

## ~ THE MAYAN TZOLKIN CALENDAR ~

The ‘Sacred round’ of the Mayan calendar is named the Tzolk’in, meaning ‘count of days’ in the Yucatec language. This calendar is composed of 20 oracles and 13 tones (the trecena). The Tzolk’in is far more than a calendar, it is a galactic code to the workings of the universe. Within this sacred code, each oracle and its representative glyph can be considered a different aspect or face of the Creator. Each of the possible combinations of oracle and tone offers a particular expression of these faces. By working with these, both singly and in combination you can vastly enhance your personal and spiritual growth. This calendar has been created to allow you to connect with the oracles, and by so doing, remember that you are the real oracle. You are the Knower.

All this or any other oracle can do is to create a clear connection to the deep well of subconscious knowledge that is already within you. The Mayan glyphs are a collection of ancient symbols imbued with deeply symbolic messages, which constitute what may be considered a galactic “language of light”. The oracles activate and promote the cellular reconstruction required to nourish your “light body”, the spirit body that is crafted within you, and permeates your physical form. As your light body is activated, more of your decisions are made in alignment with Spirit.

### *Who were the Maya*

The Maya were an ancient civilisation that lived in central America whose empire spanned across the modern day states of Guatemala, Belize, western Honduras and El Salvador, as well as the southern Mexican states of Chiapas, Tabasco, and the Yucatán Peninsula. We now only have access to the remnants of their sacred texts (or codices), murals and stone inscriptions in their monuments and temples. Despite their meteoric rise and fall, their culture is now renowned for its incredible scientific and artistic feats, from architecture to mathematics, astronomy to literature.

A traditional tale tells of the original Maya that came from the sky, over the land, across the seas and from within the bowels of the earth. Correlations have been made between the Maya and many other civilisations – the Egyptians, Atlantians and Lemurians, as well as other ancient peoples of Africa, Europe and Asia. No other people had a writing system as advanced and mature at the time the Maya culture was at its peak. Despite the great effect upon their empire, the permanent relics they left that still stand, and their huge influence on the entire Mesoamerican people, so little is known of their great civilisation.

What you are holding is a modern interpretation of their divinatory systems, compiled from many different bodies of research and generations of analysis. Through your personal relationship with their timeless wisdom, all that is not written here may be revealed through your own inner journey.

### *The wisdom of Shadow*

The shadow part of self is often viewed by the ego as “bad”, when actually it is a very potent and a creative force. The disowned or unconscious parts of ourselves are truly the keepers of great wisdom. Shadow is simply the face of the light that is unseen. Through working with it, you are provided with the opportunity to heal yourself and live a fully integrated life. Free yourself from the viewpoints of difficulty, drama and struggle. As you integrate your shadow issues and become more ‘transparent’, the projections of others begin to literally pass through you without creating charged reactions or emotional hurts. In transforming ourselves, we help transform others and the Earth.



### *The Story of the Oracles*

Imix the red Dragon is the standing mother, open to all possibilities. She is the still and tranquil waters. The wind, Ik, the Spirit breath, moves the water, bringing inspiration. It is time to go within with Akbal in dream time, going into the deep abyss of the womb to garner the gifts awaiting there. The ground is now fertile, by Kan the child is born, the time to scatter your seeds. There is now life, and the need for survival and vitality. Chic-Chan, Kundalini; energy of creativity. Cimi teaches us to surrender to life. Humility brings us our revelations, death and rebirth. Manik is the gateway, the lessons we need to learn as children. You are in the tunnel. To reach the realisation of the new reality, Lamat is the opening after the gateway. Muluc reminds us of our emotions, holds and protects us, leaving us safe to feel freely. Our friends and our companions of destiny are here to guide us in Oc, the dog; loyalty. The monkey reminds us of playfulness, Chuen, no stress, just laugh and dance. The harvest time is here, where we reap what has been sown with Eb. We as adults turn the soil to recreate. The chalice must be empty to be refilled with the abundance of plenty. We are ready to go beyond the physical into the spiritual realms of timelessness, Ben, the skywalker. Ix the magician reminds us of the magic of life and our wizard within. Men the eagle soars above all, detached and at ease - we can see all perspectives. The warrior Cib is the cosmic diplomat, allowing communication with the higher self & beyond. Caban the earth keeper heals and sanctifies the earth, walking through the hills. Coming into the chaos with the sword of truth that cuts through the mirrors of illusion, Etnab. Cauac brings us through the storm, shedding off all that binds, cleansing and purifying. Bringing us to ascension, Ahau, Unconditional Love, the Solar Lord, ultimate state of being.

The cycle rotates, we are open to all possibilities again

### *Long count and Dreamspell*

The **Long count** is true to the origins of the Sacred Mayan culture. Including the leap year and keeping true track of time. You can find more info and your birth kin on <http://www.mayanmajix.com/> and watching Ian Xel Lungolds DVD is highly recommended to get a good overview. Sojournal 2009 will bring more insight to this count.

The **Dreamspell** calendar is based upon the ancient Mayan reckoning of time. Dr. Jose Arguelles reinterpreted the Mayan cycles in a modern context and named it the Dreamspell calendar. The leap year is not included in this count, so as not to disturb the cycles with which Jose worked with, making this count out of sink with the Long count. His teachings are valid, as it still follows the patterns and teachings of the Maya. <http://members.shaw.ca/mjfinley/arguelles.html> will give you more insight. And <http://www.tortuga.com/> is a colourful guide through all the aspects of the Dreamspell.





















Look up your Mayan Kin on the following table and write it down. Then you can mark your galactic birthdays on the calendar and celebrate them. Find your friends and relatives too, this can be fun.







