Monday	Moon	Parvati
Tuesday	Mars	Muruga
Wednesday	Mercury	Vishnu
Thursday	Jupiter	Shiva
Friday	Venus	Lakshmi
Saturday	Saturn	Shiva

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Muhurtha Tarabalam:

Tara Bala Chart (See Chart Below, next page): To find a day is suitable for you, a muhurtha tarabalam chart is required. Count from your birth nakshatra to nakshatra of the muhurtha day you are seeking. Please avoid 1-3-5-7-10-12-14-16-19-21-23-25 nakshatra counting from your birth nakshatra. For example: If your birth nakshatra is swati, and today's nakshatra is aswhini, now counting from swati to ashwini it gives us the count of 14 which is not a good tarabalam. Hence while the ashwini nakshatra prevails that time is bad.

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Muhurtha Tarabalam Chart

		Daily Nakshatra / Star From Panchangam								
		Ashwini	Bharani	Kritika	Rohini	Mrigashirsh	Ardra	Punarvasu	Pushya	Ashlesha
		Magha	P.Phalguni	U.Phalguni	Hasta	Chitra	Swati	Vishakha	Anuradha	Jyestha
		Moola	P.Shadha	U.Shadha	Shravan	Dhanishtha	Shatabhisha	P.Bhadra	U.Bhadra	Revati
Y	Ashwini	1-Saturn	2-Jupiter	3-Mars	4-Sun	5-Rahu	6-Venus	7-Mercury	8-Moon	9-Ketu
O	Magham									
U	Moolam									
R	Bharani	9-Ketu	1-Saturn	2-Jupiter	3-Mars	4-Sun	5-Rahu	6-Venus	7-Mercury	8-Moon
B	P.Phalguni									
I	P.Shadha									
R	Kritika	8-Moon	9-Ketu	1-Saturn	2-Jupiter	3-Mars	4-Sun	5-Rahu	6-Venus	7-Mercury
T	U.Phalguni									
H	U.Shadha									
N	Rohini	7-Mercury	8-Moon	9-Ketu	1-Saturn	2-Jupiter	3-Mars	4-Sun	5-Rahu	6-Venus
A	Hasta									
K	Shravan									
S	Mrigashirsh	6-Venus	7-Mercury	8-Moon	9-Ketu	1-Saturn	2-Jupiter	3-Mars	4-Sun	5-Rahu
H	Chitra									
T	Dhanishtha									
R	Ardra	5-Rahu	6-Venus	7-Mercury	8-Moon	9-Ketu	1-Saturn	2-Jupiter	3-Mars	4-Sun
A	Swati									
\	Shatabhisha									
S	Punarvasu	4-Sun	5-Rahu	6-Venus	7-Mercury	8-Moon	9-Ketu	1-Saturn	2-Jupiter	3-Mars
T	Vishakha									
A	P.Bhadra									
R	Pushya	3-Mars	4-Sun	5-Rahu	6-Venus	7-Mercury	8-Moon	9-Ketu	1-Saturn	2-Jupiter
	Anuradha									
	U.Bhadra									
	Ashlesha	2-Jupiter	3-Mars	4-Sun	5-Rahu	6-Venus	7-Mercury	8-Moon	9-Ketu	1-Saturn
	Jyestha									
	Revati									

1	2	3	4	5	6	7	8	9
Janma	Sampatha	Vipatha	Kshema	Pratyaka	Sadhana	Naidhana	Mitra	Paramitra
Beginning	Wealth	Accident	Wellbeing	Opposition	Practice	Enemy	Friend	Dear Friend
Not Good	Very good	Bad	Good	Not Good	Very Good	Totally Bad	Good	Good

Pariharam for Taradosham

For Janma Tara: Saka Danam--Yellow Pumpkin,Leafy Vegetable,

For Vipat Tara: Jaggery Danam

For Pratyak Tara: Salt Danam

For Naidhana Tara: Should be avoided. If inevitable Tila Sahita Suvrana Danam(Sesame seeds+Gold)