~ ORACLE AND TONE REFERENCE ~

RED	WHITE	BLUE	YELLOW
 Dragon Imix	 Wind Ik	 Night Akbal	 Seed Kan
 Serpent Chic-chan	 World- bridger Cimi	 Hand Manik	 Star Lamat
 Moon Muluc	 Dog Oc	 Monkey Chuen	 Human Eb
 Skywalker Ben	 Wizard Ix	 Eagle Men	 Warrior Cib
 Earth Caban	 Mirror Etnab	 Storm Cauac	 Sun Ahau

SYNTHESIZE THE 13 POWERS OF CREATION

TONE	NAME	FUNCTION	ACTION	ESSENCE
•	Magnetic	Unify	Attract	Purpose
••	Lunar	Polarise	Stabilise	Challenge
•••	Electric	Activate	Bond	Service
••••	Self-existing	Define	Measure	Form
—	Overtone	Empower	Command	Radiance
•—	Rhythmic	Organise	Balance	Equality
••—	Resonant	Channel	Inspire	Attunement
•••—	Galactic	Harmonise	Model	Integrity
••••—	Solar	Pulse	Realise	Intention
—•	Planetary	Perfect	Produce	Manifestation
—••	Spectral	Dissolve	Release	Liberation
—•••	Crystal	Dedicate	Universalise	Co-operation
—••••	Cosmic	Endure	Transcend	Presence



**IMIX:** ee'meesh

**Red Dragon** - Nurtures Birth Being

**Element** Earth

**Direction** East

**Symbols** Spiral vortex on the primordial waters

**Qualities** Source of life, divine nurturance and support, primordial mother, undivided primal waters, primal nourishment and trust, receptivity.

**Mudra** Hands cradling each other comfortably at the level of the abdomen.

**Meditation** "Primal cauldron of mystery, spiralling vortex, quicken me - stir me - primal trust in your love"

**Affirmation** "I trust unconditionally the source of divine nurturance"

**Harmonic Wisdom** Frequency

**Shadow Wisdom** Issues of deep, primordial trust and survival; feeling unsupported by divine nurturance or unworthy to receive.

**Shadow Transformation** Trust in the larger pattern to provide what you need. Open to receive. Communicate your feelings, desires, and dreams.

**The Discoverer** *Deep, dark, unfathomable primal waters, I Am. Tenderly do I cradle in you the mystery of becoming. Receive nourishment from my primordial depths.*

The Mayan name, Imix, is a word that the authors believe refers to the earth god and consequently to Earth itself. The Mayan glyph for the day has been compared to a woman's nipple, a symbol of nourishment. Imix also has connections with the ceiba tree, a giant tree usually found growing in the old town plazas, that symbolizes growth from deep within the earth (from its core, to be exact).

**Personal:** These people have strong creative urges and feel an instinctive need to nurture others. For many, this need is actually the reflection of a desire to have a family to protect, although this need can also be met through pets and friends.

**Challenge:** To accept themselves completely and to become free from feelings of rejection by parents or other authority figures; to join with others on terms that are shared by the others; to refrain from being judgemental.

**Solution:** Founding a business or creating a home. Learning to be independent.



**IK:** eek

**White Wind** - Communicates Spirit Breath

- Element** Air  
**Direction** North  
**Symbols** Spiral whirlwind  
**Qualities** Spirit, breath, wind, inspiration, presence, truth, co-creator of reality, simplicity, unseen forces and integration of polarities.  
**Mudra** Hands open beneath the mouth, blowing the breath of the Spirit Wind; then moving hands up, and around, ending with hands together as if in prayer.  
**Meditation** "I am the fertilizing and loamy force of the cosmic wind"  
**Affirmation** "I am the unified presence of Spirit"  
**Harmonic Wisdom** Interval  
**Shadow Wisdom** Doubting your connection to divinity; issues of separation; thinking you are separate from Spirit.  
**Shadow** Learn to sense and experience your connection with the Divine by acting on inspiration as it comes to you.  
**Transformation**  
**The Discoverer** *The unbridled bird knows freedom by soaring on the updraft*

The Mayan name Ik means wind, breath, and life, suggesting a concept like "the breath of life." The glyph for this day-sign, which usually included a "T" design, had associations with a god of rains as well as wind. Rains are needed to germinate seeds and stimulate life, and this "coming to life" may be the meaning the Maya intended.

**Personal:** There is a strong need to communicate. For some, this urge or interest may lead to a life of teaching or performing. Those born during this period are carriers of ideas; they are people with a message to get across. They will always be instinctively drawn towards activities that will meet such needs.

**Challenge:** To deal with fears about responsibility and obligations; to accept commitments; to learn to be decisive.

**Solution:** To seek education; to gain mastery of language and verbal expression.



**AKBAL:** ak' bal

**Blue Night** - Dreams Abundance Intuition

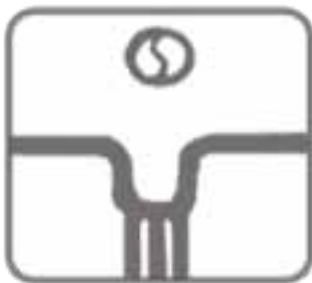
- Element** Water  
**Direction** West  
**Symbols** Womb, abyss, dark cave  
**Qualities** Abyss, mystery, sanctuary, serenity, "looks-within" place, enclosing darkness, journey into self, stillness, dream time, dream field matrix, dream exploration  
**Mudra** Eyes closed, hands together at waist, palms up, bowing forward, then rise upright, crossing forearms on chest.  
**Meditation** "I am the darkness that is the light and the stillness that is the dancing" (T.S. Eliot)  
**Affirmation** "I pilgrimage deep within, to the sanctuary of self, to garner the gifts awaiting me there"  
**Harmonic Wisdom** Integration  
**Shadow Wisdom** Viewpoint too internal and subjective; depression, self-judgment, fear of change.  
**Shadow** Be willing to examine how you judge and evaluate yourself. Embrace and follow your inner shadow processes to learn from your gifts.  
**Transformation**  
**The Discoverer** *Enter into the sanctuary of self, the arms of enclosing darkness. The tunnel, as you enter, it always seems dark at first.*

Akbal means darkness or night. Another Mayan name for this day-sign is Uotan, meaning heart, which had associations with Earth gods and the drum. The glyph for Akbal may signify an animal of the underworld, perhaps the jaguar.

**Personal:** Akbal types are often powerful and tend to project an imposing or attractive presence on the world around them. There is a deep need for very secure foundations. These security needs may be intellectual, as in science or religion, or they may be material, as in possession of valuables. Whether or not such persons seek mental or economic security, they are usually people with high standards to meet and uphold.

**Challenge:** Mental rigidity and problems with sharing; loss of control.

**Solution:** Becoming a builder of systems; stabilizing the foundations of whatever is done.



## KAN

**Yellow Seed** - Targets Flowering; Awareness

<b>Element</b>	Fire
<b>Direction</b>	South
<b>Symbols</b>	Well-rooted seedling, solar plexus
<b>Qualities</b>	Seed, seeding manifestation, self-germination, creation, fertile ground, gestation, opening, erupting possibility.
<b>Mudra</b>	Hands cupped over each other at solar plexus, as if holding a seed; then opening your hands, offering the seed into your life.
<b>Meditation</b>	“I am the bodhi-mandala, the seed possibility erupting”
<b>Affirmation</b>	“I am the fertile ground and the self germinating seed of possibility”
<b>Harmonic Wisdom</b>	Progression
<b>Shadow Wisdom</b>	Feeling of insecurity; limiting of new possibilities; choosing to remain safe at the expense of awakening and growth, restricted self-concept.
<b>Shadow Transformation</b>	Realize that you and your life are the fertile ground, that you awaken your own dreams and possibilities. Free yourself from the illusion of safety as you enter into the manifestation of emerging possibility.
<b>The Discoverer</b>	<i>In the potency of my realm are the seeds of your visions and dreams gently nurtured, for they awaken the sleeper and illumine the Great Mystery.</i>

Kan suggests corn and ripeness. The glyph symbolises a seed going in the fertile ground. Young maize plants are shown growing from the Kan glyph in the codices. This glyph, often painted yellow, is also found in the codices near offerings of food, which suggests that corn, the most important food of the Maya, was simply a reference to that which sustains life.

**Personal:** Kan types are ready for life in the social world and are often in leadership and performance. Beneath the surface they have a strong need for recognition. The reactive self is creatively alive and seeks outlets for this energy. Kan people are often leaders at an early age. Others admire them for their confidence and willingness to take a stand.

**Challenge:** To become a balanced individual; to become comfortable with the world of attraction and courtship.

**Solution:** Engaging in activities in which performance is evaluated; sweating the details.



## CHIC-CHAN: cheek' chan

**Red Serpent** - Survives Life Force Instinct

<b>Element</b>	Earth
<b>Direction</b>	East
<b>Symbols</b>	Coiled snake arising from molten magma, base chakra
<b>Qualities</b>	Vitality, passion, sensing, body wisdom, motivation, desire, instinct, creativity, serpent, Kundalini, integration, purification, intimacy.
<b>Mudra</b>	Hands coming together at abdomen and interweaving in snakelike movements at the chakras, ending with hands together above the head.
<b>Meditation</b>	“I am the flint and tinder of the sacred fire”
<b>Affirmation</b>	“I joyfully access and experience the wisdom and vitality held in my body”
<b>Harmonic Wisdom</b>	Tempo
<b>Shadow Wisdom</b>	Making predictable choices based on familiarity and security rather than on intuitive wisdom; over identification with the body and its sensual desires.
<b>Shadow Transformation</b>	Use the body as a tool for transformation. Learn how to utilize passion and the senses as a means of access and alignment to instincts to make choices in the moment.
<b>The Discoverer</b>	<i>Into a passionate pyre your flame grows; lit lotus crown it will expose.</i>

To the Maya, Chic chan suggested the celestial serpents, located at the four quarters and linked to rainfall. The glyph itself suggests the head or scales of a snake, and in the codices, it is linked to a serpent god.

**Personal:** Chic chan is a strong-willed, powerful, and charismatic day-sign. Beneath the surface they struggle with powerful inner conflicts. This internal wrestling often leads the person to take committed positions on issues. Others may find them a bit fanatical at times, or at least somewhat extreme. Chic chans know intuitively what they have to do in life, even though they may not be able to express those inclinations logically.

**Challenge:** To express powerful transformations consciously; to generate energy for the benefit of all involved.

**Solutions:** To seek to learn and to develop a deep understanding of life.



**CIMI:** kee mee

**White World bridger** - Equalises Death Opportunity

**Element** Air

**Direction** North

**Symbols** Six-sided crystal in roots, evergreen tree, moss (growth in death)

**Qualities** Surrender, release, death, transmutation, forgiveness, humility and revelation.

**Mudra** Hold hands together under right cheek, as if sleeping; then cross arms on chest while bowing; finally, raise head with crossed arms in front of eyes.

**Meditation** "I am the fuel, mulch and fodder for the destruction of all obstacles to reconstruct in God"

**Affirmation** "I release. I let go. I surrender, I forgive"

**Harmonic Wisdom** Serenity

**Shadow Wisdom** Feeling the need to be in control; fear of death; depression; struggle and resistance.

**Shadow Transformation** Surrender to the patterns of perfection. Listen to the part of you that is calling for death and transformation. Receive its wisdom.

**The Discoverer** *Velvet-soft enclave of release, death in which I do not die, receive me. Assist my surrender, that I may enter innocent into the sacred garden.*

The Mayan word for this day, Cimi, comes from the root word for death. The glyph for the day is clearly a skull, the skull of the death god. The owl, a night bird as well as an omen of death, was also linked to this day, as was the underworld.

**Personal:** Cimi types tend to be security conscious, materialistic, sacrificing, accepting of change and helpful. They are not often confident leaders and will more often comfortably accept a secondary role or position. Beneath the surface is a person with a strong commitment to the community. Cimi people will sacrifice time for others, though they are often not sure just why it is that they do so. They have an extremely strong sense of tradition and are attracted to history and antiques. They are ultimately down-to-earth people with deep concern for preservation of the family, community and nation.

**Challenge:** To have faith; not to be a victim; not to feel obliged to make too many sacrifices.

**Solution:** To become truly useful to society and the world around them.



**MANIK:** man eek'

**Blue Hand** - Knows Accomplishment Healing

**Element** Water

**Direction** West

**Symbols** Tsunami, hand

**Qualities** Completion, gateway, opening, beauty, identification, dance, mu-dra, divination, acting "as if", spiritual tools, priest/priestess

**Mudra** Hands out on both sides of the head at ear level, forearms perpendicular, with thumbs and forefingers forming an 'O'.

**Meditation** "I am, by thinly veiled design, a threshold to other dimensions"

**Affirmation** "I complete. I open. I am one with the light".

**Harmonic Wisdom** Resolution

**Shadow Wisdom** Issues of completing things; taking on too much; feeling inadequate, pressured or scattered; issues of acquiring tools, thinking the tool has the power.

**Shadow Transformation** Becoming aware of your resistance and distractions. Learning to finish what you start, taking satisfaction in each step along the way. Use commitment, focused intention, and openness to help you complete. Experience yourself as a tool of the light.

**The Discoverer** *Come, bathe in the magical waters of ecstasy. A mysterious wave, an opening, approaches. Will you ride the wave?*

The name for this day does not translate easily. The glyph appears to be a hand in a grasping position. This can also be seen as a funnel, as the gateway is like a tunnel. When you go through it, you do not always see around you, just the end of the tunnel.

**Personal:** The Manik type is peaceful, generous, cooperative, artistic and inspiring. While they are generally placid people, they can also be very bold in speaking up for what they feel to be right. Beneath the surface is a person who struggles with issues of freedom versus security. Because the struggle with this conflict leads people to discover unique solutions, they often become innovators or creators of a somewhat unconventional personal lifestyle.

**Challenge:** To be free, independent and secure in relationships.

**Solution:** To accept and be comfortable with their own individuality, no matter what strange characteristics it may entail.





**LAMAT:** la mat'

**Yellow Star - Beautifies Elegance Art**

- Element** Fire
- Direction** South
- Symbols** Star path, cascading fireworks.
- Qualities** Harmony, star seed, beneficial combinations, way shower, octave, expanded love and clear perspective.
- Mudra** Same position as Manik – hands forming an “O” at the level of the ears, forearms perpendicular; then moving the arms up and out, releasing the “O” with a burst of the fingers.
- Meditation** “I am ignition, cosmic milkweed explosion of resonant sparks on the tapestry of God”
- Affirmation** “I am my full presence now. I am the harmony of the stars”
- Harmonic Wisdom** Wavelength. Fundamental and beneficial combinations.
- Shadow Wisdom** Self-doubt; feeling disconnected from the expanded presence of your Essence Self; learning the lessons of disharmony.
- Shadow Transformation** Draw on love to prune away the disharmony in your life. Cultivate harmony. Access your star seeded essence; stand in the harmony of your full presence.
- The Discoverer** *As a way shower of star harmony, I joyfully sound in you the new chord of your galactic becoming. How will you join in the creation of the sacred song emerging?*

The Mayan word Lamat referred to the planet Venus, the “great star.” The Glyph for this day was the sign for the planet Venus itself, and in some variations is a celestial dragon with markings signifying Venus. Drunkenness is suggested by this symbolism also, because the Mayan concept of Venus included the notion of inebriation.

**Personal:** Lamat is energetic, busy, nervous, quick and playful. Those born under it are moving constantly and are always busy with something. They secretly love a confrontation and will take risks in life in order to create conflict. These people prefer a life of competitive challenges rather than one of routine, and should try to meet those needs in non-destructive ways, such as through running a business.

**Challenge:** To keep themselves under control so as to be able to finish things.

**Solution:** To carefully select friends and lovers and to avoid extremes and excesses.



**MULUC:** moo'look

**Red Moon - Purifies Universal Water Flow**

- Element** Earth
- Direction** East
- Symbols** Lotus, beacon of consciousness
- Qualities** Signals, signs, awakening attention, awareness, understanding, self-awareness, divine guidance, God seed, cosmic communication, beacon.
- Mudra** Right hand on forehead, forming an “O” on the 3rd eye; left arm at a right angle, fingers together with palm facing forward.
- Meditation** “Lotus of remembrance, quicken the sacred seed”
- Affirmation** “As a galactic beacon and receiver, I have direct access to the divine”
- Harmonic Wisdom** Modulation
- Shadow Wisdom** Self-forgetting, negative self talk, self-depreciation; Lacking awareness of signs offered by cosmic communication; hiding the fullness of your light.
- Shadow Transformation** Take off the veil of forgetfulness. Become the beacon of awakening awareness. As you open to self-remembrance, you will freely receive divine guidance. Be with others who support your fullest expression.
- The Discoverer** *Feel the beacon within you, receiver, for awakened consciousness and transmissions of the Divine.*

The Mayan name for this day appears to refer to water, though it may also refer to jade, a symbol for water, suggesting that it was precious, as well as green and blue. The glyph itself is probably that of the head of a fish. It is also seen as the sheath that protects the raindrop or the moon, emotions.

**Personal:** Muluc is emotional, imaginative, psychic, romantic and fantasy prone. Many become successful performers or artists, while others associate themselves indirectly with show business. Beneath the surface is a strong will propelled by powerful, irrational urges. They find it necessary to keep themselves under control much of the time or they may risk offending others who don't understand them.

**Challenge:** To handle self-control and responsibility issues.

**Solution:** To seek consistency and persistence, which will help to control and focus the emotions and support leadership endeavors.



**Oc:** oak'

**White Dog - Loves Heart Loyalty**

<b>Element</b>	Air
<b>Direction</b>	North
<b>Symbols</b>	Wolf, dog, foot
<b>Qualities</b>	Breakthrough, new beginnings, relationships & companions of destiny, emotional-body issues, recasting the past, spiritual strength, guardians & guides.
<b>Mudra</b>	Left hand over the heart; right arm at right angle with palm forward and fingers together.
<b>Meditation</b>	"I am the faithful arrow that flies into destiny's dawning"
<b>Affirmation</b>	"I open to new beginnings. I receive guardians and guides"
<b>Harmonic Wisdom</b>	Affinity
<b>Shadow Wisdom</b>	Issues of the emotional body: possessiveness, jealousy, getting caught up in the drama of life; feeling unsupported on your path, seemingly disconnected from your companions of destiny.
<b>Shadow Transformation</b>	Access the objective "witness" that sees the emotional drama dispassionately and frees your experience. Bring your emotions out of drama and into a place of choice, receiving their teaching and healing the root cause. Open to the connection and support your companions of destiny.
<b>The Discoverer</b>	<i>In service of destiny, I bring to you companions of the heart, a shared sacred trust, new beginnings, cosmic connections, dazzling departures</i>

Oc means dog. In the codices, the dog is often shown holding a torch, perhaps referring to the Mayan myth in which the dog brings fire to humans. The dog, one of the most loyal of domesticated animals, was probably used to symbolize guidance, loyalty and companionship.

**Personal:** Consistency and commitment characterise people born under this day-sign. They have a strong group instinct and will stick by their allies in times of trouble. Although they can be inspirational to others, they can also be extremely stubborn.

**Challenge:** Lack of emotional maturity; father-related/authority issues.

**Solution:** To learn patience followed by acceptance of direction from others, when it is needed.



**CHUEN:** chu'wen

**Blue Monkey - Play Magic Illusion**

<b>Element</b>	Water
<b>Direction</b>	West
<b>Symbols</b>	Dolphin, monkey, throat chakra.
<b>Qualities</b>	Innocence, spontaneity, inner child, humour, artistry, trickster, disruption, transparency.
<b>Mudra</b>	Smile innocently with hands on heart; then with spontaneity, place thumbs in ears while wiggling and waving the fingers.
<b>Meditation</b>	"I am the crystallization of sunlight in laughter"
<b>Affirmation</b>	"I am an innocent, open-hearted, transparent, divine child"
<b>Harmonic Wisdom</b>	Humour.
<b>Shadow Wisdom</b>	Being too serious; issues of speaking your truth; misuse of humour; insensitivity, sarcasm.
<b>Shadow Transformation</b>	Lighten up! Speak your truth directly. Be vulnerable, sensitive and open hearted. Accept life's "disruptions" with good humour. Re-access your sensitivity by healing your inner child.
<b>The Discoverer</b>	<i>The silver circle of the dolphin ring reminds us all to dance and sing. Light hearts leaven love's awakening. 'The divine child heaven to earth will bring!'</i>

Chuen translates as artisan or craftsman. Among the Quiche Maya, the name for this day is Batz, which is the term for monkey, particularly howling monkey. The glyphs for this sign are highly stylized, though some appear to show the head of a monkey. In this glyph there appears to be a flower and an opening, symbolizing innocence and a child like manner.

**Personal:** Chuen types are frequently attention-getting, artistic, clever and demonstrative. They are often found working or at least interested in the performing or communicative arts. There is a strong need to be in the limelight or to gain the attention of the public. They love to play and usually have several hobbies in which they engage when they are not working.

**Challenge:** To stay with one thing long enough to become good at it, to actualise their creative potentials in ways that are not debilitating to themselves and that won't result in distancing them from close companions.

**Solution:** To apply creativity; to be artistic and to explore the secrets of nature.



## EB

**Yellow Human** - Influences Free will . Wisdom

**Element** Fire

**Direction** South

**Symbols** Cornucopia, chalice

**Qualities** Abundance, harvest, chalice, emptiness, open vessel, quickening.

**Mudra** Arms outstretched above head; then hands coming together to form a “V” on top of the head, open to the heavens.

**Meditation** “I am the cosmic cornucopia, ever singing through you the gifts of the spiralling galaxies”

**Affirmation** “I am an open chalice. I am the joyful expression of the abundance of the universe”

**Harmonic Wisdom** Resonance

**Shadow Wisdom** Issues of fulfilment, abundance and insufficiency, issues of the mind, overvaluing or devaluing the intellect.

**Shadow Transformation** Become self-nurturing by finding what brings you joy and fulfilment. Be willing to “not know”, to be empty so you can be filled by expanded consciousness. Befriend your mind. Your body is a receptor for higher frequencies.

**The Discoverer** *I have surrendered to emptiness. In the space of my open arms, a chalice forms and fills freely with the incomprehensible sweetness of abundant life force.*

The glyph for Eb combines the symbols for death and water, which has led some to conclude that it symbolised harmful rains and mildew. E, the Quiche Maya name for Eb, means tooth and in their tradition the day is considered favorable for getting good advice and for praying. This, modern, version of the glyph indicates corn, symbolising the harvest and abundance.

**Personal:** The Eb type tends to be relaxed, courteous, practical, careful and helpful. They are intensely practical, they know how to solve problems, they don't hesitate to get going when needed and they do good work. They will compete with others, but prefer peace to conflict.

**Challenge:** To avoid poisoning themselves by suppressing anger.

**Solution:** To let others know how they feel.



## BEN

**Red Skywalker** - Explores Space; Wakefulness

**Element** Fire

**Direction** East

**Symbols** Quartz crystal flight, heart chakra

**Qualities** Fluid reference point, time/space traveller, sky walker, angelic messenger, pillars of heaven, courage, new directions, mysterious journey, compassion.

**Mudra** Both arms out to the sides at 45° angles; then bring hands up over head to heart, as if creating a column of energy through you.

**Meditation** “I am a struck bell. Once struck, there is no return. May the light of love that I Am, spill into the lives of all I touch and be harvested infinitely”

**Affirmation** “I am a pillar of the invisible temple that brings Heaven to Earth”

**Harmonic Wisdom** Balance

**Shadow Wisdom** Desire for isolation, withdrawal, or retreat, fear of the unknown; limited reference points.

**Shadow Transformation** Explore your growth edges by facing challenges. Draw the light of courage and compassion into yourself and radiate it to others. Look at life as a sacred journey.

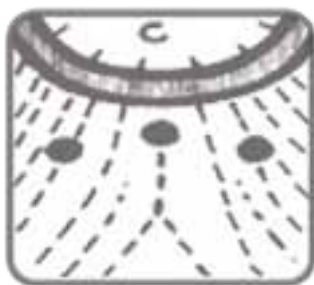
**The Discoverer** *Come with me! Feel the pillar of ecstasy that now grounds through you. Be filled with the truth that joins two realms. Heaven is where you stand!*

To the Maya, this day-sign, Ben (bane) appears to have symbolised the development of both the maize plant and man. The word Ben does not seem to refer to any particular plant or deity. Some researchers have thought that the sign probably referred to the standing corn stalk - as opposed to ripe corn- or perhaps to a reed or cane. This could symbolise the connection of heaven and earth or above and the underworld.

**Personal:** Ben types are often popular, knowledgeable, accomplished and competent, with strong opinions. They are often highly regarded by others for their talent or expertise. Beneath the surface is a person who seeks constant self-improvement. Such people have a strong need to persuade others, to conquer their enemies and to achieve their objectives.

**Challenge:** Being opinionated or holding rigid attitudes.

**Solution:** To understand human nature; to apply social skills.



### **Ix:** ee'sh

#### **White Wizard** - Enchants Receptivity

<b>Element</b>	Air
<b>Direction</b>	North
<b>Symbols</b>	Jaguar, wisdom wand, all-seeing eye, peacock.
<b>Qualities</b>	Integrity, heart-knowing, and alignment with divine will. Magician, Shaman, jaguar, night seer, priest, torch bearer, magic.
<b>Mudra</b>	Left hand cupped beneath the heart while the right hand held perpendicular with strength reaches straight above the head and then down again to the other hand, meeting the heart, aligning with divine will.
<b>Meditation</b>	"Magicians dream-coat made into a spirit sail, come fly with me on the galactic sea. Flow on solar currents; you are always free!"
<b>Affirmation</b>	"Through heart-knowing, I am in natural alignment with divine will"
<b>Harmonic Wisdom</b>	Melody
<b>Shadow Wisdom</b>	Issues of integrity, personal power, control; will out of alignment with divine will; need for approval and recognition; mind out of alignment with Heart-knowing.
<b>Shadow Transformation</b>	Develop a clear connection with divine will and your Essence Self. Be transparent, innocently allowing magic to come though you rather than needing to create it. Open to Heart knowing and limitless possibilities.
<b>The Discoverer</b>	<i>Jaguar seer, show me the larger vision. In alignment with the will of divine, I call on you my integrity to refine!</i>

The Mayan name for this day probably refers to the earth god or to a magician. The quiche Maya name, Balam, definitely means jaguar throughout the Mayan region. The connection here is that the jaguar is an animal of the underworld, of the earth. The Mayan glyph is stylised, but it appears to show the spots of this animal.

**Personal:** Ix types can be private, sensitive, intelligent and psychic. They have an inborn sense of strategy and make good planners and investigators. Ix types may aggressive but they will generally avoid direct confrontations. Beneath the surface is a challenged communicator, a person who struggles with self control, a person who is an explorer of the human condition.

**Challenge:** To sort out complex and entangled human relationships; to purify one's social life.

**Solution:** To develop healing and counseling skills.



### **MEN:**

#### **Blue Eagle** - Creates Vision Mind

<b>Element</b>	Water
<b>Direction</b>	West
<b>Symbols</b>	Gathering of eagles, third eye, violet flame.
<b>Qualities</b>	Hopes, commitment, compassionate service, global consciousness, dreams and visions, planetary mind, belief in oneself.
<b>Mudra</b>	Hands cupped together at the heart, moving hands up over the eyes and then out to the sides, as if soaring like an eagle.
<b>Meditation</b>	"Feel the power of my mighty wings draw you near. Follow me to the one heart at the crystalline core"
<b>Affirmation</b>	"With vision and hope, I dance and sing here for the one heart"
<b>Harmonic Wisdom</b>	Flow
<b>Shadow Wisdom</b>	Being obsessed with service to others; being the rescuer, "saving" others; not being able to say no; loss of hope and meaning; feelings of futility.
<b>Shadow Transformation</b>	Learn to temper service with nourishment and rest. Believe in yourself! Follow your own visions and dreams. Remember the purpose and commitment you have in the larger pattern.
<b>The Discoverer</b>	<i>Wing to wing the eagles soar in the gathering lavender light. In compassionate service, the spiralling light players dance, the one heart to ignite!</i>

The Maya called this day Men (mane), the root word for the verb "to make" or "to do."The glyph for the day is that of a head with dots in a line behind the eyes, which has been suggested to be evidence that the sign represented the old moon deity. This goddess is drawn with a headdress and shield of eagle feathers. An eagle's claw is also her symbol. This Mayan goddess was the patroness of weaving and other female activities.

**Personal:** Men types are independent, ambitious, and escapist. They can be scientifically inclined, critical and exacting, and they frequently have an interest or background in philosophy, science or more technical aspects of their chosen field. Deep within, they tend to have powerful faculties of discrimination. They can be somewhat psychic and find that their unconscious is their best friend, once they know how to listen to it.

**Challenge:** To create a lifestyle that offers both freedom and companionship.

**Solution:** To gain a deeper knowledge of human nature.



**CIB:** keeb

**Yellow Warrior** - Questions Intelligence; Fearlessness

**Element** Fire

**Direction** South

**Symbols** Staff, rod, owl.

**Qualities** Grace, trust, inner voice, galactic conduit, reception, mystic transmission, Divine communication, cosmic consciousness, golden pillar, ferry mans' staff.

**Mudra** Arms reach out in a large "V" above the head, as if to receive galactic communication; then fingertips come together to touch the 3<sup>rd</sup> eye; and then lower to sides, palms outward forming a "V".

**Meditation** "I am the transcendent splendor of the night blossomed lotus atop your golden, luminous staff"

**Affirmation** "I take up the staff of my power"

**Harmonic Wisdom** Grace

**Shadow Wisdom** Lacking trust in your inner knowing, your ability to feel and act on guidance from Spirit.

**Shadow Transformation** Establish your divine connection. Become a direct conduit for Spirit. Trust your mystical intelligence. Attune yourself to the clear signals from your inner guidance.

**The Discoverer** *Voyager, hear the inner voice of your solar identity. Owl, messenger of the Great Central Sun, soaring softly through the conduit of mystical transmission, silently sound the golden nimbus of reunion.*

This day-sign appears to refer to a small insect, possibly the bee. The Bacabs (the personified four directions in Mayan cosmology) were beekeepers. The Maya held a general belief that the dead return to the earth in the form of insects. The glyph itself probably represents a shell, a symbol worn by some of the Bacabs. Jaguar features appear in some of the glyphs, as well, suggesting darkness and night.

**Personal:** Cib is a serious, wise, deep, realistic and pragmatic say-sign. Some Cib types are philosophical about life, others sing the blues. Deep within the personality is a strong will, not easily convinced by others. Such people have high standards and tend to hold themselves "above-it-all" and beyond criticism.

**Challenge:** To overcome self-consciousness and personal insecurities.

**Solution:** To excel in one's career.



**CABAN:** ca ban'

**Red Earth** - Evolves; Navigation; Synchronicity

**Element** Earth

**Direction** East

**Symbols** Rainbow, white lion, whale

**Qualities** Centredness, synergy, synchronicity, Earth force, galactic alignment, Earth keeper, fluid world resonance, clue tracking, crystal healing, shield.

**Mudra** Fingers and thumbs of both hands touching to form a triangular shape, moving from the lower chakras to the crown above the head, then to the heart chakra (repeat 3 times).

**Meditation** "Gift of the sacred *unis mundi*, eye of the centaur, sacred loop of the *ouroboros*, circle of fifths, be complete in me"

**Affirmation** "I am aligned with my centre, Earth force aligned with cosmic force"

**Harmonic Wisdom** Tone

**Shadow Wisdom** Focusing on past and future; not being in the present moment; over interpreting signs, symbols, dreams and visions; jumping to conclusions; non identification with earthly existence.

**Shadow Transformation** Be centred in the present moment. Observe without drawing conclusions. Allow the larger pattern to emerge. Remember your choice to come to earth in this unique time of transformation.

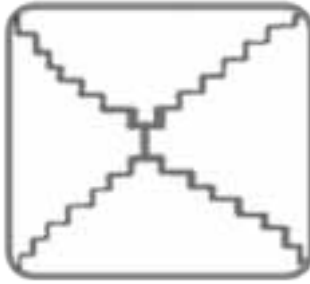
**The Discoverer** *Triangle of synchronized Earth force, moving through the star gate looking glass, centred in the fluid world resonance of the singing octave portal, through you I now pass.*

The Mayan name, Caban, means Earth and there are associations of this day with earthquakes. The Mayan glyph of the day includes a curving line that may represent a lock of hair of the young moon goddess, who is also the goddess of Earth. The Maya considered this day good for match-making, medicine and commerce.

**Personal:** Caban types are mentally active, rationalising, clever but practical. Beneath the surface is a dreamer. Caban people have a fertile imagination and often find ways to make fantasy pay off for themselves. They may excel at one of the arts.

**Challenge:** To hold one's life together according to a reasonable plan.

**Solution:** To become more flexible, tolerant and patient.



**ETZNAB:** ets'nab

**White Mirror** - Reflects Endlessness Order

- Element** Air
- Direction** North
- Symbols** Mirror, sword.
- Qualities** Timelessness, discrimination, clarity, hall of mirrors, spiritual warrior-ship, sword of truth, facing shadow, integration of paradox.
- Mudra** Alternating one arm at a time, reach out above the head; then cross arms diagonally in a downward sweep, as if the arms are swords cutting through illusions.
- Meditation** "I am the sword that is not a sword, which can cut away that which never really was; only a mirrored reflection of the truth beyond mirrors"
- Affirmation** "I am the truth beyond the mirrors. I now step through the mirror into the greater reality."
- Harmonic Wisdom** Dissonance
- Shadow Wisdom** Illusion, judgement, self-doubt, separation; being caught in a problematic hall of mirrors; thinking illusion has power over your ability to change your experience.
- Shadow** Look at the mirrors provided by other people and lifes' situations as gifts. See how you maintain illusions in your life. Wield the sword of truth in your life to release and forgive.
- Transformation**
- The Discoverer** *Truth, call my name. I stand naked before you, stripped of illusion.*

The Mayan name Etz'nab translates as something like "knife" or "sharp implement." The glyph for the sign may indicate a blade and the same design was frequently found depicted on the tips of spears.

**Personal:** These people are social, often practical, mechanically inclined and well coordinated. Family life, parties, group events, love affairs and partnerships can become important to those born under this day-sign. Beneath the surface these people seek powerful and transformative experiences. Such people are willing to go the distance in order to stimulate changes in themselves and others.

**Challenge:** The tendency to choose self-interest over self-sacrifice or to solve other people's problems.

**Solution:** To share and to let others take leadership.



**CAUAC:** ka'wak

**Blue Storm** - Catalyses Self-Generation Energy

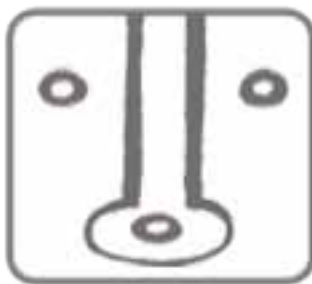
- Element** Water
- Direction** West
- Symbols** Thundercloud, lightning, white owl.
- Qualities** Purification, transformation, reunion, light body, activation for ascension, thunder being, lightning path, initiation by fire, ecstasy of freedom.
- Mudra** Clasp hands at the heart, as if in prayer, interlocking fingers; then with tension raise clasped hands above the head, opening them explosively while making a sound of purification.
- Meditation** "Enter the wave of ecstasy beyond the finite dance of the swirling veils. Fragments of the Greater Self gather, moving homeward. Rise up unveiled. Horizons await"
- Affirmation** "I am purifying and transforming myself, igniting my light body, healing all separation"
- Harmonic Wisdom** Freedom
- Shadow Wisdom** Denial fear of the unknown; issues of addiction; strong feelings of despair or separation from Source; judging your physical transformational process.
- Shadow** Step free from denying and judging your experience. Access your Essence Self to carry you through the intense feelings surrendering all that perpetuates the illusion of separation.
- Transformation**
- The Discoverer** *I call out to you, my light-body self, to embrace the lightning strike of the thunder-beings. Through my pilgrimage into the unknown, through the purple flames of transmutation, I return to a home I never left!*

The Mayan name for this day means the storm, thunder and rain. The glyph appears to contain clouds and symbols that also appear on drawings of the celestial dragons, which bring rains and storms. The Guatemalan name for this day, Ayotl, means turtle.

**Personal:** Cauac is a youthful, restless, friendly, helpful and compassionate day-sign. Such people are multifaceted and often accomplished in several areas. Beneath the surface personality lies a self that can become too dependent on others. Such people have a strong need to feel that they are part of a family. They also have an independent streak, causing them to need time alone, apart from the world.

**Challenge:** To develop the ability to teach and to heal.

**Solution:** To keep life simple and to appreciate the little things.



**Ahau:** a how

**Yellow Sun** - Enlightens Universal fire Life

- Element** Fire
- Direction** South
- Symbols** Sun, dove, crown chakra.
- Qualities** Union, wholeness, ascension, unconditional love, solar mastery, Christ consciousness, language of light, ecstasy, limitless bliss, crown.
- Mudra** Palms facing toward you at eye level, a shoulder width apart, until hands tingle; then rotate palms outward, opening arms to radiate solar consciousness.
- Meditation** "The same golden bird that dwells in the human heart, dwells in the sun"
- Affirmation** "I am a child of the light, crowned with the self-authority and transparency of the divine child I know myself to be"
- Harmonic Wisdom** Harmonic overtones
- Shadow Wisdom** Limiting self and God/Goddess; loving conditionally with expectations and judgements; issues of ideals and identification.
- Shadow** Being love's presence sets you free. Examine your concepts of self and divinity.
- Transformation** Practice the art of acceptance and allowance in order to embody unconditional love.
- The Discoverer** *The Sun had a dream... of the time of the Sun of flowers: Heaven on Earth, Divine children dancing in the golden octave of creation, Sojourner, come to the threshold of this new dawning!*

Ahau means lord or chief. The glyph for the day is sometimes a four-petaled flower though it also appears as a face. To the Maya, the flower was a symbol of the lord or sun, and this was its day.

**Personal:** Ahau types are loving, devoted, artistic, dreamy and romantic. They can be loyal friends and lovers, but often suffer in relationships because of unrealistic expectations. They can be attracted to a glamorous lifestyle. Such a person may find success in a life in fashion or as a performer or public personality.

**Challenge:** To handle disappointment due to unrealistic expectations; to accept a world that is not up to their hopes and wishes; to tolerate unfairness in others.

**Solution:** To keep life simple and to appreciate the little things.

## ~ 13 GALACTIC TONES ~



**ONE**~ Unity, Attraction

The **Magnetic** Tone of Purpose

The process of all creation begins one with the Source.

*Open your heart in unconditional love, as a chalice for Indivisible Essence. Let the sacrament of unity be served in you. Qualities:* Unconditional Love, the one heart, indivisible essence, core vibration, new beginnings, chalice of the infinite, All that is. You are the wisdom you seek!



**TWO**~ Polarity, Stability

The **Lunar** Tone of Challenge

From the unification with purpose comes the stabilisation of polarity.

*Look in the mirror. Who faces you on the other side? Qualities:* Loom of reality, sacred twins, cooperation, relationship, polarity of male and female, duality. Polarity is the pulse of Universal source.



**THREE**~ Rhythm, Activation, Bond

The **Electric** Tone of Service

From the stabilisation of polarity comes the activation of service.

*Luminous triangle made visible. Feel the pulse of the sacred current calling you home. Qualities:* Movement, change, flow, current, creativity, integration, sacred trinity. Allow your creativity to express your spiritual journey.




**FOUR**~ Measure, Define


The **Self-existing** Tone of Form

From the activation of service comes the defining of the form.


*In alignment with the natural cycles, may the sacred take form in the Great Mystery revealed through you. Qualities:* Order, definition, discrimination, natural cycles, meaningful alignment. Channel your creative energy constructively, generating the practical manifestation.

  
**FIVE**~ Centre, Empower, Command  
The **Overtone** Tone of Radiance


From the defining of the form comes the empowering of radiance.  
*Through the star portal glide and soar; foundation's dance at apple's core, hand of man at Spirit's door.* **Qualities:** Core purpose, central intent, foundation, place of centredness, simplicity, acceptance of your humanness.  
You are the Zen master, centred in beginner's mind.

  
**SIX**~ Organic Balance, Organise  
The **Rhythmic** Tone of Equality


From the empowering of radiance comes the balance of equality.  
*Organic Balance emerges from who you are in all dimensions. The stars, too, have roots.* **Qualities:** Receptivity, ability to respond, dynamic equilibrium, roots in many dimensions. As you journey homeward, Earth is brought to Heaven. Thus organic balance is created, heaven and earth in symbolic union.

  
**SEVEN**~ Mystical Power, Channel, Inspire  
The **Resonant** Tone of Attunement


From the balance of equality comes the channelling of attunement.  
*May your mystical power, lotus of light, ignite your cascading chrysalis of travel among the stars.* **Qualities:** Mystical alignment, self-acceptance, technician of the sacred, direct connection with the Source. Align with the spinning mystery of the seven: Seven Chakras, Seven Tones, Seven rays, Seven steps of the Pyramid - the Seven stages of Consciousness co-joined.

  
**EIGHT**~ Harmonic resonance  
The **Galactic** Tone of Integrity


From the channelling of attunement comes the harmonising with integrity.  
*Pierced by the harmonics of the one heart, you sing Ecstasy's song. Join in singing the dream awake!* **Qualities:** Empowerment, galactic grid, path of the one heart. Sound the resonant tone of the one heart.

  
**NINE**~ Greater cycles, Pulse, Realise  
The **Solar** Tone of Intention


From the modelling of integrity comes the realising of intention.  
*Thread of grand design in the tapestry of light, on the loom of the great cycles weave your pattern.* **Qualities:** Completion, expansion mastery, larger cycles of time, fulfilment, grand design. Join in the mystery of the triple triangle by offering your mastery to be woven into the larger loom of reality.

  
**TEN**~ Perfect, Produce  
The **Planetary** Tone of Manifestation

From the realising of intention comes the perfecting of the manifestation.  
*Pass key to true identity in this and all worlds, unlock the gates to the Heart Mystery manifesting through you.* **Qualities:** Intention, motivation, true identity, foundation of Essence Self, aligned manifestation. When you are in resonance with the universe, manifestation is a natural by-product.

  
**ELEVEN**~ Dissolve, Release  
The **Spectral** Tone of Liberation

From the perfecting of the manifestation comes the release of liberation.  
*Stripped down to essence, marrow of light, beyond definition your soul takes flight.* **Qualities:** Change, disintegration, letting go, stripping away, complexity moving to simplicity. As your facade crumbles and your walls come tumbling down, the true illumination of self bursts through.

  
**TWELVE**~ Complex Stability, Dedicate, Universalise  
The **Crystal** Tone of Co-operation

From the release of liberation comes the dedication to co-operation.  
*From the greater council at essence core, through the pulse of connectedness stability pours.* **Qualities:** Stability in expansion, greater constellation, union of polarity, framework of connectedness. Open your perceptions. Through you, the mysterious balance of the cosmos is fulfilled.

  
**THIRTEEN**~ Universal Movement, Endurance, Transcendence  
The **Cosmic** Tone of Presence

From the dedication to co-operation comes the enduring presence.  
*The thirteenth tone calls forth the greater pattern. The hand of fate beckons and then catapults you free to journey home.* **Qualities:** Wild card, unseen forces, unexpected change, open system, touch of destiny, inter-dimensional shift. Open to the workings of destiny offered by universal movement.





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